HEALTH PROMOTION AUDIT
RESULTS FROM THE 2011/12 NATIONAL HEALTH PROMOTION IN HOSPITALS AUDIT

STANDARDS

<table>
<thead>
<tr>
<th>RISK FACTOR</th>
<th>ASSESSMENT</th>
<th>HEALTH PROMOTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMOKING</td>
<td>100% of patients</td>
<td>35% of smokers</td>
</tr>
<tr>
<td>ALCOHOL</td>
<td>95% of patients</td>
<td>50% of hazardous/ harmful drinkers</td>
</tr>
<tr>
<td>OBESITY</td>
<td>85% of patients</td>
<td>45% of obese patients</td>
</tr>
<tr>
<td>PHYSICAL INACTIVITY</td>
<td>35% of patients</td>
<td>45% of physically inactive</td>
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METHODS

Fifty-six hospitals representing 52 Trusts across England took part in the audit, which consisted of:

- an organisational survey providing information on health promotion policy, pathways and resources, and
- a case note audit of 100 patients (total sample: 5407).

The patients must have been admitted for at least one day, discharged alive from either a medical or surgical ward; and aged 17 years or older. The results were compared to recommended standards.

RESULTS

- Most hospitals have a health promotion champion on their board and a trust co-ordinator for health promotion (n=36 and n=34 respectively).
- Half have a group responsible for health promotion across the Trust (n=27).
- Twelve have a specific health promotion budget, an increase on 2009.
- Most hospitals met the standard for obesity assessments (32 of 56 hospitals assessed 45% or more patients for obesity).
- Twenty hospitals met or bettered the 35% assessment standard for physical inactivity.
- Only one hospital met each of the assessment standards for smoking and alcohol (100% and 95% respectively).

DISCUSSION

The audit gives a range of positive and negative findings. Compared to 2009, health promotion in hospitals is moving in the right direction, with hospitals reporting significant increases in assessments for smoking, alcohol and obesity. However, standards are still not met for most risk factors.

Having a health promotion group and a written strategy for health promotion were linked to increased assessments of smoking and alcohol use. All hospitals should develop these.

Health promotion is more likely to be integrated into all care pathways than in 2009. This could link with increases in assessment rates.

Two in five smokers in a hospital setting reported that they wanted to quit (40%). This figure contrasts with the 53% of smokers answering they wanted to quit from the Health Survey for England 2009.

Despite the different methodologies involved, investigating this could be an important research topic in future.