



My Health Check Report

Provided by the Kirklees
Wellness Service

Your name

Your Health Coach's name

Date of Health Check



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What is a health check?

Getting a health check is an important part of looking after your health. Health checks provide the opportunity to learn about your health and understand your risks of developing certain conditions in the future.

Health checks are not intended to provide a diagnosis. A Wellness Service Health Check will focus on ways in which you can live a healthier, happier life, feel more able to look after yourself and reduce your risk of future ill health. Just like we have regular MOTs for our cars, it's equally important to look after our body and mind through regular checks.

Who are the Health Coaches?

Health Coaches are trained and qualified professionals who work alongside people to support them to gain knowledge, skills, tools and confidence to enable them to make lifestyle changes to help them reach their health goals.

What information do we collect?

The amount and type of information we ask for will depend on the content of your health check. It is likely this will include background information about you (such as your name, date of birth and postcode), your lifestyle and habits (such as smoking, alcohol consumption, exercise, your medical history (such as any current diagnosis) and the results of some medical tests (such as your blood pressure and cholesterol levels).

We will also ask which GP practice you attend and your contact information such as a phone number, email address or postal address.

How do we use your personal information?

We will only use your personal information in accordance with the Data Protection Act 2018 to provide you with a health check delivered by the Wellness Service. This will mean your personal information will be held digitally by the Wellness Service which is part of Kirklees Council, and may be shared for clear and specific purposes, with your GP and other health professionals involved in delivering or evaluating the health check service. The information will be part of your medical records.

If you are encouraged to have a health check by your employer your information will not be shared automatically with your employer, but this could be done at your request and with your consent.

We only ask for the specific information that we require to enable us to offer you a full and comprehensive health check. We will protect your information and ensure that only those people who have appropriate authorisation are given access to it. We will keep your personal information in accordance with our retention schedule requirements and when we no longer have a need to keep it, we will delete or destroy it securely.

Anonymised data may be used to provide statistical and demographic information, for example to report on and evaluate the health check service. This may involve your anonymised data being shared with individuals in external organisations who are supporting the evaluation of the service.

Wellness Service Contacts

Telephone: 01484 234095 (Mon to Fri 9.00 am to 5.00 pm)

Email: wellness.service@kirklees.gov.uk

Website: www.kirkleeswellnessservice.co.uk

Your Wellness Service Health Check

Blood pressure

- Blood pressure is made up of two numbers:
- The systolic pressure (the higher number) is the highest level your blood pressure reaches when your heart beats
- The diastolic pressure (the lower number) is the lowest level your blood pressure reaches as your heart relaxes between beats

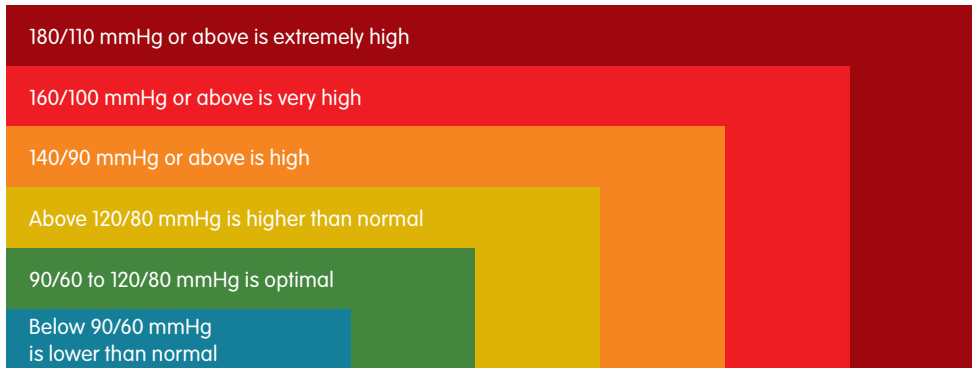
It is important to know your blood pressure because most people with high blood pressure will not feel ill straight away.

If your blood pressure is too high it can put extra strain on your blood vessels. This can cause damage to your heart, brain, kidneys and eyes. Over time it can cause stroke, heart attacks, kidney disease and dementia.

If your blood pressure is too high at present, the good news is there are several ways you can reduce your blood pressure.

My blood pressure is currently/..... mmHg

My next steps.....
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If your blood pressure is lower than normal and you have symptoms such as sickness, dizziness or fainting you will be encouraged to contact your GP.

If your blood pressure is higher than normal we will encourage home monitoring where this is possible or testing at Pharmacy/in GP practice and a follow up appointment with a Health Coach.

If your blood pressure is high we will repeat the test at least once to rule out any problems with the equipment or other factors. We will record and save these readings. We will also ask whether your blood pressure has been previously high and over how long. We may recommend home monitoring or weekly testing at Pharmacy/in GP practice, if available. You will be offered follow up appointments with a Health Coach to support you to manage your blood pressure through lifestyle changes etc. If no change after 3 months we recommend you book an appointment at your GP practice.

If your blood pressure is very high we will recommend you book an appointment regarding blood pressure at your GP practice. We will offer follow up appointments with a Health Coach to support you to manage your blood pressure through lifestyle changes etc.

The person's blood pressure is extremely high the Wellness Service will inform the GP practice and recommend that you book the next urgent appointment for a blood pressure check at your GP practice. We will offer follow up appointments with a Health Coach to support you to manage your results through lifestyle changes etc.

Body Mass Index (BMI)

BMI is a guide to understanding if you are carrying additional weight which can put you at risk of ill health. However, it may not be accurate if you are pregnant or have large amounts of muscle. Muscle is denser than fat, so very muscular people may still be a healthy weight with a higher BMI. Ethnicity can also be a factor. For example, adults of South Asian origin may have a higher risk of diabetes even if BMI is 23.

My weight is.....kg (.stlb)

My height is.....cm (.ftin)

My BMI is currently.....

An ideal BMI is between 18.5 and 24.9. The good news is you can be supported to make lifestyle changes to improve your BMI, by the Wellness Service. We will discuss your options to access support for your weight including our healthy weight groups.



My next steps.....

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Diabetes

We use HbA1c to assess risk of diabetes because it gives a picture of how much glucose has been in your blood over the last 2-3 months. This is more useful than a 'glucose test' which will only measure how much glucose is in your blood at the time the sample is taken. Your HbA1c score is a good predictor of your risk of diabetes. It is important to know about your risk of diabetes because many people with diabetes do not feel ill straight away, making it difficult to spot. If it is not managed, diabetes can cause damage to your kidneys, increase your risk of heart attacks, stroke, vision problems and nerve damage to hands, legs and feet.

Your HbA1c score is currently

Diabetes risk (HbA1c)		
Healthy Below 42 mmol/mol	Elevated risk 42-47mmol/mol	High risk 48 mmol/mol or above

If your HbA1c score is at elevated risk we will recommend you make an appointment with a Practice Nurse at your GP practice to repeat this test because you are at an elevated risk of developing diabetes. We will offer follow up appointments with a Health Coach to work with you to manage these results through lifestyle changes etc. We will measure HbA1c if measurements within the health check indicate a possible risk.

Diabetes (continued)

If your HbA1c score is at high risk we will recommend you make an appointment with a Practice Nurse at your GP practice, as soon as possible, for follow up as you are at a high risk of developing diabetes. We will offer follow up appointments with a Health Coach to work with you to manage these results through lifestyle changes etc.

*Note: Your HbA1c should not be checked again for 3 months as glycated haemoglobin requires 3 months between tests to see a change.

My next steps.....

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Cholesterol

Cholesterol is a waxy substance made by the liver and some foods can raise our cholesterol levels. Your body needs some cholesterol to work properly, but too much can cause harm.

- HDL (High-Density Lipoprotein), or “good” cholesterol absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke
- LDL (Low-Density Lipoprotein) or “bad” cholesterol, makes up most of your body’s cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke.
- Total cholesterol is the sum of your HDL and non-HDL and shows how much cholesterol is in your blood.
- Your cholesterol ratio is calculated by dividing your total cholesterol by your HDL. The lower the number, the higher proportion of good cholesterol in your blood.

Your Cholesterol levels

	Healthy	At Risk
Total cholesterol	5 mmol/L or less	More than 5 mol/L
HDL.....	1 mmol/L or greater	Less than 1 mmol/L
*Cholesterol ratio	4 or less	More than 4

Cholesterol (continued)

The good news is for most people you can improve your cholesterol level and your health relatively quickly. *It is the ratio that is important in your results.

If your total cholesterol is over 5 mmol/L. we will offer a follow up appointment with a Health Coach to work with you to manage the results through lifestyle changes etc. You should also ensure you get a retest with a Pharmacy or with GP after 3 months. If there is no change after 3 months we recommend you make an appointment at your GP practice for follow up.

If your total cholesterol is above 7.5 mmol/L. we will recommend you make an appointment with a practice nurse at your GP surgery to discuss the risks of genetic high cholesterol. We will also offer a follow up with a Health Coach

My next steps.....
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Alcohol

It is important to be mindful of how much you are drinking. Sometimes it can be difficult to spot when you are drinking too much, especially if your friends and family seem to be drinking the same amount. Any amount of alcohol can be harmful, and there is no 'safe limit'.

Keeping your alcohol intake under 14 units per week and having 2 alcohol free days is beneficial to your health. This is about six pints of average strength beer or six medium glasses of average strength wine. Regularly drinking more than this can harm your health, and increase your risk of cancers, stroke, heart disease, liver disease and brain damage. Alcohol can also affect your mood and cause weight gain.

Your Health Coach can work with you to help you to reduce your drinking and can refer you to more specialist services if appropriate.

Your Alcohol levels

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Alcohol	Audit score
Your audit score	
Lower risk	0-7
Increasing risk	8-15
Higher risk	16-19
Possible dependence	20 or above

My next steps.....

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Physical activity

Being active benefits your body, mind and health – there are lots of easy ways you can get moving. Physical activity is anything that gets you moving. The Wellness Service can support and inspire you to move more for a fitter, healthier and happy life, and to think about the amount and type of activity you have in your life.

Whatever your physical condition or age you can benefit from moving more often. Even a little increase can make a real difference to your health and wellbeing.

Why move more?

- Improves cardiovascular health
- Improves sleep
- Maintains healthy weight
- Improves quality of life
- Manages Stress

And it reduces your risk of

- Cardiovascular disease
- Type 2 Diabetes
- High blood pressure and hypertension
- Depression
- Joint and back pain
- Some cancers

If you haven't been active for a while or you are just starting out, you may feel a little apprehensive. Moving more often doesn't mean you have to join the gym or run a marathon. Simply increasing your daily step count, doing some gardening or parking further away from the shops or work can greatly increase your activity levels and support a healthier lifestyle. A Wellness Service Coach can work with you to explore your reasons for wanting to move more and what would work for you.

Simple things you can start to do are

- Reduce time spent sitting or lying down
- Walk to the shops
- Do some gardening
- Stand up whilst on the phone
- Step on the spot whilst the kettle boils
- Find activities that you enjoy like walking, cycling or dancing

My GPPAQ* (General Practice Physical Activity Questionnaire) score is
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* GPPAQ is a screening tool used to assess adult physical activity levels

My next steps.....
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Smoking

Smoking is one of the biggest causes of death and illness in the UK and increases your risk of more than 50 serious health conditions.

90% of lung cancers are caused by smoking and smoking increases the risk of at least 10 other types of cancer.

Smoking also damages your heart and lungs; this increases your risk of heart disease, strokes, heart attacks, bronchitis, Chronic obstructive pulmonary disease (COPD) and pneumonia.

My current smoking status is

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Smoking				
Lower risk	Increased risk	High risk		
Non smoker	Ex-smoker	Light smoker (less than 10 a day)	Moderate smoker (10-19 a day)	Heavy smoker (more than 20 a day)

Most people who smoke know that this is damaging their health, but they find it difficult to stop smoking without support.

The good news is there are lots of opportunities in Kirklees to get support. This can make it easier for you to stop smoking and protect your health. We will offer a follow up appointment with a Health Coach for those that want to quit. Your health coach can explore with you the different options available to help you quit smoking.

My next steps.....
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Dementia

Dementia affects the way the brain normally works. This makes it difficult to do every-day activities. For example, people who have dementia often forget things or get confused.

There are different types of dementia. All of them interfere with daily life and all of them get worse over time. Alzheimer's disease is one type of dementia.

Most older people do not get dementia. But those people who are affected are usually over 65. It cannot be cured but you can reduce your chances of getting dementia. Even if someone has dementia, they can take action to lessen the symptoms.

The Health Check Pilot will provide useful information about Dementia if it is appropriate to your situation, or someone you care for.

If you have concerns about dementia you should contact your GP who will help you and provide support that you may need.

Risk factors that increase the chances of developing vascular disease e.g. heart disease, stroke, diabetes and kidney disease also increase the chance of developing dementia. Taking action to adopt a healthier lifestyle, such as increasing physical activity, can help to reduce your risk of developing dementia, as well as other vascular conditions such as heart disease, stroke, diabetes and kidney disease

QRISK

The QRISK algorithms have been developed by doctors and academics working in the NHS and is based on GPs data.

These scores calculate your risk of having a heart attack, a stroke, or developing type 2 diabetes within the next ten years.

Your % QRISK score	% QRISK score for a healthy person similar to you
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Your risk of having a heart attack or stroke within the next 10 years is:

My next steps.....
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Do you support or look after someone?

Many people find themselves caring for a family member or friend suddenly, perhaps overnight and others may come into their caring journey more gradually as the health and wellbeing needs of the person they care for increase over time.

The Wellness Service can support you by acknowledging some of the challenges and difficult emotions you may be facing and explore different ways to manage your challenges, stress levels. We can share ideas and techniques you can use to improve and support your own physical and emotional wellbeing whilst caring for someone.

You can self refer for this support through:

www.kirkleeswellnessservice.co.uk/service/carers-support

Useful Links www.kirkleeswellnessservice.co.uk

Blood Pressure

www.bloodpressureuk.org - 'How to lower your blood pressure' page
www.bhf.org.uk - British Heart Foundation 'Preventing Heart Disease' page
www.nhs.uk/bloodpressure - NHS choices

Cholesterol

www.bda.uk.com/foodfacts - The association of UK dietitians
www.heartuk.org.uk - Heart UK, The Cholesterol Charity
www.nhs.uk/conditions/Cholesterol - NHS choices

Diabetes

www.diabetes.org.uk - The leading charity for people living with diabetes in the UK
www.bda.uk.com/foodfacts - The association of UK dietitians
www.nhs.uk/diabetes - NHS choices

Healthy Weight/Healthy Eating

www.kirkleeswellnessservice.co.uk/service/healthy-weight
www.bda.uk.com/foodfacts - The association of UK dietitians
www.nhs.uk/healthyeating - NHS choices

Physical activity

www.kirkleeswellnessservice.co.uk/service/move-more
www.nhs.uk/Change4Life - 'Get Going' page
www.kal.org.uk - Kirklees Active Leisure

Alcohol

www.kirkleesinrecovery.com - Recovery from addiction - Help & Support
www.nhs.uk/alcohol - NHS drinking and alcohol

Smoking

www.kirkleeswellnessservice.co.uk/service/stop-smoking
www.nhs.uk/smokefree - NHS stop smoking advice

Dementia

www.commlinks.co.uk - Kirklees Dementia Hub Kirklees Dementia Hub | Community Links
www.nhs.uk/dementia - NHS dementia guide
www.dementiauk.org - Dementia advice and support

Mental Health

www.kirkleeswellnessservice.co.uk/service/mental-health
www.kirkleesiapt.co.uk - Improving Access to Psychological Therapies

Carers Support

www.carerscount.org.uk
www.kirkleeswellnessservice.co.uk/service/carers-support

Free Kirklees 24/7 helpline 0800 183 0558

Kirklees Wellness Service

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