A mature workplace
NHS Health Check service in Norfolk

Presented by Justine Hottinger & Paddy Lorenzen
Norfolk County Council
NHS Health Check Programme in Norfolk

1 County Council, 7 District Councils, 5 CCGs
Eligible population = 275,000

100 GPs
Workplace, Pharmacy and Prison

85% + 15%
Why Workplace

- Role of workplace
- Accessibility
- Reach working age
- Men
- Link with workplace health programmes
- Strategic objective
Workplace NHS Health Checks at NCC

• Why we did it

• How we did it

• Who we wanted to do health checks for

• Where we wanted to do health checks
NHS Health Check

NHS Health Check Results NCC workforce 2010 - date

<table>
<thead>
<tr>
<th>BMI category</th>
<th>Number of individuals</th>
<th>Percentage of group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 25</td>
<td>680</td>
<td>35.3%</td>
</tr>
<tr>
<td>25 to 29.9</td>
<td>799</td>
<td>41.4%</td>
</tr>
<tr>
<td>30 to 34.9</td>
<td>320</td>
<td>16.6%</td>
</tr>
<tr>
<td>35 or over</td>
<td>129</td>
<td>6.7%</td>
</tr>
<tr>
<td>Total</td>
<td>1928</td>
<td>100%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CVD risk category</th>
<th>Number of individuals</th>
<th>Percentage of group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 5</td>
<td>1221</td>
<td>68.6%</td>
</tr>
<tr>
<td>5 to 9.9</td>
<td>380</td>
<td>21.3%</td>
</tr>
<tr>
<td>10 to 19.9</td>
<td>156</td>
<td>8.8%</td>
</tr>
<tr>
<td>20 or over</td>
<td>24</td>
<td>1.3%</td>
</tr>
<tr>
<td>Total</td>
<td>1781</td>
<td>100%</td>
</tr>
</tbody>
</table>
NCC NHS Health Check programme in numbers

Recall

Original Cohort: 332
Still working @ NCC: 177
Invited for recall: 144
Accepted: 52
Attended (to date): 17
NHS Health Check Recall Results
Blood pressure and cholesterol ratio

**Systolic BP**
- Baseline mmHg vs. Follow up mmHg
- Reduced BP: Baseline < 130, Follow up < 130
- Increased BP: Baseline > 130, Follow up > 130

**TC:HDL ratio**
- Baseline ratio vs. Follow up ratio
- Reduced ratio: Baseline < 4, Follow up < 4
- Increased ratio: Baseline > 4, Follow up > 4
NHS Health Check Results – Recall data
Observed CVD Risk score over 5 years

2010/11

4.2%
Observed

2010/11

3.8%
Observed

2015/16

5.3%
Expected

2015/16
Next Steps and Summary

• Continue with NCC staff recall & build case studies

• Work with UEA and on impact data including CVD risk score

• Workplace NHS Health Checks are a good setting to access working age people, men

• NHS Health Checks are best integrated into a wider programme of workplace health
Discussion / Questions
Contacts & Acknowledgements

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