

NHS Health Checks

Case finding for the NDPP

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Background

- NHS Health Checks introduced in 2008 with all 72 GP practices in County Durham
- In 2015 introduced a new health check specification that replaced the standard diabetes filter with the Diabetes UK Risk Score
- Linked to “Just Beat It”, the local diabetes prevention programme
- Demonstrator site for the NDPP

NHS Health Check Programme

Key:

BP: Blood Pressure

HbA1c: Glycated Haemoglobin

DM: Diabetes Mellitus

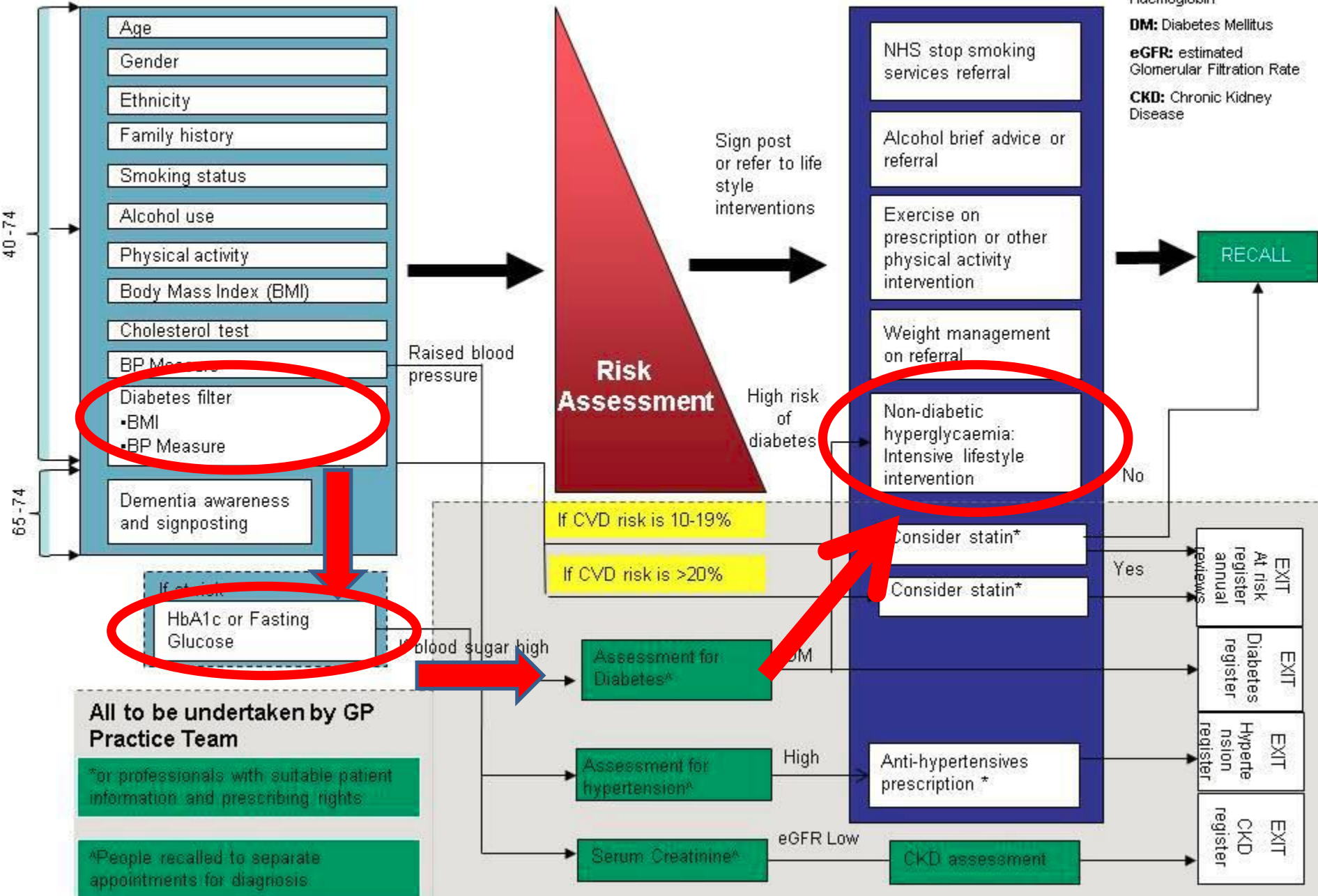
eGFR: estimated Glomerular Filtration Rate

CKD: Chronic Kidney Disease

Risk assessment

Communication of risk

Risk Management



did you know?

Diabetes risk factors:

- Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly
- Insulin is a hormone produced by the pancreas that allows glucose to enter the body's cells
- If you have diabetes, your body cannot make proper use of this glucose so it builds up in the blood and can't be used as fuel
- There are two main types of diabetes: Type 1 and Type 2

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Diabetes UK Risk calculation

How old are you	50 - 59
Are you male or Female	Male
How would you describe your ethnicity	White European
Do you have a father, mother, brother, sister and/or own child with Type 1 or 2 diabetes	No
What is your waist circumference	90 - 99.9 cm
What is your Body Mass Index (BMI)	30 - 34
Has your doctor given you medicine for high blood pressure or told you that you have high blood pressure	No

0 - 6

7 - 15

16 - 24

25 - 42

Your score is 15

Increased Risk (7 to 15)

You are at increase risk which means you have 2% or 1 in 50 chance of having diabetes now AND a 10% or 1 in 10 chance of having high blood glucose which puts you at high risk of diabetes in the next ten years. You can make a difference to your diabetes risk through regular physical activity and eating healthy well balanced diet.



Health Status

0 0 0

00:42

[DGP000001] CLIENT, Test (Mr). born 01-Jan-1956(58y)



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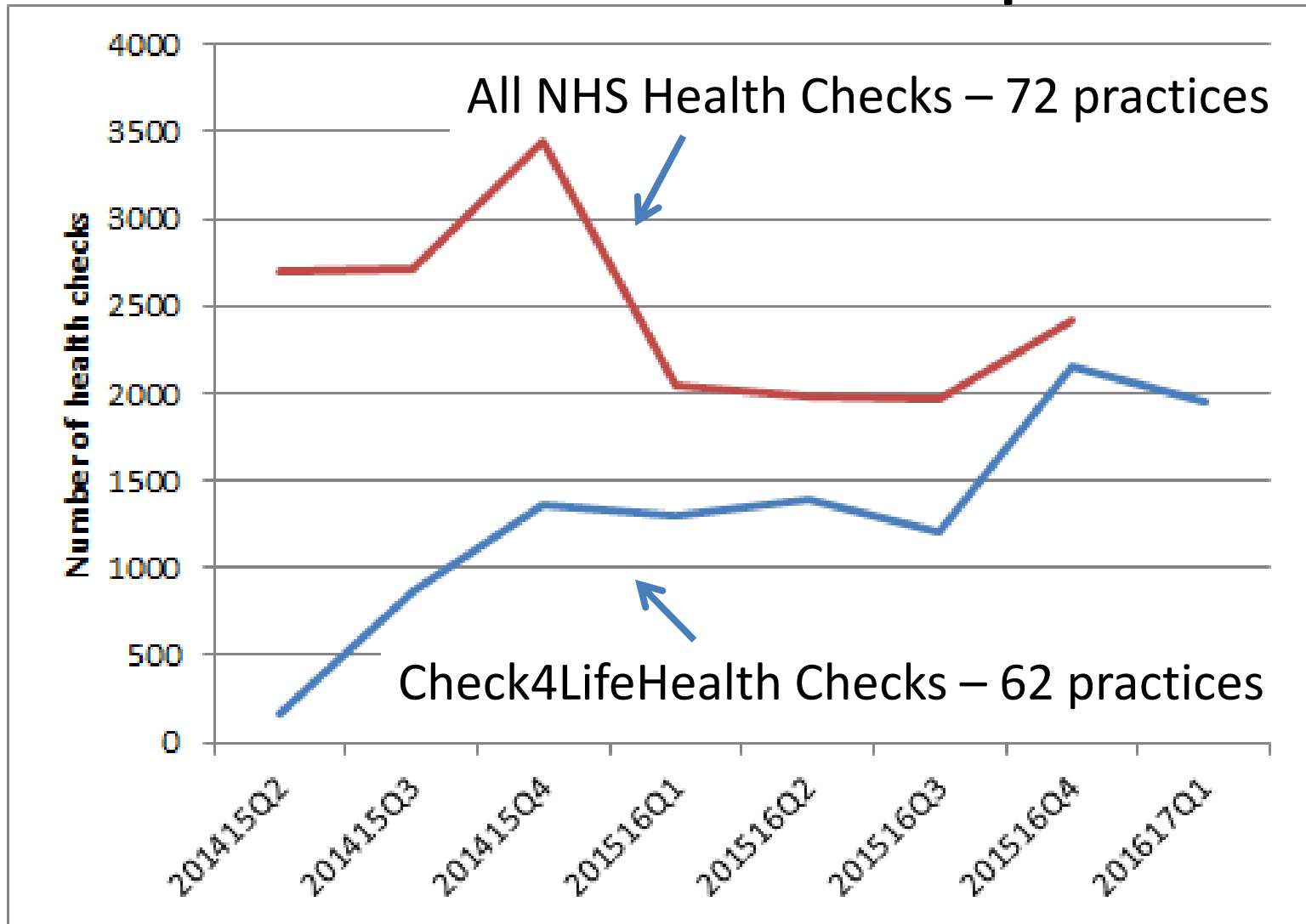


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NHS Health Checks in GP practices

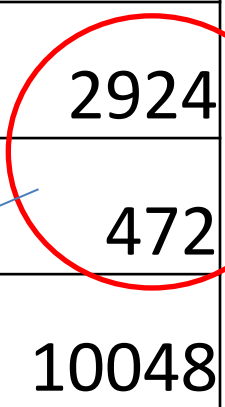


NHS Health Check diabetes filter

- July 2014 to June 2016 - 10,048 C4L health checks carried out (5259 females, 4789 males)
- 98% White British
- South Asian or Chinese (41): 8 had a BMI ≥ 27.5 .
- Others: 2761 had a BMI ≥ 30 .
- Of the remaining 7279 with BMI < 30 : 1248 had a SBP ≥ 140 and a further 198 had a DBP ≥ 90 .
- Applying the health check diabetes filter: 4215 (42%) at a “higher risk” of developing diabetes.
- Of the 5833 not considered at higher risk by the health check filter, 1006 had a Diabetes UK Risk Score of 16 or more.

DUK Risk Scores

DUK Category	DUK risk Score	Risk of T2D in 10 years	Number of checks
Low	0 - 6	5%	2188
Increased	7 - 15	10%	4464
Moderate	16 - 24	14%	2924
High	25 +	33%	472
Total			10048

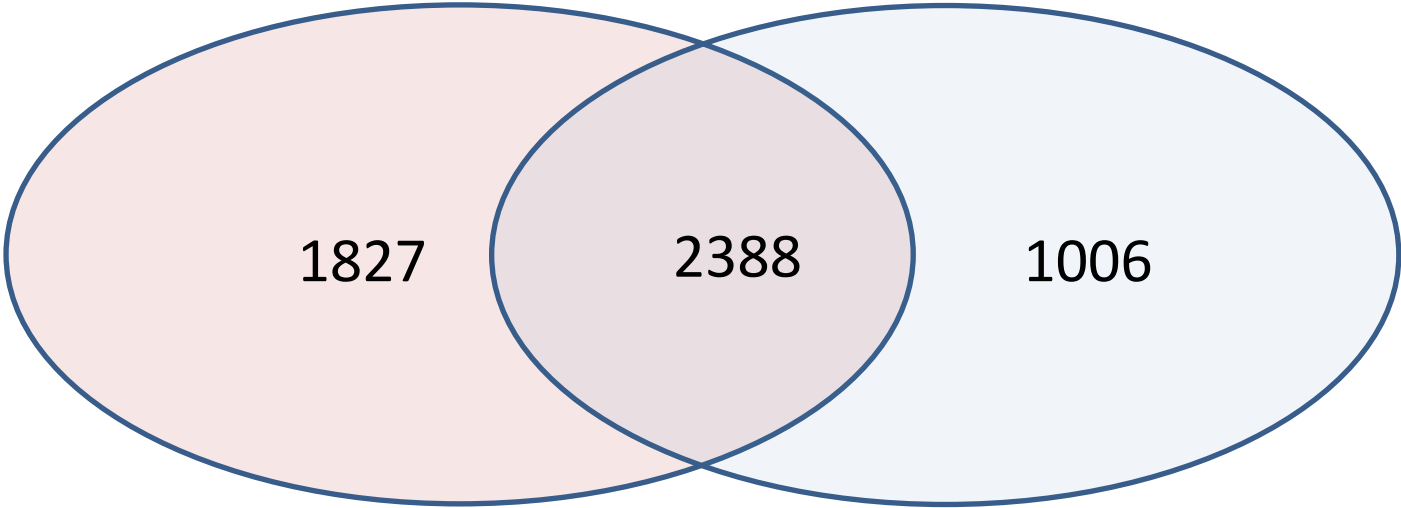


3394 (33%) of people had a Diabetes UK Risk Score of 16 or more

Health Checks
10048

HC diabetes filter
4215 (42%)

Diabetes UK Risk Score
3394 (33%)



Summary

- NHS Health Check diabetes filter
 - Not a validated risk assessment tool
 - Level of risk is not quantified
 - Difficult to apply and not routinely used in practice
- Diabetes UK Risk Score
 - Can be incorporated into clinical systems
 - Based on data that can be collected at the health check
 - Quantifiable risk allows for better risk communication

DUK Risk Scores

DUK Category	DUK risk Score	Risk of T2D in 10 years	Number of checks	No. of cases T2D in 10 years
Low	0 - 6	5%	2188	110
Increased	7 - 15	10%	4464	447
Moderate	16 - 24	14%	2924	410
High	25 +	33%	472	156
Total			10048	