

**Subject:** Commissioning of an NHS Health Check System

**Appendix number:** 1

**Appendix title:** Background, benefits and outcomes of the NHS Health Check programme, and why a system is required to support it.

An NHS Health Check can improve the health and wellbeing of adults aged 40-74 through earlier awareness, assessment and management of major risk factors contributing to premature death, disability, and health inequalities. Due to the complex requirements of the NHS Health Check, a system is needed to facilitate delivery of the associated clinical pathway to ensure KCC meets its statutory obligations and that Kent residents benefit from a seamless service.

The NHS Long Term Plan<sup>1</sup> has a focus on cardiovascular disease (CVD) including reducing mortality from CVD, increasing early detection, and implementing preventative approaches and interventions to reduce the risk. With a system being key to the success of the Kent NHS Health Check programme, this commissioning project will support the CVD ambitions of the NHS Long Term Plan.

The Office for Health Improvement & Disparities (OHID) Public Health Outcomes Framework sets out a vision that is to 'improve and protect the nation's health and improve the health of the poorest fastest.'<sup>2</sup> The NHS Health Check programme is considered a key initiative for preventing disease and identifying disease in its early stages, both of which contribute to the vision of the framework.

In 2021, OHID published a national review of the NHS Health Check programme<sup>3</sup> which featured six recommendations: build sustained engagement, launch a digital service, start younger, improve participation, address more conditions, and create a learning system. Whilst these recommendations have not yet been incorporated into the programme nationally, they are currently being considered for implementation in the future. A versatile and flexible system is recommended to being able to action these recommendations effectively and innovatively should they become additional programme requirements.

The Kent NHS Health Check programme has been provided by KCHFT, in collaboration with KCC as commissioners, since 2013. KCHFT act as the primary provider, and they sub-contract delivery out to general practices and pharmacies across Kent, as well as providing NHS Health Checks directly. KCHFT also provide an outreach service to underserved communities that may be less likely to take up an invitation to a check.

The key outcomes for the **NHS Health Check system** will be:

- The NHS Health Check programme continues running successfully in Kent

---

<sup>1</sup> [NHS Long Term Plan](#)

<sup>2</sup> <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>

<sup>3</sup> [NHS Health Check Programme review - GOV.UK \(www.gov.uk\)](#)

- Service users have an effective, innovative, and easy to use digital system/solution that enables them to provide NHS Health Checks
- The NHS Health Check programme operates in a compliant and legal manner, meeting all regulations in its conduct.

The key outcomes for the **NHS Health Check programme** that the system will indirectly support will be:

- Ensure a minimum of 100% of the annual eligible population is invited for an NHS Health Check
- Delivery of NHS Health Checks in a choice of settings to achieve a minimum of 46% uptake.
- Numbers referred onwards to Adult Healthy Lifestyle Programme/s including but not limited to One You Kent and NHS Diabetes Prevention Programme
- Numbers of diagnoses following an NHS Health Check
- Number of atrial fibrillation cases detected through the atrial fibrillation project.
- Trends in equity improvement across the programme
- Equitable service delivered that takes a universally proportionate approach.
- Person centred delivery.
- Social value delivered that supports KCC strategic outcomes.
- Digital innovations

END OF APPENDIX 1.