

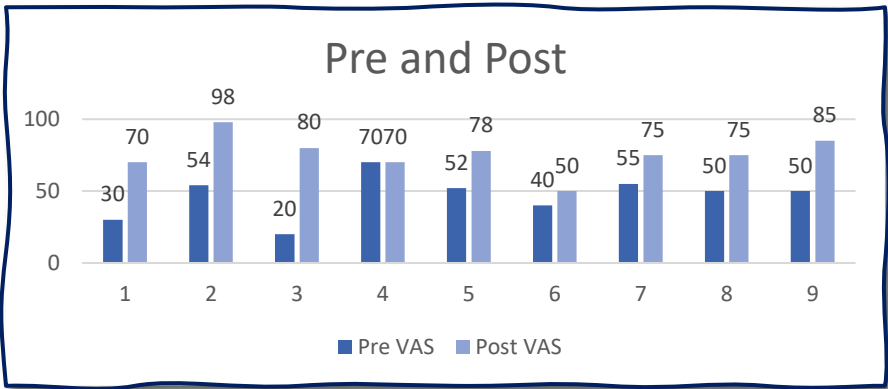
Delivering Lifestyle Medicine in Practice

Background:

Lifestyle Medicine is an emerging medical discipline dedicated to the prevention and treatment of chronic diseases through evidence-based lifestyle interventions. It highlights the critical role of behavioural changes in areas such as nutrition, physical activity, sleep, stress management, social connections, and the avoidance of harmful substances. With the increasing prevalence of conditions like diabetes, heart disease, and obesity—often linked to lifestyle factors—Lifestyle Medicine has gained significant momentum.

- **Nutrition**
- **Physical activity**
- **Restorative sleep**
- **Stress management**
- **Avoidance of risky substances**
- **Positive social connections**

Outcomes:



- VAS (Visual Analogue Score) scores improved for 8 out of 9 participants
- Blood pressure improved for 4 out of 6 participants
- Average weight loss of 1.43kg
- Boditrax scores and metabolic age improved
- Strong participant satisfaction and recommendations

Next Steps:

- Secure sustainable funding
- Refine programme structure and content
- Expand access across Pembrokeshire
- Explore hybrid and workplace delivery models
- Improve administrative and participant support

Aims and Objectives:

- Encourage healthier lifestyle choices
- Empower participants with knowledge and confidence
- Promote peer support and problem-solving
- Prevent worsening of chronic conditions
- Foster sustainable change and motivation

Impact:

- Increased physical activity and social engagement
- Improved mental wellbeing and confidence
- Formation of peer support networks
- Enhanced understanding of lifestyle factors
- Positive feedback and continued participant engagement post-programme

Approach:

The 9-week programme offers six themed sessions focusing on Sleep, Emotional Wellbeing, Food, Substances, Movement, and Relationships. Participants benefit from initial and follow-up one-to-one consultations, group health coaching, and interactive workshops. The programme also includes free and discounted leisure memberships, alongside ongoing support from a Community Connector to help guide and encourage engagement throughout.

Key Conclusions:

- Programme successfully motivated lifestyle changes
- Peer support and community connection were critical
- Participants continued healthy habits post-programme
- High demand for future cohorts



Participant artwork

"The course was the springboard I needed to get my health back on track. My life has changed immeasurably! I'm even looking at volunteering or retraining to help others."

"Great news all. I still go to my 3 classes a week and am getting a watch to step count too."

"Keep it up. Rich and I are still going to yoga, Pilates and the gym. It is hard some days to keep motivated, but we keep moving forward"

Quotes from participants