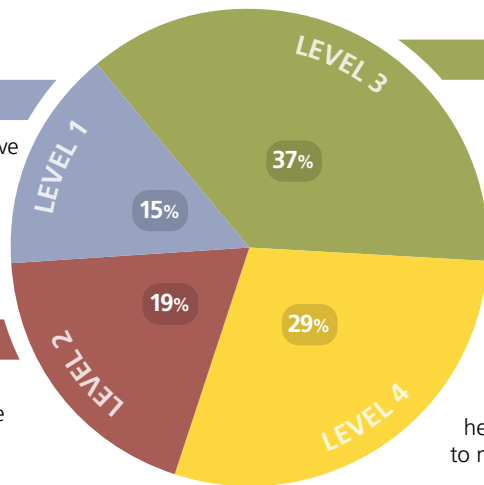
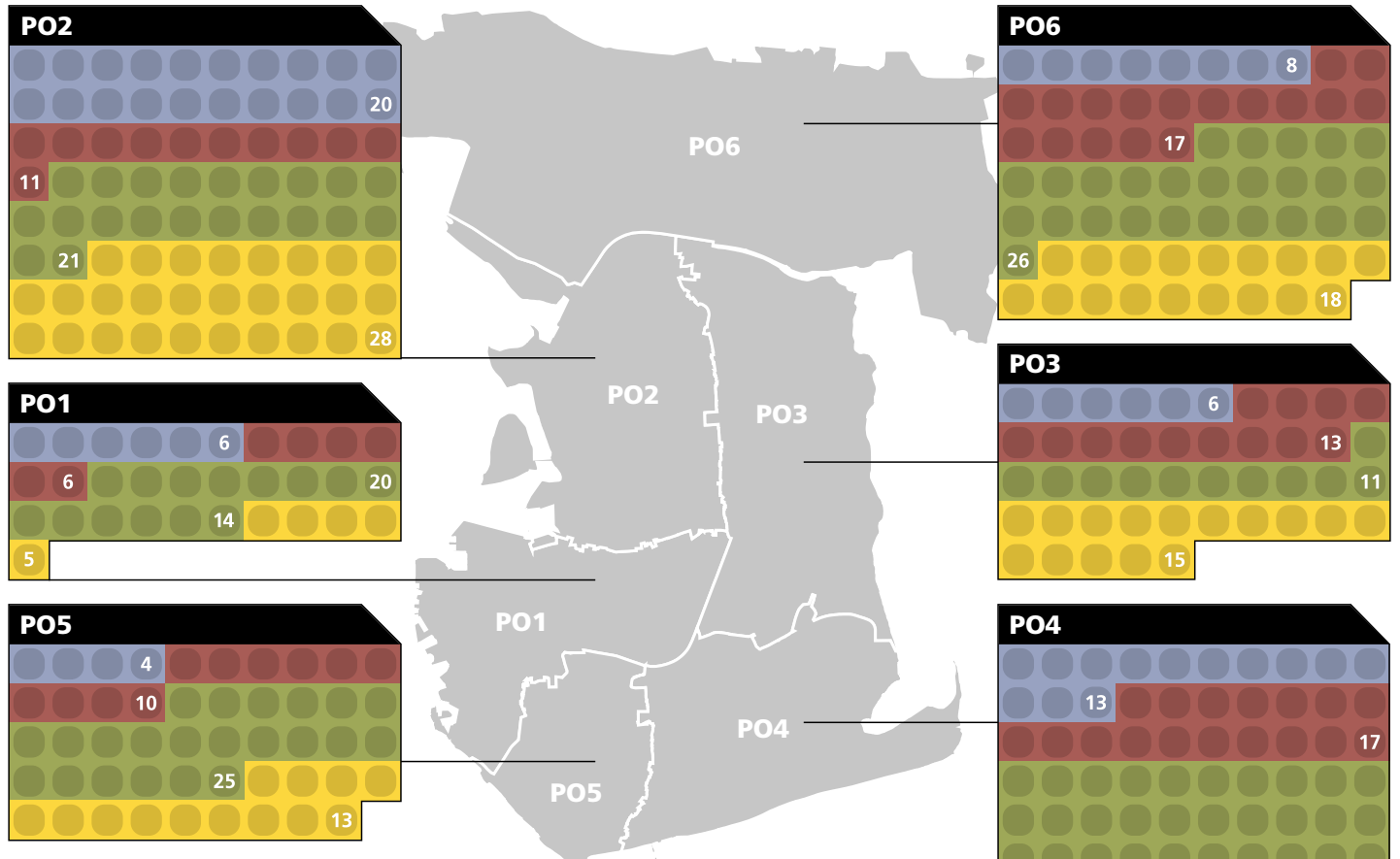


patient activation measure in Portsmouth

survey results 2019



LEVEL 1

Individuals tend to be passive and feel overwhelmed by managing their own health. They may not understand their role in the care process.

LEVEL 2

Individuals lack the knowledge and confidence to manage their health

LEVEL 3

Individuals appear to be taking action but may still lack the confidence and skill to support their behaviours.

LEVEL 4

Individuals have adopted many of the behaviours needed to support their health but may not be able to maintain them in the face of life stressors.