

## An Approach to NHS Health in Greater Manchester

### 1. Introduction:

Successfully implementing NHS Health checks programme across Greater Manchester may reduce chronic illnesses and avoidable premature mortality, as well as the health and social care costs related to long term ill health and disability. The current NHS Health Checks is principally a Cardiovascular Disease prevention programme; however our future thinking should not be restricted to CVD.

### 2. Review of NHS Health Checks across Greater Manchester

10 Greater Manchester local authorities were invited to submit a review of their approach to NHS Health Checks using the StARS (A Systematic Approach to Raising Standards) tool, and a SWOT analysis. The StARS report was completed by the commissioning leads in each Local Authority and key stakeholders. A completed StARS report was received from 9 of the 10 local authorities.

The StARS submission was followed up by a workshop that was attended Local Authority commissioners and representation from Public Health England (PHE) North West. There were also individual conversations with Bolton Clinical Commissioning Group (CCG), Strategic Clinical Network, linking closely to the cancer vanguard (SCN) and PHE NW to inform the final report.

The aim of the review was to gain a better understanding of the NHS Health Check programme across Greater Manchester and make recommendations on the future direction including:

- The lessons learnt from the commissioning of NHS Health Checks across GM localities.
- Understanding the different types of delivery models in place across GM
- The potential opportunities to develop a GM NHS Health Check pathway
- Potential additions to NHS Health Checks programme
- Opportunities to develop a NHS Health Check workplace offer
- Technological opportunities including digital and online offer
- Training
- Capacity building to respond to the findings of an NHS Health Check StARs.

### 3. Recommendations from the Review

- Support the development of a coherent and consistent approach to health checks
- Take a pragmatic approach to the delivery of and response to the NHS health check
- Describe the relationship between NHS Health Checks and the emerging work in the GM Population Health Plan to explore new delivery models for multiple disadvantaged communities.

### 4. Lessons learnt from the commissioning and delivery of NHS Health Checks.

The health checks programmes that have been most successful have the following elements in common

- a. GP engagement, linked by the CCG to some form of Quality Premium.
- b. Choices of places for delivery
- c. Health promotion capacity and behaviour change support delivered to individuals
- d. Training programmes for health promotion teams
- e. Planned and structured approach, invitations issued and a minimal reliance on opportunistic health checks