



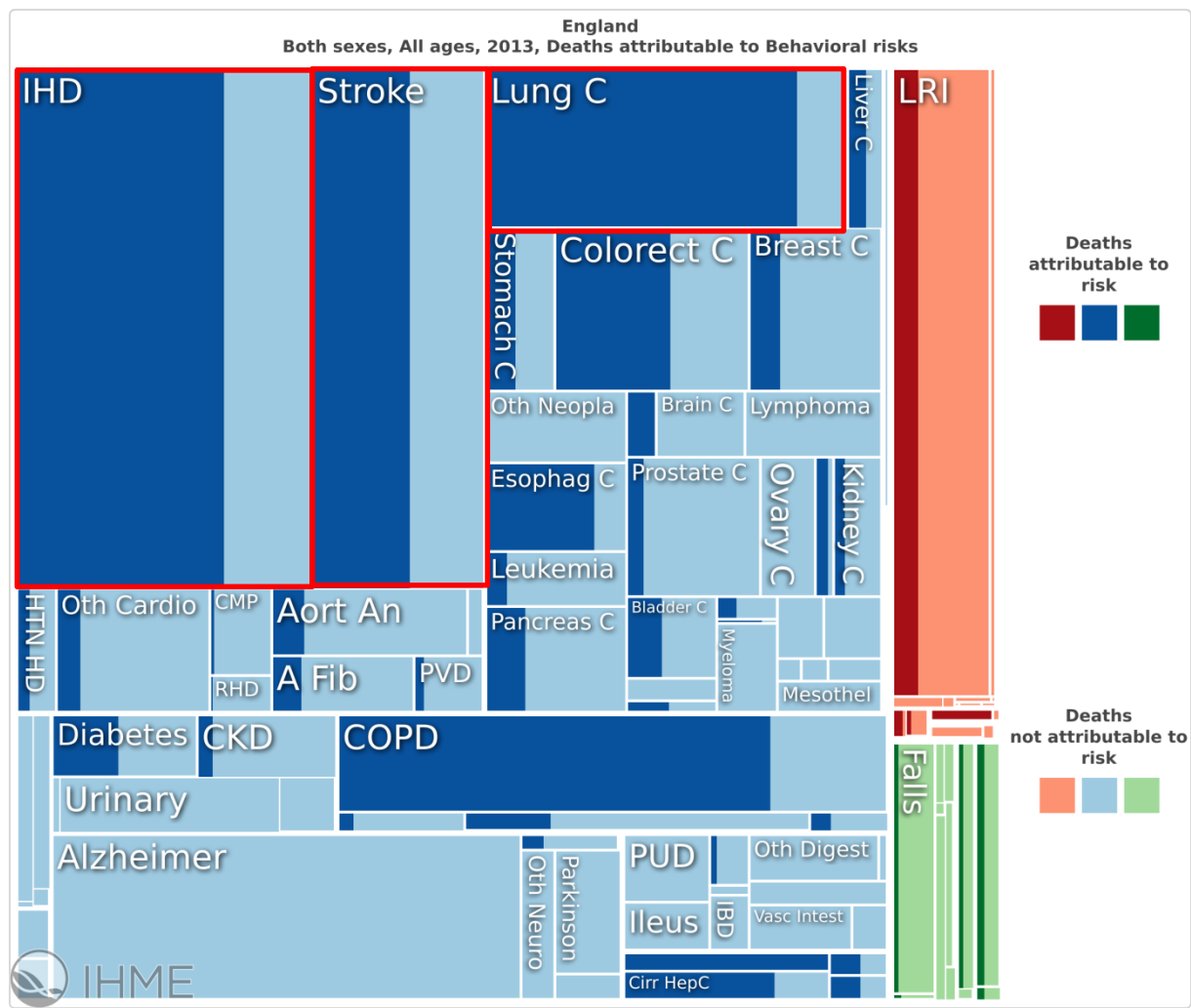
Public Health
England

Protecting and improving the nation's health

NHS Health Check: Our learning so far and future direction

Professor Kevin Fenton, National Director, Health and Wellbeing

Deaths attributed to behavioural risks



National studies

- Year on year we've seen continuous improvement in take up
 - Attendance rose from 5.8% in 2010 to 30.1% in 2012.
 - Latest data from 2015/16 shows take up is 48.3%
- There is equitable access among black and ethnic minority groups and people from our poorest communities
- More people over 65 years and more women are having a health check
- The programme is detecting early stage disease

Detecting early stage disease



www.healthcheck.nhs.uk



For every
27 people

having a NHS Health Check
1 person is diagnosed
with **high blood pressure**



Lifestyle



www.healthcheck.nhs.uk



Following an NHS Health Check,

1 in 3 people

at **high risk of cardiovascular disease**
and drinking more than the recommended
alcohol levels are referred to alcohol
reduction service



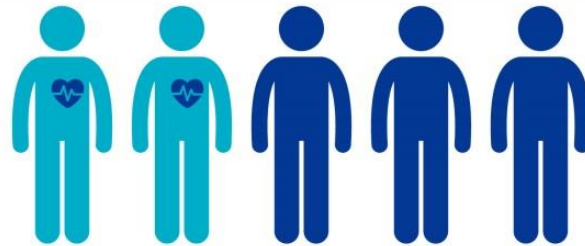
Lifestyle

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

www.healthcheck.nhs.uk

NHS



Following an NHS Health Check,

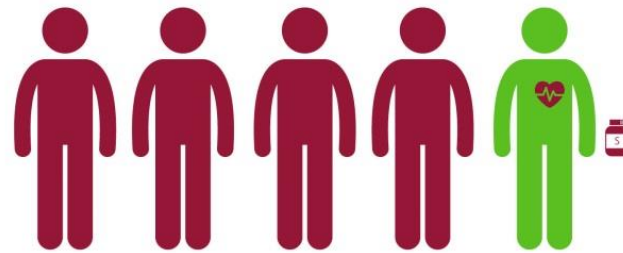
2 in 5 people

at high risk of **cardiovascular disease** and **diagnosed as obese** are referred to dietary and physical activity services

Clinical management



www.healthcheck.nhs.uk



Following an NHS Health Check,

1 in 5 people

at high risk of **cardiovascular disease** are prescribed a statin

Clinical management



www.healthcheck.nhs.uk



Following an NHS Health Check,

1 in 12 people

people at risk of **cardiovascular disease** are prescribed medication to control high blood pressure

Behavioural insights

- Small changes can have a **big impact**, for no to little additional cost
- Using an **action orientated letter** increases take up, which is why we've updated the national invite letter template
- Primer and **reminder text messages** are cost effective ways of increasing take up
- The use of **IT prompts to clinical staff** are effective, easy to implement and cost effective ways of increasing take up
- Robust **evaluations** are important to demonstrate effectiveness

Heart age

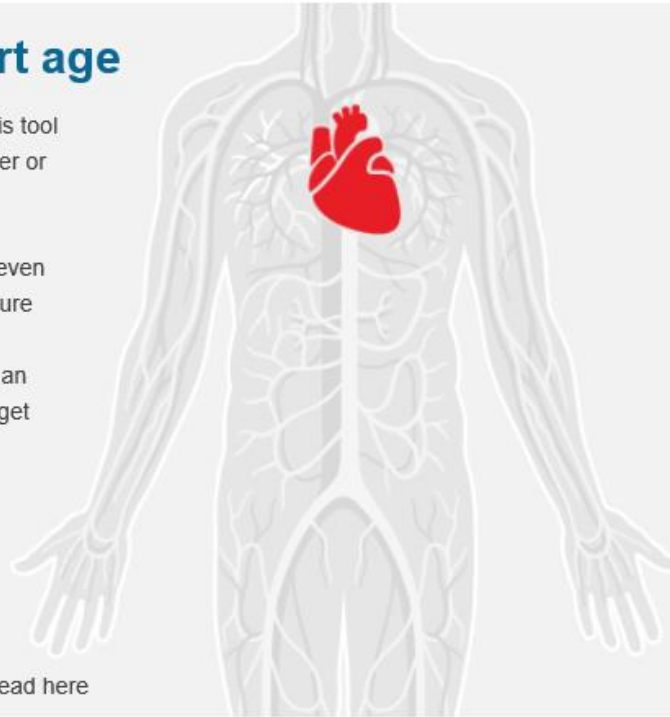
Check your heart age

How healthy is your heart? Use this tool to find out if your heart age is higher or lower than your actual age.

Anyone over 30 can use the tool, even if you don't know your blood pressure and cholesterol. However, without these numbers, your result will be an estimate and we recommend you get tested to get an accurate result.

[Start](#)

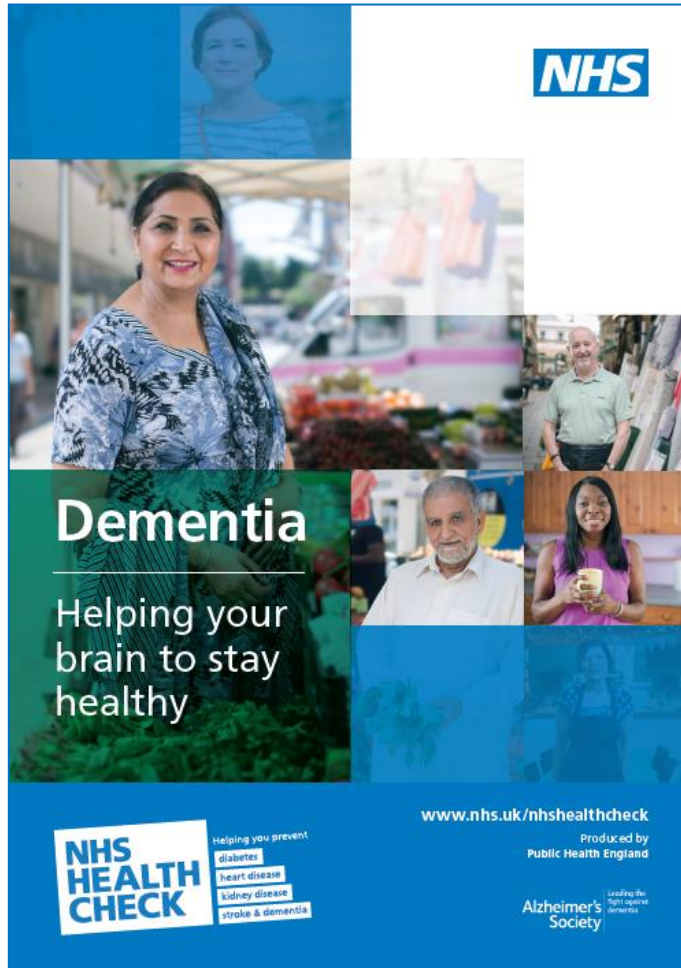
Full [terms and conditions](#) can be read here



This tool is a collaboration between NHS Choices, Public Health England and the British Heart Foundation.

[More information about partners](#)

Dementia leaflet



- Qualitative in depth interviews with people aged 65 – 74 on the dementia leaflet
- This group don't have a clear sense of what dementia is
- Most believed that dementia was inevitable and inherited
- Most knew about memory problems, but many did not know about its impact on moods, behaviours or ability to plan
- The idea that living a healthy lifestyle can help reduce the chance of getting dementia was new

Stocktake

- At the end of last year we commissioned a stocktake review of PHE's NHS Health Check work so far
- You told us that PHE actions have **supported local implementation**
- You particularly value:
 - the national conference
 - regional networks
 - behavioural insight
 - marketing resources
 - provider competence framework
 - best practice guidance
 - guidance on information governance

Your views

You would like us to:

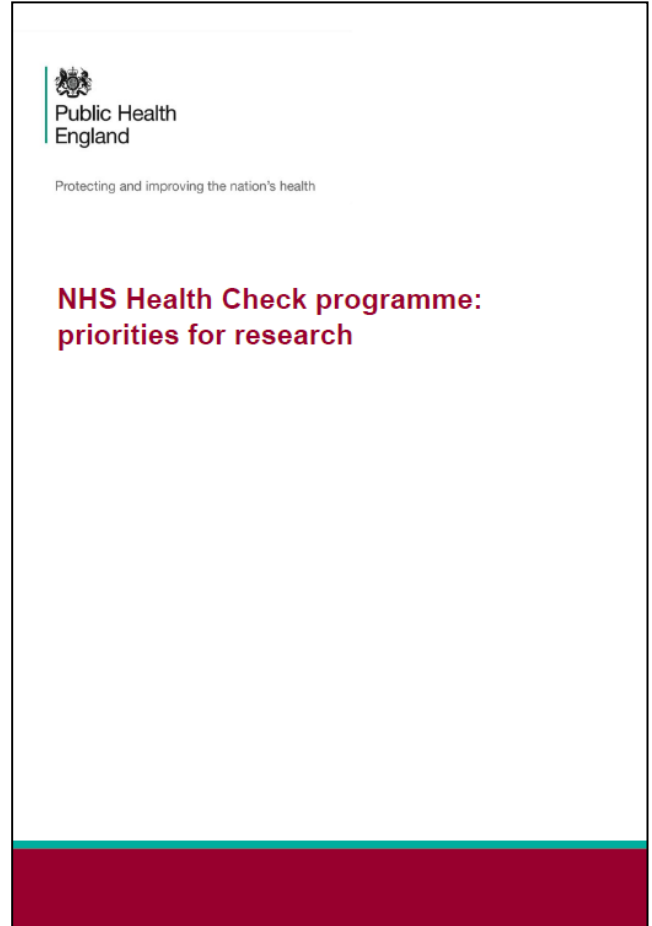
- Support the development of an evidence based business case for NHS Health Checks
- Lead the way on improving GP engagement
- Improve access to and the quality of data
- Deliver a national marketing campaign to help improve professional and public awareness

Challenges in delivering the programme:

- Engaging GPs
- Financial uncertainty

Going forward

- We will build on our priorities for research to stimulate the development of evidence
- As new evidence emerges we will keep it under review through our Expert Scientific and Clinical Advisory Panel
- A qualitative evaluation of the dementia component of the NHS Health Check is already underway
- We will be working with partners to update the economic modelling undertaken by the Department of Health in 2009 to make the business case for the programme



Going forward

Invited debate

NHS Health Check: an innovative component of local adult health improvement and well-being programmes in England

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Introduction

England faces a significant public health challenge. The burden of communicable diseases is falling, but non-communicable diseases (NCDs) are rising. Around two-thirds of the population are overweight or obese, and 75% in England are not taking action to improve their health. In 2011, 1.5 million people were diagnosed with type 2 diabetes, and 1.5 million people were diagnosed with high blood pressure. The burden of NCDs falls heaviest on the most deprived communities, where twice as many people in the most deprived quintile die of circulatory disease compared with those from the least deprived.¹ There is a gap in life expectancy between the least and most deprived of ~7 years for women and 9 years for men, and a far bigger gap in healthy life expectancy of 20 and 19 years, respectively.²

England has provided universal health care for over six decades. There is near universal general practitioner (GP) registration, and the country has implemented significant and effective public health programmes in recent years—including the reduction of salt in the manufacturing of food,³ cancer and non-cancer screening⁴ and smoke-free legislation.⁵

Yet, there are still high numbers of undiagnosed cases of preventable disease with an estimated minimum of 5 million undiagnosed cases of hypertension,⁶ ~750 000 undiagnosed cases of chronic kidney disease (Stages 3–5)⁷ and ~500 000 undiagnosed cases of type 2 diabetes⁸ in England. A retrospective audit of premature deaths from cardiovascular disease (CVD) in Leeds found that 30% of people who died of CVD were people who had not been diagnosed prior to their deaths and were therefore not on a disease register. These people lived on average 8 years less than people who were on a disease register.¹¹



Forward View¹²

argue for a healthy life expectancy. Health prevention to take action to be effective. Health check is part of the public health strategy, and the lack of action on ensuring

that NHS Health Check capitalizes on near complete population registration to promote population-wide health gain; that it is fully integrated with other local health improvement programmes, and that it is getting the best value and health impact for the investment through improved programme management, better implementation, robust evaluation and appropriate targeting—all of which are underway.

The NHS Health Check programme

NHS Health Check was introduced in April 2009. It is a universal risk assessment, and risk management programme offered every 5 years to people aged 40–74 who have not previously been diagnosed with vascular disease. It focuses on the top seven behavioural and physiological risk factors that drive preventable mortality and morbidity (Box 1).

Jamie Waterall, National Lead NHS Health Check Programme
Felix Greaves, Deputy Director, Science and Strategic Information
Matt Kearney, National Clinical Advisor
Kevin A. Fenton, National Director, Health and Wellbeing

- The cardiovascular disease leadership group will continue to highlight how the programme contributes to CVD prevention
- The CVD leadership group will respond to new evidence and seek to improve primary care engagement
- Launching the adult health campaign **One You** – focus on the importance of mid life interventions to ensure a longer, healthier life.

Going forward

- We are exploring other delivery models, working with NHS England to offer NHS Health Checks through their workplace health initiative
- Devolution offers a fantastic opportunity to achieve greater value by commissioning at scale and putting place based approaches at the heart of health improvement plans
- Digital platforms are already helping people to access information, monitor their health and support behaviour change. Which is why we will be exploring how digital solutions can support the programme

Conclusion

- We should be extremely proud of what we've achieved so far
- The NHS Health Check is the first programme of its kind in the world
- Together we can ensure that the programme achieves its full potential