



## **NHS Health Checks Equity Audit**

### **Overview**

The NHS Health Check (NHS HC) programme is one of the largest public health programmes in the world, with nearly 5 million people in England receiving an NHS HC since 2013.

The programme in Plymouth is a good example of primary prevention in action locally. It offers a fantastic opportunity to help people to live longer, healthier lives. It aims to keep people in Plymouth well for longer, through preventing or delaying the onset of chronic diseases and conditions. It is a population wide, holistic, five year rolling, £500k programme that achieves its impact through the promotion of earlier awareness, assessment, and management of the major risk factors and conditions driving premature death, disability and health inequalities.

Cardiovascular disease (CVD) is one of the conditions most strongly associated with health inequalities, with death from CVD three times higher among people in the most deprived communities compared to those that in the most affluent. Additionally, the cost of social and health care from the rise in levels of obesity, type 2 diabetes and dementia are key drivers of the programme. The NHS HC programme aims to prevent heart disease, stroke, diabetes and kidney disease and raise awareness of dementia, both across the population and within high risk and vulnerable groups. The programme will achieve impact by:

- promoting and improving the early identification and management of individual behavioural and physiological risk factors
- supporting individuals to effectively manage and reduce behavioural risks and associated conditions through information, behavioural and evidence based clinical interventions
- helping to reduce inequalities in the distribution and burden of behavioural risks, related conditions and multiple morbidities

A key objective of the programme is to contribute to narrowing health inequalities.

Conducting a health equity audit is a strategic way to assess whether and how this objective is being met, to identify areas for improvement, prioritise action and make decisions about resource allocation. Further detailed guidance on the completion of an equity audit for the NHS HC programme can be found here:

[http://www.healthcheck.nhs.uk/commissioners\\_and\\_providers/guidance/national\\_guidance1/](http://www.healthcheck.nhs.uk/commissioners_and_providers/guidance/national_guidance1/)

Contact [Dan Preece](#) for further information.