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# A retrospective evaluation of the NHS Health Check Programme in a multi- ethnic population

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# Background

- National call for review of NHS Health Check Programme<sup>1</sup>
- Need for evaluations of Programme
  - Increased diagnosis of undiagnosed conditions
  - Subsequent delivery of appropriate interventions
- Primary aim to evaluate these aspects
- Secondary aim to report prevalence of high risk of cardiovascular disease (CVD) using  $\geq 10\%$  cut point
- Evaluation used data from the Leicester City CCG

<sup>1</sup> O'Dowd. *BMJ* 2014; 349: g6498.

# Leicester City

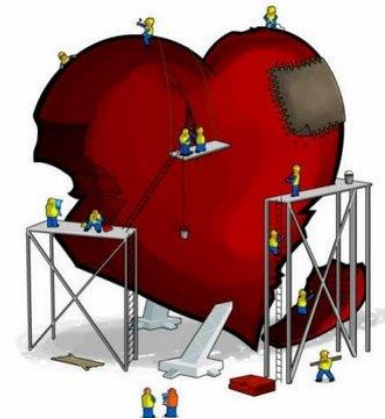


Image sources: <http://www.goleicestershire.com/travel.aspx>  
<http://www.theguardian.com/uk-news/2015/dec/20/leicester-midland-success-story>

# Leicester City



# Leicester City



# Leicester City



**NHS  
HEALTH  
CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

# Methods

- 2009 to 2014
- 65 practices in Leicester City CCG
- 53,799 valid Health Checks included in main analyses
- Routine data entered into SystmOne
- Extracted centrally by CCG
- Key variables extracted using Read Codes

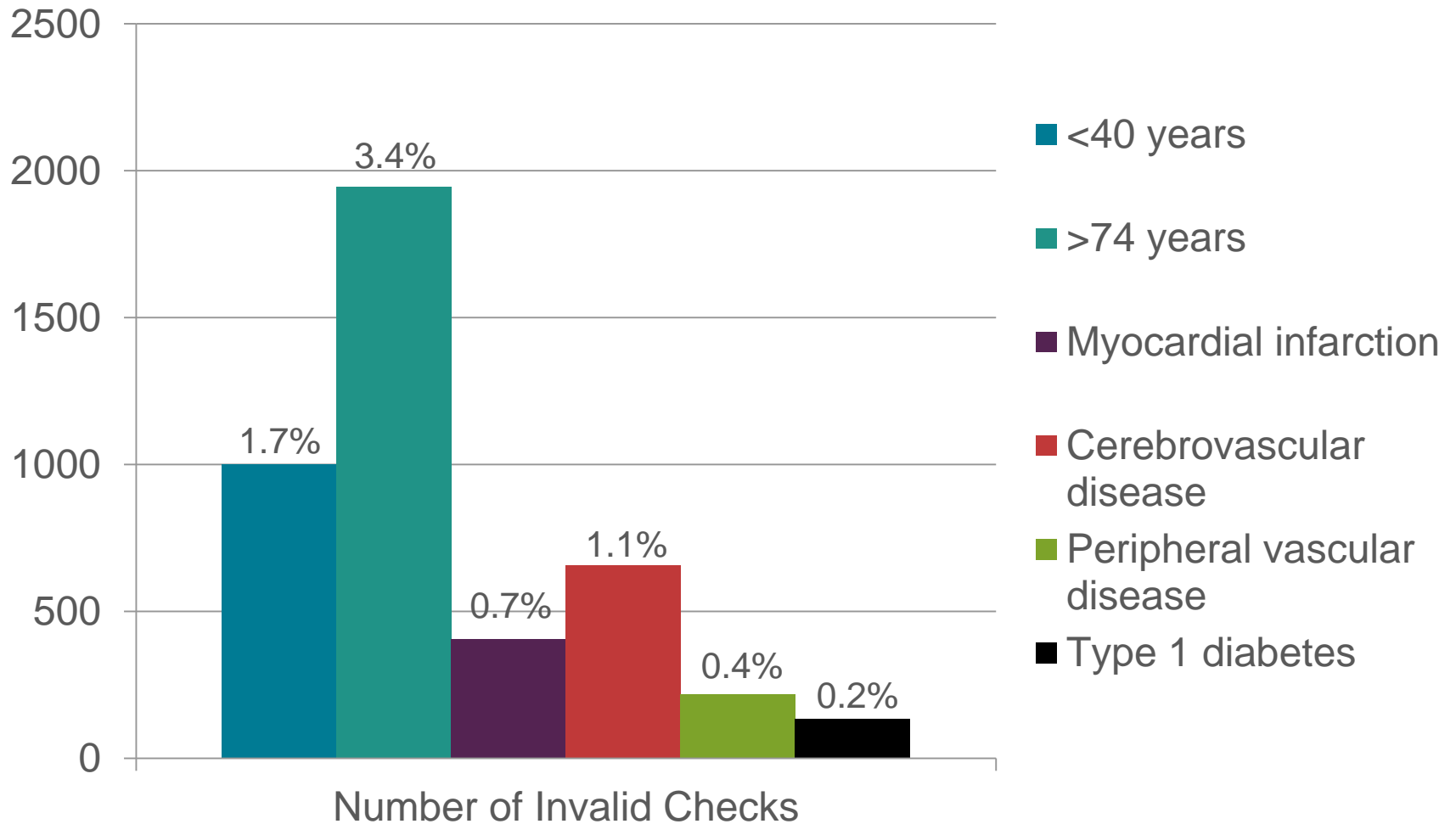


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# Results

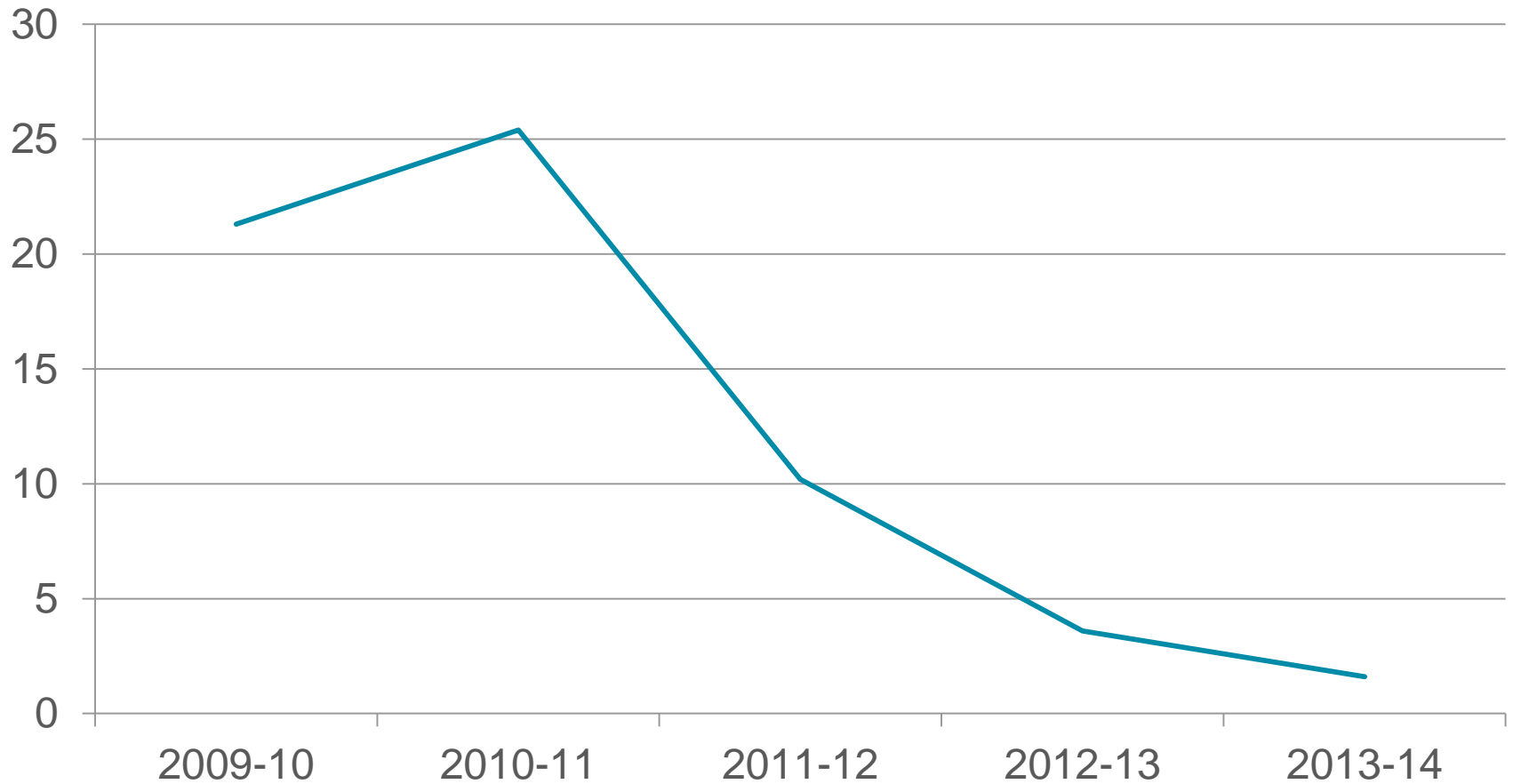


# Invalid Checks

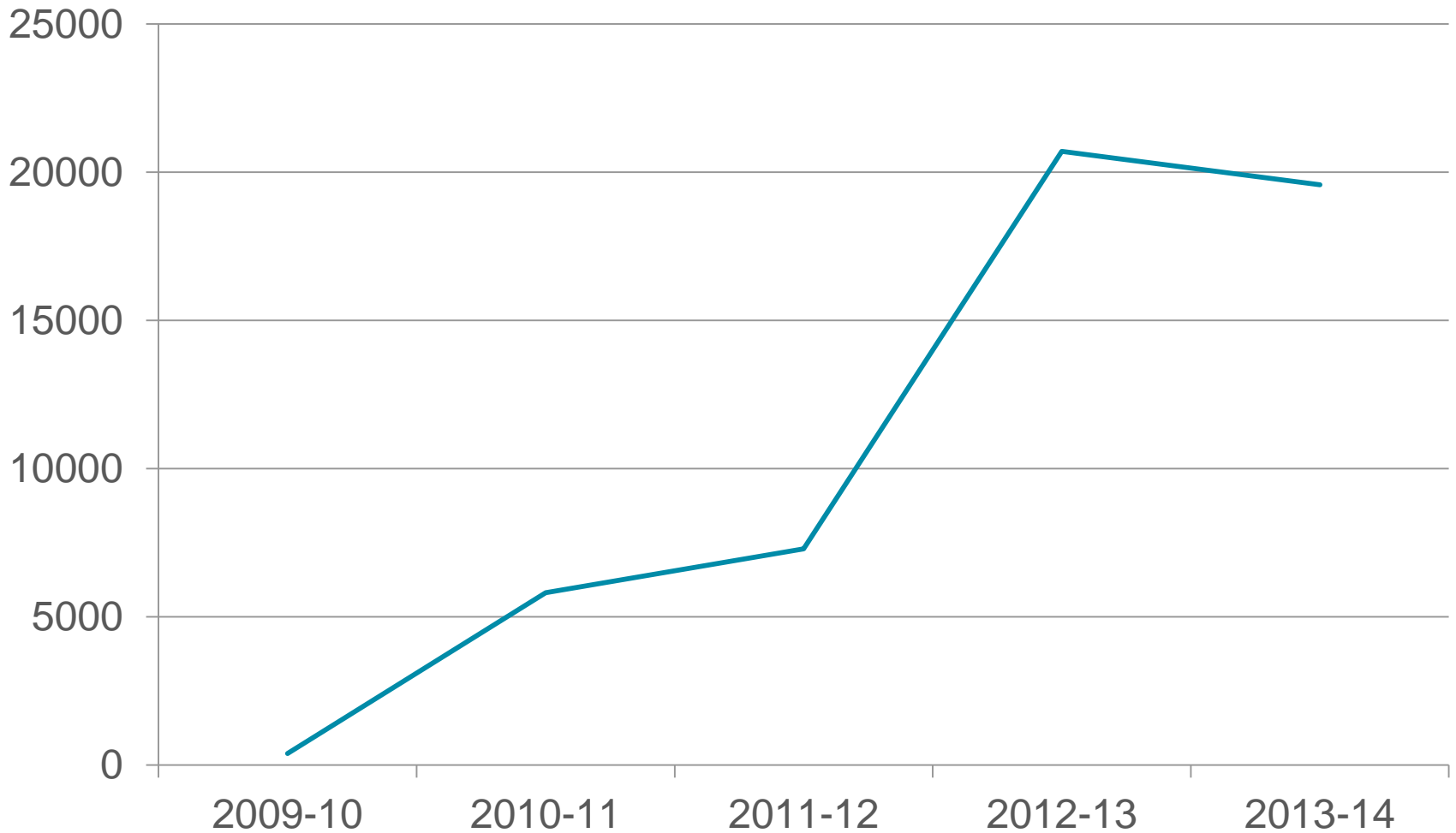


# Invalid Checks

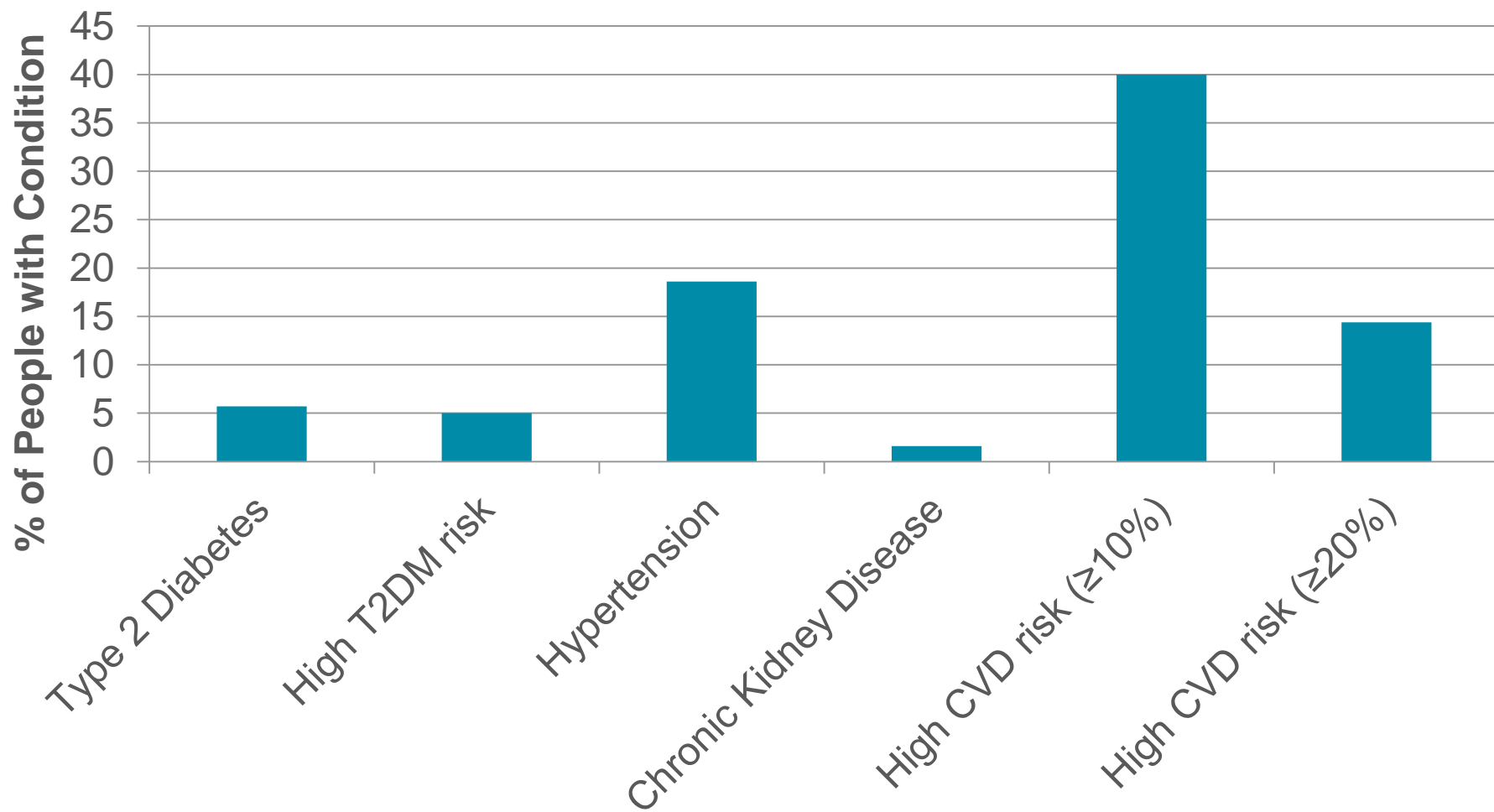
## Percentage of Checks that were Ineligible



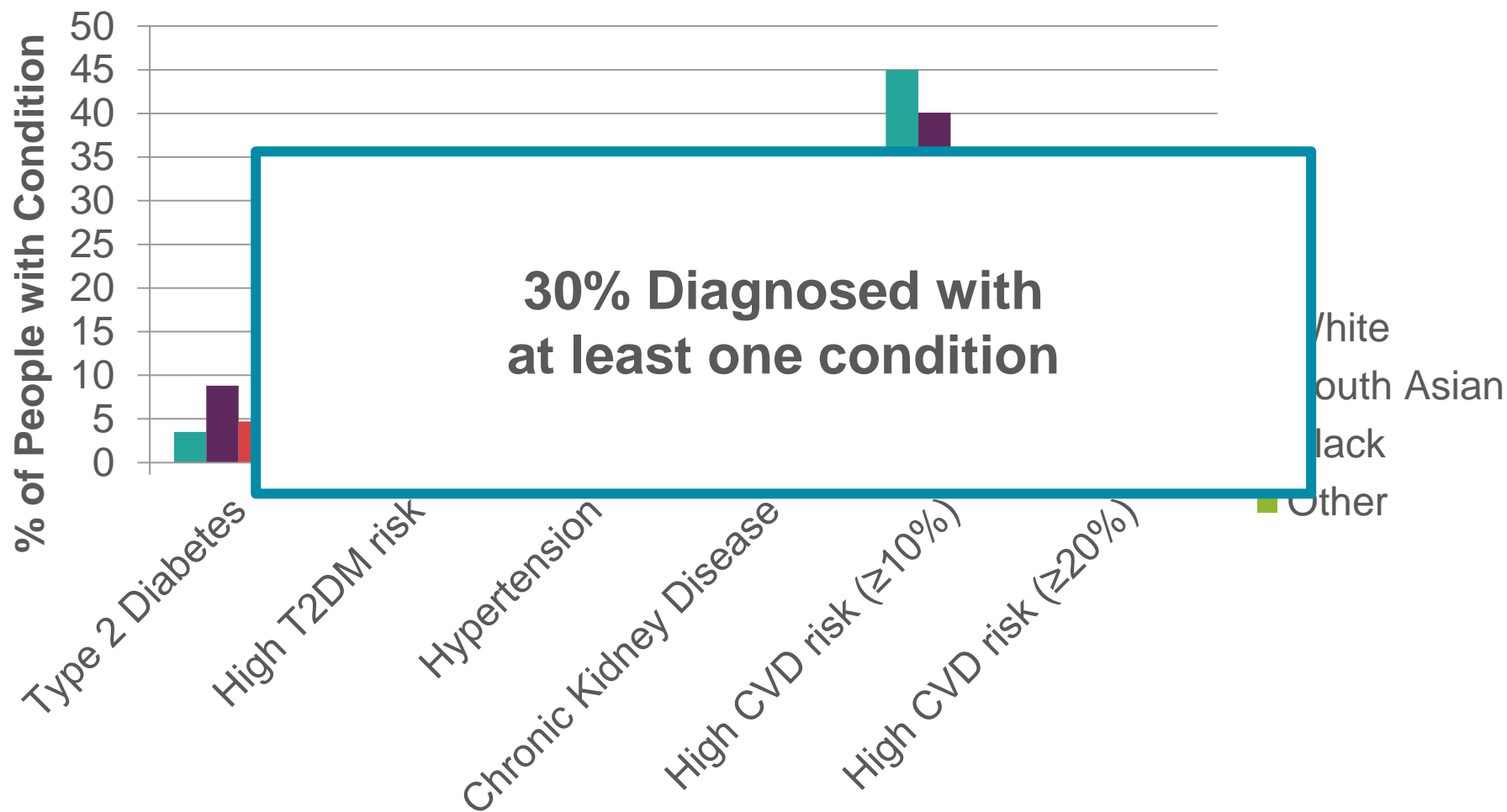
# Number of Checks Performed



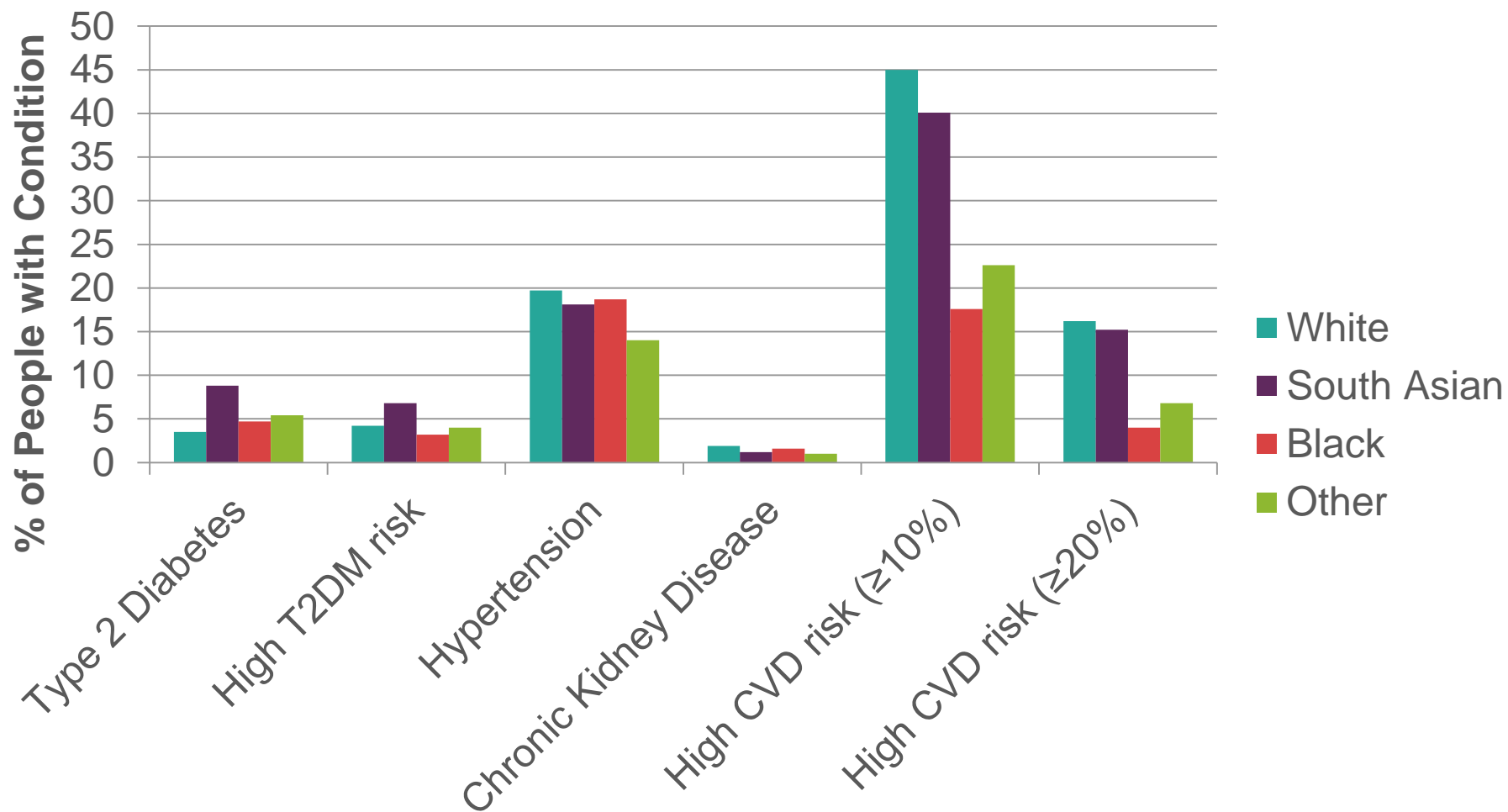
# Diagnoses



# Diagnoses



# Diagnoses



# Co-Morbidities

Percentage of people with row condition who also have column condition



Hypertension (19%)

≥20% CVD Risk (14%)

T2DM (6%)

High T2DM Risk (5%)

CKD (2%)

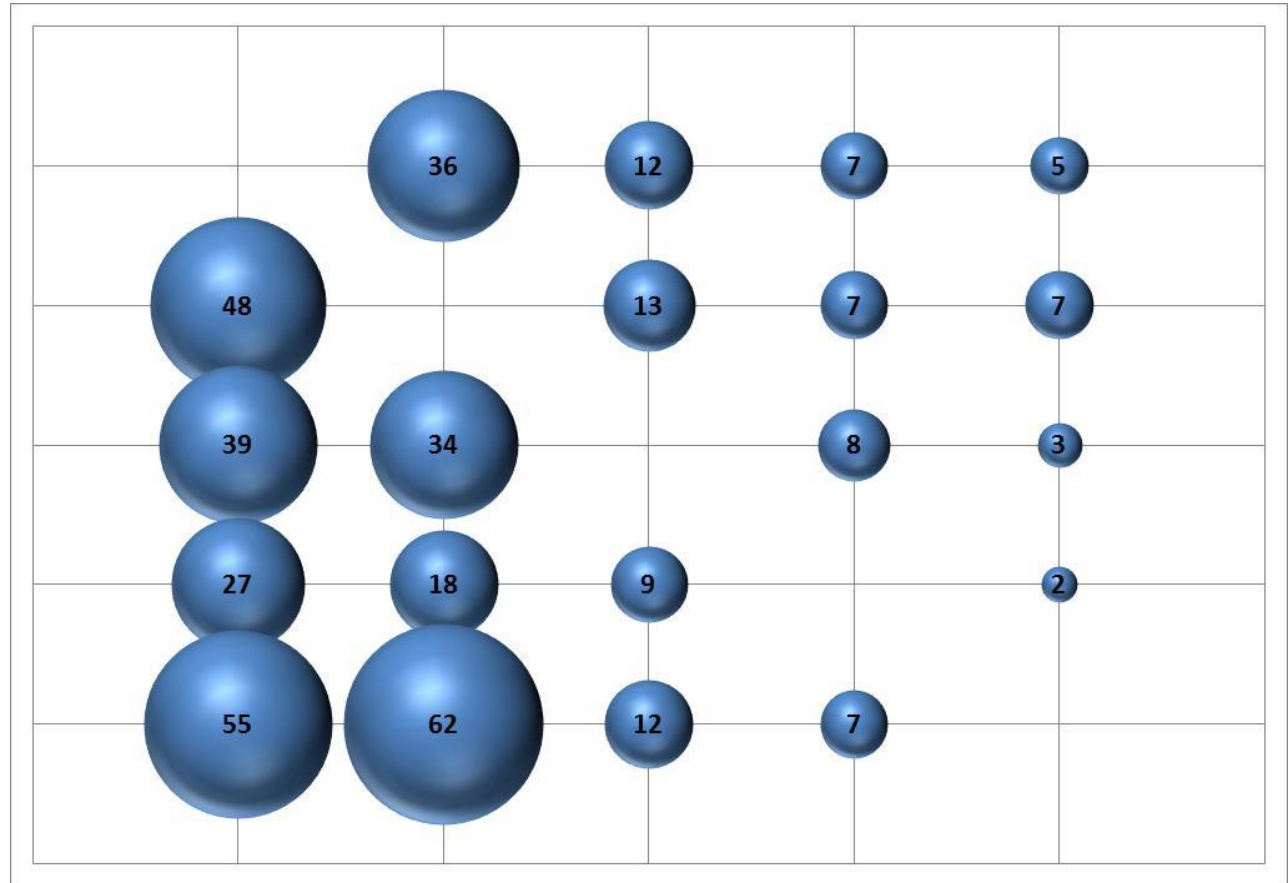
Hypertension

≥20% CVD Risk

T2DM

High T2DM Risk

CKD



% with ≥1 other condition

48

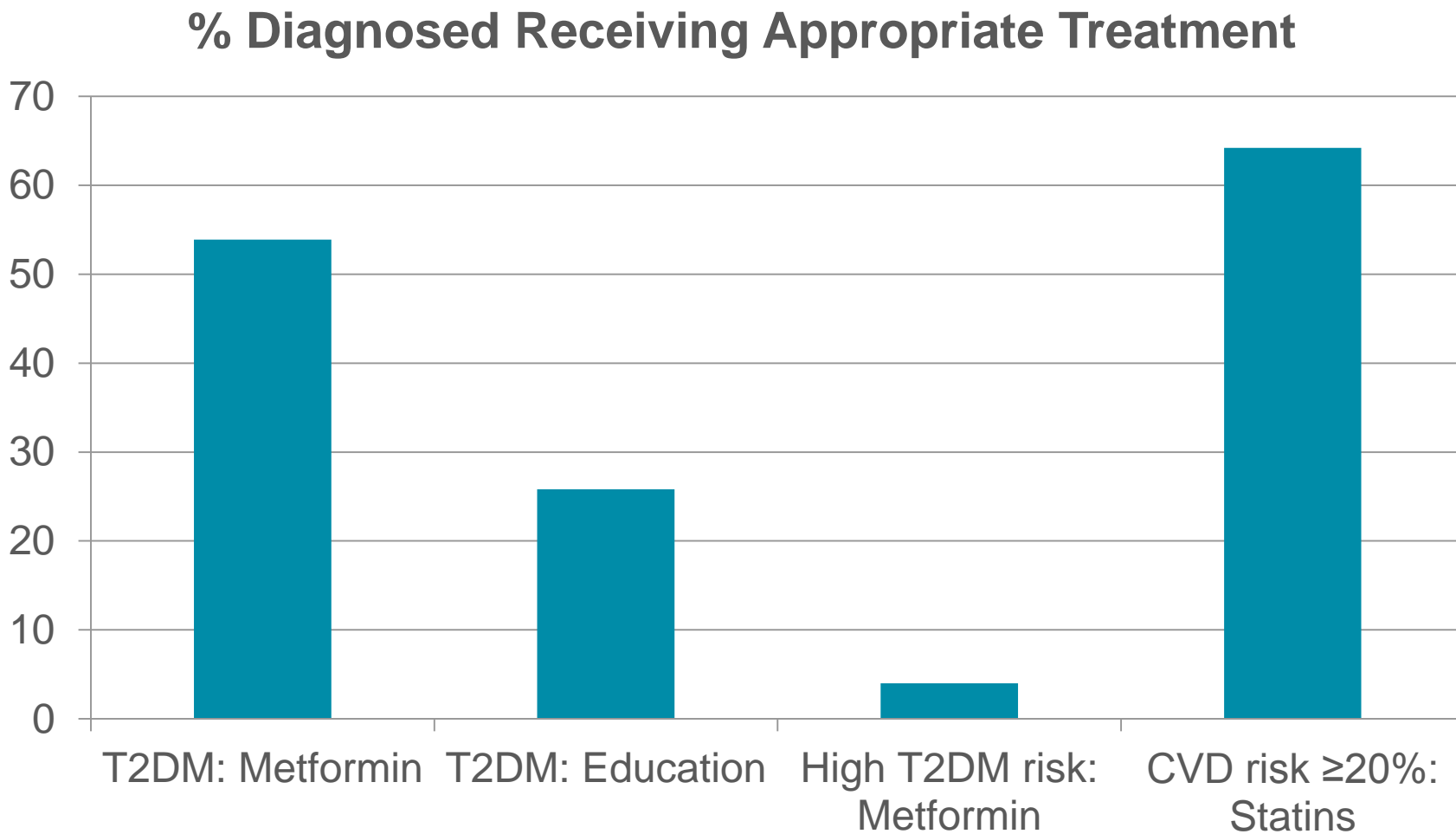
66

59

44

87

# Treatments





# Expected National Figures

- Assuming...
  - 3 million eligible each year
  - 6.4% uptake (national average)

Condition	Expected number of diagnoses per year
Type 2 diabetes	7133
High type 2 diabetes risk	8056
Hypertension	36,853
Chronic kidney disease	3530
High CVD risk $\geq 10\%$	58,537
High CVD risk $\geq 20\%$	21,147

# Conclusions

- Identified high number of people at risk of vascular disease
- Translated into appropriate preventive measures to some extent
- Areas where further improvements could be made
- Possible to engage ethnic minority populations with respect to the Health Check Programme

# Thank You

P. Carter, D.H. Bodicoat, M.J. Davies, N.B. Ashra, D. Riley, N. Joshi, A. Farooqi, I. Browne, K. Khunti.

*A retrospective evaluation of the NHS Health Check Programme in a multi-ethnic population.*

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