

AMBITION FOR CHANGE

Building a healthier and happier world



*Public Health
Collaboration*

| www.PHCuk.org | [@PHCukorg](https://twitter.com/PHCukorg)

**A society where everyone
enjoys good metabolic health.**





**The
Health
Foundation**

Nine major challenges facing health and care in England

**1. Life expectancy is stalling
and health inequalities are
widening**



**The
Health
Foundation**

Nine major challenges facing health and care in England

**2. Key risk factors are driving a
significant and unequal burden
of preventable ill health and
premature death**



**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**3. People are living for longer
but with major health
conditions**



**The
Health
Foundation**

Nine major challenges facing health and care in England

**4. Unmet need for NHS and
social care services is
substantial and increasing**



**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**5. Long-run trends in health and
care spending show a decade
of underinvestment**



**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**6. The health system lacks
capacity compared with many
other countries**



**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**7. Staff shortages are
persistent, with stress and
burnout high**



**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**8. Public satisfaction with the
NHS is at a record low, but
support for its core principles
remains rock solid**



**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**9. The NHS is repeatedly
reorganised, while social care is
overlooked**



**Where
do
we
start?**

**A society where everyone
enjoys good metabolic health.**





**The
Health
Foundation**

Nine major challenges facing health and care in England

**1. Life expectancy is stalling
and health inequalities are
widening**





**The
Health
Foundation**

Nine major challenges facing health and care in England

**2. Key risk factors are driving a
significant and unequal burden
of preventable ill health and
premature death**





**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**3. People are living for longer
but with major health
conditions**





**The
Health
Foundation**

Nine major challenges facing health and care in England

**4. Unmet need for NHS and
social care services is
substantial and increasing**





**The
Health
Foundation**

Nine major challenges facing health and care in England

**5. Long-run trends in health and
care spending show a decade
of underinvestment**





**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**6. The health system lacks
capacity compared with many
other countries**





**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**7. Staff shortages are
persistent, with stress and
burnout high**





**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**8. Public satisfaction with the
NHS is at a record low, but
support for its core principles
remains rock solid**





**The
Health
Foundation**

**Nine major challenges facing
health and care in England**

**9. The NHS is repeatedly
reorganised, while social care is
overlooked**

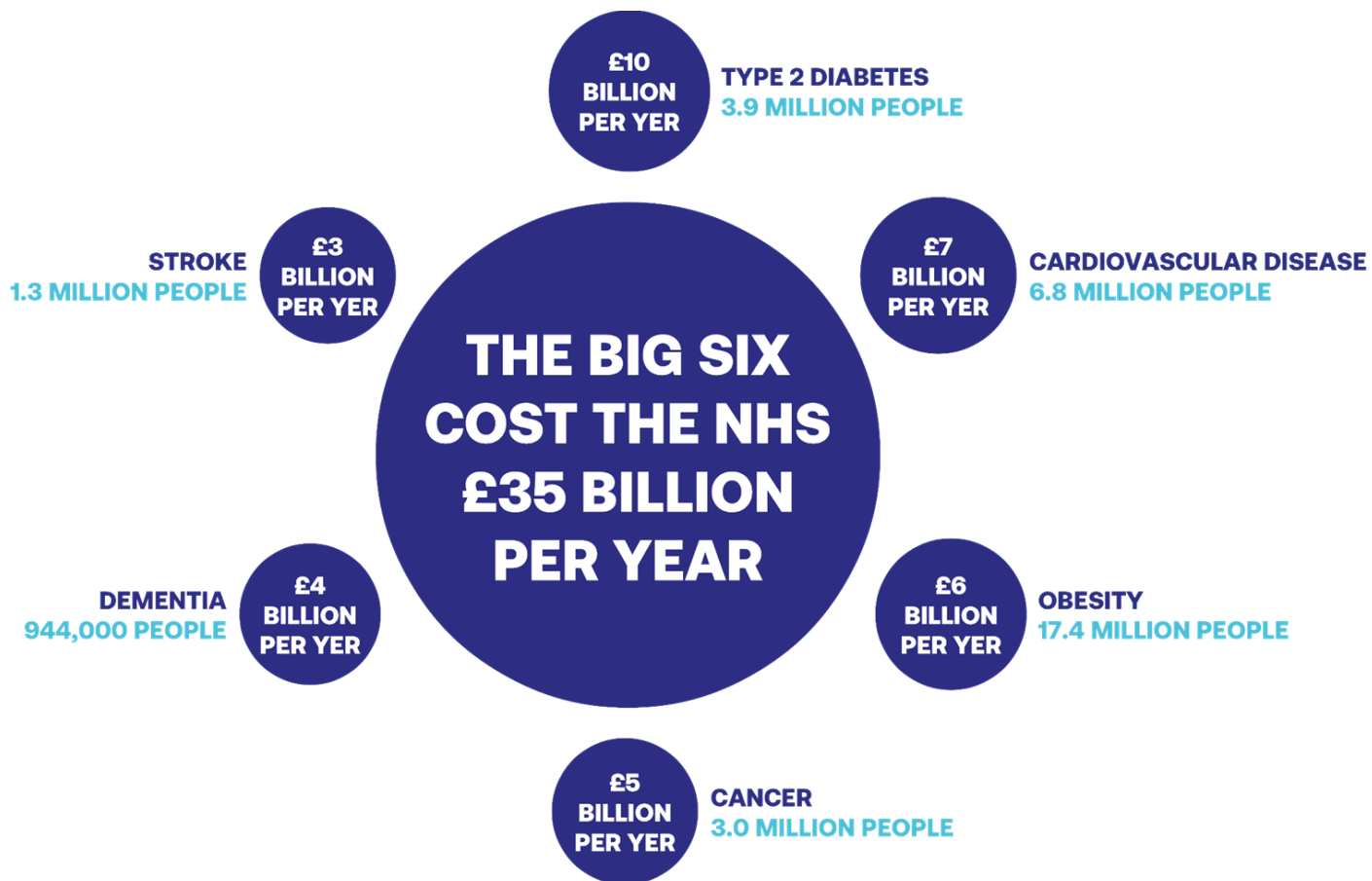


50%

GP APPOINTMENTS

70%

ALL INPATIENT
BED DAYS



NHS BUDGET CIRCA 2023
£180 BILLION PER YEAR

CREATED BY PUBLIC HEALTH COLLABORATION
REFERENCES AT WWW.PHCUK.ORG/BIGSIX



1. Reverse the type 2 diabetes and prediabetes epidemic.

2. Have food addiction recognised as an official diagnosis.

3. Undo the childhood obesity crisis.

PHC Projects



www.PHCuk.org/projects



**EVERYONE
NEEDS SOME TLC!**

www.TheLifestyleClub.uk

12 MONTHS	NDPP	DESMOND	TLC
Weight (kg)	-2.3	-2.98	-4.4
HbA1c (Prediabetes)	-1.26	N/A	-3.7
HbA1c (Type 2 Diabetes)	N/A	-9.0	-10.7
Cost per person	£270	£209	£150

KEVIN



- **50 years old**
- **Life expectancy, 74**
- **Total cost £14,400**
- **Eyesight ↓**

£600

**Annual drug
cost of a type 2
diabetes patient**

KEVIN

● **£150**

One-off cost per person for TLC with lifetime support

- **Life expectancy, 80**
- **Total savings £14,250**
- **Lost 4 stone (25kg)**
- **Eyesight back to normal**



**THE
LIFESTYLE
CLUB**

HSJ PARTNERSHIP
AWARDS

SILVER WINNER

Primary Care Project
of the Year

partnershipawards

partnership.hsj

www.TheLifestyleClub.uk