



YOUR RESULTS

Name:

Date:

NHS HEALTH CHECK

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

visit www.southglos.gov.uk/nhshealthcheck

In partnership with


South Gloucestershire
Council

INTRODUCTION

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

Name of the person who delivered your Health Check:	
Contact details:	
Date:	

Everyone is at risk of developing diabetes, heart disease, kidney disease, stroke and dementia. These can also be referred to as vascular disease.

The good news is that these conditions can often be prevented by making changes to your lifestyle. The tests that you've had as part of your NHS Health Check will help you and your healthcare professional discuss changes that you might need to make to reduce your risk of developing one of these conditions.

For further information about your NHS Health Check visit www.southglos.gov.uk/nhshealthcheck

There is also lots of advice and support for all the lifestyle areas covered in this results booklet at NHS Choices www.nhs.uk.

Just search for 'NHS Health Check'.

BLOOD PRESSURE

Your result

 **Blood pressure**

 On track  ACT NOW

ideally below 140/90

140/90 or above

What it means

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 described as “140 over 90” or 140/90mmHg i.e. systolic pressure of 140mmHg and diastolic 90mmHg.

[Ideal blood pressure is 90/60 – 120/80mmHg.](#)

[High blood pressure is 140/90mmHg or higher.](#)

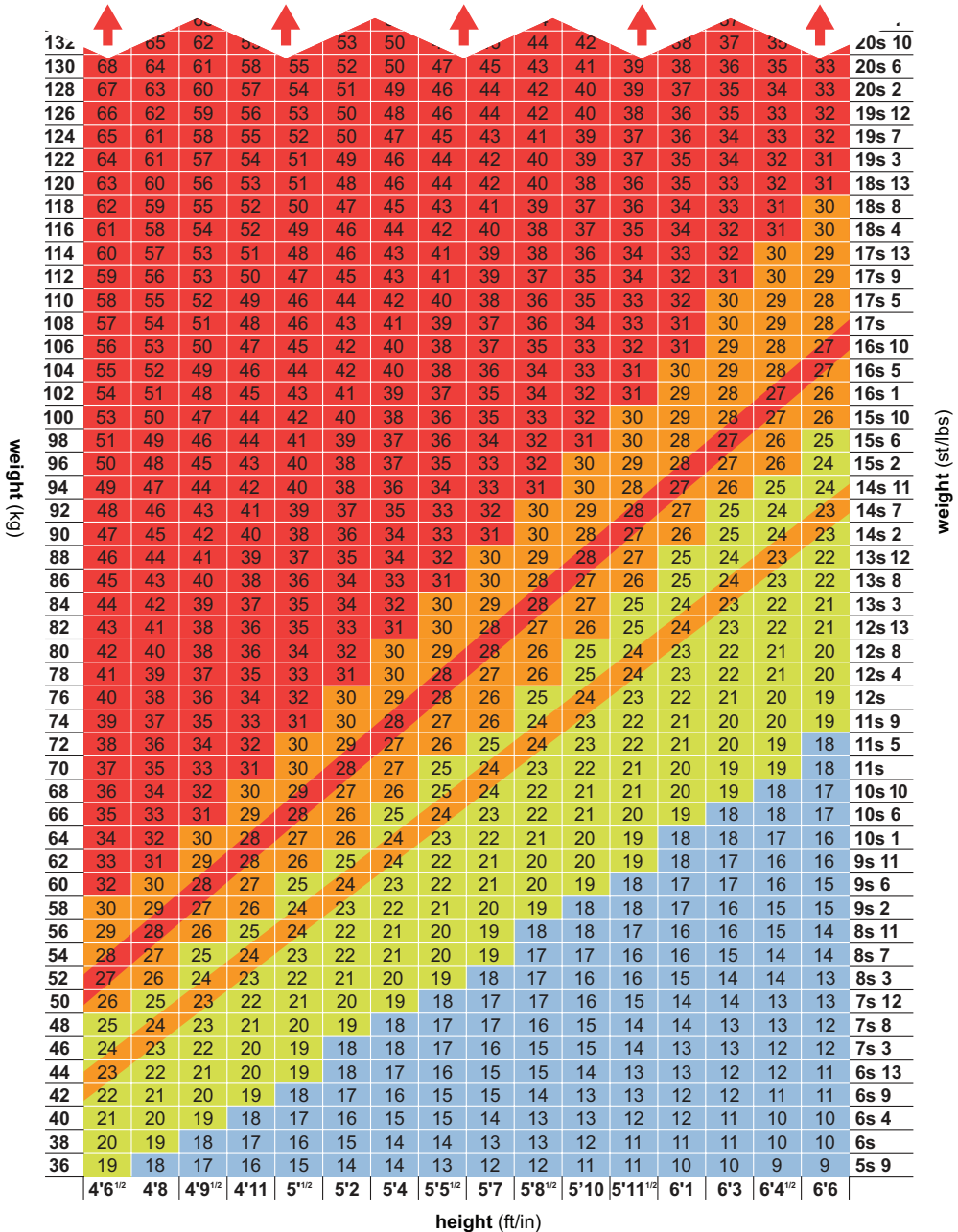
What next

High blood pressure can be treated or prevented by changes to your lifestyle, such as being more physically active, eating a healthier diet or cutting down on alcohol.

Too much salt in your diet can cause raised blood pressure. Avoid adding salt to your food and cut down on foods high in salt such as crisps, processed meats and sauces. A high salt level is more than a quarter of a teaspoon (1.5g of salt or 0.6g sodium) per 100g. There are also medicines to lower blood pressure.

Your pulse rate will be taken as part of the NHS Health Check to check the number of times the heart beats per minute and to observe its strength and its rhythm (regular or irregular). There are a number of things that can affect pulse rate, for example if you have been exercising recently. It naturally goes up and down. If your pulse appears to be irregular, this will be investigated further.

BODY MASS INDEX (BMI)



BODY MASS INDEX (BMI)

To use the table, find the appropriate height along the bottom labelled 'height (ft/in)'. Move up to a given weight which is in kilograms using the left column, or pounds on the right. The number you reach in the table is the BMI at that height and weight.

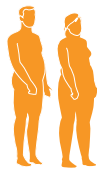
Your BMI result:

Very overweight



BMI
30+

Overweight



● Very
overweight
Asian people

BMI
25-30

Healthy



BMI
18.5-25

● Overweight
Asian people

Underweight



BMI less
than 18.5

Asian people are at higher risk of developing vascular diseases such as diabetes at a lower BMI and therefore are classed as overweight and very overweight at a lower point.

What it means

Your BMI result tells you if you are underweight, a healthy weight, overweight or obese. A BMI above the healthy weight range or too much fat around your waist can increase your risk of serious health problems like heart disease, type 2 diabetes, stroke and certain cancers.

What next

If you are advised to lose some weight, you may wish to consider the NHS 12 week weight loss plan:

www.nhs.uk/LiveWell/weight-loss-guide/Pages/weight-loss-guide.aspx

If you are referred to LifeShape you'll be asked to phone the team to confirm that you are ready to make some changes to your lifestyle. The LifeShape programme will help you do this. You'll be offered a pack of vouchers for free WeightWatchers sessions as well as signposting to various physical activities.
www.southglos.gov.uk/lifeshape

HEALTHY EATING

A healthy balanced diet will help you maintain a healthy weight.

These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.

- 1 Base your meals on starchy carbohydrates
- 2 Eat lots of fruit and vegetables
- 3 Eat more fish – including a portion of oily fish
- 4 Cut down on saturated fat and sugar
- 5 Eat less salt – no more than 6g a day for adults
- 6 Get active and be a healthy weight
- 7 Don't get thirsty
- 8 Don't skip breakfast

www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx

The Eat Well Guide shows how to achieve a healthy balanced diet.

<https://www.nhs.uk/Livewell/goodfood/Pages/the-eatwell-guide.aspx>







Download the [free](#) One You Easy Meals app. This Easy Meals app is a great way to eat foods that are healthier for you. Visit www.nhs.uk/oneyou/apps

You can also download the [free](#) food smart app to see sugar, salt and fat content in foods. <https://www.nhs.uk/Tools/Pages/be-food-smart.aspx>

CHOLESTEROL TEST

Your result

 Cholesterol test	 On track	 Take action	 ACT NOW
Total cholesterol			
HDL cholesterol			
Ratio Total cholesterol/HDL			

What it means

Cholesterol is a fatty substance known as a lipid, and is vital for our bodies to function well. However, an excessive amount of cholesterol can affect your health. For more information see www.nhs.uk/conditions/high-cholesterol

A sample of your blood will be taken to check your cholesterol levels. Blood cholesterol is measured in units called millimoles per litre of blood (mmol/L). Total Cholesterol measures your HDL + LDL + Triglycerides (another type of fat) in your blood.

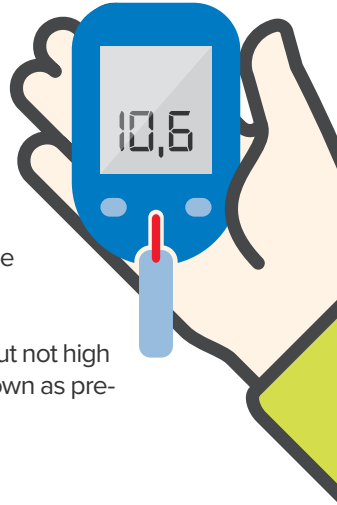
What next

You can lower your cholesterol by eating a healthy, balanced diet that's low in saturated fat, exercising regularly, not smoking and cutting down on alcohol. If your result is 7.5 or above you will be referred for further tests to see if you need cholesterol lowering drugs.

WHAT IS DIABETES?

Diabetes is a lifelong condition that causes a person's blood glucose (sugar) level to become too high. We should only have about 5-7g (1 teaspoon of glucose) in our blood at any one time. Diabetes is a condition where the amount of glucose in the blood at diagnosis is too high because the body can't use glucose as energy. Diabetes occurs when the body does not produce enough insulin or produces insulin but cannot use it properly (insulin resistance). (Insulin is a hormone produced in the body which regulates the amount of glucose in the blood.)

Many people have blood glucose levels above the normal range, but not high enough to be diagnosed as having diabetes. This is sometimes known as pre-diabetes, as the risk of developing Type 2 diabetes is increased.



What next

The cornerstone of treatment is lifestyle change. This includes: dietary changes, increasing physical activity, weight loss (especially waist circumference), reducing stress, stopping smoking and getting enough sleep.

Patients at high risk of Type 2 Diabetes (those who have a raised HbA1c) can now be offered referral onto the National Diabetes Prevention Programme. Patients are invited to attend local groups which offer support and information to help prevent Type 2 diabetes.

Your result

If your BMI is 30 or over or if it is 27.5 or over and you are Black, Asian or another ethnic group, or you have high blood pressure (at or above 140/90mmHg or where the systolic blood pressure exceeds 140mmHg or 90mmHg respectively), you may be invited to another test to check for diabetes.

Eligible for referral to the National Diabetes Prevention Programme?

Yes No

Your result

 **Physical activity status** ● On track ● Take action ● ACT NOW

Active

Moderately active/
Moderately inactive

Inactive

What it means

As part of your NHS Health Check, your physical activity level will be measured and you will be given a score. Moderate intensity aerobic exercise is where you're working hard enough to raise your heart rate and break into

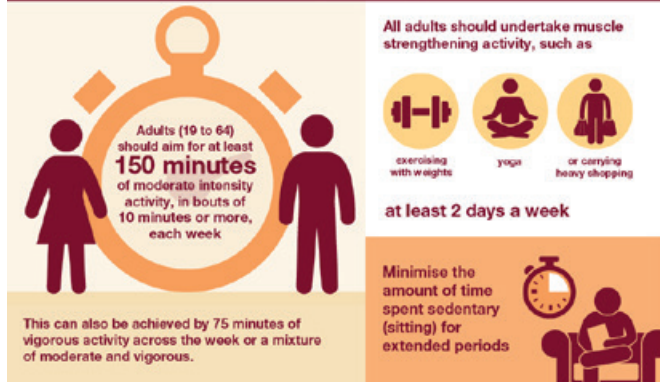
a sweat. You're able to talk but unable to sing the words to a song.

Vigorous intensity aerobic exercise is where you're breathing hard and fast and your heart rate has increased significantly. You won't be able to say more than a few words without pausing for a breath.

What next

For information about being active e.g. Walking for Health and the Active 10 app, visit www.southglos.gov.uk/gettingactive

How much physical activity should you do?



Adults (19 to 64) should aim for at least **150 minutes** of moderate intensity activity, in bouts of 10 minutes or more, each week

All adults should undertake muscle strengthening activity, such as

- exercising with weights
- yoga
- or carrying heavy shopping

at least 2 days a week

This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

Minimise the amount of time spent sedentary (sitting) for extended periods

Your result

 **Alcohol consumption levels** ● On track ● Take action ● ACT NOW

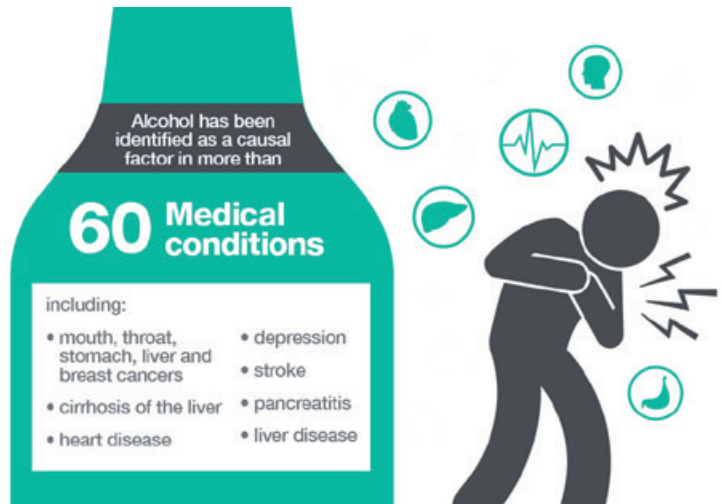
Low risk

Increasing risk

High risk

What it means

Guidelines from the Chief Medical Officer state that regular drinking of any level of alcohol carries a health risk for everyone. Men and women should limit their intake to no more than 14 units a week to keep the risk of illness like cancer and liver disease low.



- Both men and women are advised not to regularly drink more than 14 units a week.
- Spread your drinking over three days or more if you drink as much as 14 units a week.
- Try to have at least two, three if possible, alcohol free days during the week. To get the most benefit, they should ideally be together.

ALCOHOL

1.5
units



Small glass red/white/rosé wine
(125ml, ABV 12%)

2.1
units



Medium glass red/white/rosé wine
(175ml, ABV 12%)

3
units



Large glass red/white/rosé wine
(250ml, ABV 12%)

2
units



Pint of low strength lager/beer/cider
(ABV 3.6%)

3
units



Pint of high strength lager/beer/cider
(ABV 5.2%)

1.7
units



Bottle of lager/beer/cider
(ABV 5.2%)

2
units



Can of lager/beer/cider
(440ml, ABV 4.5%)

1.5
units



Alcopop
(275ml, ABV 5.5%)

1
units



Single shot of spirits*
(25ml, ABV 40%)

**Gin, rum, vodka, whisky, tequila, sambuca. Large (35ml) single measures of spirits are 1.4 units.*

What is a unit?

Units are a standard way to indicate the alcohol content of any given drink.

Calories in alcohol

There are a surprising amount of calories in alcohol and over the course of a few drinks they can quickly add up. Use the calorie checker on NHS choices to check how many calories are in alcoholic drinks www.nhs.uk/Livewell/alcohol/Pages/calories-in-alcohol.aspx

What next

The One You free drinks tracker app makes it easy to keep an eye on the amount you are drinking and take control with daily tips and feedback. Visit www.nhs.uk/oneyou/apps

If you are concerned about your or someone else's alcohol use, please contact South Gloucestershire drug and alcohol services on: **0800 0733 011**, free from a landline.

BECOMING SMOKE FREE

Your result

Smoking status

 On track  ACT NOW

Non smoker
(never smoked)

Non smoker
(ex-smoker)

Smoker

What it means

If you smoke you will be offered support and advice as part of your NHS Health Check.

Smoking increases both blood pressure and cholesterol, and is the biggest cause of premature death in the UK. The great news is that you can reduce your risk over time to that of a non-smoker by stopping.

What next

Many smokers want to quit but aren't sure about the best way to go about it. There's lots of free support on offer and by using the support that's right for you, you'll be boosting your chance of quitting. Read more at www.southglos.gov.uk/smokefree, email smokefree@southglos.gov.uk or call **01454 865502**.

You are up to four times more likely to quit smoking with support, than if you go it alone.



SMOKEFREE
SOUTH GLOUCESTERSHIRE

CARDIOVASCULAR DISEASE RISK SCORE

Your result

Cardiovascular disease risk score

● On track ● Take action ● ACT NOW



What it means

The results above, show your risk of developing cardiovascular disease in the next 10 years. Cardiovascular diseases and events include heart attacks, angina, stroke, diabetes and kidney disease.

Ten year risk is a short term risk and risk increases naturally with age. You can keep your risk low by staying healthy for example by not smoking, taking more exercise, eating healthily and not drinking alcohol or drinking within national guidelines.

If your **BMI and/or your blood pressure** 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 high your GP may invite you for a further test to see if your kidneys are working properly. If your **cholesterol** is high you may be referred to your GP for further tests to see if you need cholesterol lowering drugs.

Did you know that taking steps to reduce your risk of heart attacks or strokes will also reduce your risk of getting dementia.

To find out more about dementia and how to reduce your risk please visit <https://www.nhs.uk/conditions/dementia/>

What next

If your **BMI and/or your blood pressure** 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 high your GP may invite you for a further test to see if your kidneys are working properly. If your **cholesterol** is high you may be referred to your GP for further tests to see if you need cholesterol lowering drugs.

1. Find out your heart age at www.nhs.uk/MyHeartAge
2. Make a change to your lifestyle – see the back page to set a goal.
3. If you need additional tests make sure you have these arranged.

Cardiovascular Risk Report

Your age is:



.....
Years

Your heart age is:



.....
Years

WHAT'S YOUR
HEART AGE?

BECAUSE THERE'S ONLY
ONE YOU



MENTAL HEALTH AND WELLBEING



Mental ill health and emotional distress are a normal part of life and very common. 1 in 3 of the population will be diagnosed with a mental ill health condition at some point in their life.

There is a strong relationship between mental and physical health. Healthy foods, particularly fruit and vegetables can positively affect mental as well as physical health. Physical activity can also impact on mood, stress, self-esteem, anxiety, dementia and depression.

Unhealthy lifestyles such as smoking, excess alcohol consumption, consumption of sugary foods and over-eating in general can increase in times of stress. Evidence shows that as well as eating well and exercising regularly, following the five ways to well-being will also help you improve your mental wellbeing.

For more information visit <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing>

What next

South Gloucestershire Wellbeing College offers a range of courses and taster sessions. The aim is to boost your feeling of wellbeing in a positive environment. Sessions include: mindfulness, managing anxiety, money management, physical activities, art, complementary therapies, gardening and nature walks. The Wellbeing College will help you learn new skills, meet new people and make friends. Visit <http://www.sgwellbeingcollege.org>

The Community Connector Team can support you to get out, meet new people and be more active. Call **0300 123 2464** or email communityconnectors@curo-group.co.uk

Local Information can be found on the webpages of South Gloucestershire Council and Wellaware. Visit www.southglos.gov.uk/mh and www.wellaware.org.uk or contact mentalhealth@southglos.gov.uk to find out more.

MAKING CHANGES

What would you like to change? (e.g exercise more)

How will you do this? (e.g start walking the dog at lunchtime)

What might get in the way?

Who can help you?

Any other goals?
