Delivery of the NHS Health Check by health trainers can improve conversion into uptake of lifestyle service

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Context

- Halton is in the North West
- Population of 125,000 people
- Circa 34 – 38 K HC eligible
- Delivery predominantly via primary care with community support from HIT
- Council based health improvement team
- Health trainers in community and primary care
- Point of care blood tests used
# Performance Data

<table>
<thead>
<tr>
<th></th>
<th>Number Eligible</th>
<th>Number Invited</th>
<th>% Invited</th>
<th>Number Received</th>
<th>% Take up</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-2014</td>
<td>37967</td>
<td>5217</td>
<td>14%</td>
<td>2179</td>
<td>5.7%</td>
</tr>
<tr>
<td>2014-2015</td>
<td>38314</td>
<td>7687</td>
<td>20%</td>
<td>3045</td>
<td>7.9%</td>
</tr>
<tr>
<td>2015-2016</td>
<td>34414</td>
<td>6922</td>
<td>20%</td>
<td>3224</td>
<td>9.4%</td>
</tr>
</tbody>
</table>

5 year cumulative (up to Quarter 1: June 2016)

<table>
<thead>
<tr>
<th>Total eligible population 2013-2016</th>
<th>37919</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of people who were offered a health check</td>
<td>21,650</td>
</tr>
<tr>
<td>Number of people who received a health check</td>
<td>9,136</td>
</tr>
<tr>
<td>% of people who received a health checks of those offered</td>
<td>42%</td>
</tr>
</tbody>
</table>
Using the Ready Reckoner

NHS Health Check Ready Reckoner for NHS Halton based on an uptake rate of 40%

5,734 people aged 40 to 74 years based on the ONS mid-year population estimates for 2012.

54,734 people aged 40 to 74 years based on the ONS mid-year population estimates for 2012.

7,577 people invited for a Health Check of which 3,031 will attend.

37,883 people aged 40 to 74 years without either diagnosed CHD, diagnosed CKD or diagnosed diabetes based on national model estimates.

584 people take up weight loss programme, 274 due to NHS Health Check

298 people prescribed statins, 149 due to NHS Health Check

298 people are obese based on national estimates

687 people are obese based on national estimates

187 additional people complete weight loss programme due to NHS Health Check

104 additional people compliant with statins due to NHS Health Check

228 people require statins

298 people require statins

70 diagnosed with IGR, 63 due to NHS Health Check

53 take up of IGR lifestyle intervention due to NHS Health Check

70 diagnosed with IGR, 63 due to NHS Health Check

398 people prescribed anti-hypertensive drugs, 96 due to NHS Health Check

187 additional people complete weight loss programme due to NHS Health Check

79 additional people compliant with anti-hypertensive drugs due to NHS Health Check

1,966 people are inactive

1,309 people at high risk of diabetes

127 people with high glucose result

847 people have a single high blood pressure measurement

43 diagnosed with diabetes, 26 due to NHS Health Check

398 people prescribed anti-hypertensive drugs, 96 due to NHS Health Check

127 people with high glucose result

1,514 people take up brief exercise intervention, 954 due to NHS Health Check

120 people diagnosed with Chronic Kidney Disease, 65 due to NHS Health Check

847 people have a single high blood pressure measurement

1,309 people at high risk of diabetes

120 people diagnosed with Chronic Kidney Disease, 65 due to NHS Health Check

716 people smoke based on national estimates

716 people smoke based on national estimates

136 people referred to smoking cessation services, 69 due to NHS Health Check

136 people referred to smoking cessation services, 69 due to NHS Health Check

48 additional people increase physical activity due to NHS Health Check

79 additional people compliant with anti-hypertensive drugs due to NHS Health Check

3 additional people quit smoking due to NHS Health Check

2,074 additional people compliant with IGR lifestyle intervention due to NHS Health Check

43 diagnosed with diabetes, 26 due to NHS Health Check

37,883 people aged 40 to 74 years without either diagnosed CHD, diagnosed CKD or diagnosed diabetes based on national model estimates.

3,031 people will attend an NHS Health Check this year.

3,031 people will attend an NHS Health Check this year.

Total cost of providing NHS Health Checks for one year based on national estimates - £88,211

Workforce requirements to undertake NHS Health Checks this year - 909 hours of time to invite people to Health Checks and arrange appointments, 1,063 hours of contact time for the Health Checks and 758 hours of contact time for feedback of results.

Total lifetime gains for the cohort of people invited for an NHS Health Check this year - 357 QALYs at a cost of £1,921 per QALY.

357 QALYs at a cost of £1,921 per QALY.
### Expected outcomes: Health Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Actual Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Taken from RR</td>
</tr>
<tr>
<td>Diabetes</td>
<td>26</td>
</tr>
<tr>
<td>Impaired glucose</td>
<td>63</td>
</tr>
<tr>
<td>Hypertension</td>
<td>96</td>
</tr>
<tr>
<td>Chronic kidney disease</td>
<td>65</td>
</tr>
<tr>
<td>CVD Risk &gt; 20%</td>
<td>(??) 298 require statins</td>
</tr>
<tr>
<td>CVD Risk &gt; 10%</td>
<td>Not collected</td>
</tr>
</tbody>
</table>
## Exercise and BMI

<table>
<thead>
<tr>
<th>Ready Reckoner</th>
<th>expected</th>
<th>expected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese</td>
<td>687</td>
<td>Take up weight loss programme</td>
</tr>
<tr>
<td>Are inactive</td>
<td>1966</td>
<td>Take up exercise brief intervention</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Actual</th>
<th>14/15</th>
<th>15/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI&gt;25</td>
<td>2707</td>
<td>2565</td>
</tr>
<tr>
<td>Taken up weight loss brief intervention</td>
<td>1902</td>
<td>1735</td>
</tr>
<tr>
<td>Taken up exercise brief advice/referral</td>
<td>1169</td>
<td>1296</td>
</tr>
</tbody>
</table>
Smoking and Alcohol

Ready Reckoner suggests 719 Smokers of which 69 referred to smoking cessation

<table>
<thead>
<tr>
<th>Actual</th>
<th>14/15</th>
<th>15/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoker</td>
<td>579</td>
<td>490</td>
</tr>
<tr>
<td>Referred to smoking cessation</td>
<td>129</td>
<td>74</td>
</tr>
<tr>
<td>Alcohol threshold exceeded</td>
<td>1052</td>
<td>1188</td>
</tr>
<tr>
<td>Advice</td>
<td>865</td>
<td>618</td>
</tr>
<tr>
<td>Further intervention</td>
<td>96</td>
<td>101</td>
</tr>
</tbody>
</table>
Outcomes

- 89% of patients whose BMI status was recorded were classed as overweight or obese both years. Of these 70% were either referred for a weight management intervention or given brief advice in 14/15 and 67% in 15/16.

- Both years a fifth of patients were identified as being a smoker and of that number 22% were referred to smoking cessation services in 14/15 and 15% the year following.

- Non recording of smoking or BMI status was more common in practices with no health trainer; similarly onward referral into other lifestyle programmes was lower from practices with no health trainer.

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Impact of having Health Trainer in Practice

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**BMI status and referral/advice status of all completed Health Checks by practice, 2014/15**

*Source: sthk health informatics*

![Chart showing BMI status and referral/advice status by practice for 2014/15.](chart)

- BMI not recorded
- % BMI => 25 Recorded & declined weight management
- % BMI => 25 - NO advice referral recorded
- % BMI => 25 Advice/referral recorded
- % BMI < 25

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*Practice with a health trainer for a short period of time*

**Practice with health trainer currently**
Outcomes Continued

- Across two years 42% of patients received lifestyle input on alcohol. Of these 11% were referred for an alcohol intervention with the remaining given behavioural advice.
- 18% of those seen as part of a health check were directly referred into smoking cessation.
- 216 individuals were enrolled in a health trainer delivered educational programme to support them with impaired glucose monitoring as a direct result of a health check.
- Of note lower identification of CVD conditions compared to ready reckoner.
- Health trainer allows instantaneous onward referring ie its seamless.
How to do it yourself

- Health Trainers
- Template for data input
- Governance
- Training e.g on diagnostic tests using POCT and use of GPPAQ, QRISK2 etc
- Access to primary care systems
- Ability to check performance-data transfer
- A degree of freedom
Summary

- Health trainers in primary care have resulted in a measurable increase in the number of people who are accessing lifestyles services as a result of a health check. The standard of training received also provides assurance that the advice provided is of the quality and type expected.

- Having a small number of general practices to work with makes it an easier process to undertake.

- Restrictions on access to patient identifiable information limits our ability to long term track individuals and better understands long term impacts of our approach.

- For further information please do contact me: ifeoma.onyia@halton.gov.uk

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