



Public Health
England

Protecting and improving the nation's health

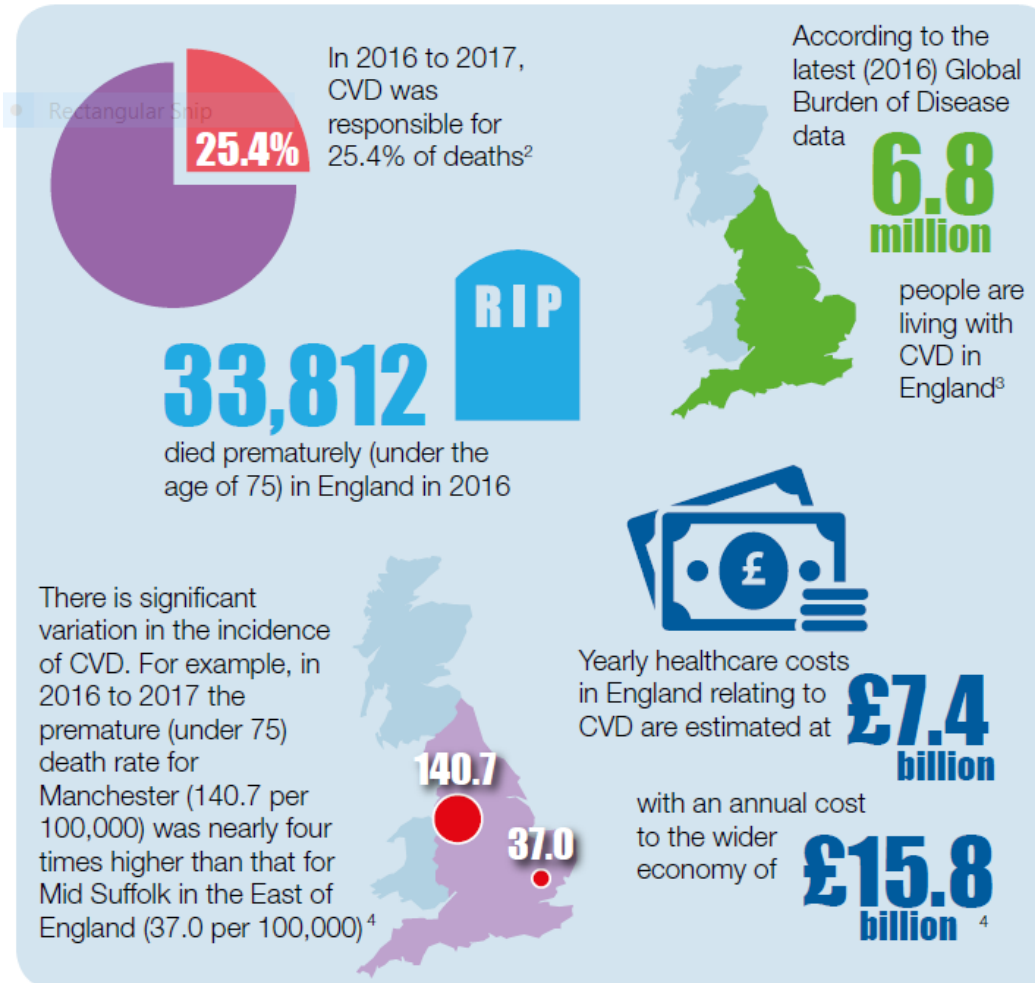
CVD and the Workplace

Supporting healthy behaviour in the workplace to prevent CVD risk factors; Supporting people to be healthy in work and healthy to work.

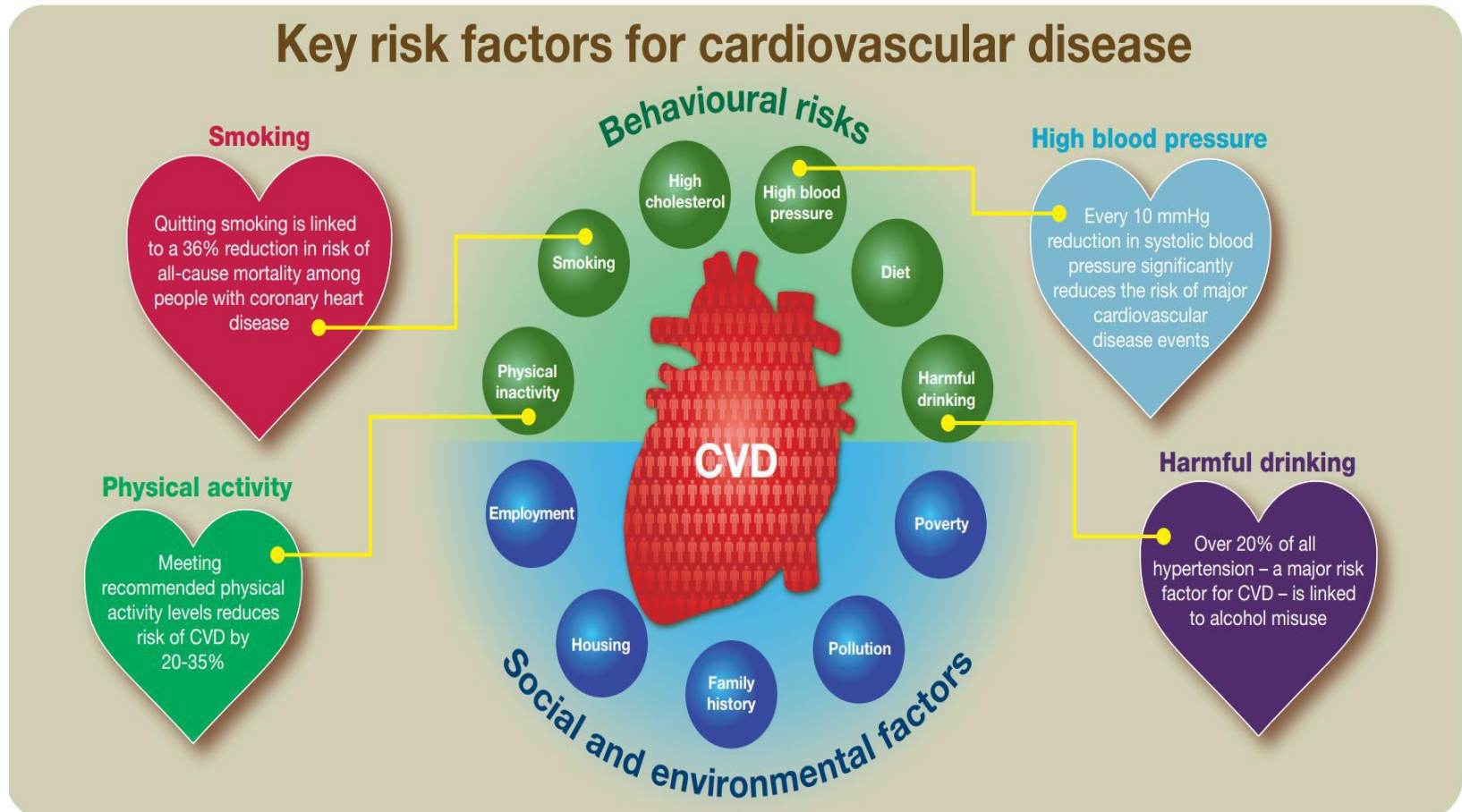
Peter Varey and Karen Pearson
Public Health England, Yorkshire and the Humber

29th March 2019

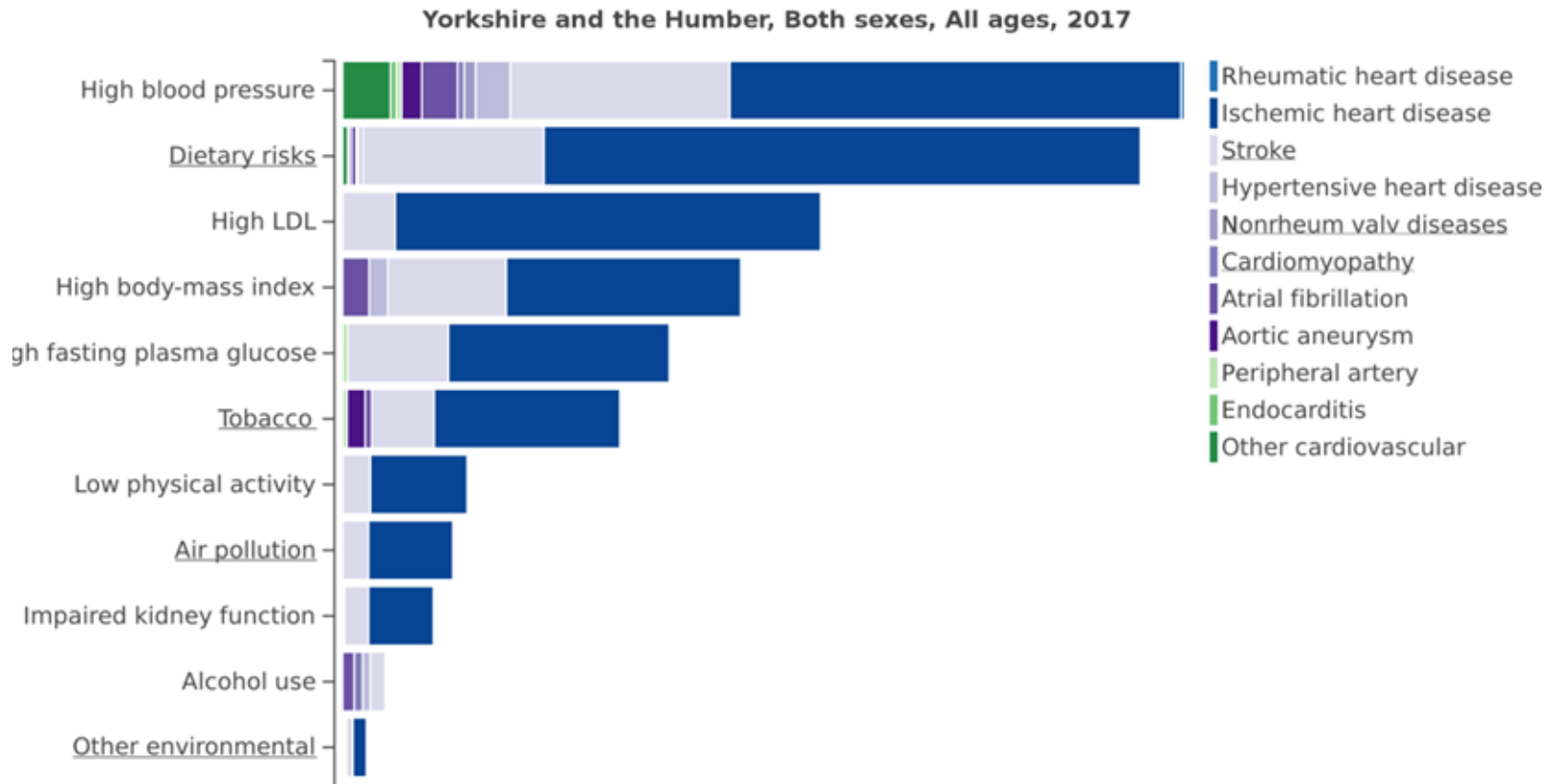
CVD is a significant cause of death, disability and health inequalities



There are many different risk factors increase your risk of developing CVD



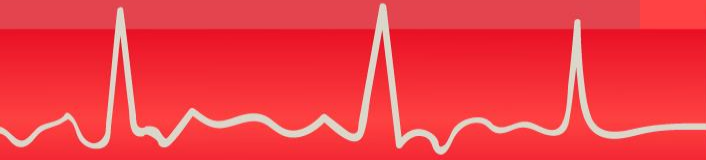
High blood pressure is the most common contributor to disability-adjusted life-years in Yorkshire and Humber in both men and women.



Source: World Health Organisation (WHO) - GLOBAL HEALTH RISKS Mortality and burden of disease attributable to selected major risks

10 year cardiovascular disease ambitions for England

Atrial fibrillation (AF)



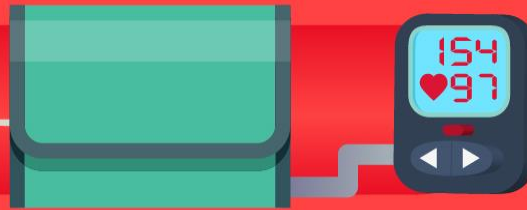
85%

of the expected number of **people with AF are detected by 2029**

90%

of patients with AF who are already known to be at high risk of a stroke **to be adequately anticoagulated by 2029**

High blood pressure



80%

of the expected number of **people with high blood pressure are diagnosed by 2029**

80%

of the total number of people already diagnosed with high blood pressure are **treated to target as per NICE guidelines by 2029**

High cholesterol



75%

of people aged **40 to 74 have received a formal validated CVD risk assessment and cholesterol reading** recorded on a primary care data system in the last five years by 2029

45%

of people aged **40 to 74 identified as having a 20% or greater 10-year risk** of developing CVD in primary care are treated with statins by 2029

25%

of people with **Familial Hypercholesterolaemia (FH) are diagnosed and treated** optimally according to the NICE FH Guideline by 2024

The ambitions are underpinned by the need to do more to reduce health inequalities
Reduce the gap significantly in amenable CVD deaths between the most and least deprived areas by 2029



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Why Workplace Health Matters

Jobs are important



Duncan Selbie
Chief Executive
Public Health England

“Jobs are important for our health; and our health is important for staying in work for longer.

Health is about more than healthcare – what also matters is having a job, a home and a friend.”



Health and Work Cycle



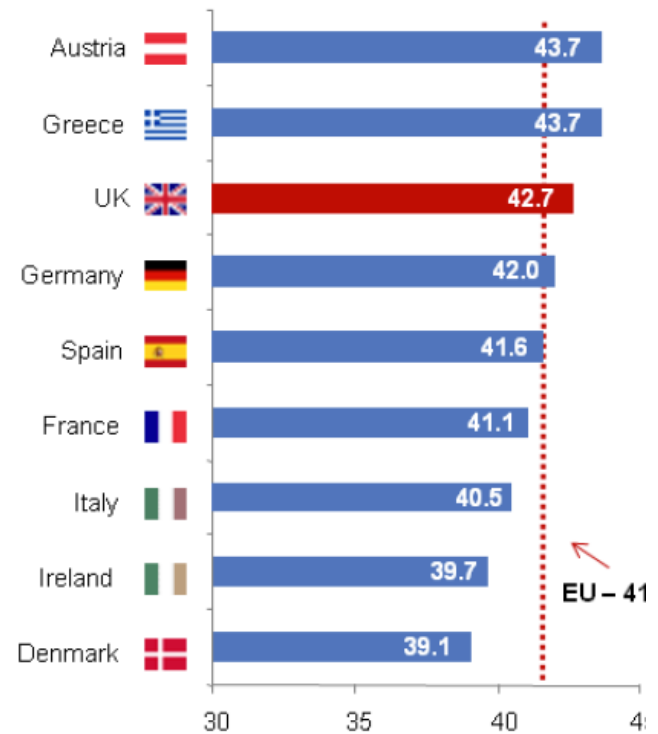
Living and Working with Disability



Work – A UK way of life

- Over 74% of people are in employment
- UK has amongst the highest working hours in EU
- On average, we spend 60% of waking hours in work

Average full-time weekly hours (2011)



A Workplace Wide Approach



Organisational
Culture



Workplace
Environment



Opportunities
for support

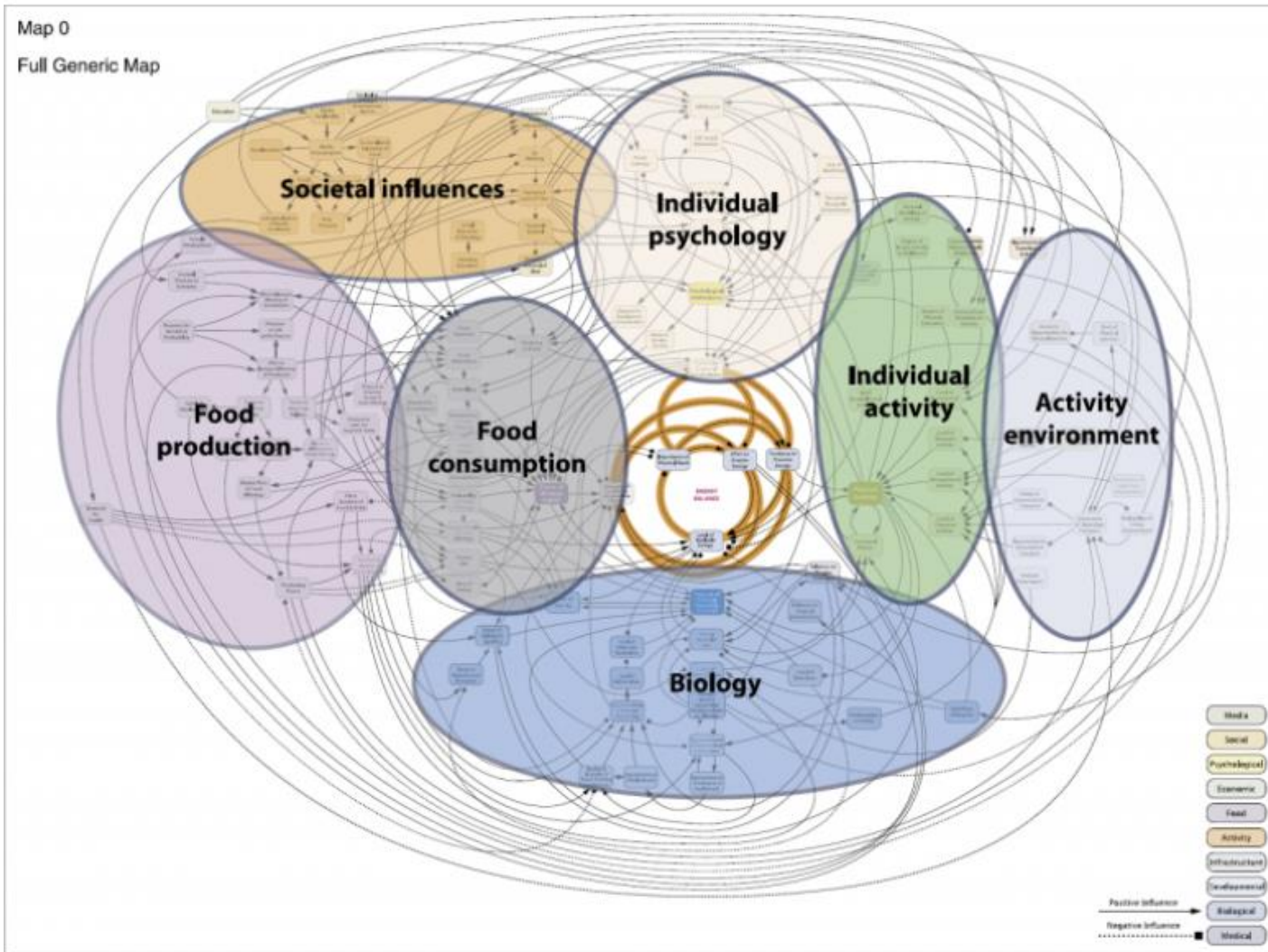




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System Mapping CVD and the Workplace



Government Office for Science. Foresight. Tackling
Obesities: Future Choices

Systems mapping: activity one

Spend 20 mins writing down **factors** that are associated with CVD and the workplace.

- Think initially about your work and its contribution to CVD and the workplace
- Then think more broadly about the full range of influences on CVD and the workplace (Three Why's)

Systems mapping: activity two

- Arrange the factors into any groupings that make sense

If you have time...

- What are the connections between each factor?

Next Steps

- Volunteers to continue this work to develop a system map and identify potential action points
- Please leave your details on a post-it and give to one of the facilitators.