



Report to Healthier Communities and Adult Social Care Scrutiny & Policy Development Committee

Report of: Greg Fell

Subject: Delivery of the NHS Health check programme in Sheffield

Author of Report: Karen Harrison, Health Improvement Principal, Sheffield City Council; Karen.harrison5@nhs.net

Summary:

In April 2013 the NHS Health Check became a mandated Public Health service in England. Local authorities are responsible for making provision to offer an NHS Health Check to eligible individuals aged 40-74 years once every five years.

The NHS Health Check programme is a Public Health programme in England for people aged 40-74. It is a risk assessment and management programme which aims to prevent or delay the onset of cardiovascular diseases including diabetes, heart disease, kidney disease and stroke. The NHS Health Check programme can help individuals reduce their risk by offering help and advice across a range of risk factors and lifestyle behaviours such as smoking, alcohol use, weight management, diet and physical activity. The programme also aims to reduce levels of alcohol related harm and raise awareness of the signs of dementia. In Sheffield we have a targeted approach and aim to deliver the programme to those who are at higher risk of developing Cardiovascular disease.

Since 2017 the programme has been provided by Primary Care Sheffield. The contract will end 31st August 2020; discussions have begun between PH, commercial services and elected members to decide on the best way forward. Due to procurement rules, an open tender process is necessary. Details of this are still to be finalised

Type of item: The report author should tick the appropriate box

Reviewing of existing policy	
Informing the development of new policy	
Statutory consultation	
Performance / budget monitoring report	
Cabinet request for scrutiny	√
Full Council request for scrutiny	
Call-in of Cabinet decision	
Briefing paper for the Scrutiny Committee	
Other	

The Scrutiny Committee is being asked to:

Consider the current programme and provide views, comments and recommendations of how this should proceed from 1st September 2020.

Background Papers:

Details of the NHS Health check programme can be found at:
<https://www.healthcheck.nhs.uk/>

Category of Report: OPEN

Report of the Director of Public Health

Delivery of the NHS Health check programme in Sheffield

1. Introduction/Context

1.1 This report is being presented at the request of the committee.

2. Main body of report, matters for consideration, etc

Background

In April 2013 the NHS Health Check became a mandated public health service in England. Local authorities are responsible for making provision to offer an NHS Health Check to eligible individuals aged 40-74 years once every five years.

The NHS Health Check programme is a Public Health programme in England for people aged 40-74. It is a risk assessment and management programme which aims to prevent or delay the onset of cardiovascular diseases including diabetes, heart disease, kidney disease and stroke. The NHS Health Check programme can help individuals reduce their risk by offering help and advice across a range of risk factors and lifestyle behaviours such as smoking, alcohol use, weight management, diet and physical activity. The programme also aims to reduce levels of alcohol related harm and raise awareness of the signs of dementia. In Sheffield we have a targeted approach and aim to deliver the programme to those who are at higher risk of developing Cardiovascular disease.

People are eligible if they don't already have a high Cardiovascular risk, have not had or got certain conditions such as stroke, heart attack, diabetes, chronic kidney disease, and are not being treated for cardiovascular conditions

The NHS Health check programme began in Sheffield in 2012. It was delivered solely by and within GP practices according to former Local Enhanced Service agreements between Public Health at NHS Sheffield and individual GP practices. This continued until 2017 when an open tender process was undertaken. The successful provider, Primary Care Sheffield commenced delivering the NHS Health check programme on 1st September 2017. The contract will end 31st August 2020.

The contract value is £165,000 per annum with an additional £20,000 available if health inequality targets are met.

There was a gap in delivery from 1st April 2017 until 31st December 2017 due to delays in procurement and subsequent mobilisation of the contract.

Targeted approach

In Sheffield a targeted approach has always been used with the aim of reducing health inequalities by incentivising the offer and delivery of health checks to those at higher risk of developing cardiovascular disease. From an eligible population of around 140,000 about 60,000 (43%) will fit the target criteria. This is based on:

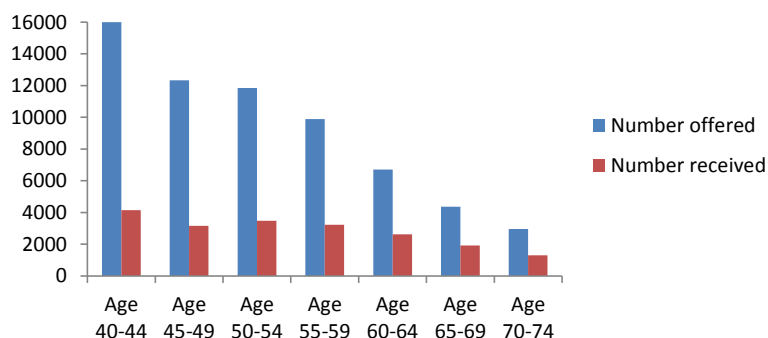
- Ethnicity
- Living in area of highest deprivation.
- Have a previously recorded Systolic Blood Pressure >140
- Have a previously recorded Diastolic Blood Pressure >90
- Have a previously recorded QRISK score > 10% (this is a measure used to calculate the risk of developing cardiovascular disease within the next 10 years)
- If a person has severe mental illness or learning disability

Results since September 2017

Primary Care Sheffield are contractually obliged to deliver health checks to 7,500 people per year. This target has been met.

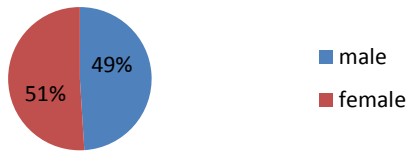
The following chart shows the age of the people being offered and receiving a health check.

Number of Health checks offered and received by age

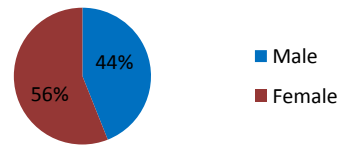


The charts below show the split of offering and receiving health checks by gender. This shows that the programme is offered to an equal amount of men and women. Typically in programmes like this more women tend to take up the offer, and although this is true here, the difference is less than often seen in other programmes.

Number of Health checks offered, by gender

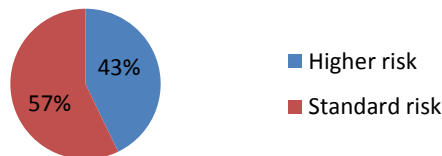


Number of Health checks received by gender

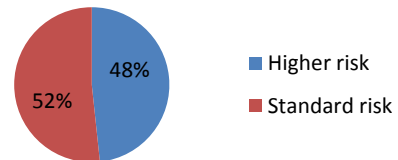


We estimate that approximately 43% of the eligible population are at higher risk of developing Cardiovascular disease. It has been our aim in Sheffield to reduce health inequalities. The charts below show that a higher percentage of people in the higher risk group have received a health check compared to those at standard risk.

Percentage of eligible people estimated to be at higher risk



Percentage of people receiving a health check



Outcomes

As part of the mandate we only need to submit data to Public Health England regarding number of people who have been offered a health check and number of people who receive a health check. In Sheffield we wanted to know other outcomes from the health checks and the table below demonstrates the data we collect.

Risk assessment and clinical information	Number
Dementia awareness (all ages)	6211
Diagnosed with hypertension (BP \geq 140/90)	1268
Started on anti-hypertensive therapy	247
High risk ethnic category with BMI \geq 27.5	2006
Other ethnic category with BMI \geq 30	6484
Started on statin therapy	251
Recorded as physically inactive	3186
Diabetes (FBS \geq 7.0 or HbA1c \geq 48)	794
Impaired glucose (FBS 5.5-6.9 or HbA1c 42-47)	1296
Eligible for Diabetes Prevention Programme	1875
Smokers	2932
Family history of CVD	3602
AUDIT score 8-14	311
AUDIT score \geq 15	1175
QRISK2 score 10-19.9%	2660
QRISK2 score \geq 15%	1170
Communication of results and risk management	
Raised BMI - referral to weight management programme offered	533
Smokers - referral to smoking cessation service offered	87
Physical inactivity - referral to physical activity programme offered	94
AUDIT score \geq 15 - referral to alcohol service offered	8
Eligible patients - referral to diabetes prevention programme offered	200

Return on investment

In Sheffield 0.4% of the Public Health grant is spent on the health checks programme. 5 Local authorities in Yorkshire and Humber spend a higher percentage of their Public health budget on Health checks but perform poorer than Sheffield when comparing percentage of eligible people who have received a Health check to percentage of public health grant spent. It is therefore felt that in Sheffield the programme is good value for money.

3 What does this mean for the people of Sheffield?

- 3.1 This programme is important for the people of Sheffield as it can prevent or delay the onset of developing cardiovascular disease therefore promoting a longer healthier life. For people who feel fit and well and didn't realise that they may have underlying risks this programme gives the opportunity for these risks to be identified and managed.

One of the aims of the Sheffield Health and wellbeing strategy is to improve the health of those living in the most deprived areas of Sheffield. This programme will contribute to this aim.

4. Recommendation

- 4.1 The Committee is asked to consider the current programme and provide views, comments and recommendations of how this should proceed from 1st September 2020.