

NHS Health Check programme: Implementation and new co-morbidity

Between April 2009 and March 2014, there were 150,000 adults aged 40-74 years eligible for an NHS Health Check in 139 general practices across the three east London CCGs of City & Hackney, Newham and Tower Hamlets.

East London Results

- 85,122 people attended an NHS Health Check in the 5 years covered from April 2009 to March 14.
- Attendance by the eligible population increased from 7.3% in 09/10 to 17.0% in 13/14 representing increasing coverage from 36.4% to 85.0%.
- In a matched analysis comparing attendees with non-attendees, newly diagnosed co-morbidity was more likely in attendees; odds ratios within 12 months of a Health Check for new diagnoses co-morbidity were diabetes 1.300 and hypertension 1.499 ($p < 0.001$, 95% CI).
- 37.2% of high CVD risk attendees were prescribed statins.

City & Hackney

Selective invitation of high risk groups

- High CVD risk group attendance: 19.4% in 09/10, 3.5% in 13/14
- Eligible population attendance by Ethnicity: 11.0% white, 11.4% black, 14.1% south Asian, 4.4% other/NS
- Eligible population attendance by Deprivation (Townsend): 6.2% Q1, 3.9% Q2, 6.5% Q3, 7.8% Q4, 9.9% Q5, 9.3% Unknown

- Statin prescription in High Risk: 28.3%
- New Comorbidity:
Diabetes – 21.7 per 1000
Hypertension – 51.6 per 1000
CKD 3-5 – 3.2 per 1000

Newham

No specific selection process

- High CVD risk group attendance: 8.7% in 09/10, 3.2% in 13/14
- Eligible population attendance by Ethnicity: 16.7% white, 18.7% black, 22.1% south Asian, 6.6% other/NS
- Eligible population attendance by Deprivation (Townsend): 12.4% Q1, 14.1% Q2, 16.5% Q3, 16.2% Q4, 16.9% Q5, 10.5% Unknown

- Statin prescription in High Risk: 28.4%
- New Comorbidity:
Diabetes – 31.3 per 1000
Hypertension – 60.0 per 1000
CKD 3-5 – 6.7 per 1000

Tower Hamlets

Selective invitation of high risk groups

- High CVD risk group attendance: 31.2% in 09/10, 3.3% in 13/14
- Eligible population attendance by Ethnicity: 14.1% white, 15.0% black, 20.2% south Asian, 5.8% other/NS
- Eligible population attendance by Deprivation (Townsend): 8.3% Q1, 13.2% Q2, 11.9% Q3, 10.8% Q4, 14.5% Q5, 3.6% Unknown

- Statin prescription in High Risk: 59.2%
- New Comorbidity:
Diabetes – 36.2 per 1000
Hypertension – 67.3 per 1000
CKD 3-5 – 7.2 per 1000

Conclusions

- Coverage in the NHS Health Check programme increased to 85% after 5 years.
- The programme was accessible to ethnic minority groups and the more socially disadvantaged.
- Over 5 years, 37% more people at high CVD risk attended in the CCGs which invited those at highest risk first.
- The programme identified more new diabetes, hypertension and chronic kidney disease, and more people at high CVD risk among attendees than non-attendees.
- 37.2% of Attendees at high risk were more likely to be treated with Statins.