

Grassroots Health Outcome Measures

To assist your organisation in planning a project proposal for the NWDA Health Inequalities Community Fund we've compiled the list below that detail activity that could be planned into your project delivery. This isn't an exhaustive list but hopefully will give some ideas.

No.	<u>Health Outcomes</u>	Tasks that could be undertaken to achieve Health Outcome (not in order of any preference)					
		<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
1	General outcomes across all health measures	Support residents to access the wider range of health and wellbeing offers within the community by sharing information and leaflets or connecting your project to some of the following: <ul style="list-style-type: none"> • Primary Care Network – Social Prescribers & Equity Champions • Other Grassroot Projects, 	Initiate training with your staff around health and wellbeing (provide knowledge on key issues within Lambeth and also signposting tool)	Set up an event, workshop or pop-up on health at an existing planned activity that achieves the core outcomes of grassroots project.	Team up with another project to share learnings	Conduct a survey with service users to find out about their needs and better understand what they would like to see going forward	Support service users to initiate their own activity to enjoy healthy living

		<ul style="list-style-type: none"> • Thriving Communities, • Project Smith (Community Connectors) • Health and Wellbeing Bus and/or Health Champions 					
2	Vital 5 - Blood Pressure Checks	Activity to promote importance of Know Your Numbers (knowing BP) and engaging with GP or community pharmacy if it is high	Signpost to BP check at GP or pharmacy	BP checked directly and advice given on healthy living (reducing risk), signpost to further services if required	Service user has subsequent BP measurement and reduction in high BP seen	Service user engaged in new activity or behaviour to improve blood pressure	Service user has encouraged friends and family to check their BP
3	Vital 5 – BMI	Activity to promote importance of healthy weight and/or referral to Lambeth’s Weight Management Service	Measure BMI directly at project, provide advice on risks associated with a high BMI and advice on healthy living	Signpost to BMI calculator online or pharmacy. Offer signposting to healthy eating resources/physical activity app and importance	Reduction in BMI from project service user over course of year	Service user engaged in new activity or behaviour to improve BMI.	Service user has encouraged friends and family to check their BMI

			and ways to maintain a healthy BMI				
4	Vital 5 – Smoking	Activity to promote benefits of stopping smoking and/or referral to Lambeth Stop Smoking Service	Signpost to London Stop Smoking Portal Stop Smoking London - We're Here to Help You Quit Smoking	Signpost to GP/Pharmacy/Social Prescriber for help with stopping smoking	Service user reduces their smoking or switches to vaping product	Service user ceases smoking and vaping product	Service user has encouraged friends and family to reduce their smoking
5	Vital 5 – Alcohol	Activity to promote benefits of reducing alcohol consumption	Service user downloads drink coach app and becomes more aware of their alcohol consumption or goes online to Drinkaware How to reduce your drinking Drinkaware	Service user visit to GP to seek help with alcohol consumption or has a referral to the treatment consortium for more structured support	Service user enrolls into drink coach service for direct 1-1 support or other	Service user reduces alcohol consumption	Service user has encouraged friends and family to reduce their alcohol
6	Vital 5 – Mental Health	Activity to promote benefits of good mental health (suicide, bereavement, anxiety, depression)	Service user visits GP to discuss mental health	Service user seeks support through health and wellbeing bus or other local community offer for mental health support	Service user engaged in new activity or behaviour to improve mental health	Service user shows marked improvement in mental health due to intervention by project	Service user has encouraged friends and family to seek advice and support for their mental health

7	Core20plus7 – chronic pain	Activity to promote support available for people living with chronic pain	Service User visits GP to discuss chronic pain and have medication review	Service user starts new activity to help support them living with chronic pain (could be exercise, or support group)			
8	Core20plus7 - maternity	Activity to promote maternity services available in Lambeth	Signpost to services that can support with maternity	Linking Service User up with other people that can support through maternity and beyond			
9	Core20plus7 – chronic respiratory disease	Activity to promote awareness of risks of respiratory disease and preventative measures that can be taken. Encouraging smokers with signs and symptoms of breathlessness to get assessment by their GP	Service User visits GP to discuss symptoms of breathlessness that affect day to day living. To visit pharmacies for advice on stop smoking	People with chronic lung disease can access information about pulmonary rehabilitation, ask GP for referral to local services	Service user suffering from repeated infections or exacerbations can access support to help manage symptoms and reduce illness	Service user has a care or action plan to help them understand what to do when their illness flares up, and to remind them of treatment	Service user has encouraged friends and family to seek advice and support for their respiratory health
10	Core20plus7 – early cancer diagnosis – prostate cancer	Activity to promote awareness of higher risk of prostate cancer for black men	Service user seeks PSA test from GP	Service user has a prostate cancer diagnosis as a result of screening	Service user family or friend has a prostate cancer diagnosis as a result of screening	Service user has encouraged friends or family member to seek PSA test	

11	Core20plus7 – early cancer diagnosis	Activity to promote importance of cancer screening	Service user seeks screening from GP	Service user has encouraged friends or family member to seek screening from GP	Service user engaged in new activity or behaviour to decrease cancer risk	Service user has an early cancer diagnosis as a result of screening	Service user family or friend has an early cancer diagnosis as a result of screening
12	Core20plus7 – supporting people with diabetes type 2	Activity to promote healthy living, diet and weight management to reduce the risks to health and complications associated with Type 2 diabetes	Activity promoting the importance of having the 8 Care Processes and diabetic eye screening completed, to reduce the risks to health and complications associated with Type 2 diabetes	Signpost to GP for a discussion and encourage attendance at annual check-up for Type 2 diabetes Type 2 to reduce the risks to health and complications associated with Type 2 diabetes	Service user reduces risks associated with Type 2 diabetes by reducing BMI	Service User engaged in new activity or behaviour to reduce risks associated with Type 2 diabetes	Service user has encouraged friends and family to check their risk of Type 2 diabetes
13	Preventing Type 2 diabetes	Activity to promote healthy living, diet and weight management to reduce the risk of developing Type 2 diabetes	Activity to screen Service User for risk of developing Type 2 diabetes using the Know Your Risk Tool	Signpost to GP for a discussion/check up to confirm if “at high” risk of developing Type 2 diabetes	Service user reduces risk of developing Type 2 diabetes by reducing BMI	Service User engaged in new activity or behaviour to reduce risk of developing Type 2 diabetes	Service user has encouraged friends and family to check their risk of developing Type 2 diabetes using the
14	Blood donation – increase in	Activity to promote the importance of	Activity to promote	Service User from Black or Multi	Service User has		

	donations from our Black and Multi-Ethnic population	blood donation from Black and Multi Ethnic populations	specific opportunities happening in Lambeth to donate blood	Ethnic population donates blood	encouraged friends and family from Black or Multi Ethnic population to donate blood		
15	Kidney health	Activity to promote the importance of Kidney health and sharing information on healthy lifestyles and diet to protect kidney health	Activity to promote the increased risk to kidney health for black and multi ethnic populations	Signposted to GP or other health service to discuss kidney health	Activity to raise awareness of the effects of high blood pressure and diabetes on Kidney health		
16	Sexual Health	Activity to promote the importance of Sexual Health and regular screening	Signpost to sexual health service or GP	Service user reports positive outcome in engaging with sexual health services	Service user encourages friends or family to access information on sexual health		
17	Increase awareness of the UK vaccination programme, and ensure service users are able to make an informed decision about vaccinations	Activity or event to inform service users on the importance of vaccinations as a health protection tool (this should be aimed at increasing knowledge about	Consider training staff within your organisation in motivational interviewing and why vaccinations are	Set up an event, workshop or engagement session to provide information / have conversations about vaccinations (Lambeth Public Health can provide	Signpost service users to vaccination sites within the community (such as pharmacies, pop-up clinics) or GP for	Service user reports they can make an informed decision about vaccinations due to better understanding	Service user encourages friends or family to seek out information on vaccinations to enable them to make an

		vaccinations in general)	recommended (training available via Lambeth Public Health)	support). Vaccinations can also be arranged to be provided at the event (Lambeth Public Health can also provide support with this).	discussion around vaccination		informed decision
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