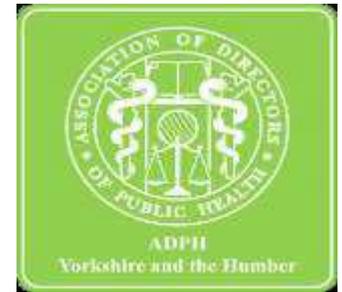




Public Health  
England

Protecting and improving the nation's health



# NHS Health Check & CVD Prevention Community of Improvement

**Lucy Jackson Consultant in PH Leeds (Chair)**

**Melanie Earlam HWB Programme Manager YHPHE  
(Deputy Chair)**

# NHS HC & CVD Prevention Col

- ▶ The mechanism for stakeholders to come together with the shared endeavour to focus on our public health priorities, collaborate to maximise resources and work at scale to deliver improvements.
- ▶ Jointly owned by the DsPH network and PHE and have strategic oversight
- ▶ NHS Health Check/CVD prevention programmes - Lucy Jackson and Melanie Earlam.
- ▶ The Col agrees direction and work programmes for areas where collaboration has benefit/greater impact and undertakes collective advocacy work for key PH priorities in the region.

# Data

Current 5 year cycle (April 2013-March)

- over 6 million people have had their NHS Health Check,
- Y and H almost 600,000 people
- But still some way to go as the eligible population in YH is 1.5 million,.

Latest research suggests that:

- ▶ For every 27 people having a Health Check, one person is diagnosed with high blood pressure
- ▶ For every 110 people having a Health Check, one person is diagnosed with type 2 diabetes
- ▶ For every 265 people having a Health Check, one person is diagnosed with kidney disease

# YH Data

## Explore NHS Health Check Data

### Yorkshire and the Humber

#### NHS Health Check Statistics

#### 5 year cumulative



- Outstanding (435521)
- Offered (545108 - ex. received)
- Received (535678)

#### Last quarter - October 2017

Total eligible population 2017-2018	1516307
Number of people who were offered a NHS Health Check	51678 (3.4%)
Number of people that received a NHS Health Check	25675 (1.7%)
Percentage of people that received an NHS Health Check of those offered	49.7%

# Working with LKIS

Excellent relationship with the PHE Local Knowledge & Intelligence Service (LKIS) -(Verity Bellamy)

As a group we discuss:

- ▶ Progress every quarter across Y&H.
- ▶ Mandated requirements for the programme, i.e. how many people have been offered a health check are LAs demonstrating continuous improvement.
- ▶ Comparison to previous years of the current 5 year cycle.
- ▶ Number of extra invites required for areas to meet the ambition of 100% offers at the end of the 5 year cycle (this ends March 2018).
- ▶ This is a piece of work that has been picked up at a national level as an area of good practice.

# Key Achievements

Very active and supportive of the NHS Health Check programme across YH.

Examples :

- Case studies for a number of national resources such as the [Case study: A comprehensive review of NHS Health Checks in Leeds](#). - recently launched Health Matters Using the world leading NHS Health Check programme to prevent CVD.
- ▶ East Riding – working with PHEs Behavioural Insights Team to improve the uptake of NHS Health Checks and test whether a new behaviourally informed leaflet sent out with invitation letters can increase uptake of NHS Health Checks.
- ▶ Presentation and posters presented to the annual National CVD Prevention Conferences.



Helping you prevent  
diabetes heart disease kidney disease stroke & dementia



# Getting Serious About Prevention 2017: Improving Cardiovascular Health Together

Manchester

9 February 2017

Abstract ID:11046

Title: Setting up and integrated wellness service that provides NHS health checks

Topic: Delivering integrated lifestyle services

Abstract ID: 11046

PRESENTER:

Company/Organisation:

Co-author 1:

Co-author 2:



## Measuring outcomes from NHS Health checks in Sheffield.... What does this tell us and how can we use the data to meet population needs?

Karen Harrison, Health Improvement  
Principal, Sheffield City Council  
February 2017



## Terry's Story



**DIABETES UK**  
CARE. CONNECT. CAMPAIGN.



# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Preventing Type 2 diabetes in Leeds

Hanna Kirby

Leeds City Council – Public Health



Helping you prevent  
diabetes heart disease kidney disease stroke & dementia



# Getting Serious About Prevention 2017: Improving Cardiovascular Health Together

Manchester

9 February 2017

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Title: Setting up and integrated wellness service that provides NHS health checks

Topic: Delivering integrated lifestyle services

Abstract ID: 11046

PRESENTER: Sinclair, Nick

Company/Organisation: City of York Council

Co-author 1: Jennifer Saunders, City of York Council

Co-author 2: Fiona Philips, City of York Council

# Achievements continued...

Training to drive up the quality of the programme, the method used is the Systems Approach to Raising Standards in the delivery of the NHS Health Check programme (StARS).

Task and Finish working groups that bring together LA leads and providers to develop tools and resources that can be used to standardise practice and improve quality and effectiveness of the programme.

### Body mass index (BMI) test

Your result

BMI is a measure of whether you are a healthy weight for your height. However, it is only a guide and, for some people, BMI may not take into account things like being particularly muscular.

- If your BMI is less than **18.4**, your result falls within the underweight BMI range.
- If your BMI is between **18.5** and **24.9**, your result falls into the healthy BMI range.
- If your BMI is between **25** and **29.9**, your result falls into the overweight BMI range.

If your BMI is greater than **30**, you may be invited for another test to check that you do not have diabetes.

If your BMI is high, your healthcare professional can provide you with advice and support on losing weight and reducing your BMI.

**There is also lots of advice and support on**

**Diet:** A healthy and balanced diet, which includes five portions of fruit and vegetables a day, is important to reach or maintain a healthy weight.

**Physical activity:** All movement counts – sit less, move more and gradually build up to doing 30 minutes of moderate activity, 5 times a week. The aim is to try and get your heart beating faster, and lungs working a bit harder for at least 10 minutes at a time.



As we get older, we have a higher risk of developing conditions like high blood pressure, heart disease or type 2 diabetes. The good news is that these conditions can often be prevented. NHS Health Check is designed to **spot early signs** and help prevent developing these conditions, which means you'll be more likely to enjoy life for longer.

The **NHS Health Check** is a free health check-up for adults in England aged 40-74. The tests that you have had as part of your NHS Health Check will help you and your healthcare professional discuss changes that you might need to make to reduce your risk of developing heart disease, stroke, and diabetes and kidney disease.

Use this leaflet to record your results and set goals for improving your lifestyle if necessary.

### Blood pressure test

Your result

There are two measurements used to assess blood pressure:

- Systolic pressure is the pressure exerted when your heart pumps, forcing blood to move through your arteries, and
- diastolic pressure is the pressure exerted when your heart is at rest, between beats.

The result is usually described as, for example, '120 over 80', meaning a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg. This would be written: 120/80mmHg

Ideally, we should all have blood pressure at or below 120 over 80 (120/80).

High blood pressure can be treated or prevented by making changes to your lifestyle, such as exercising more regularly, eating a healthier diet and cutting back on your consumption of alcohol.

Medicines are also available that can help lower your blood pressure. Your healthcare professional will advise you about this and will give you advice about making changes to your lifestyle. You can also visit [www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck)

HbA1c and diabetes and DPP

**Additional tests:** If your BMI and/or your blood pressure results are high, you may be advised to have a test to check to see if you are at risk of developing diabetes.

If your blood pressure is higher than 140/90, you may be referred to your GP for a further test to check that your kidneys are working properly.

Dementia



Template: Yorkshire and Humber PHE Centre

**DRAFT: NHS Health Check Service Audit - Self Assessment Template**

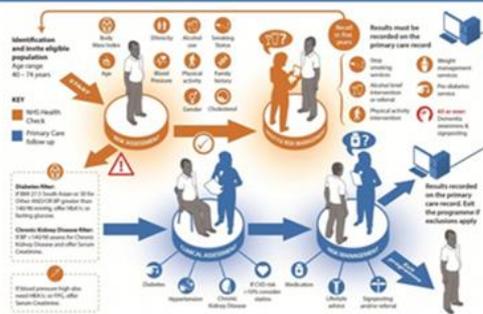
**INSTRUCTIONS:**

This has been designed as a **good practice tool** to help assist your organisation to assess its self against the NHS Health Check programme standards to support quality improvement of your programme. This tool is to be used in conjunction with the NHS Health Check programme standards document. These standards should be read in the context of national and local guidelines on training and competencies and in conjunction with NHS Health Check programme best practice guidance February 2017 and the information governance and data flow pack guidance 2016.

[For all relevant guidance above please access documents here on the NHS Health Check website](#)

Prior to completing the self-assessment tool please input the organisations details into the contact details tab.

### NHS Health Check



The flowchart illustrates the process from identification of eligible populations (aged 40-74) through various tests (Blood Pressure, HbA1c, Lipids, etc.) to the recording of results in the primary care record. It also shows the role of the GP and the patient's involvement in the process.

#### The Local Authorities (Public Health Functions and Entry to Premises by Local Healthwatch Representatives) Regulations 2013

Legal duties exist for local authorities to make arrangements:

- for each eligible individual aged 40-74 to be offered an NHS Health Check once in every five years and for each individual to be recalled every five years if they remain eligible
- for the risk assessment to include specific tests and measurements
- to ensure the individual having their NHS Health Check is told their cardiovascular risks core, and other results are communicated to them
- for specific information and data to be recorded and, where the risk assessment is conducted outside the individual's GP practice, for that information to be forwarded to the individual's GP.

Local authorities are also required to continuously improve the percentage of eligible individuals having an NHS Health Check. Further information on these provisions is set out in this document.

# Questions

- ▶ Do you know if the NHS Health Check is a priority for your...
  - LA, NHS, HWBB - If it is how is this demonstrated?
- ▶ Is the NHS HC a seen as a priority within your public health team, if so how is this demonstrated?
- ▶ How is the NHS Health Check Programme viewed locally – are there are areas of innovative practice?
- ▶ Does the NHS Health Check Programme feature in any of the Council Plans?
- ▶ Is the NHS Health Check Programme a priority for the Health & Wellbeing Board, if so how?
- ▶ How are you responding to new developments for example, a Digital offer, Integrated Wellbeing Services and community programmes?
- ▶ Does your NHS HC contribute to reducing HI's in your local area? How, is it included in your LA approach to reducing inequalities?

**Thank you for your  
contribution**

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