

Improving health together



www.northyorkshireandyork.nhs.uk/stayinghealthy

Public Health Factsheet

Welcome to this edition of Improving Health Together, which focuses on cardiovascular disease (CVD) and healthy lifestyles.

CVD is the largest single cause of long-term ill health and disability, impairing the quality of life for many people. CVD includes coronary heart disease, stroke, diabetes and kidney disease. It causes 36% of deaths (170,000 a year in England) and is the commonest cause of death in the UK.

These conditions fall disproportionately on individuals living in deprived communities and on particular ethnic groups.

Cardiovascular Disease and Healthy Lifestyles

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Primary Prevention

Primary prevention for cardiovascular disease (CVD) works and evidence based interventions can dramatically reduce risk. In order to deliver primary care prevention of CVD there is the need to identify those at risk of disease.

The JSB2 tool (Joint British Societies' guidelines)¹ or Heart UK calculator is a tool that can be used to assess overall risk factors. The CVD risk prediction chart can be used to estimate total risk of developing CVD over 10 years, based on five risk factors including:

- ◆ Age
- ◆ Ethnicity
- ◆ Systolic blood pressure
- ◆ Gender
- ◆ Smoking status
- ◆ Ratio of total cholesterol to HDL

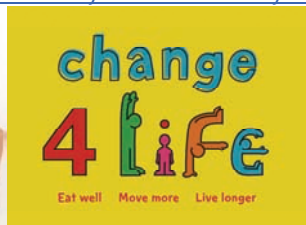
However, this risk assessment can be refined by taking into account other risk factors such as family history, obesity, glucose for impaired glucose regulation.

NHS Health Check

NHS Health Check helps to identify potential risks early. The aim of the check is to identify an individuals' risk of coronary heart disease, stroke, diabetes, and kidney disease, for the risk to be communicated in a way that the individual understands, and for that risk to be managed by appropriate follow-up, including recall every five years for reassessment. (Putting Prevention First: NHS Health Check: Vascular Risk Assessment and Management. Best Practice Guidance (DH, 2009). www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_097489)

NHS Health Check in North Yorkshire and York

NHS North Yorkshire and York have commissioned the provision of NHS Health Checks through GP Practices across the locality. Those GP Practices signed up to offer the service will invite eligible patients to attend their surgery for a free NHS Health Check. Further information for Health Professionals is available on our website: www.northyorkshireandyork.nhs.uk/StayingHealthy/CVD/index.htm#HealthChecks



Positive healthy lifestyles

The good news is that making positive lifestyle changes can reduce the risk of developing CVD. There are modifiable lifestyle risk factors associated with CVD which include; smoking, physical inactivity and a sedentary lifestyle, high blood pressure, raised cholesterol levels; and healthy weight. There is considerable evidence to support the impact of adopting positive healthy lifestyles for these risk factors. Interventions which include supporting people to discontinue smoking, make healthier food choices, increase aerobic physical activity and achieve optimal weight and weight distribution is central to CVD prevention.

There have been numerous studies that have shown that the public perceive clinicians as extremely reliable and credible sources of advice and information regarding health behaviours. Therefore, front-line staff can play a crucial role in supporting individuals to adopt positive lifestyle strategies.

Modifiable lifestyle risk factors

Stopping Smoking

There are substantial benefits in stopping smoking to reduce the risk of developing CVD. All smokers should be helped with stop smoking support.

Smokers should be provided with information on how to access a range of support services, including the provision of nicotine replacement therapy. Referrals can be made to a number of local NHS Stop Smoking Services including; GP Practices, Pharmacies and the North Yorkshire Stop Smoking Service.

North Yorkshire Stop Smoking Service
0300 303 1603

National NHS Smoking Helpline **0800 022 4332**
www.smokefree.nhs.uk

High Blood Pressure

Assessment for treatment of high blood pressure needs to be made by a doctor. However, a number of simple changes to diet and lifestyle can help reduce high blood pressure, which includes:

- ◆ Eating less salt (including less salt from processed foods).
- ◆ Getting more exercise.
- ◆ Keeping weight under control.
- ◆ Limiting alcohol consumption to moderate levels.

Alcohol

Alcohol is something to be enjoyed, however too much or at the wrong time can be harmful. Please refer to the Alcohol factsheet for more useful advice (www.nypct.nhs.uk/StayingHealthy/factsheets.htm)

Physical Activity

The NICE physical activity guidance (NICE, 2006 www.nice.org.uk/Guidance/PH2)² recommends that primary care practitioners should take the opportunity whenever possible, to identify inactive adults and advise them to aim for 30 minutes of moderate activity on 5 days of the week (or more), and to offer adults who are less than active a brief intervention in physical activity.

Based on this guidance, the Let's Get Moving (LGM) physical activity care pathway was developed for adults aged 16-74 who are not meeting the recommendations for physical activity. Let's Get Moving is a behaviour change initiative, designed to provide a systematic approach to identifying and supporting adults to become more active. For further information please visit the Department of Health website

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_105956

Please refer to Physical Activity Factsheet for more useful information: www.northyorkshireandyork.nhs.uk/StayingHealthy/factsheets.htm

While much is known about the potential health gains of a physically active and fit population, far less is known about effective interventions for increasing physical activity. In 2005 the Health Development Agency produced Effectiveness of public health interventions for increasing physical activity among adults: a review of reviews (2nd ed)³ www.nice.org.uk/aboutnice/howweare/aboutthehda/hdapublications/hda_publications.jsp?o=681

Cholesterol

The best way to prevent becoming over-weight is by eating healthily and regular exercise. For advice on how to maintain a healthy weight, please refer to the Healthy Weight and Healthy Eating Factsheets.

(www.northyorkshireandyork.nhs.uk/StayingHealthy/factsheets.htm)

Healthy Weight

Lipid modification therapy (Statins) does play an important role in preventing the onset of CVD in people who have been identified as being at high risk. Before offering lipid modification therapy for primary prevention, all other modifiable CVD risk factors should be considered and their management optimised if possible, see healthy weight section.

(www.northyorkshireandyork.nhs.uk/StayingHealthy/Healthyweight.htm)

Policy Context

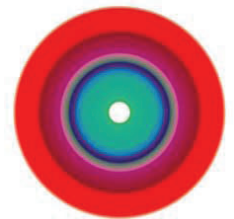
There have been a number of recent national reports which detail the rapid increase in health problems associated with smoking, inactivity, poor diet and drinking too much alcohol. The choices individuals make can lead to poor health outcomes and increased risk of CVD.

In April 2008, the Department of Health published its plan for a systematic, integrated approach to assessing risk of CVD for everyone between the ages of 40 and 74, followed by the offer of personalised advice and treatment, with individually tailored management to help individuals manage their own risk more effectively.



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Healthy Ambitions shares an ambition for people to lead longer and healthier lives with a need for individuals and their families to take more responsibility for their own health. 'The Staying Healthy Pathway' (Healthy Ambitions 2008) reveals the growing concern of the impact of 'lifestyle diseases' which stem from the choices people are making about how they live.



www.healthyambitions.co.uk/HealthyAmbitions/Staying-Healthy.aspx

NICE guidance on [workplace health promotion](#) (PH13) [community engagement](#) (PH9), [environment](#) (PH8) [behaviour change](#) (PH6), [physical activity](#) (PH2), [smoking cessation](#) (PH1), [statins](#) (TA94), [statins and lipid modification](#) (CG67), [obesity](#) (CG43), [hypertension](#) (CG127), [cardiovascular disease](#) (PH15), complements and supports this agenda.

www.nice.org.uk/

Choosing Health (DH, 2004) suggests the need to extend the self care approach into prevention and before individuals develop illness. The focus is on enabling people to plan for their own health and recommends health professionals encourage patients to adopt healthy lifestyles.



www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4094550

References

- 1 Wood, D.A., Wray, R., Poulter, N., Williams, B., Kirby, M., Patel, V. et al JBS2: Joint British guidelines on prevention of cardiovascular disease in clinical practice. Heart 2005; 91(Suppl V): V1-52.
http://www.heartuk.org.uk/HealthProfessionals/index.php/jbs_cv_risk_assessor/
- 2 Four commonly used methods to increase physical activity: brief interventions in primary care, exercise referral schemes, pedometers and community-based exercise programmes for walking and cycling. Public Health Intervention Guide No. 2. NICE, March 2006. www.nice.org.uk/nicemedia/pdf/PH002_physical_activity.pdf
- 3 Effectiveness of public health interventions for increasing physical activity among adults: a review of reviews (2nd ed)³. Health Development Agency, Feb 2005.
www.nice.org.uk/aboutnice/whoweare/aboutthehda/hdapublications/hda_publications.jsp?o=681

Order your free resources

Department of Health

5 A DAY z card (289557)

5 A DAY leaflet (289517)

Alcohol Effects Posters

(ALCFEP00210/ALCMAP00210)

[Why Weight Matters](#)—download only

Range of leaflets and posters supporting the Change4Life campaign

Tel: **0300 123 1002** or online at www.orderline.dh.gov.uk

The eatwell plate [resources are now only available to download](#)—www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_126472



Blood Pressure Association

Top tips for a healthier blood pressure—A3 poster

General information leaflet—high blood pressure

Tel: **0845 241 0989** or order online at

www.bpassoc.org.uk/



British Heart Foundation

Get Active booklet (G12)

Eating well A5 booklet (G186)

Take control of your weight A5 leaflet (G198)

Cut down on salt A5 leaflet (G160)

Put your heart into walking leaflet (G26)

Tel: **0870 600 6566** or order online at www.bhf.org.uk/



Smokefree

Range of leaflets available including

Smokefree Guide

Easy read version also available

Relapse booklet

Health and Wealth wheel

Tel: **0800 169 0169** <http://smokefree.nhs.uk/>



NHS North Yorkshire and York

Resources to support the NHS Health Check are available to primary care through the intranet, together with the Resource Pack for the management of overweight and obesity:

nww.nypct.nhs.uk/Directorates/PublicHealth/HealthChecks/index.htm

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Websites

Department of Health

www.dh.gov.uk/en/Healthcare/Vascular/index.htm



Strategies, links and publications for those delivering CVD care.

NHS Choices



Healthy Hearts—

www.nhs.uk/Livewell/Healthyhearts/Pages/Healthyhearts/home.aspx

Alcohol—

www.nhs.uk/Livewell/Alcohol/Pages/Alcoholhome.aspx

Healthy weight calculator—

www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx?Tag=

Smoking—

www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx

Hypertension—

www.nhs.uk/livewell/hypertension/Pages/Hypertensionhome.aspx

Diabetes—

www.nhs.uk/Livewell/diabetes/Pages/diabeteshome.aspx

Stroke—

www.nhs.uk/Livewell/Stroke/Pages/Strokehome.aspx

Kidney disease—

www.nhs.uk/Livewell/Kidneyhealth/Pages/Kidneyhealthhome.aspx

NHS Life Check

An online health service to help assess and better manage the your health.

www.nhs.uk/tools/pages/lifecheck.aspx

Change4Life Physical Activity Search Tool



Enter a postcode to search for local activities.

www.nhs.uk/change4life/Pages/LocalServicesLanding.aspx

Heart UK

www.heartuk.org.uk/



The cholesterol charity.

British Heart Foundation

www.bhf.org.uk/

Pioneering research, and support and care for heart patients



Heart Forum

www.heartforum.org.uk/



An alliance of over 60 national organisations working to reduce the risk of CHD.

Diabetes UK

www.diabetes.org.uk/

Working for people with diabetes.



The Stroke Association

www.stroke.org.uk/



UK charity solely concerned with combating stroke in people of all ages.