

Case study: John



John accessed our Wellbeing service after having an NHS health check that showed his health was at serious risk. He worked with a Wellbeing adviser who supported him to make simple changes that dramatically improved not only his physical health but also his overall wellbeing.

Thoughts: Nervous of first Wellbeing appointment. Apologetic for poor health behaviours, confused about what to change, feeling scared that permanent health damage has happened.

Results of NHS health check at GP surgery:

- Obese
- Inactive
- High alcohol consumption
- Increased risk of Coronary Heart Disease, stroke & type 2 diabetes

FIRST wellbeing MOT:

- BMI: 31
- Metabolic age + 15 years
- Drinking alcohol daily
- Inactive

John's barriers:

- Works long hours
- Long daily commute
- Relies on refined carbs & processed foods for energy boosts
- Finds his job stressful, boring & draining
- No time for exercise
- Exhausted but can't sleep so uses alcohol as a sedative



First goal setting with wellbeing adviser – making simple changes to John's working day:

- 20-minute walk to shop to buy healthier meal deal
- Saying NO to cakes & treats in the office
- Leave office on time
- Drinks Coach referral so could be done privately at home in evening



Improvements made at 2nd appointment:

- Getting out at lunchtime for a walk and a break away from the computer screen
- Reading and understanding food labels to guide lunchtime meal choices



Improvements made at 3rd appointment:

- Stopped drinking altogether
- 30 minute walk after evening meal, 5 times a week
- Further weight loss of 4.5 pounds
- Improved mood and sleeping better



Last appointment: John feels really good in himself, smiles more often & has greater self-confidence. He has started running – Couch to 5k. Food choices are consistently better & he has virtually stopped drinking – only treating himself occasionally to a diet coke and whisky. Following on from his last appointment – feedback from September 2019 – John has continued his weight loss & reached a BMI of 26. He is in a really good place & is enjoying life with a greater sense of control & purpose.



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partnership



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