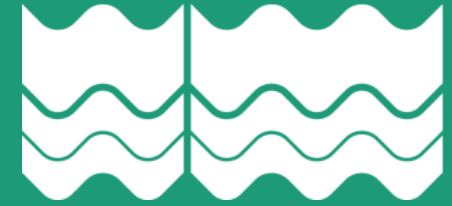


***Personalised and  
proactive CVD  
Prevention:***

***NHS Health Checks and  
Integrated Lifestyle  
services in East  
Sussex.***

***Ross Boseley, East Sussex County Council***

**East Sussex  
County Council**



**ONE YOU  
EAST SUSSEX**

# Background

Pre integration:

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- Health Trainers

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- T2WM

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- Smoking cessation service

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- Community NHS Health Checks

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Research  
NHS Health Check Patient  
Journey Evaluation

East Sussex County Council  
Public Health





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Qualitative methods exploring ILS service user outcomes and feedback were used to understand the benefits of including NHS Health Checks within a integrated Lifestyle Service (ILS)

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Data analysis to assess if there are any differences between the identification of CVD risks and referral activities by the ILS and other types of non GP provision of NHS Health Checks

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Feedback from staff

# Proactive & Personalised

Community and workplace promotion and delivery

NHS Health Checks + additional assessments if accessing other ILS services (EMH, housing, debt etc)

Prioritisation of service user needs



# Comparison with other non GP NHS Health Check provision 2017-19

ILS 3413 Checks	Non GP alternative provision 2184 Checks
883 (25%) High BP	566 (25%) High BP
1851 (54%) High Cholesterol	1129 (51%) High Cholesterol
814 (23%) 10+ QRISK2 Score	782 (35%) 10+ QRISK2 Score
760 (16%) smokers 117 (15%) referrals	431 (19%) smokers 76 (17%) referrals
<b>761 (34%) 'inactive person'</b> <b>95 (12%) referrals</b>	<b>51 (2.%) 'inactive person'</b> <b>5 (10%) referrals</b>
328 (9%) risky alcohol drinkers 14 (4%) alcohol related referrals	15 (0.6%) risky alcohol drinkers 0 (0%) alcohol related referrals
<b>2088 (61%) Overweight/Obese</b> <b>170 (8%) referrals for Weight Management /Physical activity</b>	<b>1471 (67%) Overweight/Obese</b> <b>53 (3%) referrals for Weight Management /Physical activity</b>

**However! The ILS identified more high risk patients that smoked, drunk alcohol at risky levels, were inactive, overweight and referred them for behavioural support compared to other non GP NHS Health Check provision**



# Benefits for the service

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NHS Health Checks act as an engagement tool for wider ILS services

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Integrated model enables the practitioner to assess, support and deliver a truly personalised intervention

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Practitioners can support and confidently refer to other parts of the service they don't deliver such as T2WM

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# Benefits for service users

Service users usually works with one practitioner and can prioritise behavioural goals to address

Service users may not achieve original behavioural goal, but achieved something else Inc. the completion of a NHS Health Check

Delivery in the non clinical settings

Service users only need to tell their story once

The results of an NHS Health Check can provide additional motivation to achieve goals







## Keith's Story

**“I COULD HAVE POTENTIALLY SUFFERED A HEART ATTACK OR A STROKE IF I HADN'T HAD THE HEALTH CHECK AND THE GREAT SUPPORT AFTERWARDS.”**

“I had heard about the NHS Health Check. I didn't go to my GP because it's difficult to get an appointment and be seen at a convenient time for me, due to work commitments. I saw that One You East Sussex provided free checks. The service was very accessible; I made an appointment and was seen quickly. Each step of the check was effectively communicated and the results were explained clearly and balanced way (no mean feat as I was actually quite shocked!) The check showed that I had high blood pressure, that I was unaware of and had never experienced any symptoms. I returned to see the same health coach who has support me to exercise regularly I would rate the service 10/10.

Well done One You East Sussex, a life changing service”

# Challenges



Multi-skilled staff take time to train and gain confidence



High quality, intensive interventions take time



Data and reporting requirements for specific services need to be blended with service delivery requirements



Targeting to the most at risk

# Next steps

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- Develop systems to further understand the patient journey from all NHS Health Checks in to behavioural support services and track patients outcomes
- Further target high risk groups and communities with our best quality checks and behavioural support services
- Undertake a full Health Equity Audit for NHS Health Checks

# Key Points

- Integrating NHS Health Checks within ILS appears to increase referrals in to physical activity and weight management services
- The outreach model enables the service to pro-actively target communities and individuals most at risk of CVD, particularly those with multiple behavioural risk factors
- As a result of integration staff are more knowledgeable, have wider skills which improves the support they provide

Finally, thanks to all the team at One You East Sussex

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County Council

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