NHS Health Checks in the Workplace

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NHS Health Check - in Teesside
Workplaces

• Setting for health promotion and interventions

• Reaching groups less likely to seek health advise
  - manual workers and working age men

• North East Better Health at Work Award
# NHS Health Checks in Workplaces

<table>
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<tr>
<th>Coordination</th>
<th>Provision</th>
<th>Referral</th>
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| - Working with  
  - Workplace health leads  
  - Health improvement  
  - Local Authorities and NHS trusts  
  - Business forums | - Community Health Check Service  
  - Nurse Bank  
    - Setting up clinics  
    - Booked and walk-in appointments  
    - Documentation  
    - Data upload to GP practice systems | - GP for diagnostic tests and treatment  
  - Local lifestyle services |
NHS Health Checks in Community and Workplaces

- Since 2009
- 13,631 Healthy Heart Checks in community and workplaces
- >300 local businesses and organisations
- Positive feedback from businesses and staff
- Average age 47 years, 46% male, 10.2% risk >20% (JBS)
- Introduction of Mini Health Checks
Mini Health Checks

• Since 2013
• Response to request from smaller businesses
• People aged 25-39
• Similar to NHS Health Check - but no cholesterol and risk score
NHS Health Checks in Workplaces

3781 NHS Health Checks

1338 Mini Health Checks

Activity highest in 2013

56% female and 44% male
Higher proportion of younger age group (40-49) with 56% compared to 34% in England

Robson et al. BMJ 2016
Deprivation

Highest proportion from Quintiles 4 and 5 compared to Q1
Lower proportion of QRisk2 score >20 with average of 3.1% compared to 12.9% in England (Robson et al BMJ 2016)
Lower proportion of smokers with average of 12.2% compared to 18.9% – 23.4% in population
Higher proportion of increasing and higher risk drinking with average of 36% compared to 27.6%-30.5% in population.
Similar proportion of overweight or obese adults with average of 68.6% compared to 69.8%-73.2% in population
Key Messages

NHS Health Checks in Workplaces

• Positive feedback from businesses/organisations and employees
• Alternative setting to GP practices
• Younger age group
• Lower risk profile (QRisk2 >20)
• Opportunity to offer lifestyle advise and interventions early