# **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.

Location and times are important factors for accessibility



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

GPs should send more invites and

use a range of ways to contact

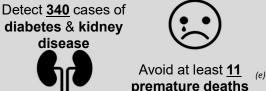
NHS Health Check Potential The NHS Health Check is a mandated public health service offered to eligible

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



# **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

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 Frances J75 mortality rate from all CV diseases. Accessed 02 Aug 2023. (b) Life expectancy gap for the most and least deriver areas (quintiles) in Norfok, 2020-2021. Provisional; Segment Tool; Office for Health Improvement and Disparities. (e) MHS Health Check People invited for an NHS Health Check 2019/20 Q1 to 2023/24 Q1. Accessed 29 Nov

