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NHS Health Checks



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Introduction

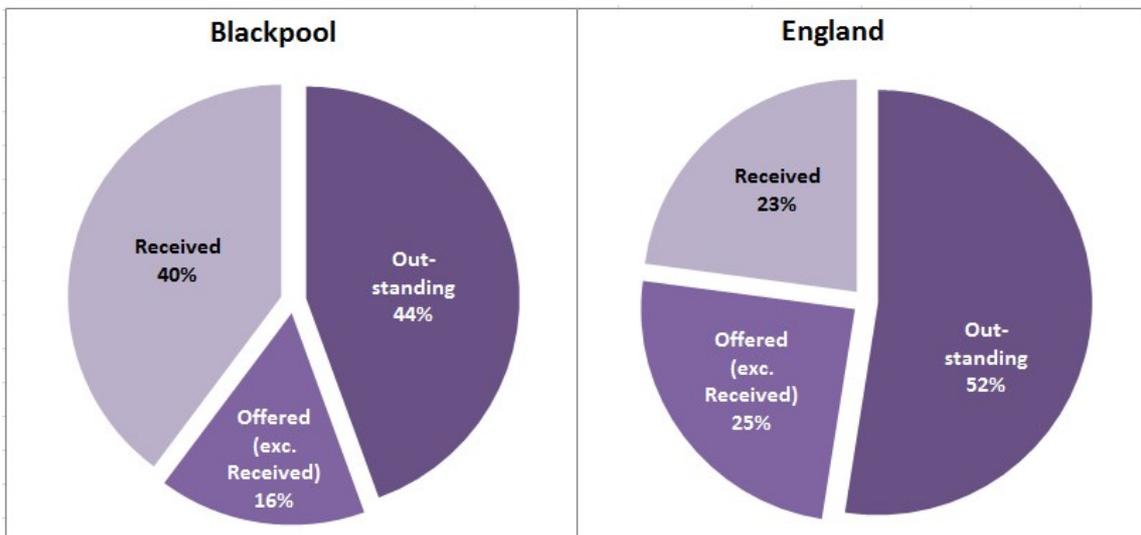
In the UK, high blood pressure, smoking, cholesterol, obesity, poor diet, physical inactivity and alcohol consumption are the top seven causes of preventable death¹. The Department of Health estimates that the NHS Health Check programme prevents 1,600 heart attacks and 4,000 people from developing diabetes each year. It also detects 20,000 cases of diabetes or kidney disease earlier each year. Estimates² suggest that the programme will pay for itself after 20 years and deliver substantial health benefits.

The NHS Health Checks programme aims to prevent and detect heart disease, stroke, diabetes, types of dementia and kidney disease. People invited for a check are aged 40 to 74, have certain risk factors or have not been diagnosed with one of these conditions. This is offered once every 5 years. During the screen the individual's risk of the above diseases will be assessed; support and advice or treatment will then be offered where necessary about reducing or managing risk.

Facts and figures

The 2013-2018 (5 year cumulative) data shows that 24,621 (55.5%) people aged 40-74 in Blackpool have been offered an NHS Health Check compared to 48% nationally. 71% of those who were offered a Health Check have received one.

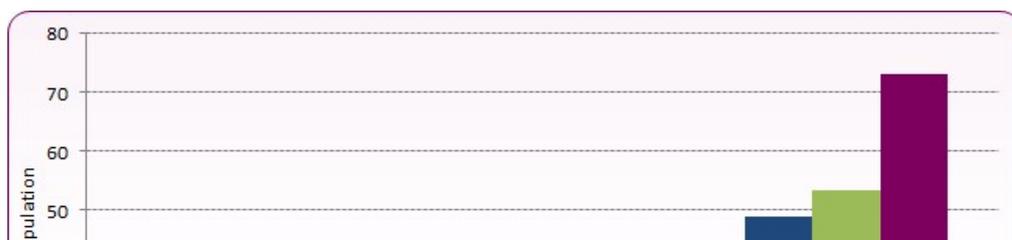
Figure 1: NHS Health Check 2013-2018 - 5 year cumulative data

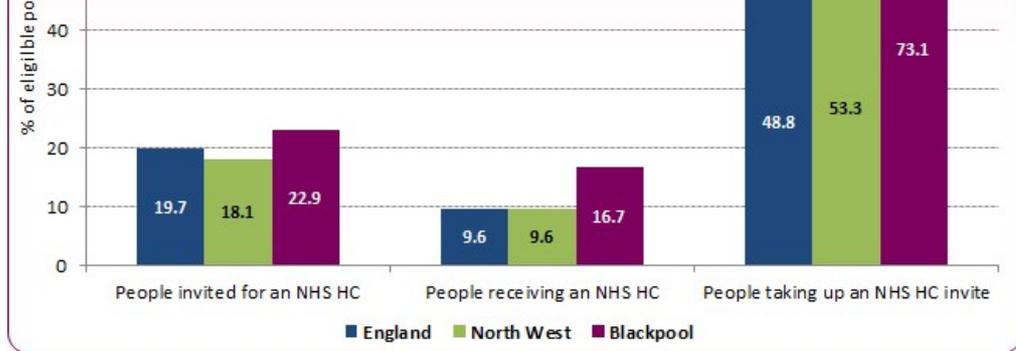


Source: NHS Health Check Data

- In 2014/15 just over 10,000 people aged 40-74 in Blackpool were invited for a Health Check
- 7,432 received a health check in the same period
- 73% of those invited took up the chance to have the check, a significantly higher proportion than the England average (49%)

Figure 2: Proportion of people aged 40-74 who have been invited for and who have received an NHS Health Check in 2014/15. Blackpool compared to the North West and England





Source: PHE, NHS Health Check Profile

National and local guidance

A collaborative resource which brings together national and local resources aimed to support those involved in commissioning and providing the [NHS Health Check programme](#).

NICE advice [LGB15] [Encouraging people to have NHS Health Checks and supporting them to reduce risk factors](#) highlights NICE's recommendations published up to November 2013 that cover the type of activities that could support NHS Health Checks.

[1] Murray, Christopher JL et al. (2013) UK health performance: findings of the Global Burden of Disease Study 2010. The Lancet, Volume 381, Issue 9871, 997-1020, March 2013

[2] DH, Economic Modelling for Vascular Checks, A technical consultation on the work undertaken to establish the clinical and cost effectiveness evidence base for the Department of Health's policy of vascular checks, July 2008

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