

APPENDIX 1

OUTCOME OF THE HEALTHCHECKS SERVICE REVIEW ACROSS LAMBETH AND SOUTHWARK

Comparative performance and financial information for Lambeth and Southwark healthchecks

The comparative performance of the Lambeth and Southwark healthchecks programmes in 2013/14 is set out below:

TABLE 1	Lambeth	Southwark
Number of healthchecks – overall		
Numbers of people <u>offered</u> a healthcheck (as a percentage of the total eligible population)	24,592 (38%)	21,211 (33%)
Number of people <u>completing</u> a healthcheck (as a percentage of those offered a healthcheck)	6,382 (26%)	6,995 (33%)
Who carries out the Healthcheck?		
GP surgery (as a percentage of all healthchecks carried out)	over 6,000 (90%)	4,856 (69%)
Pharmacy	24 (under 0.5%)	616 (9%)
Outreach nurse	322 (4%)	1,523 (22%)
Healthchecks – outcomes		
Numbers of people assessed to be at high risk (as a percentage of all healthchecks carried out)	231 (5.3%)	434 (8%)
Numbers of people assessed to have raised blood pressure	356 (18%)	1,037 (21%)
Numbers of people assessed to be:	(a) obese	841 (19%)
	(b) overweight	1,462 (38%)
Numbers of people assessed to be diabetic	No data available	73 (2%)
Numbers of people assessed to be at an increased risk of diabetes (“pre-diabetes”)	147 (10%)	119 (3%)
Numbers of people who receive an annual clinical follow-up after a Healthcheck		
Percentage of people receiving an annual clinical follow-up from a GP	38% ¹	16% ²
Health Intervention		
Overall number of healthchecks users who are prescribed drugs ³ to help reduce cholesterol levels	107	164
Overall number of healthchecks users who are prescribed drugs ⁴ to help reduce blood pressure	107	107
Percentage of people who, following a healthcheck, are placed on a risk register	10% ⁵	10% ⁶
Lifestyle Intervention		
Percentage of healthchecks users with this need who receive lifestyle advice from their GP	97%	93%
Percentage of healthchecks users who have this need and take up a lifestyle intervention	Incomplete data	52%

¹ Figures taken from a sample

² Figures taken from a sample

³ That is, statins

⁴ That is, an antihypertensive drug

⁵ Figures taken from an audit sample

⁶ Figures taken from a sample

TABLE 1	Lambeth	Southwark
Numbers who, following a healthcheck, are referred to a service to help quit smoking (as a percentage of smokers)	108 (7%)	215 (7%)

Both Lambeth and Southwark currently demonstrate relatively good performance in the offering of healthchecks to their populations (covering around a third of the eligible population) but, in relation to other London boroughs, both Lambeth and Southwark are performing less well in terms of the numbers of people who take-up a healthcheck.

Lambeth was ranked 15th and Southwark ranked 7th in uptake of healthchecks in Quarter 2 2014/15. Information on the numbers of those in Lambeth and Southwark who, following a healthcheck, receive follow-on support or who are known to then make improvements to reduce their risk of developing a health condition is not fully captured.

In the arena of health improvement, there is an understanding that individuals will often take up the offer of a healthcheck – but that, in fact, it is the ongoing and sustained improvement to lifestyle choices (eating more healthy foods, exercising more frequently and so on) that can be more challenging to maintain. The risk with the measurement of healthchecks, as set out by key stakeholders, is that it focuses primarily on the offer and take-up of the check, and not on any longer-term change or improvement by individuals. In the current system, therefore, in many cases the subsequent changes necessary to reduce health risks were not followed through following a healthcheck.

GPs and Pharmacies also set out that, whilst clinical help was available to help people with health problems (for example, obesity and diabetes), that the current model did not always provide effective links with community services, leisure opportunities and other wellbeing support.