

BHealthy Introduction

August 2020



BHealthy

A series of practical resources to enable leaders and professionals with direct reach to communities and an established, trusted relationship, for example community leaders, social prescribing link workers and faith leaders, to support their communities to reduce their risk of becoming seriously ill from Covid-19

- ✓ Webinar series
- ✓ Checklist for a healthier you
- ✓ Weekly Getting Ready Plan
- ✓ Keeping COVID safe details
- ✓ Supporting material available to download

Evidence based

- Built on evidence to best protect our Birmingham communities from covid
- Includes information and practical support on infection control
- Guidance and support for maintaining long term conditions known to increase covid risk
- Guidance and practical advice to support healthy living and build immune response
- Guidance and practical advice to stop unhealthy habits known to reduce immunity and increase risk of covid
- Guidance and support to maintain and improve mental health to cope with the changes caused by covid

Webinars

- 16 webinars
- Cover behaviour change, keeping covid safe, long term conditions, unhealthy habits and healthy habits
- For Community workers, social prescribing link workers, faith leaders etc.
- To be cascaded to communities
- Live and recorded
- Include guidelines and local opportunities to support behaviour change
- Supported by industry experts and Birmingham stakeholders
- Start 2nd September

Title	Proposed date
Intro to BHealthy	02.09
Introduction to behaviour change	08.09
Keeping Covid Safe - Handwashing	10.09
Keeping Covid Safe - Visiting friends and family	15.09
Keeping Covid Safe - Testing	17.09
Keeping Covid Safe - Self-isolation	22.09
Getting Mind Ready	24.09
Long term conditions - diabetes	29.09
Long term conditions - high blood pressure	01.10
Long term conditions - kidney disease	06.10
Unhealthy habits - smoking	08.10
Eating Healthy	13.10
Unhealthy habits - substance misuse	15.10
Get Active - BHealthy	20.10
Unhealthy habits - gambling	22.10
Sleep	27.10

Checklist and planner

- Translated into 21 different languages
- Available to download and edit or print
- Developed from evidence based approach
- Includes keeping covid safe details

Checklist for a healthier you!

Get it sorted	Tick when complete	Get Active	Tick when complete
Are you, and your family, up to date with vaccinations?		Are you getting moderate physically active for at least 150 minutes a week? - this should active enough to feel warm and bit breathless.	
If you have a chronic disease like diabetes, have you had your long-term condition health checks e.g. diabetes annual review at your GP practice?		Are you doing muscle strengthening exercises at least twice a week? - this could be yoga, lifting weights or body weight exercises like push-ups	
If you are between 40-75yrs old have you had an NHS health check in the last 3yrs?		Eating Healthy	
If you are a smoker, have you tried quitting with support from the free local stop smoking services?		Are you eating five portions of fruit and vegetables every day?	
		Are you avoiding full sugar drinks, especially fizzy drinks?	
Keeping Covid-19 Safe	Tick when complete	Are you limiting snacks and sweets to special treats?	
Do you regularly wash your hands when you come home?		Getting Mind Ready	Tick when complete
Do you wear a face covering when you go into an enclosed space like a bus or a shop?		Are you keeping in regular contact with friends and family?	
Do you know how to get a Covid-19 test if you develop symptoms?		Are you volunteering or participating in any group activities?	
Do you know what you and your family will do if you test positive for Covid-19?		Are you getting at least 7hrs of sleep most nights?	

Weekly Getting Ready Plan

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
How many servings of fruit did you eat today?							
How many servings of vegetables did you eat today?							
How many 'treat' snacks did you eat today?							
How many minutes of physical activity did you do today?							
Who did you 'connect' with today?							
How many hours did you sleep last night?							
How many times did you wash your hands today?							

Supporting resources

Slide deck to
compliment webinars

Social media content

Partner requests



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DEVELOPMENT



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