

Title:	NHS Health Checks
Report to:	Health and Wellbeing Board
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Purpose

This briefing provides the Board with an overview of NHS Health Checks, a nationally mandated Public Health service which will become the responsibility of Local Authority from April 2013. The report describes the national context, local performance, current services commissioned by the PCT public health team and next steps to support transition.

Why is it important?

The Public Health Outcomes Framework indicates that in Telford and Wrekin the mortality rate from preventable, premature cardiovascular disease (before the age of 75) is significantly worse than the national average for England. This includes preventable deaths from both heart disease and stroke.

Improving life expectancy and reducing the major causes of premature mortality is a Joint Health and Wellbeing Strategy priority in Telford and Wrekin. Inequalities in life expectancy and premature mortality from cardiovascular diseases (CVD) are new national Public Health Outcomes Framework indicators. Premature mortality is also included in the NHS outcomes framework indicator.

What are Health Checks?

An NHS Health Check lets people know what their risk is of developing heart disease, stroke, kidney disease or Type 2 Diabetes. Some risk factors are fixed, such as age and family history of vascular disease. Risk is also influenced by lifestyle, such as diet and physical activity, weight, alcohol intake, and whether people smoke. Everyone is at risk and everyone can reduce their risk. The Health Check lets people know what their risk is and most importantly, what they can do to reduce their risk.

The check involves a blood test, some simple measurements such as blood pressure and weight, as well as questions about lifestyle habits. The results allow an individual's risk to be calculated and tailored advice given on how to reduce their risk. For many people reducing risk can be achieved by changing lifestyle habits. People found to be at higher risk also have the opportunity to receive appropriate clinical management before any signs or symptoms of disease appear; this may include medication or referral for further tests, for example if they are found to be at high risk of developing diabetes.

The national picture

Since April 2009 PCT's have been required to offer an NHS Health Check to all adults aged 40-74 years, who do not already have a known diagnosis of heart disease, stroke, kidney disease or type 2 Diabetes. The mandated target expects 20% of the eligible population to be invited each year, on a five-year rolling programme and a 50% uptake rate is expected. Currently the numbers of people invited and seen as a percentage of the eligible population are reported to the Department of Health on a quarterly basis.

The local picture

In Telford and Wrekin the NHS Health Checks are delivered in GP practices, commissioned by the Public Health Team, through two complementary Local Enhanced Service agreements. Health Checks are carried out by practice nurses or health care assistants, using a point of care blood testing model. Results are available immediately and the check can be completed in a single visit. The programme is very well embedded from the initial start-up in 2009/10 and all except one GP practice in Telford and Wrekin are delivering NHS Health Checks.

Local performance is well ahead of target expectations for both Health Checks offered and carried out. The most recent data (for April-December 2012) show Telford and Wrekin ranking 5th of all PCTs in England on Health Checks offered. See performance detail in Appendix 1.

Development of the Health Check Programme

Fifteen Health Care Assistants and one practice nurse have recently completed an extensive training programme leading to a City and Guilds Level 3 Health Trainers Award. This means that Telford and Wrekin practices are now able to provide a unique Health Check service to their population through a well-trained clinical workforce who can confidently support patients to address lifestyle risk factors and instigate behaviour change.

From April 2013 there will be two new additions to the NHS Health Check:

Alcohol screening: all those attending will be asked about their alcohol intake using a standard screening tool and will receive intervention and brief advice appropriate to their level of intake, and signposting if necessary. In January 2013, all practice staff providing Health Checks attended training to fully support the delivery of this element of the programme.

Dementia awareness-raising: all those aged 65-74 at the time of their Health Check will also be offered advice and information about dementia and how to reduce the risk of developing it. The national training tool has just been released and dates agreed locally with the Clinical lead for Memory Services to deliver the required training in March 2013.

Planned next steps

The role of NHS Health Checks in the prevention arm of the proposed CCG's Long Term Conditions Strategy is currently being reviewed to strengthen and maximise opportunities. Additionally, steps are in place to develop a joint proposal with the CCG to explore the feasibility of having a dedicated team of Health Trainer's to support patients with long term conditions to make lifestyle changes.

Contact has been made with the Council's Leisure Services Department to identify opportunities for joint working; in particular agreeing referral pathways to leisure services to support the management of risk.

NHS Diabetes and Kidney Care (which supports the implementation of the NHS Health Check) and the Local Government Association (LGA) wrote to all chairs of Health and Wellbeing Boards in January 2013. The letter describes the development of a programme of information and support to local authorities in taking up their commissioning responsibility for Health Check. Public Health England is also undertaking an assessment of what support will be required from April 2013. A briefing pack for local authorities and Health and Wellbeing Boards, with detailed information on the NHS Health Check programme is also expected.

NHS Health Check Performance in Telford and Wrekin
Local Targets and Performance 2012/13

		2012/13				2012/13
		Q1	Q2	Q3	Q4	
PHQ31_01	Number of eligible people who have been offered an NHS Health Check	2,000	2,300	2,050	3,111	9461
PHQ31_02	Number of eligible people who have received an NHS Health check	1,000	1,150	1,025	1,560	4735
PHQ31_03	Number of people aged 40-74 eligible for an NHS Health Check in 2012/13	47305				47305
PHQ31_04	Percentage of eligible people who have been offered an NHS Health Check in 2012/13	4.23%	4.86%	4.33%	6.58%	20.00%
PHQ31_05	Percentage of eligible people that have received an NHS Health Check in 2012/13	2.11%	2.43%	2.17%	3.30%	10.01%

Performance Update		2012/13			2012/13	YTD % Annual Target	Total Ytd
		Q1	Q2	Q3			
SQU27_01	Number of eligible people who have been offered an NHS Health Check	3917	2969	3784	9461	113%	10,670
SQU27_02	Number of eligible people who have received an NHS Health check	1592	1558	1509	4735	98%	4,659
SQU27_03	Number of people aged 40-74 eligible for an NHS Health Check in 2012/13	47305	47305	47305	47305	% Population Invited/Screened	
SQU27_04	Percentage of eligible people who have been offered an NHS Health Check in 2012/13	8.3%	6.3%	8.0%	20.0%	22.6%	
SQU27_05	Percentage of eligible people that have received an NHS Health Check in 2012/13	3.4%	3.3%	3.2%	10.0%	9.8%	