

Councillors' Briefing Note
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Department: Public Health

Further Enquiries to: John Goodall

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Direct Line: 01225 716825

The NHS Health Check programme in Wiltshire

In April 2013 responsibility for commissioning NHS Health Checks transferred to local authorities from Primary Care Trusts as part of the transfer of Public Health functions resulting from the Health and Social Care Act 2012.

In Wiltshire during 2012/13, over 30,000 people aged 40 to 74 were invited to attend for a NHS Health Check. Over 14,800 (49%) were completed. Uptake in Wiltshire is similar to the national average and higher than the average for the SW of England. A communications campaign will be launched locally to increase local take up further.

The implementation of the NHS Health Check programme has recently been [reviewed by Public Health England](#). The review reiterated that checking 40-74-year-olds' blood pressure, cholesterol, weight and lifestyle could prevent 650 deaths, 1,600 heart attacks and 4,000 cases of diabetes a year in England.

Introduced in 2009, the programme aims to help prevent heart disease, stroke, diabetes, hypertension, and kidney disease. It assesses people who have not already been diagnosed with a cardiovascular disease (CVD) condition. National guidance requires the entire eligible population to be invited for a NHS Health Check every 5 years.

CVD is one of the leading causes of death in Wiltshire, accounting for approximately 31% of all deaths. Recent data suggests that in Wiltshire over 15,000 individuals registered with GPs have coronary heart disease, over 9,000 have suffered a stroke or TIA (mini stroke), and over 67,000 have hypertension. There are also individuals who have these diseases and conditions but who have not yet been diagnosed, together with others who may be at risk of developing CVD.

The NHS Health Check assesses an individual's risk of developing CVD over the next 10 years by looking at age, sex, family history, height, weight, cholesterol and blood pressure. Steps to reduce that risk are identified. These may include stopping smoking, losing weight, increasing exercise, or prescribed medication.

Wiltshire's NHS Health Checks programme began with pilot schemes in 2010/11, which developed into a county-wide service in 2011/12. The call and recall service is provided by GPs using their practice lists to invite patients to attend for a check. Approximately 25% of the county's population aged 40-74 is already on a CVD-related register; therefore the total eligible population is approximately 160,000. As NHS Health Checks are offered to 20% each year, this equates to around 8,000 invitations each Quarter, with the aim to attain 75% take up.

A range of services are run in Wiltshire which complement NHS Health Checks. These include Stop Smoking and weight management services, physical activity programmes, and Health Trainers.

A TV programme, Long Live Britain, is scheduled to air on BBC1 either side of the 10pm news on Monday 5th August. For the programme, the production company, Maverick TV organised health screening in Manchester using checks which are similar to the NHS Health Check.

Maggie Rae, Corporate Director