

NHS Health Checks in Norfolk

Premature Deaths due to Cardiovascular Disease (CVD)



In 2021, **602 people died prematurely** before the age of 75 years due to **CVD**



CVD is the **second leading cause of premature deaths**



Norwich and Great Yarmouth have the highest premature mortality rates as a result of CVD and are above the England average



Circulatory disease contributes to around a **quarter of the gap in life expectancy in men and almost a fifth in women** (a,b)

NHS Health Checks Delivered & Offered

Between Q1 2019/20 and Q1 2023/24 there were:



267,570 residents eligible for a health check



77% or **205,957** were invited to book a health check (higher than nationally and regionally)



81,242 residents, or **30.4%** of the eligible population received a health check (higher than nationally and regionally) (c,d)

Service User Experience

Healthwatch Norfolk gathered feedback from the public on their awareness, uptake, and experiences of NHS Health Checks in Norfolk. It found:



Most welcomed having an NHS Health Check & would have one again.



GPs should send **more invites** and use a **range of ways to contact people**



Staff should be trained to give more **personalised advice** on behaviour change



Location and times are important factors for accessibility

NHS Health Check Potential

The NHS Health Check is a **mandated public health service** offered to eligible individuals aged **40-74 years every five years**, to assess their risk of developing certain health conditions, such as **diabetes, heart disease, kidney disease, stroke and dementia**. It provides a review of the modifiable behaviours, including smoking, inactivity, harmful drinking, and obesity, and offers advice and referral to services to support behaviour change. Each year it has the potential to:

Prevent **27** heart attacks & strokes



Prevent **68** people developing diabetes

Detect **340** cases of diabetes & kidney disease



Avoid at least **11** premature deaths (e)

Evaluating Effectiveness

Norfolk Public Health are undertaking a **5-year improvement programme** to improve health check uptake and to reduce associated inequalities.

This will address poor uptake of health checks in specific population groups e.g., those from the **most deprived areas who are half as likely to take up a health check** than those from the most deprived areas. To address this, we need:



Knowledge of how to best engage hard-to-reach groups



Improved local intelligence (e)

National research estimates that compared to no intervention:



For every **£1** spent on health checks...



...there will be a **£2.93** return on investment

Infographic produced by Insight & Analytics - July 2023 based on the NHS Health Check HNA Summary produced by Public Health. (a) [Office for Health Improvement and Disparities \(OHID\) \(2023\) Public Health Outcomes Framework: U75 mortality rate from all CV diseases. Accessed 02 Aug 2023.](#) (b) Life expectancy gap for the most and least deprived areas (quintiles) in Norfolk, 2020-2021. Provisional; Segment Tool; Office for Health Improvement & Disparities. (c) [NHS Health Check: People invited for an NHS Health Check 2019/20 Q1 to 2023/24 Q1. Accessed 29 November 2023.](#) (d) [NHS Health Check: People receiving an NHS Health Check 2019/20 Q1 to 2023/24 Q1. Accessed 29 November 2023.](#) (e) Norfolk County Council data as of April 2022 (e) Office for Health Improvement and Disparities, 'Review of the NHS Health Check Annex E: health economic modelling' (December 2021), p. 4.

