

NHS

## Your Results

Name:

Date:



For more great local resources visit us online at  
[www.southwark.gov.uk](http://www.southwark.gov.uk) and search NHS Health Checks



Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia

Valid between:  
March 2018 – June 2019

*Southwark*  
Council



# Introduction

Everyone is at risk of developing heart disease, stroke, type 2 diabetes and kidney disease, and having 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:

- Being overweight
- Lack of exercise
- Smoking
- Alcohol
- High blood pressure
- High cholesterol

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 heart disease, stroke, type 2 diabetes and kidney disease.

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





# Contents

Blood pressure	<b>4</b>
Body mass index	<b>6</b>
Healthy eating	<b>8</b>
Physical activity	<b>9</b>
Cholesterol	<b>10</b>
Waist measurement	<b>12</b>
Diabetes screening	<b>13</b>
Alcohol	<b>14</b>
Smoking	<b>15</b>
Vascular dementia	<b>16</b>
Cardiovascular disease risk score	<b>17</b>
What do my results mean?	<b>18</b>
Health Interventions	<b>19</b>





# Blood pressure test

Your result



..... / ..... mmHg

There are two measurements used to assess blood pressure:

- **Systolic pressure** is the pressure exerted when your heart pumps, forcing the 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, '120 over 80', meaning a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg.

This is written as **120/80mmHg**.

**Ideally we should all have blood pressure below 140 over 90 (140/90).**

High blood pressure can be treated or prevented by making changes to your lifestyle, such as exercising more regularly, eating a healthier diet and cutting back on your consumption of alcohol and salt. Medicines are also available that can help lower your blood pressure. Your healthcare professional will advise you about this.

If your blood pressure result is higher than 140/90 you will be advised to have a further blood test to check that your kidneys are working properly and to see if you are at risk of developing diabetes.

Causes of high blood pressure include:

- Family history, being overweight, stress, lack of exercise, high alcohol intake, high salt intake and smoking





# Watch your salt intake

Too much salt can cause raised blood pressure. High blood pressure is called the silent killer as it often has no symptoms, but **if you have high blood pressure you are three times more likely to develop heart disease or have a stroke.**

## How much salt for adults?

Adults should eat no more than 6g of salt a day – that's around one teaspoon. Children should eat less (see below for recommendations for babies and children).

## Use nutrition labels to check salt levels

Cutting back on added salt is only a small part of the solution. To really cut down, you need to become aware of the salt that is already in the everyday foods you buy, and choose lower-salt options. Many foods also display information about the salt content on the front of the packaging. This may show the salt content as a percentage of your reference intake (RI), or have colour-coded nutrition information to show whether the food is low, medium or high in salt. Where colour-coding is used, red means high, green is low or amber medium. Look at the figure for salt per 100g:

- High is more than 1.5g salt (0.6g sodium) per 100g. These foods may be colour-coded red.
- Low is 0.3g salt (0.1g sodium) or less per 100g. These foods may be colour-coded green.

## Foods which are often high in salt include:

Anchovies, bacon, cheese, chips (if salt added), gravy granules, stock cubes, stock liquids, flavourings and seasonings, ham, olives, pickles, prawns, salami, salted snacks (such as salted and dry roasted nuts, chin chin, bombay mix), salt fish, smoked meat and fish, soy sauce and yeast extract.

## Foods where it's a good idea to read the labels, as some brands or recipes are high in salt, include:

Baked beans, breakfast cereals, bread products such as crumpets, bagels and ciabatta, cooking sauces, crisps, pizza, ready meals, soup, sandwiches, sausages, tomato ketchup, mayonnaise and biscuits.

Remember sea salt, rock salt and garlic salt is still salt and has the same affect on blood pressure.





# Body mass index (BMI) test

Your result



Weight.....kg Height.....cm BMI.....kg/m<sup>2</sup>

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 **18.5**, your result falls within the underweight BMI range
- If your BMI is between **18.5** and **24.9**, your result falls into the healthy BMI range
- If your BMI is between **25** and **29.9** your result falls into the overweight BMI range
- If your BMI is equal to or greater than **30** (or **27.5** or over in individuals from Indian, Pakistani, Bangladeshi or other Asian and Chinese ethnic groups), then you are considered to be obese.

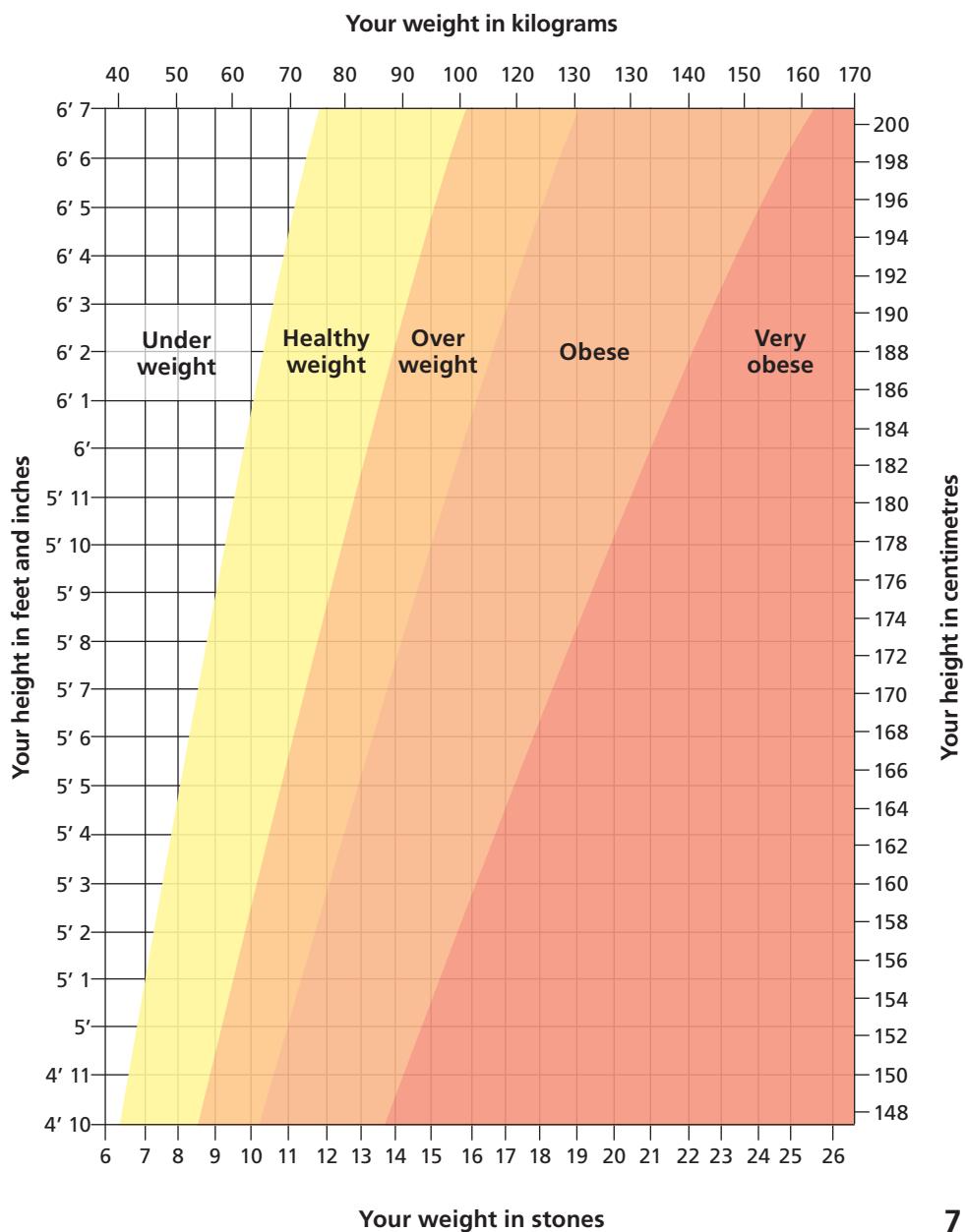
If your BMI is high, your healthcare professional can provide you with advice and support on losing weight and reducing your BMI.

There is lots of advice and support at **[www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck)**





# Body Mass Indicator





# Healthy eating

The only way to lose weight healthily and keep it off is to make permanent changes to the way you eat and exercise. These don't have to be big changes. A few small adjustments to your diet can help you achieve a healthy weight, and there are plenty of ways to make physical activity part of your everyday routine. For more advice and support go to [www.nhs.uk/livewell/loseweight](http://www.nhs.uk/livewell/loseweight)

## Balanced diet

A good way to reach or maintain a healthy weight is through a balanced diet. Aim to base your meals around healthy sources of starchy carbohydrates and wholegrains (potatoes , bread, cereals, rice and pasta) with **at least** five portions of fruit and vegetables per day. Include healthy sources of protein and dairy such as: Beans, pulses, fish, eggs, meat and other proteins Starchy foods potatoes , bread, cereals, rice and pasta. Try to avoid foods that are high in sugar, salt and saturated fat. For more information please check out:

<https://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx>





# Physical activity

## Your result

How many times did you do 30 minutes exercise in the last week:



x0..... x1..... x2..... x3..... x4..... x5..... x6+..... weekly

As part of your NHS Health Check your physical activity level was: \_\_\_\_\_ assessed and you have been given a score of: \_\_\_\_\_ If you would like to increase the amount of physical activity that you do, help will be offered to support you to do this.

All movement counts. Sit less, move more and gradually build up to doing 150 minutes of moderate activity per week. The aim is to try and get your heart beating faster and lungs working harder for at least ten minutes at a time. Start with an activity you enjoy or have enjoyed in the past. Gradually build up the amount that you do. There are lots of different ways for you to be active, from walking to dance, swimming to yoga. Some activities are free and often a great way to meet people.

Like our Free, Swim and Gym offer:

**[www.southwark.gov.uk/leisure-and-sport/free-swim-and-gym](http://www.southwark.gov.uk/leisure-and-sport/free-swim-and-gym)**

## Step into a new activity

Take a look at the physical activity options on our website and try something new such as dance, gardening, outdoor gyms and fitness activities to name just a few.

For a gentle start come along to one of our walks. They are led by experienced walk leaders and provide people with an opportunity to take part in a healthy activity in a fun, social setting. They are free to take part.

For details of physical activities available visit

**[www.southwark.gov.uk/getactive](http://www.southwark.gov.uk/getactive)**  
**[www.nhs.uk/oneyou/moving](http://www.nhs.uk/oneyou/moving)**



# Cholesterol test

Your result



TC.....mmol/l HDL.....mmol/l TC/HDL ratio.....

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

Your blood has been checked for cholesterol levels. If your level is high, your healthcare professional will give you advice about how to lower it. They may also consider prescribing you cholesterol lowering drugs.

If your levels are within normal limits, you may still want to take action to prevent it increasing by eating a healthy balanced diet that is low in saturated fat. If you are overweight, losing weight should help reduce your cholesterol level. You will be given advice about this and you can visit [www.nhs.uk/nhshealthcheck](http://www.nhs.uk/nhshealthcheck) for more information.

## Types of cholesterol

There are two types of cholesterol, low density lipoprotein (LDL) and high density lipoprotein (HDL). LDL is commonly known as 'bad' cholesterol. Too much LDL cholesterol in the blood can cause blocking of the arteries over time. HDL is commonly known as 'good' cholesterol and can help protect against developing blocked arteries.



## Total cholesterol / HDL ratio

Your cholesterol test will tell you the total cholesterol and the HDL levels in your blood. Your risk of coronary heart disease can be assessed by working out the ratio of your total cholesterol to your HDL cholesterol levels. For example, if you have a total cholesterol of 4.5mmol/l and an HDL level of 1.2mmol/l, your ratio would be 4.5 divided by 1.2 which equals 3.75. The higher your ratio is, the higher your risk of coronary heart disease. **You need to aim for the figure to be below 4.**

### Cut saturated fat

- Choose lean cuts of meat and trim off extra fat before cooking
- Bake, steam, poach or grill rather than fry or roast
- Check food labels for saturated fat content  
(5g of saturates per 100g is a lot)
- Choose lower fat dairy products such as skimmed milk and low fat yoghurt
- Cook without or with less saturated fat such as butter, lard, ghee, palm oil, coconut oil or cream. If possible use unsaturated fats instead such as vegetable, sunflower, rapeseed, groundnut or olive oils, or spreads which are made from these.
- Aim for at least two portions of fish per week including at least one portion of oily fish.

**Top tip:** check the label for mono-unsaturated fats. These are the best sources of fats for lowering cholesterol.





# Waist measurement

Your result



.....cms / .....inches

Waist circumference is a very practical way to assess body fat, particularly abdominal fat, and is a good predictor of increased health risk. Carrying fat around the middle (apple shaped) may affect your metabolism and lead to conditions such as hypertension, insulin resistance and altered blood lipids (fat).

	At risk	At high risk	At high risk Asian community
<b>Men</b>	Over 94cm (about 37 inches)	Over 102cm (about 40 inches)	Over 90cm (about 35.5 inches)
<b>Women</b>	Over 80cm (about 31.5 inches)	Over 88cm (about 34.5 inches)	Over 80cm (about 31.5 inches)

## How to measure your waist

1. Find the top of your hip bone and the bottom of your ribs
2. Breathe out naturally
3. Place the tape measure midway between these points and wrap it around your waist
4. Check your measurement.





# Diabetes type 2 screening

Your result



HbA1c.....mmol/mol ..% ..

If you have a BMI of **30 or over** (or **27.5 or over** in individuals from Indian, Pakistani, Bangladeshi or other Asian and Chinese ethnic groups) and/or blood pressure at or over 140/90 you will need a further test for diabetes. This is called an HbA1c test. It tells us if you are at risk of developing diabetes and can be done in one of two ways:

- On site with a finger-prick test
- At your local blood testing centre, a blood sample is taken and the results sent to your GP.

If your **HbA1c is less than 6 per cent or 42 mmol/mol**, no further checks will be needed, but it is important that you maintain a healthy lifestyle as you have risk factors (e.g. weight, blood pressure, ethnicity) which may put you at risk of developing diabetes.

If your **HbA1c is between 6 per cent and 6.4 per cent, or 42 to 47 mmol/mol**, it means you have abnormal glucose levels, but it does not necessarily mean that you have diabetes. It does mean you have a high risk of developing diabetes. If you have had an HbA1c test with blood taken from a finger-prick, you will be asked to have a second blood test with blood taken from a vein. This blood sample may be taken at your surgery or you may be given a form to take to your local blood testing service. It is important you go for this second test as you will need a follow up blood test every year or until your HbA1c is less than 6 per cent or 42 mmol/mol. You can reduce your glucose levels by making lifestyle changes, primarily through improving your diet and increasing your physical activity. Why not ask your GP or Practice Nurse, about the National Diabetes Prevention Programme or Walking Away From Diabetes programme?

If your **HbA1c is 6.5 per cent or 48 mmol/mol** or above, it means you could have diabetes and will need further investigations and/or a referral to a specialist team.

13



# Alcohol and smoking

## Alcohol Harm

Drinking too much alcohol can increase your blood pressure and increase your risk of developing long term health conditions such as cancer, liver and heart disease, and mental health problems.

**National Guidance** Men and women are recommended not to exceed 14 units per week.

- Consumption should be spread out over at least three days – emphasising the importance of ‘alcohol free days’
- There’s no ‘safe’ amount for women during pregnancy
- The ‘protective’ effect of alcohol is increasingly difficult to substantiate

Drink	Percentage alcohol	Number of Units
Beer/lager	3.5 %	1 pint = 2 units
Beer/lager	5.0 %	1 pint = 3 units
Wine	12 %	Standard 175ml Glass = 2.1 (one 750 ml bottle = 7.5 units)
Spirits	40 %	One 25ml single measure = 1 unit

## How to Monitor Your Drinking / Self Help

At Drinkaware you can access a number of useful tools to assess how your drinking compares with current guidelines;

**[www.drinkaware.co.uk/selfassessment](http://www.drinkaware.co.uk/selfassessment)**. Drinkaware also offers a useful tool to help you understand how many units you are drinking and how many calories they add up to

**[www.drinkaware.co.uk/understand-your-drinking/unit-calculator](http://www.drinkaware.co.uk/understand-your-drinking/unit-calculator)**

To find out more about alcohol and its effects have a look at One You **[www.nhs.uk/oneyou/drinking](http://www.nhs.uk/oneyou/drinking)**. You can also download their Drink Tracker and Days Off apps



## Alcohol and smoking continued

### Where you can get help in Southwark

- Primary care: If you are concerned about your alcohol intake and would like support, then you can talk to your GP.
- Change, Grow, Live is a free and confidential drug and alcohol service for adults over 18 who live in the London Borough of Southwark.

CGL Southwark, 146 Camberwell Road, London, SE5 0EE

**Tel: 0208 6292348**

**Email: CGL.southwark@cgl.org.uk**

You can phone CGL to book yourself an appointment, or visit **www.changeprowlive.org/content/cgl-southwark** for more details, and the option to complete an electronic referral form for yourself or someone else.

### Smoking harm

If you smoke you will be offered support and advice to help you stop as part of your NHS Health Check. Smoking increases both blood pressure and cholesterol and is a significant risk factor for heart disease. The great news, however, is that you can reduce your risk, over a period of time, by stopping smoking.

Southwark has a free local NHS Stop Smoking Service which can help you find your best way of stopping, providing the medication and support you need. You are up to four times more likely to quit if you use NHS support than if you go it alone.

There are three services to choose from:

**London Telephone service:** call 0300 123 1044 to speak to an adviser.  
**www.london.stopsmokingportal.com**



# Alcohol and smoking continued

## Pharmacy stop smoking service

The local pharmacist can provide free expert advice, friendly support and provide medication to help with withdrawal symptoms.

For a list of local pharmacists visit:

**[www.southwark.gov.uk/stopsmokingpharmacies.pdf](http://www.southwark.gov.uk/stopsmokingpharmacies.pdf)**

Ask your healthcare professional to refer you to a local service or contact the Southwark Community Stop Smoking Service:

- Call **0800 169 6002**  
or **020 3049 8550**
- email **Gst-tr.stopsmokingsouthwark@nhs.net**

## E-cigarettes

E-cigarettes are much less harmful than normal cigarettes – up to 95% less harmful. E-cigarettes are helping smokers to reduce their tobacco use or give up smoking tobacco completely. E-cigarette technology has improved and some devices can deliver levels of nicotine that are similar to those achieved with smoking tobacco but without the very harmful toxicants and carcinogens that are within tobacco smoke.

## Smoke free homes

Second hand smoke kills. There is **no safe level of exposure** to second hand smoke. Making your home and car **totally** smoke free is the **only** way to protect others from the harmful effects of tobacco smoke.

Help protect your family – Take it outside of your home, this can make all the difference and keep your **homes smokefree**.



# Vascular dementia

Risk factors that increase the chance of developing cardiovascular diseases and related conditions e.g. heart disease, stroke, diabetes and kidney disease, also increase the chances of developing vascular dementia. This is a form of dementia caused by problems in the blood vessels that feed the brain.

## What are the risk factors?

The risk factors for vascular dementia are similar to the risk factors for other cardiovascular diseases. Some of these factors e.g. our age, cannot be modified or changed. However there are some risk factors which can be modified and controlled through leading a healthier lifestyle. Factors that may increase the risk include not having enough physical activity, drinking too much alcohol, poor diet, smoking and/or obesity.

## Where can I get more information?

The Southwark and Lambeth Integrated Memory Service (SLIMS) is run by South London and the Maudsley NHS Foundation Trust (SLaM). The service offers comprehensive assessment, treatment and support options to anyone over the age of 18 with mild to moderate memory problems likely to indicate dementia. For more information visit **www.slam.nhs.uk** or call **020 3228 0570**.

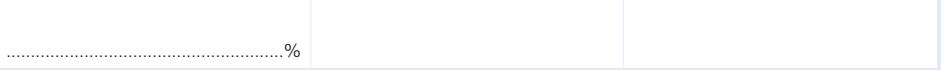
## Other useful links

- NHS Dementia at **www.nhs.uk/Dementia**
- Alzheimer's Society on **0300 222 11 22**  
Alzheimer's Society National Dementia Helpline  
open 9am to 5pm weekdays, 10am to 4pm Saturday and Sunday,  
**helpline@alzheimers.org.uk** or **www.alzheimers.org.uk**



## Cardiovascular disease risk score

Your result



Your assessor has entered all the information that they have collected about you into a computer programme to estimate your risk of having a cardiovascular event (a heart attack or a stroke) over the next ten years.

If your risk is high, you will be given advice about how to lower your risk. Your doctor may prescribe you with tablets and/or you may be offered further support to help reduce your risk.

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





# What do my results mean?

## What your blood pressure means

<b>90/60 or lower</b>	Low. If you experience dizziness or fainting episodes, you need treatment
<b>90/60 to 120/80</b>	Ideal. Keep it this way
<b>120/80 to 139/89</b>	Okay. Try to lower it
<b>140/90 or higher</b>	High. You may have high blood pressure and will need to lower it

## What your cholesterol levels should be

<b>Total cholesterol</b>	Less than 5 (or less than 4 if you have other health problems)
<b>LDL cholesterol</b>	Less than 3 (or less than 2 if you have other health problems)
<b>HDL cholesterol</b>	More than 1 (particularly if you have problems that affect your heart and blood vessels)
<b>Total cholesterol/HDL ratio</b>	Below 4 is best

## What your waist measurement means

<b>White and African Caribbean men</b>	More than 94cm (37in) puts you at higher risk
<b>South Asian men</b>	More than 90cm (35.4in) puts you at higher risk
<b>All women</b>	More than 80cm (31.5in) puts you at higher risk

## What your Body Mass Index (BMI) means

<b>Less than 18.5</b>	You are underweight
<b>18.5 to 24.9</b>	You are a healthy weight
<b>25 to 29.9</b>	You are overweight
<b>30 to 34.9</b>	You are obese
<b>35 or higher</b>	You are very obese

## What your HbA1c means

<b>Under 6.0%</b>	Ideal/no diabetes. Keep it that way
<b>6.0% to 6.4%</b>	Glucose intolerant/pre-diabetic. Visit your GP and try to lower it
<b>6.5% or above</b>	Probably diabetes, you should visit your GP



## Notes

20





## Notes





# TEN MORE THAN LAST TIME

Register for your  
**free swim and gym membership**

Visit [www.everyoneactive.com/southwark-free-swim-gym](http://www.everyoneactive.com/southwark-free-swim-gym)

Sign up online and complete your online induction to start making use of our fantastic fitness facilities or alternatively, visit us in centre to find out more.\*

**Camberwell  
Leisure Centre**

03330 05 0401

**Dulwich Leisure Centre**

03330 05 0402

**The Castle Centre**

03330 05 0411

**Peckham Pulse  
Leisure Centre**

03330 05 0406

**Seven Islands Leisure Centre**

03330 05 0407

**Surrey Docks Fitness  
and Watersports Centre**

03330 05 0409

\* All residents who want to use the gym will need to complete an induction before they can do so. Doing your gym induction online is a quick and easy option, if you prefer to visit a centre in person for your induction, you can book onto the next available session at your local centre but please be aware that availability will be limited.

**everyone  
ACTIVE**

*Southwark*  
Council  
[southwark.gov.uk](http://southwark.gov.uk)



## ARE YOU READY TO MAKE A FEW CHANGES?

Alive n Kicking is a free weight management programme for families who want to eat healthily, be more active and have fun doing so together.

The programme is aimed at families in Southwark with children aged 4 - 17 years old who are worried about their child's weight.

To find out more please contact our team by phone or email:

0333 005 0159

[EH.AliveNKickingSouthwark@nhs.net](mailto:EH.AliveNKickingSouthwark@nhs.net) [www.ank.uk.com/ank-26](http://www.ank.uk.com/ank-26)

BECAUSE **EVERYONE** WANTS THE BEST FOR THEIR KIDS



CHILD WEIGHT  
MANAGEMENT

everyone HEALTH  
SOUTHWARK

ALIVE N KICKING  
BY everyone HEALTH

Working  
in partnership with

Southwark  
Council  
[southwark.gov.uk](http://southwark.gov.uk)



To request more information on having a more healthy and active lifestyle in Southwark, email **[clinical.contactcentre@nhs.net](mailto:clinical.contactcentre@nhs.net)**

For further information and advice on the NHS Health Check visit  
**[www.nhs.uk/healthcheck](http://www.nhs.uk/healthcheck)**

For local information visit **[www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/nhs-health-checks](http://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/nhs-health-checks)**

