

Making healthy choices a habit

Are your daily habits keeping you well?



Most of us would agree, if we really thought about what we could do to make sure our bodies and minds are as healthy as possible, we would:

- Eat a balanced and healthy diet
- Exercise our minds, as well as our bodies
- Avoid smoking, drinking alcohol or taking harmful drugs
- Find ways to be with others, as socialising is good for us

Why does this matter?

A healthy lifestyle helps you to look and feel great; it also reduces your chances of becoming ill. Research suggests that by making healthy choices now, we can help delay or even prevent frailty later in life⁶.

The good news is that it's never too late to start. Even those of us already living with frailty can benefit. Acting now can help us to take back and maintain our independence as well as preventing illness and injury.

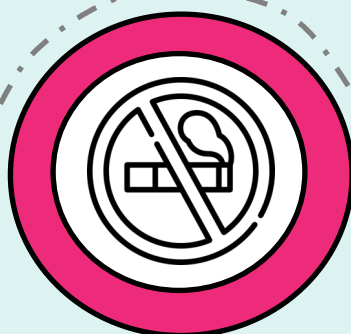
What can you do?



Be active

Exercising can strengthen our muscles and bones as well as improving our balance—building our reserves for when we need them.

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Stop smoking

Stopping smoking is one of the best things we can do for our health, whatever our age. Research tells us that by stopping smoking we can also help prevent, or even reverse the symptoms of frailty too⁷.



Cut back the drink

The odds of developing frailty are greater for those of us drinking alcohol above the recommended limits, compared to those drinking within⁸.

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Eat Well

Combining exercise with a healthy diet, is much more effective at preventing or reversing frailty than exercise alone⁹. Getting the right amount of nutrients from our diet is key to staying strong.

How does Derbyshire compare to England?



22%

of adults are physically inactive

Similar to England¹⁰



14%

of adults smoke

Similar to England¹¹



27%

of adults have too much alcohol

Similar to England¹²



43%

eat <5 portions of fruit & veg daily

Better than England¹³

What is Derbyshire County Council doing?

Live Life BETTER DERBYSHIRE

This service provides free support to help local people improve their health and wellbeing, including stop smoking, getting more active, losing weight, improving mental health, etc. Since April 2018 the service has helped over 1,200 people to stop smoking and over 750 people to lose weight.

Over the next 12 months the service aims to:

- Provide weight management support to families
- Help people who are inactive to start exercising
- Make the services more accessible to Derbyshire's most vulnerable people.
- Work more closely with partner organisations to support healthier choices



This is a community exercise programme for people aged over 65 years who have fallen or are at risk of falling. It improves strength, balance and coordination. A range of session available across the county, including chair based exercises and Tai Chi.

Over the next 12 months the service will:

- Increase the number of sessions in parts of Derbyshire where people might benefit the most.
- Link up with other physical activity programmes across Derbyshire such as the [walking for health scheme](#), which provides guided walks around the county. Basic stability exercises will be delivered as part of the walk.

Healthy choices and frailty - what's the link?



As we get older, our bodies start to slow down. But some changes can happen above and beyond what would be expected through 'normal' ageing. Some of us might find ourselves becoming increasingly weak, losing too much weight, walking more slowly or feeling exhausted⁶.

These are the key symptoms of frailty. By making healthy choices and keeping our bodies strong, we can prevent or, at least delay, becoming frail as we get older.

Our mental health is just as important as our physical health; the two are connected. Click [here](#) to find out more.

What can health and social care professionals do?

Ask

people about their lifestyle - smoking & drinking habits, diet & exercise, social life & activities

Advise

people about how they can improve their health by making lifestyle changes

Act

by offering help and support - for example, by referring them to Live Life Better Derbyshire or to Strictly No Falling



Want to find out more?

Click on the links:

[Live Life Better Derbyshire](#)

[Active Derbyshire](#)

[Heart of Derbyshire](#)

[Strictly No Falling](#)