Combating CVD through the NHS Health Check programme

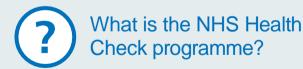
Local authority - Gateshead





What the evidence tells us

One in ten people continue to live with CVD¹. It is the second biggest cause of death in England with 200 people dying each day from a heart attack or stroke². Every day there are over 1200 admissions to accident and emergency because of heart problems³ and 290 as a result of cerebrovascular problems.



The NHS Health Check is a national programme that systematically measures a range of risk factors driving the burden of CVD and other noncommunicable diseases such as dementia, respiratory disease and some cancers.



National research shows that the programme is cost effective, can prevent illness and has the potential to save 250 - 500 lives each year across England^{4,5}. It also shows that there is equitable take up of checks among high CVD risk groups and prioritising these groups is cost effective⁶.

1. Current activity, 2013 – 2018 ^{7,*}		2. Disease detection, 2013 – 2018 ^{8,*,**}		3. Medication, 2013 – 2018 ^{9,*,**}	
Number of people invited for an NHS Health Check	57,733	C	Estimated number of people that could be diagnosed with hypertension following 1,470	Estimated number of people at high risk of CVD that could be prescribed a statin following an NHS Health Check	1,410
Number of people who have had an NHS Health Check Number of people still to benefit from an NHS Health Check	30,225	Hypertension	an NHS Health Check		
	28,831		Estimated number of people that could be identified	Estimated number of people at high risk of CVD that could be prescribed an antihypertensive following an NHS Health Check	650
		CVD risk	with a CVD risk score >20% 7,330 following an NHS Health Check		

Footnotes:

- 1 www.bhf.org.uk/healthcare-professionals/bp-how-can-we-do-better
- ² Office for national statistics. Death registrations summary tables England and Wales, 2015
- ³ NHS Digital. Accident and emergency attendances in England 2014-15
- ⁴ http://dx.doi.org/10.1136/bmjopen-2015-008840
- ⁵ http://dx.doi.org/10.1016/j.ypmed.2015.05.022
- ⁶ http://www.healthcheck.nhs.uk/document.php?o=1293

- 8 Disease rates calculated using the findings from www.healthcheck.nhs.uk/document.php?o=1251
- 9 Medication rates calculated using the findings from www.healthcheck.nhs.uk/document.php?o=1251
- * Data in tables 1, 2 and 3 is based on local authority activity for 2013-2017

** Data in tables 2 and 3 is calculated using a take up rate of 75%

⁷ For more information on activity go to www.healthchecks.nhs.uk