**NHS Health Check Information document for the public**

**Introduction**

Improving of the health and wellbeing of Wolverhampton residents is the priority of the City of Wolverhampton Council.

This document tells you about Wolverhampton Public Health’s plans to commission (to buy) a local Health Check service. We are inviting you to provide your opinions on what the service needs to deliver and how it is best delivered to those who need it.

**The Wolverhampton Community**

The City of Wolverhampton’s population was estimated to be 264,407 in 2020. Over the last decade, Wolverhampton has seen a steady rise in population which can be attributed in parts to increased births and international migration. Wolverhampton has a relatively large proportion of middle aged to elderly population with 103,244 people falling within the age range of 40 – 74 years old (39%). Approximately 49.5% of this age group are femaleand 50.5% of this age group are male. Wolverhampton is the fourth most deprived authority in the West Midlands region and the 24th most deprived authority in England (out of 318 local authorities).

We have taken a detailed look at the prevalence of cardiovascular diseases and lifestyle related diseases in Wolverhampton in recent years, which tells us that:

* During the period 2017 – 2019, in Wolverhampton, death rates from preventable cardiovascular diseases are significantly higher than the England and West Midlands death rate.
* During the period 2015 – 2020, in Wolverhampton, prevalence rates of diabetes are significantly higher than the England prevalence rate and West Midlands prevalence rate.
* In 2020, Ethnic minorities are disproportionately impacted by diabetes across the City with 4,500 people from the Black and Asian backgrounds being registered as having diabetes, out of approximately 20,000 individuals registered with diabetes in the city.
* During the period 2015 – 2020, in Wolverhampton, percentage of physical inactivity in adults[[1]](#footnote-2), percentage of adults (aged 18+ years old) classified as overweight or obese[[2]](#footnote-3) and smoking prevalence in adults[[3]](#footnote-4) (aged 18+ years old) is significantly worse when compared to England and West Midlands.

**Health Checks:**

* NHS Health Checks are a crucial means of screening in order to identify the early signs of poor health, therefore providing for early intervention opportunities. The NHS Health Check programme targets adults aged 40 – 74 years old, with the aim of preventing heart disease, stroke, diabetes and kidney disease. Eligible patients who are not diagnosed with one of these conditions are invited for a health check every five years to assess their risk, raise awareness and support them to manage their risk of cardiovascular disease and associated conditions such as diabetes, overweight/obesity, etc.
* During the period 2016/17 – 2020/21, Wolverhampton (52.4%) was above the regional (43%) and national average (46.5%) in terms of people taking up an NHS Health check invite, as well as above most of the other West Midlands region counties.

**The current Service**

The contracts for existing services that deliver the programme locally commenced 1 April 2018. In accordance with national guidance, Wolverhampton’s local Health Check Programme is designed over a 5-year period so that 20% of the eligible population aged 40-74 years should be invited each year. The NHS Health Checks programme is currently delivered through a GP Locally Commissioned Public Health Service (LCPHS) contract.

**Commissioning Intention**

The Wolverhampton Public Health Team are looking to commission (to buy) Health Check services within primary care settings. This could include, among other assessments:

* Hypertension screening
* Cholesterol screening
* Diabetes screening
* BMI assessment
* Alcohol intake screening

We are also exploring options from a range of providers of how more eligible individuals can access Health Checks in order to improve access and efficiency. Access to more Health Checks will help improve screening levels amongst the eligible population and supports the reduction of preventable cardiovascular disease deaths and diabetes amongst the Wolverhampton population.

**Commissioning Timeline and next steps**

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| **Action** | **Timescale** |
| Engagement with stakeholders and residents | 27 September to 1 November 2021 |
| Engagement Feedback | XX November 2021 (on the website) |
| Develop model based on engagement including feedback | 3 November 2021 |
| Service commencement | 1 April 2022 |

**For more information contact:** [phcommissioning@wolverhampton.gov.uk](mailto:phcommissioning@wolverhampton.gov.uk)

1. PHE Fingertips (2021). Percentage of physical activity in adults. From: <https://fingertips.phe.org.uk/search/physical%20activity#page/4/gid/8000005/pat/6/par/E12000005/ati/302/are/E08000031/iid/93014/age/298/sex/4/cat/-1/ctp/-1/cid/4/tbm/1> [↑](#footnote-ref-2)
2. PHE Fingertips (2021). Percentage of adults (aged 18+) classified as overweight or obese. From: <https://fingertips.phe.org.uk/search/obesity#page/4/gid/8000005/pat/6/par/E12000005/ati/302/are/E08000031/iid/93088/age/168/sex/4/cat/-1/ctp/-1/cid/4/tbm/1> [↑](#footnote-ref-3)
3. PHE Fingertips (2021). Smoking Prevalence in adults (18+) - current smokers (APS). From: <https://fingertips.phe.org.uk/search/smoking#page/4/gid/8000005/pat/126/ati/402/are/E08000031/iid/92443/age/168/sex/4/cat/-1/ctp/-1/cid/4/tbm/1> [↑](#footnote-ref-4)