

Healthy lifestyles

Gloucestershire



abl
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Healthy Lifestyles Gloucestershire, part of ABL Health. We are proud to have been commissioned by Gloucestershire County Council to deliver free health & wellbeing services across the county.

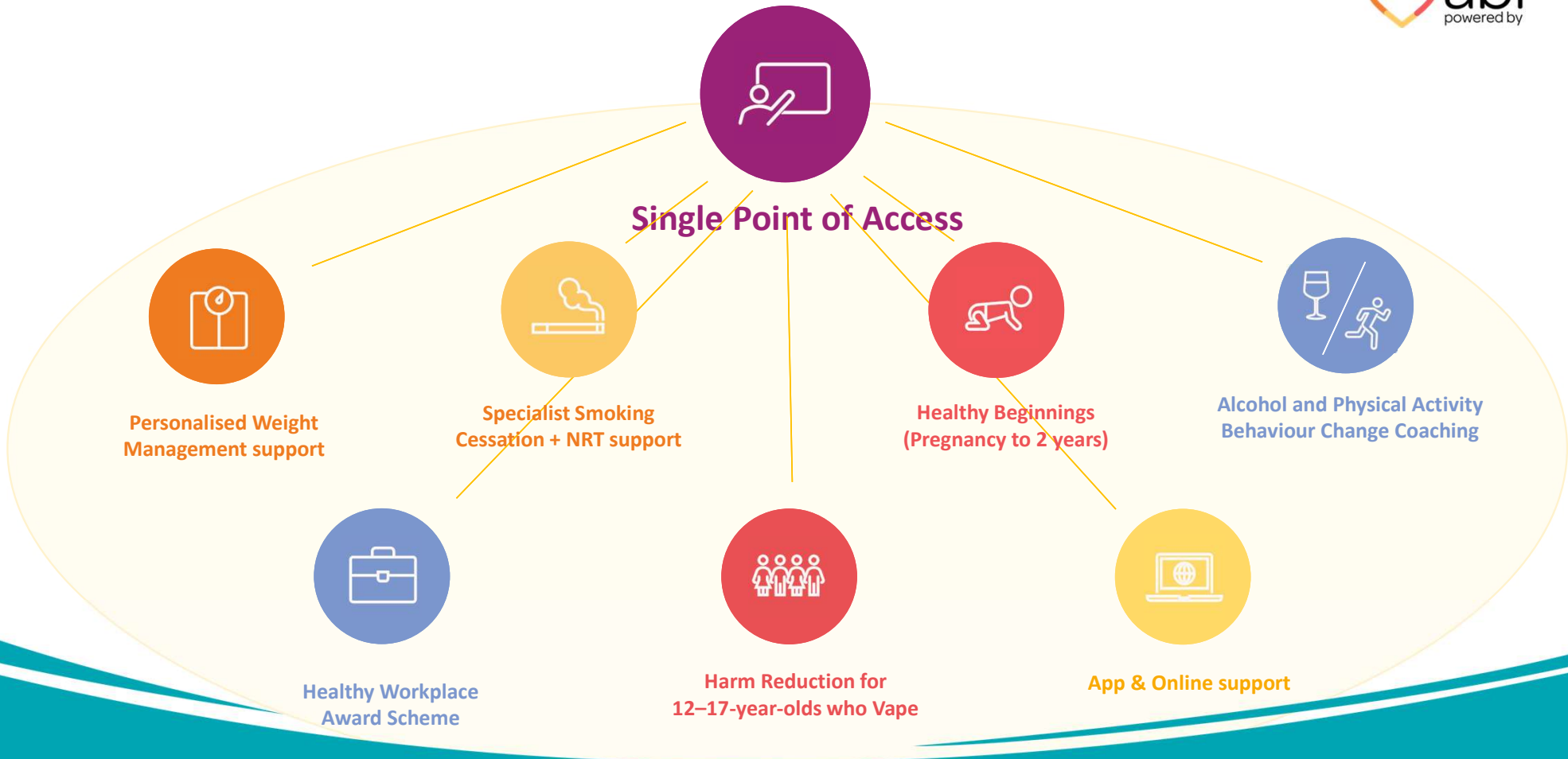
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Website: www.hlsglos.org

Telephone: 0800 755 5533

NHS.net Email: ablh.hlsglos@nhs.net

What do we offer?



A Few Highlights from 2025



Smoking Outcomes (January – December 2025)

1551

people across Gloucestershire were supported to quit smoking

84%

of those entering the smoking pathway were from underserved communities

65%

of pregnant smoking clients had their quit confirmed by Carbon Monoxide monitoring

54%

of clients remained smoke free at 4 weeks, compared to national average of **47.8%**

A Few Highlights from 2025



Weight Management Outcomes (January – December 2025)

968

People started on the weight management pathway

94%

Of those who attended a local weight management group now report sustaining healthier lifestyle habits

60%

Of those who completed a local weight management group were from priority population groups

72%

of those that completed the pathway achieved meaningful weight loss

General Inclusion Criteria

- **Lives in, or has a GP registered** in Gloucestershire
- **Aged 18 or above** (aged 12 for smoking/vaping cessation)
- **Pregnancy Only:** Is being treated in a Gloucestershire Hospital

Pathway Specific Inclusion/Exclusion Criteria



Smoking Cessation

Aged over 12
Current Smoker of tobacco.



Weight Management

BMI => 30 or
BMI => 28 with co-occurring conditions.
BMI =>27.5 if South Asian, Chinese, Black African or Black-Caribbean ethnicity.



Reducing alcohol

Drinks > 14 units of alcohol per week.



Physical activity

Exercises < 150 minutes per week and has the capacity to do physical activity.

Smokes Cannabis but not receiving support through VIA.
Only vapes (i.e. does not smoke tobacco).

An active or recent eating disorder.
An underlying medical cause of obesity requiring more intensive clinical management.
Client wants to gain weight.

Drinks >70 Units per week Or score of 16+ on AUDIT Tool.

Medically unfit to do exercise without a specialist.

How to Sign-up or Refer Someone Else

Health Care Professionals

Everyone



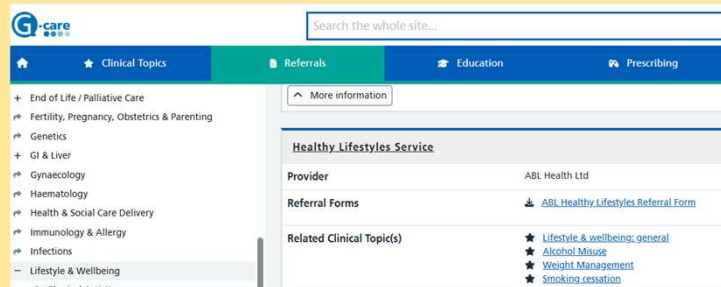
Tel:

0800 755 5533

**Opening hours:
Mon-Fri / 9-5pm**



Via G-Care (g-care.glos.nhs.uk)



**Email referral form to:
ablh.hlsglos@nhs.net**

Everyone



**Website:
hlsglos.org**

Make a Referral Online

Or

I'd Like Support

We are here for you -- please get in touch!

0800 755 5533

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