National Evaluation of the NHS Health Checks Programme

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Local Programme Evaluation

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- Early NHS Health Check programme was implemented in two phases:
  - Year 1 – July 2008 to Nov 2009 (high risk patients)
  - Year 2 – Dec 2009 to Mar 2011 (lower risk patients)

- Low uptake in both phases
  - Year 1 Uptake 39.7%; Year 2 Uptake 20%
  - Higher uptake in high risk patients explained by: older age, having non-CVD comorbidities and being a non smoker
  - Higher uptake in lower risk patients explained by: older age, female gender, being an ethnic minority, living in deprived areas, having non-CVD comorbidities and being a non smoker

- Some evidence of reductions in mean CVD risk score for high risk patients in year one

- Statin prescription increased from 17.7% to 52.9% for high risk patients
Unanswered Research Questions

- What is the uptake of the programme?
- What factors predict uptake?
- Is the Health Check programme reducing the incidence of vascular disease?
- Is the Health Check programme reducing undiagnosed cases of CVD and diabetes?
- Is the programme reducing health inequalities?
- Is the programme cost effective?
National Evaluation At A Glance

- Three year mixed methods national evaluation

- Funded by the Department of Health’s Policy Research Programme

- Is the Health Check programme meeting its goal of
  
  - *Early identification and management of risk factors*
  
  - *Early detection of disease*
  
  - *Reducing health inequalities by socioeconomic status, gender and ethnicity*
  
  - *Cost effectiveness*
Quantitative Analysis

Programme Performance Analysis

- Eligibility
- Uptake
- Coverage
- Equity

Data Sources

- Clinical Practice Research Datalink (CPRD) data
- Hospital Episode Statistics data
- Quality Outcomes Framework data
- Prescribing data
- Health Survey for England data
- NHS Health Check data
Cost Effectiveness Analysis

- **Economic evaluation**
  - Systematic review of prior studies looking at cost-effectiveness of cardiovascular disease risk assessment
    - Prior studies not pertaining to the Health Check programme
  - Health Check Programme cost effectiveness analysis
Patient Survey

- Attitudes and Beliefs about Cardiovascular Disease (ABCD) Risk Survey
  - NIHR funded research
  - Does risk perception of CVD improve following the Health Check?
  - Patients’ knowledge and beliefs about the risk of having a heart attack or stroke
  - NHS recommendations
  - Patients’ actual risk score
  - The survey is being validated by G.P.s and A.S.P.s
List of References

