

Your goals

Set yourself some goals to work towards. Start off with one or two changes that you could make to improve your health.

Remember that small changes to your lifestyle can make a big difference to your health.

What would I like to achieve?

What small thing can I commit to changing?

How can I measure it?

How will I know if I'm successful?

What might get in the way?

How will I stop that happening?

NHS Health Check Your results



Name:

Date:

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

What happens next?

The person delivering your check will explain your results, give you some tips and advice and tell you about some of the services you can use to help you lead a healthier lifestyle.

My health check results were ok. Do I still need help?

Even if your results are ok, we can still give you tips and advice to help you continue to maintain a healthy lifestyle.

What will happen to my data?

Your data will only be used to help you access free health services in Camden, and support you to live a longer and healthier life.

Your data is protected by the data protection act, and will not be sent on to any other organisations/ companies and will not be used for any other purposes.

Your results

Cardiovascular disease risk score

%

This is your risk of having a heart attack or a stroke over the next 10 years

Blood pressure test

Less than 140/90

Between 140/90 and 180/110

More than 180/110

Body mass index (BMI) test

25 or less

25-29

30 or more

Physical activity

Active

Moderately inactive

Inactive

Smoking

Non smoker

Ex-smoker

Smoker

Alcohol

Low risk

Increasing risk

Higher risk

Cholesterol test

Less than 6.5

Between 6.5 and 7.4

More than 7.5