

NHS Health Check implementation for Kent

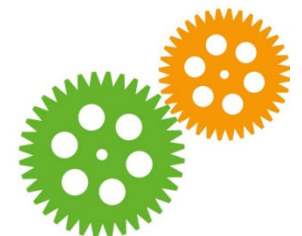
Free NHS Health Check

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



Key milestones for the NHS Health Checks

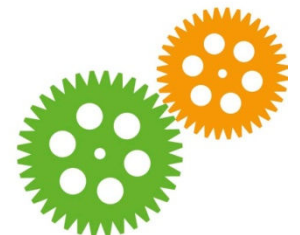
- NHS Health Checks will be funded from the Public Health budget and responsibility transferred to LAs from April 2013
- Proposed Public Health Outcomes Framework (PHOF) indicator: **“Proportion of eligible people who received an NHS Health Check”**
- Other indicators in PHOF on mortality and morbidity related to life-style issues



Who is a health check for?

All those between 40 – 74 years who are not on disease registers for:

- Diabetes
- Chronic Kidney Disease
- Stroke
- Heart disease

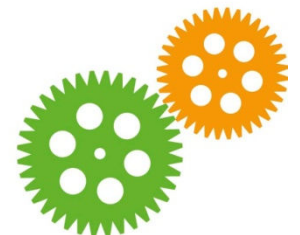


Why do people between 40 – 74 need a check?

The risk of developing heart disease, stroke, diabetes and kidney disease increases with age.

There are other things that make the risk greater:

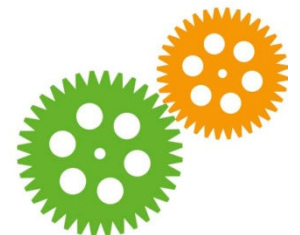
- Being overweight
- Lack of exercise
- High cholesterol
- High blood pressure



What happens at the check?

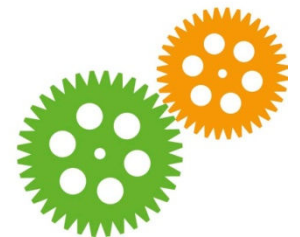
The check is to assess risk of developing heart disease, type 2 diabetes, kidney disease and stroke

- The check takes about 20-30 minutes
- Simple questions about family history and medications are asked
- Records of height, weight, age, sex, ethnicity and blood pressure are made
- A blood sample is taken to check cholesterol levels



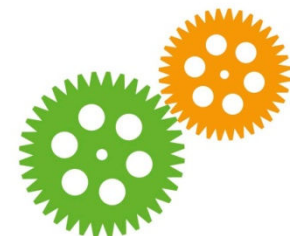
What happens after the check?

- Results are discussed and personal advice given on how to lower risk and maintain a healthy lifestyle
- Some further tests may be needed dependent on the results
- Treatment or medication may be prescribed to help maintain health



Crucial issues to consider for programme

- The programme did not start in Kent until 2011/12 whereas nationally it started in 2009/10
- It is now fully funded for the first time
- It is a five-year rolling programme therefore you cannot expect the programme to be green until after this. One fifth of those eligible are called each year
- GPs absolutely need to be involved in providing the programme. The call/recall element depends on them
- GPs need to follow-up and treat people who are identified as being at risk



Options for delivery next year and beyond

- Continue delivery by West and East models
- Public health to hold separate contracts with each of the GP and other providers
- Procure NHS Health Checks from April 2013 on the proposed basis of securing a single organisation to programme manage delivery

