How many people like Ron have undiagnosed hypertension in England?

5 Million

The NHS Health Check programme offers a fantastic opportunity to help people to live longer, healthier lives. It aims to improve health and wellbeing of adults aged 40-74 years through the promotion of earlier awareness, assessment, and management of the major risk factors and conditions driving premature death, disability and health inequalities in England.
Burden of disease attributable to leading risk factors for both sexes in 2013, expressed as a percentage of England disability-adjusted life-years
Number of eligible persons offered / taking up NHS Health Check

- We are now in the second half of the 5 years cycle (Q3, 2015-16)
- Nationally, 15,579,278 persons are eligible for an NHS Health Check between 2013 and 2018
- Cumulatively, since Q1 2013-14, a total of 8,053,495 persons (51.7%) have been offered an NHS Health Check and 3,887,937 (25.0%) have received an NHS Health Check. This means that in the eleven quarters between April 2013 and December 2015, 48.3% of people offered an NHS Health Check have received one
% of NHS Health Check appointments received by the eligible population

2013-2018, cumulative figures, 11 quarters

http://healthierlives.phe.org.uk
National Evaluations

Open Access

BMJ Open

The NHS Health Check in England: an evaluation of the first 4 years

John Robertson, Izzel Dean, Aisling Sheehy, Sandra Ellis, Jennifer Sheehy, Victoria Marie Maclean, Chris Grifiths, Carol Couples, Julie Hippsley-Sanchez

ABSTRACT
Objective: To describe implementation of a new national preventive programme to reduce cardiovascular risk.

Methods: Cross-sectional study over 4 years (April 2012--March 2015). Setting: 437 general practices across England from the Clinical Commissioning Group database. Participants: Eligible patients aged 40--74 years attending at a National Health Service (NHS) Health Check. Intervention: NHS Health Check: routine cardiovascular checks with access to personalised care plan. Main Outcome Measure: Attendance, recorded in the open group and main risk factors were lower than the expected. Non-attendance was worse, more likely to have a worse profile of cardiovascular risk with less complex treatments.

D说明 the limitations of this study

The first of its kind, aiming to provide a routine structured clinical assessment and management for adults aged 40--74 years without presenting diabetes or CVD. The NHS Health Check includes series of CVD risk, behavioural change support and assessment of newly identified risk factors or through integration with routine clinical assessments in general practice. We describe an evaluation of the first 4 years of this national programme. The NHS Health Check is a securing policy programme which suggests over time, reduced cardiovascular events. Newer studies suggest an improved outcome at the NHS Health Checks. State funded to national scale to be in 3 years of life. The CVD events. Twitter: @JamieWaterall

Coverage of a national cardiovascular risk assessment and management programme (NHS Health Check): Retrospective database study

Kwan-Chi-Mei Chang, Michael Selkirk, John Tuyu Lee, Maria Warner, Desmond Johnston, Kamal Khurana, Azem Majid, Christopher Mallett

ARTICLE INFO

Abstract: Retrospective database study on the NHS Health Check programme in England 2012--2015. Methods: Study population was 262,095 patients in England aged 40--74 years, including patients with cardiovascular disease (CVD). Results: Coverage of CVD risk was improved by the addition of risk factors. Attendance was higher by age group and risk factors were lower than the expected. Non-attendance was worse, more likely to have a worse profile of cardiovascular risk with less complex treatments.

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Twitter: @JamieWaterall

#NHSHealthCheck2016
NHS Health Check Stocktake

- 2012/2013 stocktake demonstrated that there were concerns about a perceived lack of national support

- Our 2015/2016 qualitative research demonstrates that we have in large responded to this gap

- From our 2015/2016 qualitative research review we have also learned about the on-going challenges faced by local commissioners

We now have clear suggestions about how to focus PHE’s support and activity going forward

- PHE needs to continue to provide practical, accessible and up-to-date support

- Evidence remains crucial for ‘proving the case’ for Health Checks nationally and locally

- PHE needs to support LAs to consider different commissioning approaches, to respond to reduced local resources
Achievements 2015/16

- Best Practice Guidance updated and merged with the data guidance - published February 2016

- Launched a systematic approach to raising standards (StARS), the approach draws on national guidance and is based on a self-assessment framework that enables you to benchmark current activity across the complete NHS Health Check pathway

- 7 new case studies added to the NHS Health Check website

- 21 webinars held covering variety of topics

- 5 editions of the NHS Health Check e-bulletin published

- 14 training workshops delivered across the country in partnership with the Royal Society for Public Health

- NHS Health Check competence learner workbook supporting materials and training resources published

- New Dementia leaflet launched
Building and Nurturing Primary Care Leadership

- Primary Care CVD Leadership Forum established
- Engagement with RCGP – 1 year CVD spotlight programme
- Priorities – Hypertension, AF, Cholesterol, Diabetes risk
- Resources including CVD Intelligence Packs and Key Messages
- Next phase: local leadership programme with BHF
- RightCare focus on unwarranted variation in primary care
- CQC guidance for inspectors on NHS Health Check
**Behavioural Insights Projects**

- **Stoke on Trent RCT:**
  1. Invitation letter frame based on risk
  2. Traditional invite
  3. Telephone/verbal invite

- **Bristol:**
  Quasi-experiment of telephone outreach by a community in-reach worker vs the traditional letter invite

- **Southwark:**
  - Quasi-experiment of electronic prompts for staff to offer NHS HC
  - Letters/texts:
    - 12% absolute increase in uptake with best letter and both primer and reminder

- **Salford:**
  The effectiveness of video messages on screens in GP waiting rooms

- **Northamptonshire:**
  Myth busting letter vs costs to NHS letter

- **Medway letters:**
  - 13% relative increase in uptake
  - 4% net increase in uptake

#NHSHealthCheck2016
Expert Scientific & Clinical Advisory Panel

- Review of emerging evidence
- Programme content review process
- Encouraging a culture of research and evaluation
  - HTA call for research
  - Exploration of further modelling
- Development of a national data set
My Heart Age

- Over 2 million views & 830,000 completed the heart age assessment
- 60% of users were men, a high proportion compared to the proportion of men (40%) using other online NHS Choices self-assessment tools
- 56% of users were aged <50
- Representative of England population profile for ethnicity and deprivation
- Many users did not know their numbers: only 22% knew their cholesterol level, 51% knew their blood pressure
- 35% of users had a heart age greater than their chronological age by at least 5 years

www.nhs.uk/myheartage
Thank you

Working together for the public’s health

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