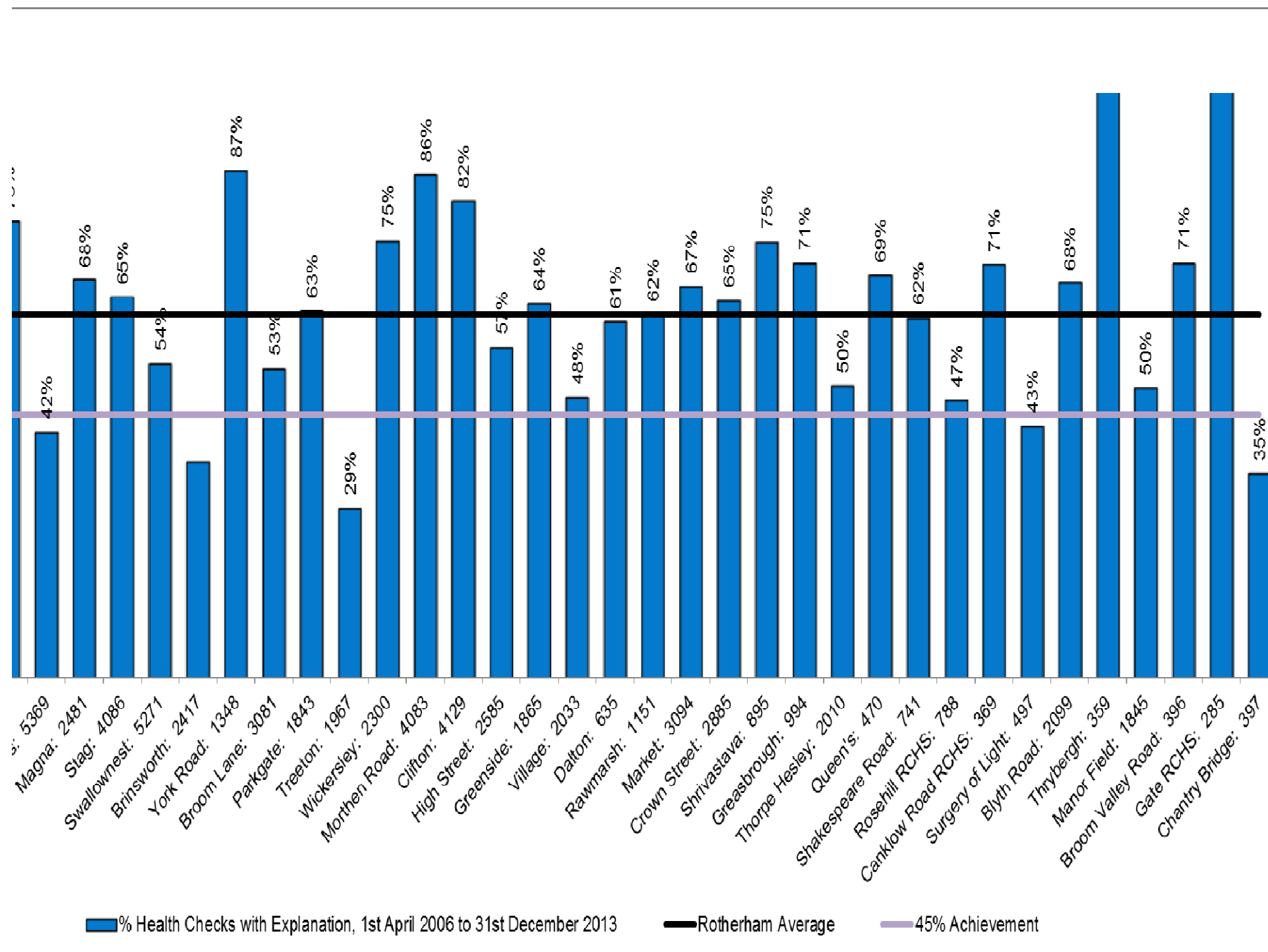


NHS Health Check

Dr John Radford
Director of Public Health

NHS Health Check

- Risk Assessment
 - CVD
 - **T2DM**
- Risk Communication
- Risk Management
 - Lifestyle advice
 - **Referral for behaviour modification**
 - Prescribing



Our Objective

- Screen 18% of eligible 20% of population annually
- Challenge to deliver this in the most deprived communities

Lipid Modification

NICE 2014

- Systematic approach 40-74
- QRISK2
- Ethnicity, BMI, family history
- High intensity statin for risk conditions with 10% risk
- High intensity 20 mg atorvastatin for primary prevention

Diet

- Reduce saturated fats
- Replace saturated fats with olive oil rapeseed oil
- Reduce refined sugar and fructose
- Fruit and vegetables whole grains
- 2 portions of fish
- Sign post to NHS Choices

Exercise

- High Risk CVD 30 minutes of at least moderate activity daily
- If unable to do this offer exercise to maximum capacity
- Recommended physical activity can be built into daily living
- Additive 10 mins or more accumulated as effective as longer sessions

Q Risk 2

- Age
- Gender
- Smoker
- Premature family CVD
- Hypertension treatment
- Social deprivation
- Total HDL cholesterol
- Ethnicity
- Rheumatoid
- CKD
- AF

Risk Communication

- Individual risk and benefit
- Numerical presentation
- Signpost to appropriate information
- Feelings and beliefs
- Readiness to change lifestyle
- Shared management plan
- Check what has been discussed