

HERTFORDSHIRE COUNTY COUNCIL

HEALTH AND WELLBEING BOARD

WEDNESDAY 26 JUNE 2013 AT 1.30 P.M.

NHS HEALTH CHECKS

Report of Director of Public Health

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1. Purpose of report

- 1.1 To brief the Board on:
- the purpose and components of NHS Health Checks;
 - last year's performance;
 - our strategy for delivering NHS Health Checks in 2013/14 and beyond.

2. Summary

- 2.1 NHS Health Checks will reduce vascular disease and contribute to achieving local Health and Wellbeing priorities.
- 2.2 Herts County Council has a duty to commission NHS Health Checks for its residents from GPs and/or third party providers.
- 2.3 Hertfordshire performance last year was poor, due to late roll-out, underestimation of market cost, insufficient promotion to GPs.
- 2.4 GPs have been asked to continue to provide Health Checks for 2013/14. This will ensure safe and consistent service delivery while commissioning passes from NHS Hertfordshire to Herts County Council.
- 2.5 We will monitor GP sign-up and delivery performance and respond quickly to achieve improvements.
- 2.6 We will draft a four year Health Checks strategy and bring it to a future Health and Wellbeing Board meeting.

3. Recommendation

- 3.1 We ask the Board to use its CCG links to encourage GP sign-up for Health Checks and other Public Health commissioned services.

4. Background

4.1 NHS Health Check is a national risk assessment and prevention programme that identifies people at risk of developing heart disease, stroke, diabetes, kidney disease and vascular dementia, and helps them take actions to avoid or manage these health problems¹. Vascular diseases are responsible for a third of deaths in England and are a major cause and consequence of health inequalities. The Health Check programme will contribute to local Health and Wellbeing priorities, in particular reducing harm caused by alcohol and smoking, maintaining a healthy weight and increasing physical activity, and living well with dementia.

4.2 Who is eligible?

40-74 year olds who have not had an NHS Health Check in the last 5 years, and do not have existing vascular disease².

4.3 What does a Health Check involve?

The Health Check consists of risk assessment and risk reduction components³.

(1) Risk assessment includes

- | | |
|---------------------|-----------------------|
| (a) Cholesterol | (d) Smoking status |
| (b) Blood Pressure | (e) Alcohol use |
| (c) Body mass index | (f) Physical activity |

(2) Risk reduction includes

- a. GP management for those with diagnosed with/at high risk of vascular disease
- b. Lifestyle advice and brief interventions around maintaining a healthy weight, increasing physical activity, reducing alcohol intake and smoking cessation
- c. Dementia awareness raising leaflet for patients aged 65-74 years

4.4 What are Herts County Council's responsibilities?

The Public Health Directorate at Hertfordshire County Council has a statutory requirement to commission NHS Health Checks for Hertfordshire residents. We are required to offer Health Checks to 20% of the eligible population each year (64,904 of 324,520), we expect half

¹ Local Government Association. *NHS Health Check. Frequently asked questions*. 28 May 2013. http://www.local.gov.uk/web/guest/publications/-/journal_content/56/10171/4009729/PUBLICATION-TEMPLATE

² Coronary heart disease, chronic kidney disease, diabetes, high blood pressure, high cholesterol, atrial fibrillation (irregular heartbeat), heart failure, peripheral arterial disease, transient ischemic attack (mini-stroke), stroke or 10-year cardiovascular risk $\geq 20\%$

³ Public Health England. *Best Practice Guidance for the NHS Health Check Programme [DRAFT]*. 31 May 2013.

http://www.healthcheck.nhs.uk/news/nhs_health_check_programme_best_practice_guidance/

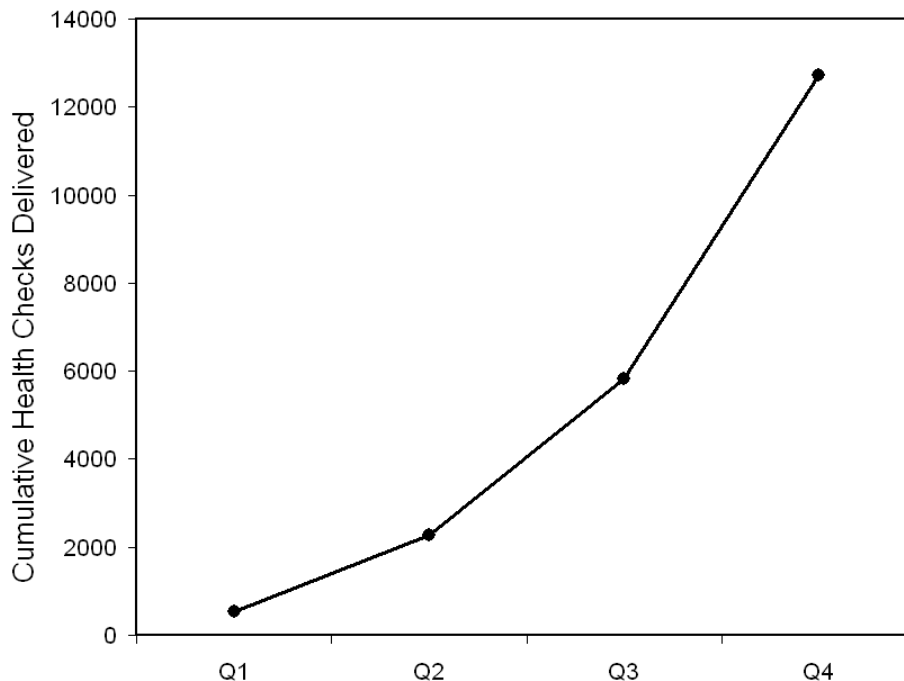
of those invited to attend (32,452), and we are required to improve the proportion of those invited who attend a check year on year.

4.5 Performance last year

Last year NHS Hertfordshire commissioned GPs to perform Health Checks as a Locally Enhanced Service (LES). Late roll-out, underestimation of the market value of a Health Check and poor promotion to GPs hampered early sign-up and delivery. Performance improved following consultation with GP representatives, a rise in price per check from £20 to £30, and additional promotion by public health and CCG colleagues.

By the end of the year more than 50% of GPs were signed up to provide Health Checks and 12,715 checks were delivered at a total cost of £330,000 (see **Figure**). NHS England has released data comparing NHS Hertfordshire to other Primary Care Trusts, and we were ranked 148/151 for the proportion of eligible patients who were offered a health check, and 138/151 for the proportion of eligible patients who received a health check⁴.

NHS Health Checks Delivered in Hertfordshire, 2012/13



4.6 Plan for 2013/14

Our aims for 2013/14 are to transition Health Check commissioning safely to HCC and to maintain service continuity. Health Check provision has been offered to GPs as part of the new Public Health Contract for GPs. The price paid to GPs will be £25/check. Budget

⁴ NHS Health Check Data, NHS England. <http://www.england.nhs.uk/statistics/integrated-performance-measures-monitoring/nhs-health-checks-data/>

pressures mean that if all GPs sign-up and meet their Health Check targets for delivery, we will overspend by £300,000. Therefore we will aim for incremental improvements in delivery for the time being.

4.7 We will monitor GP sign-up and Health Check delivery, and in areas with lower coverage promote GP participation and/or commission a third-party to provide opportunistic Health Checks locally (for example a mobile unit in a supermarket car park). Subject to budget constraints we may be able to focus GP promotion and opportunistic checks on deprived areas of Hertfordshire, which would reduce health inequalities and make the Health Check programme more cost-effective.

4.8 **How will Health Check performance be held to account?**

Councillors on the Health and Wellbeing Board and Health Overview and Scrutiny Committee have a key role holding the Health Check programme to account⁵. Public Health England will monitor Health Check performance as part of the Public Health Outcomes Framework and will publish two indicators that allow national and local comparisons of performance⁶.

4.9 **2014 and beyond**

Budget permitting, the vision is to improve health check coverage and uptake year-on-year and integrate Health Checks with a lifestyle offer around maintaining healthy weight, increasing physical activity and reducing harmful alcohol and tobacco use.

4.10 To date GPs have been the provider of choice given that 98% of the population are registered with a GP⁷, they hold the information needed to identify and invite eligible patients, and they have the capacity and skills to administer the Health Checks and manage/signpost patients accordingly afterwards. However, evidence from around the country suggests that we will not be able to reach our target of 20% eligible population invited per annum with GPs alone. The public health team will investigate the potential role of third-party Health Check providers in our future Health Check strategy, although at present time national guidance is lacking on how eligible patient invite and recall can be safely and securely managed in a “mixed” Health Check economy.

4.11 **The public health team will:**

- Continuously monitor GP sign-up and Health Check delivery and respond quickly to achieve the necessary improvements;
- Focus GP promotion and commission opportunistic health check according to available funds and areas of need;

⁵ Centre for Public Scrutiny. *NHS Health Check – what council scrutiny needs to know*. April 2013. http://www.healthcheck.nhs.uk/news/nhs_health_check/

⁶ Indicator 2.22i: percentage of eligible people offered a Health Check; and Indicator 2.22ii: percentage of those offered that are received.

⁷ Lis Y, Mann RD (1995) The VAMP Research multi-purpose database in the U.K. *J Clin Epidemiol* 48: 431–443.

- Draft a four year Health Check strategy, to be brought to a future Health and Wellbeing Board meeting for comment.

4.12 **We would like the Health and Wellbeing Board to:**

- Use CCG links to encourage GP sign-up for Health Checks and the other Public Health commissioned services.