



LONDON BOROUGH OF BROMLEY

Annual Public Health Report 2016

NHS HEALTH CHECKS
Making an impact in Bromley

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Welcome to Bromley's Annual Public Health Report for 2016

This year's report looks at the impact of NHS Health Checks on the people that live in Bromley

The NHS Health Checks have been around for some time and in Bromley, we implemented the programme in 2011. It seems, therefore, quite appropriate to examine the impact of this programme after 5 years and remind ourselves, colleagues and the public what is the programme about and what it has achieved.

In the last couple of years there has been a lot of controversy about the programme, its value and effectiveness. This has also prompted us to look at our local programme and examine it.



What are NHS Health Checks?

Learn more about the free 'body MOTs' from the NHS

- ✓ Anyone aged 40-74 years
- ✓ Registered with a GP in Bromley or a resident in Bromley
- ✓ No pre-existing conditions, such as heart disease, type 2 diabetes, kidney disease or stroke

The NHS Health Check will give you an estimate of your risk of developing heart disease and stroke and therefore a clear picture of your health and will help you take action to reduce your risk of heart disease, stroke, diabetes and kidney disease. Everyone is at some risk of developing heart disease, stroke, diabetes or kidney disease. The good news is that these conditions can often be prevented, even if you have a history of them in your family.



What happens at the check?

Many questions, measurements and tests form an NHS Health Check including:

- Age
- Gender
- Ethnicity
- Smoking habit
- Blood pressure
- Cholesterol
- Height
- Weight
- Waist circumference
- Pulse
- Physical activity levels
- Alcohol intake

The results are entered into a cardiovascular disease risk calculator and a **person's cardiovascular risk score** is calculated.

What is cardiovascular risk?

Many people know that being overweight, smoking or having high blood pressure can lead to strokes and heart attacks. Few consider the impact that having multiple risk factors have when they cluster together. Looking at risk factors together is at the core of an NHS Health Check. The NHS Health Check gives a calculation of a person's *absolute cardiovascular risk*. This is their chance of having a heart attack or stroke in the next 10 years.

This risk is expressed as a percentage and should be communicated to a person in such a way to motivate lifestyle changes, stopping smoking or taking more exercise for example.



What happens after the check?

Depending on the results of some of the measurements that are taken in an NHS Health Check, people may need further testing for conditions such as diabetes, hypertension and chronic kidney disease.

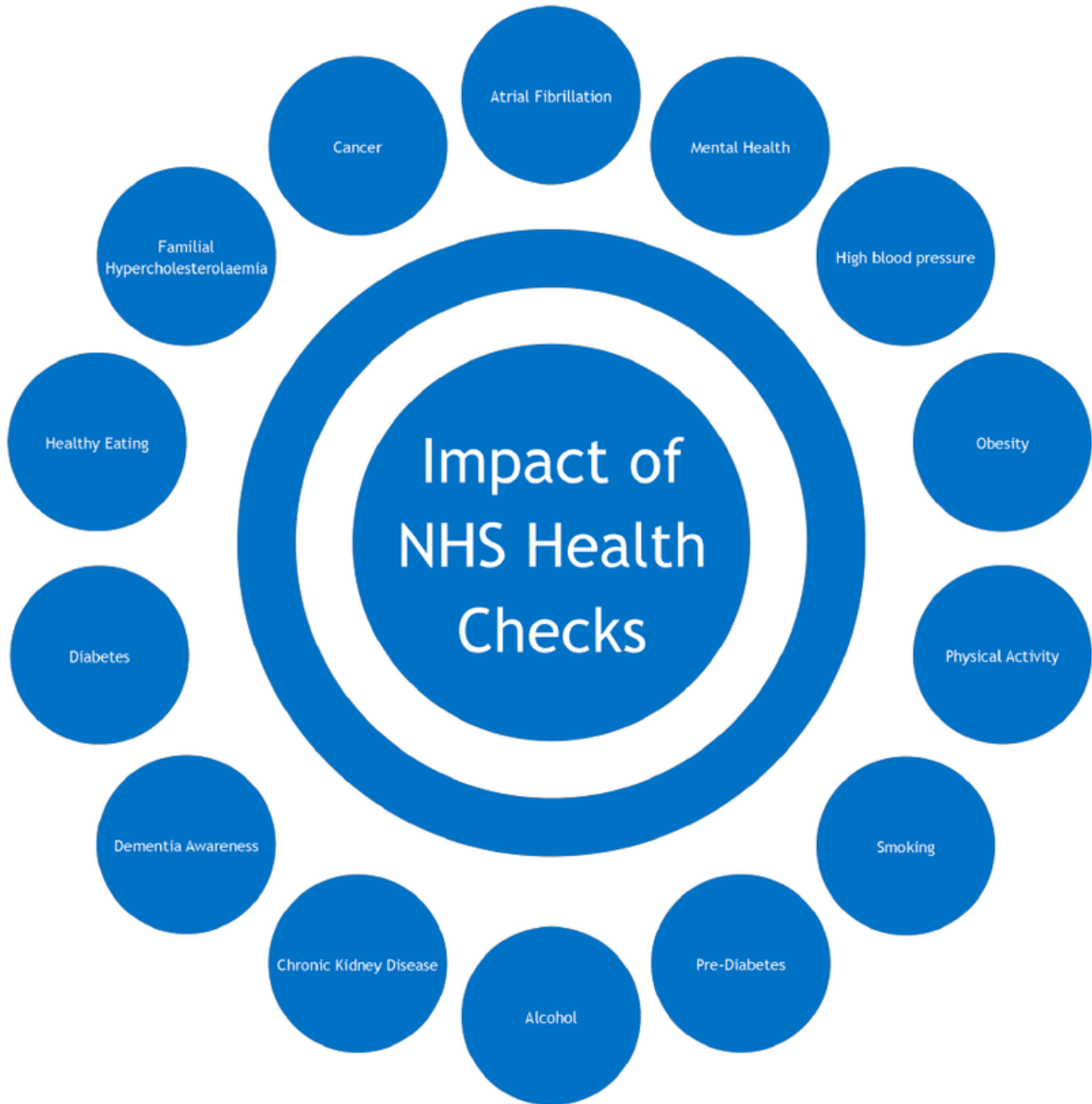
If people are diagnosed with any of these conditions after attending an NHS Health Check, it is likely that these conditions have been picked up earlier than would have otherwise happened.

This is good news for everyone as early identification means early diagnosis leading to earlier treatment and therefore improved outcomes.

Your lifestyle is key to improving your health, so stopping smoking, eating healthier and moving more can all reduce your cardiovascular risk.

Why are NHS Health Checks important?

Simple, they look at all of these parts of your life...



The top seven causes of preventable mortality

- High blood pressure
- Cholesterol
- Smoking
- Obesity
- Poor diet
- Physical inactivity
- Alcohol consumption

More about preventative mortality:

Cardiovascular disease (CVD) is an umbrella term for all diseases of the heart and circulation, including coronary heart disease, stroke, heart failure, cardiomyopathy, and atrial fibrillation.

Cardiovascular (heart and circulatory) disease causes more than a quarter (27%) of all deaths in the UK, or around 155,000 deaths each year - an average of 425 people each day or one every three minutes.

Around 41,000 people under the age of 75 in the UK die from CVD each year.

Since 1961 the age-standardised death rate from CVD has declined by more than three quarters. There are an estimated 7 million people living with cardiovascular disease in the UK – 3.5 million men and 3.5 million women. An ageing and growing population and improved survival rates from cardiovascular events could see numbers rise still further.

The economic burden of CVD, including indirect costs from premature death and disability, is estimated to be over £15 billion each year in the UK. Healthcare costs alone are estimated at up to £11 billion.

Further reading

British Heart Foundation - *Heart statistics publications*

Visit www.bhf.org.uk/research/heart-statistics/heart-statistics-publications

The need for prevention

Since 1990, the number of people dying from cardiovascular heart disease [www.nhs.uk/conditions/coronary-heart-disease] and diabetes [www.nhs.uk/conditions/diabetes] has risen by 30% and a high body-mass has been attributed as the most important cause of premature mortality and disability.

The *Department of Health published Living Well for Longer: A Call to Action on Avoiding Premature Mortality and the Cardiovascular Disease (CVD) Outcomes Strategy* in March 2013. Both of these publications identify the NHS Health Check programme as a vehicle for delivering ambitions.

The Global Burden of Disease Report (2013) [www.thelancet.com/gbd] highlighted the need to reverse the growing trend in the number of people dying prematurely from non-communicable diseases.

The Secretary of State for Health has prioritised reducing premature death and has a focus on improving prevention and early diagnosis. The NHS Health Check programme will be a key deliverable in supporting this ambition.

The NHS Health Check is a national programme which aims to prevent heart disease, stroke, diabetes, kidney disease and certain types of dementia through early identification and management of certain risk factors.

Further reading

Living Well for Longer: A Call to Action on Avoiding Premature Mortality -

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/181103/Living_well_for_longer.pdf

Cardiovascular Disease (CVD) Outcomes Strategy -

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/217118/9387-2900853-CVD-Outcomes_web1.pdf

The Lancet, The Global Burden of Disease Report (2013) -

www.thelancet.com/gbd

NHS Five Year Forward View -

www.england.nhs.uk/five-year-forward-view

NHS Health Checks National Programme -

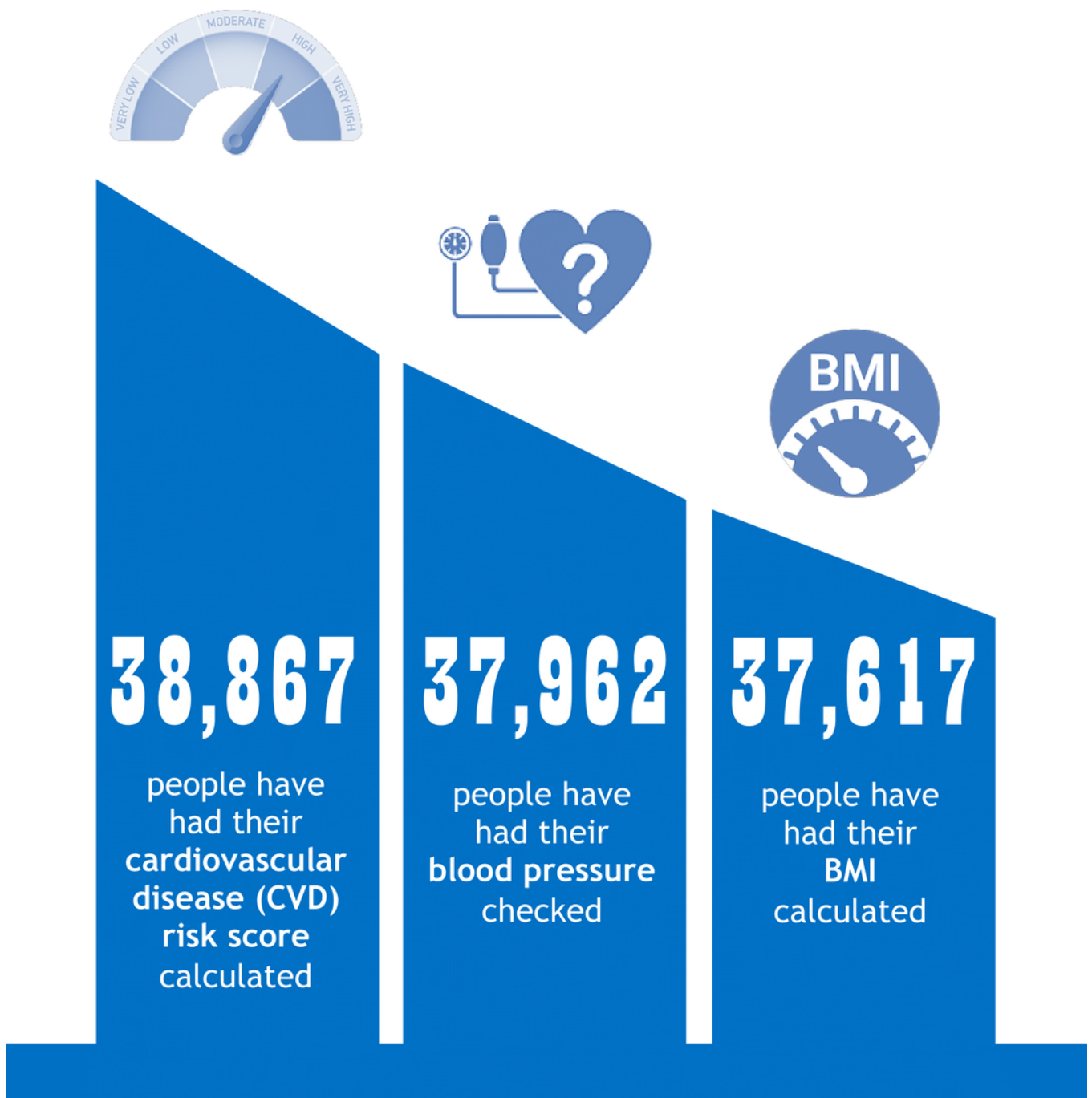
www.healthcheck.nhs.uk

Invitations and uptake

See how many people we have helped in Bromley

There are many different assessments, measurements and tests that happen in an NHS Health Check.

The image below shows what we have done over the last 5 years:



34,841

people have had their **cholesterol** checked

34,487

people have had their **pulse** checked

30,526

people have had their **smoking status** checked



29,088

people have had their **physical activity** levels assessed

14,723

people have had their **alcohol consumption** levels assessed*

6,678

people have had their **awareness about dementia** improved**

*Numbers lower as introduced in 2014

**Numbers lower as introduced in 2014 and target age group 65-74 years

It matters to us that we do this well

See how we put quality at the core of NHS Health Checks

Doing NHS Health Checks well is so important to us. Quality is at the core of all aspects and we continue to promote, monitor and inspire quality in everyone that is involved.

We believe that excellence should happen at every level and our programme is structured in such a way to achieve that.

Watch our video to see the key elements that we put together to build a quality programme for NHS Health Checks in Bromley.

Go to www.youtube.com/watch?v=jXvS_VhRJ78.



Further reading

NHS Health Check Competence Framework and supporting workbooks -
www.healthcheck.nhs.uk/commissioners_and_providers/training/competence_framework_supporting_workbooks

National recognition

See how we have been recognised for our work

Abstracts accepted at conferences

NHS Health Check Conference 2016 - Getting Serious about Prevention

Visit www.healthcheck.nhs.uk/commissioners_and_providers/events/conference_2016

Membership or chairing of regional and national groups

Visit <http://nhshealthcheck.tfhosts.co.uk>

Participating in the writing of national guidance

Visit www.healthcheck.nhs.uk/commissioners_and_providers/guidance/national_guidance1

Receiving awards

Most Improved Patient Outcomes Award at the 2015 HEART UK NHS Health Checks + CVD Awards

Visit <http://nhshealthcheckawards.com/2016/03/11/most-improved-patient-outcomes>



Most Improved Patient Outcomes Award at the 2015 HEART UK NHS Health Checks + CVD Awards

Sponsor: Flora ProActiv

Winner: Public Health, London Borough of Bromley

<http://nhshealthcheckawards.com/2016/03/11/most-improved-patient-outcomes>

Bromley projects

See what initiatives we have used to keep improving

Like all local authorities & health services in England, we have focused a lot on trying to get more people to attend the NHS Health Check so we can improve uptake as well as improving the quality of the service that we provide.

To help us do this we have undertaken a variety of initiatives.

These have included:

Project heart

One of our interventions was to target men for invitations to an NHS Health Check.

This complements the 2013 Annual Public Health Report, "Top Body. Top Mind" focused on men, exploring the advantages and disadvantages of being male.

- To develop the right programme, we held a focus group for men who were aged 40-59, lived in Bromley and were manual workers. These men had not been to the GP surgery in last 5 years, had no previous history of intervention or assessment and were likely to exhibit 2 or more CVD risk factors.
- The evening agenda was discussing just heart disease, this was to gain insight into attitude, motivations and beliefs.
- We then went on to design and deliver an intervention specifically for men to try to get them to attend an NHS Health Check. There was a marketing campaign tested with the focus group to try to get men more interested in their health. This involved posters on phone boxes, bus shelters and even messages sent via blue tooth to shoppers in the a local shopping centre.
- The NHS Health Checks were provided in 5 out of 22 Bromley wards representing 9,500 target men.
- Even with targeting at men we struggled to get men involved, though women were often keen to book in for an appointment, which they could do as long as they brought a man along.
- The NHS Health Checks happened in community locations - 'going where the men are' such as Crays Social Club, HSBC Rugby Club, Goals Beckenham, and the Queens Hotel at Crystal Palace.
- 337 people had an NHS Health Check - 52% men and 48% women.

Heartage

The Heart Age calculator test is designed to give an overall idea of the health of someone's heart

- and a general indication of how lifestyle related factors may affect your heart health

- We know from research that Heart Age helps people understand CVD Risk and it can also improve risk factors.
- What we wanted to know was could Heart Age work to increase attendance at the NHS Health Check?
- We piloted adding in a link to the Heart Age website into the invitation letters from GP practices along with a flyer.

Results

- Previous studies of NHS Health Check attendance have shown that those who attend after an invitation are older, female and less deprived
- Older and female patients were also more likely to attend their NHS Health Check in this pilot though Heart Age had more effect in the most deprived groups
- A simple adaptation of the invitation letter and access to a website containing the Heart Age tool increased uptake in the most deprived quintile by 7% in absolute terms and 16% in relative terms

What's your Heart Age?

Ever wondered what your own Heart Age is? Check it out at www.ukheartage.co.uk.

Workplace health

Many adults spend much of their day in their place of work

- this makes it an important arena for NHS Health Checks and health promotion

Workplace health initiatives can deliver a wide range of benefits to both employers and employees.

Employees

- ✓ more likely to be engaged
- ✓ think positively of their employers

Employers

- ✓ more likely to be engaged
- ✓ reduced staff turnover
- ✓ increased productivity
- ✓ employee satisfaction

Putting the spotlight on diabetes

Supporting people who have an increased risk of diabetes

We wanted to ensure that people who were identified at increased risk of diabetes at their NHS Health Check received appropriate assessment and management.

We wanted to establish a baseline of care for people identified with diabetes or pre-diabetes. During this piece of work, the NICE Guidelines for the Prevention of Diabetes [www.nice.org.uk/guidance/ph38] came out. This meant that we were reviewing care that had happened in General Practice before guidelines.

What we did

Developed audit standards to assess the quality of current services in identifying patients at high risk of diabetes - and assessed current practices in Bromley against the standards

NHS Health Check Diabetes Filter

Check for diabetes if:

Body Mass Index ≥ 30 (or ≥ 27.5 if South Asian or Chinese)

Or

Blood Pressure ≥ 140 mmHg Systolic and/or ≥ 90 mmHg Diastolic

If people hit the filter, then they should go on for a test for diabetes or pre diabetes.

What we found

This is what the results of over 15,000 NHS Health Checks showed us

15,367 people had an NHS Health Check in 2011-2013 - and of these:

- 5,379 (35%) people met the diabetes filter
- 3,593 (66%) people had a test for diabetes
- 1,786 (33%) people did not have a test for diabetes

Also, of the 3,593 (66%) people who had a test for diabetes, the blood test 738 people showed that they had pre-diabetes.

After gaining consent we looked at 20% of the GP patient records of those who were at high risk of developing diabetes to see if they had received intensive lifestyle intervention to reduce their diabetes risk. This included:

- Lifestyle advice
- Weight/BMI measurements
- Waist Circumference
- Physical activity measurement
- Referral to weight management / physical activity / smoking cessation
- Follow up at 1 year

While reviewing the GP clinical records it became clear that, although lifestyle changes may have been discussed, it was not always recorded, making it difficult to assess the audit standards.

- 1,786 (33%) people did not have a test for diabetes
- All were sent a letter and a blood test form
- 652 (39%) of people went for the blood test
- 131 (20%) of people were found to have pre diabetes
- 8 people (1%) were diagnosed with Type 2 diabetes

What we changed

More education for Health Care Professionals delivering NHS Health Checks

- Importance of identification and managing patients at high risk of diabetes
- Understanding of the NHS Health Check Diabetes Filter
- Use of READ coding to identify those at high risk of diabetes to enable follow up
- Promoting behaviour change through the use of motivational interviewing techniques
- Importance of making referrals and documentation of lifestyle interventions and referrals

Improvements to coding, templates and searches in the GP Practice computer system to facilitate easier high quality documentation

Template:

- Prompt reminder on NHS Health Check computer template to send patient for a blood test
- Inclusion of a field to enable coding that blood test has been requested or declined

Coding of patients found to be at high risk of diabetes:

- Use of standardised READ codes for recording people to be 'At high risk of type 2 diabetes'.
- Current recommendation for London is Read code: 14080

Develop computer searches to:

- Improve monitoring of the use of the diabetes filter pathway through the NHS Health Checks programme.
- Enable identification of people at high risk of diabetes requiring annual follow up.
- To facilitate re-audit

Using commissioning to improve performance

- Key performance indicators in NHS Health Check service specification with providers
- Withhold NHS Health Check payment if no documentation of blood test requested, declined or completed.
- Joint working to promote and facilitate best practice

Joint working with Bromley Clinical Commissioning Group and Bromley Healthcare to link with and develop diabetes prevention element of the Primary Care Diabetes Service

- Discuss with Bromley, London and National stakeholders regarding the pros and cons of developing a specific template for managing those with high risk of diabetes.
- If agreed then, work together with CCG, primary care and Bromley Healthcare and South London neighbours to ensure consensus agreement of template inclusions.

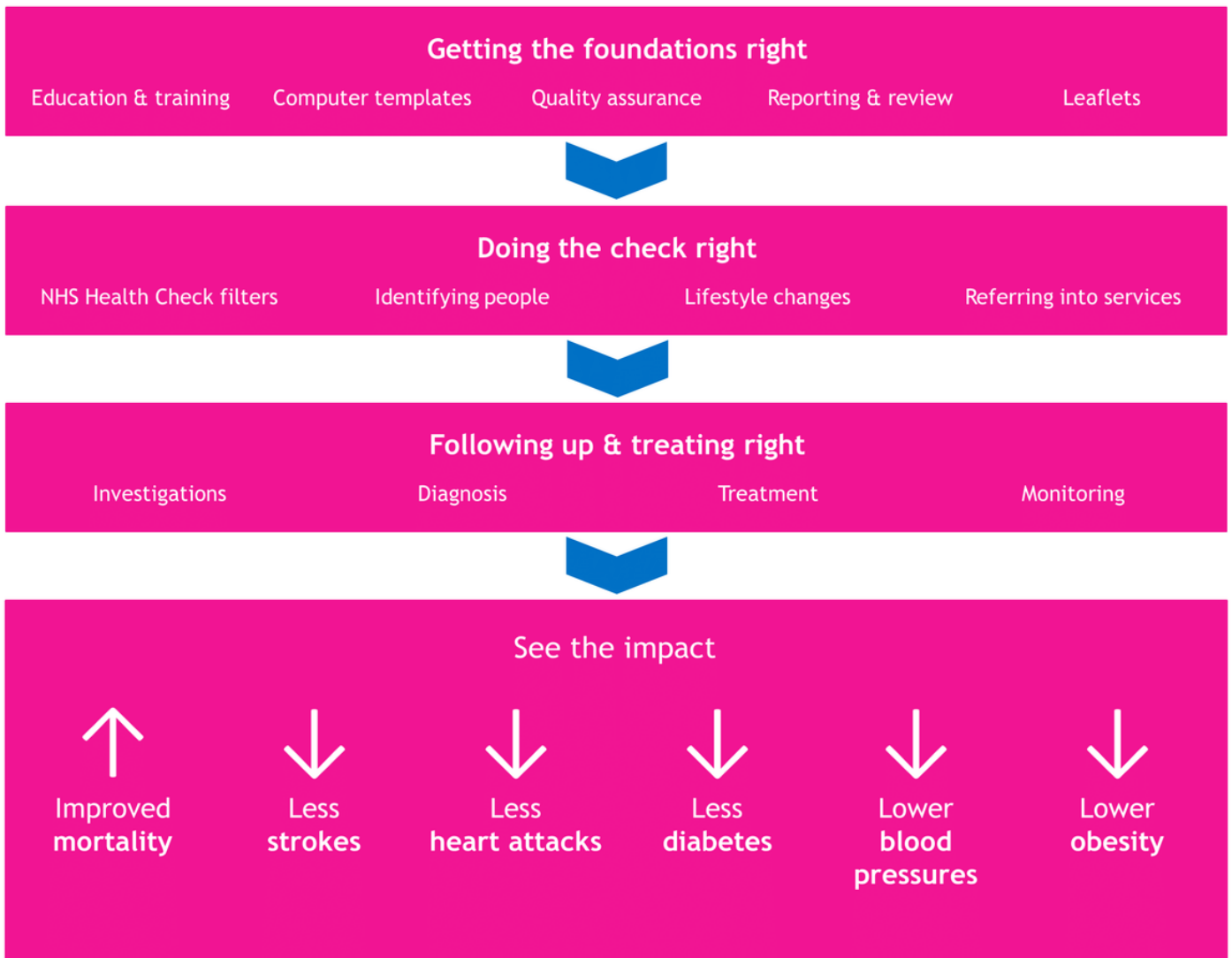
Have we made a difference?

- We hope that this will improve the identification and management of diabetes
- Re-audit results end of 2016
- Our prevention of diabetes work is award winning [<http://celebratingdesmond.org/shortlisted-entries/excellence-award>]



Prevention isn't new in Bromley

We used our learning from our earlier prevention programmes to roll out NHS Health Checks.



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