

Central Bedfordshire Health and Wellbeing Board

Contains Confidential or Exempt Information No

Title of Report **Enabling People to Stay Healthy for Longer - Reducing Premature Mortality from Cardiovascular Disease**

An update on what more could be done to increase the take up of NHS Health Checks.

Meeting Date: 27 July 2016

Responsible Officer(s) Muriel Scott, Director of Public Health

Presented by: Martin Westerby, Head of Public Health

Action Required:

- The Health and Wellbeing Board is asked to endorse and support the delivery of the recommendations to facilitate greater uptake of an NHS Health Check by staff, patients, customers and stakeholders.**
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Executive Summary

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| 1. | <p>This report outlines the strategies to increase provision of the NHS Health Check programme, using an approach that targets those populations that will benefit greatest from having an NHS Health Check. Initially these will be delivered through the existing Primary Care route and subsequently through future commissioned community provision.</p> <p>It identifies how Central Bedfordshire Council (CBC) and Bedfordshire Clinical Commissioning Group (BCCG) can support further development of the NHS Health Check delivery by facilitating involvement from key stakeholders in those organisations.</p> |
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Background

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| 2. | <p>Cardiovascular disease (CVD) currently affects the lives of over 4 million people in England, causes 36% of deaths (170,000 a year in England) and is responsible for a fifth of all hospital admissions. It is the largest single cause of long-term ill health and disability, impairing the quality of life for many people.</p> |
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3.	The NHS Health Check programme is a national initiative which systematically offers preventative checks to all those aged 40 - 74 years to assess their cardiovascular disease risk; this includes heart disease, stroke, diabetes and kidney disease. These diseases share a common set of risk factors: obesity, harmful alcohol intake, lack of physical activity, hypertension, smoking, disordered blood fat and/ or sugar levels.
4.	Early identification and management of these risk factors can potentially delay or prevent the onset of vascular disease, with subsequent, reductions in the potential burden on future health and social care.
5.	The NHS Health Check is currently primarily delivered by GP practices in Central Bedfordshire. Unfortunately only just over half of residents offered a health check actually attend for their check.
6.	The 6,712 NHS Health Checks delivered in CBC during 2015/16 represented 69.9% of the target. Performance varies between practices for many reasons including: <ul style="list-style-type: none"> • competing priorities • capacity of clinical and clerical staff • lack of clinic space • doubts over the evidence base • invitations to patients not being sent systematically or consistently.
7.	In 2015/16 only 1 CBC General Practice failed to deliver any NHS Health Checks, 1 GP achieved less than 25% of delivery target, with a further 6 delivering between 25% – 50% of target. 4 General Practices delivered in excess of their delivery target.
8.	In addition it is acknowledged nationally that a lack of awareness or campaigns around the NHS Health Check offer has had an impact on patient uptake.

Detailed Recommendation

9.	To improve of the capacity for delivery of health checks and to increase uptake two commissioning actions are planned: <ul style="list-style-type: none"> • The procurement of community outreach provision which will increase capacity and improve access for those of working age whose availability to attend their GP practice during working hours may be limited. The provider will also deliver health checks in community venues and work places.
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	<ul style="list-style-type: none"> The introduction of a new payment system (as from October 2016) which will support a more targeted approach, incentivising practices to focus on those at highest cardiovascular risk. The payment structure will also positively encourage good quality and onward referral to weight management services.
10.	<p>To promote the NHS Health Check and increase the proportion who take up the offer, a range of actions are proposed covering workforce, providers and customers.</p> <p>Across Central Bedfordshire Council:</p> <ol style="list-style-type: none"> i. Positively promote the health check programme, display promotional materials in all CBC buildings; For example, leisure centres and libraries (currently promoted on CBC website, Twitter and staff newsletter); ii. CBC staff, who meet the eligibility criteria, should be encouraged to contact their GP and book their NHS Health Check. Managers to proactively encourage staff to take up the NHS Health Check offer from their GP (through staff development process); For example, facilitating staff to attend during the working day where they are not offered outside working hours, through agile working arrangements where appropriate; iii. All public facing departments to proactively promote the NHS Health Check programme to their service users/clients; For example, paid carers encourage and support clients to have a health check, where appropriate (supported by Public Health with training/resources); staff within the contact centre could also ask residents to take up the offer of a health check. iv. Incorporate the delivery of NHS Health Checks in existing contracts where providers have the opportunity provide to existing customers/clients; For example, identifying contracts where there are opportunities to oblige or encourage providers to promote health checks, and facilitate their clients to undertake a health check; v. Identify opportunities for CBC staff or contracted providers to deliver health checks, as an additional activity, where contact with customers allows; <ol style="list-style-type: none"> a. For example; Leisure Centre staff to deliver health checks as ‘a community’ provider for their clients as part of role in improving wellbeing;

- vi. NHS Health Check lead to coordinate a small group of CBC volunteers to take blood pressure for employees on a monthly basis (free training and protocol to be provided by the Stroke Association) linking to 'know your numbers', 'One You', 'Heart Age Tool' and signposting to the NHS Health Check.

BCCG

- vii. Positively promote the health check programme, display promotional materials in all BCCG buildings, share posts via website, social media and staff newsletters;
- viii. Endorse the new contract and payment model developed by Public Health for primary care to provide Health Checks, and to support practices to take up delivery;
- ix. Encourage staff, who meet the eligibility criteria, to contact their GP and book their NHS Health Check and managers to proactively encourage staff to take up the NHS Health Check offer from their GP;
For example, facilitating staff to attend during the working day where they are not offered outside working hours;
- x. Incorporate raising the profile of the NHS Health Check where Provider contracts are in place,
For example, identifying opportunities to contractually oblige providers to promote health checks, and facilitate their clients to undertake a health check, where appropriate.
- xi. CCG Locality leads to encourage GP Practices to take up the Public Health offer of quarterly performance reviews so that Public Health can offer support to GPs to help overcome barriers to delivery, share good practice solutions and improve performance.

Healthwatch Central Bedfordshire

- i. Promote the delivery of NHS Health Checks to eligible populations whilst also seeking evidence from the local consumer community of their experience of the health check to establish how useful and beneficial they found it.
- ii. Identify what more could be done to increase uptake, as part of their current GP Practice 'Enter & View' programme.

Issues	
Governance & Delivery	
11.	Invitation to and uptake of NHS Health Check is rigorously monitored and performance, reported on monthly basis through the people scorecard within CBC and will be a part of the emerging Health & Wellbeing Board Scorecard.
Financial	
12.	The financial implications of extending the offer for NHS Health Checks, as detailed in this proposal, are within existing Public Health budget.
Public Sector Equality Duty (PSED)	
13.	The PSED requires public bodies to consider all individuals when carrying out their day to day work – in shaping policy, in delivering services and in relation to their own employees. It requires public bodies to have due regard to the need to eliminate discrimination, harassment and victimisation, advance equality of opportunity, and foster good relations between in respect of nine protected characteristics; age disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.
	Are there any risks issues relating Public Sector Equality Duty No
	If yes – outline the risks and how these would be mitigated

Source Documents	Location (including url where possible)

Presented by Martin Westerby