

Physical Activity Clinical Champions

PHE clinical training to improve local outcomes



The offer

PHE are offering **FREE** locally tailored training sessions for doctors in primary and secondary care.

- flexible sessions with **1 to 2.5 hours of Continuing Professional Development (CPD)** material shown to **increase clinician understanding, confidence and expertise** for clinical practice
- PHE-trained **GP facilitator**
- practical, interactive sessions based on the **latest national and international data, research and evidence**

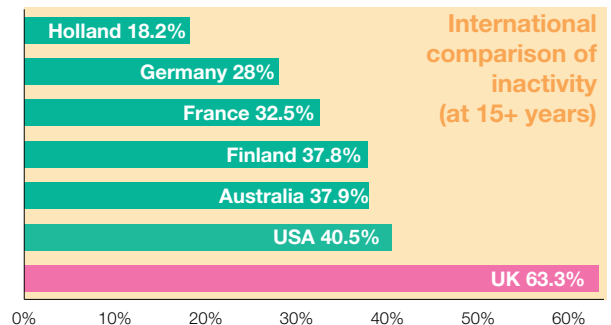


Why consider physical activity?

The UK has amongst the lowest levels of physical activity, with almost **1 in 4 people defined as 'inactive'**.

In the UK, low levels of physical activity are responsible for:

- 1 in 6 deaths** (equal to smoking)
- up to **40% of many long-term conditions** (eg diabetes)
- £7.4bn annual costs**, including £0.9bn to the NHS



Why does this matter to you?

Very brief advice on physical activity from healthcare professionals has been shown to improve clinical outcomes. This training focuses on practical tips to easily integrate this into every day clinical practice.

1 in 4 patients would be more active if advised by a GP or nurse. But as many as **72% of GPs do not speak about the benefits of physical activity** to patients.

There are a lot of resources out there to help. This training covers many of these, including the **new Chief Medical Officers' infographic resource for health professionals**.

Available across England until
31 December 2016.

Book now!

To book your free sessions email the PHE Team before at:
physicalactivity@phe.gov.uk

