



Your results

Name:

Date:

visit www.southglos.gov.uk/nhshealthcheck

**NHS
HEALTH
CHECK**

diabetes
heart disease
kidney disease
stroke & dementia

In partnership with


South Gloucestershire
Council

Introduction

Everyone is at risk of developing diabetes, heart disease, kidney disease, stroke and dementia. These can also be referred to as vascular disease.

The good news is that these conditions can often be prevented by making changes to your lifestyle. The tests that you've 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 one of these conditions.

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

Name of the person who delivered your Health Check:	
Contact details:	
Date:	

For further information about your NHS Health Check visit www.southglos.gov.uk/nhshealthcheck

There is also lots of advice and support for all the lifestyle areas covered in this results booklet at NHS Choices www.nhs.uk. Just search for 'NHS Health Check'.

Blood pressure

Blood pressure		
■ On track	■ Take action	■ ACT NOW
Ideally 140/90 or below		140/90 or above

There are two measurements used to assess blood pressure.

- **Systolic pressure** is the pressure exerted when your heart pumps, forcing blood to move through your arteries.
- **Diastolic pressure** is the pressure exerted when your heart is at rest between beats.

The result is usually described as, for example, '140 over 90'. This means a systolic pressure of 140mmHg and a diastolic pressure of 90mmHg. This would be written as: 140/90mmHg.

Ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg. High blood pressure is a reading of 140/90mmHg or higher.

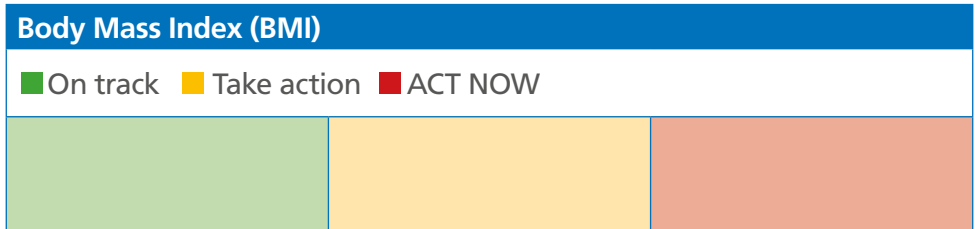
What next?

High blood pressure can be treated or prevented by making changes to your lifestyle, such as becoming more physically active, eating a healthier diet and cutting back on alcohol. See the [Healthy Eating and Physical Activity](#) section for more advice.

Too much salt in your diet can cause raised blood pressure. Avoid adding salt to your food or cooking. Avoid foods that are high in salt like crisps and processed meats such as bacon and ham, sauces and condiments. A high salt level is more than 1.5g salt per 100g (or 0.6g sodium). This is about a quarter of a teaspoon full.

Medicines are also available that can help lower your blood pressure. Your healthcare professional will advise you about this. You will be given advice about making changes to your lifestyle, if required.

Body Mass Index (BMI)



BMI is a measure of whether you are a healthy weight for your height. However, it is only a guide and, for some people, BMI may not take into account things like being particularly muscular.

- If your BMI is less than 18.4, your result falls within the underweight BMI range
- If your BMI is between 18.5 and 24.9 (18.5 and 22.9 for Asian people), your result falls into the healthy BMI range
- If your BMI is between 25 and 29.9 (23 and 27.4 for Asian people), your result falls into the overweight BMI range
- If your BMI is greater than 30 (27.5 or more for Asian people), you may be invited for another test to check you do not have diabetes

If your BMI is high, your healthcare professional can provide you with advice and support to lose weight and reduce your BMI.

If you are ready to make some changes, there are lots of options available to you. Ask to be signposted to local services in your area.

See the [healthy eating](#) section for more advice on a healthy diet.

Cholesterol test

Cholesterol test			
	■ On track	■ Take action	■ ACT NOW
Total cholesterol	■ On track	■ Take action	■ ACT NOW
HDL cholesterol	■ On track	■ Take action	■ ACT NOW
Ratio Total cholesterol/HDL	■ On track	■ Take action	■ ACT NOW

Cholesterol is a fat that is carried around our bodies in the blood. It is vital that you have enough of it in your body to work properly. But too much cholesterol can cause your arteries to become blocked, increasing your risk of heart disease and stroke.

There are two types of cholesterol: low density lipoprotein (LDL), and high density lipoprotein (HDL).

- If the levels of these two types of cholesterol become unbalanced the risk of cardiovascular disease (heart disease and stroke) increases. Too much LDL cholesterol in the blood can cause blocking of the arteries over time.
- HDL mops up any excess cholesterol in the body and carries it back to the liver where it is either excreted or recycled. It is therefore protective against heart disease. Levels increase with increasing physical activity and reducing carbohydrates in the diet. It can help to protect against developing blocked arteries.

Cholesterol test

A sample of your blood will be taken to see what are your levels of cholesterol.

- Total cholesterol – healthy adults should have a score of 5mmol/L or less.
- HDL cholesterol – an ideal level is a score of 1mmol/L or more. A lower level can increase your risk of heart disease.
- Cholesterol ratio – this is your total cholesterol divided by your HDL. Ideally this should be below 4mmol/L as a higher ratio increases your risk of heart disease.

What next?

If your [cholesterol level is too high](#) your health care professional will give you advice about how to improve it. They may also consider prescribing you cholesterol lowering drugs. If you are overweight, losing weight through eating healthier and being more physically active should help reduce your cholesterol level.

If you [do not have a high cholesterol level](#), you may still want to take action to prevent it increasing by eating a healthy, balanced diet that is low in saturated fat. Consume saturated fats in moderation and where possible replace with unsaturated fats. Foods that are high in unsaturated fats include oily fish, avocados, milk and seeds. Use pure vegetable, rapeseed, olive or sunflower oils or spreads for cooking.

To better understand cholesterol ask your practitioner for a leaflet or visit

www.nhs.uk/Conditions/Cholesterol/Pages/Prevention.aspx

www.bhf.org.uk/heart-health/risk-factors/high-cholesterol

See the [healthy eating](#) section for more advice.

What is diabetes?

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. We should only have about 5-7g (1 teaspoon of glucose in our blood at any one time). Diabetes is a condition where the amount of glucose in the blood at diagnosis is too high because the body can't use glucose as energy. Diabetes occurs when the body does not produce enough insulin or produces insulin but cannot use it properly (insulin resistance). (Insulin is a hormone produced in the body which regulates the amount of glucose in the blood.)

The cornerstone of treatment is lifestyle change. This includes the following: dietary changes, increasing physical activity, weight loss (especially waist circumference), reducing stress, stopping smoking and ensuring adequate sleep.

Many people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is sometimes known as pre-diabetes. If your blood sugar level is above the normal range, your risk of developing Type 2 diabetes is increased.

It's very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated.

Healthy eating

A healthy balanced diet will help you maintain a healthy weight.

These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.

A portion is roughly the amount that fits in the palm of your hand.

- 1 Base your meals on starchy carbohydrates
- 2 Eat lots of fruit and vegetables
- 3 Eat more fish – including a portion of oily fish
- 4 Cut down on saturated fat and sugar
- 5 Eat less salt – no more than 6g a day for adults
- 6 Get active and be a healthy weight
- 7 Don't get thirsty
- 8 Don't skip breakfast

www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx

Follow the advice in the Eat Well Guide and aim to eat the right sized portions.



Download the **free** One You Easy Meals app. This Easy Meals app is a great way to eat foods that are healthier for you. Visit www.nhs.uk/oneyou/apps

Physical activity

Physical activity status

■ On track ■ Take action ■ ACT NOW

Active	Moderately active/ Moderately inactive	Inactive
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As part of your NHS Health Check, your physical activity level will be measured and you will be given a score.

How do I know if I'm exercising moderately or vigorously?

Moderate intensity aerobic exercise is where you're working hard enough to raise your heart rate and break into a sweat. You're working at a moderate intensity if you're able to talk but unable to sing the words to a song.

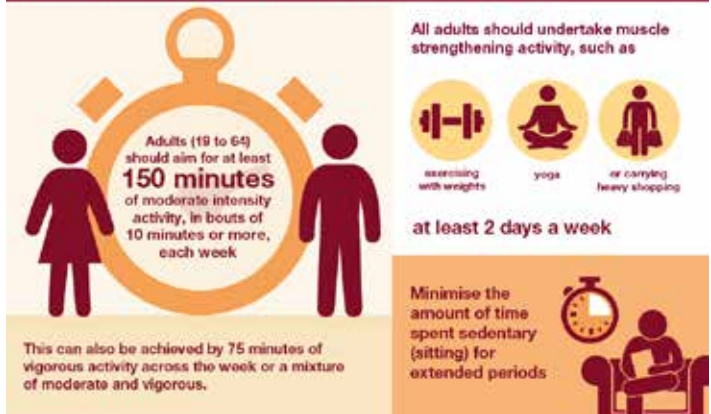
Vigorous intensity aerobic exercise is where you're breathing hard and fast and your heart rate has increased significantly. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

What next?

There are lots of different ways to become active and benefit your health. For information and ideas about how to become more active visit www.southglos.gov.uk/gettingactive or call us on **01454 864005**.

There are also local running groups, parkruns and couch to 5k courses, visit www.southglos.gov.uk/runsouthglos for details.

How much physical activity should you do?



Physical activity

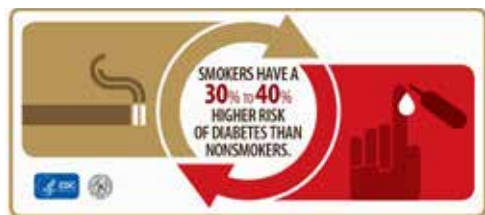


If you live in South Gloucestershire and are inactive you may also be eligible for some free vouchers from SportsPound to get you started.

Visit www.southglos.gov.uk/sportspound or call **01454 865821** for details.

Smoking

■ On track ■ ACT NOW		
Smoking status	Non smoker	Smoker



If you smoke you will be offered support and advice as part of your NHS Health Check.

Smoking increases both blood pressure and cholesterol, and is the biggest cause of premature death in the UK. The great news is that you can reduce your risk over time to that of a non-smoker by stopping.

What next?

if you would like free support and advice to stop smoking, visit www.southglos.gov.uk/smokefree email smokefree@southglos.gov.uk or call **01454 865502**.



The Smokefree app can help you stop smoking by providing daily support and motivation.

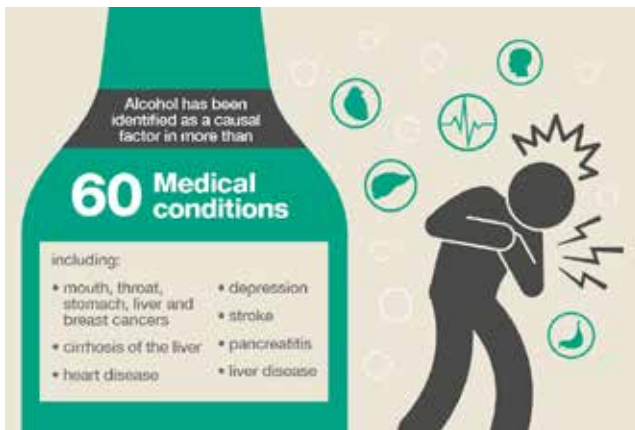
You are up to four times more likely to stop smoking with support, than if you go it alone.

Alcohol

Alcohol consumption levels (Audit C value)

■ On track ■ Take action ■ ACT NOW

Low risk	Increasing risk	High risk
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The Chief Medical Officer (CMO) published new guidelines stating that drinking any level of alcohol regularly carries a health risk for everyone. Men and women should limit their intake to no more than 14 units a week to keep the risk of illness like cancer and liver disease low.

- Both men and women are advised not to regularly drink more than 14 units a week (six pints of beer or glasses of wine).
- Spread your drinking over three days or more if you drink as much as 14 units a week.
- Try to have at least two, three if possible, alcohol free days during the week. To get the most benefit, they should ideally be together.

Alcohol



1.5
units

Small glass red/white/rosé wine
(125ml, ABV 12%)



2.1
units

Standard glass red/white/rosé wine
(175ml, ABV 12%)



3
units

Large glass red/white/rosé wine
(250ml, ABV 12%)



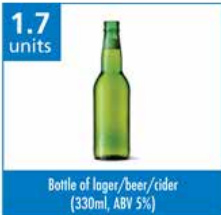
2
units

Pint of lower-strength lager/beer/cider
(ABV 3.6%)



3
units

Pint of higher-strength lager/beer/cider
(ABV 5.2%)



1.7
units

Bottle of lager/beer/cider
(330ml, ABV 5%)



2
units

Can of lager/beer/cider
(440ml, ABV 4.5%)



1.5
units

Alcopop
(275ml, ABV 5.5%)



1
unit

Single small shot of spirits*
(25ml, ABV 40%)

What is a unit?

Units are a standard way to indicate the alcohol content of any given drink.

Calories in alcohol

There are a surprising amount of calories in alcohol and over the course of a few drinks they can quickly add up. Use the calorie checker on NHS choices to check how many calories are in alcoholic drinks www.nhs.uk/Livewell/alcohol/Pages/calories-in-alcohol.aspx

What next

The One You free drinks tracker app makes it easy to keep an eye on the amount you are drinking and take control with daily tips and feedback. Visit www.nhs.uk/oneyou/apps

If you are concerned about your alcohol use, please contact South Gloucestershire drug and alcohol services on: **01454 868750** or call free from a landline on **0800 0733 011**.

* Gin, rum, vodka, whisky, tequila, sambuca. Large (35ml) single measures of spirits are 1.4 units.

Cardiovascular disease risk score

Cardiovascular disease risk score		
■ On track ■ Take action ■ ACT NOW		
Low risk 0-10%	Moderate risk 10-20%	High risk More than 20%

The results above, show your risk of developing cardiovascular disease in the next 10 years. Cardiovascular diseases and events include heart attacks, angina, stroke, diabetes and kidney disease.

Whatever your result, even if your risk is assessed as being low, you will be given advice about staying healthy.

Additional tests

If your **BMI and/or your blood pressure** results are high, you may be advised to have a test to check to see if you are at risk of developing diabetes. If your **blood pressure** is high your GP may invite you for a further test to see if your kidneys are working properly. If your **cholesterol** is high you may be referred to your GP for further tests to see if you need cholesterol lowering drugs.

Mental health and wellbeing

Mental ill health and emotional distress are a normal part of life and very common. 1 in 3 of the population will be diagnosed with a mental ill health condition at some point in their life.

There is a strong relationship between mental and physical health. Healthy foods, particularly fruit and vegetables can positively affect mental as well as physical health. Physical activity can also impact on mood, stress, self-esteem, anxiety, dementia and depression.



Unhealthy lifestyles such as smoking, excess alcohol consumption, consumption of sugary foods and over-eating in general can increase in times of stress. Evidence shows that as well as eating well and exercising regularly, following the five ways to well-being will also help you improve your mental wellbeing.

For more information visit www.fivewaystowellbeing.org

What next?

South Gloucestershire Wellbeing College offers a range of courses and taster sessions. The aim is to boost your feeling of wellbeing in a positive environment. Sessions include: mindfulness, managing anxiety, money management, physical activities, art, complementary therapies, gardening and nature walks. The Wellbeing College will help you learn new skills, meet new people and make friends. Visit:

www.merlinhs.co.uk/wellbeing-college

The Community Connector Team can support you to get out, meet new people and be more active. You can discuss with this friendly team who are working in your community. Call **0300 123 2464** or email communityconnectors@curo-group.co.uk

Mental health and wellbeing

Information about mental health, emotional wellbeing and relevant local events and services can be found on the webpages of South Gloucestershire Council and Wellaware. Visit www.southglos.gov.uk/mh and www.wellaware.org.uk or contact mentalhealth@southglos.gov.uk to find out more.

How are you?



To find out more about your lifestyle take a free One You health quiz and see how you score.

Visit www.nhs.uk/oneyou/hay or search 'one you' for details.

Making changes

What would you like to achieve?

What might get in the way?

Who can help you?

Additional goals?

For further information about your NHS Health Check visit

www.southglos.gov.uk/nhshealthcheck