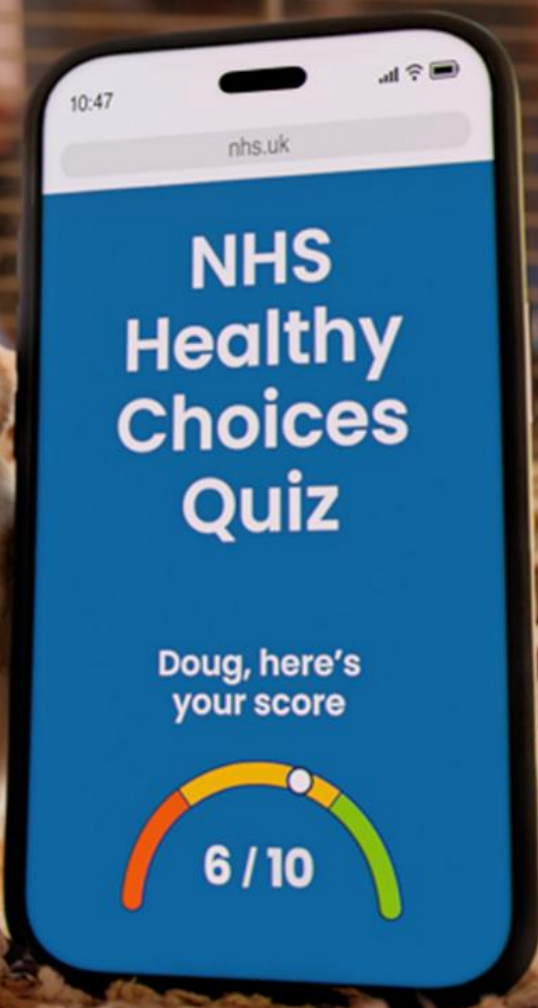




**Take
your first
little step
to healthy**



Scan me



Or search **NHS Healthy Choices Quiz** today and get the right plan for you

NHS Healthy Choices Quiz

The NHS has launched a free health and wellbeing quiz, the Healthy Choices Quiz which takes around 5 minutes to complete. The Healthy Choices Quiz aims to empower adults, particularly those in middle age, to make positive changes to their behaviour and create meaningful steps towards a healthier life.

Start your journey to a healthier lifestyle - take the free NHS Healthy Choices Quiz today www.nhs.uk/hcquiz

Why it matters

Preventable health conditions are costing lives, burdening the NHS and damaging our economy. More than a quarter of the population now have a long-term health condition, and health inequalities are also widening – people in the most deprived areas of England die 8 years younger and spend 19 fewer years in good health than those in the least deprived areas. Key risk factors such as smoking, obesity, drinking alcohol and mental health problems affect millions of people. But making small changes to the way we live day to day can have a big impact on our health in the immediate and longer-term.

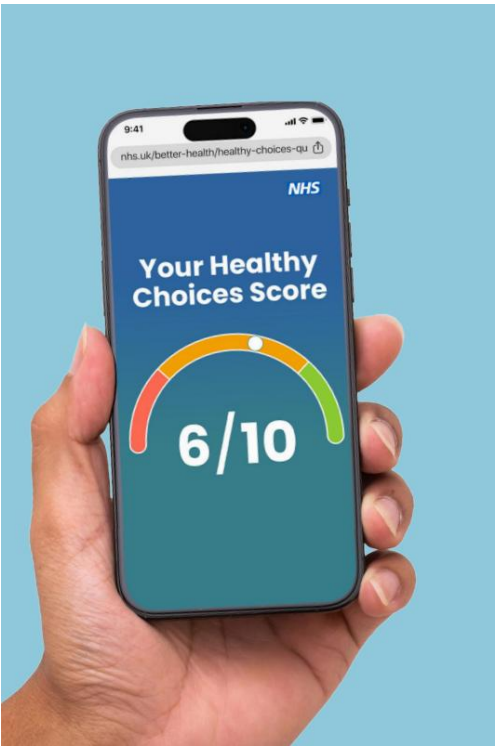
How does the quiz work?

The Healthy Choices Quiz provides an easy first step for those who want to feel healthier but may not know where to start. After capturing some basic information and exploring different health motivations, the quiz asks a series of lifestyle questions across six main themes: movement, eating, alcohol consumption and vaping, mental health and sleep. You then receive an overall score out of 10 based on your answers.

This score indicates how your lifestyle could be affecting your health and wellbeing and how you are doing in each lifestyle area.

Most importantly, it recommends what to do if you should need to make any changes. This includes directing you to NHS apps, advice and resources to help you get going with confidence. You can also sign up to an email programme to get additional information and support on key lifestyle areas straight to your inbox. It is worth noting that we do not ask about your medical history as this is not a medical assessment. To find out more about how your score is calculated visit

Healthy Choices Quiz score explained – NHS





Facts and stats

Smoking

Smoking is the single biggest behavioural cause of preventable illness and death in England. Every year nearly **75,000 people** in the UK die from smoking, with many more living with debilitating smoking-related illnesses. Up to two-thirds of deaths in current smokers can be attributed to smoking. On average, someone who smokes loses approximately 20 minutes of their life for every cigarette they smoke. Smoking is estimated to cost society £21.3 billion per year in England. This includes an annual £18 billion loss to productivity through smoking-related lost earnings, unemployment, and early death.

Diet

In 2023 to 2024, 64.5% of adults aged 18 years and over in England were estimated to be living with obesity or overweight. Among adults aged 45-64 years, 71.7% were living with obesity or overweight. Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. From 2019 to 2023, less than 1 in 5 adults (17%) met the 5 A Day recommendation.

Physical Activity

Around 65% of adults aged 35 – 54 met the recommended 150 minutes of moderate activity per week – 23% were classified as physically inactive (less than 30 minutes per week).

Alcohol

30% of adults aged 55 to 74 drank more than 14 units per week, putting them at increased or higher risk of alcohol-related harm. In England, the rate of deaths from conditions caused solely by alcohol rose by a 38.9% between 2019 and 2023. Men had nearly double the death rate of women. In 2021 alcohol use was estimated to be linked to 6% of all hospital admissions annually, nearly half of which are for alcohol-related cardiovascular diseases.

Mental Health

Just over 1 in 5 adults (20.2%) had a common mental health condition in 2023/24. In 2023/24, approximately 22.8% of adults aged 45-54 years experienced any common mental health condition in the past week. For adults aged 55-64 years, this was 19.2%.



Active 10
A tool to encourage users to record and increase daily brisk walks



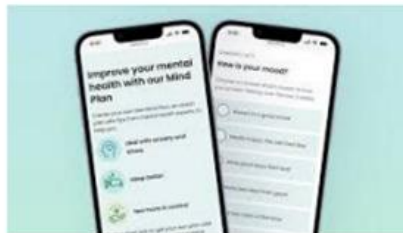
Couch to 5K
A running programme for absolute beginners



Quit Smoking
Personalised support to help users quit smoking for good



Drink Free Days
A tool to help users cut down on alcohol by tracking drink free days



The Mind Plan
An action plan and email programme with support from mental health experts



Better sleep
A six-week email programme with tips to help improve your sleep



Healthy recipes
Over 100 healthy recipe options that are easy to follow and include cooking times



NHS Health Check
You may also be asked to find out whether you are eligible for an NHS Health Check



Flu is on the rise again

Christmas gatherings may have caused a resurgence in flu and other winter viruses, NHS leaders say.

Figures show that the average number of patients in hospital beds in England with flu last week hit 2,924 - a rise of 9% on the previous week. This comes after two weeks of falls which prompted hope cases may have peaked. NHS England said a combination of the vicious cold snap and winter viruses was making services "extremely busy"

NHS England medical director Prof Meghana Pandit said: "It's clear that the worst is far from over for the NHS this winter, with hospitals again experiencing a rise in patients admitted with flu and other respiratory virus cases last week. The cold weather also means we are also seeing more vulnerable patients with respiratory problems in A&E and more injuries from slips and falls due to the icy conditions, so it remains an extremely busy time. Staff continue to work incredibly hard and we are seeing teams across the country pulling out all the stops to ensure patients get the care they need. It remains important that people come forward for care as usual and there are still **plenty of opportunities to get vaccinated and get protected against flu.**

Health and Social Care Secretary, Wes Streeting said: "Today's data shows we are not out of the woods yet. While the NHS is better prepared and performing more strongly than this time last year thanks to the tireless work of staff, the current cold snap is putting fresh pressure on frontline services.

"Flu can be serious, particularly for older people, young children and those with underlying conditions, and vaccination remains the best protection. **I urge everyone who is eligible to get their flu jab as soon as possible.**

"By acting now, we can help keep people out of hospital, support our NHS staff through the toughest weeks of winter, and ensure emergency care is there for those who need it most."



We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.
Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.
We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.
Interested?

Please contact **Michelle Greene 07941 077350**

Did not attend Appointment

In 2025, we booked a total of **37,328** appointments.
1547 patients did not attend (DNA)

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

To cancel your appointment:

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)

