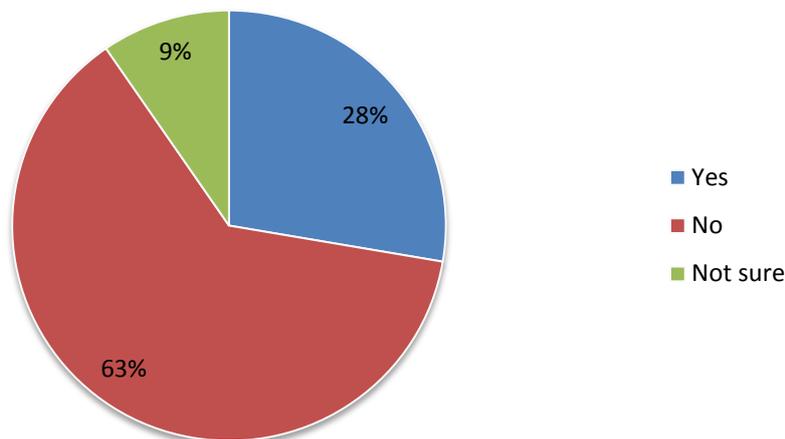


NHS Health checks survey report

The survey was conducted throughout August 2017.

- 187 responses in total
- 180 respondents within the target groups of being registered in Blackpool and between 40-74 years old
- 149 were female, 31 were male
- There was a 50 / 50 split between married and single respondents
- 18 per cent identified as having a disability.

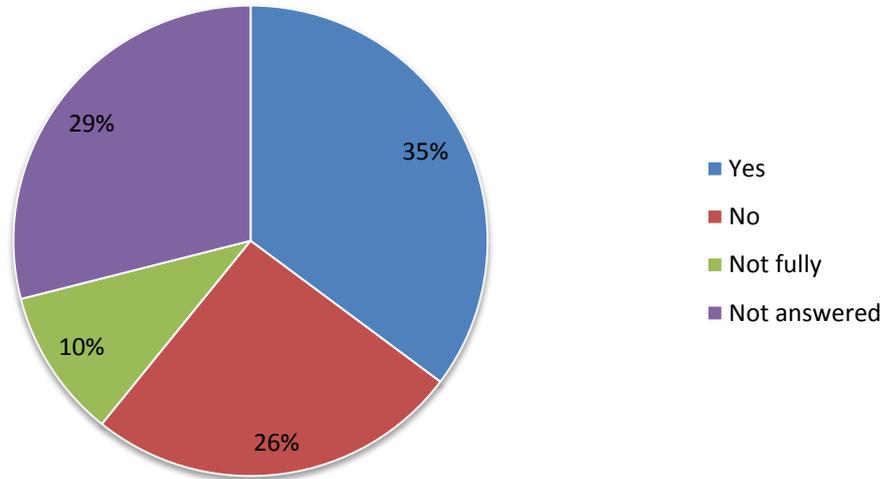
Have you received an invite?



There are clearly a large number of people not receiving an invite. This may be because they are not being sent out or the people receiving them are dismissing them as junk and not registering what they are.

It should be noted that the clarity of the question could have skewed the results slightly in that people may have thought we meant 'have you received an invite recently?' There was nothing in the question to ask if they had received an invite in the last five years. However it was explained in the introduction to the survey that the invites are sent every five years so the amount of skewed results is estimated to be negligible.

Did you understand why you were being invited for the health check?

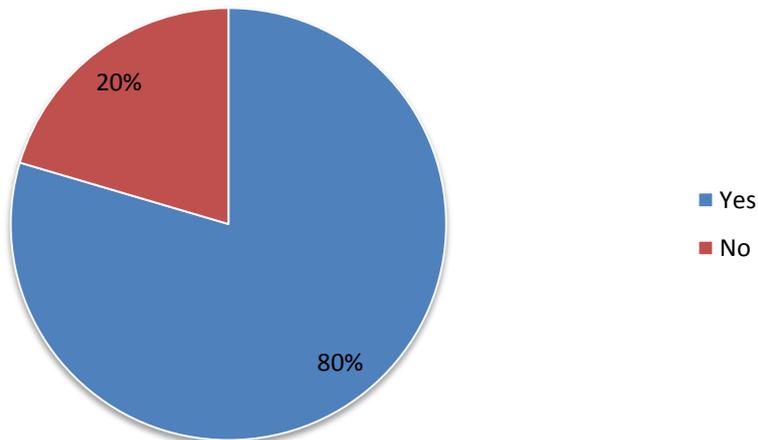


Understanding of what the NHS health checks are about is split with 35 percent understanding and 36 percent not properly understanding.

- Work needs to be done to increase awareness of what the health checks are for.

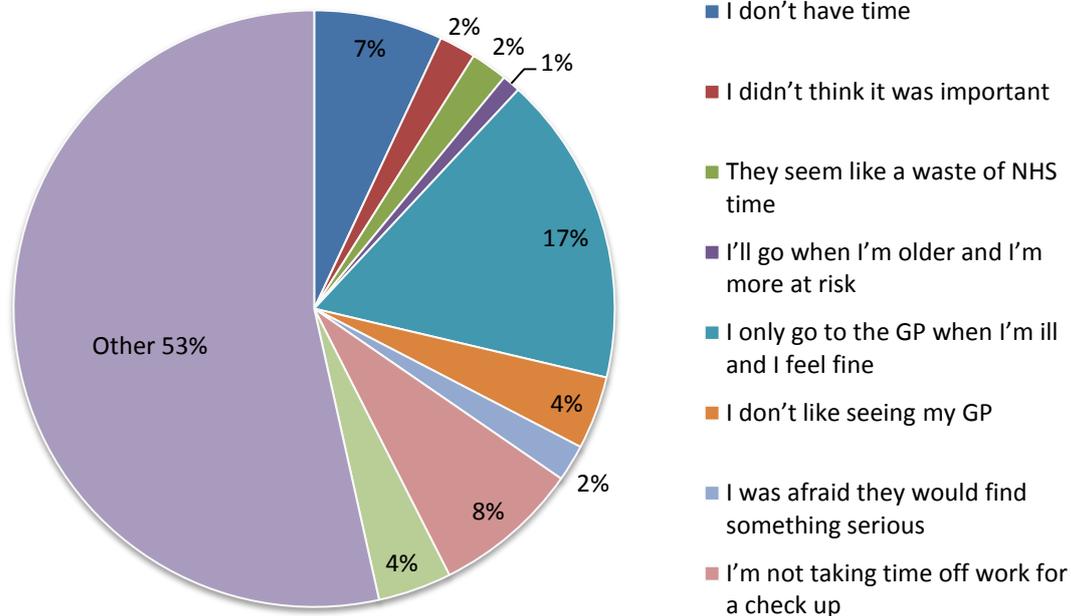
Did you have the NHS health check?

This result is filtered by those people who answered 'yes' to having received the invite.



The majority of people who received the invite for a health check said they had accepted the invite and been for a health check.

Why didn't you / wouldn't you have the health check



Of the 56 people who responded with 'other' 55 said it was because they had not received an invite. Only one had another reason which was:

- I already have all the tests due to hypertension

Other than not being invited the main reasons for not having the check appear to be based around a feeling of it being a waste of time or unproductive to the NHS or thinking you should only go to the GP when you are ill.

- The message therefore needs to be that the health checks are not a waste of time because they help detect issues that will cost the NHS more to treat later if they are not detected early.

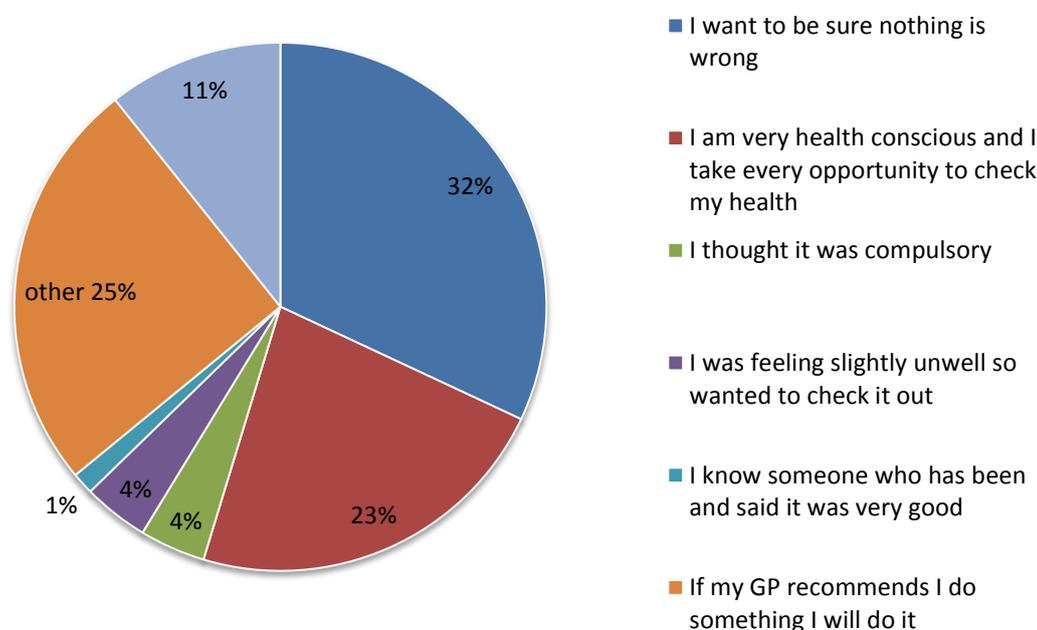
What would have encouraged you to have had the health check?

This was a comment box. The comments are listed below. The 41 additional comments that relate to being invited have been removed.

1. Ability to have the check at work (I work at the hospital)
2. appointments at the weekend or evening
3. Convenient appointment times
4. Don't need encouragement, a reminder of when it is due.
5. Feedback about results from GP (or maybe a letter), as opposed to having to ring up and have the Receptionist giving out the results.
6. feeling unwell
7. Flexible appointment times as working full time

8. I would take the health check if I felt at risk of anything ie family history of diabetes, cancer etc and I had symptoms
9. if an appointment was sent
10. If I felt unwell
11. If I had been contacted by the GP practice I would definitely have gone. Otherwise, would not have wanted to ask for a check-up given how busy GP practices are. Time off work to attend is also tricky, so an evening clinic would be good
12. more info - more convenient out of office appointments
13. nothing
14. Nothing. I am well aware of my own health and take good care of myself with sensible life style choices with a healthy diet and exercise. Therefore the time wasted on me if I attended could be better utilised by someone else.
15. to be allowed to go in works time

Why did you have the health check?



The responses for the 'other' category are listed below:

- family history of heart attacks
- Have had 2 - the first after my father died without warning of heart disease
- Have had frequent falls so my GP referred me to various departments.
- I had no reason not to go.
- I wanted to get fitter
- my slippers were too tight
- Was visiting nurse for another check and she did it then

- By far the greatest motivator to have the checks is being health conscious and wanting to check to make sure they have nothing wrong.

Conclusion

- Based on the survey the main reason for a low uptake of NHS health checks appears to be people not receiving an invite.

- Those who do receive the invite do attend especially if they are health conscious.
- Reasons for not attending are around the convenience of appointments and a feeling of being a waste of time.