

Nurses for healthier communities toolkit



This toolkit includes bite-sized facts and links to multiple resources to help nurses support their patients in preventing chronic long-term conditions – and help nurses to support themselves!

Unhealthy diets, physical inactivity, tobacco use, and alcohol misuse are the **leading risk factors** for chronic long-term conditions such as type 2 diabetes, cardiovascular disease and some cancers.

Chronic long-term conditions are responsible for approximately **74% of global deaths**.

Approximately 80% of type 2 diabetes, heart disease, and stroke cases and 40% of some cancer cases are **preventable**.



Useful Resources

Core20PLUS5 from NHS England is designed to help healthcare professionals to understand the importance of health inequalities in clinical practice.

The health of people from ethnic minority groups in England by the King's Fund examines ethnic differences in health outcomes.

Anti-racism toolkit developed by Health Innovation Network includes practical resources and guidance to support organisations or communities to implement anti-racist principles in to daily work.

Health inequalities

Less than 20% of health outcomes come from healthcare. And it's estimated that over 80% of health is determined by the wider determinants of health i.e., the conditions in which we are born, grow, live, work and age. People in more **deprived areas** spend more of their shorter lives in ill health than those in more affluent areas.

People from **minority ethnic groups** experience poorer health than the overall UK population, which include higher rates of diabetes, cardiovascular disease and mental illness.

Racism, discrimination, deprivation, and social segregation influence a person's quality and length of life long before they even access the health system – and **structural racism** can reinforce inequalities e.g., in housing, employment and the criminal justice system, which can all negatively impact health.

Revalidation

Using these resources contributes to participatory CPD hours required for revalidation. Click [here](#) to learn about how to use these resources or go to C3's website to access more resources to support revalidation www.c3health.org

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Diet



1 in 5 deaths globally is associated with **poor diet**. A healthy diet protects against heart disease, diabetes and cancer. Access to fresh fruit and vegetables is not equitable – and more limited in disadvantaged areas, which have a lot of fast-food outlets.



C3's **Let's Get Cooking** leaflet provides tips that help build a healthy relationship with food and master the basics of cooking! Access C3's **Let's Get Cooking** leaflet to learn tips that help build a healthy relationship with food – and master the basics of cooking! Get to grips with **Cupboard Staples** – a great base for many meals. Interested in running a cooking workshop? Download C3's **Let's Get Cooking – trainers guide** to access free training resources.

Let's get cooking!



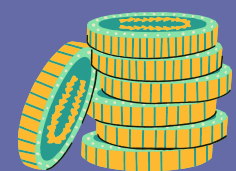
Finding ways to make buying healthier food simple and affordable is the foundation of a balanced diet. C3's resources provide ways for people to fill their basket with healthy food – and make the process of shopping easier! Learn tips that make it easier to buy healthy food for less by accessing C3's **Healthy Tips to Fill Your Basket**. Download a **Shopping List** template to help take the stress out of buying groceries. Download C3's guide to **Use-By & Best-Before Dates** to learn more. Interested in running a workshop? Download C3's **Healthy Tips to Fill Your Basket – trainers guide** for free training resources.

Healthy tips to fill your basket!



Cooking healthy delicious meals on a budget can be a challenge. C3's cookbook provides easy recipes that feed up to six people. It's perfect for people just starting out and those looking for new recipes to try! Download C3's **Easy Recipes Cookbook**.

Healthy cooking on a budget



Resources to watch on demand

What's the deal with sugar? Click [here](#) to watch on demand C3's seminar on sugar

60 mins 

Useful resources

WHO Healthy Diet key facts provides evidence-based guidance on healthy diet recommendations for adults and children

NHS Healthy Child Programme is an e-learning learning programme for HCPs working with pregnant mothers and children aged 0-5 years

Heart UK **Nutrition Academy** provides support and training on fat and lipid disorders for HCPS

Smoking is the **leading cause** of preventable death globally – killing more than 8 million people each year. **Alcohol misuse** is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across all ages

Successful **smoking cessation** often occurs after several failed attempts. Stopping smoking at any age is **beneficial** and increases life expectancy.

Any reduction in the amount of alcohol consumed every week will be beneficial.

Smoking and harmful alcohol consumption occur more in disadvantaged communities, where you find many more tobacco and alcohol outlets – including illegal tobacco vendors – compared to more affluent places.



Resources to watch on demand

How does smoking cause blockages in arteries?

Click [here](#) to watch and learn about the impact of smoking on our physiology. 35 mins 🕒

Vaping: knowledge, attitudes and confidence

Click [here](#) to watch and learn more about the role of vaping in helping people to stop smoking. 40mins 🕒

Expert roundtable on smoking and mental health

Click [here](#) to watch nurse leaders and experts in mental health explore the barriers to stopping smoking, how to challenge assumptions about tobacco use and promote smoking cessation. 55 mins 🕒

Useful resources

WHO's Quitting Toolkit provides training for primary care providers on brief tobacco cessation interventions

NHS Stop Smoking Services provide information on local services to support smoking cessation

Alcoholics Anonymous provides support and information on accessing meetings in continental Europe

All Our Health **Smoking and Tobacco** and **Alcohol** bite sized resource to offer health professionals an overview including evidence and data.

Action on Smoking and Health (ASH) is a campaigning public health charity that works to eliminate the harm caused by tobacco

British Thoracic Society Quality Improvement Tool. A smoking cessation tool to help hospitals translate data from the 2016 BTS smoking cessation audit into local improvement projects

NICE Tobacco: preventing uptake, promoting quitting and treating dependence This guideline covers stop smoking interventions and services for everyone over the age of 12.

OHID Nicotine vaping in England: 2022 evidence update.

Physical activity

Physical inactivity causes an estimated 3.2 million deaths globally – over 20% of the global population is **physically inactive**.

It's harder to be active in disadvantaged areas because access to green spaces, public facilities, adequate lighting and active travel facilities (e.g. bike lanes) is not equitable. These areas lack space and facilities; and when available, are usually in poor condition. Physical activity of any duration is associated with **improved health outcomes**, including all-cause mortality.



Useful resources

WHO guidelines on physical activity and sedentary behaviour provide evidence-based guidance on physical activity in adults and children

Moving Medicine provides resources for HCPs in relation to physical activity and specific conditions

Moving Healthcare Professionals provides online training for HCPs

Resources to watch on demand

Physical activity: the benefits for cancer prevention

Click to [here](#) to watch on demand Dr Juana Willumsen from WHO discuss the benefits of physical activity.

60 mins 

Supporting Behaviour Change

Click [here](#) to watch on demand and learn techniques to facilitate behaviour change in patients.

45 mins 

Get Moving Everyday!

C3's **Get Moving Everyday** resources help people get moving more in their day to day lives.

Download C3's **Get Moving Everyday** leaflet to learn tips that make it easier for you to move your body a little more!

Interested in running a workshop that helps your community adopt better habits when it comes to physical activity? Download C3's **Get Moving Everyday – trainers guide** for free training resources.

Mental health is a state of mental wellbeing that enables people to cope with the stresses of life, fulfil their abilities, learn well and work well, and contribute to their community. It is an integral component of health and wellbeing that underpins our abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

(World Health Organization, 2022)



Resources to watch on demand

Cardiovascular disease and mental health

Click [here](#) to watch on demand and learn about the relationship between cardiovascular health and mental health

34 mins



Taking the time to do things that give us happiness and self-confidence is as important as keeping our bodies healthy. These resources outline a variety of ways you can take care of yourself, from time management tools, activities and more. Download C3's **Take Care of Yourself** leaflet for tips to improve your self-confidence and wellbeing! Interested in running a workshop that helps your community adopt better habits when it comes to self-care? Download C3's **Take Care of Yourself – trainers guide** for free training resources.

Improve your sleep

Eating healthily and moving more is great but this can all be for nothing if we struggle to sleep. When we're tired it's a lot harder to take care of ourselves. C3's **Improve Your Sleep** leaflet provides tips that make it easier for you to get a good nights rest! Interested in running a workshop that helps your community adopt better habits when it comes to sleep? Download C3's **Improve Your Sleep – trainers guide** for free training resources.

Useful resources

C3's Nursing Minds: Mental health toolkit for nurses. The toolkit includes information related to mental health and wellbeing, diet and nutrition, alcohol, finance, mindfulness, conflict resolution, relationships and much more.

British Red Cross self-kindness toolkit is packed with activities to support building resilience, coping with stress and worries, and connecting with others.

Tips for everyday living by Mind includes tips and guides to help cope with everyday things like money, work, and more.