

## Cabinet Committee on Performance Improvement

Meeting to be held on 28<sup>th</sup> July 2015

Electoral Divisions affected: All
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### Progress Report on NHS Health Checks Performance

(Appendix A refers)

Contact for further information:

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#### Executive Summary

This report gives an update on the performance of the NHS Health Checks programme in Lancashire in 2014/15 and describes the improvement initiatives that are taking place.

Data from Lancashire GP practices indicate that 9.29% of the eligible individuals received an NHS Health Check compared with the national average of 9.61%. A number of initiatives have commenced this year including the delivery of NHS health checks in community and workplace settings, which aim to further improve the volume and quality of Health Checks over the forthcoming year.

#### Recommendation

The Cabinet Committee is asked to note and approve the report and actions outlined.

#### Background and Advice

The NHS Health Checks programme is a national mandated service which is aimed at detecting people at risk of developing heart disease, stroke, diabetes, kidney disease and certain types of dementia in order to help prevent these conditions occurring or to provide early diagnosis and treatment. People who are aged between 40 and 74 years who do not already have a diagnosed condition, are eligible to receive an NHS Health Check every 5 years. The national ambition is that 20% of the eligible population are invited each year (i.e. 100% invited every 5 years) and that 75% of those invited take up the offer.

The NHS Health Check itself consists of a series of simple tests to measure blood pressure, blood sugar levels, cholesterol and Body Mass Index (BMI), in addition to a lifestyle assessment to ascertain risk factors such as smoking, diet, levels of physical activity and alcohol use. People who are aged 65-74 years are also given information about dementia. A score is then calculated which gives the percentage risk of that person developing vascular disease within the next 10 years. All individuals taking part in the scheme are typically given advice and information about how to reduce their risk, along with signposting or referral to other services e.g. stop

smoking, weight management, or exercise programmes, where appropriate. Individuals with a high risk score are referred for further tests and treatment.

In Lancashire, the majority of NHS Health Checks delivery is currently carried out through primary care in GP settings. In an attempt to widen the reach of NHS Health Checks, we have improved the access to NHS Health Checks within community and workplace settings. Also, to our knowledge, Lancashire will be the first authority to deliver the NHS Health Checks within prisons, substance misuse services and Healthy Living Pharmacies. Each provider has its own set of key performance indicators (KPIs) against which their performance is monitored.

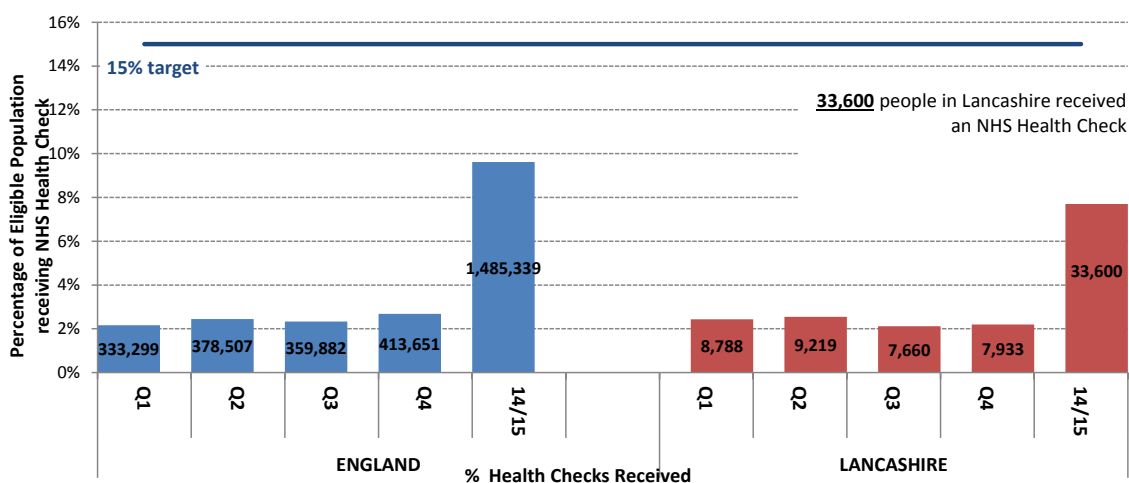
## 2014/15 Performance

The main vehicle for the delivery of NHS Health Checks in 2014/15 was via GP practices which are commissioned to provide the services for their eligible patients and are paid on a tariff basis for each NHS Health Check carried out. Currently 96% of practices are signed up to deliver NHS Health Checks across the authority. This is an improvement since the November 2013 report to this committee where only 72% of practices were signed up. The full year performance for Lancashire County Council in 2014/15 is given below:

Performance of NHS Health Checks in 2014/15	Number
Total eligible population 2014/2015	361,529
Number of people who were offered an NHS Health Check	54,809
Number of people that received an NHS Health Check	33,600
Percentage of people that received a NHS Health Check of those offered	61.3%

In 2014/15, 33,600 people received an NHS Health Check, which was 9.29% of the eligible population (Figure 1). This was lower than the national proportion of 9.61%. Both of these percentages fell short of the target for 15% of the eligible population of Lancashire to receive an NHS Health Check set in the 2013/14 Public Health Business Plan.

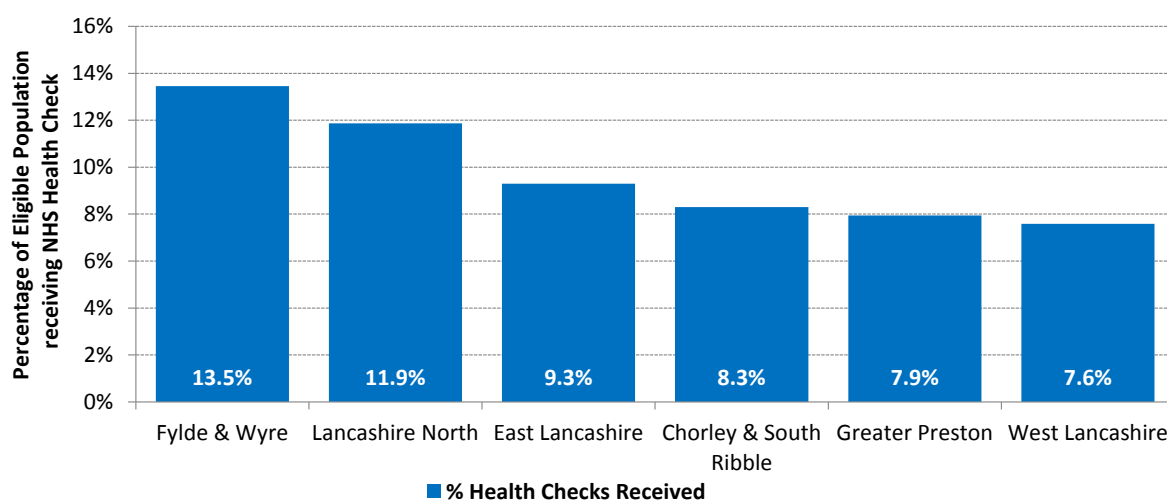
**Figure 1: Comparison between England and Lancashire of percentage of eligible population receiving NHS health checks in 2014/15**



During the last quarter of 2014/15, a comprehensive campaign took place across the authority, and it is likely that this had an impact on the number of people receiving a NHS Health Check, in addition to other factors which include performance improvement initiatives in specific Clinical Commissioning Groups (CCGs).

Fylde and Wyre (13.5%) had the highest percentage of NHS Health Checks received amongst Lancashire CCGs in 2014/15 (Figure 2). The lowest percentage of the eligible population receiving NHS Health Checks was seen in West Lancashire (7.6%).

**Figure 2: Comparison between Lancashire CCGs of percentage of eligible population receiving NHS health checks in 2014/15**



Analysis of NHS health checks performance over the last three years shows that:

- The NHS health checks eligible population was higher in Lancashire in 2014/15 (361,529) than in 2013/14 (359,143) and 2012/13 (339,687)
- NHS health checks were offered to a greater proportion of the eligible population in Lancashire in 2014/15 (15.2%) than in 2013/14 (11.6%), however this was lower than in 2012/13 (15.9%) and England's percentage (19.7%)
- NHS health checks were received by a higher proportion of the eligible population in Lancashire in 2014/15 (9.3%) than in 2013/14 (6.1%), but this was lower than in 2012/13 (10.6%) and England's percentage (9.6%)
- NHS health checks were received by a higher proportion of those offered to in Lancashire in 2014/15 (61.3%) than in 2013/14 (52.7%), however this was lower than in 2012/13 (66.8%). This was also greater than England's percentage (48.8%)

A table outlining these figures in more detail is provided within Appendix 'A'.

## **Additional Services**

Although general practice is fundamental to the NHS Health Checks programme, other provision is required in outreach and community venues to encourage people to take up the offer who would prefer a more convenient alternative to visiting the practice, or who are not engaged with GP services. A number of additional services are either already in place or in the process of being set up. This includes workplace and community based delivery by Wellness International that commenced in April 2015. The delivery plan for this element of work allows for an additional 20,000 NHS Health Checks across Lancashire per annum. Quarter 1 data will be available at the end of July. The delivery plan will target areas with particularly low uptake and/or sign up by general practice teams.

Other work is on-going which includes assuring the quality of the NHS Health Checks programme, assessing competencies and training needs; and continuing a process of CCG engagement to increase the number of NHS Health Checks offered in general practice. This will involve a number of training sessions and programme update events in each CCG area across Lancashire.

A NHS Health Check Equity Audit is underway and will be completed by September 2015. Additionally a further awareness communication campaign is planned for Autumn 2015. Activity is being planned internally within the next month, and also externally in September focussing on CCG areas with low numbers of health checks offered and/or received.

## **Consultations**

N/A

## **Implications:**

This item has the following implications, as indicated:

## **Risk management**

The risk of not implementing the actions outlined in the report is that the NHS Health Checks programme will continue to underperform and the residents of Lancashire will not be able to access equitable services which enable them to improve their health and wellbeing.

## **Local Government (Access to Information) Act 1985**

### **List of Background Papers**

Paper	Date	Contact/Directorate/Tel
Report to the Cabinet Committee on Performance Improvement	30 <sup>th</sup> July 2014	Michael Walder/01772 533637

Reason for inclusion in Part II, if appropriate

N/A