



Public Health
England

NHS Health Check National Programme Update

9th February 2017

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How many people like Terry are unaware they are at high risk of Type II Diabetes in England?

5 Million People



Public Health England. Action on Cardiovascular Disease: getting serious about prevention Online 2016



Burden of disease attributable to leading risk factors for both sexes in 2015, expressed as a percentage of England disability-adjusted life-years

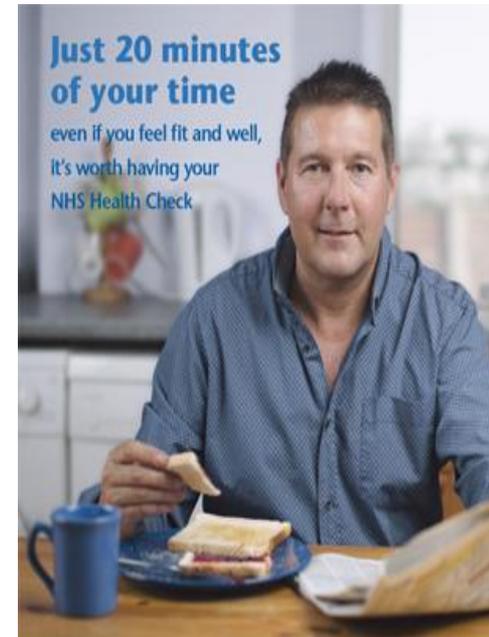
9 out of 17 leading risk factors are included in the NHS Health Check

Percent of total disability-adjusted life-years (DALYs)



Programme Aim

The NHS Health Check programme offers a fantastic opportunity to help people to live longer, healthier lives. It aims to improve health and wellbeing of adults aged 40-74 years through the **promotion of earlier awareness, assessment, and management** of the **major risk factors** and conditions driving premature death, disability and health inequalities in England.





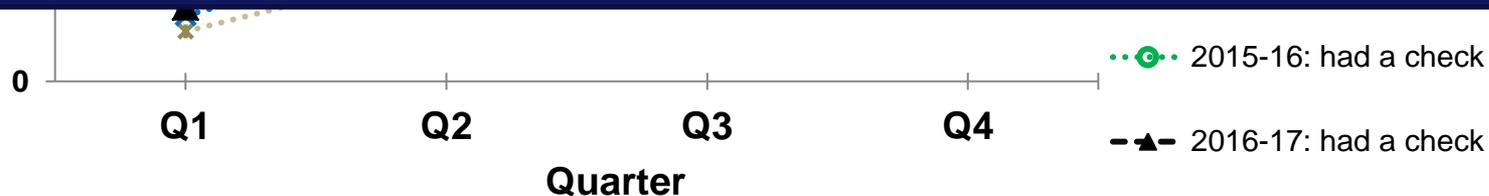
NHS Health Check Official Statistics

- We have completed 3.5 years of the 5 years cycle **(2013-14 to Q2 2016-17)**
- Nationally, **15,402,612** are eligible for an NHS Health Check between 2013 and 2018
- Cumulatively, since Q1 2013-14, a total of **10,158,347** persons **(66.0%)** have been offered a NHS Health Check and **4,903,516 (31.8%)** have had a NHS Health Check. This means that in the **3.5 years** between April 2013 and September 2016, **48.3%** of people offered a NHS Health Check have received a check.

Number of eligible persons offered / having an NHS Health Check

In the last reported 12 months (October 2015-Sept 2016) there was a 9.4% reduction in the numbers of offers and also a 9.1% reduction in the number of people having a check compared to the previous 12 months.

This means that 284,000 less invitations and 134,000 less people having received a check in the last reported 12 months.





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Proportion of eligible people who have had an NHS Health Check

2013-2018, cumulative
figures, 14 quarters

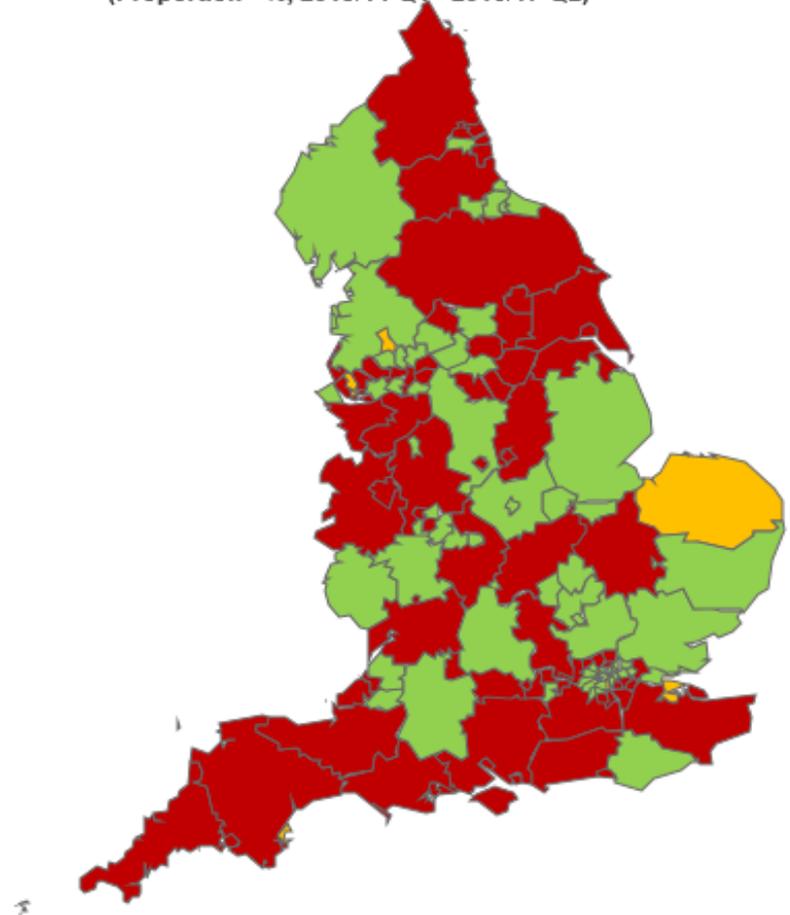
Compare
with
England

Better

Similar

Worse

Map of County & UAs in England for People receiving an NHS Health Check
(Proportion - %, 2013/14 Q1 - 2016/17 Q2)



<http://fingertips.phe.org.uk/profile/nhs-health-check-detailed>

Contains Ordnance Survey data © Crown copyright and database right 2017.



What's New in the past year?

- **Updated Best Practice Guidance published**
 - Note changes to the diabetes assessment guidance
- **NHS Health Check Health Equity Audit Guidance published**
- **NHS Health Check dementia pilots announced by Secretary of State**
Sites include Birmingham, Bury, Manchester and Southampton
- **New dementia training resources developed** (launched today)
- **18 webinars held covering variety of topics last year** (recordings still available)



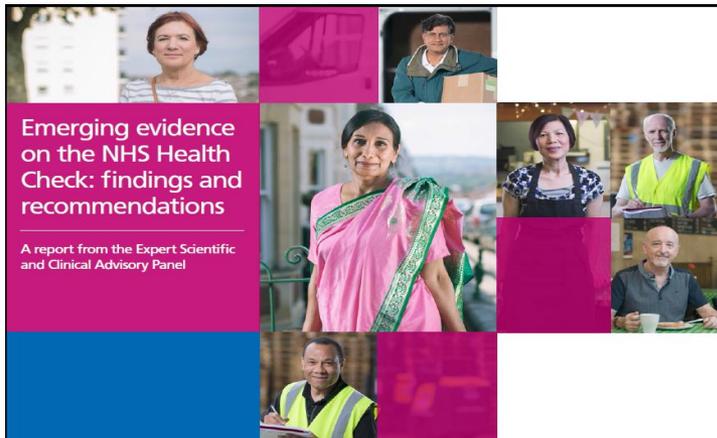
What's New in the past year?

- **NHS Health Check e-bulletin continues to published very other month**
- **Relaunched the Heart Age Tool which has now received over 1.2 million completions**
- **Two thirds of LA's have completed the StARS training**
- **Revised NHS Health Check information governance data flows guidance published**
- **NHS RightCare CVD Optimal Value Pathway published**
- **STP Prevention Menu published** (noting the value of the NHS Health Check in several topic areas)



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Expert Scientific & Clinical Advisory Panel



- Review of emerging evidence
- Programme content review process
- Encouraging a culture of research and evaluation
 - HTA call for research
- Development of a national data set



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Digital: Doing things differently

Welcome to

NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

HEALTH
CHECK
PATHWAY

1. Promotion
2. Pre-visit
3. Visit
4. Post-visit

Check your heart age

How healthy is your heart?

What this self-assessment does:

- Tells you your heart age compared to your real age
- Explains why it's important to know your blood pressure and cholesterol numbers
- Gives advice on how to reduce your heart age

Start

Full terms and conditions can be read here



This tool is a collaboration between NHS Cho

Full credits can be read here



1.2
million!



Your heart age could be about

57

compared to a person of the same age, gender and ethnicity without raised risk factors

On average, someone like you can expect to live to the age of 80 without having a heart attack or stroke.

See how your heart age changes if you:

- Quit smoking *i*
- Lower cholesterol *i*
- Reduce blood pressure *i*



Search **one you** and
take the free health quiz

BECAUSE THERE'S ONLY
ONE YOU



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Putting Prevention First!

The NHS Health Check is a **world leading** prevention programme, which offers us an opportunity to systemically target the **major risk factors** driving premature death and ill health in England.

By **working together**, we have an opportunity to make important inroads in addressing **health inequalities** and reducing both the **personal** and financial **burden** related to many non-communicable diseases.



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Thank you

Working together for the public's health

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