



# Healthy Lifestyles Isle of Wight

## WELCOME

We are delighted to introduce you to Healthy Lifestyles which went live on the 1st of January 2021. Healthy Lifestyles is your local **weight management** and **stop smoking** service.

You can securely refer clients to Healthy Lifestyles directly via:

- Smokefree Hampshire referral form on **SystemOne**
- Electronic referral form at **www.healthylifestylesiow.co.uk**
- Referral form sent via NHS **email** to **healthylifestyles.isleofwight@nhs.net**

Smokers will receive up to 12 weeks of evidence-based smoking cessation intervention which includes behavioural support in combination with a pharmacological product. We can provide:

- **NRT**
- **E-cigarette** voucher – we are working with local vape shops
- **Champix**

Our **tier 2** 12 week weight management service is provided to those aged 18+ with a **BMI of 25+**. Weekly 1½ hour group sessions include a nutrition workshop, light exercise class and weigh in.



## QUIT FOR COVID-19

We continue to emphasise the importance of quitting smoking and the impact of COVID-19 on those who smoke. A review and metanalysis of 15 studies concluded:

- The calculated relative risk (RR) showed that current smokers were **1.45x more likely** [95% CI:1.03-2.04] to have severe complications when compared to former & never smokers.
- Current smokers also had a higher mortality rate of **38.5%** [1]
- The current concern about covid-19 provides a “teachable moment” in which smokers may be **uniquely receptive** to stop smoking advice [2]

[1] <https://bit.ly/2YEdqb7>

[2] <https://bit.ly/3c3Zkn1>



## VBA

Deliver **very brief advice** for smoking cessation (VBA) which is a simple form of advice used opportunistically and takes less than 30 seconds.

Evidence shows the **most effective** way to help someone quit smoking is with a combination of **behavioural support** and **pharmacotherapy**.

We are fortunate on the Island to be able to provide a behavioural support service for smokers wishing to quit.

For any further information, please do get in touch.

## 'WE'RE HERE TO HELP'

Healthy Lifestyles has launched a local campaign on the Island called 'we're here to help'.

It would be great if your surgery could get involved on **social media**. You can find **resources** for the campaign attached in the email accompanying this newsletter.

The aim of the campaign is to **raise awareness** of the service as well as to provide reassurance that our service is **easily accessible** with current and developing government guidelines.

Don't forget to tag us on:  
**@HealthyLifeIOW**



## CONTACT US

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