

“Helping people help themselves”

NHS Health Check Programme

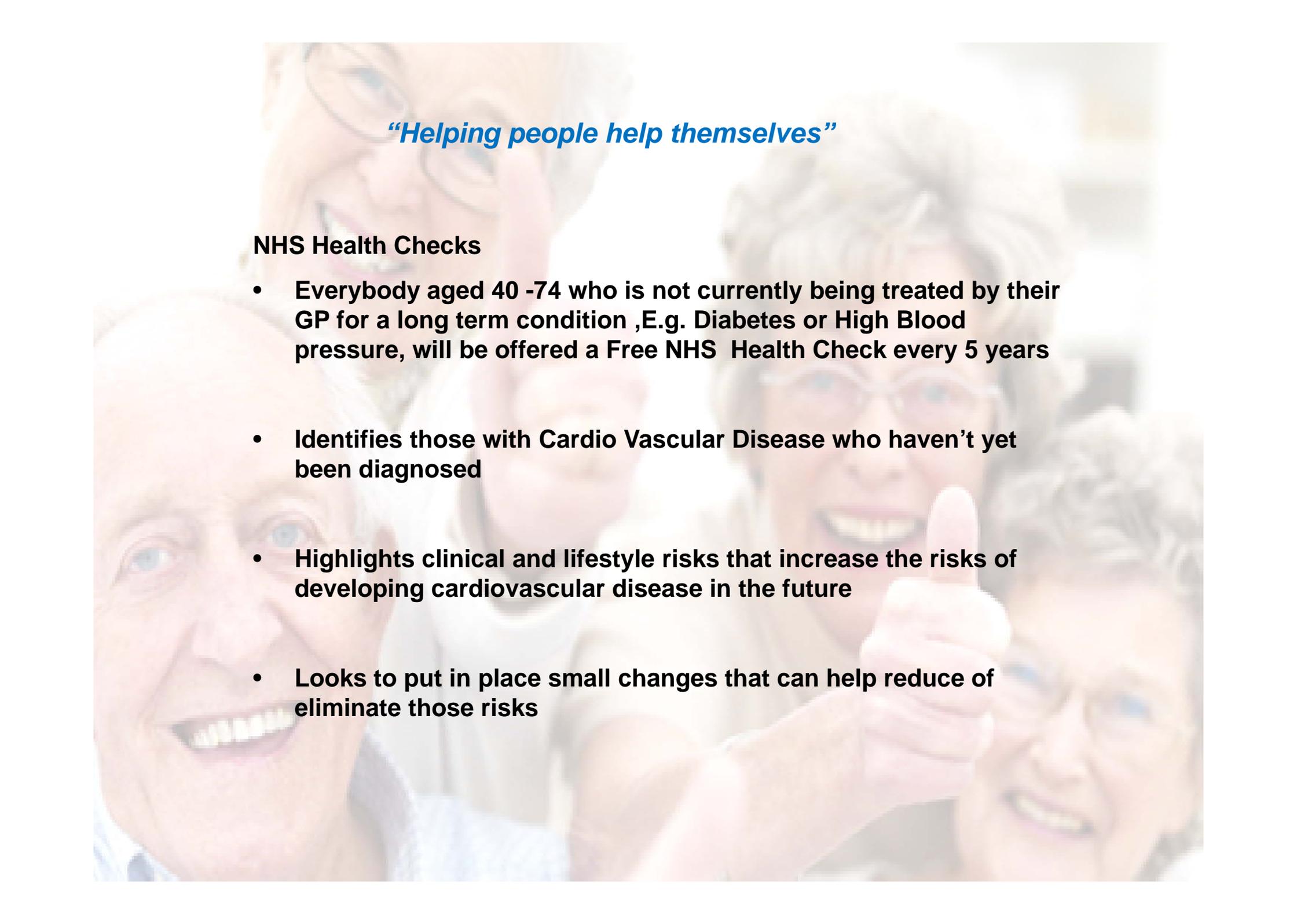


A group of four elderly people are smiling and looking towards the camera. One woman in the center-right is giving a thumbs up. The background is slightly blurred, suggesting an indoor setting.

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NHS Health Checks

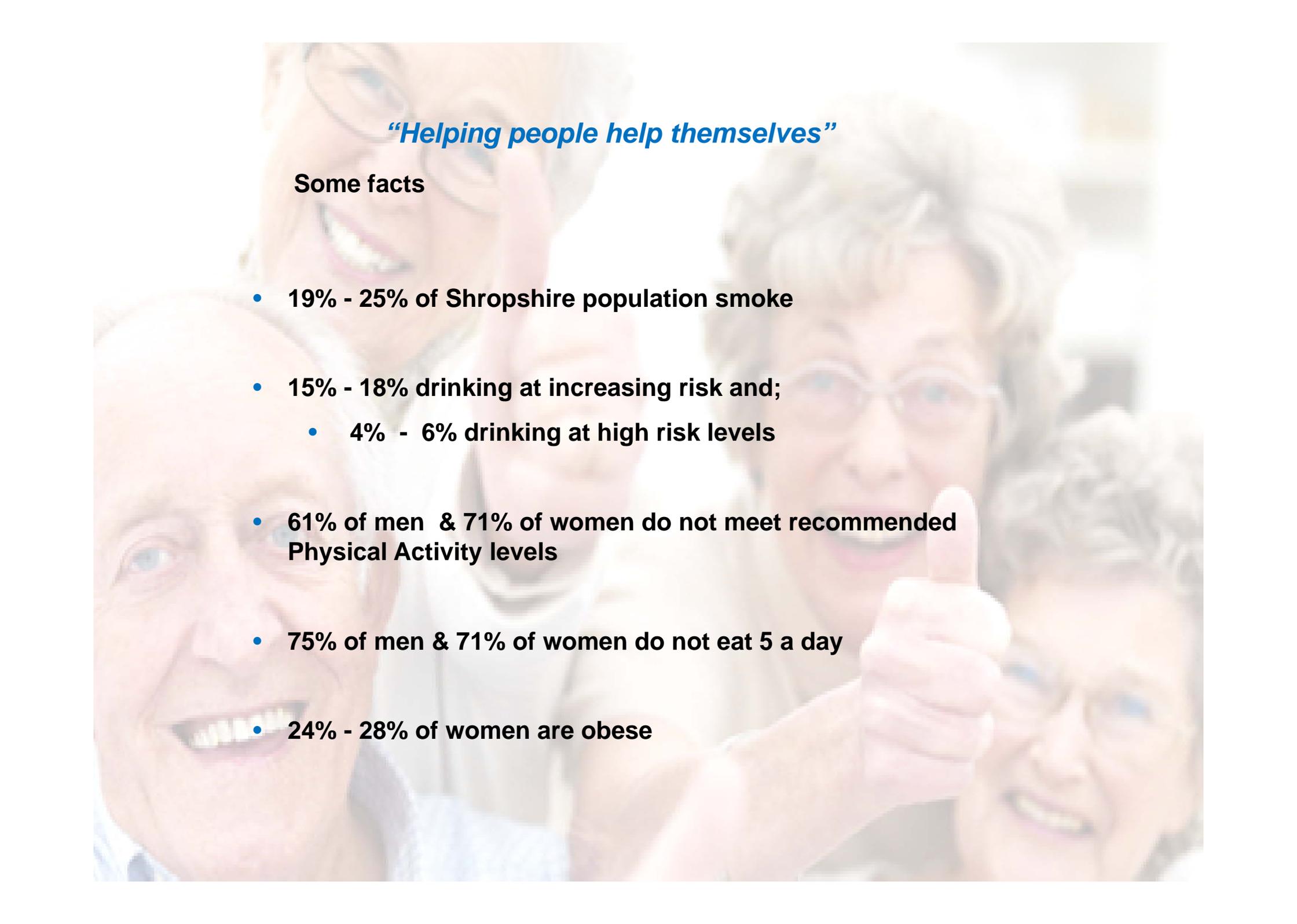
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NHS Health Checks

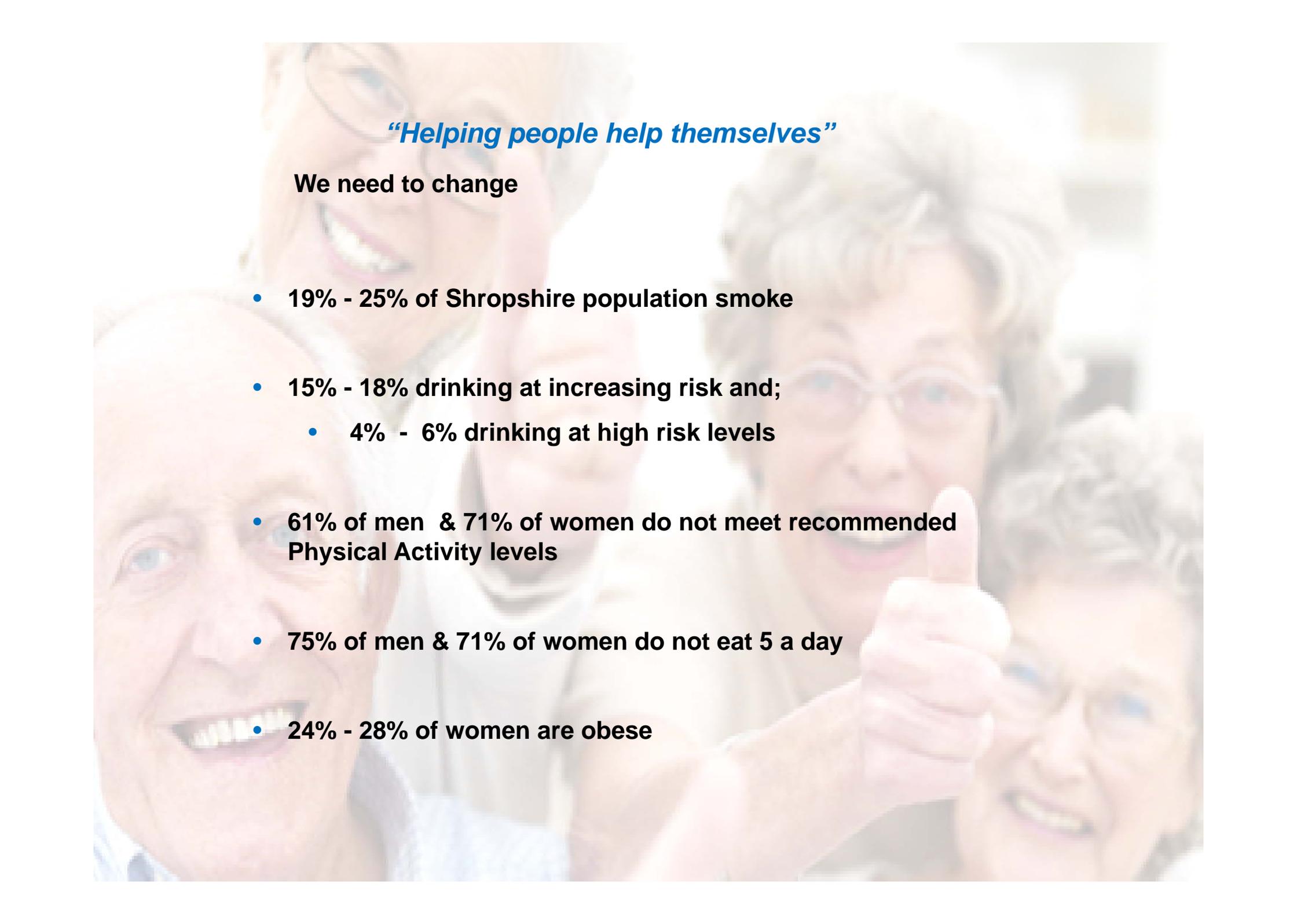
- **Everybody aged 40 -74 who is not currently being treated by their GP for a long term condition ,E.g. Diabetes or High Blood pressure, will be offered a Free NHS Health Check every 5 years**
- **Identifies those with Cardio Vascular Disease who haven't yet been diagnosed**
- **Highlights clinical and lifestyle risks that increase the risks of developing cardiovascular disease in the future**
- **Looks to put in place small changes that can help reduce or eliminate those risks**



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Some facts

- **19% - 25% of Shropshire population smoke**
- **15% - 18% drinking at increasing risk and;**
 - **4% - 6% drinking at high risk levels**
- **61% of men & 71% of women do not meet recommended Physical Activity levels**
- **75% of men & 71% of women do not eat 5 a day**
- **24% - 28% of women are obese**



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We need to change

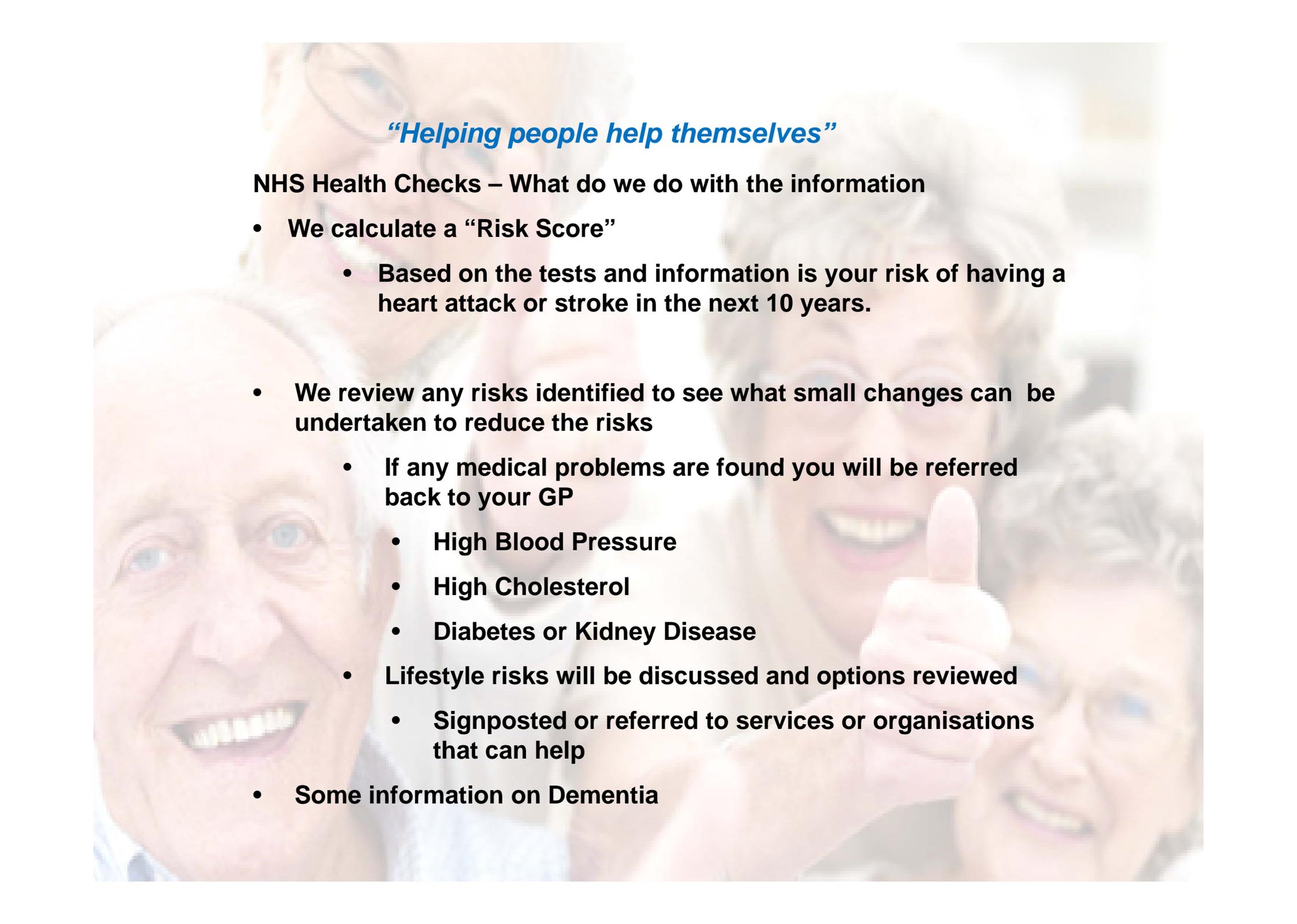
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NHS Health Checks – What happens

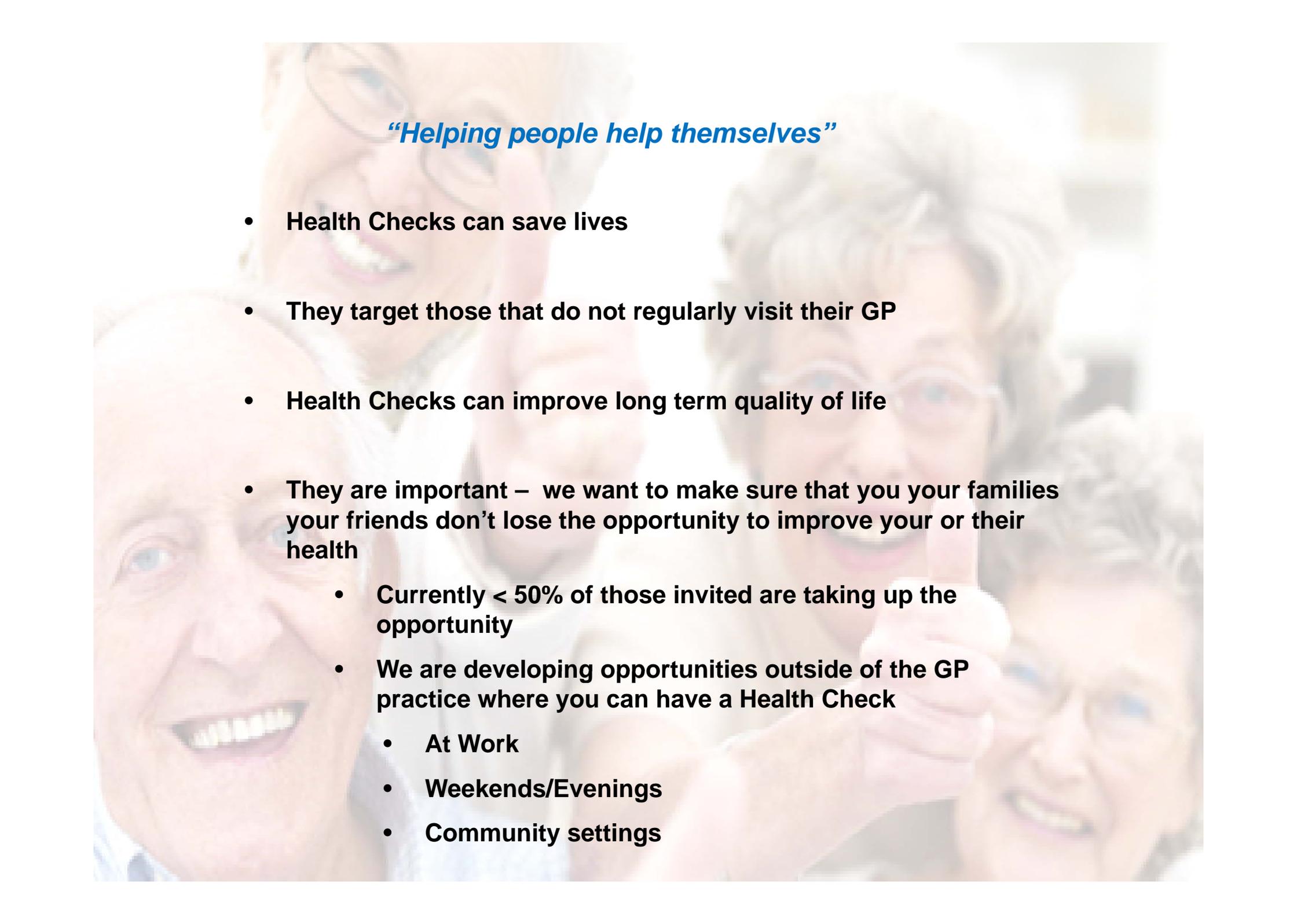
- **Lasts about 20 minutes**
- **Some simple checks**
 - **Blood pressure**
 - **Height/ Weight**
 - **Blood test**
 - **Cholesterol**
 - **Glucose (If there is anything that might suggest a risk of Diabetes)**
- **Some questions about your medical history and that of close family members.**
- **Some questions about your lifestyle**
 - **How active are you**
 - **How much you drink and how often**
 - **Do you smoke**
 - **Diet**



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NHS Health Checks – What do we do with the information

- **We calculate a “Risk Score”**
 - **Based on the tests and information is your risk of having a heart attack or stroke in the next 10 years.**
- **We review any risks identified to see what small changes can be undertaken to reduce the risks**
 - **If any medical problems are found you will be referred back to your GP**
 - **High Blood Pressure**
 - **High Cholesterol**
 - **Diabetes or Kidney Disease**
 - **Lifestyle risks will be discussed and options reviewed**
 - **Signposted or referred to services or organisations that can help**
- **Some information on Dementia**



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- **Health Checks can save lives**
- **They target those that do not regularly visit their GP**
- **Health Checks can improve long term quality of life**
- **They are important – we want to make sure that you your families your friends don't lose the opportunity to improve your or their health**
 - **Currently < 50% of those invited are taking up the opportunity**
 - **We are developing opportunities outside of the GP practice where you can have a Health Check**
 - **At Work**
 - **Weekends/Evenings**
 - **Community settings**

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How can you help

- Become Health Check Champions
- Encourage friends and family to attend a Health Check when invited.
- Support and encourage them to make the small changes that could have a big impact on their lives
- Make sure you take up the opportunity
- Help people help themselves



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What else is happening

MECC

Make Every Contact Count

Organisations are getting involved
Staff are being trained to raise
healthy lifestyle issues
opportunistically.

This is often known as
Brief Opportunistic Advice
(BOA =30 secs-3mins)

Giving information about the
importance of behaviour change,
simple advice and sign posting to
appropriate lifestyle services for
support.

“The prevention of ill health is everybody’s role”

Sir Michael Marmot,

3 simple steps:

Ask: *recognise opportunities/about lifestyle behaviours/*

Advise: *about risks, and benefits of change*

Assist: *signpost and support a referral (where appropriate)*

**Healthy Shropshire helpline:
0345 678 9025**

www.healthyshropshire.co.uk