NHS Health Check: webinar instructions

The webinar will start promptly at **10am**

Please follow these simple steps to get the best experience for you and others attending this webinar:

- To hear audio dial: **0800 279 5729** Guest code **312 163 4382** (your telephone line will automatically be muted, please press *6 if you need to unmute)

- The phone line will be locked two minutes after the start time

- Instructions on how to ask a question will be displayed at the end of this presentation

- This webinar presentation will be **recorded** and **uploaded** on to our website
NHS Health Checks in the Workplace

Tanja Braun, Gareth Harding, James O’Donnell
Tees Valley Public Health Shared Service
Overview

1. Introduction
2. CVD in Teesside
3. NHS health checks in workplaces
4. Evaluation of workplace based NHS health checks
5. Key messages
Tees Valley Public Health Shared Service:

Leading on NHS health check programme - locally branded as Healthy Heart Check - on behalf of the local authorities in

• Hartlepool
• Middlesbrough
• Redcar and Cleveland
• Stockton
CHD mortality

Stockton and Hartlepool CCG

South Tees CCG (Middlesbrough and Redcar& Cleveland)

Source: CVD profile. Heart Disease PHE. NCIN 2014
CVD early mortality

Cardiovascular disease early mortality (<75)

<table>
<thead>
<tr>
<th>Location</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hartlepool</td>
<td>129</td>
<td>54</td>
</tr>
<tr>
<td>Middlesbrough</td>
<td>132</td>
<td>55</td>
</tr>
<tr>
<td>Redcar and Cleveland</td>
<td>102</td>
<td>53</td>
</tr>
<tr>
<td>Stockton-on-Tees</td>
<td>116</td>
<td>47</td>
</tr>
<tr>
<td>North East</td>
<td>119</td>
<td>54</td>
</tr>
<tr>
<td>ENGLAND</td>
<td>106</td>
<td>47</td>
</tr>
</tbody>
</table>

Source: BHF. Heart Statistics 2014
Why workplaces?

- Setting for health promotion and interventions
- Healthy workplaces can reduce sickness absence and increase productivity
- Providing Health awareness, information; interventions and environmental changes
- Reaching groups less likely to seek health advise e.g. manual workers and working age men
- North East Better Health at Work Award - regional workplace health programme
Why workplaces?

- National health inequalities team in Teesside in 2008
- Recognition of high CVD mortality and gap to regional and national average
- CVD mortality creating local health inequalities
- Agreed to create CVD screening programme at population scale – targeting those most at risk
- Introduction of health checks in workplaces
Planning and coordination

Community and workplace health check coordinator

- Plans and coordinates health check events
- Checks venues
- Works closely with
  - Workplace health leads
  - Health improvement
  - Local Authorities and NHS trusts as employers
  - Business forums
Delivery of NHS health checks in Workplaces

Delivery

Community Health Check Service: Nurse Bank with currently 7 nurses and 2 Health Care Assistants

- Setting up of mobile clinics
- Booked and walk-in appointments
- Eligibility check
- Full health check
- POCT (Point of Care Testing)
- Electronic documentation
- Patient held results booklet
Delivery of NHS health checks in Workplaces

Data transfer and referral

• Data upload to GP practice systems
• Referral to GP for further diagnostic tests and treatment – referral letter
• Referral or signposting to local lifestyle services
NHS health checks in community and workplaces in Teesside

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

• Introduced in 2013
• Response to request from small/medium sized businesses for equitable offer to all employees and to ensure viability of health check events
• For people aged 25-39
• Similar to NHS Health Check - but no cholesterol testing or risk score
Over period (nearly 3 years)

- 3781 NHS Health Checks
- 1338 Mini Health Checks
- Activity highest in 2013
  - Organisational change
  - Saturation in larger industrial organisations
  - Decline in interest
56% women and 44% men

Proportion of men increasing in older age group
Higher proportion of younger age group (40-49) with 56% compared to 34% in England (Robson et al 2016)
Highest proportion from Quintiles 4 and 5 compared to Q1 in England (Robson et al 2016)
Lower proportion of QRisk2 score >20 with average of 3.1% compared to 12.9% in England (Robson et al 2016)
Smoking


Lower proportion of smokers with average of 12.2% compared to 18.9% – 23.4% in local 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.
29% of men and 24% of women had a BMI>30
56% had normal blood pressure. 44% had increased and of those 9% had high blood pressure >189/90. Increased and high blood pressure was more prevalent in men.

Increased total cholesterol and irregular pulse

1.5% had increased total cholesterol >7.5
   (1.3% in males and 1.7% in females)

0.5% had an irregular pulse
   (0.6% in males and 0.4% in females)
NHS Health Checks in workplaces

- Valued by businesses/organisations and employees
- Alternative setting to GP practices – but not at similar scale
- Coordinator crucial to engage businesses – interest has declined
- Nurses delivering checks ensures high quality
- Accessed by younger age group with lower risk profile (QRisk2 >20)
- Not achieving aim to reach manual workers and most deprived
- High prevalence of adverse lifestyle choices- opportunity to offer lifestyle advise and intervene early to prevent CVD
Majority of NHS health checks now provided in GP practices

Continuation to offer NHS health checks in workplaces – mainly as part of the regional workplace health programme

Focus on NHS health checks in community – targeting areas (and groups) with high deprivation and low uptake
Contact

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Questions

You can raise a question by:
1. clicking on the speech bubble icon (on web versions it will look like the second bubble)

2. typing your question into the text box and pressing enter, it will look like this
3. the chair will ask the question on your behalf
4. you can also raise a question when the chair invites questions from colleagues on the phone. You will need to unmute your phone by pressing *6
5. to increase the size of the presentation press this button in the top right and click presentation view.
Thank you

Thank you for attending this webinar. A feedback survey will be distributed shortly.