The NHS Health Check in the local authority

Challenges and Opportunities

4th December 2012

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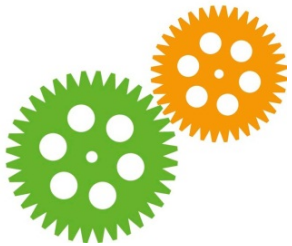
National NHS Health Check Programme Manager

Free NHS Health Check

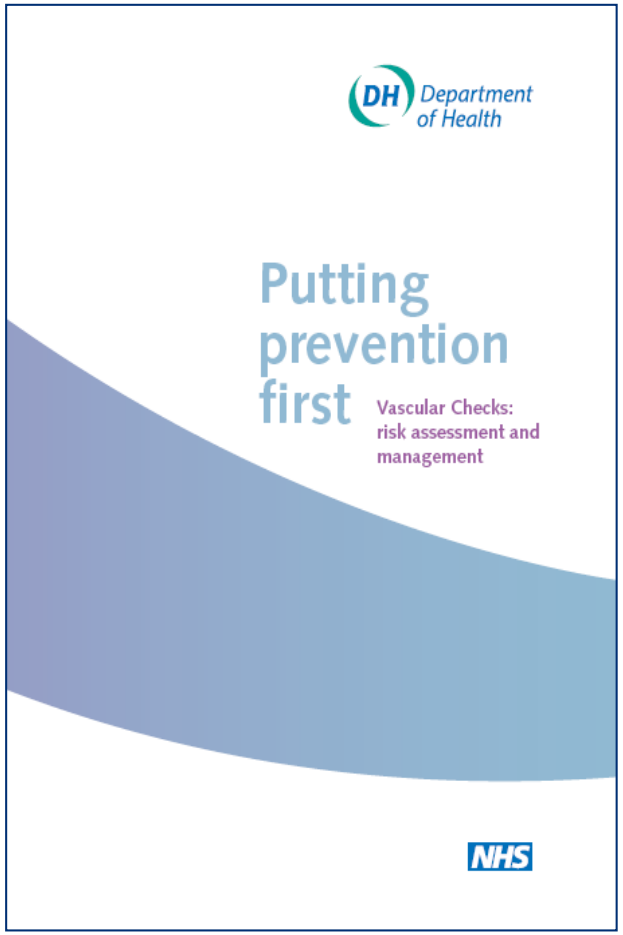
Helping you prevent heart disease, stroke, type 2 diabetes and kidney disease.

Workshop Objectives

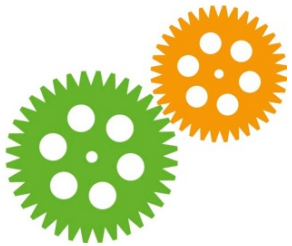
To explore some of the key challenges and opportunities related to the NHS Health Check programme in the local authority



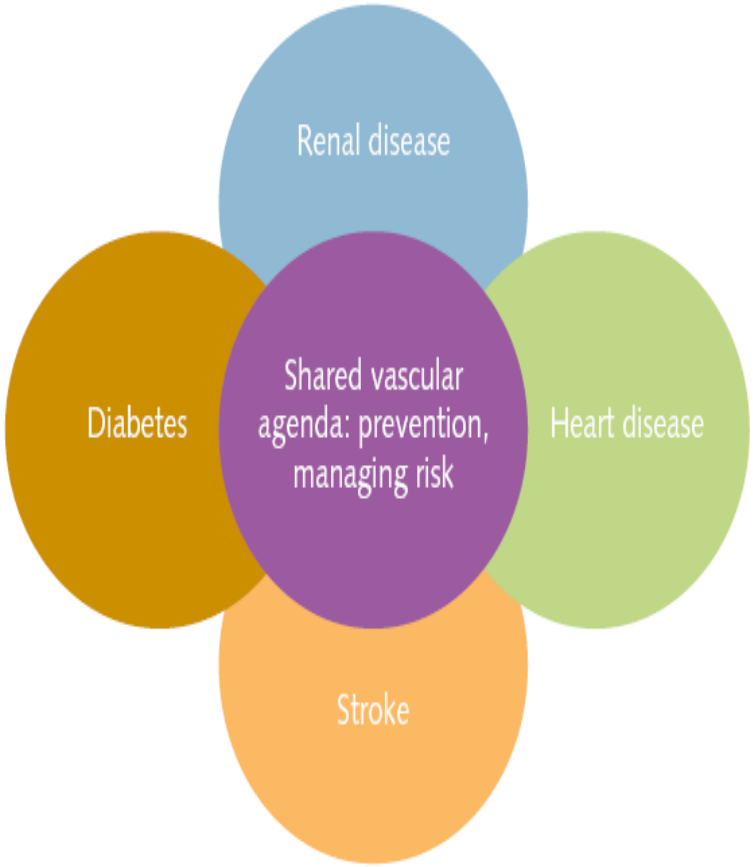
Putting Prevention First



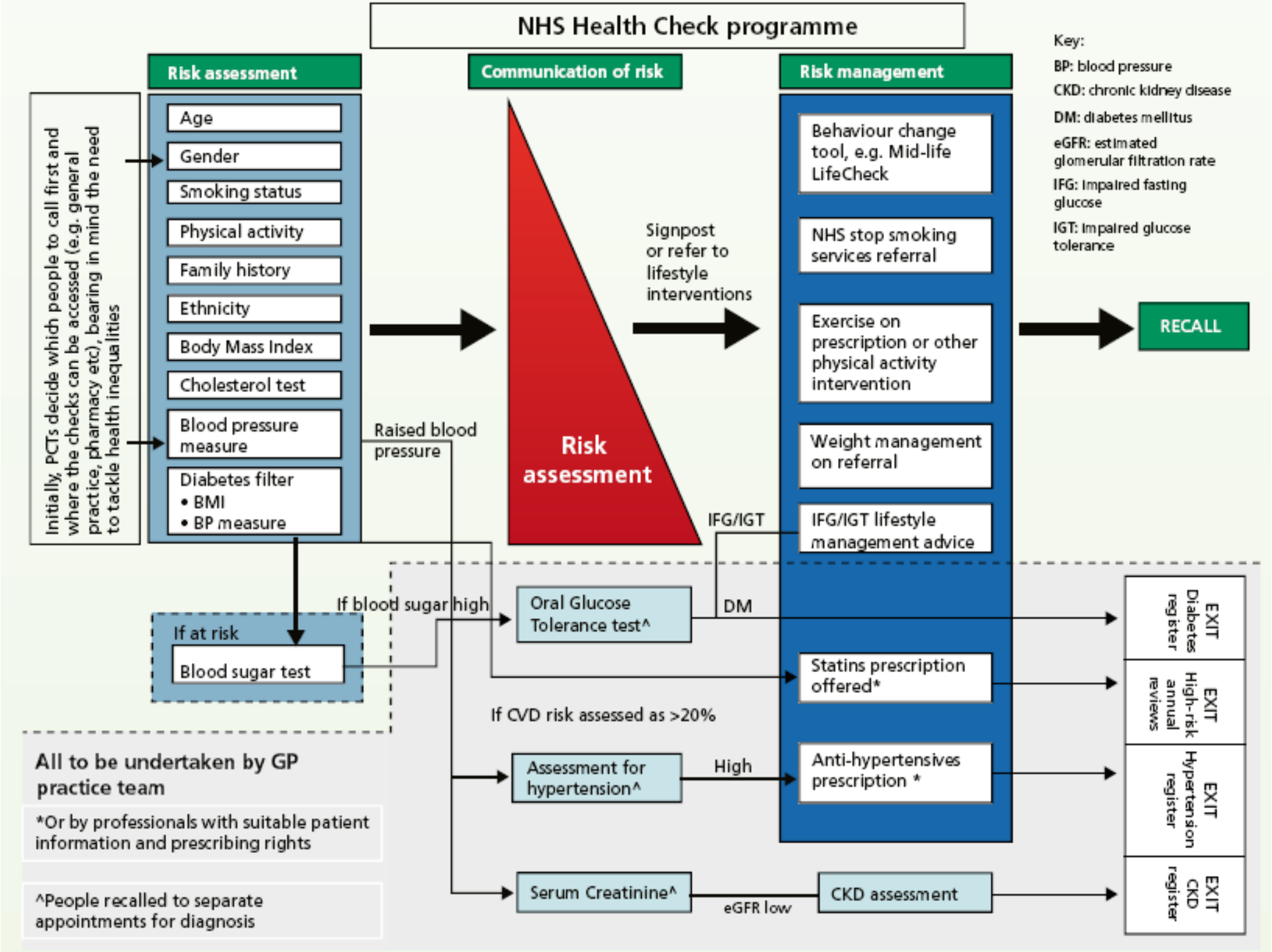
- Policy proposal published 1st April 2008
- 170,000 (36%) deaths caused by vascular disease in England
- Responsible for 20% of hospital admissions
- Largest single cause of long term illness
- Prevalence falls disproportionately in people living in deprived circumstances and certain ethnic groups



Why Develop the NHS Check Programme?



- 40% reduction in CVD mortality since 1996 in under 75s
- Now require investment in prevention
- Shared risk factor profiles
- Evidence suggests that early identification and management of modifiable risks factors can prevent or delay the onset of disease


NHS Health Check programme
Risk assessment
Communication of risk
Risk management
Key:
BP: blood pressure
CKD: chronic kidney disease
DM: diabetes mellitus
eGFR: estimated glomerular filtration rate
IFG: Impaired fasting glucose
IGT: Impaired glucose tolerance
Initially, PCTs decide whidh people to call first and where the checks can be accessed (e.g. general practice, pharmacy etc), bearing in mind the need to tackle health inequalities
Age
Gender
Smoking status
Physical activity
Family history
Ethnicity
Body Mass Index
Cholesterol test
Blood pressure measure
Diabetes filter
• BMI
• BP measure
Raised blood pressure
Risk assessment
Signpost or refer to lifestyle interventions
Behaviour change tool, e.g. Mid-life LifeCheck
NHS stop smoking services referral
Exercise on prescription or other physical activity intervention
Weight management on referral
IFG/IGT lifestyle management advice
IFG/IGT
RECALL
If at risk
Blood sugar test
If blood sugar high
Oral Glucose Tolerance test^
DM
Statins prescription offered*
If CVD risk assessed as >20%
Assessment for hypertension^
High
Anti-hypertensives prescription *
Serum Creatinine^
eGFR low
CKD assessment
EXIT Diabetes register
EXIT High-risk annual reviews
EXIT Hypertension register
EXIT CKD register
All to be undertaken by GP practice team
*Or by professionals with suitable patient information and prescribing rights
^People recalled to separate appointments for diagnosis

Q2 Performance Data - 2012/13

Expecting ~ 1.5 m NHS Health Checks to be offered at this stage:

~1,185,000 offered to date in 12/13

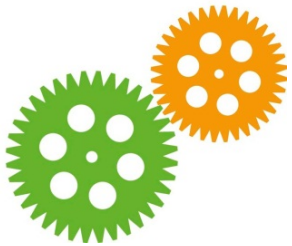
~597 600 offered in Q2

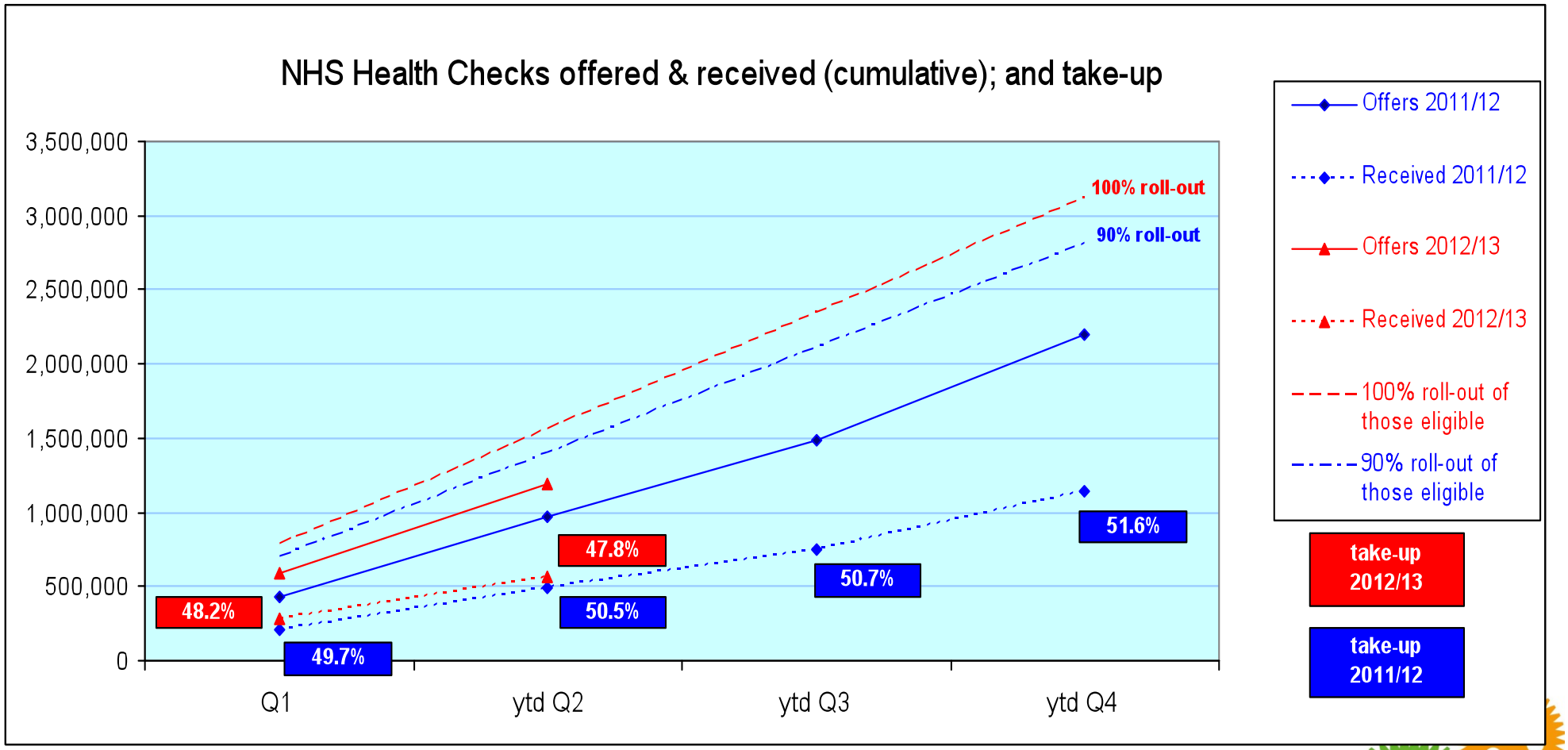
~566, 193 taken up to date in 12/13

~282, 882 taken up in Q2

~52% take up rate in 11/12

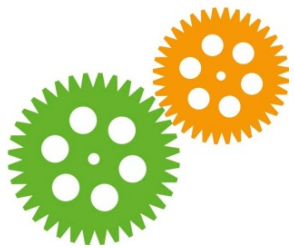
~48% take up rate in Q2 12/13

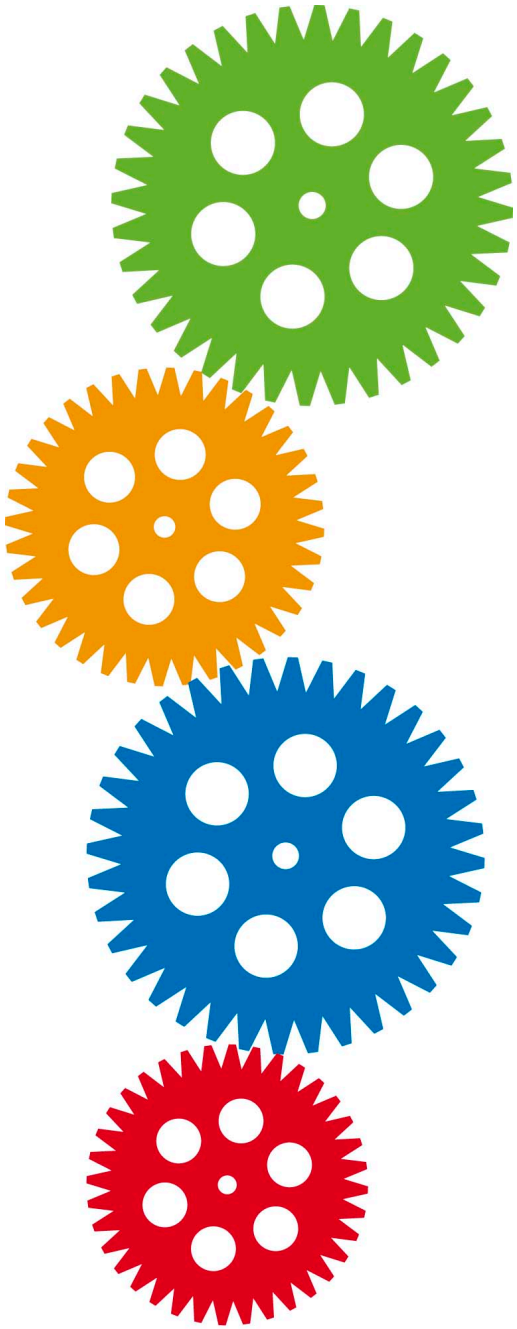



NHS Health Checks offered & received (cumulative); and take-up
3,500,000
3,000,000
2,500,000
2,000,000
1,500,000
1,000,000
500,000
0
Q1
ytd Q2
ytd Q3
ytd Q4
100% roll-out
90% roll-out
48.2%
49.7%
47.8%
50.5%
50.7%
51.6%
Offers 2011/12
Received 2011/12
Offers 2012/13
Received 2012/13
100% roll-out of those eligible
90% roll-out of those eligible
take-up 2012/13
take-up 2011/12

The programme from April 2013

- Included in the mandated function for local authorities
- Regulations will require LAs to commission the risk assessment component of the programme
- Included in the Public Health Outcomes Framework
  - 20% of the eligible population invited each year
  - Year on year improvement on uptake
- Contracts will have to sit with the LA and be procured like other LA services (LES will no longer exist)





What are the key challenges and opportunities?

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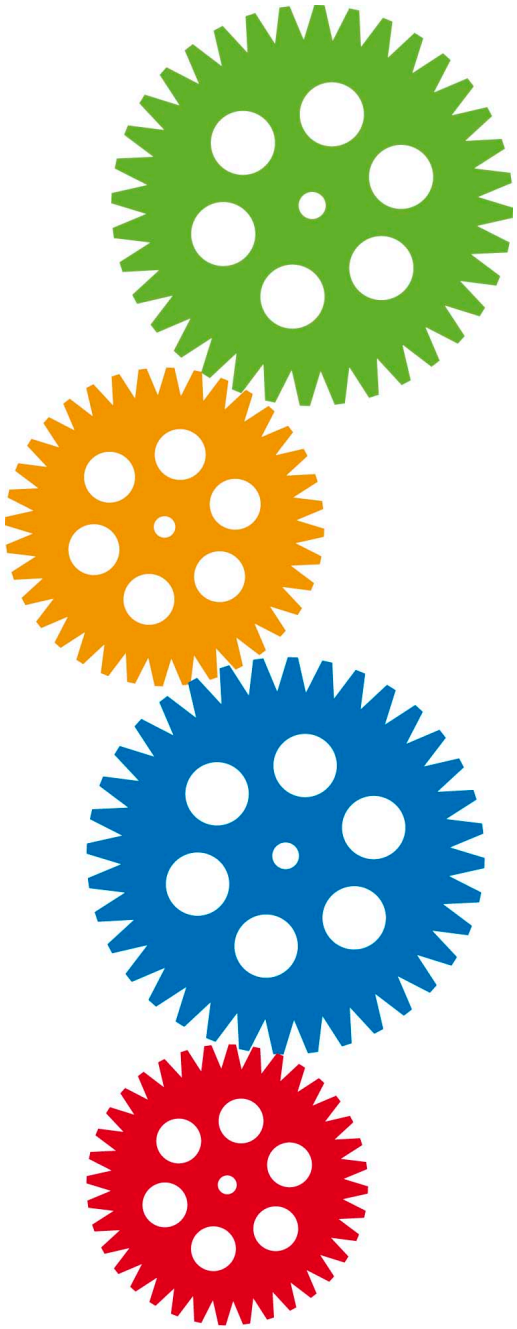

In your groups:

1. Identify 3 key challenges of the future system + potential solutions if possible (time allocation 5 minutes)

2. Identify 3 key opportunities (time allocation 5 minutes)

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S Health Check - Windows Internet Explorer

http://www.healthcheck.nhs.uk/

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NHS

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Did you know that the NHS Health Check programme is included in the Public Health Responsibility Deal?
Find out more >

NICE consults on draft guidance to help people who can't quit smoking in one step
Find out more >

Welcome to the NHS Health Check website

The success of this website relies on ensuring it contains all the latest national and local NHS Health Check information. Please help us to keep the website relevant and up to date by sharing your local resources with us - please contact the NHS Health Check team with all your local information.

About the NHS Health Check

The NHS Health Check programme aims to help prevent heart disease, stroke, diabetes and kidney disease. Everyone between the ages of 40 and 74, who has not already been diagnosed with one of these conditions, will be invited (once every five years) to have a check to assess their risk of heart

eBulletin

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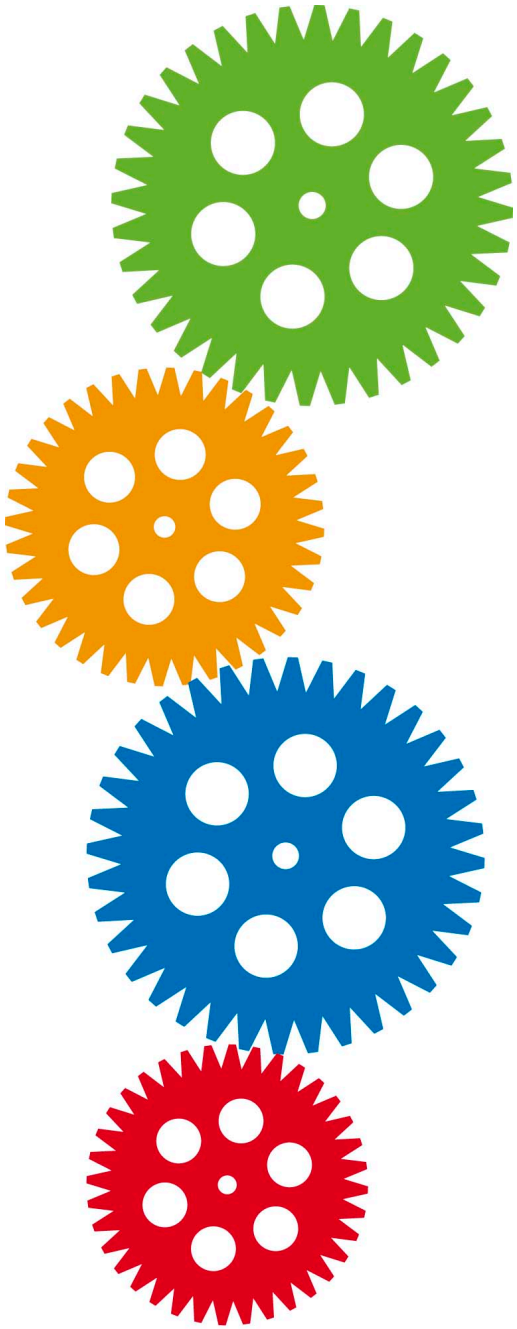

Questions

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