

**Health Promoting Health Service (HPHS) is the national programme for health improvement action in all hospital settings across NHSScotland.**

**hphs**

health promoting health service

HPHS in Scotland aims to create hospital settings that enable and promote good health through a range of actions that:

- influence the physical hospital environment
- enhance clinical care of patients
- support NHS staff health and wellbeing.

**'All healthcare professionals have a responsibility in promoting health. Nurses across primary and secondary care are key stakeholders in influencing patients to make healthier choices.'**

Cardiology Nurse Consultant



*Every health care contact is a health improvement opportunity*

[www.hphs.co.uk](http://www.hphs.co.uk)

**NHS**  
Health  
Scotland

## HPHS national policy

Chief Executive's Letter: CEL (01) 2012 policy requires all acute, community, mental health and paediatric hospital settings to embed specific actions that promote and protect good health for all staff, patients and visitors.

All NHS Boards must evidence progress to Scottish Government in their CEL (01) annual report as part of the governance for HPHS delivery.

## HPHS national leadership

- **HPHS Ministerial Group** – chaired by Michael Matheson MSP, Minister for Public Health
- **Policy Lead** – Dr Aileen Keel CBE, Acting Chief Medical Officer
- **HPHS National Network** – chaired by Lorna Renwick, NHS Health Scotland
- **HPHS Champions** – Non-Executive Board Members
- **HPHS Leads** – all 14 Health Boards and the Golden Jubilee National Hospital have an HPHS Lead responsible for local delivery and are members of the National Network.

**'We now have some great examples of both women and their partners stopping smoking, including women hoping to plan a family – which is really encouraging for the little time it takes to raise the issue.'**

Consultant Gynaecologist and  
Obstetrician



## CEL (01) 2012 policy action requirements

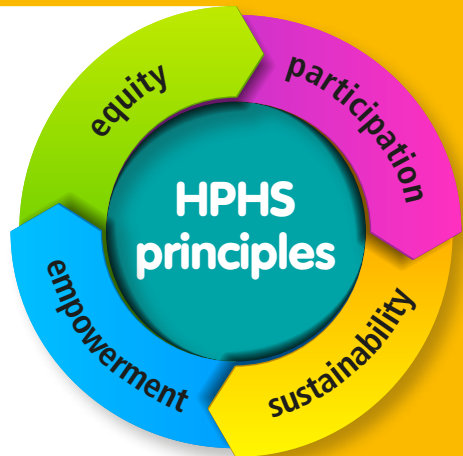
- accessible smoking cessation support
- supporting NHS staff health and wellbeing
- creating a smoke-free NHS
- delivering Alcohol Brief Interventions
- offering breastfeeding advice and community signposting
- promoting healthy hospital caterers and retailers
- offering effective and efficient contraceptive
- promoting physical activity for treatment and prevention
- creating hospital gardens and greenspace
- enabling active travel to hospital sites

**'For common conditions that require the support of podiatrists to be managed effectively, raising the issue of smoking, physical activity and healthy eating is an important part of patients' treatment.'**

Diabetes Specialist Podiatrist



Embedding health improvement into clinical care supports the ambitions of creating a sustainable, mutual NHS. It empowers patients with the opportunity to self-manage and also puts preventative approaches at the heart of delivery.



**'People are living longer, which places a burden on the NHS, so our aim is to prevent as much ill health as possible. Ultimately we would be failing in our duty if we didn't discuss or address the cause of our patient's problems.'**



Physiotherapist

**Contact the national support team to find out more at:  
[nhs.HealthScotland-hphsadmin@nhs.net](mailto:nhs.HealthScotland-hphsadmin@nhs.net)**

[www.hphs.co.uk](http://www.hphs.co.uk)