NHS Health Checks
Case finding for the NDPP

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Background

• NHS Health Checks introduced in 2008 with all 72 GP practices in County Durham
• In 2015 introduced a new health check specification that replaced the standard diabetes filter with the Diabetes UK Risk Score
• Linked to “Just Beat It”, the local diabetes prevention programme
• Demonstrator site for the NDPP
Diabetes UK Risk calculation

How old are you
50 - 59

Are you male or Female
Male

How would you describe your ethnicity
White European

Do you have a father, mother, brother, sister and/or own child with Type 1 or 2 diabetes
No

What is your waist circumference
90 - 99.9 cm

What is your Body Mass Index (BMI)
30 - 34

Has your doctor given you medicine for high blood pressure or told you that you have high blood pressure
No

Your score is 15

Increased Risk (7 to 15)
You are at increased risk which means you have 2% or 1 in 50 chance of having diabetes now AND a 10% or 1 in 10 chance of having high blood glucose which puts you at high risk of diabetes in the next ten years. You can make a difference to your diabetes risk through regular physical activity and eating healthy well balanced diet.
NHS Health Checks in GP practices

All NHS Health Checks – 72 practices

Check4Life Health Checks – 62 practices
NHS Health Check diabetes filter

- July 2014 to June 2016 - 10,048 C4L health checks carried out (5259 females, 4789 males)
- 98% White British
- South Asian or Chinese (41): 8 had a BMI ≥ 27.5.
- Others: 2761 had a BMI ≥ 30.
- Of the remaining 7279 with BMI < 30: 1248 had a SBP ≥ 140 and a further 198 had a DBP ≥ 90.
- Applying the health check diabetes filter: 4215 (42%) at a “higher risk” of developing diabetes.
- Of the 5833 not considered at higher risk by the health check filter, 1006 had a Diabetes UK Risk Score of 16 or more.
### DUK Risk Scores

<table>
<thead>
<tr>
<th>DUK Category</th>
<th>DUK risk Score</th>
<th>Risk of T2D in 10 years</th>
<th>Number of checks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>0 - 6</td>
<td>5%</td>
<td>2188</td>
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<td>Increased</td>
<td>7 - 15</td>
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3394 (33%) of people had a Diabetes UK Risk Score of 16 or more
Summary

• NHS Health Check diabetes filter
  – Not a validated risk assessment tool
  – Level of risk is not quantified
  – Difficult to apply and not routinely used in practice

• Diabetes UK Risk Score
  – Can be incorporated into clinical systems
  – Based on data that can be collected at the health check
  – Quantifiable risk allows for better risk communication
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