

Introduction

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

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 good news is that these conditions can often be prevented.

The tests that you have had as part of your NHS Health Check will help you and your healthcare professional discuss changes that you might need to make to reduce your risk of developing diabetes, heart disease, kidney disease, stroke and dementia.

Use this booklet to record your results and set goals for improving your lifestyle if necessary.

Action Following My Health Check

Please Check	Action
Referral to GP	
Cholesterol	
Blood Pressure	
Blood Sugar	
Kidney Function	
Heart Rhythm	
Social Prescribing	
other	

Body Mass Index (BMI) test

Height: cm ft Waist: cm

Weight: kg st BMI:

- **Below 18.5** - you're in the underweight range
- **Between 18.5 and 24.9** - you're in the healthy weight range
- **Between 25 and 29.9** - you're in the overweight range

Blood pressure test

Blood Pressure 1 Systolic Diastolic

If > 140/90—take 2 more readings

Blood Pressure 2 Systolic Diastolic

Blood Pressure 3 Systolic Diastolic

Heart Rate Heart Rhythm

- **Normal blood pressure** is 139/89 or below.
- **Stage 1 hypertension** is blood pressure is 140/90 mmHg or higher
- **Stage 2 hypertension** is blood pressure is 160/100 mmHg or higher,

Cholesterol test

Cholesterol Total HDL Ratio

- **Total chol** - 5 mmol/L or less
- HDL chol (good) - Women >1.2mmol/L - Men >1.0 mmol/L
- **Total chol/HDL ratio** - Less than 6 mmo/L Ideal— < 3 mmo/L
- A ratio above 6 is considered high risk

Blood Sugar

Taken when High BMI or High Blood Pressure is recorded

HbA1c

- HbA1c - Normal Below** 42 mmol/mol
- **Prediabetes** 42 - 47 mmol/mol
 - **Diabetes** 48 mmol/mol or over

Family History

Family History of Heart disease<60

Family History of Diabetes

Smoking Status

Smoker: Y/N Very Brief Advice Offered Y/N

Alcohol

My Alcohol Units

My Alcohol Risk Score

Maximum number of recommend units per week is 14

Physical Activity

My Physical Activity Score

Over 65's

Any Unexpected Trips or Falls in the Last Year? Y/N - How Many

Vascular Dementia Advice Y.N

CVD Qrisk Risk Score and Heart Age

My CVD Qrisk Score %

My Age: My Heart Age is

Your goals

Use these pages to set yourself some goals to work towards. Start off with one or two changes that you could make to improve your health. Remember that small changes to your lifestyle can make a big difference to your health.

What would you like to achieve?

What small thing can you commit to changing?

How can you measure it?

How will you know if you're successful?

What might get in the way?

How will you stop that happening?

Who can help you?

Additional goals?

I agree to these goals. _____ Date _____

Thank You - Your Feedback

Thank you for taking part in your NHS Health Check today —If you would like to leave feedback on how we did. Please follow the link below via the QR Code.



Shropshire Council—Healthy Shropshire

Shropshire Council has information on local resources and services that you can access to support lifestyle changes. Please follow the link below via the QR Code.



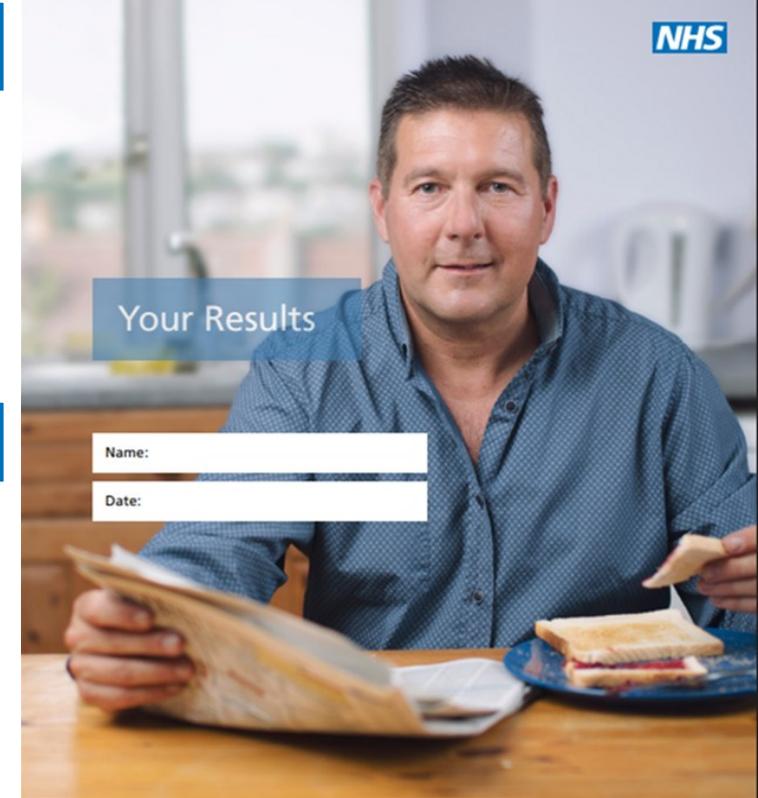
NHS Health Check—Further Information

For further information on any aspect of the NHS Health Check. Please follow the link below via the QR code.



NHS Better Health—Healthy Choices Quiz

How healthy is your lifestyle? Take the quiz to find out! You'll get NHS apps and advice to show you how to make changes where they matter most. Please follow the link below via the QR code..



Your Results

Name: _____
Date: _____



Name of person who delivered your NHS Health Check

Name _____

Location _____



Shropshire Council