

Prevention in Practice: Insights from the North Somerset Workplace Health Check Programme

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North Somerset Workplace Health Check Pilot

National Pilot Programme Sept 2024 – May 2025

- **Funded by:** Department of Health and Social Care
- **Delivered by:** North Somerset Council Public Health Team and Pier Health Group
- **Aim:** Provide 2,600 NHS Health Checks in workplaces to detect early signs of cardiovascular disease and promote prevention.



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Press release

Over 130,000 people to benefit from life-saving health checks

More than 130,000 people across the country will be better protected from diseases such as heart disease, kidney disease and diabetes.

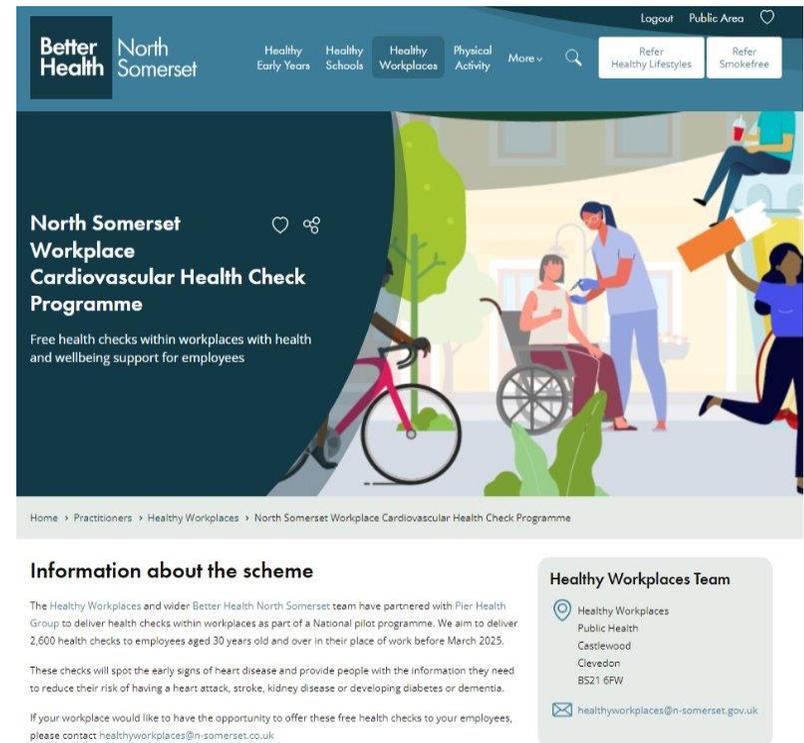
From: [Department of Health and Social Care](#), [NHS England](#) and [Andrew Gwynne MP](#)
Published 30 August 2024



- Life-saving health checks being rolled out to more than 100,000 people across the country
- NHS Health Check could save hundreds from preventable deadly diseases, along with freeing up NHS appointments to cut waiting lists

Programme development and mobilisation

- Programme team established – Pier Health, Public Health, Academic GP
- Webpage and resources creation
- Flyer produced for workplaces to use to advertise to staff
- Registration process established
- Onward signposting
- Data collection methods established



The screenshot shows a webpage for the 'North Somerset Workplace Cardiovascular Health Check Programme'. The header includes the 'Better Health North Somerset' logo and navigation links for 'Healthy Early Years', 'Healthy Schools', 'Healthy Workplaces', 'Physical Activity', and 'More'. There are also 'Logout' and 'Public Area' links. The main content area features a large illustration of a person on a bicycle, a person in a wheelchair being attended to by a healthcare professional, and a person running. The text on the page reads: 'North Somerset Workplace Cardiovascular Health Check Programme' and 'Free health checks within workplaces with health and wellbeing support for employees'. A breadcrumb trail at the bottom of the main content area reads: 'Home > Practitioners > Healthy Workplaces > North Somerset Workplace Cardiovascular Health Check Programme'. Below the main content, there is a section titled 'Information about the scheme' which states: 'The Healthy Workplaces and wider Better Health North Somerset team have partnered with Pier Health Group to deliver health checks within workplaces as part of a National pilot programme. We aim to deliver 2,600 health checks to employees aged 30 years old and over in their place of work before March 2025. These checks will spot the early signs of heart disease and provide people with the information they need to reduce their risk of having a heart attack, stroke, kidney disease or developing diabetes or dementia. If your workplace would like to have the opportunity to offer these free health checks to your employees, please contact healthyworkplaces@n-somerset.co.uk'. To the right of this text is a 'Healthy Workplaces Team' box with a location pin icon, listing 'Healthy Workplaces', 'Public Health', 'Castlewood', 'Clevedon', 'BS21 6FW', and an email icon with the address 'healthyworkplaces@n-somerset.gov.uk'.

Engagement and recruitment of workplaces

Workplace Engagement

- All members of Awards scheme invited
- Direct emails
- Press releases
- Social media
- Support from partners
- Webinar

Recruitment

- 362 workplaces were invited
- 56 workplaces registered
- 52 workplaces participated



**FREE
WORKPLACE
HEART HEALTH
CHECKS**

[www.n-somerset.gov.uk/
workhealthchecks](http://www.n-somerset.gov.uk/workhealthchecks)

Better Health North Somerset

North Somerset Council

“
Fantastic service!
The nurses who visited the
site were lovely. Thank you
North Somerset!”

“
All our employees found it helpful
to gain a deeper understanding of
their health. It's encouraged them
to make positive lifestyle and





Workplaces recruited employees

Eligibility criteria via screening

- Aged 30 – 74 years old
- Haven't been diagnosed with certain heart related conditions
- Not had an NHS health check in the last 5 years



Healthy Workplaces North Somerset

North Somerset Council

Healthy Workplaces Health Check

Are you over 30 years old? Would you like to have a **free** health check?

We are working in partnership with Pier Health to offer cardiovascular disease health checks to eligible employees across North Somerset.

These checks will spot the early signs of heart disease with the information they need to reduce their risk of stroke, kidney disease or developing diabetes.

Who is this cardiovascular disease health check for?

For people aged 30 – 74 working in North Somerset, who have not had a health check in the last five years, without any of the following pre-existing health conditions:

- Heart disease
- Chronic kidney disease
- Diabetes
- High blood pressure (hypertension)
- Atrial fibrillation
- Transient ischaemic attack
- Inherited high cholesterol
- Heart failure
- Peripheral arterial disease
- Stroke
- Currently being prescribed statins to lower cholesterol

What happens at a health check?

Health checks take around 30 minutes and will include:

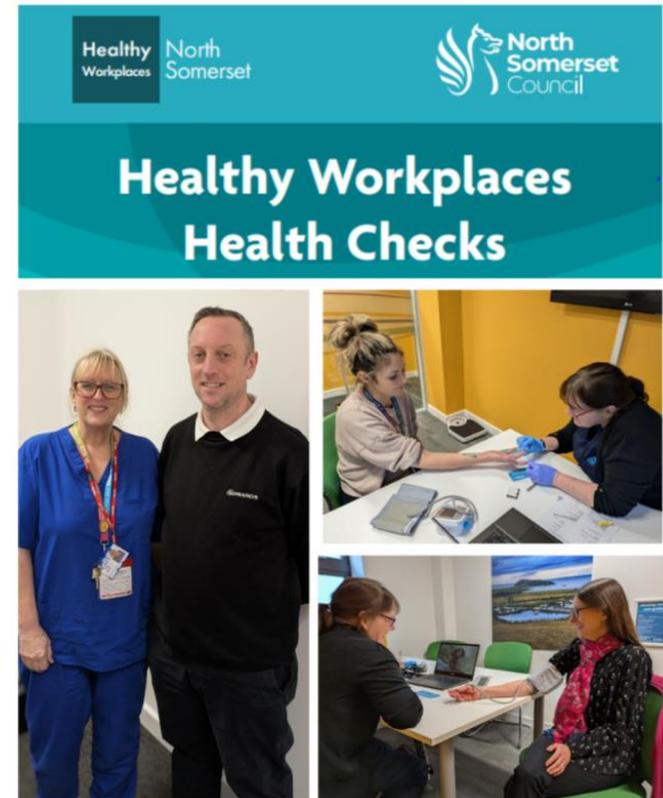
- Family history
- Lifestyle questionnaires
- Height and weight
- Cholesterol blood test
- Blood pressure measurement

When will I get my results?

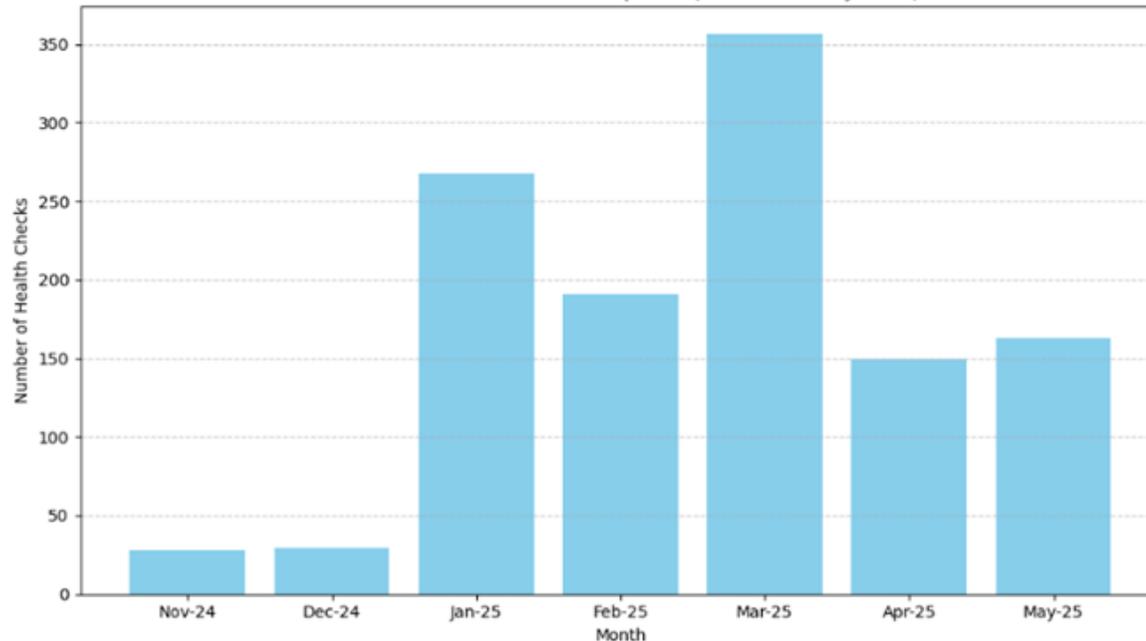
Support and advice will be provided during the appointment about what your next steps are after this health check. This will be followed up with a written report sent to you and shared with your GP.

Pier Health delivered the health checks

Many praised the professionalism and friendliness of the nurses, with specific mentions of individuals, who were commended for their clear communication and supportive approach.



Number of Health Checks Completed (Nov 2024 - May 2025)



What happened after the health check?

- Health check results card
- Advice & signposting
- Referral to GP
- Health goal planning



Healthy Workplaces North Somerset

Better Health North Somerset
We are here for your health and wellbeing

- Drink Less
- Eat Well
- Food support
- Get Active
- Healthy lifestyle services
- GP, pharmacy, minor injury unit, NHS III, sexual health services
- Looking after your wellbeing
- Lose Weight
- Oral Health
- Pregnancy and postnatal health
- Stop Smoking
- Vaccinations

Health and wellbeing information is also available if you work in North Somerset but live somewhere else.

For more information and support visit us at: betterhealthns.co.uk

 BetterHealth_NS  BetterHealthNS

Key outcomes

Number of health checks delivered: 1,196

Health Findings

- 72% overweight/obese (BMI ≥ 25)
- 34% high blood pressure ($\geq 140/90$)
- 20% referred to GP (mainly for cholesterol, hypertension, diabetes)
- 8% had high cardiovascular risk (Q Risk $\geq 10\%$)
- 9% smokers
- 12% high alcohol use
- 33% don't meet physical activity guidelines

North Somerset Workplace cardiovascular health checks 2024-2025

Body
Mass
Index
(BMI)



72% had BMI more
than or equal to 25
(overweight/obese)

Smokers



9% smoked

Q risk
score



8% had Q Risk
score of more than
or equal to 10%

Number of
workplaces
who
participated



52 workplaces took part

Total number
of health
checks



1,196 health checks
completed

Blood
pressure



34% had BP
140/90 or more

Referrals
to GP



20% were referred
to their GP

Occupational sector and role insights

Cardiovascular Risk (Q-Risk >10%)

101 people had a Q- Risk score of over 10% (8%).

- Highest Q Risk: Construction (20%), Technical/craft roles (17.4%)
- Lowest Q Risk: Arts/recreation (2.2%), Middle/junior managers (4.4%)

Q risk
score

Q

8% had Q Risk
score of more than
or equal to 10%

Advice provided during health checks where GP referral not required

- Signposting to North Somerset Better Health website
- General lifestyle advice
- Blood pressure monitoring
- Weight management
- Diet and nutrition
- Alcohol reduction
- Physical activity
- Cholesterol management
- Smoking and vaping



Time to talk about other health issues

Feedback from Pier Health indicated that people were discussing other health issues outside of main features of health checks:

- Managing **cancer treatment**
- **Skin disorders**
- **Low blood pressure**
- **Vertigo**
- **Respiratory issues** like breathlessness and acid reflux, often linked to anxiety or sleep disturbances
- **Fertility concerns**, including ovarian cysts and thyroid-related queries.

This demonstrates the value of having this face-to-face time with a health professional, as although these concerns were not directly linked to the health check criteria, it allowed the individuals to receive advice and support for other health concerns as well, providing a holistic, person-centred approach.



Challenges

- **Logistical issues**
 - equipment, scheduling, communication
- **Data system limitations**
 - validation, duplication risks
- **Eligibility & availability**
 - Some staff excluded due to eligibility or availability



What happens next?

Follow up support offered to workplaces

- Following the completion of the pilot, we provided each organisation an overall programme report summarising key findings and outcomes
- We have offered to support workplaces with bespoke activities e.g. food and nutrition training

Plans for the future

- We are currently exploring in house Public Health led model of workplace holistic health checks

Now that health checks are complete, consider taking the next step in supporting employee wellbeing. Encourage staff to consult their GP if they have any health concerns or would benefit from further checks, such as monitoring blood pressure. Investing in a workplace blood pressure monitor can also empower employees to take proactive steps in managing their health. For ongoing support, explore the resources below covering heart health (British Heart Foundation), stop smoking advice, healthy eating guidance, increasing physical activity, and reducing alcohol intake.

Heart Health



British Heart Foundation (BHF)
 Fighting for every heartbeat.
Research: Funds pioneering science to prevent, treat, and cure heart and circulatory diseases.
Support: Offers expert advice, helplines, and resources for patients and families.
Campaigns: Advocates for healthier lifestyles and better heart care policies.
Community: Provides CPR training, defibrillators, and heart health education.
Fundraising: Runs charity shops and events to support lifesaving work.
<https://www.bhf.org.uk/>

Stop Smoking info

Our advisors here at Smokefree North Somerset offer a non-judgmental support for those who want to stop smoking. We understand the difficulties involved in stopping smoking and we offer the most effective way of stopping smoking for good. www.betterhealthns.co.uk/stopping-smoking/



Eating Well info



Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This page provides practical advice on maintaining a healthy diet.
www.betterhealthns.co.uk/eat-well/

Being Active info

Physical activity is good for your body and mind, we should all try to be active every day.
 Getting active is one of the best things you can do for your health and it can add years to your life.
 Some is good – more is better.
www.betterhealthns.co.uk/get-active/



Reducing alcohol intake



Reducing alcohol intake improves physical and mental health, lowers the risk of serious conditions like heart disease and cancer, and boosts overall wellbeing. Drinkaware supports individuals with free tools, expert advice, and confidential services to help people cut down or quit drinking safely and confidently. Visit drinkaware.co.uk for more.