

Evaluation of the Integrated Healthy Lifestyle Service

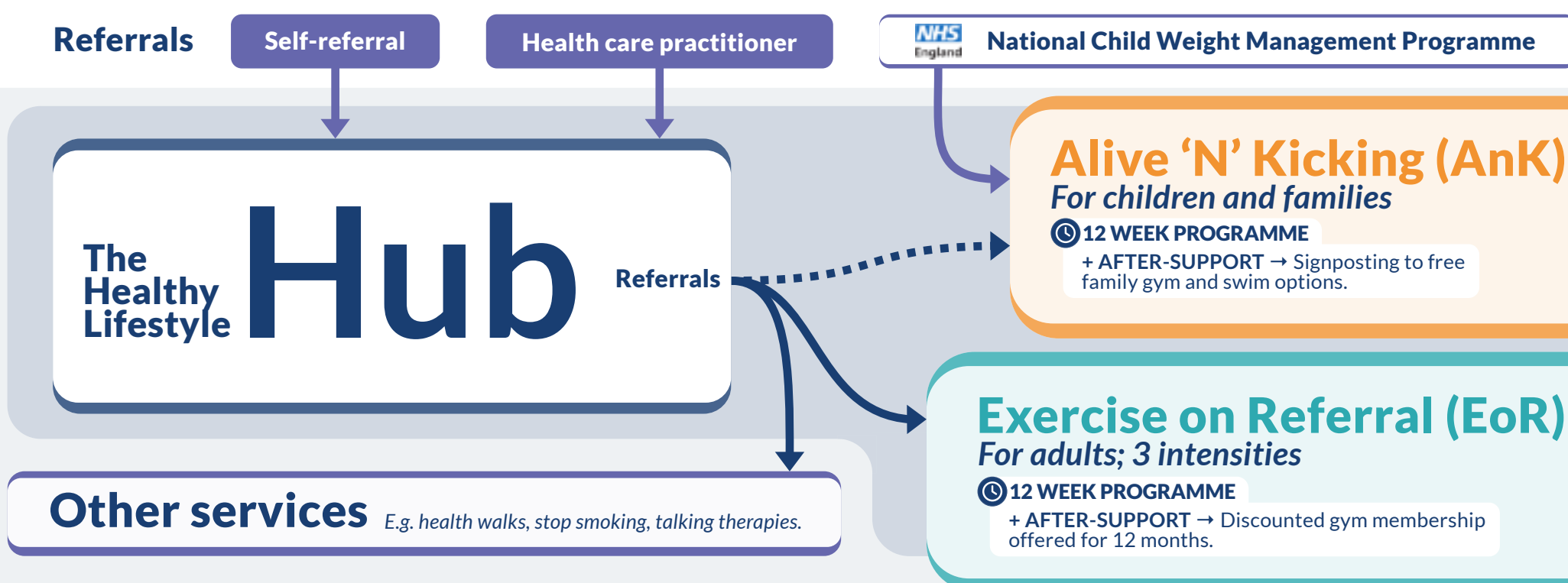
The University of Edinburgh worked with Southwark Council to try and understand...

- Does having the Healthy Lifestyle Hub (the Hub) improve access to Alive 'N' Kicking (AnK) and Exercise on Referral (EoR)?
- Does referral to AnK and EoR improve health behaviours and outcomes?

Data analysed

- 163** survey responses
- 46** interview and focus group participants
36 service users and 10 programme staff
- Existing data collected for the Hub and EoR from 2016 to 2024

What is the Integrated Healthy Lifestyle Service?



Our findings and recommendations

The Healthy Lifestyle Hub (the Hub)

- BENEFIT**
Some users believe the Hub improves access.
- CHALLENGE**
The Hub rarely refers people to AnK.
- RECOMMENDATION**
Define the Hub's role in AnK referrals.
- CHALLENGE**
Inconsistency in waiting time and how the Hub engages with service users.
- RECOMMENDATION**
Streamline access times and clarify inclusion criteria for the Hub/EoR.

The AnK/EoR programmes

- BENEFIT**
Service users of both programmes experienced benefits.
E.g. weight loss, improved fitness, improved mental health, increased physical activity, healthier eating behaviours.
- CHALLENGES**
The 12-week programme length for AnK and EoR is seen as too short.
Post-programme options appear insufficient and poorly promoted.
- RECOMMENDATION**
Expand and promote post-programme options.

Communication, involvement, and data management

- CHALLENGE**
Service users are confused about the role of the Hub and different programme teams, leading to unmet user expectations.
- RECOMMENDATION**
Communicate more clearly with service users.
E.g. programme details, wait times.
- CHALLENGE**
Lack of public or community involvement in service design.
- RECOMMENDATION**
Establish public involvement or community steering group.
- CHALLENGE**
Inconsistent, unlinked data across the Hub, EoR, AnK and leisure centres.
- RECOMMENDATION**
Improve and integrate data systems.
E.g. linkage between Hub, EoR and leisure centre data; standardise data collection for health metrics.

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