



Many of us find it hard to live life to the full.
At Intentional Health, we help you develop a healthier body, mind and soul
so we can all stop struggling and start thriving in life.

Making A Difference Matters

We know how important it is to measure and communicate the social impact of the work that we do. For our partners, funders and for the members we serve. This impact demonstrates that the enthusiasm, time, and money invested by our supporters is being well spent. We believe we provide social impact when we see: “positive effect on individuals as a result of people attending Intentional Health programmes, either online, or delivered by our church partners in local communities around the UK”

What members say?



I am really enjoying this course. Many times I have tried diet and exercise to manage my long term medical condition, but have never come across a course as good as this. The idea of being intentional is revolutionary for me. The fact that it covers so many aspects of health is a bonus, and it is great to have something that is holistic. Not only is the course material constructive and clear, the facilitators know

their stuff and give lots of extra resources. An interesting thing happened when I coloured in all that junk stuff. It made me realise exactly what it is! So clever! This has had ramifications for all aspects of my life, not just health. **Ann, Cornwall**

I enjoy the course. It creates a good environment. I am very glad to see how the course empowers people, and helps them use their free will, to choose good for themselves. This in turn helps them, hopefully, create a better life in all areas. Another good thing from the course is it is impartial. It puts good, researched and proven suggestions on the table, and let's people decide for themselves. It also allows people to be themselves. No-one is judged for what they have said or how they have processed information. Establishing a group agreement at the start of the course allows people to feel safe and cared for. **Dan, Bath**

I think the course is well designed and easy for people of all knowledge and abilities to participate in. I like the course structure, a reflection of what was learnt and applied last week, a buddy system for accountability and encouragement, the doodle videos and breakout rooms to discuss further. The online dashboard with the replay and additional resources is helpful and easy to follow. I have not experienced the live face to face version but the online one is well organised and it's great because I'm meeting with people from across the country and we are learning and helping each other on this journey of an improved body, mind and spirit. **Katharine, Stockton**



I started this course hoping that I would finally be able to lose enough weight to be able to complete a few outdoor adventures that I've wanted to do

for years. I'm 7 weeks in, I've lost 14lbs, and I'm on target! I'm obviously encouraged by the progress, but more importantly for me, my goal has changed. It's now to “develop the habits I need to enjoy living a healthy life”. Losing weight is just a part of that. I want a more sustainable, healthier and happier life! The phrase “living a healthy life is easy, but in today's society being unhealthy is easier” has been one of the profound insights that has become a topic of many conversations with friends and family. It so succinctly highlights a key challenge that we need to overcome, but it's full of hope - the life that we want can be much easier to achieve - we just have to be more intentional about how we live! The way that the course is structured and run is proving that this life is possible. It's enabling me to live a more intentionally healthy lifestyle. I'm enjoying the journey and the personal transformation, and I'm full of hope, with a vision of a much better future and increasing confidence that I will become the person I would like to be. Thanks to you and my new Monday morning online 'family' for all your help and encouragement. It's making a big difference. **Pete, Basingstoke**

Our Social Impact

We've worked with experts at Exeter University Medical School to validate the social impact of the Intentional Health programme.



Intentional Health significantly improves the physical, mental and emotional health and wellbeing of people across the UK

We used anonymised data collected via questionnaires, which are completed by participants at the beginning and the end of our 10 Session programme. Over 3 years, we collected voluntarily supplied data from 27 community programmes, delivered across 5 counties in the UK. The number of complete sets of data for each of the health outcomes range between 92-105. We have robust evidence of statistically significant positive change across a range of outcomes. These changes lie at the heart of the pressing social challenge we seek to address, namely the poor physical, mental and emotional health and wellbeing experienced by people across the UK.



How Intentional Health Makes A Difference

Physical Health & Wellbeing

Healthy Eating

Includes improved nutritional intake, enjoyment of healthy eating and greater confidence around cooking and healthy food preparation.

Physical Activity

Includes levels of moderate activity, time spent walking in the last 7 days and tendency to take part in current government recommended levels of physical activity.

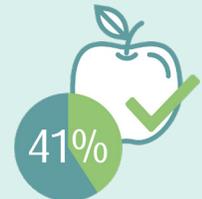
BMI

10% of respondents showed significant improvement. This means they either moved from “obese” to “overweight” or “healthy”, or from “overweight” to “healthy”.

Maintained or Improved



Significantly Improved



When we are talking about prevention-based health interventions including measures such as BMI, it is important to remember that “remained the same” indicates maintenance, which is considered a positive health outcome.

Mental and Emotional Health & Wellbeing

Mental Health Assets

Assets are the resources individuals have to draw on which can serve to protect against negative health & wellbeing outcomes and promote health status.

Mental Health Deficits

Deficits are the challenges and problems individuals face, which can contribute to poor health & wellbeing outcomes and negatively impact health status.

SWEMWBS*

*SWEMWBS is the Shorter Warwick-Edinburgh Mental Wellbeing Scale. This tool is used to monitor mental wellbeing in the general population and evaluate projects, programmes and policies which aim to improve mental wellbeing.

Maintained or Improved



Significantly Improved

