

# Lifestyle Medicine in Somerset

As part of my Somerset CCG Person-Centred Care role I have taken on the remit of Lifestyle Medicine in Somerset. There is a lot of expertise and interest in Lifestyle Medicine and related topics across Somerset. We can use these skills to have a significant impact on the health and wellbeing of the population of Somerset.

As a start to the programme a Google discussion group has been created. This group is for all staff that work within health and social care across Somerset – whether having a face-to-face role, or a managerial and administrative role.

If you would like to join the discussion group please request to join via this link (you'll need to sign-in to Google):

<https://groups.google.com/forum/#!forum/somerset-lifestyle-medicine>

Or email me on [campbell.murdoch@wellshc.nhs.uk](mailto:campbell.murdoch@wellshc.nhs.uk) with “request to join Somerset Lifestyle Medicine group” in the subject heading and I'll directly add you.

I've attached the welcome message for the group which provides a bit more background on the purpose of the discussion group.

Please forward this to any colleagues that you think would like to be part of the group.

Many thanks

Campbell

Dr Campbell Murdoch

GP and CCG Person-Centred Care Lead

## **Welcome to the Somerset Lifestyle Medicine discussion group for people working within health and social care in Somerset.**

This group is a place for people to discuss the broad but exciting area of Lifestyle Medicine, an evidenced-based discipline that is rapidly developing across the UK and the world.

Lifestyle Medicine deals with research, prevention and treatment of poor health and the optimisation of good health and wellbeing through addressing lifestyle factors such as nutrition, physical activity, chronic stress and more. These lifestyle and environmental factors are the leading cause of poor health, chronic disease, mortality and healthcare costs worldwide.

This group is without traditional health and social care organisational boundaries and welcomes all staff whether working in a patient facing or administrative role. The positive impact of the group can benefit the entire population of Somerset, including staff.

The group encourages open-minded discussion and aims to assist learning and actions. This group welcomes:

- Personal and professional stories, experience and case-studies.
- Discussion to help enable a deeper understanding of Lifestyle Medicine
- Knowledge and resource sharing; including for example, practical tools such as protocols and patient information leaflets, academic resources and the broad evidence-base, and research.
- General broad discussion and theory/hypothesis sharing.
- Critical discussion.
- Sharing of our activities in Somerset, and how Lifestyle Medicine can and is being integrated into the aims of the health and social care system.

There will be a range of views, information and expertise shared within the group. The group should be supportive and welcome differing beliefs and perspectives. Equally as people working within health and social care we can feel open about exploring concepts, plans and actions in a non-personally judging way. Also to note, although this a private group posts could potentially be shared outside the group – please remember the usual rules of confidentiality (especially with regard to patient case studies).

When making a post it is useful to say what your role is to help put comments in context e.g. Campbell Murdoch (GP). And do ask if there are any queries about how the Google Group actually works.

There is huge potential for a lot of gains to be made in the effectiveness of healthcare provision and on the beneficial impact we can have on the health and wellbeing of individuals and the population.

Enjoy the discussion and the difference the emerging discipline of Lifestyle Medicine can make to the health and wellbeing to all of us in Somerset.

Campbell Murdoch

(Current roles)

GP and Somerset CCG Person-Centred Care Lead

PHE Clinical Champion for Physical Activity

RCGP Clinical Advisor

New NHS Alliance national executive member

University of Bath tutor on the sports and exercise medicine masters programme

British Society of Lifestyle Medicine south west director