

THE SURGERY

COO000

ONE YOU
LINCOLNSHIRE

SURGERY POPULATION:



ONE YOU
LINCOLNSHIRE

90

REFERRALS TO ONE YOU
LINCOLNSHIRE

%

4%

PERCENTAGE OF ELIGIBLE PATIENT
LIST

SMOKING:



390

QOF SMOK PREVALENCE

ONE YOU
LINCOLNSHIRE

22

REFERRALS TO ONE YOU
LINCOLNSHIRE

%

6%

PERCENTAGE OF SMOK
PATIENT LIST



74,600 DEATHS WERE
ATTRIBUTED TO SMOKING IN
2019. (NHS DIGITAL)

LINCOLNSHIRE HAS THE
HIGHEST RATES OF SMOKING
AT THE TIME OF DELIVERY
(SATOD) IN ENGLAND

DRINK LESS:



ONE YOU
LINCOLNSHIRE

13

REFERRALS TO ONE YOU LINCOLNSHIRE



ONE IN 10 PEOPLE IN A HOSPITAL BED IN THE UK ARE ALCOHOL-
DEPENDENT AND ONE IN FIVE ARE DOING THEMSELVES HARM BY
THEIR DRINKING

ALCOHOL-RELATED CONDITIONS ARE ESTIMATED TO COST THE
UK NATIONAL HEALTH SERVICE (NHS) APPROXIMATELY 3.5
BILLION POUNDS PER YEAR.

EAT WELL, LOSE WEIGHT:



510

QOF OBESITY
PREVALENCE

ONE YOU
LINCOLNSHIRE

17

REFERRALS TO ONE YOU
LINCOLNSHIRE

%

4%

PERCENTAGE OF OB
PATIENT LIST



OBESITY REDUCES AN INDIVIDUAL'S
LIFE EXPECTANCY BY AN AVERAGE
OF 3 TO 10 YEARS, DEPENDING ON
HOW SEVERE IT IS.
(SOURCE: NHS.UK)

OBESITY CAN AFFECT AND
INCREASE YOUR RISK OF TYPE
2 DIABETES, CORONARY HEART
DISEASE, SOME CANCERS (BREAST
AND BOWEL) AND HAVING A
STROKE. (SOURCE: NHS.UK)

PART OF THE ONE YOU
LINCOLNSHIRE FAMILY



MOVE
MORE



EAT
WELL



DRINK
LESS



STOP
SMOKING

THE SURGERY

ONE YOU
LINCOLNSHIRE

MOVE MORE:



510

QOF OBESITY
PREVALENCE

ONE YOU
LINCOLNSHIRE

27

REFERRALS TO ONE YOU
LINCOLNSHIRE

%

5%

PERCENTAGE OF PATIENT
LIST



PEOPLE WHO ARE
INSUFFICIENTLY ACTIVE
HAVE A 20% TO 30%
INCREASED RISK OF DEATH
COMPARED TO PEOPLE WHO
ARE SUFFICIENTLY ACTIVE.
(SOURCE WHO)

HEALTH COACHES:



ONE YOU
LINCOLNSHIRE

12



OUR TEAM SUPPORT PEOPLE TO MAKE THE POSITIVE
CHANGES TO THEIR LIFESTYLE, BY EMPOWERING THEM
TO CHANGE AND TAKE CHARGE OF THEIR OWN GOALS

AGREED PLAN FOR ONGOING ENGAGEMENT:

1.
2.
3.

*The data used is from QOF 19/20, our referral data is for the period 20/21. This document details all referrals made to One You Lincolnshire from patients registered at your surgery.

**PART OF THE ONE YOU
LINCOLNSHIRE FAMILY**



**MOVE
MORE**



**EAT
WELL**



**DRINK
LESS**



**STOP
SMOKING**