



HEALTH IMPROVEMENT COACHES

Helping you to make changes to
improve health and mental wellbeing.

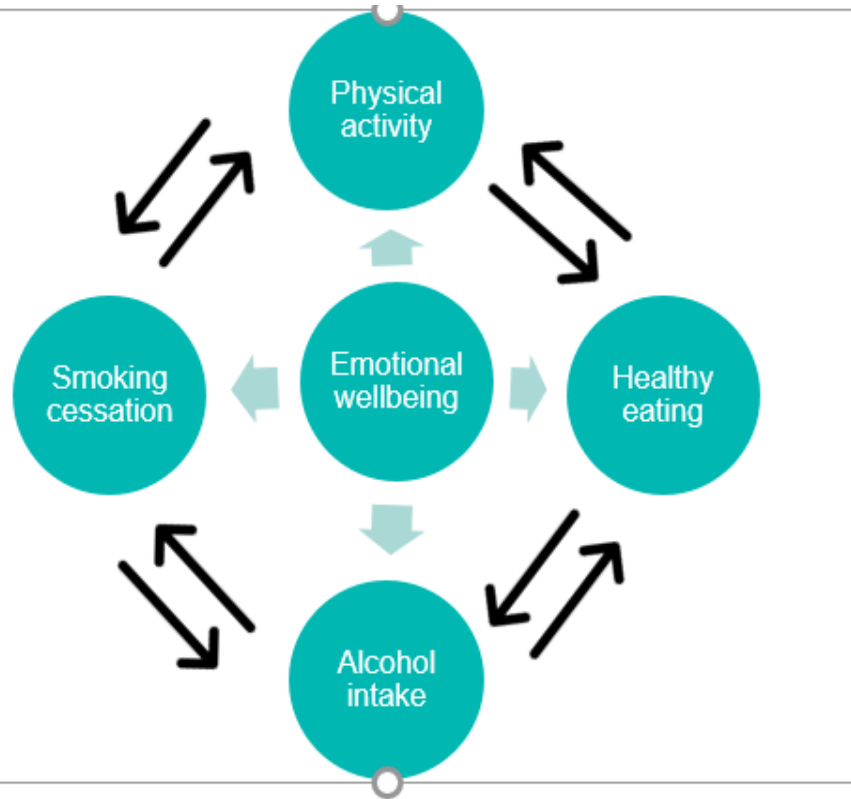
What we offer

- One to one support to improve health and mental wellbeing
- Help to achieve and maintain practical goals, one step at a time
- Information, encouragement, support and accountability

Who can benefit from the service?

- Age 18+
- Live in Wiltshire or registered with a Wiltshire GP
- Clients must be willing to make changes to support their mental health and wellbeing

How we work

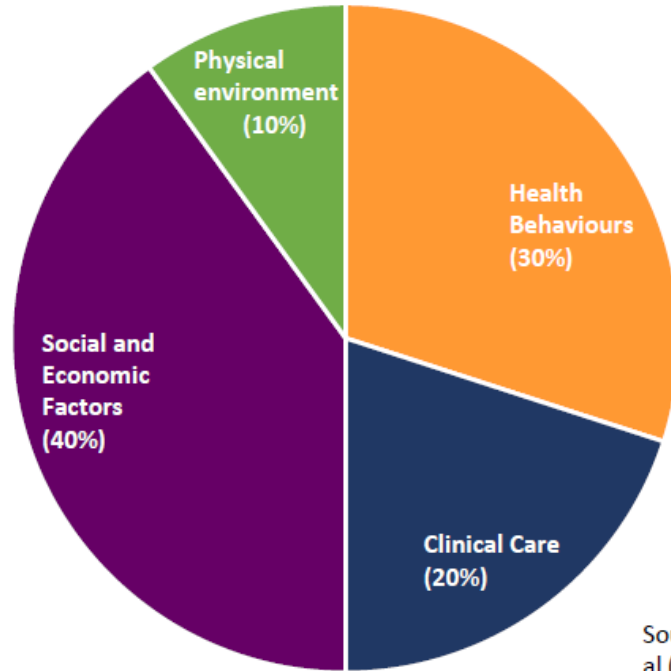


Capturing and Addressing Health Inequalities

- Age
- Gender
- Ethnicity
- Employment
- Carer Status
- Means-Tested Benefits
- + local knowledge of disadvantaged population groups

Contribution to Health

Modifiable Determinants of Health



Source: Hood et al (2015)

Hood et al 2015 [County Health Rankings: Relationships Between Determinant Factors and Health Outcomes – ScienceDirect](#)

Quoted by Andi Orłowski, NHS Health Economics Unit on 28.04.21