

**PREVENTATIVE HEALTH INPUTS**

Multi-factorial Solutions

**AI and Wearables**

- Generic Nutrition and Lifestyle Advice from AI
- Real-time Personal Data from Wearables



**Primary Care - Groups**

- Nutrition and Lifestyle Education
- Pre-clinical Stages of Disease
- Empowering Patients



**Primary Care - Individuals**

- Personalised Nutritional Therapy Services for all in GP surgeries
- Multidisciplinary Teams



**Secondary Care**

- Personalised Nutritional Therapy Provision for Disease Remission and Symptom Management



**PREVENTATIVE HEALTH**

**Public Health Policy**

looks at the root causes of disease and aims to improve the social, economic and environmental determinants of health

**Primary**

aims to prevent the onset of disease by managing existing risk factors

**Secondary**

aims for disease remission or to slow-down disease progression at the clinical stage

**Tertiary**

focuses on treatment, rehabilitation and re-education, at the stage of recovery or disability

**NUTRITIONAL THERAPY**

Transforming Preventative Health

Disease Prevention

**P.R.E.V.E.N.T**

**P**

Prioritise nutrition conversations with every patient

**R**

Refer patients to Nutritional Therapist for prevention

**E**

Embed practical dietary and lifestyle interventions

**V**

Value-based and affordable patient health strategies

**E**

Empower patient agency and self-management

**N**

Nutritional Therapists employed in all PCNs

**T**

Transform healthy life expectancy outcomes

Health Promotion

Prevention is about helping people stay healthy, happy and independent for as long as possible.

Department of Health and Social Care

