NHS Health Check: Our learning so far and future direction

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Deaths attributed to behavioural risks

NHS Health Check: Our learning so far and future direction
National studies

- Year on year we’ve seen continuous improvement in take up
  - Attendance rose from 5.8% in 2010 to 30.1% in 2012.
  - Latest data from 2015/16 shows take up is 48.3%
- There is equitable access among black and ethnic minority groups and people from our poorest communities
- More people over 65 years and more women are having a health check
- The programme is detecting early stage disease
Detecting early stage disease

www.healthcheck.nhs.uk

For every 27 people having a NHS Health Check 1 person is diagnosed with high blood pressure
Lifestyle

Following an NHS Health Check, 1 in 3 people are at high risk of cardiovascular disease and drinking more than the recommended alcohol levels are referred to alcohol reduction service.

www.healthcheck.nhs.uk

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Following an NHS Health Check, 2 in 5 people at high risk of cardiovascular disease and diagnosed as obese are referred to dietary and physical activity services.
Clinical management

www.healthcheck.nhs.uk

Following an NHS Health Check,

1 in 5 people

at high risk of cardiovascular disease are prescribed a statin
Clinical management

Following an NHS Health Check,

1 in 12 people

people at risk of **cardiovascular disease** are prescribed medication to control high blood pressure
Behavioural insights

• Small changes can have a **big impact**, for no to little additional cost
• Using an **action orientated letter** increases take up, which is why we’ve updated the national invite letter template
• Primer and **reminder text messages** are cost effective ways of increasing take up
• The use of **IT prompts to clinical staff** are effective, easy to implement and cost effective ways of increasing take up
• Robust **evaluations** are important to demonstrate effectiveness
Heart age

Check your heart age

How healthy is your heart? Use this tool to find out if your heart age is higher or lower than your actual age.

Anyone over 30 can use the tool, even if you don't know your blood pressure and cholesterol. However, without these numbers, your result will be an estimate and we recommend you get tested to get an accurate result.

Start

Full terms and conditions can be read here

This tool is a collaboration between NHS Choices, Public Health England and the British Heart Foundation.

More information about partners
Dementia leaflet

- Qualitative in depth interviews with people aged 65 – 74 on the dementia leaflet
- This group don’t have a clear sense of what dementia is
- Most believed that dementia was inevitable and inherited
- Most knew about memory problems, but many did not know about its impact on moods, behaviours or ability to plan
- The idea that living a healthy lifestyle can help reduce the chance of getting dementia was new
Stocktake

- At the end of last year we commissioned a stocktake review of PHE’s NHS Health Check work so far
- You told us that PHE actions have supported local implementation
- You particularly value:
  - the national conference
  - regional networks
  - behavioural insight
  - marketing resources
  - provider competence framework
  - best practice guidance
  - guidance on information governance
Your views

You would like us to:

• Support the development of an evidence based business case for NHS Health Checks
• Lead the way on improving GP engagement
• Improve access to and the quality of data
• Deliver a national marketing campaign to help improve professional and public awareness

Challenges in delivering the programme:

• Engaging GPs
• Financial uncertainty
Going forward

- We will build on our priorities for research to stimulate the development of evidence.
- As new evidence emerges we will keep it under review through our Expert Scientific and Clinical Advisory Panel.
- A qualitative evaluation of the dementia component of the NHS Health Check is already underway.
- We will be working with partners to update the economic modelling undertaken by the Department of Health in 2009 to make the business case for the programme.
Going forward

- The cardiovascular disease leadership group will continue to highlight how the programme contributes to CVD prevention.

- The CVD leadership group will respond to new evidence and seek to improve primary care engagement.

- Launching the adult health campaign One You – focus on the importance of mid life interventions to ensure a longer, healthier life.
Going forward

• We are exploring other delivery models, working with NHS England to offer NHS Health Checks through their workplace health initiative

• Devolution offers a fantastic opportunity to achieve greater value by commissioning at scale and putting place based approaches at the heart of health improvement plans

• Digital platforms are already helping people to access information, monitor their health and support behaviour change. Which is why we will be exploring how digital solutions can support the programme
Conclusion

- We should be extremely proud of what we’ve achieved so far
- The NHS Health Check is the first programme of its kind in the world
- Together we can ensure that the programme achieves its full potential