NHS Health Check
West Sussex - the key to improving your health

Name: 
Location: 
Date: 

FREE NHS Health Check
Helping you prevent heart disease, stroke, diabetes and kidney disease.
Introduction

I hope you found your NHS Health Check useful as well as interesting.

We’re interested in your feedback, see back page for details.
Thank you for having your NHS Health Check today, and taking a first step to improving your health.

**Why are NHS Health Checks important?**

- The check is devised to help you understand the things that increase your risk, and the things you can do to improve your health.

- It is possible to prevent, or reduce, the risk of Type 2 diabetes, heart disease, stroke and high blood pressure by making positive lifestyle changes. Also, if a health problem is identified or diagnosed earlier, treatment and support can prevent further health complications.

**Ways to support your health**

This booklet is intended to give you positive tips to improve your health – simple steps that can make a difference.

It can also inform you about the local services that are available and ready to help.

Your results within the booklet are colour coded to help you understand them, and to help you prioritise the changes that you’d like to make.

- **Take notice!**

- **BE CAREFUL. Let’s look at how you can help yourself.**

- **Well done, keep up the good work!**
Top Tips

You can easily make small changes in your life to reduce the amount of cholesterol in your body – choose low fat foods, lean meats, fresh vegetables and fish.

Bake, steam or poach instead of frying.
What is Cholesterol?

Cholesterol is a fatty substance made by our bodies.

We need some cholesterol to keep healthy. However, too much cholesterol can cause our arteries to become blocked, which can lead to heart disease and stroke.

Two main types:

😃 HDL = happy good cholesterol
😃 LDL = Lousy bad cholesterol

What is a good level?

Today’s result is based on your total cholesterol and your 😊 HDL.

What can I do?

Take action by eating healthier. Use this eat well plate as a guide to a healthy diet.
Stopping smoking

Top Tip

The cost of smoking is the highest it has ever been. Stopping smoking could save you a small fortune. This money could be used to buy you that item of clothing you had your sights on, or putting that extra bit of fuel in the car.
Smoking is the biggest cause of early death in the UK.

What can I do?

The benefits to stopping smoking start straight away, and its never too late to stop.

Free support

People who use NHS support are up to four times more likely to be a successful quitter, than by going it alone.

It normally takes smokers a few times to be a successful quitter, so don’t give up!

Who can help?

You can get free help and support from trained experts at your local Stop Smoking Service. They can help find the right solution for you.

Most local pharmacies offer stop smoking support or ask at your GP practice

Call today 0300 100 1823
Blood pressure

Top Tip
Watch your salt intake. Too much salt increases your blood pressure. If you have high blood pressure, you are three times more likely to develop heart disease or have a stroke.

What can I do?
Try not to add salt to meals.
Also, look at food labels. High is more than 1.5g of salt per 100g (or 0.6g sodium).
What is blood pressure?

Blood pressure is the pressure of the blood in your arteries. Your heart pumps blood around your body by contracting and relaxing. When your heart contracts, your blood pressure is at its highest point and is called the **systolic reading**. When the heart relaxes between beats is the second reading and is called the **diastolic reading**.

What is a good level?

Your BP can fluctuate at different times of the day. Ideally, we should all have blood pressure at, or below 120, and over 80 (120/80). An acceptable BP depends on whether you have diabetes or other risk factors including high cholesterol and age.

Get to know your blood pressure

It is important to check your blood pressure regularly, about once a year. Look out for checks at your local pharmacy or see if your GP has a machine in their waiting area.

What can I do to lower my blood pressure?

- Increase your activity levels
- Manage your weight
- Reduce your salt intake
- Reduce your alcohol
- Increase your intake of fruit and vegetables
Body Mass Index

Good News

A few changes to your lifestyle can ensure you maintain a healthy weight. This will reduce the risk of Type 2 diabetes, heart disease and cancers.
**Explaining BMI?**

BMI is a measure of whether you are a healthy weight.

However, the BMI is only a guide and does not take into account your muscular build.

This is why we take a waist measurement. Too much fat around the middle – so-called ‘apple shaped’ – increases the risk of getting Type 2 diabetes, heart disease and cancer.

<table>
<thead>
<tr>
<th>Your Results</th>
<th>Waist (Size) Male</th>
<th>Waist (Size) Female</th>
<th>BMI (Weight)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&gt; 102 cm</td>
<td>&gt; 94 cm (90*)</td>
<td>&gt; 30 Refer HUB</td>
</tr>
<tr>
<td></td>
<td>&gt; 88 cm</td>
<td>&gt; 80 cm</td>
<td>&gt; 28 (27.5*)</td>
</tr>
</tbody>
</table>

For free weight management support, you can self-refer to the Why Weight? Hub if in the orange / red zone. Call 0300 123 0892.

- If your BMI is less than 18.4, your result falls within the **underweight** BMI range.
- If your BMI is between 18.5 and 24.9, your result falls into the **healthy** BMI range.
- If your BMI is between 25 and 29.9, your result falls into the **overweight** BMI range.
- If your BMI is greater than 30, you may be invited for another test to check that you do not have diabetes.

* Consider for BME groups
An active life

Getting active may sound difficult but any activity that uses more energy than resting is good.

You can be more active by:

- Walking or cycling any short distances you would usually do by car
- Taking the stairs rather than a lift
- Cleaning the house or gardening!

Try to do at least 150 minutes of physical activity everyday. A good way of doing this is 30 minutes for 5 days. An activity should leave you feeling warm and breathing more heavily than usual. Also try to do some muscle strengthening exercises

As well as making you healthier physical activity can reduce stress and give you more energy
Having an active life is good for your health.

As part of your NHS Health Check, your physical activity level will be assessed.

What can you do?

It is recommended that doing activity that gets you a little out of breath for 30 minutes, 5 times-a-week is beneficial.

There are many things you can do to be more active.

You could try using the stairs instead of the lift, or you could park further away from your destination.

Build activity into your daily routine – for example, cycle or walk to work where possible. Contact your local Wellbeing service, or visit these links for more active advice.

www.westsussex.gov.uk/travelwise
http://cyclejourneyplanner.westsussex.gov.uk/

Why?

• Increasing activity helps to speed up your metabolism. This helps to burn more calories and, as long as you don’t eat more, you will lose weight.

• Increasing activity can help reduce other risk factors for your heart.
Cardiovascular (CVD) risk score

Top Tip
Changes in your lifestyle can reduce your risk of CVD.
There are several things that increase your risk of developing Cardiovascular Disease (CVD).

These are:

• High blood pressure
• High cholesterol
• Smoking
• Physical inactivity
• Being overweight

Having a family history of cardiovascular disease can carry increased risk, as can being from certain ethnic backgrounds.

A Health Care Professional will enter your results into a computer, and estimate your risk of developing cardiovascular disease over the next ten years.

Your Health Care Professional will give you information about how you can improve your health – starting today.
Alcohol intake

Top Tip

Drink lots of water in between alcoholic drinks.
Your alcohol intake is measured in **units**. One unit is equal to:

- a very small glass of wine (9%)
- a single measure of spirits
- a small glass of sherry
- a half of beer/cider

**What’s recommended?**

Drinking guidelines have been developed for people over 18 years of age, based on medical advice.

**Men**

It is recommended that men drink no more than 3 to 4 units of alcohol per day, and no more than 21 units over the course of the week.

**Women**

It is recommended that women drink no more than 2 to 3 units of alcohol per day, and no more than 14 units over the course of the week.

**The benefits of cutting down**

**Psychological, social and financial**

- Improved mood
- Improved relationships
- Save money

**Physical**

- Support weight loss
- Improved sleep
- Increased energy
Setting goals

What are S.M.A.R.T goals?

S = SPECIFIC: Your goal should be precise. Write down exactly what you expect to achieve.

M = MEASURABLE: Your goals should be measurable. Set goals in terms of quantities, distances and amounts.

A = ACHEIVABLE: Set your sights on an attainable goal, yet one that causes you to stretch, to go beyond what you are doing today.

R = RELEVANT: Your goals and your future should matter to you first and foremost.

T = TIMED: Behaviour change doesn’t happen all at once, it takes time. Record your progress over days and weeks to see how much you have achieved.
Setting goals that are productive can be difficult.

Small, achievable goals for personal objectives like being fit and losing weight are the best. But a goal is just a ‘wish’ if it isn’t ‘S.M.A.R.T’.

Examples of effective and ineffective goals

Example 1

Effective Goal: I will walk on Tuesday, Thursday, Friday and Saturday afternoons for 30 minutes each time.

Plan: On Tuesday, Thursday and Friday, I will bring my trainers with me when the children are at their club and go for a walk. On Saturday, I will go swimming in the morning.

Ineffective Goal: I will exercise more next week.

Example 2

Effective Goal: I will reduce my fat intake next week by taking a low-fat lunch to work on three days (Monday, Tuesday and Thursday) and only eat a takeaway on one day (Friday).

Plan: I will shop for low-fat lunch meat, baby carrots, pretzels and yoghurt, and pack my lunch the evening before school.

Ineffective Goal: I will never eat out during the week again.

Remember SMART (Specific/Measurable/Achievable/Relevant/Timed)
Who can support me in West Sussex?
‘Wellbeing Hubs in West Sussex provide free, friendly advice and support to help people to:

Eat well
Become more active
Kick a habit
Drink alcohol sensibly
Manage stress
Lose weight
Small changes can make a big difference.
Contact details:
Telephone: 01293 585317
Email: wellbeing@crawley.gov.uk
Website: www.crawleywellbeing.org.uk

Contact details:
Telephone: 01903 737862
Email: wellbeing@arun.gov.uk
Website: www.arun.gov.uk/wellbeing

Contact details:
Tel: 01243 521041
Email: health@chichester.gov.uk
Web: www.chichester.gov.uk/wellbeing
Address: Westgate Leisure Chichester, Via Ravenna, Chichester, West Sussex PO19 1RJ

Contact details:
Tel: 01444 477191
(Monday to Thursday 9am – 5pm, Friday 9am – 4pm)
Email: healthy@midsussex.gov.uk
Address: Mid Sussex District Council, Oaklands Road, Haywards Heath, RH16 1SS

Contact details:
Tel: 01403 215111
(Monday-Friday 9am - 5pm)
Email: info@horshamdistrictwellbeing.org.uk
Address: North Street, Horsham, RH12 1RL

Contact details:
Adur and Worthing Wellbeing
Information line 01903 221450
Email: info@adur-worthingwellbeing.org.uk
Want to give feedback on the NHS Health check service?

Fill out our questionnaire by visiting:

https://www.surveymonkey.com/s/2ZZ8DL3

or call Karen Davies on 01243 815127
or email Karen.davies7@nhs.net

NHS West Sussex - www.westsussex.nhs.uk
Additional information is available at www.nhs.uk/nhshealthcheck

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