

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

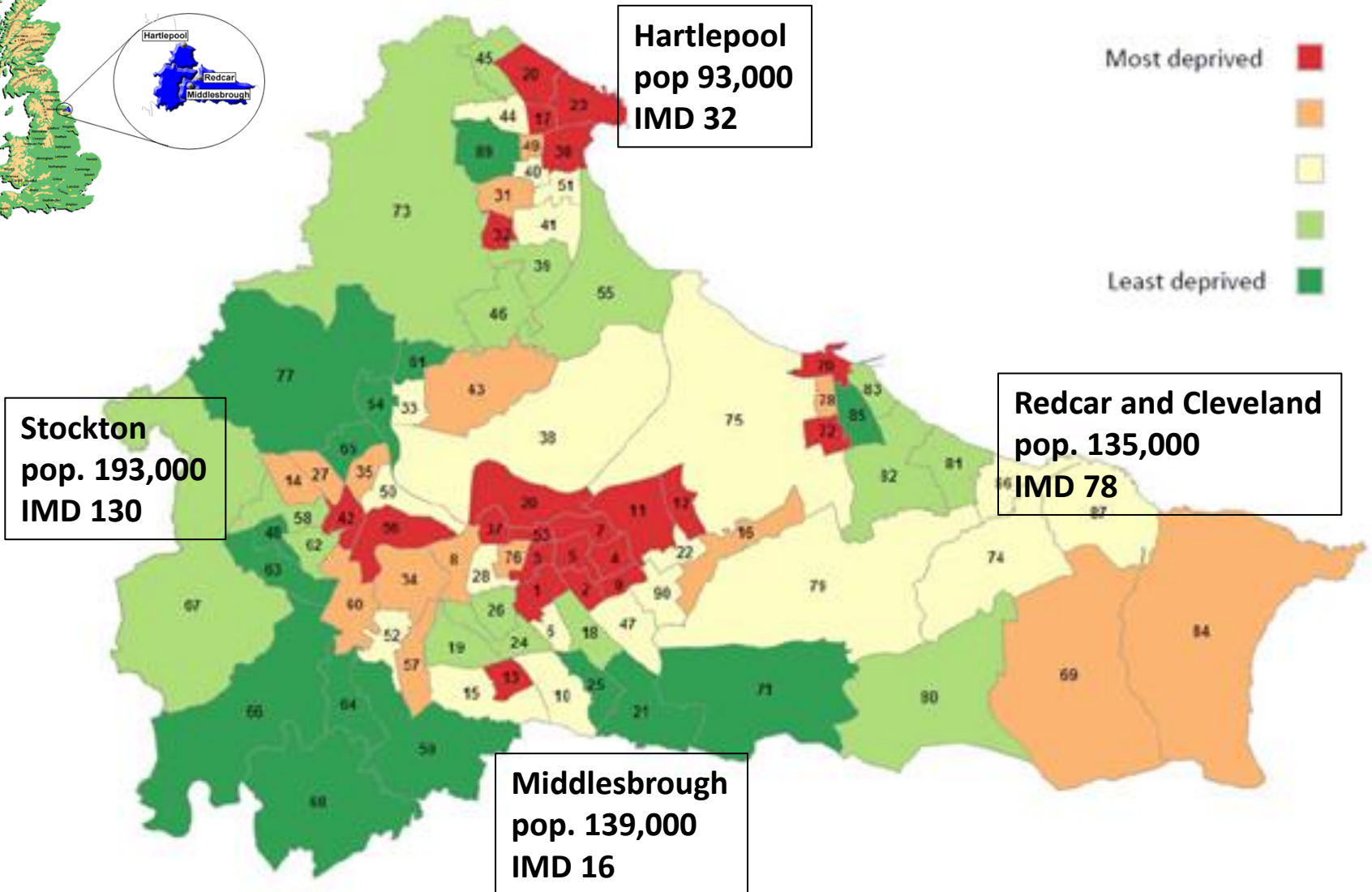
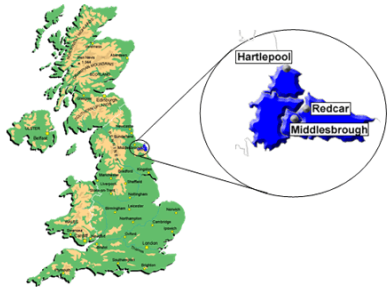
Tees Valley Public Health Shared Service:

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

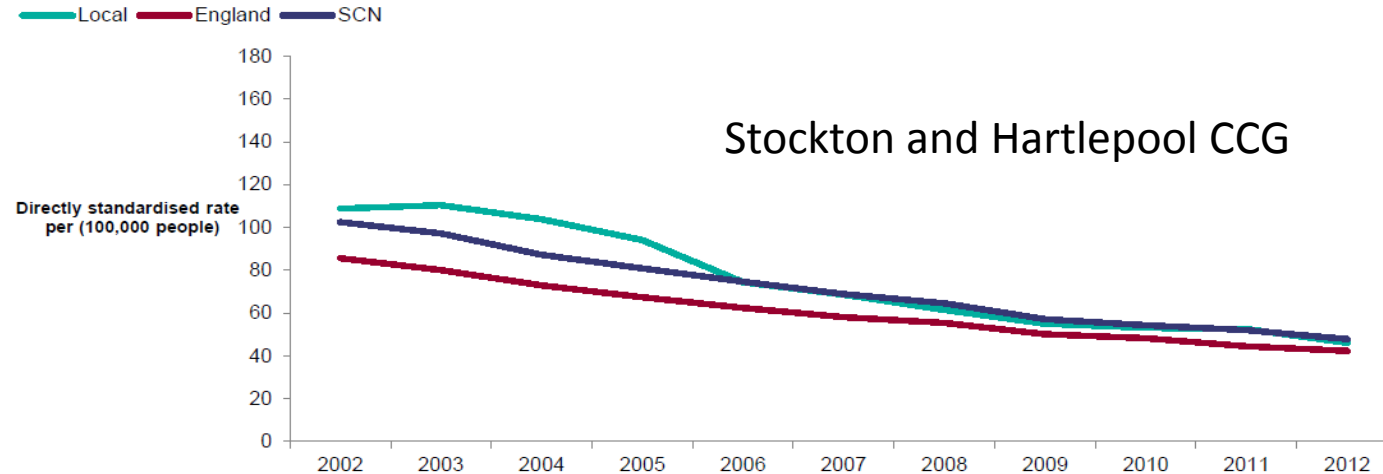


Teesside

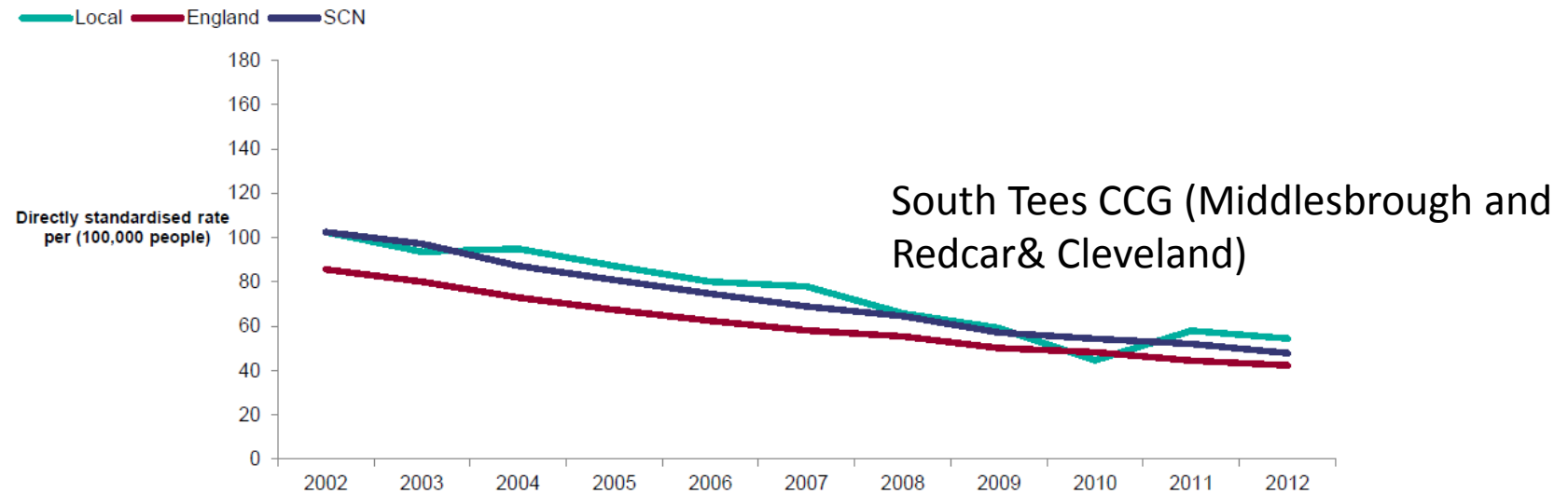


CHD mortality

Early mortality from CHD, 2002 - 2012 (rate per 100,000 people)

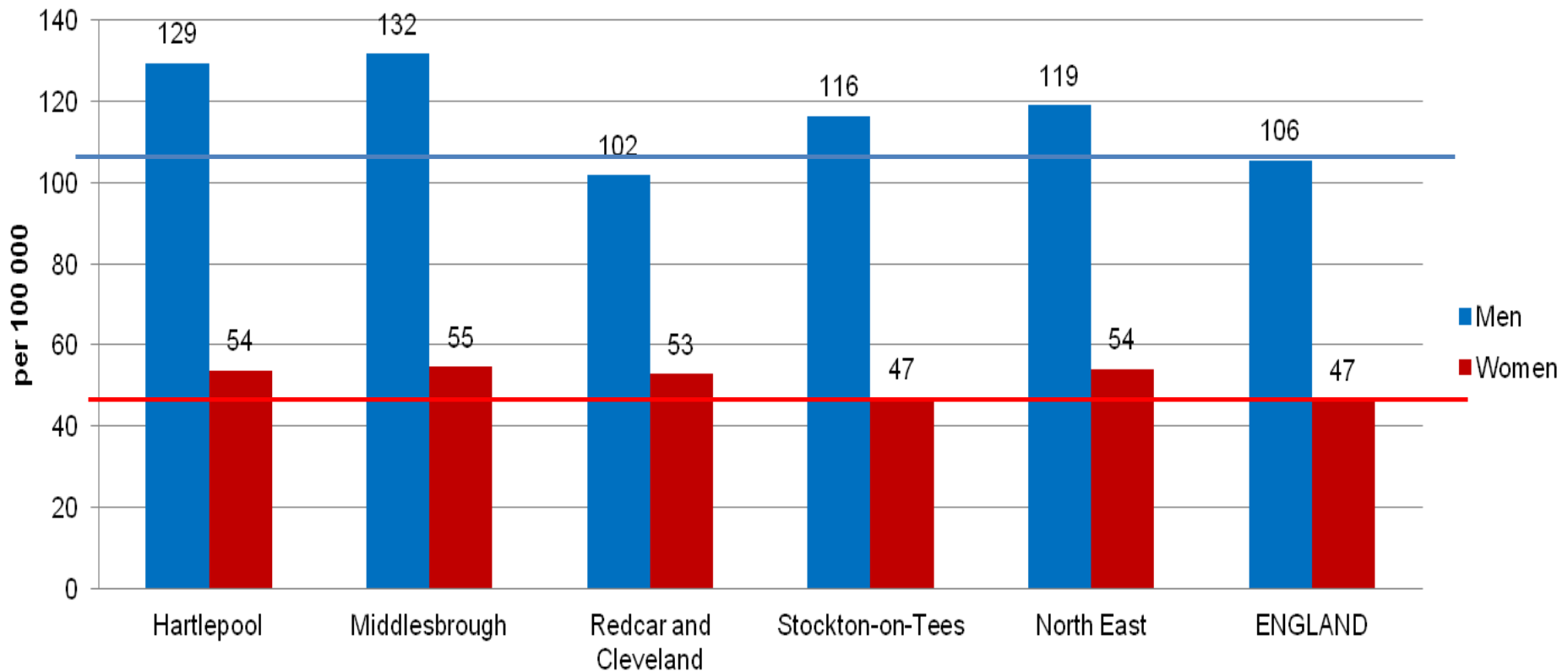


Early mortality from CHD, 2002 - 2012 (rate per 100,000 people)



CVD early mortality

Cardiovascular disease early mortality (<75)



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 advice 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



Delivery of NHS 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

NHS Health Checks in Workplaces

Evaluation Jan 2013 – Oct 2015

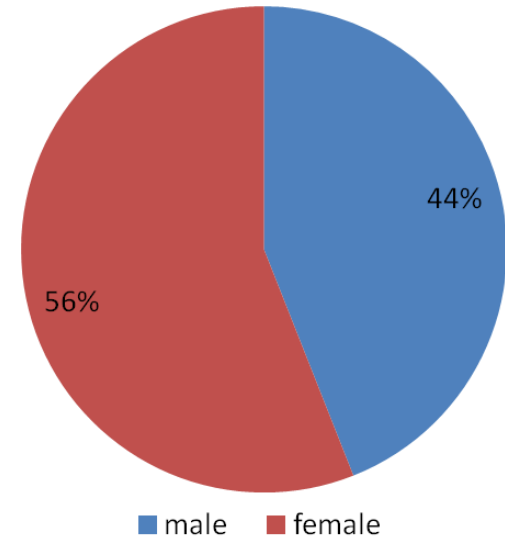
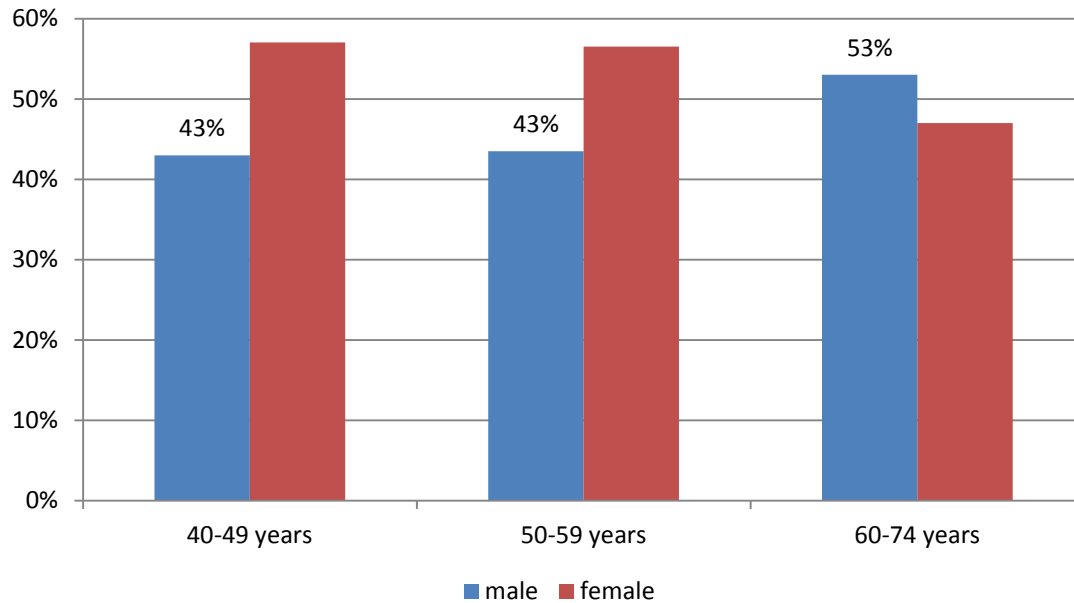
Over period (nearly 3 years)

- 3781 NHS Health Checks
- 1338 Mini Health Checks
- Activity highest in 2013
 - Organisational change
 - Saturation in larger industrial organisations
 - Decline in interest

Evaluation Jan 2013 – Oct 2015

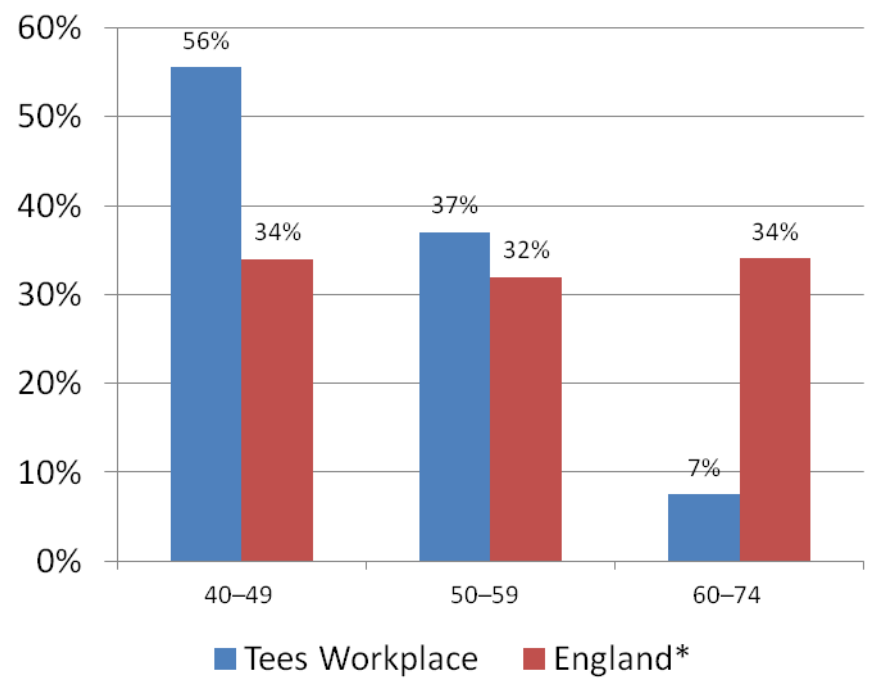
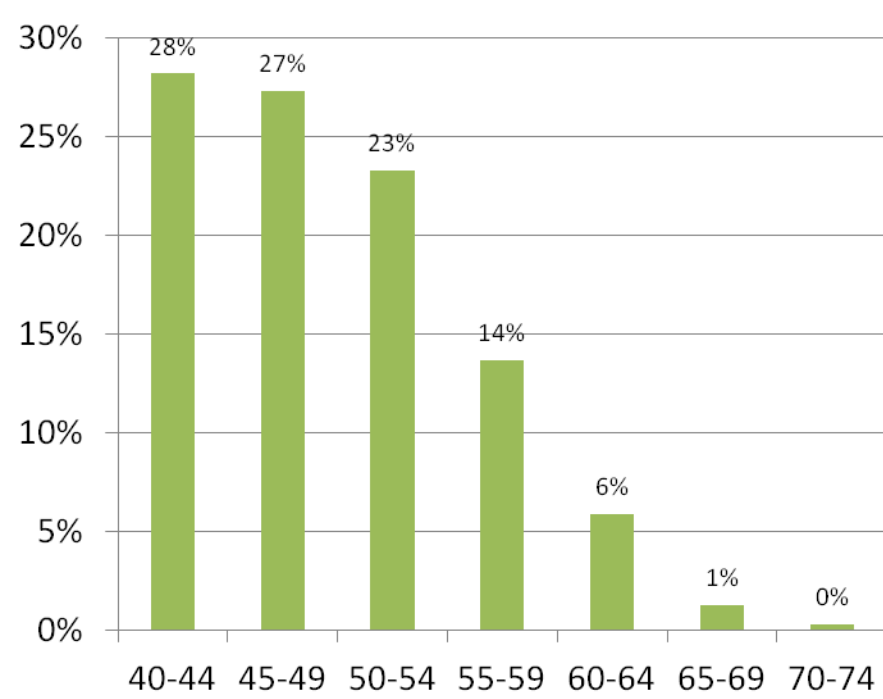
NHS health checks - Gender

56% women and 44% men



Proportion of men increasing in older age group

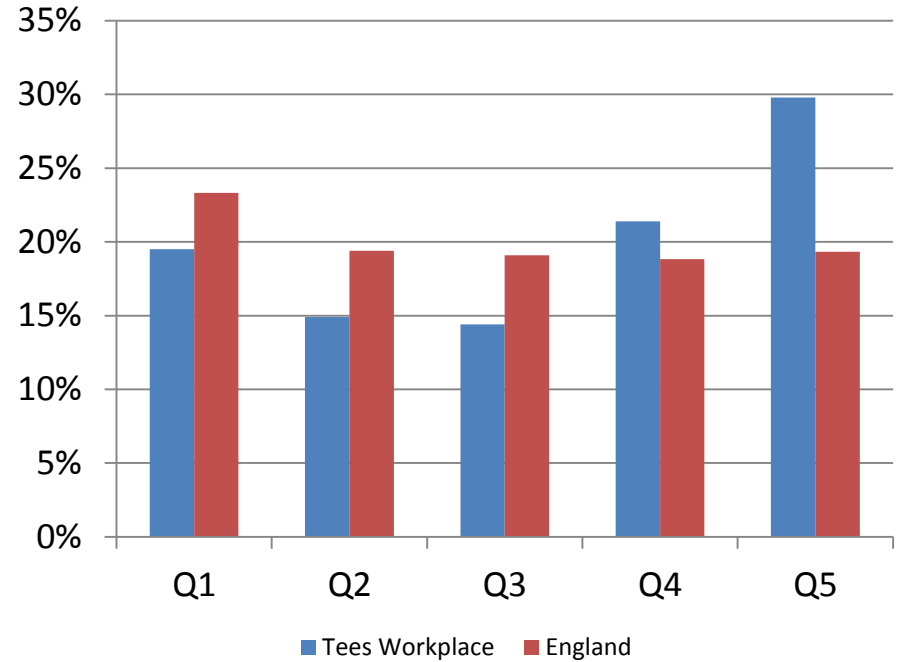
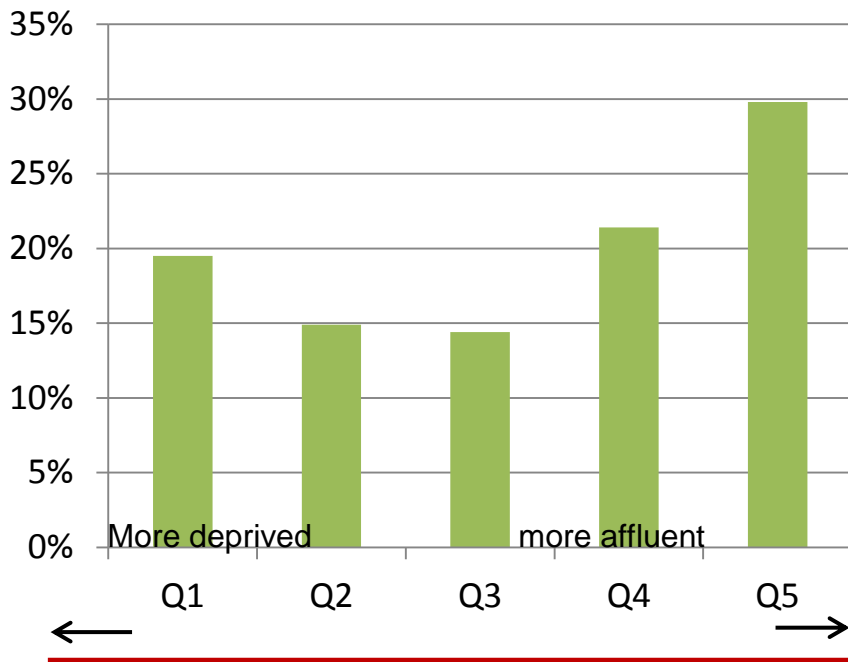
Age



* Robson et al BMJ 2016

Higher proportion of younger age group (40-49) with 56% compared to 34% in England (Robson et al 2016)

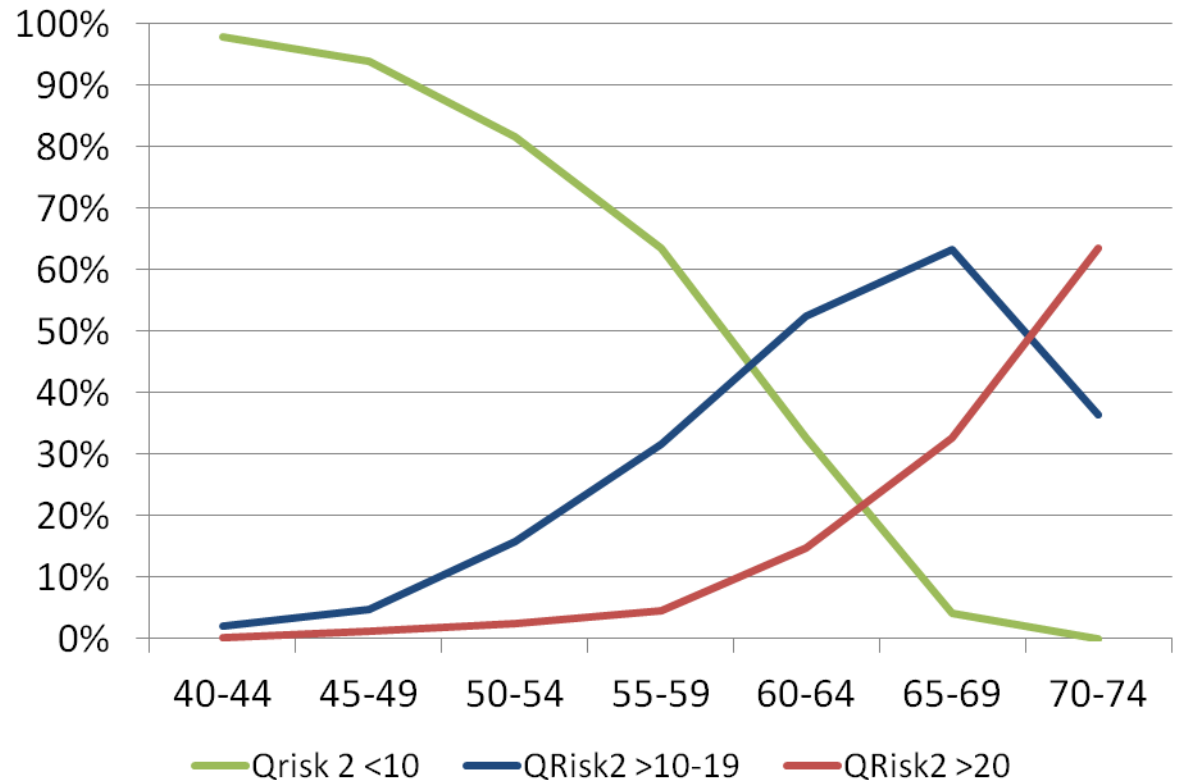
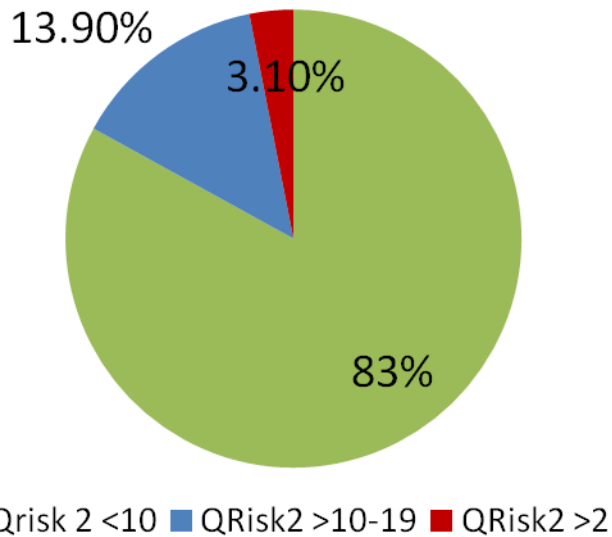
Deprivation



Highest proportion from Quintiles 4 and 5 compared to Q1 in England (Robson et al 2016)

Evaluation Jan 2013 – Oct 2015

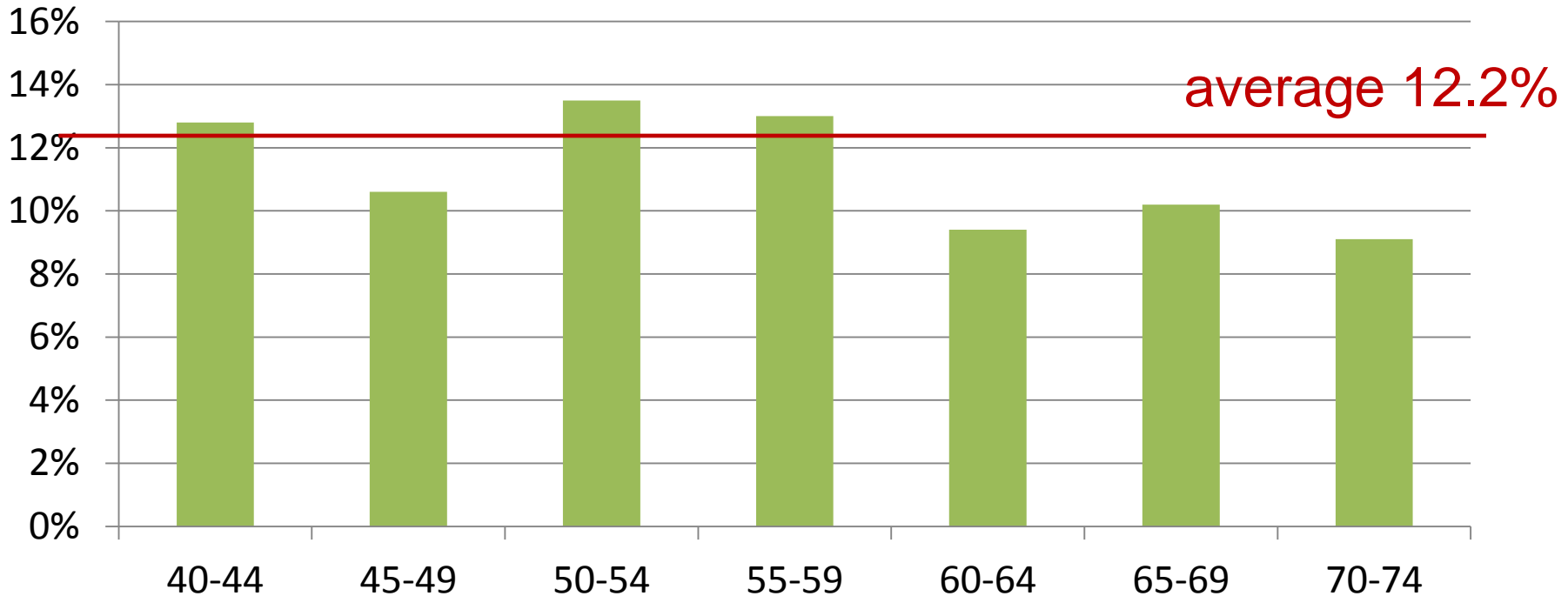
QRisk2 score



Lower proportion of QRisk2 score >20 with average of 3.1% compared to 12.9% in England (Robson et al 2016)

Evaluation Jan 2013 – Oct 2015

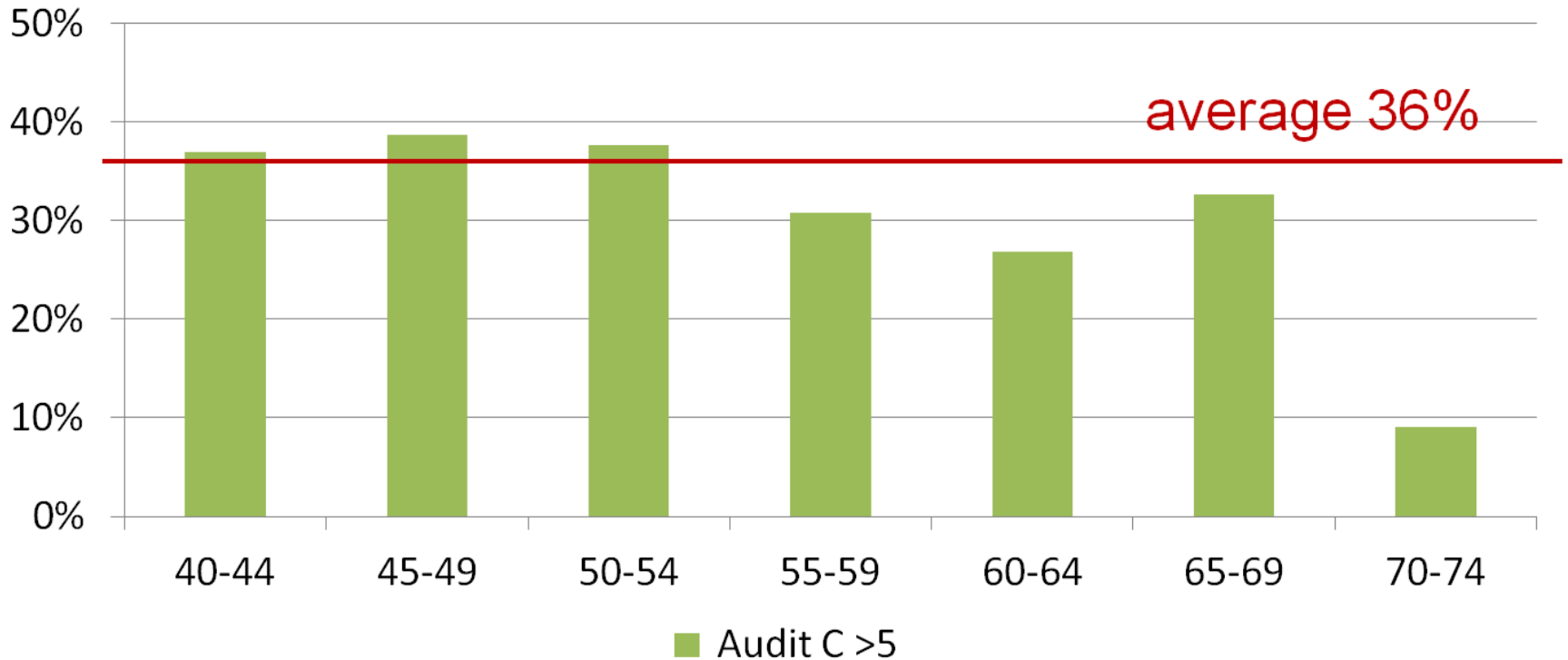
Smoking



Lower proportion of smokers with average of 12.2% compared to 18.9% – 23.4% in local population

Evaluation Jan 2013 – Oct 2015

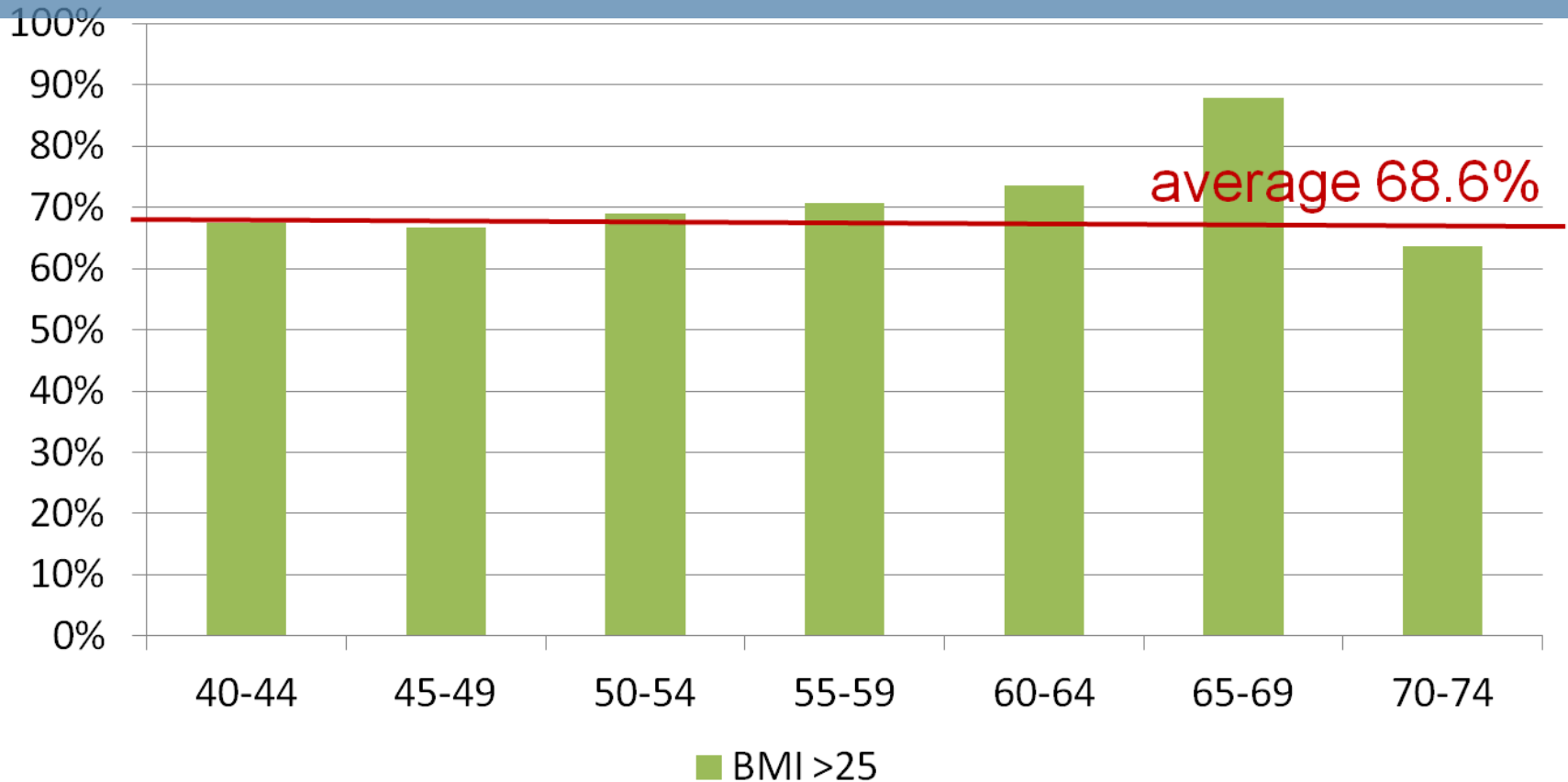
Alcohol



Higher proportion of increasing and higher risk drinking with average of 36% compared to 27.6%-30.5% in population.

Evaluation Jan 2013 – Oct 2015

Overweight and Obesity

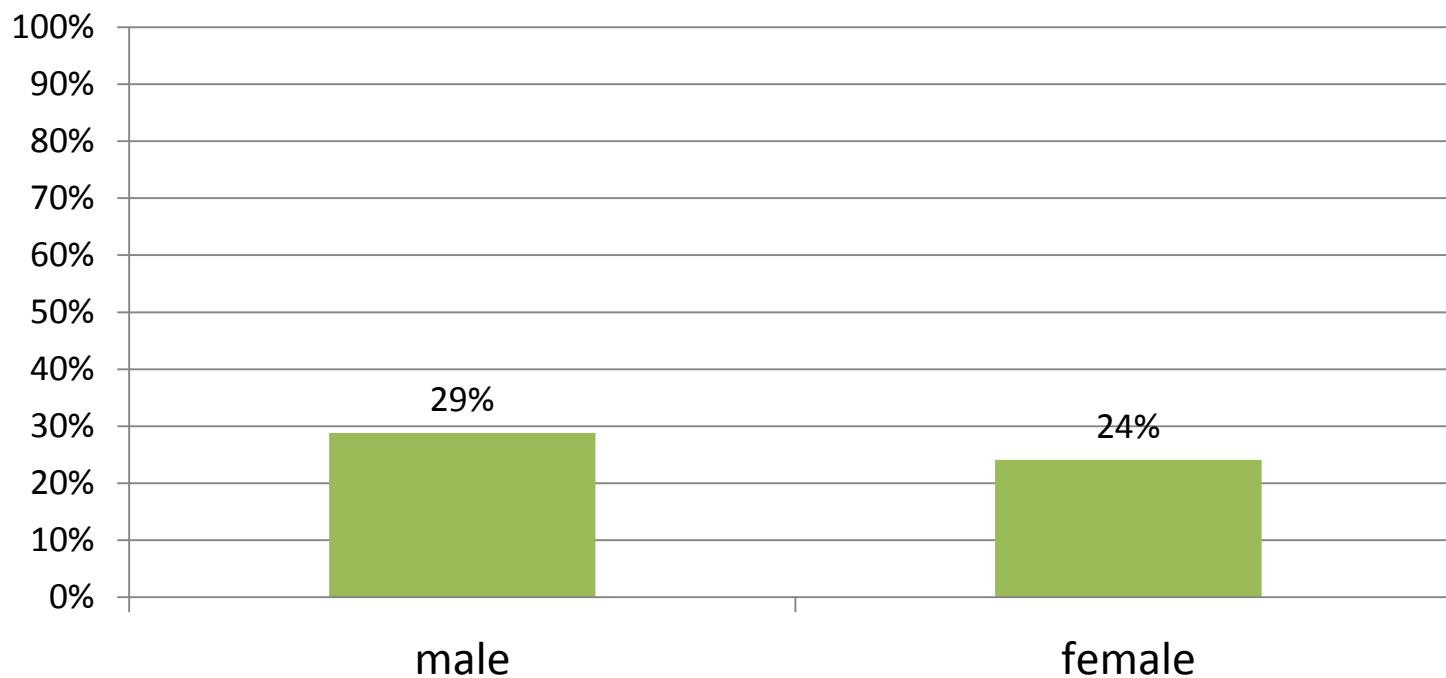


Similar proportion of overweight or obese adults with average of 68.6% compared to 69.8%-73.2% in population

Evaluation Jan 2013 – Oct 2015

Obesity

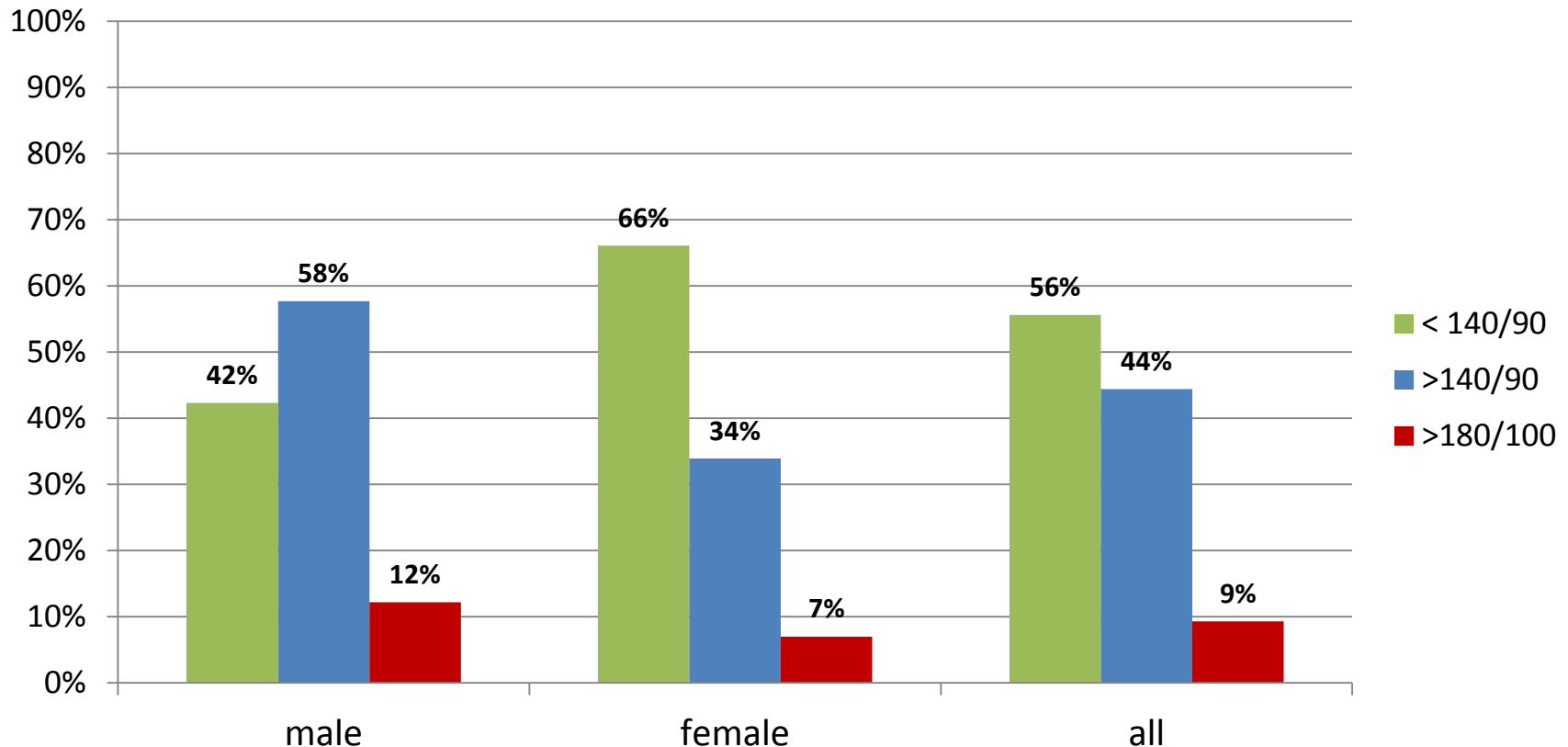
Obesity BMI >30



29% of men and 24% of women had a BMI>30

Evaluation Jan 2013 – Oct 2015

Hypertension



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)

Key messages

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 advice and intervene early to prevent CVD

Outlook

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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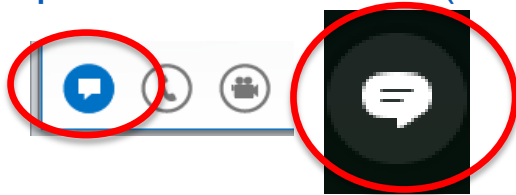
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Questions

You can raise a question by:

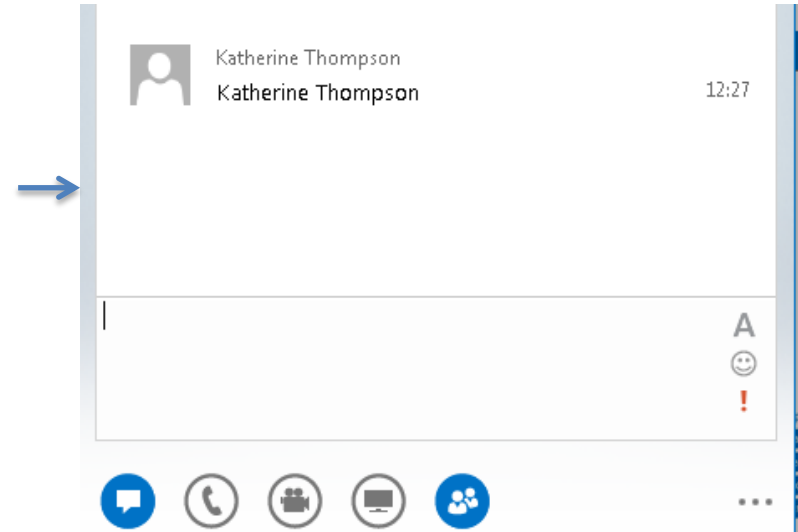
1. clicking on the speech bubble icon (on web versions it will look like the second bubble)



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.

