

## Executive Summary

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The NHS Health Check is a national risk assessment and prevention programme that identifies people at risk of developing heart disease, stroke, diabetes, kidney disease, or certain types of dementia, and helps them take action to avoid, reduce or manage their risk of these health problems. Together cardiovascular conditions are responsible for a third of deaths and fifth of hospital admissions in England each year. These conditions have common risk factors which if identified and addressed early, can prevent or delay onset of associated long term conditions.

The NHS Health Checks should be offered every 5 years for all patients aged between 40 and 74 years of age via a universal risk assessment and management programme. This systematic recall will exclude all patients already diagnosed with the following conditions: hypertension, ischemic heart disease, stroke, diabetes and chronic kidney disease and individuals on statin therapy.

The programme includes:

1. Arranging invitations every 5 years to the eligible population (Call and recall).
2. The risk assessment,
3. CVD risk calculation (Qrisk2 score) & communication of risk
4. Lifestyle Risk Management – brief intervention and referral to lifestyle services.
5. Dementia awareness raising
6. Clinical assessment if required - Where certain criteria (filters) are met further investigation including further blood tests and follow up is required to assess for diabetes, chronic kidney disease, hypertension, raised alcohol score, raised cholesterol, atrial fibrillation and CVD risk  $\geq$  or = to 10%.
7. Risk management and interventions to reduce risk.

The CVD risk assessment and communication of risk is undertaken during a face to face consultation. The following core information, measurements and blood tests are conducted: age, gender, ethnicity, family history of CVD, smoking status, level of physical activity, brief alcohol screen, height/weight/Body Mass Index, blood pressure & pulse, random total and HDL cholesterol.

The information is used to calculate the Qrisk2 score (CVD risk score, which provides a percentage figure of the chance of developing a heart attack or stroke over the next 10years. CVD risk is then appropriately communicated to the patient with brief advice/information to address modifiable risk factors for risk reduction. A Qrisk2 risk of  $\geq 10\%$  requires further intervention and where appropriate be offered statin therapy to reduce their risk.

Clinical assessment is also required where a patient has a blood pressure of  $\geq 140$  systolic and/ or  $\geq 90$  diastolic, BMI  $\geq 30$  or (27.5 South Asian), and /or total cholesterol  $\geq 7.5$ mmols/l. These are the filter criteria to assess the patient's risk of diabetes, hypertension, chronic kidney disease or hyperlipidaemia and managed according to appropriate clinical pathways, best practice and current evidence based guidelines.

Ensuring the results of the NHS Health Checks are acted on is essential, if the programme is to deliver the desired outcomes of prevention cardiovascular disease.