

**REPORT FOR: HEALTH AND SOCIAL
CARE SCRUTINY SUB-
COMMITTEE**

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| Date of Meeting: | 11 February 2014 |
| Subject: | NHS Health Checks Scrutiny Review – Final Report and Recommendations |
| Responsible Officer: | Alex Dewsnap, Divisional Director, Strategic Commissioning |
| Scrutiny Lead Member area: | Councillor Sachin Shah, Performance Lead for Health and Social Care Councillor Ben Wealthy, Policy Lead for Health and Social Care |
| Exempt: | No |
| Enclosures: | Appendix A – NHS Health Checks – Community Engagement Report Appendix B - Report for the NHS Health Checks Scrutiny Review |

Section 1 – Summary and Recommendations

This report presents the key findings and recommendations of the Joint NHS Health Checks Scrutiny Review to the Sub-Committee for consideration.

Recommendations:

The Sub-Committee are requested to:

- I. consider and agree the recommendations included within the report;
- II. refer the approved report to Cabinet for consideration and response; and
- III. instruct officers to secure updates from the Centre for Public Scrutiny with regard to recommendations in the report made directed to Public Health England

Section 2 – Report

In April 2013, the Centre for Public Scrutiny (CfPS) launched a programme to support local authority scrutiny functions to review their local approach to NHS Health Checks and improve take up. A bid for support was made by the London Boroughs of Barnet and Harrow (who have a shared Public Health function) and the bid was successful. Work on this project has been undertaken between June and November 2013. This project links directly to each council's overview and scrutiny committees; in the case of Harrow this is the Health & Social Care Scrutiny Sub-Committee. As part of the offer from CfPS, the review received support from a CfPS Expert Adviser (5 days total). In addition, the Joint Director for Public Health has supported the review.

In accepting the CfPS support offer, Barnet and Harrow committed to the following:

- Completing the review by the end of November 2013
- Using the CfPS Return on Investment (ROI) model
- Participating in Knowledge Hub online discussions
- Keeping an Action Log which will be utilised to co-produce a case study
- Participate in Action Learning Events

NHS Health Checks are a mandatory service which local authority public health functions have been required to deliver from 1 April 2013. Participation in the CfPS Health Checks programme provides both Barnet and Harrow with an opportunity to:

- Review previous performance;
- Consider the budget envelope, planned approach and commissioning strategy for both authorities;
- Utilise the support of an independent expert advisor;
- Enable engagement with commissioners, health service professionals, communities and service users to understand perceptions and barriers to take-up for Health Checks;
- Enable Scrutiny Members to assist the Director of Public Health to develop the strategic approach Health Checks; and
- Identify the potential impact of improved uptake of the Health Checks by applying the CfPS ROI model to the review.

The Scrutiny Review has been seeking to:

- Identify ways in which NHS Health Checks can be promoted within each borough under the leadership of the Joint Director of Public Health;
- Explore the extent to which NHS services promote the NHS Health Check to eligible residents;
- Consider the capacity of GPs, local pharmacies or other suitable settings to undertake Health Checks;

- Determine the extent to which secondary services are available to those who have been identified as having undetected health conditions or identified as being at risk of developing conditions without lifestyle changes;
- Identify examples of best practice from across England to inform the approach of Barnet and Harrow to commissioning and monitoring the NHS Health Checks Programme;
- Utilise the CfPS ROI model to undertake an analysis of the cost/benefit of the NHS Health Checks Programme. The outcomes from this will influence the review recommendations; and
- Explore whether GPs could be organised on a cluster basis to deliver NHS Health Checks in each borough.

The Barnet / Harrow Scrutiny Review Group met on the following occasions:

25 July 2013

- Approved the Project Brief to enable the review work to commence in advance of formal committee approvals
- Approved the composition of the Task and Finish Group (3 Harrow Members and 3 Barnet Members)
- Approved the consultation / engagement approach
- Noted resourcing arrangements
- Agreed an outline plan for the utilisation of the CfPS Expert Advisor support available

18 September 2013

- Received a summary of activity to date
- Reviewed and agreed the Project Plan
- Received the results of a data mapping exercise undertaken by the public health team (including trend analysis)
- Agreed the approach to engaging with key stakeholders and residents / patients

2 October 2013

- Received a presentation from the CfPS Expert Adviser on the ROI approach
- Agreed the format of the Stakeholder Workshop

1 November 2013

- Stakeholder Workshop attended by Public Health England (London), GPs, Practice Managers, Healthwatch, Diabetes UK, Cabinet Members, Barnet / Harrow Public Health and Barnet CCG. Key themes are below:-

| Theme | Area Reviewed |
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| Health Checks Promotion | Proposed a national awareness campaign (to promote awareness and advantages of Health Checks), supported by local campaigns. |
| Providers / Flexible Delivery | Deliver Health Checks through alternative providers and at alternative times, and in different locations to make Health Checks more accessible. |

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| Treatment Package | All checks to be delivered in a single session to streamlined the process and make the experience more attractive. |
| Referral Pathways | Consideration needs to be given to the next steps for those identified as having risk factors and requiring treatment. |
| Restructure Financial Incentives | Barnet and Harrow have different payment structures. It is recommended that this is regularised and both boroughs are paid on completion. |
| Resources | Health Checks are currently an add-on for GPs meaning that they may not be incentivised to deliver and nor have the capacity (human resources and physical space) to deliver. Funding available for Health Checks may be insufficient to address total costs (i.e. additional costs arising from managing risk factors or treatments). |
| Targeting | A 'whole population' approach should be complemented by targeting of specific groups or communities to raise awareness. For example: men (who have a lower up-take than women); religious groups (who statistically have a high prevalence of certain diseases); and deprived communities (where there is a statistical correlation between deprivation and a low uptake of Health Checks). |
| Screening Programme Anxiety | People may be concerned that the Health Checks programme has negative connotations. The positives of Health Checks need to be promoted. |
| Barriers to Take-Up | Commissioners need to understand from non-participants what the barriers to take-up are. Targeted engagement with this group is recommended. |

4 December 2013

- Consider the results of the online questionnaire
- Review results of the community engagement exercise which includes focus groups (generic, men and deprived areas) and 1:1 interviews
- Outlined final report structure, agreed key findings and draft recommendations

The review group's report makes a number of recommendations directly to Public Health England and these recommendations will be picked up by the CfPS in their national report to be launched in February. CfPS will be asked to advise both Harrow and Barnet councils on the outcome of Public Health England's consideration of these recommendations.

Financial Implications

None

Performance Issues

None

Environmental Impact

None

Risk Management Implications

None

Equalities implications

Was an Equality Impact Assessment carried out? Yes () No (x). This report proposes no service changes.

Corporate Priorities

The work of this sub-committee addresses all of the council's corporate priorities.

Section 3 - Statutory Officer Clearance

Not required for this report.

Section 4 - Contact Details and Background Papers

Contact: Lynne Margetts, Service Manager Scrutiny, 020 8420 9387

Background Papers: None