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Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

Helping you live longer by preventing  
Stroke Heart Disease Diabetes

## Living Well; Living Longer Programme

**Aneurin Bevan University Health Board;** Blaenau East & West,  
Caerphilly North, Torfaen North, Newport East & West

**Project Lead / Contacts;** Sarah Aitken

**Rationale;** The programme helps clients gain a better understanding of their health, particularly in relation to their risk of developing Cardio-vascular disease and motivate them to improve their health by promoting a positive lifestyle. Early identification can allow the client to make behaviour changes and improve their health before they need medical intervention.

**Project Details;** Those who have received a LWLL health check and were found to have a 10-year risk of cardiovascular disease of 10% or more are offered the Well-being Advisor Service. The Adviser will follow *support from the health check for those found to have a 10-year risk of cardiovascular disease of 10% or more. The Well-being Advisors give information on the following topic areas:*

- Health Living
- Mental Well-being
- Secure Home and Finance
- Working, Learning and Participation.



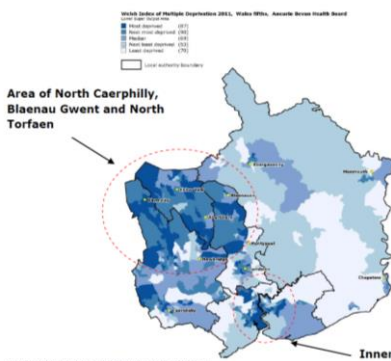
**Intended Outcomes;** The aim of the programme is to build capacity of individuals, to be independent, maintain good health and well-being by building on community development principles and harness assets readily available in local communities and beyond

**Partners;** Clusters in Blaenau East & West, Caerphilly North, Torfaen North, Newport East & West

**Time-frame;** Fixed Term currently funded until March 2018

**Future Development Planned;** Aneurin Bevan Health Board initially, with a view to sharing the learning with other health boards in the future.

Welsh Index of Deprivation 2011, Wales fifths, Aneurin Bevan Health Board



Produced by Public Health Wales Observatory

Percentage of patients living in the most deprived fifth of areas in Wales (using WIMD, 2011), GP clusters (NCNs) in Aneurin Bevan Health Board in 2013

**Commissioning / Funding;** as above

**Evaluation / Reporting;**  
Started, report available in 2018

**Supporting Documentation**

<http://www.wales.nhs.uk/sitesplus/866/page/89820>

<http://gov.wales/newsroom/health-and-social-services/2016/160404communities/?lang=en>

**Acknowledgement;**