

Live well, live longer

roadshow 2015

In 2015, Kent Community Health NHS Foundation Trust's health improvement services attended more than 30 outdoor community events across Kent with the 'Live Well, Live Longer' roadshow, including the Kent County Show, the Kent Miners' Festival and the Maidstone Mela.

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Partners included: Wellbeing People,
Kent County Cricket Club, Kent County Council
and borough councils.

During these events, we spoke to around **3,000** local people about health improvement services and persuaded **477** people to have an on-the-spot NHS Health Check.

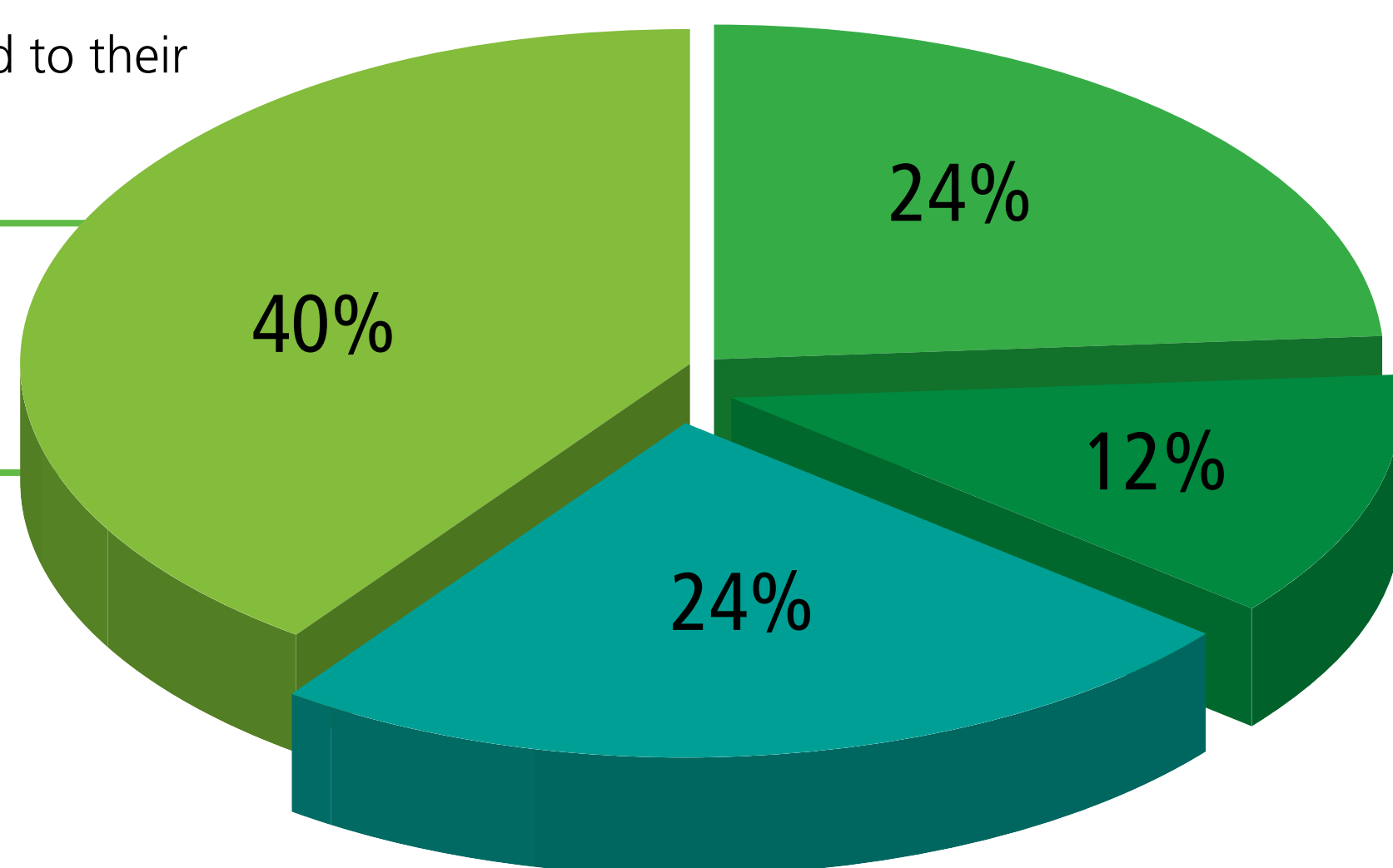
Of these, 239 – slightly more than 50 per cent – were referred to their GP (for a 10 per cent or more risk of CVD over 10 years).

This is above the national average of 46 per cent referral (BMJ report The NHS Health Check in England: An evaluation of the first four years, January 2016).

Please note: A client may have been referred to their GP for more than one reason.

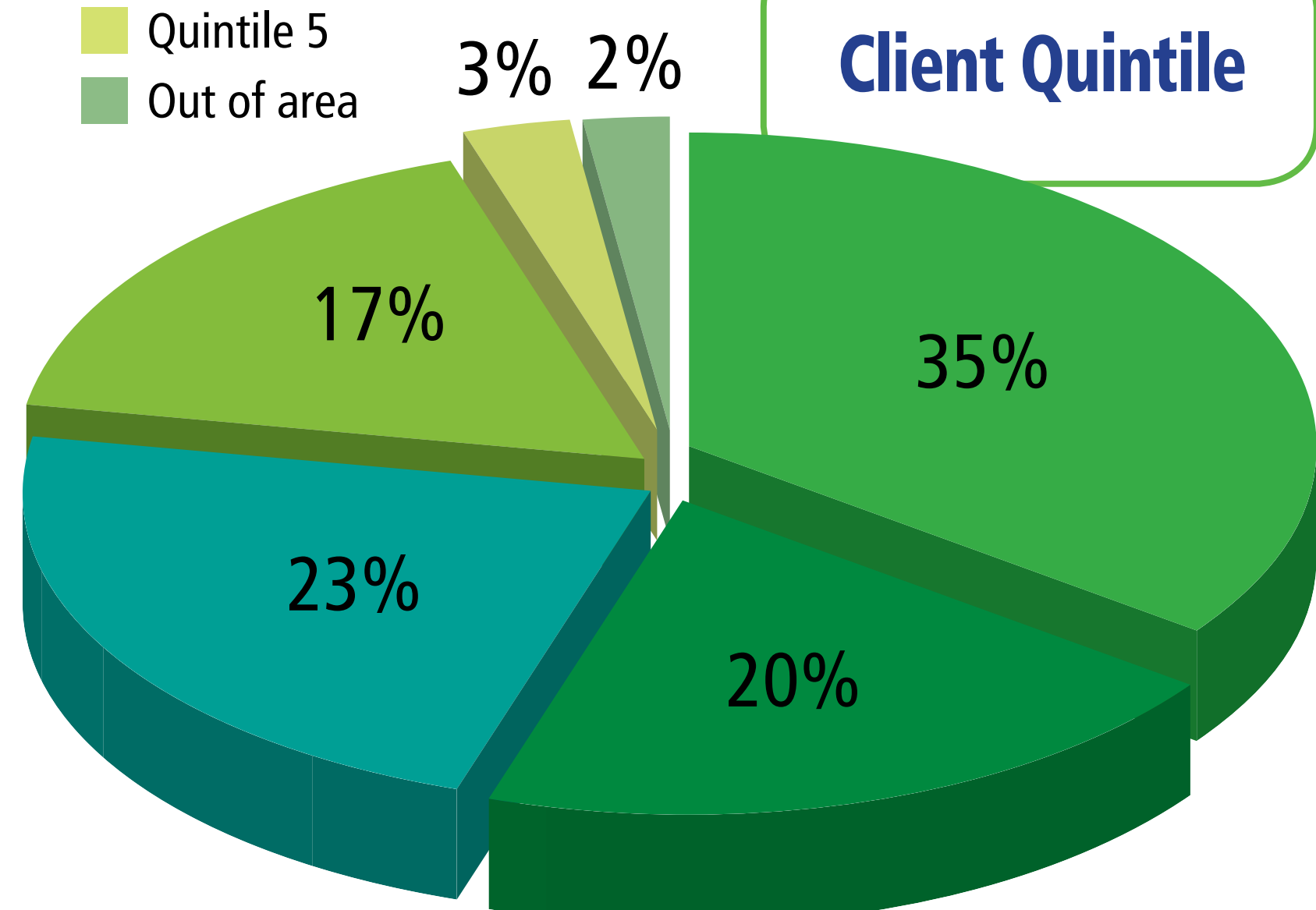
Reasons for GP Referrals

- BP referral
- Cholesterol referral
- Creatinine referral
- Diabetes referral



- Quintile 1
- Quintile 2
- Quintile 3
- Quintile 4
- Quintile 5
- Out of area

Client Quintile



Quintiles

From postcodes captured, 35 per cent of people contacted during the events were from quintile 1 (most deprived) and 20 per cent from quintile 2. More than three quarters of people we made contact with came from the three most deprived quintiles.



Ronald Hedges, 50 "I do eat fruit and veg but I'm more likely to tuck into burgers, chips and crisps, which I'm going to try to cut down on now. I also like the occasional smoke but I've been motivated to quit completely."

David Bullard, 45 "My blood pressure and cholesterol were both quite high so I've been given some good advice on cutting down on salt and quitting smoking."

Claire Hedges, 40 "It was convenient - no appointment required. The staff were friendly and it was very relaxed."

Sheena Barrowdale, 44 "My cholesterol was a bit high so I've been advised to stop smoking. I think it's brilliant that I was able to get my check here, it was really convenient."

Andrew Louca, 45 "I've been thinking about making some changes to my diet so this is motivation for me."

Ian Houldey, 66 "I wouldn't have known that my blood pressure is high. I've been advised to speak to my doctor as soon as possible."

Live well, live longer!

www.kenthealthandwellbeing.nhs.uk