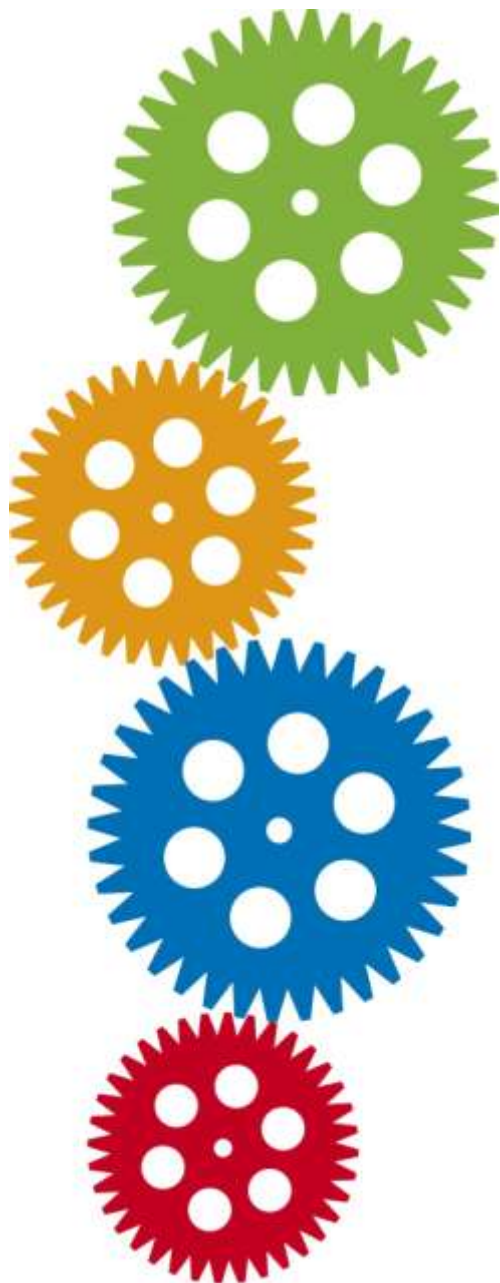




# **NHS Health Checks National Update**

*Professor Roger Boyle*

National Clinical Director for  
Heart Disease & Stroke



# NHS Health Check

**Free NHS Health Check**

Helping you prevent heart disease, stroke,  
diabetes and kidney disease.



# Background



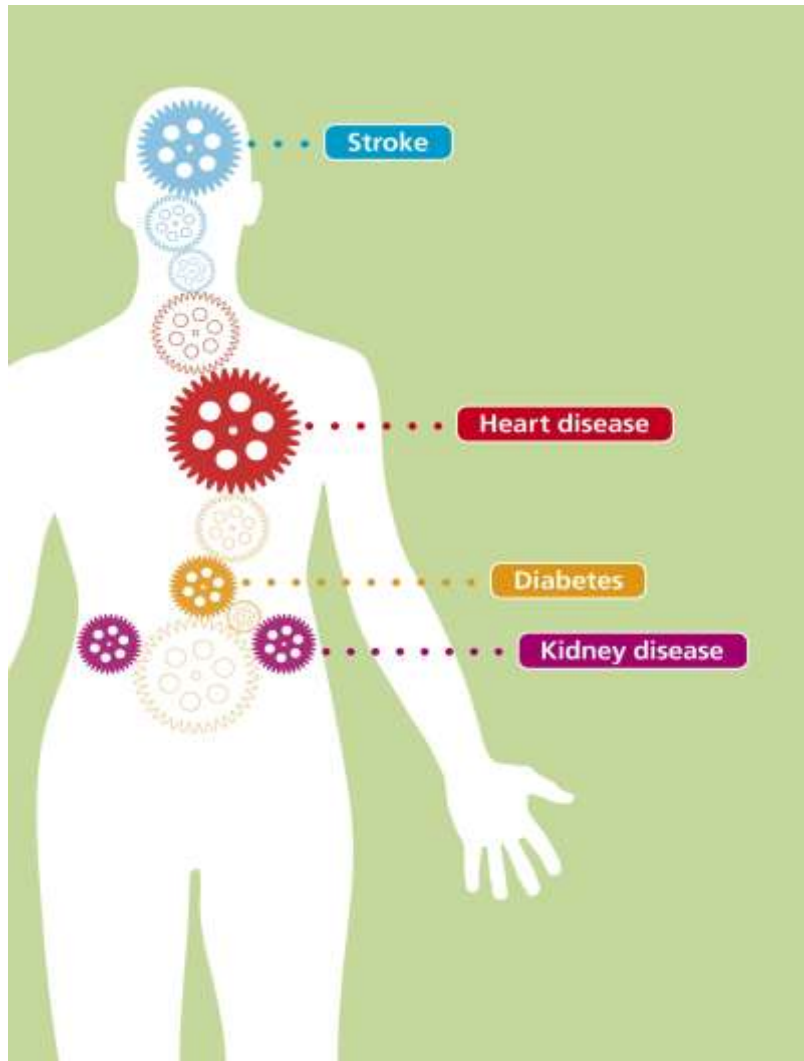
Putting  
prevention  
first

Vascular Checks:  
risk assessment and  
management

- PM announcement Jan 08
- Alan Johnson announcement April 08 and publication of *Putting prevention first*
- Included in the Next Stage Review as part of the focus on preventing ill health
- 'Next Steps' guidance published in Nov 08
- Best practice guidance published in April 09



# What is Vascular disease?



# Vascular disease: same risk factors

- *'Fixed factors'*

- age
  - gender
  - ethnicity

- *'Modifiable factors'*

- smoking
  - physical inactivity
  - obesity
  - blood pressure
  - blood fats

**Having one disease increases  
the risk of developing another**



# Vascular disease: impact

Causes 36% of deaths (170,000 pa in England)

Responsible for a fifth of all hospital admissions

Especially in **deprived communities** and in **South Asians** (in the UK, mortality from CHD is currently 46% higher for men and 51% higher for women of SA origin than in the non-Asian population)

# Excellent progress so far

- National Service Frameworks

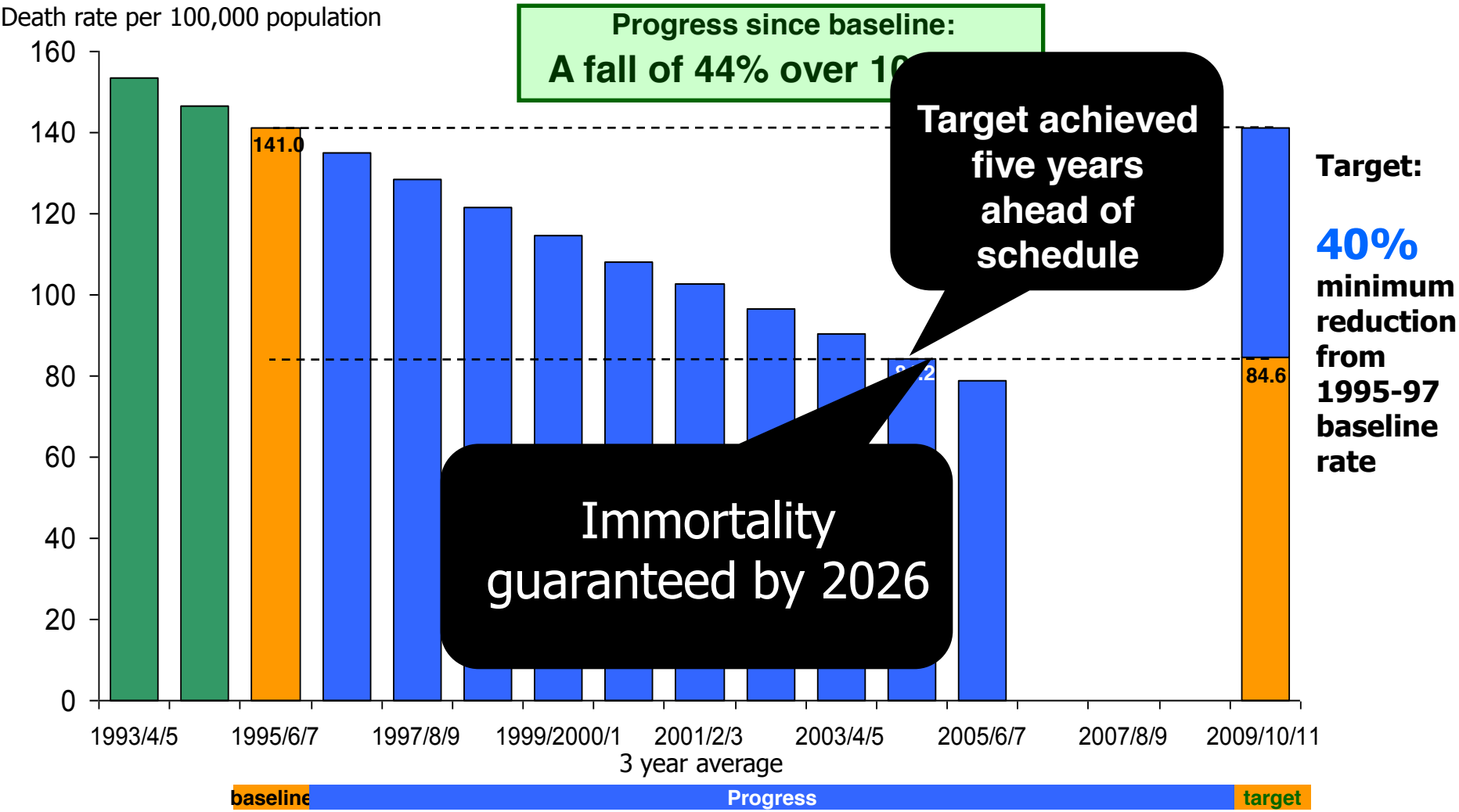
- Coronary Heart Disease
- Diabetes
- Kidney Disease

- Stroke Strategy

- All highlight need for prevention, but separate approaches

# Circulatory Disease Mortality Target

Death rates from All Circulatory Disease in England 1993-2006 and target



Rates are calculated using the European Standard Population to take account of differences in age structure.  
ICD9 data for 1993 to 1998 and 2000 have been adjusted to be comparable with ICD10 data for 1999 and 2001 onwards.

# Why a national programme?

- The National Screening Committee recommended:
- *“the introduction of a vascular risk management programme*
- *in which the whole population would be offered a risk*
- *assessment that could include, among other risk factors,*
- *measurement of blood pressure, cholesterol and glucose”*

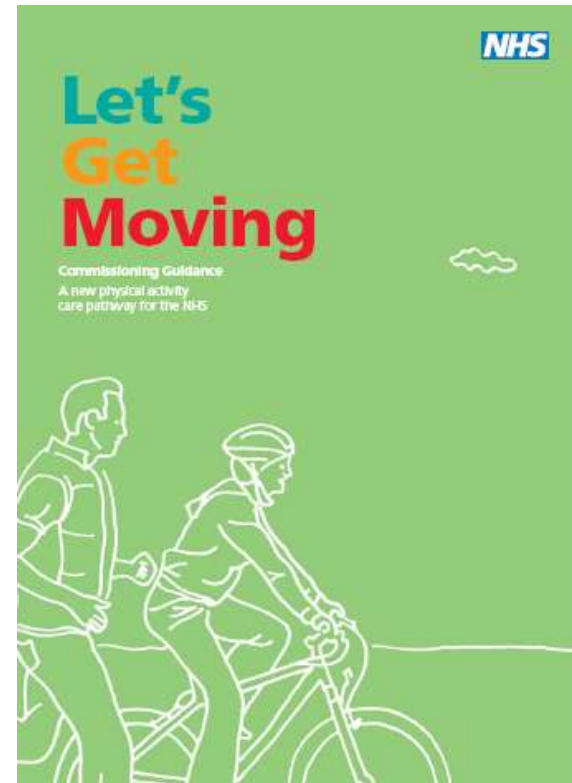
# The NHS Health Check

- A single, universal, integrated check for all aged 40 - 74
- Straightforward questions and simple blood test
- Measure risk of diabetes, heart disease, stroke and chronic kidney disease
- Set out how to reduce risk/maintain low risk
- Offer tailored package of prevention
- Repeat check after 5 years
- Suitable for variety of settings e.g. pharmacies and community facilities

***Clinically and cost effective***

# Life style Interventions

- Smoking cessation on an industrial scale
- Exercise programmes
- Diet and nutrition



# Impact of the programme

- Each year will prevent at least:
  - 1,600 heart attacks and strokes
  - 650 cardiovascular deaths
  - 4000 people developing diabetes
- [Prevention figures are cautious estimates based only on known
- effective management applied to those at high risk]

***Clinically and cost effective***

# National programme/ local delivery

- **National programme:**
  - set of core tests which are consistently and systematically delivered across the country
- **Locally delivered:**
  - PCTs decide how best to implement in their areas to broaden coverage and reduce not widen health gaps
- **Implementation:**
  - phased from 2009/10 (all PCTs expected to be offering some checks this year)
  - full implementation by 2012/13 (ie. 20% of eligible cohort invited annually)

# Standardising the programme

- **Best practice guidance** for the risk assessment and management of
- vascular risk (see [www.dh.gov.uk/nhshealthcheck](http://www.dh.gov.uk/nhshealthcheck))
- details of each test and threshold
- references to evidence and best practice eg NICE

# Additional resources

## **PCT Toolkit**

- help PCTs estimate how many additional interventions will need to be commissioned

## **Learning Network**

- events
- e-bulletin
- website
- case studies
- report from test bed sites

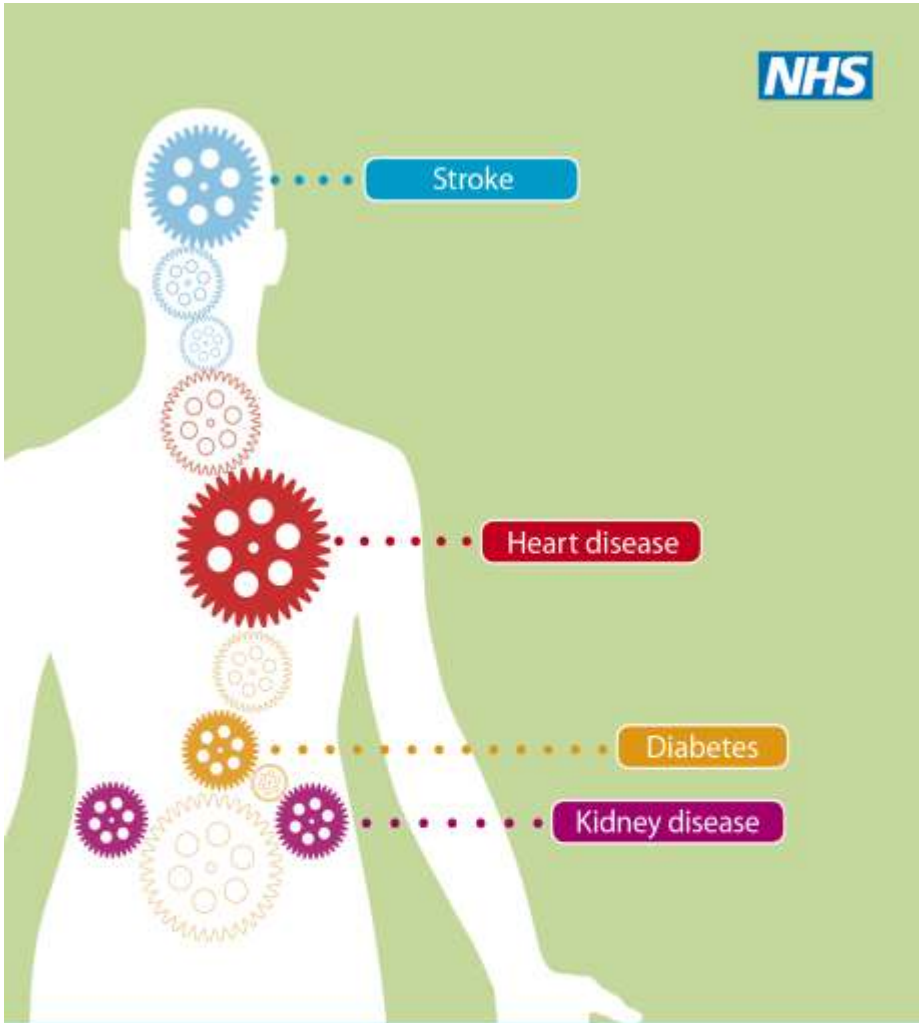
- **Communications resources**

- **A5 leaflets** available free of charge to PCTs from the DH publications
- order line [www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk)

- **Invitation letter template** also available on [www.dh.gov.uk/nhshealthcheck](http://www.dh.gov.uk/nhshealthcheck)

- Tailored and translated versions of the information leaflet available soon

- PCTs encouraged to use nationally produced materials and to use NHS Health Check **identity guidelines** in developing local materials



The graphic features a white silhouette of a human figure against a light green background. Inside the silhouette, several gears of different colors and sizes are arranged vertically. Dotted lines connect these gears to colored boxes on the right side of the image, each labeled with a health condition: a blue gear for 'Stroke', a red gear for 'Heart disease', an orange gear for 'Diabetes', and a purple gear for 'Kidney disease'. The NHS logo is in the top right corner. The bottom of the graphic has a dark blue banner with white text.

**NHS**

Stroke

Heart disease

Diabetes

Kidney disease

# Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease.

# National website and national helpline



- National website  
([www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck))

- NHS Health Check helpline 0845 850  
9850 advertised on leaflet

# Work in progress

- **'Informatics'**
- 2 workshops held in May/June, run by CfH on DH's behalf
- wide array of stakeholders represented - GPs, PEC Chairs, pharmacists, commissioners, nurses, project leads, IT experts
- aimed at developing specification for call and recall/ data transfer
- Minimum Data Set – holding a small focus group and piloting a number of approaches
- **Quality assurance**
- near patient testing
- programme as a whole

# Building Britain's Future

- Patients will have enforceable rights to high standards of care, including hospital treatment within 18 weeks, access to a cancer specialist within 2 weeks, **and free health-checks on the NHS for people aged 40-74.**

Building   
Britain's Future

**QIPP**

# Further information

- **[www.improvement.nhs.uk/nhshealthcheck](http://www.improvement.nhs.uk/nhshealthcheck)**
  - **[www.dh.gov.uk/nhshealthcheck](http://www.dh.gov.uk/nhshealthcheck)**
- **E-mail: [nhshealthcheck@dh.gsi.gov.uk](mailto:nhshealthcheck@dh.gsi.gov.uk)**



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