

To find out how to have a healthier and more active lifestyle, call the **Lewisham Lifestyle Hub** on Freephone **0808 1410 118**.

For further information and advice on **NHS Health Checks** call the helpline on **0845 850 9850**, text phone **0845 606 4647** or visit www.nhs.uk/nhshealthcheck or www.lewisham.gov.uk/lifestylehub

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NHS



Your results

and further information

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

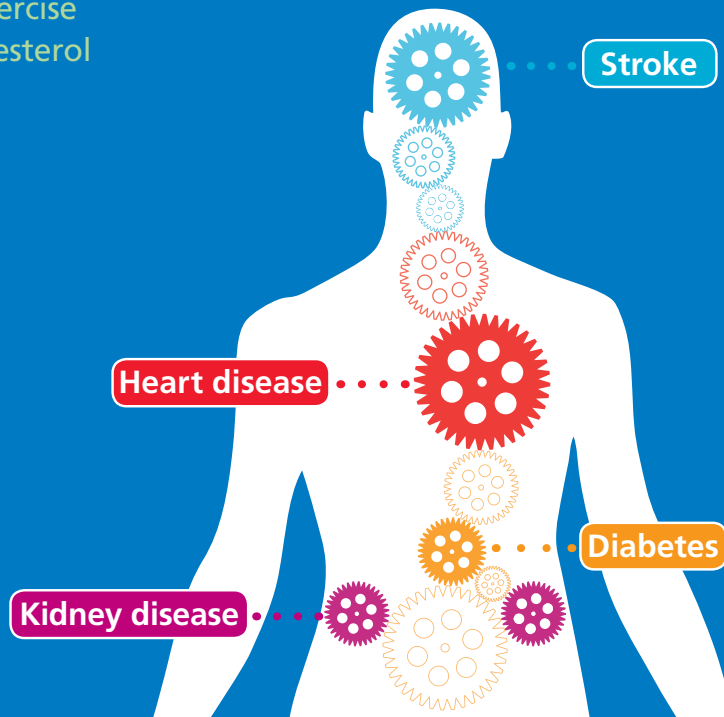
Introduction

Use this booklet to record the results of your NHS Health Check and to set goals for improving your lifestyle.

Everyone is at risk of developing heart disease, stroke, type 2 diabetes, kidney disease and dementia. The good news is that these conditions can often be prevented.

Your risk increases with age and there are also certain things that will put you at even greater risk, including:

- being overweight
- high blood pressure
- lack of exercise
- high cholesterol
- smoking
- alcohol.



Your results

Your name

Date of Health Check

Health Check undertaken by

Location

Remember to keep this safe.

Blood pressure test

Your result



Body mass index (BMI) test

Your result



Cholesterol test

Your result

Total

TC/HDL

Physical activity

Your result



Cardiovascular disease risk score

Your result

Alcohol

Your result



If your Health Check results have shown that you:

- have a Body Mass Index (BMI) of 28 or above (25 or above if you are of South East Asian origin)
- a cardiovascular disease (CVD) risk greater than 20%
- are physically inactive
- are a smoker

You are at increased risk of developing heart disease, diabetes, kidney disease and dementia.

What next?





The Lewisham Lifestyle Hub team will contact you to help make those healthy lifestyle changes. These may include:

- free group weight management courses (Shape Up and Weight Watchers)
- get moving exercise sessions
- healthy walks
- be active scheme
- on your bike
- dance yourself fit
- swimming.

Call 0808 1410 118 for more information or visit www.lewisham.gov.uk/lifestylehub

Cardiovascular disease (CVD) risk score

The information collected during the NHS Health Check will be used to calculate your risk of having a cardiovascular event (a heart attack or a stroke) over the next 10 years.

Less than 10%	Low risk	
Between 10-20%	Moderate risk	
Greater than 20%	High risk	
Greater than 30%	Very high risk	

What next?

If your CVD risk is high (more than 20%) you will be given advice about how to lower your risk and you will be advised to see your GP or practice nurse to discuss starting cholesterol lowering medication.

Whatever your result, even if your risk is assessed as being low, you will be given advice about staying healthy to keep your risk low.

Body mass index (BMI) test

BMI is a measure of whether you are a healthy weight for your height. However, it is only a guide and, for some people, BMI may not take into account things like being particularly muscular.

- 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** (or **27.5** for South Asians, Black Africans and Black Caribbean), you will be invited for another test to check that you do not have diabetes.

What next?

If your BMI is high, your healthcare professional can provide you with advice and support on losing weight and reducing your BMI.

Diet

A healthy and balanced diet, which includes five portions of fruit and vegetables a day, is important to reach or maintain a healthy weight.

For more information visit www.nhs.uk/livewell/goodfood

Weight management

If you are ready to make some changes there are lots of options available to you. These include free weight management programmes, such as Shape Up or Weight Watchers.

Call **Freephone 0808 1410 118** for more information.

Physical activity

All movement counts – sit less, move more and gradually build up to doing 30 minutes of moderate activity five times a week. This will help prevent and manage many long-term conditions, including heart disease, stroke, diabetes, kidney disease, dementia, some cancers and depression.

As part of your NHS Health Check, your physical activity level will be measured and you will be given a score.

What next?

If you are in the inactive category, and you are interested in gradually increasing the amount of physical activity you do, you will be offered help and support.

Getting active

Start with an activity you enjoy or have enjoyed in the past. Gradually build up the amount you do.

What counts?

The good news is that there are lots of different ways for you to be active and benefit your health: from walking to gardening; swimming to yoga; dancing to football, there will be an activity there for you.

Getting started

If you are interested in being more active, there are many activities available in Lewisham, including:

- get moving exercise sessions
- healthy walks
- be active scheme
- dance yourself fit.

For more information please contact the **Lewisham Lifestyle Hub** on **Freephone 0808 1410 118** or visit www.lewisham.gov.uk/lifestylehub

Blood pressure

Ideally, we should all have blood pressure at or below 120 (systolic) and 80 (diastolic) (120/80).

High blood pressure can be treated or prevented by making changes to your lifestyle, such as being more active, eating a healthier diet, stopping smoking and cutting back on your alcohol and salt.

What next?

If your blood pressure result is high, you will be advised when you should have it re-checked to see if you are at risk of developing diabetes and to check your kidneys are working properly.

Watch your salt intake

Too much salt can cause raised blood pressure. High blood pressure often has no symptoms, but if you have high blood pressure you are three times more likely to develop heart disease or have a stroke.

One easy way to eat less salt is to stop adding extra salt to your food during cooking and at the dinner table. However, most of the salt we eat is already in the food we buy. Read food labels to avoid foods that are high in salt. High is more than 1.5g of salt per 100g (or 0.6g sodium).

Cholesterol test

Cholesterol is a fat that is carried around in the blood. Too much cholesterol can cause arteries to become blocked, increasing the risk of heart disease and stroke.

Your blood has been checked for cholesterol levels.

What next?

If your level is high, you will be given advice about how to lower it. You may be offered cholesterol-lowering medication if your cardiovascular risk score is 20% or above.

If your levels are normal or low, you may still want to take action to prevent it increasing by eating a healthy, balanced diet, keeping active and stopping smoking.

Cut saturated fat

- Choose lean cuts of meat and trim off extra fat before cooking
- Bake, steam, poach or grill rather than fry or roast
- Check food labels for saturated fat content, high is more than 5g of saturates per 100g
- Choose lower-fat dairy products, such as skimmed milk and lower-fat yoghurt
- Aim for at least two portions of fish a week, including at least one portion of oily fish

Smoking

If you smoke you will be offered support and advice to help stop as part of your NHS Health Check. Smoking increases both blood pressure and cholesterol and is a significant risk factor for heart disease. The great news is that you can reduce your risk by stopping.

Lewisham has a free local NHS Stop Smoking Service which can help you find the best way of stopping, providing the medication and support you need. If you use NHS support, quitting can be more successful.

Call **0800 0820 388** or text **07522 679 249**, email quit@smokefreelewisham.co.uk or visit www.smokefreelewisham.co.uk for more information.

Dementia

Risk factors that increase the chance of developing cardiovascular disease (heart disease, stroke, diabetes and kidney disease) also increase the chance of developing vascular dementia.

Take action to reduce your risk of developing dementia by:

- keeping physically active
- minimise alcohol intake
- eating a healthy balanced diet
- quitting smoking.

Alcohol

Drinking too much alcohol can increase your blood pressure and increase your risk of developing heart disease.

You should not drink any more than **2 to 3 units** of alcohol each day if you are a woman, and **3 to 4 units** if you are a man. You should try to avoid alcohol on at least two days of each week. As a guide:

- a small glass (125 ml) of average strength wine (12%) contains **1.5 units**
- a pint of lager/beer contains **1.8-2.8 units**
- a 25ml measure of spirits contains **1 unit**.

Alcohol support services in Lewisham

Free confidential alcohol service

At GP surgeries in Lewisham.

You can make an appointment to speak to the primary care alcohol practitioner by calling 07795 374 014.

Drug and Alcohol Service

CRI New Direction

410 Lewisham High Street, Lewisham SE13 6LJ

Call 020 8314 5566