Health and Wellbeing Resources

Please find a range of health and wellbeing resources including health data and intelligence sources and simple steps to ensuring robust evaluation for your projects and interventions.

Measuring impact and quantifying success

Health and wellbeing projects need planning at each stage to understand if it has achieved what is expected:

- ✓ define aim and objectives
- ✓ develop SMARTER targets
- ✓ collect outputs
- ✓ analyse data
- ✓ review outcomes and impact
- ✓ report and present

Project planning tools and resources

- A guide to setting SMARTER targets including a useful template to help you to develop and form your goals.

https://www.projectsmart.co.uk/smart-goals.php

- Standard evaluation frameworks are useful for guidance on evaluating impacts for a range of interventions

    o Dietary

https://khub.net/documents/31798783/32185565/Standard+Evaluation+Framework+for+dietary+interventions.pdf/a7f2fd0e-3a2c-48ad-938a-afc6116e2552?version=1.1

    o Physical Activity

https://www.getirelandactive.ie/Professionals/Built%20Environment/Resources/Evaluating-Physical-Activity-.pdf

  o Return on Investment Tools (NICE)

https://www.nice.org.uk/about/what-we-do/into-practice/return-on-investment-tools

National and local indicators and outcomes

- The Public Health Outcomes Framework data portal helps you with comparisons across the whole public health arena including areas, regions and national data sets. It appears in a coloured tartan rug style to help pick out indicators.

https://fingertips.phe.org.uk/profile/public-health-outcomes-framework

- Local Health Profiles are also a great resource to access data quickly

https://fingertips.phe.org.uk/profile/health-profiles

- National General Practice Profiles are helpful too

https://fingertips.phe.org.uk/profile/general-practice

- NHS Digital provides a full resource of health and social care data

https://digital.nhs.uk/data-and-information/data-tools-and-services

- Local health data on Hertfordshire and the districts and boroughs can be accessed using:

https://www.hertshealthevidence.org/herts-health-evidence.aspx

https://www.hertfordshire.gov.uk/microsites/jsna/hertfordshires-joint-strategic-needs-assessment.aspx

Sources of health intelligence information

Using the Public Health England data and analysis tools a to z provides a wide range of public health data and resources. Subjects ranging from cardiovascular disease profiles to local authority alcohol profiles to young people's and adult mental health. These types of data can be useful in evidencing the need for local health and wellbeing programmes and enabling focus of the project for a particular area or community.

https://www.gov.uk/government/publications/phe-data-and-analysis-tools-a-to-z/phe-data-and-analysis-tools-a-to-z