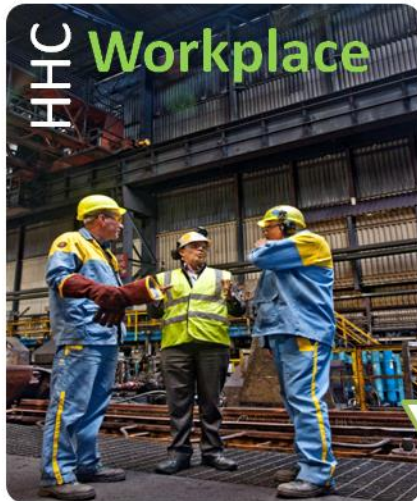


NHS Health Checks in the Workplace

Tanja Braun, Gareth Harding, James O'Donnell

Tees Valley Public Health Shared Service

NHS Health Check- in Teesside



Workplaces

- Setting for health promotion and interventions
- Reaching groups less likely to seek health advice
 - manual workers and working age men
- North East Better Health at Work Award

NHS Health Checks in Workplaces

Coordination

- Working with
 - Workplace health leads
 - Health improvement
 - Local Authorities and NHS trusts
 - Business forums

Provision

- Community Health Check Service
- Nurse Bank
 - Setting up clinics
 - Booked and walk-in appointments
 - Documentation
 - Data upload to GP practice systems

Referral

- GP for diagnostic tests and treatment
- Local lifestyle services



NHS Health Checks in Community and Workplaces

- Since 2009
- 13,631 Healthy Heart Checks in community and workplaces
- >300 local businesses and organisations
- Positive feedback from businesses and staff
- Average age 47 years, 46% male, 10.2% risk >20% (JBS)
- Introduction of Mini Health Checks



Mini Health Checks

- Since 2013
- Response to request from smaller businesses
- People aged 25-39
- Similar to NHS Health Check - but no cholesterol and risk score

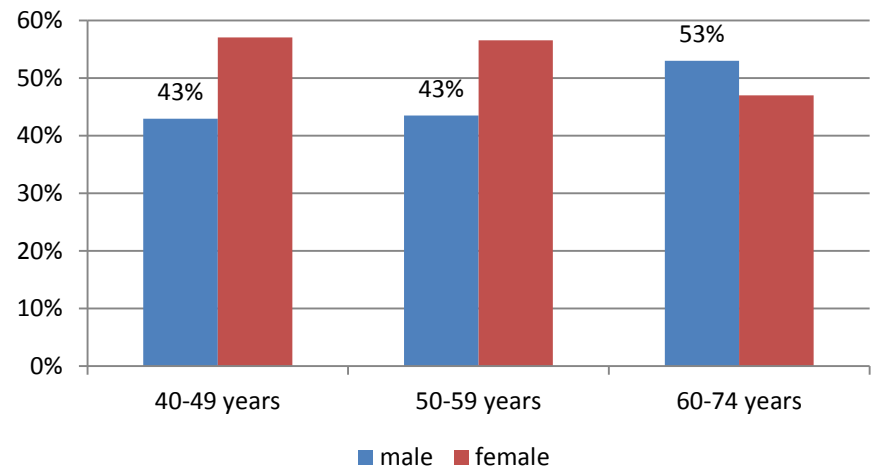
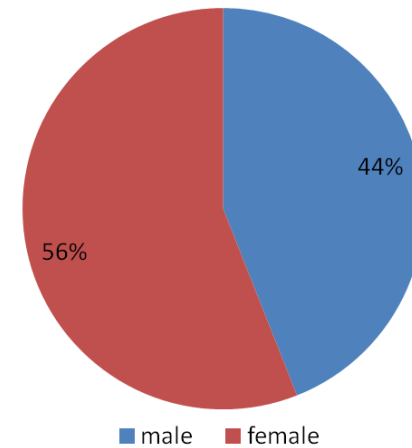
NHS Health Checks in Workplaces Evaluation Jan 2013 – Oct 2015

3781 NHS Health Checks

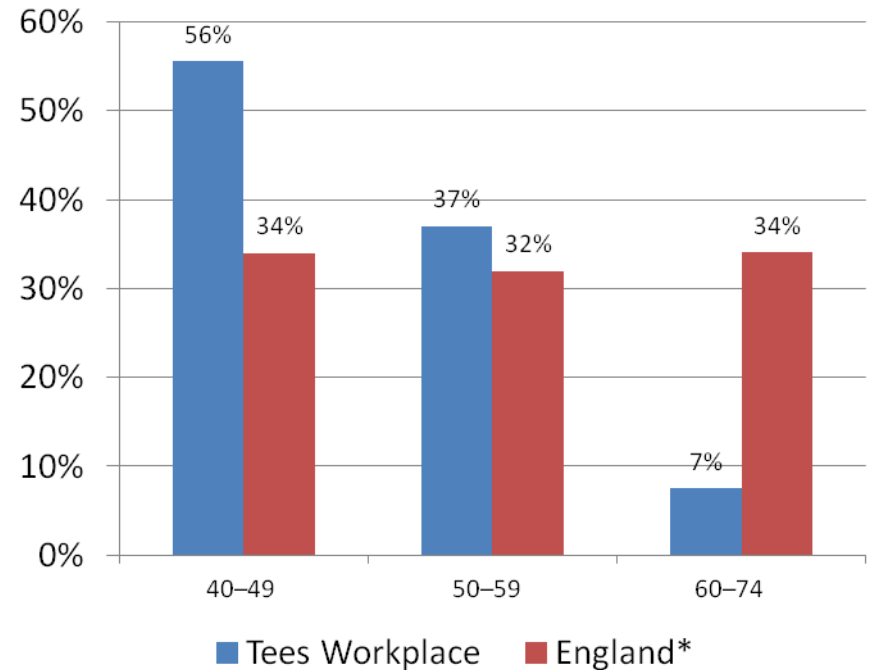
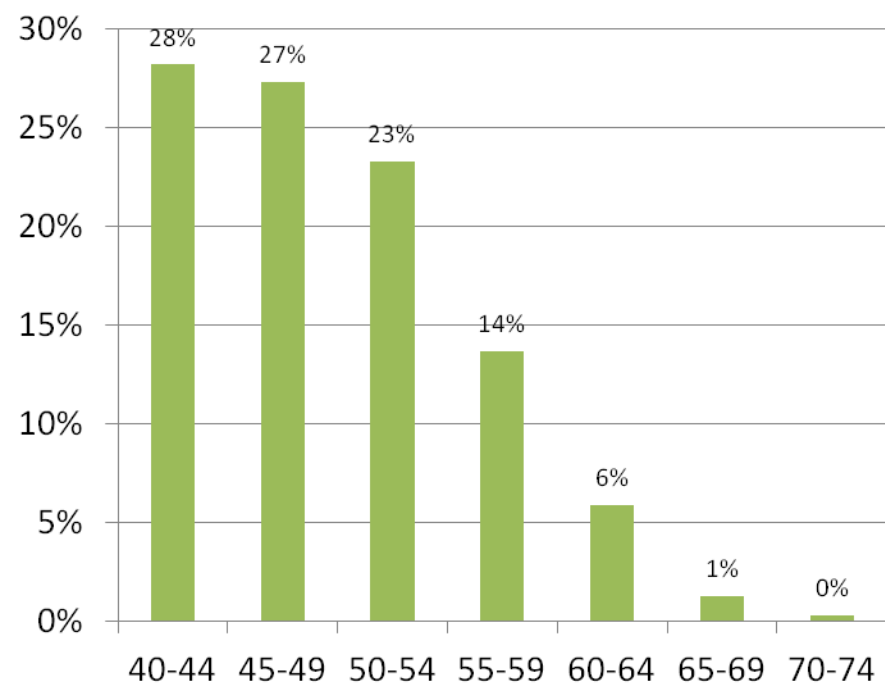
1338 Mini Health Checks

Activity highest in 2013

56% female and 44% male



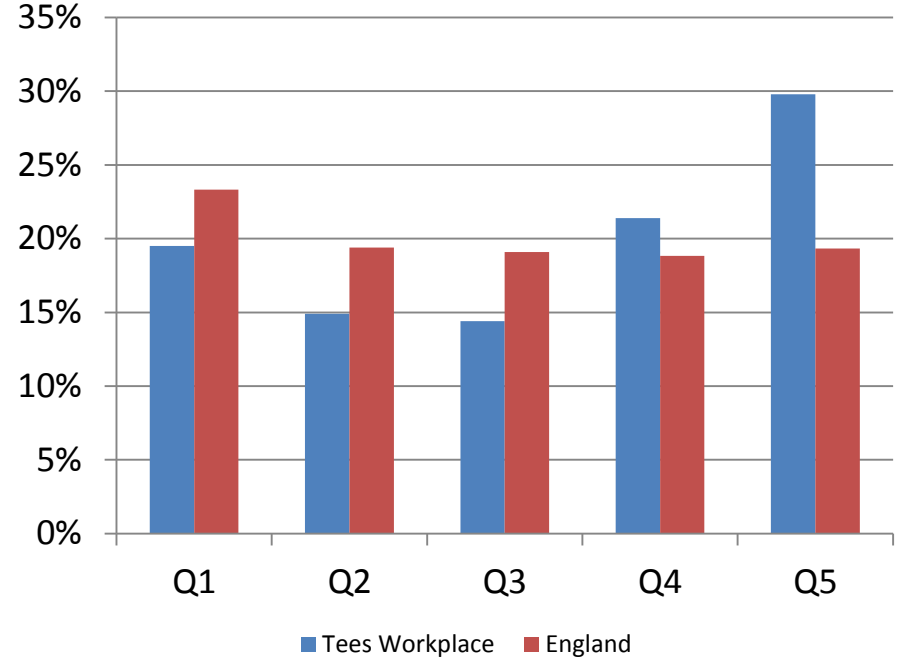
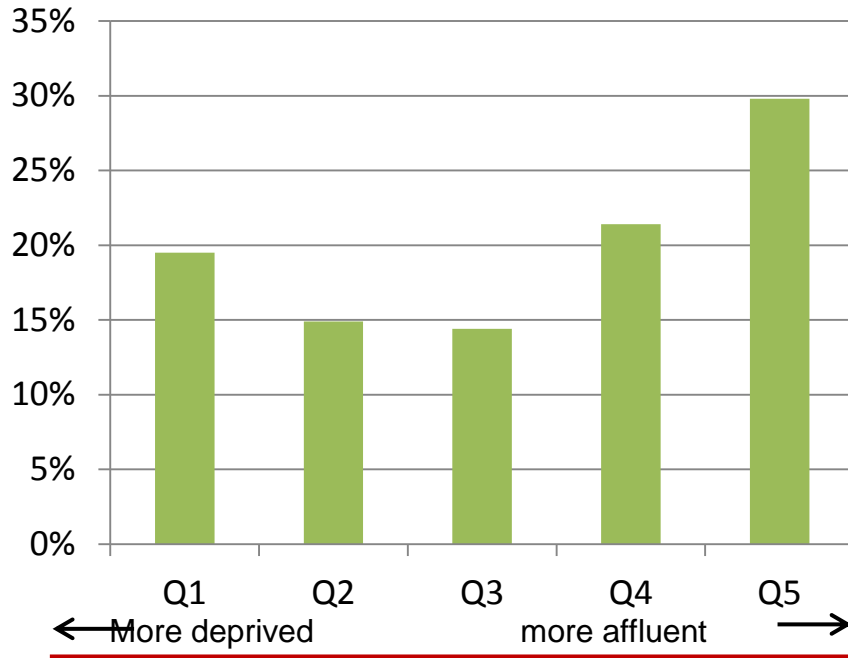
NHS Health Checks in Workplaces Evaluation 2013 -2015



* Robson et al BMJ 2016

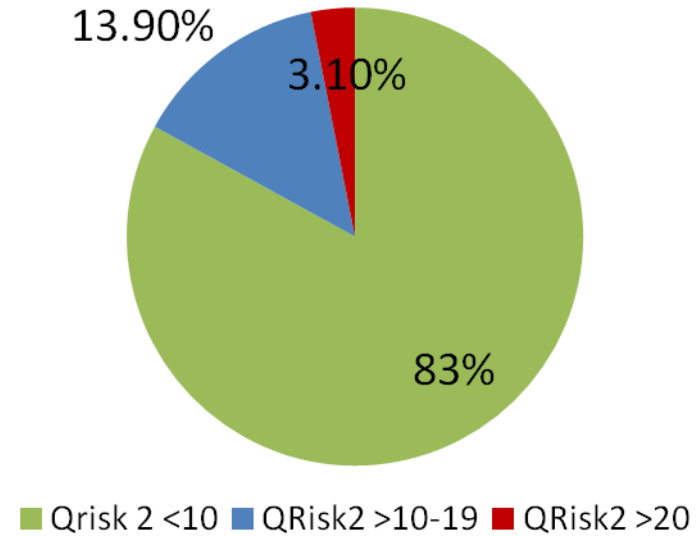
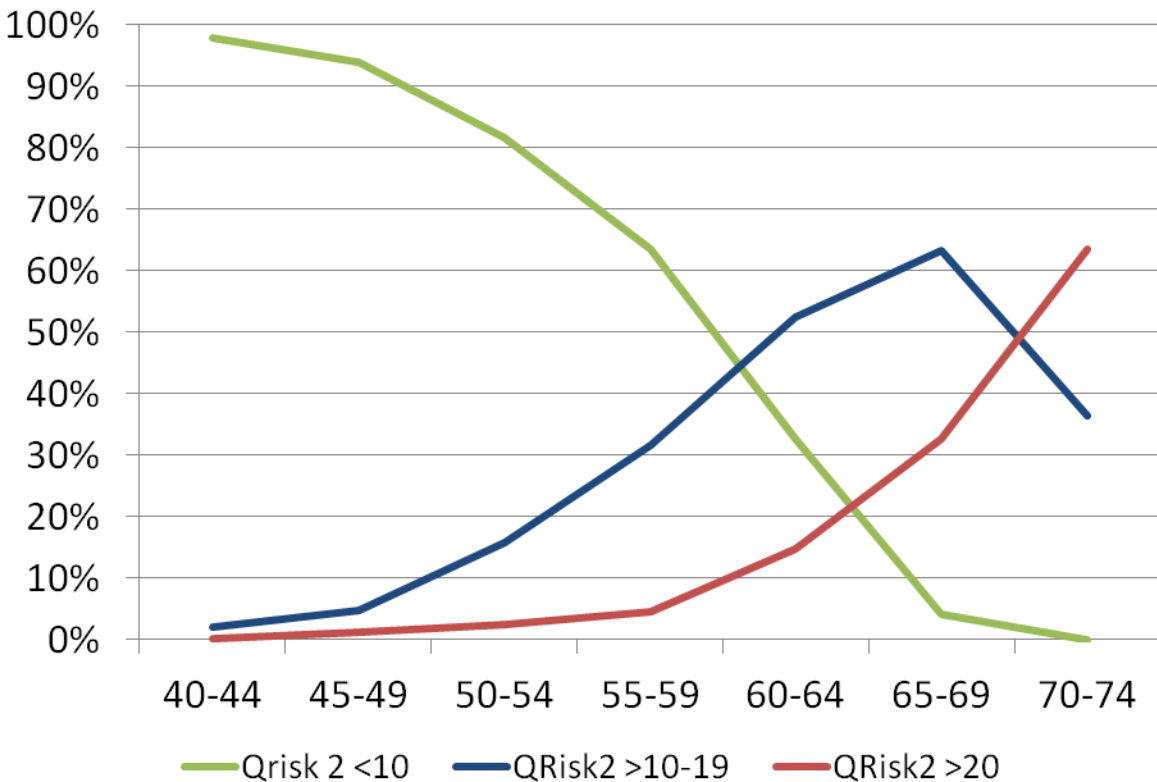
Higher proportion of younger age group (40-49) with 56% compared to 34% in England

Deprivation



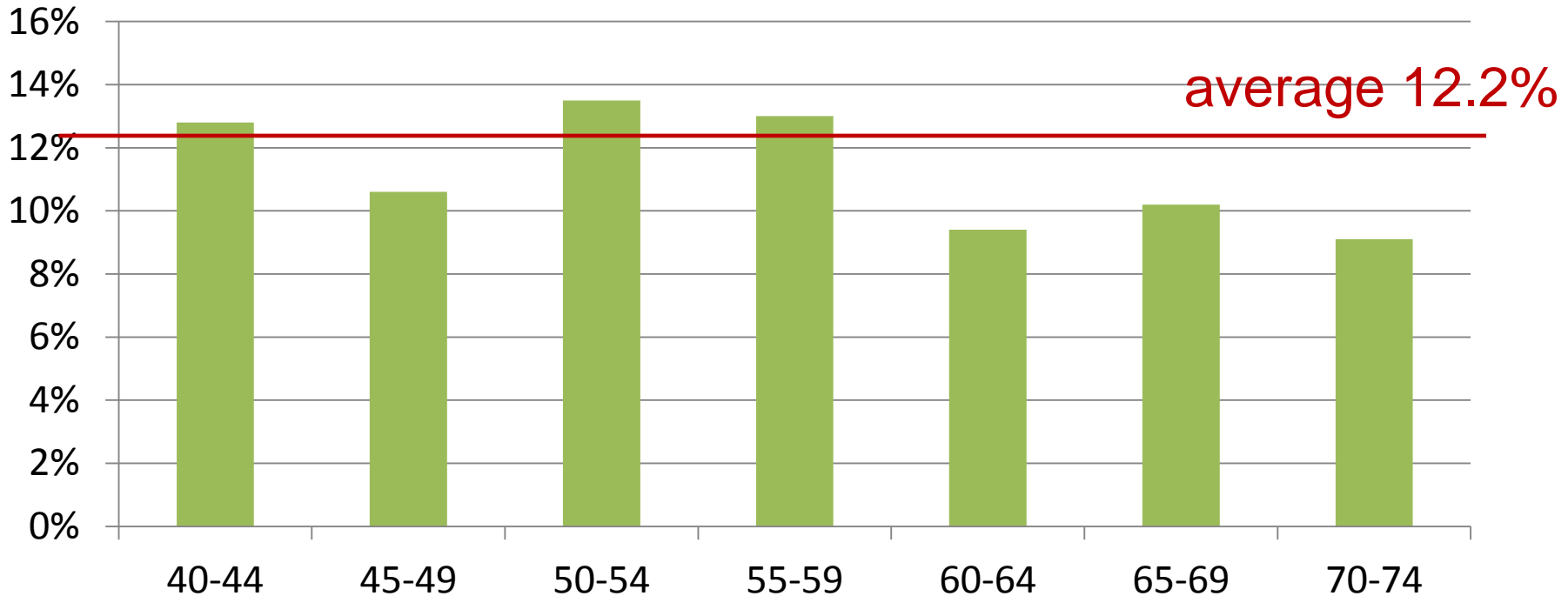
Highest proportion from Quintiles 4 and 5 compared to Q1

QRisk2 score



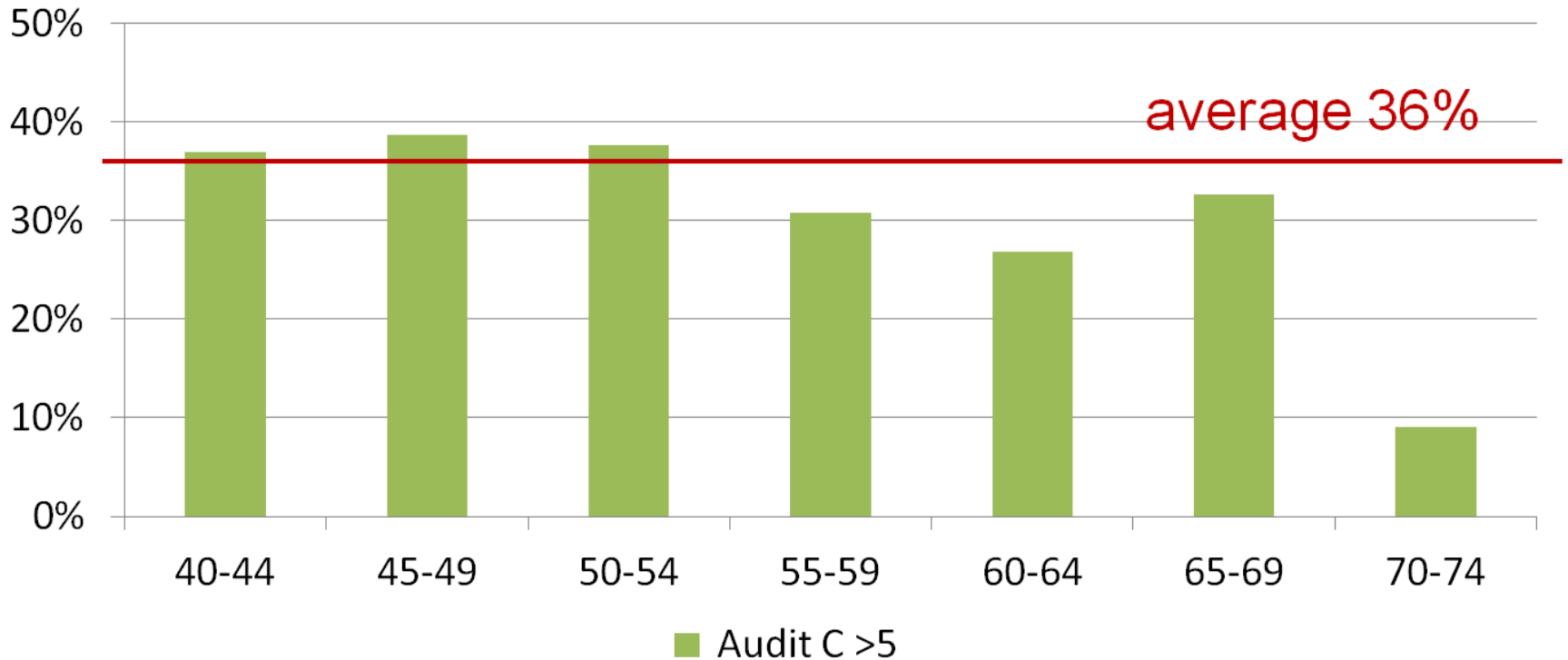
Lower proportion of QRisk2 score >20 with average of 3.1% compared to 12.9% in England (Robson et al BMJ 2016)

Smoking



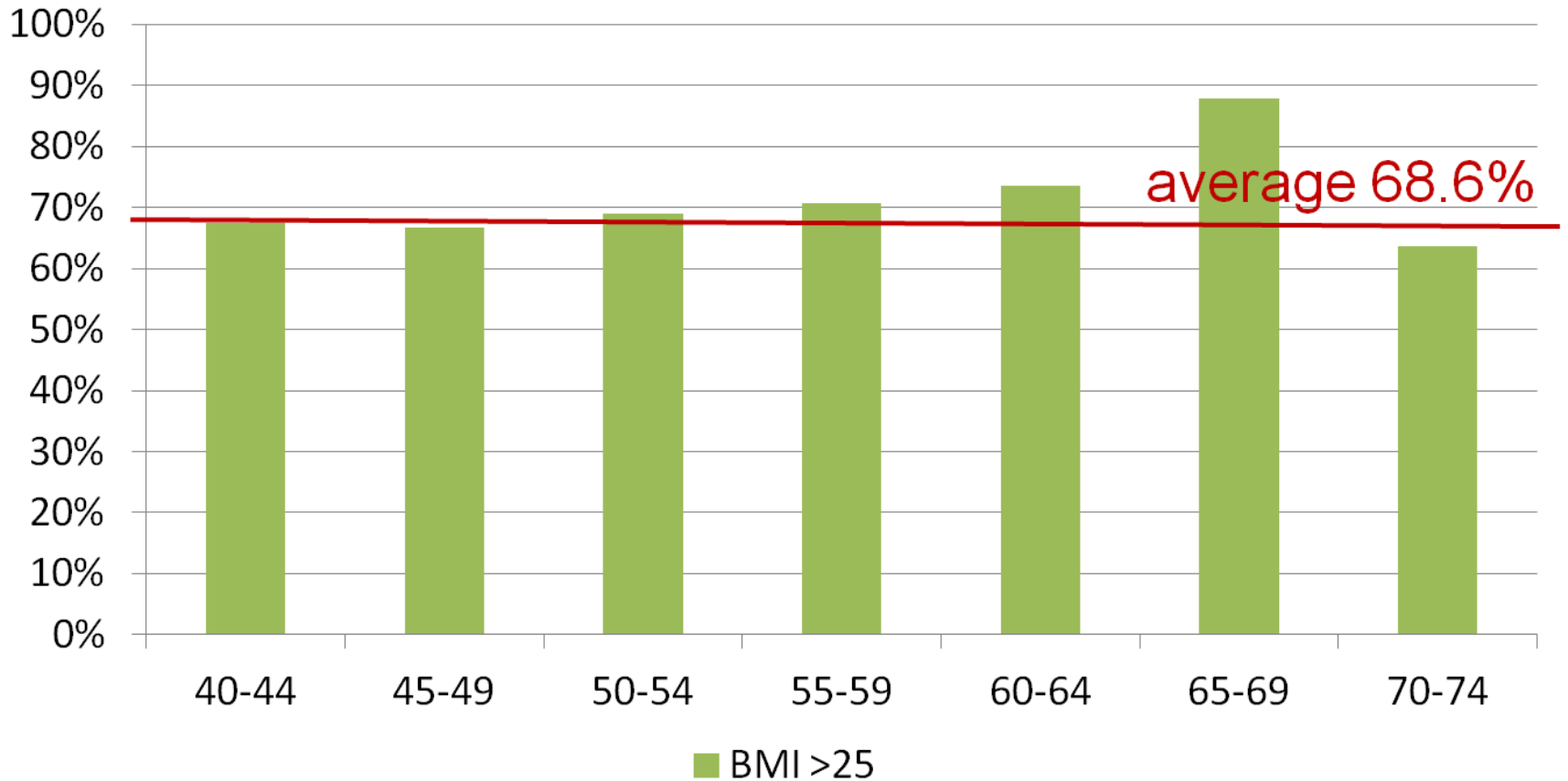
Lower proportion of smokers with average of 12.2% compared to 18.9% – 23.4% in population

Alcohol



Higher proportion of increasing and higher risk drinking with average of 36% compared to 27.6%-30.5% in population.

Overweight and Obesity



Similar proportion of overweight or obese adults with average of 68.6% compared to 69.8%-73.2% in population

Key Messages

NHS Health Checks in Workplaces

- Positive feedback from businesses/organisations and employees
- Alternative setting to GP practices
- Younger age group
- Lower risk profile (QRisk2 >20)
- Opportunity to offer lifestyle advice and interventions early