

Public Health Commissioning

Health Reform Public Health Committee

September 2021

Public Health commissioning responsibilities

Local Authority Commissioning Responsibilities (1)



- Tobacco control & smoking cessation
- Alcohol and drug misuse
- Services for children 5-19
- National Child Measurement Programme*
- Obesity and weight management
- Local nutrition services
- Increasing physical activity

- NHS Health Checks*
- Public mental health services
- Dental public health services
- Injury prevention
- Birth defect prevention
- Behavioural and lifestyle campaigns to prevent LTCs
- Local initiatives on workplace health

- Support and challenge of NHS services (imms and screening)
- Public health advice to NHS*
- Sexual health services*
- Seasonal mortality initiatives
- Local role in health protection incidents*
- Community safety
- Social exclusion

* Indicates mandated services

10

Health visiting since 2015 – 5 mandated visits*
Oral health since 2018 – statutory survey

“Reducing health inequalities and improving the health of the population”

“Ongoing transformation to ensure efficacy, effectiveness and improved outcomes”

- Taking a preventative approach focused on those most in need
- Empowering service users to help themselves
- Collaboration and co-production
- Focused on improving systems and pathways
- Evidenced led and informed by data
- Enabling creativity and innovation, including embracing new technology
- Maximising spend on front line services and focused on the end goal/outcome
- Ability to adapt rapidly to the changing health and social care landscape
- Supporting localised delivery, enhancing social value and supporting a cleaner green Kent
- Can demonstrate impact

Commissioning Context



Demographics

Ageing and diversifying population, increasing birth rates and 40 – 74 population. Increasing mental health and substance misuse needs and drug deaths

NHS Long Term Plan

Calls for collaboration between organisations, formation of new health structure, digitalisation, focus on prevention - development of K and M 5 year plan

Sustainability and Transformation plans and development of Integrated Care Systems

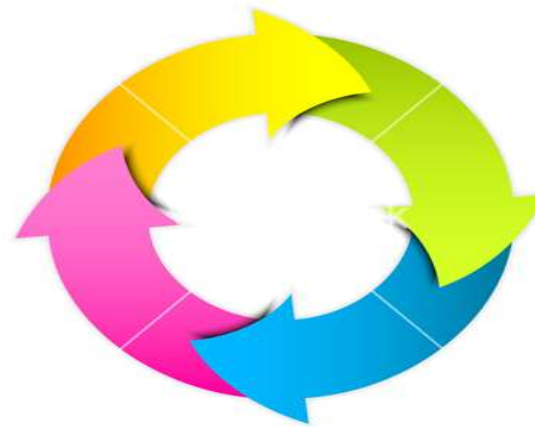
Development of a Kent and Medway ICS, ICP and PCN's

Financial and contractual drivers

Significant ongoing cost pressures, lack of ongoing budget uncertainty and varied budget allocations

COVID

Redeployment of NHS workforce (cost of £1.5M), critical services delivered, many require significant catch up and varied levels of demand.



EU Post Transition

Concerns on the impact of drug prices, staffing and travel etc

Public Health System and PHE Reforms

National review of mandated programmes and functions.

UK Health Security Agency (formerly National Institute for Health Protection)

Health inequalities and clustering of unhealthy behaviours

HI are increasing both locally and nationally with unhealthy behaviours more prevalent in areas of deprivation

Legislation and Commissioning Guidance

Working together to improve health and social care for all White Paper

Transforming Public Procurement Green Paper
Revised Healthy Child Programme Guidance

Our Focus

“Reducing health inequalities and improving the health of the population”



Services

Start Well



- Health Visiting* inc. Infant Feeding
- School Public Health Service* inc. CYP Counselling Service
- Kent Epidemiology and Oral Health Promotion programme
- Targeted Relationships
- Young Person Drug and Alcohol Services
- Young Person Condom Programme

Live Well



- Sexual Health Services*
- Health Improvement/Lifestyle Services
- Drug & Alcohol Services
- Suicide Prevention
- NHS Health Checks*

Age Well



- Postural Stability
- Men's Sheds
- NHS Health Checks

*Mandated Functions

Co-commisioning and investment in KCC services

Kooth online counselling, Children's centres, Youth services, Family Drug and Alcohol Court, Live Well Kent, Domestic Abuse, Housing related support, Employment wellbeing, Bereavement Services, Kent Community Alcohol Parentship, VSC support etc

Start Well – Priorities

Early identification and support to prevent escalation of need

- Expedite response to SEND inspection actions and deliver Written Statement of Action
- Provide robust outreach that reaches children and young people who may be vulnerable and not known e.g. children educated at home
- Build greater relationships with educational settings, early years and maternity and co-ordinate communications to families
- Build resilience and support emotional wellbeing, reducing the impact of Adverse Childhood Experiences
- Support children and young people to live healthy lives including pro-actively reducing risk-taking behaviours

Phased recovery of services

- Finalise estate usage to enable increase in face to face sessions.
- Work with partners to support the re-establishment of diagnosis and treatment pathways
- Support a sustainable workforce and support them to adjust to ways of working

Service Enhancements

- Continue to embed co-production and quality improvement methodology into service development and delivery.
- Review and further enhance digital presence to provide more flexible access to support and services, where it is safe to do so.
- Support the sustainability of the Headstart Kent Programme
- Review the single point of access for children and young people's emotional wellbeing and mental health services
- Plan for the revised Healthy Child Programme Guidance and Continuity of Care guidance



Building on innovation and lessons learned from the Covid-19 response

- Evaluation of new ways of working to ensure the service meets the needs of service users through service user surveys and analysis of performance data
- Review and further enhance digital presence to provide more flexible access to support and services, where it is safe to do so

Phased recovery of services

- Increase face to face appointments as lockdown restrictions ease
- Group work to be offered face to face for those who cannot access digitally; restriction on the numbers allowed in groups
- Health check catch up cohort

Service Enhancements

- PH received increase in budget in 21/22 to increase capacity in drug services, includes increasing naloxone, needle exchange, outreach posts
- Dame Carol Black review
- Implement any changes from National Health Check review

Public Health COVID-19 Grants

Surge Testing Op
Barton

Test and Trace Grant

Contain Outbreak
Management Fund
(COMF)

Community Mass
Testing Programme

Practical Support for
those Self-Isolating

Surge testing grant
at a particular site
in Kent to control
the spread of the
COVID-19 virus

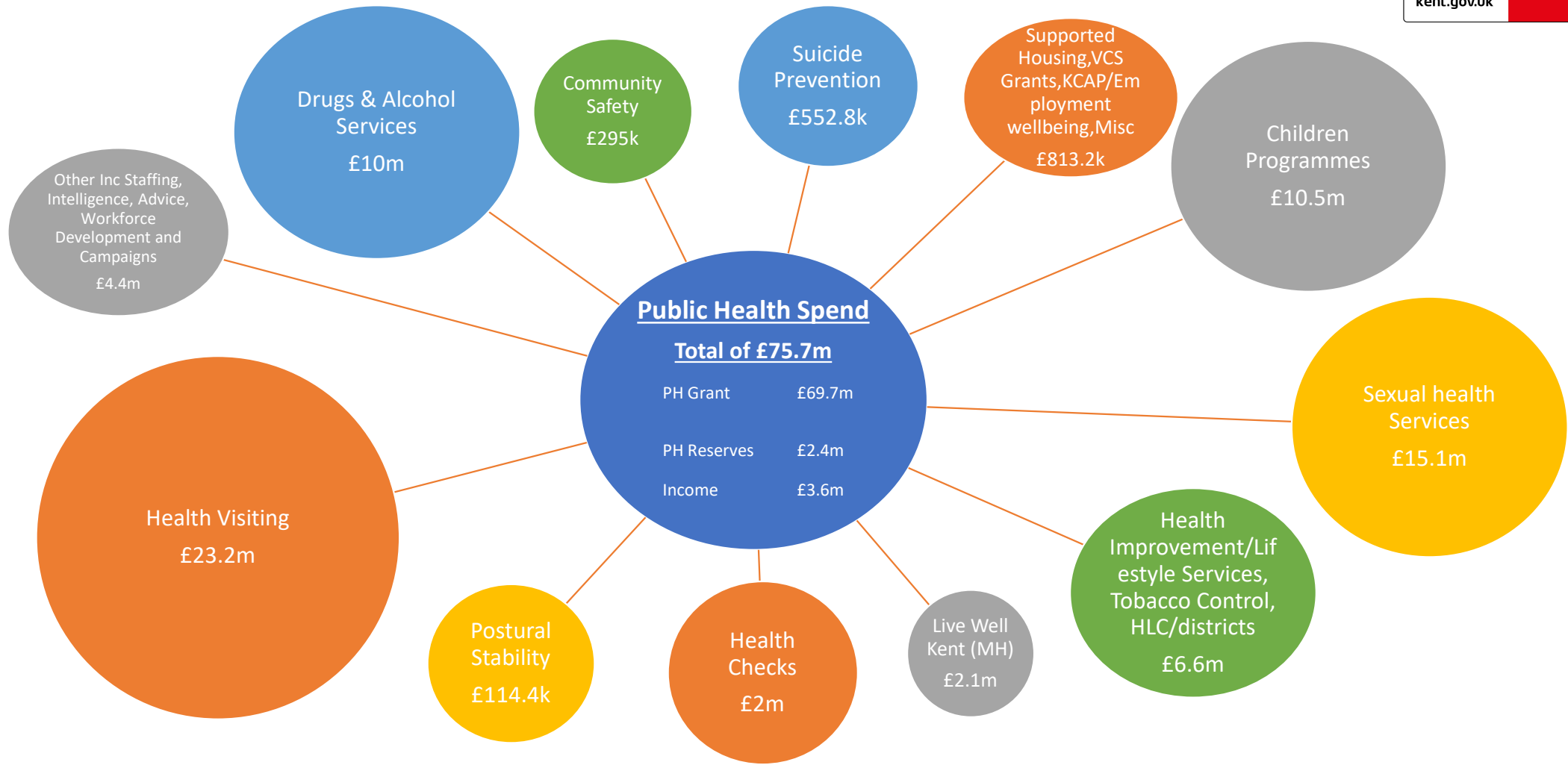
Utilised to
provide local
contact tracing

Utilised to support public
health activities directly
related to the COVID-19
response, such as testing, non-
financial support for self
isolation, support to particular
groups, communications and
engagement, and compliance
and enforcement.

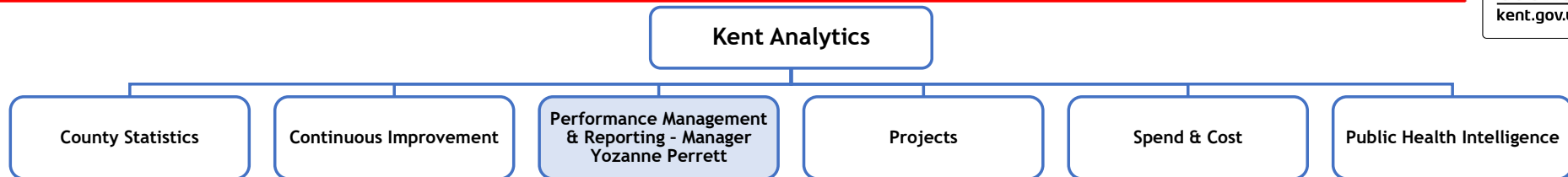
Utilised to deliver
asymptomatic
testing services
across Kent
County Council

Utilised to
provide
additional
support to those
self-isolating
outside of direct
financial support.

Public Health 2021/22 Budget



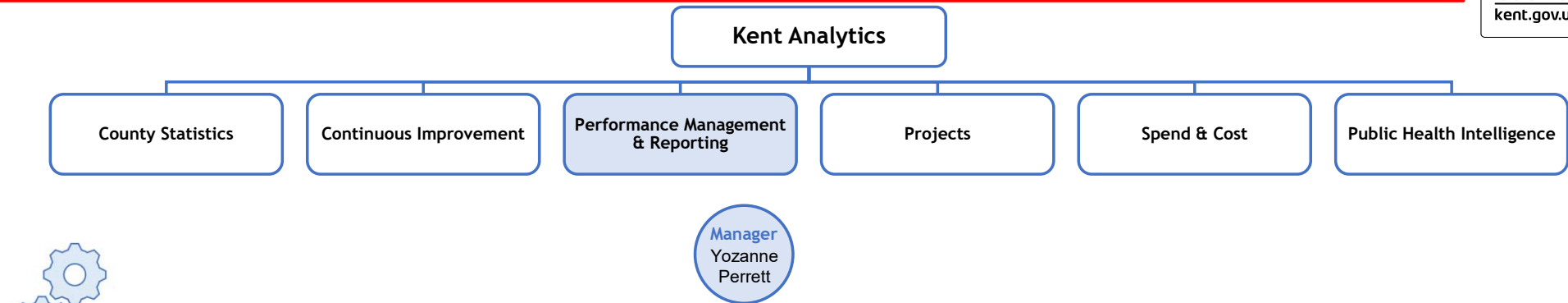
Performance Management & Reporting – Overview



The Performance Management & Reporting Team works across the Directorates of KCC to best represent the current and ongoing performance of commissioned services, and support service improvement through:

- Aligning monitoring with strategic planning across the organisation
- Identifying, measuring and reporting of key performance indicators and activity measures
- Setting measures against impact evaluation criteria and contracted service provision
- Consult on and build performance reporting for commissioned services
- Producing the Council's core performance reporting documents
 - Directorate Dashboards for Cabinet Committees
 - Quarterly Performance Report for County Council
 - Annual Performance Report for County Council
 - 0–25 Health and Wellbeing Board
 - Member performance and information packs
- Translating information into intelligence reports
- Communicating information and understandings

Performance Management & Reporting – Overview



Services Managed | Examples

Commissioned services the team monitor and report on include:

- Drug & Alcohol Service
- Health Checks
- Health Visiting
- Live Well Kent
- One You Kent
- Sexual Health Service
- Specialist Bereavement Service

Public Health Services across Kent

Appendix I

The Health Visiting Service (including infant feeding and Family Partnership Programme)



- For everyone with a new baby or child under 5.
- Lead the delivery of the Healthy Child Programme as part of an integrated approach.
- Universal offer delivers more than 71,000 mandated development reviews each year and provides an invaluable opportunity to identify families that are in need of additional support and children who are at risk of poor outcomes.
- Family centred universal plus and universal partnership plus offer include a range of interventions such as maternal mental health, parenting support and safeguarding.
- Provision of twelve district duty lines, Healthy Child Clinics, infant feeding drop ins and digital support.
- Specialist infant feeding support for approximately 300 families a month.
- Enhanced support for vulnerable families – 22 one to one session during the child's first year of life.

“Becci supported me when I left an abusive relationship, liaised with social services and my GP and put me on the right path. All the health visitors have helped us so much.”



- The Service consists of a workforce of specialist community public health nurses.
- The service is delivered Countywide by KCHFT
- Families can contact the service directly or be referred by a variety of practitioners. Further information is available online at www.kentcht.nhs.uk/service/kent-baby/health-visiting-service/ and in the child's red book.



School Public Health Service



- For Children aged 5 to 19 years, attending and not attending school.
- Works closely with schools, parents and young people to deliver early intervention and to optimise the health and wellbeing of children.
- Routine Screening for approximately 17,500 Year R and 17,500 Year 6; the National Child Measurement Programme (mandated), school entry vision and hearing screening and online health assessment.
- Tier 1 interventions are delivered each year alongside advice, support and guidance for; emotional health and wellbeing, continence and enuresis, weight management, behaviour and parenting.
- Support for schools to understand health needs, develop health plans, implement a whole schools approach to emotional wellbeing and obtain the Resilient School quality mark.

School Public Health Service



- The Service consists of a workforce of school nurses who are qualified nurses, with specialist training in Public Health
- The service is delivered Countywide by KCHFT
- This is a universal service. Referrals for specific interventions are made by a variety of practitioners and self –referrals can be made. Further information is available online at <https://www.kentcht.nhs.uk/service/school-health/>

“The whole family have made significant changes to their lifestyle which has had a positive impact on all. The young person has made healthier changes to his diet.”

Children and Young People's Counselling Service



- For Children aged 5 to 19 years, attending and not attending education.
- This service is part of the wider Children & Young People's Mental Health Services pathway. It has close links with the CAMHS service provider.
- 1-1 counselling sessions. The number of sessions each young person receives is based on need.
- The service ensures that children and young people with early help and specialist needs are able to maintain their resilience throughout recovery.
- The Service consists of a workforce of qualified counsellors.

“The mother was very happy with the outcome and was appreciative that a professional had ascertained her daughter's wishes and needs”

- Referrals are received into a Single Point of Access (SPA) where they are triaged and passed to the appropriate provider for an intervention.
- Self –referrals can be made.

Telephone: 0300 123 4496

Email: nem-tr.kentchildrenandyoungpeoplehealthservices@nhs.net



Targeted Relationships and Sex Education and Emotional Resilience Intervention



- For young girls aged 10 – 16 year who have been exposed to adversities including; sexual exploitation, coercive and abusive relationships and familial domestic abuse.
- Long-term outcomes of the Service are to; reduce the rate of under 16 and under 18 teenage conceptions, increase social, emotional and mental health of young people/ building resilience, reduce emergency hospital admissions for intention self-harm, reduce the rate of STIs under 25-year olds, reduce young women who are not in education or training, reduce young women misusing substances.
- 6 - 8 sessions of individual or group based work, building young people's resilience.

“Ruth realised the impact her boyfriend had on her self-esteem.”

“Emma has been in an unhealthy relationship in the past, so these sessions allowed her to reflect and think about what happened.”

- The service is delivered Countywide by Barnardos.
- Referrals are made by a variety of practitioners and self – referrals can be made. The referral form and further information is available online at www.barnardos.org.uk/BeFree



Kent Oral Health Promotion Programme

- For vulnerable adults and the parents of children identified as already experiencing poor oral health and/or at risk of experiencing poor oral health.
- For key workforce groups from health, education, social care and voluntary sector
- Delivery of the statutory Dental Epidemiology Survey to include dental examination of at least 3000 5 year olds.
- User-directed Oral Health Promotion. This includes providing targeted evidenced based oral health and healthy eating promotion interventions.
- Tailored training to key workforce groups .



- The service consists of a workforce of dentists and oral health promoters.
- The service is delivered Countywide by KCHFT.
- Further information is available online at <https://www.kent.nhs.uk/dental-services/>



Kent Community Health
NHS Foundation Trust

Kent Sexual Health Services

www.kent.gov.uk/sexualhealth

- Integrated specialist sexual health service delivering complex and universal provision across the districts. All age clinics and under 25 clinics provided by Maidstone and Tunbridge Wells Trust and Kent Community Health Foundation Trust
- Pharmacy sexual health service [aged 30 and under]
- Online STI testing
- 'Get it' condom programme [under 25] provided by Metro
- Psychosexual counselling
- Long-acting reversible contraception (LARC) in Primary Care

Your sexual
health matters

Healthy Lifestyle Services For Adults 18 + who live across Kent

One You Kent provides information and a CSSG3 local motivational support and services to help people improve their health in terms of healthy weight, eating well, moving more drinking less and help to stop smoking. **The One You Kent website** provides key information, a short health quiz and free apps to download.

<https://www.kent.gov.uk/social-care-and-health/health/one-you-kent>

Local motivational support is delivered by **One You Kent Lifestyle Advisors** working across Kent.

East Kent and Maidstone **03000 123 1220**

West Kent and Dartford **0300 0200636**

Gravesham **01474 320123**

A short referral form is also available on the One You Kent Website

One You Kent also offers free advice and support to help you get healthier and feel better



I am a stone down and 14 cm smaller around the waist. I have fallen back in love with taking care of myself and my confidence has grown. I feel inspired and ready to make new goals but most importantly I feel I have the confidence to achieve them

Slide 20

CSSG3

Is this meant to say "and an app"?

Clare Stewart - ST GL, 25/08/21

Smoke Free Service Provides free, face-to-face support in local community Offering Quit Clubs and one-to-one sessions across Kent. Stop smoking medication such as patches, gum or tablets (Champix and Zyban) are available on prescription – if people don't pay for prescriptions then they are free!

Quitting when pregnant

Specialist help and support is available to help women to go smoke free, including home visits through a special NHS team with lots of experience who are dedicated to helping pregnant women and their families to quit smoking. Free patches or gum is available through a prescription to help through the difficult days – these are perfectly safe to use throughout pregnancy

<https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/quit-smoking#Local-quit-smoking-support>

A short referral form is also available on the One You Kent Website
One You Kent also offers free advice and support to become **smoke free**.
Phone 0300 123 1220 or text 'quit' to 87023

"I searched online and found the quit club and decided to give it a try. I was prescribed nicotine replacement therapy and this was key in helping to beat my cravings for cigarettes. It was a 12-week course but at 6 weeks I had already given up and I had no cravings and no withdrawal symptoms. It was fantastic. Quitting smoking was one of the best days of my life".

Young Person's Drug and Alcohol Services

We Are With You offers a specialist substance misuse treatment service to young people.

They offer information, advice and support to a core group of 11-18 year olds, and targeted support for individuals aged 18-24.

There are a number of referrals pathways including Integrated Children's Services, Youth Justice, CAMHs and Self or Family/friends referral.

The Service aims to support individuals sustain change to their drug or alcohol use through:

- **Peripatetic working** – meeting service users in locations which suit their needs.
- Offering **brief interventions, 1-1 structured support** or **early intervention group work** based on the level of need.
- Delivering the **RisKit** programme in schools, to young people who are vulnerable to risk taking behaviour.
- Offering the **Kent Youth Drug Intervention Scheme (KYDIS)** programme to reduce the number of young people becoming criminalised for low level drug offences.

More Information at: <https://www.wearewithyou.org.uk/services/kent-for-young-people/>

"The help I've had has literally been life changing. I've had help with my anger issues and I've realised what the drugs were doing to me. I've been able to encourage my friends to stop too. My relationship with my parents is now much better and they're starting to trust me again. I'm reapplying for sixth-form and have a couple of job interviews lined up to keep me busy until then." **Service user**

Adult Drug and Alcohol Services - CGL West Kent Recovery Service

Change Grow Live (CGL) are a charity that supports people to change their lives for the better.



In West Kent CGL deliver an open access, recovery-orientated drug and alcohol treatment and harm reduction service for adults aged 18+. Areas include Maidstone, Tunbridge Wells, Gravesend, Tonbridge & Malling, Sevenoaks and surrounding areas.

There are several referrals pathways including Self referral, GP, Criminal Justice, and Psychiatry Services.

For more information call 0330 128 11133 or visit <https://www.changegrowlive.org/>

"I love my life now and am so thankful to have been given a second chance. I have learnt so my different ways of coping with my issues and feel that I am in full control of my life now." Zoe, Service User.

Adult Drug and Alcohol Services - CGL West Kent Recovery Service

The Service aims to support individuals sustain change to their drug or alcohol use through:

- **Screening and detailed assessment** of individuals who have a drug or alcohol treatment need.
- **Recovery planning** including access to evidence based pharmacological and psychosocial interventions. These include group-based work and 1-1 structured support.
- **Harm minimisation** interventions including access to needle and syringe exchange programmes, Blood borne virus testing, Hepatitis B vaccinations and referral for specialist Hep C treatment.

Adult Drug and Alcohol Services- East Kent The Forward Trust

- The Forward Trust are a charity that empowers people to break the often interlinked cycles of crime and addiction to move forward with their lives.
- In East Kent, Forward deliver open access drug and alcohol treatment and harm reduction services for adults aged 18+. Areas include Ashford, Canterbury, Dover, Folkestone, Thanet and Sittingbourne and the surrounding areas.
- There are a number of referrals pathways including Self referral, GP, Criminal Justice, and Psychiatry Services.



forward

Adult Drug and Alcohol Services- East Kent The ForwardTrust



The service supports individuals through a range of interventions including:

- **Screening and detailed assessment** of individuals who have a drug or alcohol treatment need, this includes assessment for community and in patient detox.
- **Structured Support** through pharmacological and psychosocial interventions. These include substitute prescribing, clinical care and structured recovery pathways and programmes.
- **Harm Reduction** interventions including needle exchange, blood borne virus testing, vaccinations and referral for Hepatitis C treatment.

For more information visit www.eastkentdrugandalcohol.org.uk for each local office number.

Adult Drug and Alcohol Services - East Kent Residential Recovery Housing

CGL also deliver the Residential Recovery Housing service in East Kent.

This service is across 2 sites:

- Shepherd House in **Folkestone**- 11 Flats
- The Cedars in **Canterbury**- 7 Flats

The referral criteria for the service is to be abstinent and in recovery from drug or alcohol misuse and to have an accommodation need. There are several referral pathways including self referral, community drug and alcohol services, prison and residential rehab.

The Service supports individuals with:

Accommodation individuals will reside in self contained flats, with access to communal living space and 1-1 housing related including move on accommodation.

Structured Support the service provide a 3-stage structured program with psychosocial intervention and recovery support designed to support individuals to sustain their abstinence from drugs and alcohol. This includes group-based work and 1-1 structured support.

Life Skills including maintaining a tenancy, managing finances and filling life with meaningful activities including attending college, volunteering and working towards gaining employment.

For more information call 01303 220719 or visit www.changegrowlive.org/content/shepherd-house

Digital App



The digital interventions provided by Breaking Free Online deliver confidential and highly personalised support 24 hours a day. All residents with a Kent postcode over the age of 18 will have access to the Lower My Drinking triage site and application free of charge.

There are several referral pathways including self-referral, GP, Healthcare Professional, Hospital, One You Kent and Specialist Alcohol Services. Lower My Drinking can be used in conjunction with other services such as face-to-face interventions or as stand-alone support.

For more information visit <https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/drink-less>

Digital App



Lower My Drinking is a comprehensive digital platform for preventing alcohol-related harm and will:

- Increase awareness amongst Kent residents who engage with the interventions about the impact alcohol is having on their lives.
- Provide advice and support to Kent residents who are drinking above lower risk amounts in order to facilitate a reduction in consumption.
- Increase awareness of local services for those requiring a referral to services as they have identified as being potentially alcohol dependent.
- Provide a self-referral mechanism via the self-assessment and triage site to local services.

For more information visit <https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/drink-less>



Digital App

The My Quit Route application is available to all residents with a Kent postcode over the age of 18 free of charge and accessible 24 hours a day which delivers confidential and highly personalised support to quit smoking.

My Quit Route is a NCSCT-compliant application for facilitating smoking cessation that can be used as a stand-alone intervention or as continuous, on demand behavioural support in combination therapy with NRT, medication or e-cigarettes.

There are several referral pathways including self-referral, GP, Healthcare Professional, Pharmacist and One You Kent.

For more information visit <https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/quit-smoking>



Digital App

My Quit Route will:

- Increase awareness amongst Kent residents who engage with the interventions about the impact smoking is having on their lives including health and finances.
- Provide advice and behavioural support to Kent residents who want to quit in-conjunction with stop smoking services, or those who wish to quit independently.
- Provide specific advice and support for pregnant smokers attempting to quit.

For more information visit <https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/quit-smoking>

Mental Wellbeing services



- Live Well Kent is a service commissioned by **Kent County Council Adult Social Care, Public Health** and all **Kent CCGs**. The service was commissioned to support people's mental health and wellbeing. It is an open access service for people who reside in Kent who are over 17.
- The service has been commissioned to target people with common and serious mental health issues, and was set up to:
 - Transform fragmented delivery of different grant funded mental health services into a collaborative network
 - Support people to better manage their wellbeing within their local community, focusing on recovery and self-management.
 - Better understand and evidence the impact of the support that is provided.
- For more information, the website can be found at <https://livewellkent.org.uk/>

Specialist Bereavement Service for under 25-year-olds

CHUMS deliver the Specialist Bereavement Service for under 25-year-olds across Kent and Medway. The service is available to individuals from Preschool age (3 ½) up to 25 years old (until 26th birthday) who are registered with a Kent or Medway GP and require specialist bereavement support to cope with complex grief.



Referrals into the service are open access. Referral pathways include self referral, GP, mental health professionals and other bereavement support services/existing voluntary sector bereavement services.

For more information visit <http://chums.uk.com/>

Specialist Bereavement Service for under 25-year-olds



- The service delivers evidence-based specialist counselling.
- The interventions are age appropriate and take into consideration the family context to provide flexible levels of support to meet the needs of the bereaved person/s.
- Delivery of these sessions is via trained counsellors with experience in bereavement, delivered in venues suitable for the service user, such as at home, in school and youth clubs, and/or virtually.
- The overarching aim of the service is to support children and young people across Kent and Medway who are experiencing high levels of distress and grief by supporting them to manage the impact of their bereavement and reduce the risk factors associated with this event.

For more information visit <http://chums.uk.com/>

Kent Sheds Programme



Activmob are commissioned by KCC Public Health to help expand Kent's network of sheds by developing a further 38 sheds, whilst maintaining the current network of sheds which already exist.

Sheds are spaces designed for men to connect, converse and create. They are designed to help reduce loneliness and isolation in a population who are difficult to reach through other community based interventions. Through participating in sheds it is hoped that a participant would:

- Improve Physical Health
- Have a raised self-esteem and confidence
- Be given the tools to find employment
- Have improved social networks and a restored sense of worth
- Develop community leadership skills

Sheds operate all across the county, with more information available here: <https://www.kentsheds.org/>

Support Service for People Bereaved by Suicide (all ages)

Listening Ear deliver the Support Service for People Bereaved by Suicide (all ages) across Kent and Medway. This service is available to anybody currently living in Kent and Medway, no matter where the death by suicide occurred. Children under the age of 18 are able to access the service at a level depending on their need and the service will work closely with the Specialist Bereavement Service for under 25.

Referrals into the service are open access, but the main referral route is via a formal pathway between Kent Police, the Kent Coroner Service, Kent and Medway Public Health Teams and Listening Ear. The service works closely with other bereavement support services across Kent and Medway.

For more information visit <https://listening-ear.co.uk/>

Support Service for People Bereaved by Suicide (all ages)

- The service helps people who have been bereaved by suicide.
- The service provides a person/family centred approach and delivers evidence-based interventions.
- There are three main cohorts of people that the service supports:
 1. Close family members of the individual who died
 2. Friends, colleagues, witnesses, and other people affected by a suicide
 3. People who are supporting, or who are spending time with, people bereaved by suicide
- The aim of this service is to help family and friends both in the initial days and weeks after the death, as well as signposting support for people who have been bereaved by suicide in previous years.

For more information visit <https://listening-ear.co.uk/>

Postural Stability – KCHFT (east Kent) &

Involve (west Kent)



Postural Stability Services offer chair-based exercise classes to individuals aged 65+ (50+ with a supporting statement from a medical professional) who require support with strength, balance and mobility due to a risk/fear of falling. Courses last for 36 weeks at various locations across Kent.

Postural Stability is delivered by two providers:

- KCHFT in east Kent
- Involve Kent in west Kent

The service is aimed at individuals who have had only a few falls or are starting to experience issues with falling. CCG's commission a service for individuals who experience falls more frequently or have an underlying health condition which is leading to a greater number of falls. This support is known as Falls Prevention.

Both Postural Stability and Falls Prevention services are accessible through a referral form hosted on the [KCC website](#).

NHS Health Checks



- For adults in England aged 40 to 74. It's designed **to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia**. Eligible population invited by letter by GP (text messaging is being explored)
- **Universal and targeted approach** to increase take up in lower deciles (who are less likely to attend but more at risk of CVD (cardio vascular disease))
- **Outreach** - KCHFT deliver community outreach health checks; workplace, events to target harder to reach communities
- **System** – Health Options software identifies cohort, sends invitations, records results of a check and reports on outcomes; no. of referrals to OYK or diagnosis. System review to start Jan 2021
- **App** – helps track health check results, provides advice, based on results, to support people to make the change to a healthier lifestyle.



NHS Health Check



[Website](#)