



## Your Results



Name:

Date:

**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia



**OXFORDSHIRE  
COUNTY COUNCIL**



## Introduction

This NHS Health Check is part of a national scheme to help prevent diabetes, heart disease, kidney disease, stroke and some forms of dementia. Everyone aged between 40 and 74 who has not been diagnosed with the conditions mentioned will be invited for a check once every five years.

Everyone is at risk from these conditions and if you develop one you are more likely to develop another in the future. As you get older, the risk of such health problems is greater so it becomes more important than ever to avoid the following:

- ❖ High blood pressure
- ❖ High cholesterol
- ❖ Being overweight
- ❖ Lack of physical activity
- ❖ Smoking
- ❖ Not eating healthily
- ❖ Drinking too much alcohol

The good news is that changes in lifestyle can make a real difference to your chance of living a comfortable and health condition-free life.

Your healthcare professional will use all the information that they collect during the NHS Health Check to give you professional advice on staying healthy and will estimate your risk of having a cardiovascular event over the next 10 years.

Use this booklet to record your results and set goals for improving your lifestyle if necessary.

**Some of your results are colour coded:**

-  Well done
-  Be careful
-  ACT NOW

## Blood Pressure test

There are two measurements used to assess blood pressure:

- ❖ **Systolic pressure** is the pressure exerted when your heart pumps, forcing blood to move through your arteries
- ❖ **Diastolic pressure** is the pressure exerted when your heart is at rest, between beats

The result is usually described as, for example, '140 over 90', meaning a systolic pressure of 140mmHg and a diastolic pressure of 90mmHg (often written as '140/90mmHg').

			My Reading
<b>Blood pressure</b>	Ideally 140/90 or below	140/90 or above	

## Cholesterol test

Cholesterol is a fat that is carried around your body in the blood. It is vital you have enough of it in your body for it to work properly. But too much cholesterol can cause your arteries to become blocked. A sample of your blood will be taken to measure what your levels of cholesterol are.

Your cholesterol should be given as a ratio. That is, your total cholesterol divided by your HDL cholesterol. This reflects the fact that for any given total cholesterol level, the more HDL, the better.

			My Reading
<b>Cholesterol ratio</b>	4.5 or below	4.6 or above	

If your total cholesterol level is too high, or the ratio is not ideal, your healthcare professional will give you advice about how to improve it. They may also consider prescribing you cholesterol-lowering drugs (if appropriate).

## Body Mass Index (BMI) test

BMI is a measure of whether you are a healthy weight for your height. However, it is only a guide and, for some people, BMI may not take into account things like being muscular.

				My Reading
<b>BMI</b>	25 or less	25-29.9	30 or more	
If Asian	22.9 or less	23-27.4	27.5 or more	

A healthy and balanced diet, which includes at least five portions of fruit and vegetables a day, is important to reach or maintain a healthy weight and lifestyle.

It is recommended you cut levels of saturated fat and salt in your diet, examples of how to achieve this include:

- ❖ Choose lean cuts of meat and trim off extra fat
- ❖ Bake, steam, poach or grill rather than fry or roast
- ❖ Use less meat and instead add bulk to sauces and stews with vegetables or beans
- ❖ Choose lower-fat dairy products, such as skimmed milk or lower-fat yogurt
- ❖ Check food labels for saturated fat and salt content (high salt is more than 1.5g salt per 100g (or 0.6g sodium))
- ❖ Stop adding extra salt to food during cooking and at the dinner table

For healthy and tasty recipes visit: [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

If your **BMI** is greater than **30** (**27.5** or more for Asian people), speak to your healthcare professional to see if you are eligible for a referral to local weight management services.

Note that if your BMI falls below 18.4, your result falls within the under-weight range.

## Alcohol

Regular drinking above the recommended daily limits can seriously impact your health and be a significant component of weight gain, even if you don't get drunk or binge drink.

Recommended guidelines to reduce your risk:

- ❖ Not regularly drinking more than 3-4 units a day for men (equivalent to a pint and a half of 4% beer) and 2-3 units a day for women (equivalent to a 175 ml glass of wine)
- ❖ Having at least two alcohol free days per week

It can be a difficult to understand and remember how much alcohol is in drinks, and how this can affect our health. The recommendations above can help with this. ABV is the percentage of alcohol in the drink and you can often find this information on the side of the bottle or can. The amount of alcohol in drinks can vary quite widely, and it's worth looking for versions of your favourite drinks that have less alcohol, which can also be cheaper and often have less calories. Search the [www.nhs.uk/change4life](http://www.nhs.uk/change4life) website to use their interactive drinks checker to help you understand the number of units and calories you drink.

The Alcohol Use Disorders Identification Test (AUDIT) will be used to measure whether your levels of drinking are a risk:

My Reading
7 or less
8-19
20 or more

To find out more on your local services available, ask your healthcare professional or see the 'Useful Contact' section.

## Physical Activity

Achieving 30 minutes of moderate intensity physical activity five days a week helps reduce the risk of health problems. It also helps prevent over 20 chronic diseases, including some cancers and depression, as well as improving general well-being.

Moderate intensity refers to how hard your body is working when you are being physically active. You should still be able to talk but your breathing will be quicker and deeper, your body will be warming up and your heart will be beating faster than normal but not racing.

As part of your NHS Health Check, your physical activity level will be measured using the General Practice Physical Activity Questionnaire (GPPAQ):

				<b>My Reading</b>
<b>GPPAQ score</b>	<b>Active</b>	<b>Moderately active or inactive</b>	<b>Inactive</b>	

The good news is that there are lots of different ways to become active and benefit your health: from walking to dancing; gardening to swimming; yoga to football, there will be an activity for you.

If you are not in the active category and you are interested in increasing the amount of physical activity you do, ask your healthcare professional to find out more about local services or see the 'Useful Contact' section.

Alternatively, search the [www.nhs.uk/change4life](http://www.nhs.uk/change4life) website for opportunities to become more active in Oxfordshire.

## Smoking

Smoking increases the risks associated with high blood pressure and raised cholesterol.

				My Reading
<b>Smoking status</b>	Non-smoker	Passive smoker	Smoker	

The great news is that you can reduce your risk over a period of time by stopping. Free local NHS Stop Smoking Services can help you find the best way to achieve this, providing the medication (patches, lozenges, champix etc.) and the motivational support you need. To find out more about the local services available, ask your healthcare professional or see the 'Useful Contact' section.

## Cardiovascular Disease Risk score

Your healthcare professional will enter all the information that they have collected into the QRisk2 calculator to assess your risk of having a cardiovascular event over next 10 years:

				My Reading
<b>QRisk score</b>	10% or less	10.1% to 19.9%	20% or above	

If your risk is 20%, this means that you have a 20 in 100 chance of having a cardiovascular event in the next 10 years.

Whatever your result, you will be given advice about staying healthy and, if appropriate, how to lower your risk. If it is in the higher ranges you may be offered medicines or further support.

If you are awaiting cholesterol test results you can use the online risk calculator using the QRisk2 method once they are obtained: <http://www.qrisk.org/>

An alternate online tool to calculate what your results from the NHS Health Check mean is to find out if your heart age is higher or lower than your actual age. Visit [www.nhs.uk](http://www.nhs.uk) and search 'Your NHS Health Check results' for more information.



## Your goals

Use the section below to set yourself some goals (one or two) to work towards. Remember that small changes to your lifestyle can make a big difference to your health.

### What would you like to achieve?

1. ....  
.....
2. ....  
.....
3. ....  
.....

Want to give feedback about your experience of this service? If so ask your healthcare professional about the NHS Friends and Family Test.

## Additional tests

If your blood pressure and/or BMI results are high you may be advised to have a test to check to see if you are at risk of developing diabetes. If your blood pressure is higher than 140/90.

There are three cancer screening programmes:

- ❖ the NHS Breast Screening Programme
- ❖ the NHS Cervical Screening Programme
- ❖ the NHS Bowel Cancer Screening Programme

Plus there is a Prostate Cancer Risk Management Programme.

If you would like more information, please ask your healthcare professional or visit [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)

## Useful local contacts:



### Weight Management:

**MORELIFE** (specialist service)

Call: 0808 208 0001

Email: [morelife@nhs.net](mailto:morelife@nhs.net)

Web: [www.more-life.co.uk](http://www.more-life.co.uk)



### Alcohol:

**TURNING POINT** (integrated drug and alcohol service)

Call: 03000 134 776

Email: [Oxfordshire@turning-point.co.uk](mailto:Oxfordshire@turning-point.co.uk)

Web: [www.turning-point.co.uk/oxfordshire-roads-to-recovery.aspx](http://www.turning-point.co.uk/oxfordshire-roads-to-recovery.aspx)



### Physical Activity

**GO ACTIVE / GO ACTIVE GET HEALTHY**

Call: Visit website for details

Email: Visit website for details

Web: [www.getoxfordshireactive.org](http://www.getoxfordshireactive.org)



**EXERCISE ON REFERRAL SCHEME**

Call: 01865 252606

Email: [info@oxfordshiresport.org](mailto:info@oxfordshiresport.org)

Web: [www.oxfordshiresport.org/exercise](http://www.oxfordshiresport.org/exercise)



**GENERATION GAMES**

Call: 01235 849403

Email: [generationgames@ageukoxfordshire.org.uk](mailto:generationgames@ageukoxfordshire.org.uk)

Web: [www.generationgames.org.uk](http://www.generationgames.org.uk)

### Smoking:



**STOP SMOKING SERVICE**

Call: 0800 622 6360 or Text: 'Quit' to 66777

Email: [info@smokefreelife.co.uk](mailto:info@smokefreelife.co.uk)

Web: [www.smokefreelifeoxfordshire.co.uk](http://www.smokefreelifeoxfordshire.co.uk)



