**Cost:** Variable for each Local Authority

**Outcomes:** The evidence synthesis shows that although the impact of the NHS Health Check has been examined in 18 studies, none were randomised controlled trials and only five included an appropriate comparison group.

Evidence shows that the detection of disease is significantly more frequent among NHS Health Check attendees compared to non-attendees for:

• Chronic kidney disease

• Familial hypercholesterolemia

• Hypertension

• Peripheral vascular disease

• Type 2 diabetes

A small but significant decrease in stroke was also reported in one study, showing promising signs that the programme may already be having an impact on prevention.

Research using national data and comparing NHS Health Check attendees with matched non-attendees reports favourable changes among people having a check on:

• Blood pressure • Body mass index • Modelled CVD risk

Source: <https://www.healthcheck.nhs.uk/document.php?o=1293>

**Project aims:** The NHS Health Check programme provides a systematic mechanism for identifying and managing people with the common risk factors driving CVD, stroke, type 2 diabetes, kidney disease and dementia and offers an excellent opportunity to help people to live longer, healthier lives.

It aims to improve the health and wellbeing of adults aged 40-74 years through the promotion of earlier awareness, assessment, and management of the major risk factors and conditions driving premature death, disability and health inequalities in England.

**Project title:** NHS Health Checks