Combating CVD through the NHS Health Check programme  
Cheshire and Merseyside

**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\(^1\) 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.\(^6\)

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| Number of people invited for an NHS Health Check | 465,970 |
| Number of people who have had an NHS Health Check | 227,047 |
| Number of people still to benefit from an NHS Health Check | 487,855 |

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

| Hypertension | Estimated number of people that could be diagnosed with hypertension following a NHS Health Check | 17,950 |
| CVD risk | Estimated number of people that could be identified with a CVD risk score >20% following an NHS Health Check | 89,750 |


| Estimated number of people at high risk of CVD that could be prescribed a statin following an NHS Health Check | 17,320 |
| Estimated number of people at high risk of CVD that could be prescribed an antihypertensive following an NHS Health Check | 7,900 |

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Footnotes:


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


Footnotes:

\(^1\) www.bhf.org.uk/healthcare-professionals/bp-how-can-we-do-better  
\(^3\) 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.2015.05.22  
\(^6\) More information on activity go to www.healthchecks.nhs.uk  
\(^7\) Disease rates calculated using the findings from www.healthcheck.nhs.uk/document.php?id=1251  
\(^8\) Medication rates calculated using the findings from www.healthcheck.nhs.uk/document.php?id=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%