

Shifting from Reactive to Preventative Care in SEL

September 2026





What's coming up?

Section	Description
Section 1	Introduction – who we are, what we do, and what we're going to look at today.
Section 2	What is prevention – your views, different types of prevention, how it fits within the NHS
Section 3	Why does prevention matter – the case for prevention, inequalities, what it means to those it supports
Section 4	What does this mean for you? – your role, barriers, the future
Section 5	How can you work in a preventative way – prevention education and training offer
Section 6	Summary
Section 7	Close



Who are we as a team?



Michael Sanderson
Project Manager
Prevention, Wellbeing and Equity
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King's Health Partners



Will King
Public Health Specialist
Prevention, Wellbeing and Equity team,
SEL Integrated Care System & King's
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Objectives

By the end of the session, participants will:

- Understand what prevention means
- Understand why prevention matters
- Recognise their role in prevention
- Know what prevention education resources are available
- Know how to continue learning after the session

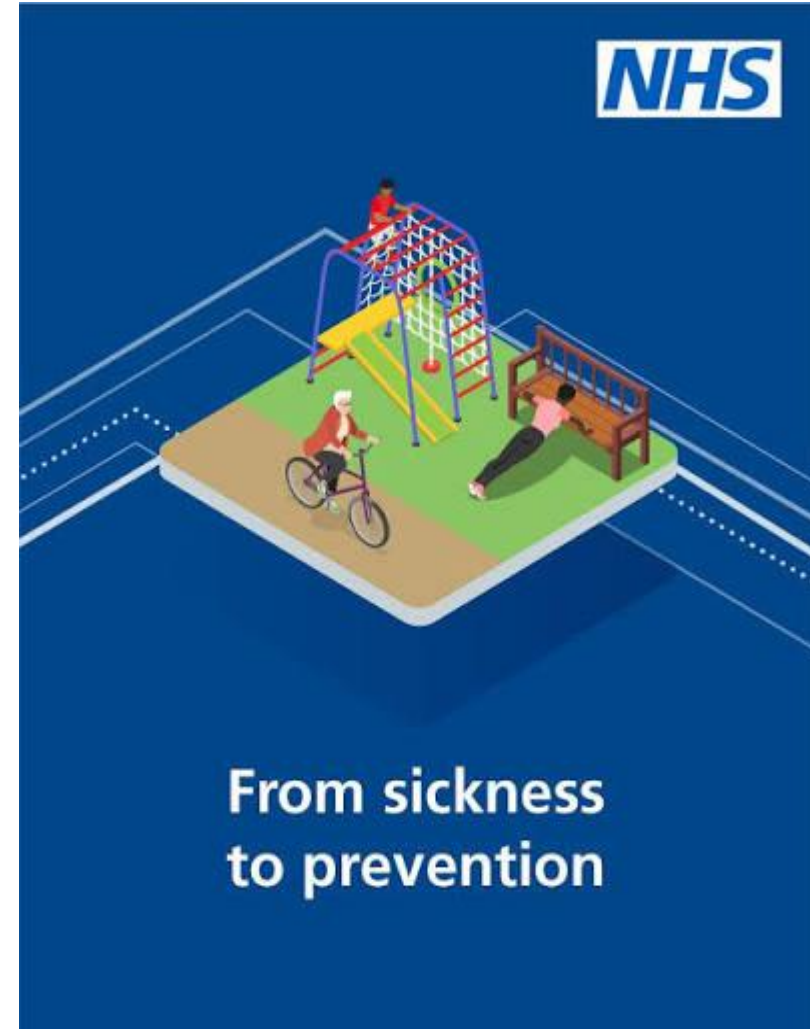
What do we understand about Prevention?



SEL Prevention Training Webinar



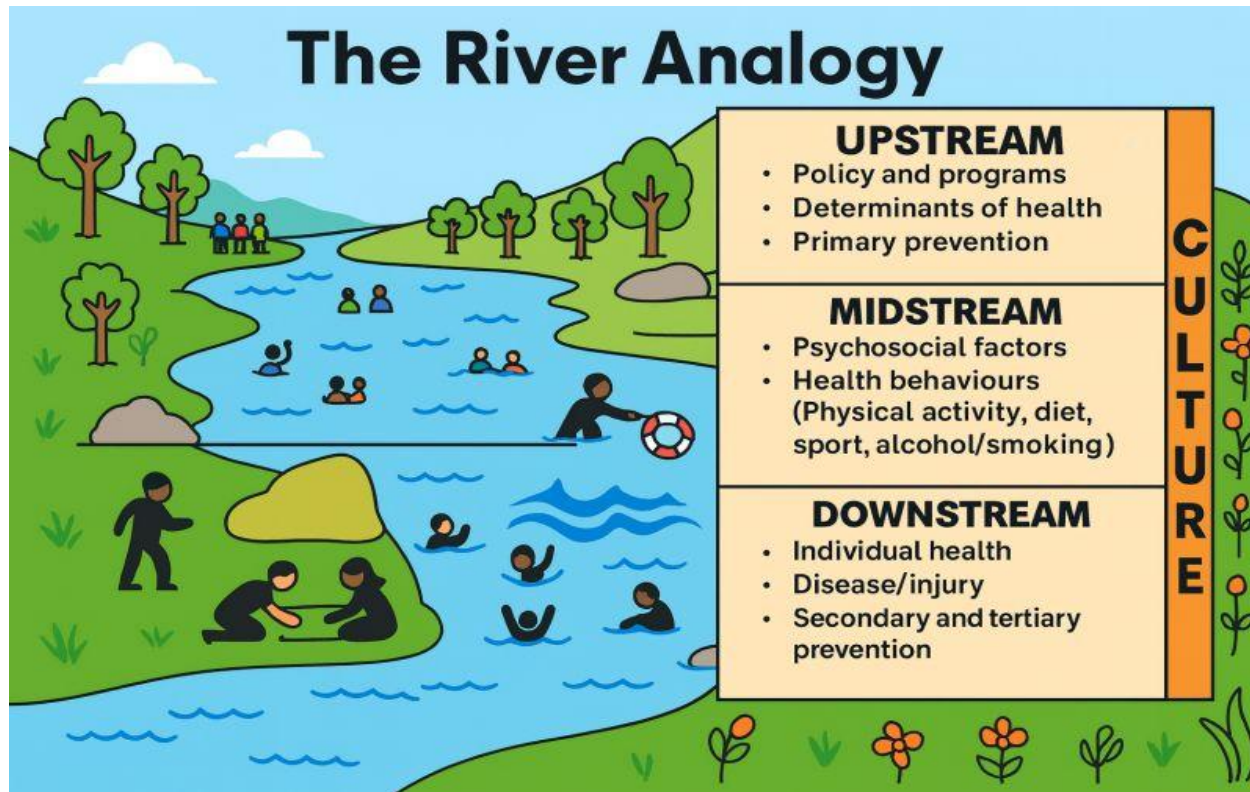
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What is prevention

Any measure or activity aimed at stopping health problems before they start, halting their progress, or reducing their long-term harm.



Prevention means helping people stay as healthy and independent as possible for as long as possible.



Prevention continuum

Primary Prevention

Focuses on the broad social, economic and environmental factors that may cause harm or illness in a population.

Secondary Prevention

Focuses on early detection and prompt intervention for people who already have early-stage conditions or risk factors.

Tertiary Prevention

Attempts to reduce the negative impact and complications of established conditions through treatment and rehabilitation.

Iatrogenic Prevention

Avoiding or reducing unintended illnesses, or complications caused by medical care, tests or treatment.

Where Does Prevention Happen in the NHS?



Signposting to clinics, healthy lifestyle services and social prescribing.

Ensuring patients receive invitations and follow-up information.

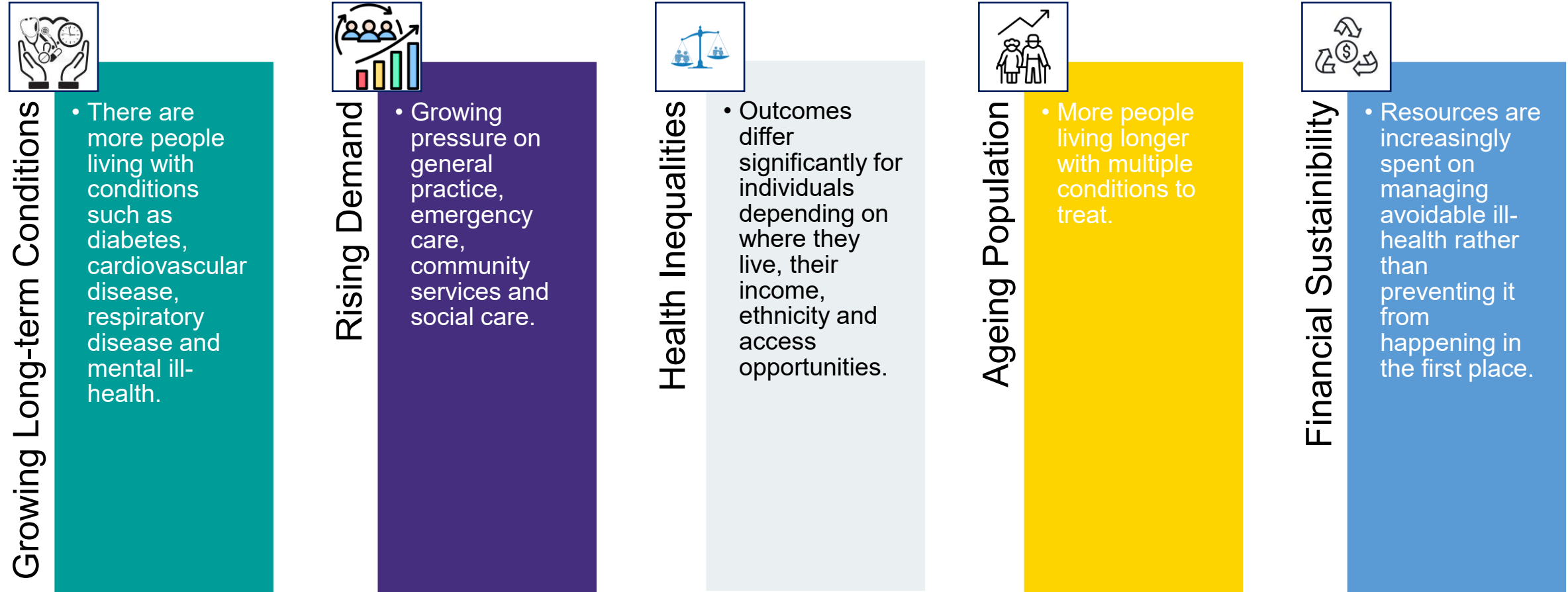
Medication reviews and healthy lifestyle conversations.

Risk factor identification, MECC conversations and referrals.

Designing services that intervene earlier.

Supporting a culture where prevention is prioritised.

Why Prevention Matters Now More than Ever





Prevention and health inequalities

A recent report by The Health Foundation reports that:

- Healthy Life Expectancy (HLE) has **gone down by 2 years across England (60.7 for men and 60.9 for women)**, over the last decade.
- One in ten areas have a HLE of **less than 55 years**.
- **90% of areas have a HLE <66 years (state pension age)**
- There is a **difference of 19.4yrs in men and 20.3 yrs in women across** most and least deprived quintiles.

Borough	HLE 2014	HLE 2024
Southwark	61.3	62.7
Lambeth	61.5	64.6
Greenwich	61.8	57.5
Lewisham	62.2	58.1
Bexley	64.5	61.1
Bromley	66.7	67.7



Prevention in practice – patient experience



Vital 5 Health Checks – Key Feedback Themes

Accessible & trusted

Community-based, non-clinical delivery helped residents feel comfortable, listened to and not judged.

“The most effective part of the health checks was that it was based in a non-clinical environment, where I felt I could be myself and not judged.”

“... it indicated that I'm alcohol dependant. I felt I need to be honest with the health champion”

Early identification & prevention

Health checks identified hidden risks and increased awareness of unhealthy behaviours.

“Before having vital 5 health checks, I was blase' about my unhealthy habits.. I was making unwise choices around eating because of emotional eating”

Empowering behaviour change

Personalised advice gave residents the knowledge and confidence to make healthier choices.

“It has saved me money on alcohol; It has really saved my life”

“we spoke about healthier options, food portion sizing using the healthy plate. I now have the information to make better choices.”

Effective signposting

Health Champions connected residents to local support, including mental health and alcohol services.

“The health champion signposted me Lorraine Hewitt House to discuss free options for treatment and ongoing support. I've been sobered for a couple of months now”



Barriers: As part of our prevention training discovery, we explored what stops you working in a preventative way



Staff value prevention and want to do more, but...

01

Often lack time, confidence, pathways, or permission

02

Training is fragmented, theoretical, hard to access, and variably well aligned with needs

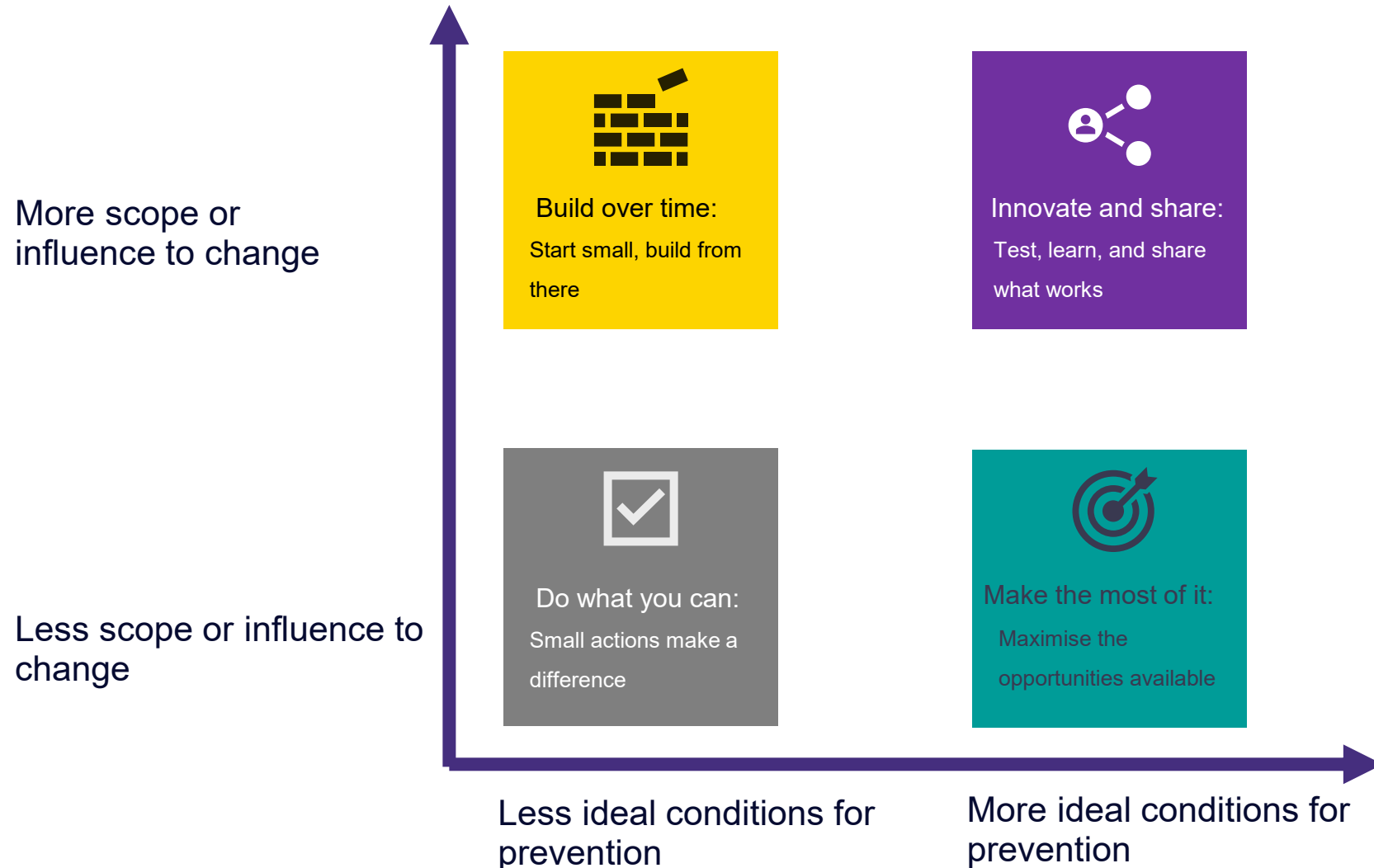
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Different context and skill sets have different opportunities

04

Individual change in ways of working must be coupled with system change

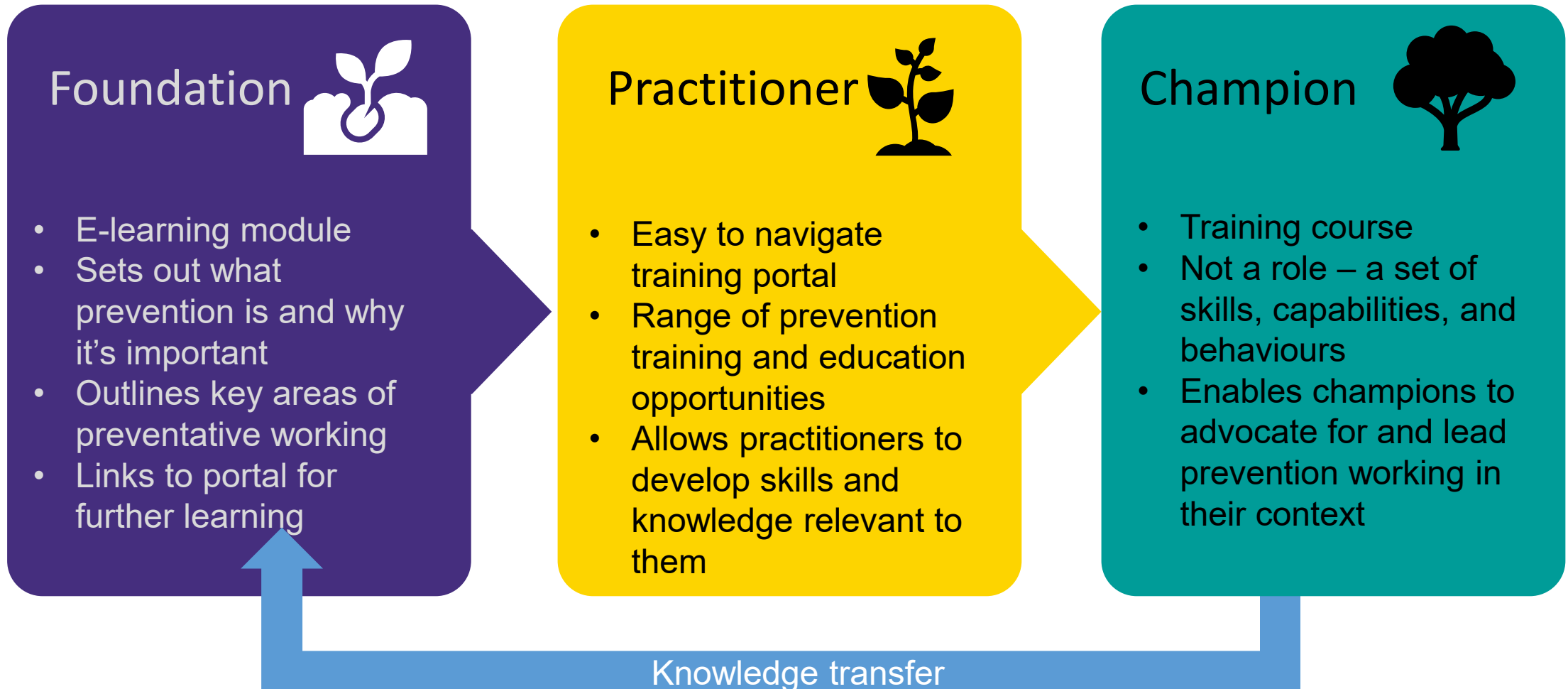
The path forward: prevention looks different in every context – the right path is the one that fits your context



How you can work in a preventative way: whatever the path, our SEL-wide Prevention training offer can help



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What training is available?

Foundation



Foundations in prevention – e-learning module
SEL-wide module available via the KHP learning hub



You can start with the understanding prevention training module – a foundation, high-level overview of prevention and prevention areas linking to deeper content on the portal

The screenshot shows the homepage of the King's Health Partners Learning Hub. The header features the King's Health Partners logo on the left, the text 'KHP Learning Hub' in the center, and navigation links 'Home' and 'Explore' on the right, along with 'Sign in' and 'Sign up' buttons. The main content area has a large background image of two healthcare professionals looking at a laptop. Overlaid on this image is the text 'King's Health Partners Learning Hub' and a description: 'The KHP Learning Hub is the premier destination for world-class online education and training tailored for healthcare professionals.' Below this text is a 'Learn more' button. Navigation arrows are visible at the bottom left of the main content area.



What training is available?

Practitioner



Prevention and Vital 5 Training Portals

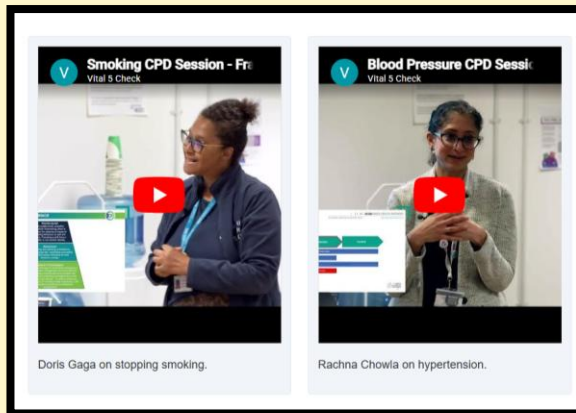
Accessible training content from across London and England



You can also skip that module and access the portal directly, allowing you to find deeper training content in line with your individual needs



Portal content will be tested and fed back on by users over time, with gaps addressed iteratively to align training with user needs



Foundations of prevention

Understanding prevention

Preventative techniques

Residents and community

Behaviour change

Supporting residents

Health inequalities / core20plus5 / social determinants

Strategic leadership and intelligence

Digital prevention tools and skills

System and leadership capability

Clinical and service-level prevention

Understanding prevention within south east London

Clinical area specific prevention

Additional toolkits and resources



What training is available?

Champion

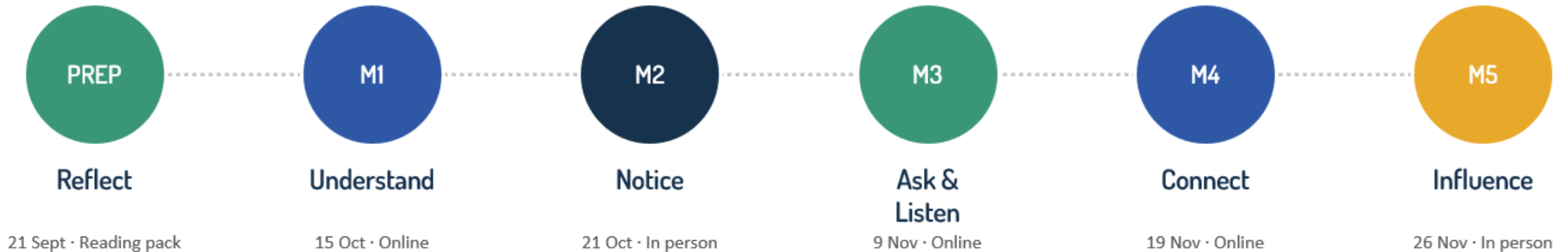


Prevention Champion Course (Pilot)

Course developing prevention champions to advocate, lead, and train others



Champions can guide and lead the workforce through the journey, acting as change agents, driving the cycle and ensuring knowledge transfer



How can you get involved?



The portals are located on our FutureNHS workspace, accessible to everybody. NHS staff can use the workspace by [visiting our homepage](#) and requesting access there.

You can also find a comms page with updates on the programme, a link to the foundation prevention module, and links to get involved in the prevention champion pilot.

Non-NHS staff will need to [send an email request](#) to be granted access.



NHS



Staff outside NHS

Already a member? You can access direct links here, and express interest in the foundation / champion modules



Help Shape Prevention Education

- All staff from across SEL - get in touch to share thoughts and ideas
- All staff - complete our survey to share your thoughts
- All staff from across SEL - express your interest in the prevention champion pilot
- All staff - suggest content updates or additions on the training portals

[Go to our comms page](#) and sign up to engagement, sessions, or access links

[Get notified](#) when the Foundations in prevention – e-learning module is launched



Foundations of prevention

Understanding prevention

Preventative techniques

Residents and community

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Access the [prevention](#) and [Vital 5](#) portals directly to learn at your own pace



[Express your interest](#) in the prevention champion pilot



Key takeaway

- Prevention is...everybody's business
- Prevention is important because...it happens across the whole pathway
- Prevention should be core NHS practice because...small actions can make a big difference
- We face many barriers in our path to “left-shift” from reactive care to preventative care
- The right path depends on your context and scope for change
- To support you, wherever you are on your path, we have developed the SEL prevention training offer
- [Access our webpage](#) to learn more and start your journey

Prevention is NOT

- Solving every problem.
- Having every single answer.
- Becoming a specialist advisor.

Prevention IS

- Being curious
- Listening
- Knowing what support exists
- Making connections
- Having confidence to start conversations



Reflection

By now you should...

- Understand what prevention means
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Questions and discussion



Feedback



Please let us know how you found this session

SEL Prevention Training Webinar





Thank you and next steps

Please do reach out with any questions:

- Michael.1.sanderson@kcl.ac.uk / Will.1.king@kcl.ac.uk
- Preventionandequity@kcl.ac.uk

Otherwise, sign up to the webpage, and complete the foundation module, explore the portal, and/or sign up to the prevention champion pilot.

Sign up to our webpage



NHS



Staff outside NHS



