

# Combating CVD through the NHS Health Check programme

Cambridgeshire and Peterborough



## What the evidence tells us

One in ten people continue to live with CVD<sup>1</sup>. It is the second biggest cause of death in England with 200 people dying each day from a heart attack or stroke.<sup>2</sup> Every day there are over 1200 admissions to accident and emergency because of heart problems<sup>3</sup> 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.<sup>4,5</sup> It also shows that there is equitable take up of checks among high CVD risk groups and prioritising these groups is cost effective.<sup>6</sup>

### 1. Current activity, 2013 – 2018<sup>7,\*</sup>

|  |                |
|--|----------------|
| Number of people invited for an NHS Health Check           | <b>373,086</b> |
| Number of people who have had an NHS Health Check          | <b>164,234</b> |
| Number of people still to benefit from an NHS Health Check | <b>287,939</b> |

### 2. Disease detection, 2013 – 2018<sup>8,\*,\*\*</sup>

|  |  |               |
|--|--|---------------|
| <br>Hypertension | Estimated number of people that could be diagnosed with hypertension following a NHS Health Check            | <b>11,410</b> |
| <br>CVD risk    | Estimated number of people that could be identified with a CVD risk score >20% following an NHS Health Check | <b>57,070</b> |

### 3. Medication, 2013 – 2018<sup>8,\*,\*\*</sup>

|   |               |
|---|---------------|
| Estimated number of people at high risk of CVD that could be prescribed a statin following an NHS Health Check            | <b>11,010</b> |
| Estimated number of people at high risk of CVD that could be prescribed an antihypertensive following an NHS Health Check | <b>5,020</b>  |

Footnotes:

<sup>1</sup> www.bhf.org.uk/healthcare-professionals/bp-how-can-we-do-better  
<sup>2</sup> Office for national statistics. Death registrations summary tables – England and Wales, 2015  
<sup>3</sup> NHS Digital. Accident and emergency attendances in England 2014-15  
<sup>4</sup> http://dx.doi.org/10.1136/bmjopen-2015-008840  
<sup>5</sup> http://dx.doi.org/10.1016/j.yjmed.2015.05.22

<sup>6</sup> For more information on activity go to www.healthchecks.nhs.uk  
<sup>7</sup> Disease rates calculated using the findings from www.healthcheck.nhs.uk/document.php?o=1251  
<sup>8</sup> 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 the sum of local authority activity for the STP footprint  
 \*\*Data in tables 2 and 3 is calculated using a take up rate of 75%