



Report for:	Adults and Health Scrutiny Panel	Item Number:	
Title:	Update on NHS Health Checks 2013/14		
Report Authorised by:	Dr Jeanelle De Gruchy		
Lead Officer:	Dr Fiona Wright, Assistant Director of Public Health		
Ward(s) affected: All wards in East of Haringey and Stroud Green and Hornsey Wards	Report for Key/Non Key Decisions:		

1. Describe the issue under consideration

Background

1.1. The NHS Health Check Programme is an important mechanism for achieving outcome 2 of the Council's Health and Well Being Strategy - reducing the gap in life expectancy between the west and the east of the borough, through preventing people becoming ill and encouraging early diagnosis and management. In addition, delivery of the programme is a mandatory indicator for local authorities.

1.2. The overall aim of the programme is to reduce individuals' risks of developing certain serious conditions; it is therefore mainly a prevention programme. All the components of the health check have a strong evidence base to support their inclusion within the programme. Everyone between the ages of 40 to 74, who have not already been diagnosed with heart disease, stroke, diabetes and kidney disease are eligible to be invited for a check. All patients with lifestyle issues are



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offered brief advice and where appropriate referred to lifestyle interventions, e.g. smoking cessation, health trainers, weight management or a dietician. During the check, if an individual's risk of developing coronary heart disease (CHD) is found to be high (their risk of developing CHD in the next 10 years is greater than 20%) they are offered medication to reduce their risk and in addition invited to attend for a follow up health check in one year to reassess their risk. There is also the possibility that the health check may uncover a previously undiagnosed condition, including hypertension, diabetes or chronic kidney disease (CKD). In these cases the individual will require follow up appointments and possibly medication to be managed in primary care and prevent their condition from deteriorating.

2. Delivery of the programme in Haringey

2.1. The Haringey programme focuses on all wards in the east of the borough and two wards in the west (Hornsey and Stroud Green). All practices in these areas are eligible to undertake health checks. These areas were prioritised due to the higher prevalence of deprivation and cardiovascular mortality.

2.2. The mainstay of the programme is in primary care, and there are 41 eligible GP practices in these wards. Community programmes are commissioned to reach hard to reach groups or unregistered populations.

2.3. Tottenham Hotspur Foundation is commissioned by the council and the Premier League to deliver 3,000 checks in the community over the 3 years 2012-2015. Their aim is to work with men and other hard to reach groups. There is also a community provider working with hard to reach groups including those with mental health problems who are at higher risk of cardiovascular disease (CVD).

3. Data and Outcomes

3.1. Historical Activity

3.1.1. Data received from the providers of the health checks illustrates how both the aims of prevention and earlier identification of previously undiagnosed



conditions are fulfilled. The outcomes from our providers have shown that between April 2011 and March 2013:

- GPs and community providers undertook over **10,000** checks
- **44%** of checks were to men and **56%** to women
- Registered **400** people onto the hypertension register (newly diagnosed with hypertension).
- Registered **136** people on the diabetic register
- Registered **10** people on the CKD register
- Registered **18** people on the CHD register
- **839** people were prescribed statins.
- **837** people were referred to smoking cessation services
- **1284** people were referred to other lifestyle change programmes, therefore reducing patients' risk of developing CVD in the long term.

3.2. Current Position

3.2.1. The current position in 2013/14 is 21 GP practices actively inviting patients between 40 and 74 for a check, (practices have a target of inviting 20% of their eligible population every year with a target uptake of 55%). In Quarter 1 and 2 2013/14 there were 1855 checks delivered (see table 1) This is lower than expected and this is in part because many practices did not return their data forms on time and partly due to changes in systems in the transition from the NHS to the council. However we are confident numbers for Quarter 3 will reflect an increase in screens as practices are encouraged to submit their data.

3.3. Table 1: Actual Activity Q1 and Q2 2013/14

	April	May	June	Total Q1	July	August	Sept	Total Q2	TOTAL
Number of invitations (recorded 31/10/13) by	368	362	379	1109	348	360	328	1036	2145
Number of checks	304	322	324	950	287	361	257	905	1855



(recorded 31/10/13)	by									
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4. Next Steps for 2013/14

- Ensure that all practices that have signed up to deliver health checks are actively inviting patients and delivering their targeted number.
- Ensure that practices not yet signed up to the programme are approached again. There are currently 11 eligible practices in this group.
- Improve data quality from the GPs, through supporting them to complete the data return fully.
- Develop an effective call/recall system for the GP practices and ensure the IT systems allow remote extraction of the data to the Public Health team to reduce the risk of inaccuracies and to make the data submission process more acceptable for practices.
- Continue to access 'harder to reach' groups through partnerships with the Tottenham Hotspur Foundation and other community providers. These are groups who are less likely to attend a health check at their practice, such as people with mental health problems.
- Ensure the programme is high on the publics and professionals' agenda by producing publicity to raise awareness of the programme to improve attendance rates following an invitation.

5. Cabinet Member introduction

N/A

6. Recommendations

That Members of the Adults and Health Scrutiny Panel note the contents of the briefing and consider any comments or recommendations it wishes to make.



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7. Alternative options considered

N/A

8. Background information

8.1. The NHS Health Check Programme was established in 2009 nationally is a mandatory national programme aimed at preventing unnecessary deaths from the major preventable diseases of coronary heart disease (CHD), chronic kidney disease (CKD), some cancers and diabetes. It is aimed at all persons aged 40-74 who are invited every 5 years for a check, excluding those who have already been diagnosed with one of these conditions. It assesses patients' risk of developing CHD within the next 10 years and supports patients in making lifestyle changes to improve their health and reduce their risk through diet, exercise, stopping smoking and other lifestyle changes. National guidance from Public Health England includes a target to invite all eligible individuals on a rolling 5 year basis, equating to 20% per year.

9. Comments of the Chief Finance Officer and financial implications

N/A

10. Head of Legal Services and legal implications

N/A

11. Equalities and Community Cohesion Comments

N/A

12. Head of Procurement Comments

N/A

13. Policy Implication

N/A

14. Reasons for Decision

N/A



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15. Use of Appendices

N/A

16. Local Government (Access to Information) Act 1985

N/A