

NHS Health Check National evaluation

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QResearch data base

655 practices

13 million patients

4 years: 2009-13

**NHS Health Check
national study**

Coverage of NHS Health Check programme in each year

Financial years	Patients with health check in financial year	20% of the eligible population on 1st April	% Coverage Attendance/ one-fifth of eligible population
2009/10	16,613	286,035	5.8%
2010/11	41,832	286,383	14.6%
2011/12	69,978	286,669	24.4%
2012/13	86,042	285,784	30.1%

Characteristics: people eligible for NHS Health Check 2009-2013 and attendees

	Total eligible people	NHS Health Check attendees	% total eligible population with NHS Health Check
Total	1,679,024	214,295	12.8%
Age band (years)			
40-49	806,199	72,903	9.0%
50-59	499,725	68,428	13.7%
60-74	373,100	72,964	19.6%
Townsend quintile of deprivation			
1 (most affluent)	336,174	41,423	12.3%
2	334,996	40,342	12.0%
3	335,706	40,897	12.2%
4	335,302	41,557	12.4%
5 (most deprived)	334,652	49,974	14.9%
Ethnicity			
White	1,065,171	185,082	17.4%
Indian	16,842	2,987	17.7%
Pakistani	8,472	1,362	16.1%
Bangladeshi	4,925	1,460	29.6%
Other Asian	13,471	1,966	14.6%
Caribbean	12,908	2,531	19.6%
Black African	19,899	3,128	15.7%
Chinese	6,913	1,059	15.3%
Other	26,045	4,059	15.6%
Not recorded	504,378	10,661	2.1%

Recorded before or on date of NHS Health Check or index date

Recording	NHS Health Check No. (%)		No NHS Health Check No. (%)	
Total	214,295		1,464,729	
Smoking status recorded	214,020	(99.9)	1,384,707	(94.5)
Alcohol status recorded	205,506	(95.9)	1,175,900	(80.3)
Body mass index recorded	210,062	(98.0)	1,176,819	(80.3)
Systolic blood pressure recorded	213,690	(99.7)	1,316,926	(89.9)
Cholesterol recorded	195,994	(91.5)	633,548	(43.3)
Cholesterol/HDL recorded	174,345	(81.4)	433,594	(29.6)
Family history CHD	46,466	(21.7)	156,604	(10.7)

New diagnoses in attendees and non-attendees

	NHS Health Check No. (%)	No NHS Health Check No. (%)
Total patients	214,295	1,464,729
New diagnoses		
CKD eGFR <60ml/min	807 (0.4)	2310 (0.2)
Type 2 diabetes	1934 (0.9)	5647 (0.4)
Hypertension	7844 (3.7)	16,184 (1.1)

New cases of co-morbidity among attendees

Hypertension 1 in 27 Checks

T2 diabetes 1 in 111

CKD 1 in 265

Recorded at NHS Health Check, relevant index date or in 12 months following

Risk factors identified				
	NHS Check attendees		Non-attendees	
	N	(%)	N	(%)
Smokers recorded	37808/214020 (17.7)		310034/1384707 (22.4)	
Fasting glucose ≥ 7 mmol/L	954	(0.4)	2983	(0.2)
Random glucose ≥ 11 mmol/L	421	(0.2)	1291	(0.1)
Raised BP SBP ≥ 140 mmHg or DBP ≥ 90 mmHg	26,126	(12.2)	52,236	(3.6)
Obesity BMI ≥ 30 kg/m ²	32,133	(15.0)	39,774	(2.7)

Referrals in attendees/non-attendees with risk factors

Referrals	NHS Health Check No. (%)	No NHS Health Check No. (%)
Current smokers referred to smoking cessation clinic	(6.8) 2571/37808	(3.2) 9944/310034
Weight referrals: BMI \geq 30 kg/m ²	(38.7) 12430/32133	(11.2) 4441/39774
Exercise referrals: BMI \geq 30 kg/m ²	(41.4) 12430/32133	(10.3) 4082/39774
Alcohol referrals: > 6 units/day	(35.7) 1823/5101)	(5.6) 1459/26011

Recording of QRisk and risk distribution (in those with a record)

	NHS Health Check attendee 214,295 N (%)		Non-attende 1,464,729 N (%)	
QRisk2 recorded	171,441	(80.0)	424,523	(29.0)
QRisk2 score				
<5%	47,794	(27.9)	195,253	(46.0)
5-9.99	43,687	(25.5)	114,706	(27.0)
10-14.99	32,452	(18.9)	55,306	(13.0)
15-19.99	22,639	(13.2)	31,356	(7.4)
20+	24,869	(14.5)	27,902	(6.6)

Statin and antihypertensives:

In attendees at high CVD risk

N
(%)

STATINS
2+ prescriptions

5325

19.3%

HYPERTENSION
prescriptions
2+ prescriptions

2438

8.8%