# Combating CVD through the NHS Health Check programme

## Local authority - Wirral

### What the evidence tells us

One in ten people continue to live with CVD\(^1\). It is the second biggest cause of death in England with 200 people dying each day from a heart attack or stroke\(^2\). Every day there are over 1200 admissions to accident and emergency because of heart problems\(^3\) and 290 as a result of cerebrovascular problems.

### What is the NHS Health Check programme?

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

### Improving CVD outcomes

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 effective\(^6\).

## 1. Current activity, 2013 – 2018\(^7,\)

<table>
<thead>
<tr>
<th>Metric</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of people invited for an NHS Health Check</td>
<td>84,448</td>
</tr>
<tr>
<td>Number of people who have had an NHS Health Check</td>
<td>37,335</td>
</tr>
<tr>
<td>Number of people still to benefit from an NHS Health Check</td>
<td>60,475</td>
</tr>
</tbody>
</table>

### Footnotes:

1. [www.bhf.org.uk/healthcare-professionals/bp-how-can-we-do-better](http://www.bhf.org.uk/healthcare-professionals/bp-how-can-we-do-better)
4. [http://dx.doi.org/10.1136/bmjopen-2015-008840](http://dx.doi.org/10.1136/bmjopen-2015-008840)
5. [http://dx.doi.org/10.1016/j.ypmed.2015.05.022](http://dx.doi.org/10.1016/j.ypmed.2015.05.022)

## 2. Disease detection, 2013 – 2018\(^8,\)**

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Estimated Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>2,440</td>
</tr>
<tr>
<td>CVD risk</td>
<td>12,200</td>
</tr>
</tbody>
</table>

### Footnotes:

11. Data in tables 1, 2 and 3 is based on local authority activity for 2013-2017
12. Data in tables 2 and 3 is calculated using a take up rate of 75%