



# Your NHS Health Check Results

Name:

Date:

**NHS HEALTH CHECK**

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

In partnership with

  
**South Gloucestershire**  
Council

**Delivering with you**

[www.southglos.gov.uk/nhshealthcheck](http://www.southglos.gov.uk/nhshealthcheck)

# INTRODUCTION

Cardiovascular disease is a general term for conditions affecting the heart or blood vessels. Cardiovascular disease can occur as a result of a number of risk factors which will have been discussed during your NHS Health Check. Use this booklet to record your results and to set goals that are realistic and work for you.

In England, CVD Causes

**1** in **4** deaths

which equates to

**1 death every 4 minutes**



 **Cardiovascular disease (CVD)** is the leading cause of death worldwide


## Stress Less

There is a strong relationship between mental and physical health. The good news is, there is a wide range of free mental health and emotional wellbeing support available for those aged over 18 who live in South Gloucestershire or who are registered with a South Gloucestershire GP.

Try one of our free '5 ways to wellbeing' workshops which focus on connections, being active, taking notice, continued learning and giving. For more information see [oneyou.southglos.gov.uk/stress-less](https://oneyou.southglos.gov.uk/stress-less)

# CARDIOVASCULAR DISEASE

## Your cardiovascular disease risk score

	■ On track	■ Take action	■ ACT NOW
Your results	Low risk 0-10%	Moderate risk 10-20%	High risk More than 20%
Cardiovascular disease risk score 			

### What it means

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

### What next

If you have a high risk of cardiovascular disease you may be referred to your GP for further checks.

You can lower your risk of cardiovascular disease by:

1. Find out your heart age at:  
**[oneyou.southglos.gov.uk/check-yourself/heart-age-test](https://oneyou.southglos.gov.uk/check-yourself/heart-age-test)**
2. Make a change to your lifestyle – see back page to set a goal.
3. If you need additional tests make sure you have these arranged.

Your age is:



Your heart age is:



Find out more at: [oneyou.southglos.gov.uk](https://oneyou.southglos.gov.uk)

# PULSE CHECK AND BLOOD PRESSURE

## Your pulse check and blood pressure results

Before taking your blood pressure you will have a pulse check. If the rhythm of the beat seems irregular, you will be referred for further tests.

Today your blood pressure reading is:

### What it means

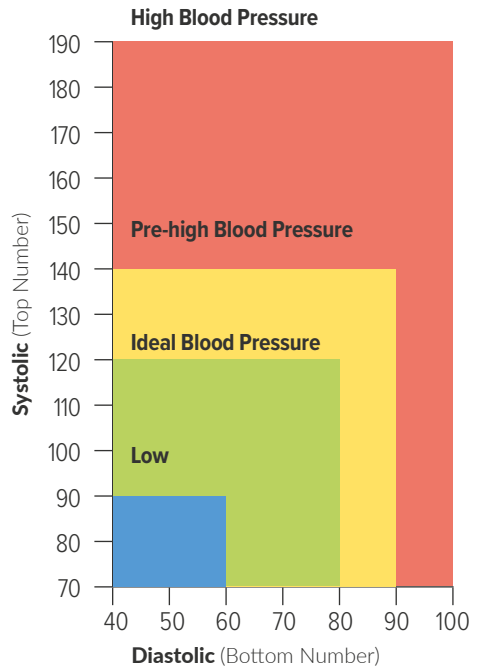
140/90 is the number to know. High blood pressure often has no symptoms, but two or more readings over 140 and/or over 90 suggests you should see your GP. Sustained high blood pressure can damage your heart and increase the risk of stroke.

To find out more about what your blood pressure means type your numbers into the NHS tool at

[www.nhs.uk/conditions/high-blood-pressure-hypertension](http://www.nhs.uk/conditions/high-blood-pressure-hypertension)


### What next

High blood pressure can be prevented or treated by changes to your lifestyle, such as being more physically active, eating a healthier diet and cutting down on alcohol and salt. If your blood pressure is high you will be referred to your GP for further tests.



# EAT WELL AND MAINTAIN A HEALTHY WEIGHT

## Your body mass index (BMI) results

		■ On track	■ Take action	■ ACT NOW
Your results		18.5 – 24.9	25 – 29.9	30+
BMI				

**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 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 a range of health problems like heart disease, type 2 diabetes, stroke and certain cancers.

### What next

Visit [oneyou.southglos.gov.uk](https://oneyou.southglos.gov.uk) check for an explanation of your BMI results and advice on how you can maintain a healthy weight, including links to the NHS 12 week weight loss plan

[oneyou.southglos.gov.uk/check-yourself/weight-management/](https://oneyou.southglos.gov.uk/check-yourself/weight-management/)

### 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 the NHS website to check how many calories are in alcoholic drinks


[www.nhs.uk/Livewell/alcohol/Pages/calories-in-alcohol.aspx](https://www.nhs.uk/Livewell/alcohol/Pages/calories-in-alcohol.aspx)

Find out more at: [oneyou.southglos.gov.uk](https://oneyou.southglos.gov.uk)

# BE SMOKEFREE

## Your smoking status

■ On track ■ Take action ■ ACT NOW

Your results		Non Smoker (Never smoked)	Non Smoker (ex-smoker)	Smoker
Smoking status				

## What it means

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.

Quitting smoking is the single best improvement you can make to your health

## What next

You may want to quit but you are not sure how to go about it. There is lots of free support on offer and using the support that's right for you will boost your chances of quitting for good. You are more likely to quit by:



motivational support from an advisor alongside Nicotine Replacement Therapy (NRT), a Prescription Medication or E-cigarettes.

Speak to your Nurse to find out how to book an appointment with a trained Stop Smoking Advisor or contact us for advice over the phone. Our website has details of local stop smoking services and the NHS Smokefree app which can help you stop smoking by providing daily support and motivation:

[oneyou.southglos.gov.uk/besmokefree](https://oneyou.southglos.gov.uk/besmokefree)

# SMOKE FREE




## NHS SMOKEFREE APP

Download the free smokefree app which provides daily support and motivation.

[oneyou.southglos.gov.uk/besmokefree](https://oneyou.southglos.gov.uk/besmokefree)

# CHOLESTEROL TEST

## Your cholesterol test results

Your results		On track	Take action	ACT NOW
Total cholesterol				
HDL cholesterol				
Ratio Total cholesterol/HDL				

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.

A cholesterol test measures:

- **total cholesterol** - the overall amount of cholesterol in your blood, including both “good” and “bad” cholesterol
- **good cholesterol (called HDL)** - this makes you less likely to have heart problems or a stroke
- **bad cholesterol (called LDL and non-HDL)** - this makes you more likely to have heart problems or a stroke

## 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.

For more information and tips on how to improve your lifestyle visit

**[oneyou.southglos.gov.uk](http://oneyou.southglos.gov.uk)**

If your total cholesterol result is 7.5mmol/l or above you will be referred for further tests to see if you need cholesterol lowering drugs.

For more information see **[www.nhs.uk/conditions/high-cholesterol](http://www.nhs.uk/conditions/high-cholesterol)**

# DIABETES

## Your blood glucose test results

My blood glucose level today was

**This test is not required**

(your blood pressure and weight are within a healthy range)

### What it means

You could be at risk of type 2 diabetes based on some of your other results. You would then be offered a blood glucose test (HbA1c). Some people have blood glucose levels above the 'normal' range and would be at higher risk of developing type 2 diabetes.

A healthy range of a blood glucose test (HbA1c) is less than 42mmol/L. Increasing risk of diabetes is 42 mmol/L to 47 mmol/L, and high possibility of diabetes is 47 mmol/L or above.

### What next

If you've just found out that you're at risk of developing type 2 diabetes, but you don't have it yet. That's the really good news. It means that you now have the chance to make changes that can delay or prevent type 2 diabetes.

**Around three in five cases of type 2 diabetes can be prevented or delayed by maintaining a healthy weight, eating wellbeing active. Relieving stress, improving sleep and stopping smoking and being active can all help too.**


For more information on how to prevent and manage diabetes please see [oneyou.southglos.gov.uk/checkyourself/diabetes](https://oneyou.southglos.gov.uk/checkyourself/diabetes)



# YOUR PHYSICAL ACTIVITY RESULTS

## Your physical activity status

■ On track ■ Take action ■ ACT NOW

Your results	Active	Moderately active/inactive	Inactive
Physical activity status 			

### What it means

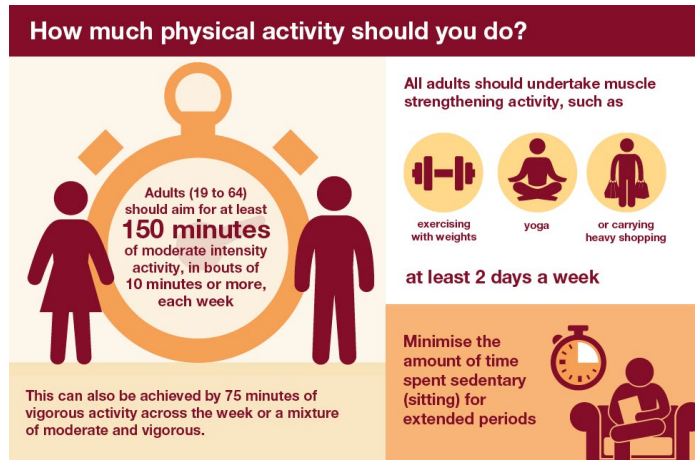
As part of your NHS Health Check, your physical activity level will be measured and you will be given a score. Moderate intensity aerobic exercise is where you're working hard enough to raise your heart rate and break into a sweat. You're able to talk but unable to sing the words to a song.

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 [oneyou.southglos.gov.uk/movemore](https://oneyou.southglos.gov.uk/movemore)

### 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


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

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

# DRINK LESS

## Your alcohol results

■ On track ■ Take action ■ ACT NOW

Your results		Low risk	Increasing risk	High risk
Alcohol risk assessment				

## What it means

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 on a regular basis to keep the risk of illness like cancer and liver disease low.

## What next

For advice on how to reduce your health risk from alcohol and details of who you can contact if you have concerns about someone else's alcohol use visit [oneyou.southglos.gov.uk/drinkless](https://oneyou.southglos.gov.uk/drinkless)

<p><b>1.5</b> units</p>  <p>Small glass red/white/rosé wine (125ml, ABV 12%)</p>	<p><b>2.1</b> units</p>  <p>Medium glass red/white/rosé wine (175ml, ABV 12%)</p>	<p><b>2</b> units</p>  <p>Can of lager/beer/cider (440ml, ABV 4.5%)</p>	<p><b>1.5</b> units</p>  <p>Alcopop (275ml, ABV 5.5%)</p>
<p><b>3</b> units</p>  <p>Large glass red/white/rosé wine (250ml, ABV 12%)</p>	<p><b>3</b> units</p>  <p>Pint of high strength lager/beer/cider (ABV 5.2%)</p>	<p><b>1</b> units</p>  <p>Single shot of spirits* (25ml, ABV 40%)</p>	<p><i>*Gin, rum, vodka, whisky, tequila, sambuca. Large (35ml) single measures of spirits are 1.4 units.</i></p>

## Dementia

Dementia is not an inevitable part of ageing. Taking action in midlife to have a healthy lifestyle can reduce your risk of getting dementia.

Awareness has been raised that the risk factors for heart disease and stroke are the same as those for vascular dementia. Remember that taking steps to reduce your risk of heart attacks or strokes will also reduce your risk of dementia.

The good news is you can reduce your risk by taking action on your lifestyle; stopping smoking, cutting down on alcohol, healthy eating and getting enough exercise. And what's more 'what's good for the heart is good for the brain.'

For more advice see the NHS website [www.nhs.uk/conditions/dementia](http://www.nhs.uk/conditions/dementia)


## Positive behaviour change for preventing cardiovascular disease



Most people should try doing these things before thinking about taking a statin

# MAKING CHANGES

## Making changes

To lead a healthy lifestyle and keep my cardiovascular (CVD) risk low I will... 

- ✔ Visit One You South Gloucestershire to help you get started
- ✔ Make an appointment with your GP or practitioner for medical concerns or questions.

## We would like to hear your views on your NHS Health Check to help improve our service.

Please visit [www.southglos.gov.uk/nhshealthchecksurvey](http://www.southglos.gov.uk/nhshealthchecksurvey) to tell us what you think of your experience having an NHS Health Check

Making changes now could mean you have a healthier life for much longer. You will have been advised of some things you can do to reduce your risk of having a heart attack or stroke (cardiovascular disease). Just one small step will get you started on a road to a healthier lifestyle. Write down here what you are going to do and make a start today. Don't forget there is lots of free help to support you on your way.

# TO TAKE ACTION CONTACT **ONE YOU** SOUTH GLOUCESTERSHIRE

[oneyou.southglos.gov.uk](http://oneyou.southglos.gov.uk)  01454 865337  [OneYou@southglos.gov.uk](mailto:OneYou@southglos.gov.uk)