

**Better
Health**

Let's
do this

NHS

Workplace Health Check



London Borough of Tower Hamlets in partnership with
Tower Hamlets GP Care Group.

Funded by the Department of Health
and Social Care.

Version Number 1.0



Contents

How to use this booklet	3
What is a workplace health check?	4
So, what are the Vital 5?	5
Many long-term conditions are associated with the Vital 5	6
Stop smoking	7
Maintain a healthy weight	9
Cut down on alcohol	14
Control your blood pressure	15
Good mental health and wellbeing	19
'Know Your Risk' type 2 diabetes	22
NHS Health Check	23
Seeking urgent help and life-threatening emergencies	24
I am not registered with a GP	25
Complaints and Compliments	26
Consent and data sharing	26
Support in Newham	27
Support in Waltham Forest	27
Your results	28

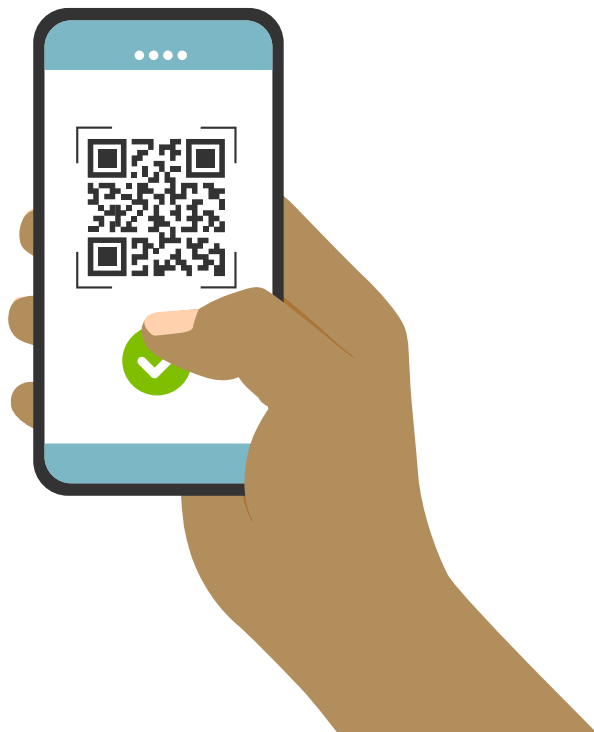
How to use this booklet

Scanning the QR codes in this booklet:

1. On a phone or tablet, open the built-in camera app.
2. Point the camera at the QR code and tap the banner that appears on your phone or tablet.

The 'Workplace Cardiovascular Disease (CVD) Health Checks' pilot project is funded by the Department of Health and Social Care (DHSC). It aims to deliver CVD checks in workplaces to help spot the early signs of heart disease and provide people with the information that they need to reduce their risk of having a heart attack, stroke or developing diabetes.

Tower Hamlets Council is working with Tower Hamlets GP Care Group to deliver this project.



What is a workplace health check?

What's involved in this check:

- Smoking status
- Height/ weight / BMI
- Waist circumference
- Blood pressure check

These make up the majority of the Vital 5 (See page 5), by measuring these routinely, we can find and manage any risks to your health earlier.

You can also use other risk tools to find out your risk of type 2 diabetes (if you don't have an existing diagnosis). When it comes to alcohol, you can use the tools to work out how risky your drinking is. Learn more on the following pages:

- Type 2 diabetes 'Know your risk' score
- Drink Coach Alcohol test score

What it is not

The workplace health check is not the same as a full NHS Health Check. If you are invited for one by your GP, you should still attend. See page 23 for more information.

So, what are the Vital 5?

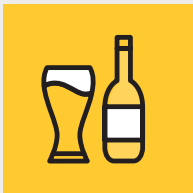
These are the 5 things you can do to help prevent ill health and stay healthier for longer. The Vital 5 ways to stay healthy are to:



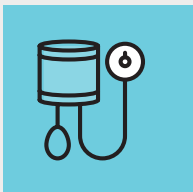
Stop smoking



Maintain a healthy weight



Cut down on alcohol if you drink



Control your blood pressure



Look after your mental health and wellbeing

Many long-term conditions are associated with the Vital 5



Smoking – heart disease (e.g. heart attacks and strokes), lung disease and cancer



Obesity – diabetes, heart disease and cancer



Alcohol – liver disease, mental health conditions and cancer



Blood pressure – high blood pressure, stroke, heart disease, vascular dementia



Mental health – anxiety and depression

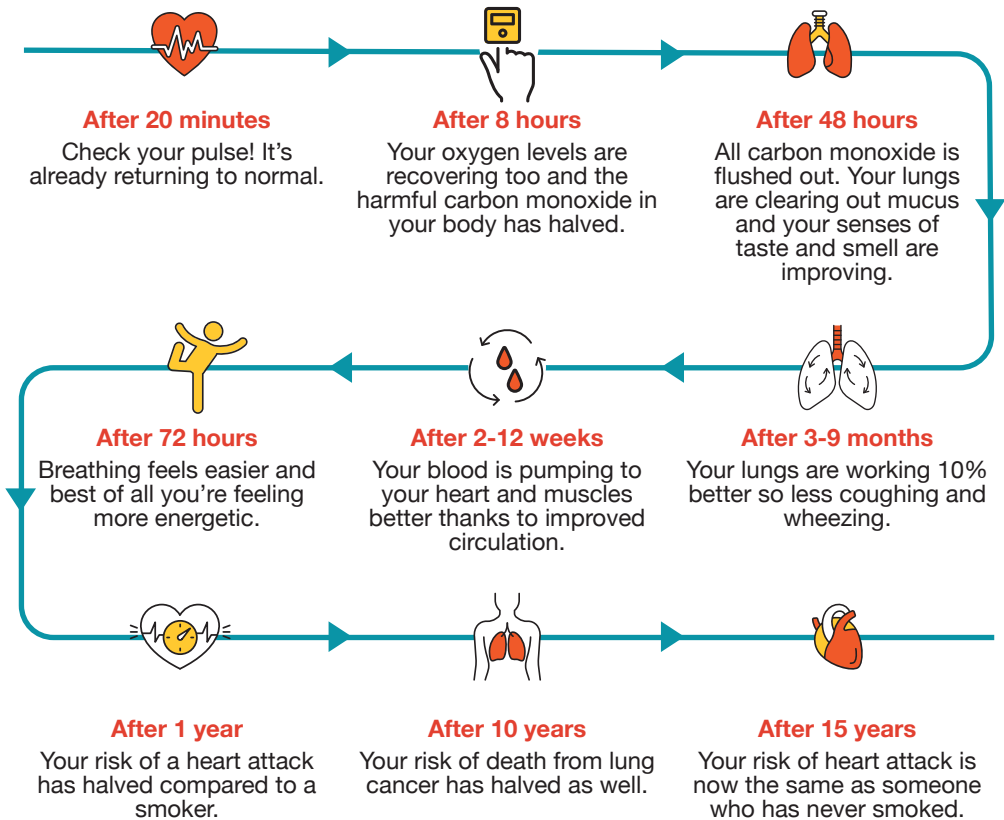
Stop smoking



What can I do?

The most important thing you can do is to stop smoking. When you stop smoking, you can begin to see almost immediate improvements to your health. It's never too late to quit smoking, and there is support available to help you.

See what happens when you quit smoking:



Reference: Better Health, Department of Health & Social Care

Stop smoking



Where can I get help in Tower Hamlets?

Specialist stop smoking service

Quit Right Tower Hamlets provides expert stop smoking services to all residents and people who work or study here in Tower Hamlets. They also provide culturally sensitive services for people who chew tobacco or use paan, and female advisors are available. You can self-refer or be referred through your GP practice if you live in the borough.

Monday to Friday, 9am-5pm
☎ 020 7882 8230 / 020 7791 1774
✉ bhnt.quitrighttowerhamlets@nhs.net



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Want to find a service closer to home?

Your GP, pharmacist or health visitor can refer you, or you can phone your local stop smoking service to make an appointment with an adviser. To find your nearest stop smoking service and other tips to stop smoking.



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Stop Smoking London: access advice and information about quitting smoking, and details of all the services available in the other London boroughs.



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Find a pharmacy to help quit smoking

You can also drop into your local pharmacy at any time to access stop smoking services. Scan the QR code on the left to find your nearest pharmacy offering stop smoking services in the borough.



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Maintain a healthy weight



Understanding your results

Keeping to a healthy weight is important for your general health. It is one way of reducing your risk of developing long-term health problems.

Body Mass Index (BMI) is calculated using your height and weight, and is a starting point for us to check your health, but we look at other things too.



Underweight
<18.5



Normal
18.5-24.9



Overweight
25-29.9



Obese
30-34.9



Extremely
obese
35<

You can use the BMI score chart above to understand which weight category you fall under.

Maintain a healthy weight



High BMI

A higher BMI increases the chance of developing long-term conditions, such as Type 2 Diabetes and heart disease.

However, the BMI calculation is just one measure of health.

It cannot tell the difference between muscle and fat. For example, if you have a lot of muscle, you may be classed as overweight or obese despite having low body fat.

This is why measuring your waist can also be important as it can help us to understand if you are carrying too much weight around your tummy.

Your ethnicity can also affect your chances of getting some health conditions. For example, people from Asian, Black African, African-Caribbean, or Middle Eastern ethnic backgrounds have a higher chance of developing some health problems at a lower BMI.

Maintain a healthy weight



What can I do?

There are two main things you can do maintain a healthy weight:

1. Eat a healthy balanced diet



Eat a wide range of fruit and vegetables



Base your meals on higher-fibre starchy carbohydrates (wholewheat pasta, potatoes with their skins on, brown rice)



Eat more fish including a portion of oily fish each week



Cut down on fat and sugar



Eat less salt



Drink plenty of water

2. Get active and find ways to fit activity into your day-to-day life

Such as cycling or walking to work, taking the stairs, cleaning or moving around in your home. Finding things you enjoy can make it easier to stay more active.

Maintain a healthy weight



Where can I get help in Tower Hamlets?

Local weight management services

Weight Action Programme

Weight Action Programme is a free 12-week in-person or online programme run by specialists from the Health and Lifestyle Research Unit, Queen Mary University of London.

The service is for residents, those registered with a GP in Tower Hamlets, or people who work or study in the borough. You must:

- be aged 18 or over
- have a BMI of 30 or more, or
- have a BMI of 27.5 if you are South Asian.

Specialist programmes

We also run specialist programmes for adults with physical disabilities (Eat Well and Move) and another for adults with learning disabilities (Shape Up).

Please scan the QR code to find out how to register for the weight management programme suited to your needs.



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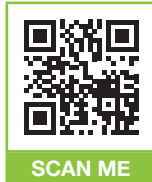
Maintain a healthy weight



Local Leisure Services

If you need support to get active, visit our new Be Well offer which gives you access to the six leisure centres in the borough. The service offers a range of health and wellbeing classes, including an extensive women only programme, and free swimming for residents over 55, and for women and girls.

You can also find other local exercise activities such as your nearest Parkrun and walking groups, through Tower Hamlets Connect.



Want to find a service closer to home?

There is a range of support available nationally to help you to achieve a healthy weight including if you have a learning disability or are a wheelchair user. You can scan the QR code below to find out about free NHS weight-loss programmes. Speak to your GP or use your local council website to find out about your local options.



Cut down on alcohol



How do I work out how risky my drinking is?

You can take the two-minute DrinkCoach test to work out how risky your drinking is. Depending on your score, the free and confidential test can signpost you to additional support services in your area.



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Want to find a service closer to home?

Your GP can support you with cutting down or controlling your alcohol use in a safe way. Please speak to your GP if you need support. You can also find a range of support to reduce your drinking available from the NHS, including how to find your local drug and alcohol support services by scanning the QR code.



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Where can I get help in Tower Hamlets?

RESET Drug and Alcohol Support service

RESET provides free and confidential support for anyone affected by drugs or alcohol in Tower Hamlets.



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The service is open to anyone experiencing difficulties with drugs or alcohol, including anyone affected by a family member or significant other's drug or alcohol use.

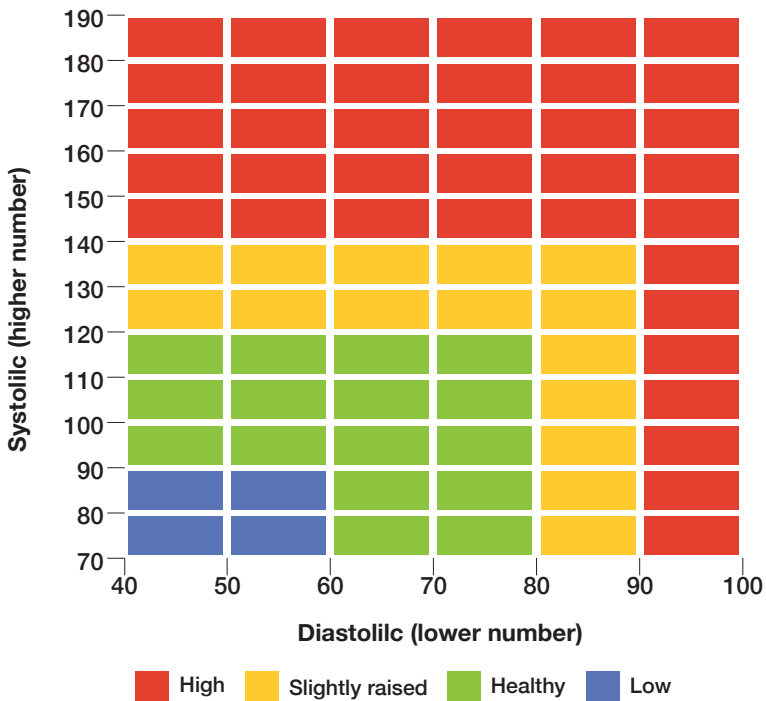
Control your blood pressure



Understanding your results

High blood pressure does not usually have any symptoms, so the only way of knowing whether you have high blood pressure is to have a blood pressure check.

Blood pressure is recorded with two numbers. The systolic pressure (higher number) is the force at which your heart pumps blood around your body. The diastolic pressure (lower number) is the resistance to the blood flow in the blood vessels between heartbeats when blood is pumped around your heart.



Reference: NHS and Department of Health and Social Care Pharmacy Wallet Card

Control your blood pressure



See where your readings appear on the chart.

My blood pressure reading was high

My result	What you should do next
My results today showed I might have high blood pressure (140/90mmHg or more)	Book an appointment with your GP for further blood pressure monitoring.
My results showed that I may have extremely high blood pressure (180/120mmHg or more)	Please seek same-day specialist review at your nearest A&E, or if you can book an appointment with your GP to be seen today.

My blood pressure was slightly raised

My result	What you should do next
Blood pressure between 121/81mmHg to 139/89mmHg	Take steps to keep your blood pressure under control to reduce your risk of developing high blood pressure

My blood pressure is normal/healthy

My result	What you should do next
My blood pressure is normal (usually considered to be between 90/60mmHg and 120/80mmHg)	Check your blood pressure at least once every five years, or more often if your reading was close to 140/90 mmHg.

Control your blood pressure



What can I do?



Reduce the amount of salt you eat and have a generally healthy diet



Stop smoking



Cut back on alcohol



Exercise regularly



Lose weight if you're overweight



Cut down on caffeine

Some people with high blood pressure may also need to take one or more medicines to stop their blood pressure getting too high.

Control your blood pressure



Where can I get my blood pressure checked?

You can ask for a blood pressure check. You do not have to wait to be offered one. Blood pressure testing is available:

- at most pharmacies
- at your GP surgery – by a GP, practice nurse, healthcare assistant or self-service machine
- at an NHS Health Check appointment, offered to adults aged 40 to 74 in England.

You can get a free blood pressure check from a pharmacy if you are aged 40 and over.

An advertisement for NHS featuring a corkboard with several pinned notes. The top note is yellow with red text that reads 'HIGH BLOOD PRESSURE'. Below it is a white note with black text that reads 'LEAVES NO CLUES'. Underneath that is a white note with blue text that reads '...BECAUSE IT CAN HAVE NO SYMPTOMS'. In the bottom left corner, white text on a dark background says 'Get your free blood pressure check in pharmacy today.' In the bottom right corner, there is a white box with blue text that says 'See your pharmacist' and 'Help us help you'. The NHS logo is in the top right corner.

NHS

HIGH BLOOD PRESSURE

LEAVES NO CLUES

...BECAUSE IT CAN HAVE NO SYMPTOMS

Get your free blood pressure check in pharmacy today.

See your pharmacist Help us help you

Good mental health and wellbeing



What can I do?

Having good mental health and wellbeing helps us to cope with challenges in life, function and thrive, and have good relationships.

There are things we can do on a regular basis to keep our minds well - connecting with others, being active, learning, giving, and taking notice of our thoughts and feelings. These are known as the five ways to wellbeing.

Anyone can feel lonely and isolated. This can happen at any time in our lives and can have a big impact on our physical and mental health.

Try to make connecting with others a priority. This might be regular phone calls to family or friends, or getting involved in a social activity in your community.



Connect



Be active



Take notice



Give



Keep learning

Good mental health and wellbeing



Where can I get help in Tower Hamlets?

Specialist mental health support services

Scan the QR code to find out about specialist support services in Tower Hamlets such as Tower Hamlets Talking Therapies, or speak to your GP about getting help.



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If you are feeling suicidal or having a mental health crisis, there is help available for you. Call 111 and choose 'Option 2' to get urgent support 24/7.

Want to find a service closer to home?

For more information about finding your local NHS Talking Therapies service or getting urgent help for mental health, please scan the QR code on the left.



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Health check complete! Take the next step with the Holly Health app



TOWER HAMLETS

&

Holly
HEALTH

1 year FREE subscription to

- Reduce stress & anxiety
- Rebuild your relationship with food
- Increase exercise & movement
- Get better sleep

(Worth £60)

- ✔ Personalised habit coaching
- 📖 Supportive videos & articles
- 📈 Track mood, energy & blood pressure
- 📊 Identify what impacts how you feel

Helping you FLY!



67% report
better mental health

89% report
new habit development



Sign up now! Scan QR code or online at:

<https://www.hollyhealth.io/tower-hamlets-health-checks>

Featured in

BBC

METRO

'Know Your Risk' type 2 diabetes

What is it?

Diabetes is a condition that causes someone's blood sugar level to become too high.

Type 2 Diabetes is where the body does not produce enough insulin to control your blood sugar level. It is more common than type 1 and is largely preventable.

Who is at risk?

You're more at risk of developing Type 2 Diabetes if you:

- are over 40 years old, or over 25 if you're from an Asian, Black African or Black Caribbean ethnic background
- have a close relative with diabetes, such as a parent, brother or sister
- are overweight or living with obesity or are not very physically active
- are from an Asian, Black African or Black Caribbean ethnic background.

Find out your risk

If you don't already have type 2 diabetes, you can find out your risk of developing it by using the Diabetes UK risk tool. It only takes a few minutes. To calculate your risk score you will need some of the results from your health check today.



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The type 2 diabetes risk score is not diagnostic i.e. it does not mean you have diabetes. The risk score only helps to understand whether you are at high risk of developing Type 2 Diabetes. To confirm if you have diabetes, you will need a blood test from your GP.

Where to get information and support?

There's a lot of information and support available for type 2 diabetes. Some of the support depends on the area you live in – so speak to your GP or check your local council website. Scan the QR code for more information on type 2 diabetes from the NHS.



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NHS Health Check

The health check you have received today is not the full NHS Health Check.

The NHS Health Check is a free check-up of overall health for 40–74-year-olds without a pre-existing cardiovascular disease (e.g. heart disease, high blood pressure, diabetes, kidney disease etc).

It can tell you whether you're at higher risk of getting certain health problems, such as heart disease, diabetes, kidney disease and stroke. If you're aged over 65, you'll also be told about symptoms of dementia to look out for.

How do I get an NHS Health Check?

If you are eligible for the NHS Health Check, your GP will invite you either through a letter, text message or a telephone call every 5 years. If you haven't received your invitation, please contact your GP and ask for an appointment.

Find out more using the QR code.



Seeking urgent help and life-threatening emergencies

This health check service will provide you with advice and signposting if required for any abnormal results picked up. Please follow-up with your GP if asked to see them.

Use the NHS 111 service if you need medical help and advice when not in a life-threatening situation:

- by using 111 online
- in the NHS App
- or by calling 111

In the event of a life-threatening emergency, please call 999.

I am not registered with a GP

Anyone in England can register with a GP surgery to access NHS services. It's free to register. You do not need proof of address or immigration status, ID or an NHS number.

Why register?

GP surgeries are usually the first contact if you have a health problem. They can treat many conditions and give health advice. They can also refer you to other NHS services.

How do I register?

1. Scan the QR code below to find your nearest GP surgery to register with.



2. Fill in a registration form. These are usually available from the NHS app. You can get a paper copy from the GP surgery by visiting them or the GP surgery's profile page on the NHS website.

Further information

Complaints and Compliments

Tower Hamlets Council and the GP Care Group are committed to putting our service users first. We want to know about your experience of this workplace health check service.

Please tell us when you think we've done a good job and when you think that we can do better. Your feedback will help us improve the pilot project to ensure it delivers to high-quality standards.

If you do have any complaints or concerns about service delivery, please contact us via e-mail:

✉ Healthyworkplaces@Towerhamlets.gov.uk

Consent and data sharing

As well as consenting to the health check, you will also be asked to consent for non-identifiable aggregated data to be shared with Tower Hamlets Council and the Department of Health and Social Care. This data is used for the purposes of grant monitoring and programme evaluation of this pilot only. You can find out more information on the data that is collected and shared with the funders by scanning the QR code.



Further information

Support in Newham

If you live in Newham, you can find more information and support to look after your health and wellbeing from Well Newham.



Support in Waltham Forest

If you live in Waltham Forest, you can find more information and support to look after your health and wellbeing from the Health and Wellbeing page.



Your results

Date of health check	
First name	
Height (cm)	
Weight (kg)	
Waist circumference	
Body Mass Index (BMI)	
Blood pressure (mmHg)	
Smoking status	

Important - The service will provide you with advice and signposting if required for any abnormal results picked up, please follow-up with your GP if asked to see them. Please use the NHS 111 service if you need medical help and advice when not in a life-threatening situation. In the event of life-threatening emergencies please call 999.

Other risk tool results

'Drink Coach' Alcohol Risk Score	
Type 2 diabetes 'Know your risk' score	