

**EVIDENCE BASE FOR LIFESTYLE INTERVENTIONS  
FOR HEALTH IMPROVEMENT 2006**

1. The A Picture of Health Framework for Health Service Improvement in Lanarkshire, identified as one of its key aims, turning around Lanarkshire's poor health. It signalled the intention that NHS Lanarkshire would shortly engage and consult with the public and the wider professional community on the Strategy for Health Improvement embracing a range of actions to be carried out with individuals and local populations, often in partnership with North Lanarkshire and South Lanarkshire Councils, in the areas of: Smoking; Healthy Eating; Physical Activity; Mental Health; Alcohol; Sexual Health; Oral Health; Drug Misuse and Ultraviolet Radiation.
2. The attached report sets out, for each of the lifestyle factors: current lifestyle status; current service provision; evidence for interventions and recommendations. It has been developed through an inclusive process, involving Public Health; Local Authority Health Planners; and clinical and managerial representatives from across NHS Lanarkshire.
3. Given the level of engagement to date, and the substantial support for the commitment to the implementation of health Improvement proposals from respondents to the A Picture of Health Consultation, it is proposed to embark on an 8 week period of focussed consultation on the Evidence Base, involving:
  - NHS Lanarkshire staff and Independent Contractors
  - North and South Lanarkshire Councils
  - Public Partnership Forums
  - Members of the Scottish Parliament
4. It is proposed that the consultation will run during October and November 2006, with a report on the consultation outcome being brought to the NHS Board at its meeting in December 2006, along

with an implementation plan, with timelines, for taking forward the agreed recommendations early in 2007. This process will be overseen by the Health Improvement Group of the Modernisation Board.

5. The NHS Board is asked to endorse the Evidence Base for Lifestyle Interventions for Health Improvement 2006 and the proposals for consultation.

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NJA/OD  
20 September 2006