



Your Results

Name:

Date:



For more great local resources visit us online at www.southwark.gov.uk and search 'NHS Health Checks'

**NHS
HEALTH
CHECK**

Helping you prevent

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

Southwark
Council

Introduction

Everyone is at risk of developing diabetes, heart disease, kidney disease, stroke and dementia. Developing one of these conditions could increase your risk of developing another in the future.

The good news is that these conditions can often be prevented by paying attention to your risk factors. Risk factors are the things that increase your chance of developing certain conditions.

Your risk increases with age. There are also certain things that will put you at even greater risk. These are:

- High blood pressure
- High cholesterol
- Being overweight
- Lack of physical activity
- Smoking
- Drinking too much alcohol

The results from your NHS Health Check will help you and your healthcare professional to talk about ways you can look after your health and wellbeing. This includes lifestyle changes that you could make to reduce your risk of developing heart disease, kidney disease, stroke and dementia.

You can use this booklet to record your results and set goals for a healthier lifestyle.

Contents

Blood pressure	4
Body Mass Index (BMI)	5
Healthy eating	6
Physical activity	7
Cholesterol	8
Type 2 Diabetes screening	9
Alcohol	10
Alcohol (continued)	11
Smoking	12
Smoking (continued)	13
Vascular dementia	14
Mental health	15
Cancer screening	16
Bloodborne viruses	17
Cardiovascular disease risk score	18
Healthy Lifestyle Hub	19

Blood pressure

Your result



...../.....mmHg		
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There are two measurements used to assess blood pressure:

- **Systolic pressure** is the pressure exerted when your heart pumps, forcing the 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, '120 over 80', meaning a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg. This is written as **120/80mmHg**.

Ideally, we should all have blood pressure below 140 over 90 (140/90).

High blood pressure can be treated or prevented by making changes to your lifestyle. Exercising more regularly, eating a healthier diet, and cutting back on the amount of alcohol and salt you consume can all help to lower your blood pressure. Medicines are also available that can help lower your blood pressure. Your healthcare professional will advise you about this.

If your blood pressure is higher than 140/90, you will be advised to have an assessment for hypertension (high blood pressure). You will also be advised to have a blood test to check that your kidneys are working properly, and to see if you are at risk of developing diabetes.

Body Mass Index (BMI)

Your result



Weight.....kg Height.....cm BMI.....kg/m²

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 particularly muscular.

- If your BMI is less than **18.5**, your result falls within the underweight BMI range
- If your BMI is between **18.5** and **24.9**, your result falls into the healthy BMI range
- If your BMI is between **25** and **29.9** (or **23** and **27.4** in individuals from a Black, Asian or minority ethnic background) your results falls into the overweight BMI range
- If your BMI is **30** or more (or **27.5** in individuals from a Black, Asian or minority ethnic background) you are classed as living with obesity.

If your BMI is high, your healthcare professional can help you to lose weight and reduce your BMI. There are free local services and support available, which your healthcare professional can talk to you about - you can read more about this on page 19.



Healthy eating

Eating a healthy, balanced diet is an essential part of maintaining good health. Healthy eating is especially important for lowering your risk factors for cardiovascular diseases like heart disease.

A healthy diet doesn't have to be a big change to your life - a few small changes can help you to maintain a healthy lifestyle.

Balanced diet

A balanced diet means eating the right portions of a variety of foods. Aim to base your meals around healthy carbohydrates and wholegrains (like potatoes or rice) with at least five portions of fruit and vegetables a day. Include healthy sources of protein (such as beans, tofu or fish) and some portions of dairy (like cheese or yoghurt) or dairy alternatives.

Cut saturated fat

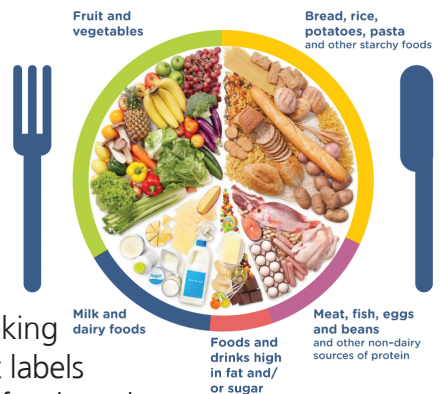
- Choose lean cuts of meat and trim off extra fat before cooking
- Bake, steam, poach or grill rather than fry or roast
- Use less meat - add bulk to sauces and stews with vegetables or beans
- Choose lower-fat dairy products, such as skimmed milk

Watch your salt intake

Too much salt can cause high blood pressure, which can lead to serious health problems. Adults should eat no more than 6g of salt a day - that's around one teaspoon.

Try to add less salt to your food when cooking and eating, and look out for food product labels which will tell you the amount of salt in a food product.

High levels of salt are more than 1.5g of salt (or 0.6g of sodium) per 100g. Where colour-coding is used, red means high salt content.



Physical activity

Your result

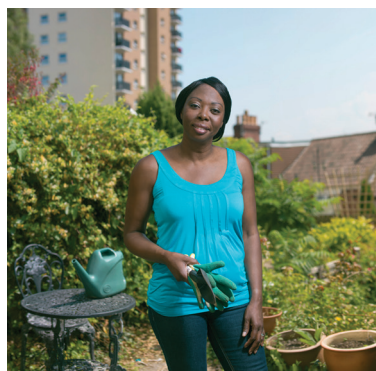
How many times did you do 30 minutes exercise in the last week:



x0.....	x1.....	x2.....	x3.....	x4.....	x5.....	x6+.....	weekly
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As part of your NHS Health Check your physical activity level was measured and you have been given the score of: _____

Doing 30 minutes of moderate physical activity 5 days a week can help to prevent and manage over 20 chronic diseases. This can seem like a lot of exercise, but you can start small - exercising just once or twice a week can reduce your risk of heart disease and stroke. Aim to gradually build up to 150 minutes of moderate activity per week.



Moderate activity means your heart is beating faster and your lungs are working harder. All movement counts - there are lots of different ways to be active, from walking to dancing, yoga to gardening, cycling to swimming.

You and your healthcare professional can find a form of exercise that you enjoy, which will help you to keep doing it regularly. There are lots of free local offers to help you with this, including memberships to Southwark's leisure centres. To read more, visit www.southwarkleisure.co.uk/memberships-offers. You can find more about other free exercise support on page 19.

Cholesterol

Your result



TC.....mmol/l HDL.....mmol/l TC/HDL ratio.....

Cholesterol is a fat that is carried around your body in the blood. You need a healthy amount of cholesterol to make sure your body is working properly. However, too much cholesterol can cause your arteries to become blocked, increasing your risk of heart disease and stroke.

Your blood has been checked for cholesterol levels. If your level is high, your healthcare professional will give you advice about how to lower it. They may also talk to you about prescribing medication to lower your cholesterol.

If your cholesterol levels are normal, you may still want to make some lifestyle changes to keep it that way. Eating a healthy diet that is low in saturated fat and exercising more are some of the best ways to achieve this. If you are overweight, losing weight should help to reduce your cholesterol level. Your healthcare professional can give you advice and support on this.




Types of cholesterol

There are two types of cholesterol, low density lipoprotein (LDL) and high density lipoprotein (HDL). Too much LDL can lead to heart problems or a stroke.

Your cholesterol test will give you a number that shows the ratio of total cholesterol to HDL. For example, if you have a total cholesterol of 4.5mmol/l and an HDL level of 1.2mmol/l, your ratio would be 4.5 divided by 1.2 which equals 3.75.

The higher your ratio, the higher your risk of coronary heart disease. You should aim for your ratio to be below 5.

Type 2 Diabetes screening

Your result   

HbA1c.....mmol/mol%

If you have a BMI of **30 or over** (or **27.5** in individuals from Black, Asian or minority ethnic backgrounds) and/or blood pressure of **140/90 or higher**, you will need a test to see if you are at risk of developing diabetes. This is called an HbA1c test.

If your **HbA1c is less than 6% or 42 mmol/mol**, this is considered to be a normal level and you do not need to have any further tests. It is still important that you maintain a healthy lifestyle, as you have risk factors that may put you at risk of developing diabetes (for example, your weight or blood pressure).

If your **HbA1c is between 6% and 6.4%, or 42 to 47 mmol/mol**, it means that you have high blood sugar levels. Although it does not necessarily mean that you have diabetes right now, it does mean that you have a high risk of developing diabetes in the future.

You can reduce your blood sugar levels by making lifestyle changes, such as eating a healthy diet and being physically active. There are lots of free local services to help you achieve a healthy lifestyle. You and your healthcare professional can discuss which ones may be right for you - there is more information on page 19.

If your **HbA1c is 6.5% or 48 mmol/mol** or above, it means you could have diabetes. You will need to have a further test, and you may need to be referred to a specialist team. Your healthcare professional will support you with this.

Alcohol

Your result



AUDIT:

Drinking too much alcohol can raise your blood pressure and increase your risk of developing long term conditions such as cancer, liver and heart disease and mental health problems. Alcohol is highly addictive and a depressant, meaning it can cause low mood. Your alcohol intake is measured using the AUDIT tool.

A low risk score (0 - 7) suggests that your alcohol consumption is not at a harmful level. Try to maintain this low risk score, as regularly drinking above the recommended daily limits can seriously impact your health.

A moderate risk score (8 - 15) suggests you are drinking too much. This increases your risk of a number of health problems, including heart and circulatory disease as well as some cancers. The good news is that you can take steps now to drink less, which will reduce your risk of these diseases and improve your health and wellbeing.

A high risk score (16 - 19) suggests harmful levels of drinking. This can have serious consequences for your health. It's a good idea to cut down your drinking - your healthcare professional can support you with this.

A very high risk score (20 and above) suggests very harmful levels of drinking. It's very important that you take steps to drink less. There are free and confidential local services that can help you to achieve this - your healthcare professional can talk to you about this.

National Guidance

It's recommended to drink no more than 14 units of alcohol per week, although there is no completely safe level of drinking. It's also important to spread out your drinking over 3 or more days, with some alcohol-free days.

Drink	% Alcohol	Number of Units
Beer/lager	3.5%	1 pint = 2 units
Beer/lager	5.0%	1 pint = 3 units
Wine	12%	Standard 175ml Glass = 2.1 units (one 750 ml bottle = 7.5 units)
Spirits	40%	One 25ml single measure = 1 unit

Get support to manage your drinking

Your healthcare professional can give you advice and support to help you understand more about alcohol and how to manage your drinking. You can also visit www.drinkaware.co.uk for useful information.

Change, Grow, Live (CGL) gives free and confidential support to adults in Southwark. You can get help relating to alcohol and drug consumption, including one-to-one support. Your healthcare professional can refer you to CGL. You can also refer yourself by calling **020 3404 7699** or visiting the website at www.changegrowlive.org/drug-alcohol-service-southwark.



Smoking

Smoking harm

If you smoke, you will be offered support and advice to help you stop as part of your NHS Health Check. Smoking seriously increases your risk of a number of diseases, including heart disease and cancer, but stopping smoking will reduce your risk of these illnesses. You will start to benefit from quitting smoking straight away, and the longer you stay smoke-free, the more your health can improve.

Southwark Stop Smoking Services

There are a number of free and confidential services in Southwark to help you quit smoking. The **Southwark Stop Smoking Service** provides 12 weeks of one-to-one support either over the telephone or in-person. You can also get free nicotine replacement therapy (including vapes) to help you quit, if this is the right choice for you.

The service is available through the **Southwark Healthy Lifestyle Hub**, or through some local pharmacies. You can ask your healthcare professional to refer you to the service, or you can refer yourself by calling **0333 005 1059** or visiting **southwark.everyonehealth.co.uk**.

You can also get support to quit through **Allen Carr's Easyway** stop smoking seminars. These are one-off, six-hour seminars that you can do either online or in-person. Your healthcare professional can refer you to Allen Carr's Easyway, or you can book yourself by visiting **www.southwark.gov.uk** and searching 'stop smoking'.

There is no limit to the number of times you can get support to quit smoking - every quit attempt is one step closer to stopping for good. If you use support to quit, you are three times more likely to succeed than if you go it alone.

Smoking continued

Vaping

E-cigarettes are much less harmful than normal cigarettes, and can be a useful tool to help you quit smoking tobacco. You can get a free e-cigarette to help you quit smoking through the Southwark Stop Smoking Service. While e-cigarettes are much less harmful than smoking tobacco, vaping is not completely risk-free - the healthiest option is not to smoke or vape at all.

Smoke-free

Secondhand smoke kills. There is no safe level of exposure to secondhand smoke. You can help protect the people around you by keeping your home and car smoke-free.



Vascular dementia

Vascular dementia is a type of dementia caused by problems in the blood vessels that take blood to the brain. The factors that increase your risk of developing illnesses like heart disease and stroke also increase your risk of developing vascular dementia.

What are the risk factors?

The risk factors for vascular dementia are similar to the risk factors for other cardiovascular diseases. Some of these factors, like your age, cannot be changed. However, there are some risk factors which can be changed and improved by leading a healthier lifestyle. These factors include your diet, how much physical activity you do, how much you smoke and drink, and your weight. This will help to reduce your risk of developing vascular dementia, and other illnesses like heart disease and stroke.

Where can I get more information?

The **Southwark and Lambeth Integrated Memory Service (SLIMS)** is run by South London and the Maudsley NHS Foundation Trust (SLaM). The service offers comprehensive assessment, treatment and support options to anyone over the age of 18 with mild to moderate memory problems that may indicate dementia. For more information visit **www.slam.nhs.uk** or call **020 3328 0570**.

Other useful links

- NHS Dementia at **www.nhs.uk/conditions/dementia**
- Alzheimer's Society **www.alzheimers.org.uk**
- Alzheimer's Society Dementia support line **0333 150 3456**.

Mental health

Mental health affects everyone, and looking after your mental health is an important part of your overall health and wellbeing. As part of your NHS Health Check, you will have been asked some questions to help you understand more about your mental health.

If your answers to the questions show that you might benefit from some help to look after your mental health, there is lots of free support available. If your answers show that you might be experiencing mental illness (such as anxiety or depression), your healthcare professional can help you to book an appointment with a clinician to get the right kind of help.

Get support with your mental health

There is plenty of free and confidential help available in Southwark to look after your mental health.

The **Southwark Wellbeing Hub** offers all kinds of services, from group activities to one-to-one support. You can visit the Southwark Wellbeing Hub at www.together-uk.org/southwark-wellbeing-hub, or call **020 3751 9684**.

Talking Therapies Southwark provides a wide range of support for people in Southwark. Your healthcare professional can refer you to the service. You can also call to speak to the service on **020 3228 2194**, or visit talkingtherapiessouthwark.nhs.uk/refer-yourself.

If you are in a crisis

If you need urgent help for your mental health, but it is not an emergency, you can call the local 24-hour NHS support line on **0800 731 2864**, or call NHS **111** and select the mental health option. In an emergency, always call **999**.

Cancer screening

Cancer is the leading cause of premature death in Southwark, but many of these deaths are preventable. The earlier cancer is found, the more likely you are to live a long and healthy life. There are several different cancer screening services for people living in Southwark, depending on things like your age and your sex.

Bowel cancer screening

Anyone aged 54 to 74 should be screened for bowel cancer every two years using a testing kit delivered to your home. If you have not had a kit delivered to your home, call **0800 707 60 60** to ask for a kit.

Cervical cancer screening

Women and people with a cervix should be screened every three years for cervical cancer between the ages of 25 and 49, and then every five years between the ages of 50 and 64. If you have not been invited for a cervical cancer screening, **call your GP** or ask your healthcare professional to book an appointment.

Breast cancer screening

Women aged 50 to 70 should be screened for breast cancer every three years. If you have not been invited for a breast cancer screening, call **020 3758 2024** to book an appointment.

Targeted lung health checks

If you are a current or former smoker aged 55 to 74, you may be eligible for a lung health check. Call **0330 236 8484** to find out more.

Prostate cancer prostate-specific antigen (PSA) testing

Some men and people with a prostate might benefit from a test to check their level of PSA (a protein in the blood that can be linked to prostate cancer). In particular, this goes for people aged 45 and over, people with a family history of prostate cancer, and people of Black ethnicity. Visit **prostatecanceruk.org/risk-checker**, or **call your GP** to book an appointment.

Bloodborne viruses

As part of your NHS Health Check, your healthcare professional will speak with you about bloodborne viruses (BBVs). These are viruses that can be spread from one person to another through blood, or other bodily fluids containing the virus.

The most common bloodborne viruses are Hepatitis B and C, and Human Immunodeficiency Virus (HIV). There are lots of myths about BBVs, which are not true. For example, you **cannot** catch HIV or Hepatitis B or C through saliva (such as kissing), social contact (like hugging), sharing kitchen equipment, or toilet seats.

Why are you being asked about bloodborne viruses?

Anyone can get BBVs, and rates of BBVs are very high in South London. It's very important for everyone to know whether they have a BBV. You can live with a BBV for a long time and not know about it, because it can take years for symptoms to appear.

The good news is that all BBVs are treatable (including HIV). A person living with a BBV and on the right treatment can expect to live a normal, healthy life, and will not pass the infection on to other people.

How can you check whether you have a bloodborne virus?

If you have a blood test coming up at the GP, your healthcare professional can add on a test to check for BBVs. You can also **call your GP** to make an appointment, visit one of the **walk-in clinics** in the borough, or go to **www.shl.uk** to order a discreet test to your home.

Cardiovascular disease risk score

Your result

.....%

Your healthcare professional has taken all the information that they have collected about you and used it to estimate your risk of having a heart attack or a stroke in the next ten years.

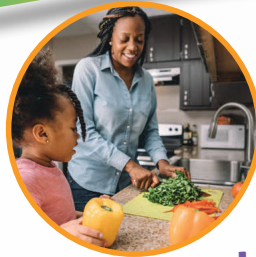
If your risk is high, you need to discuss this with your GP. Some patients may be able to lower their risk by changing their lifestyle. However, if your risk remains high, then your doctor may prescribe tablets (called statins) to help lower the risk of heart disease further.

Whatever your result, even if your risk is low, it is important to maintain a healthy lifestyle. Your healthcare professional will give you advice on how to do this. There are plenty of free local resources to support you (such as the **Southwark Healthy Lifestyle Hub** on page 19) - your healthcare professional will talk to you about the support you can get.





it's time for... Healthy Lifestyle Support



Healthy Lifestyle Hub

The Healthy Lifestyle Hub is a **FREE** service for Southwark residents who are looking to make changes to their health, wellbeing and lifestyle.

Whether you want to become more physically active or stop smoking we can help every step of the way.

Our services include

- Exercise on Referral
 - Stop Smoking
- Child and Family Healthy Lifestyle programmes
- Walking for Health



For more information or to sign up to one of our services
Visit: southwark.everyonehealth.co.uk or
Email: southwark.referrals@nhs.net or
Call: **0333 005 0159**



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because everyone matters

To request more information on having a more healthy and active lifestyle in Southwark, visit the Southwark Healthy Lifestyle Hub at **southwark.everyonehealth.co.uk**

For further information and advice on the NHS Health Check visit **www.nhs.uk/healthcheck**

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