

NHS Health Check National evaluation

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Funding: NIHR PRP DOH study.

Published: BMJ Open. 2016; 6(1): e008840

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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%

% Total eligible population with NHS Health Check

Age band (years)

40-49	9.0%
50-59	13.7%
60-74	19.6%

Townsend quintile

1 (most affluent)	12.3%
2	12.0%
3	12.2%
4	12.4%
5 (most deprived)	14.9%

Ethnicity

White	17.4%
Indian	17.7%
Pakistani	16.1%
Bangladeshi	29.6%
Caribbean	19.6%
Black African	15.7%

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. (per 1000)		No NHS Health Check No. (per 1000)	
Total patients	214,295		1,464,729	
New diagnoses				
CKD eGFR <60ml/min	807	4	2310	2
Type 2 diabetes	1934	9	5647	4
Hypertension	7844	37	16,184	11

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				
N (%)	NHS Check attendees		Non-attendees	
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)

N (%)	NHS Health Check attendee 214,295		Non-attendee 1,464,729	
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)	114,700	(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%

East London study

Problem comparing attendees and non-attendees.

Non-attendees differ in several important respects -

- Fewer had risk factors measured **because they** were unwell
- Those who did not attend differed (ie age)

Matched attendees and no-attendees and found that newly diagnosed diabetes, hypertension and CKD still more frequent among attendees