

A man with short brown hair, wearing a blue patterned button-down shirt, is sitting at a wooden table. He is holding a newspaper in his left hand and a slice of toast in his right hand. On the table in front of him is a blue plate with a sandwich and another slice of toast. The background is a bright, slightly blurred kitchen area with a window and a sink.

## Your Results

Name:

Date:

**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

# Introduction

Everyone is at risk of developing diabetes, heart disease, kidney disease, stroke and dementia, and developing 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:

- High blood pressure
- High cholesterol
- Being overweight
- Lack of physical activity
- Smoking
- Drinking too much alcohol

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 diabetes, heart disease, kidney disease, stroke and dementia.

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

# Blood pressure test

Your result



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, and
- **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', meaning a systolic pressure of 140mmHg and a diastolic pressure of 90mmHg. This would be written: 140/90mmHg.

**Ideally, we should all have blood pressure at or 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.

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.

And you can visit [nhs.uk/nhshealthcheck](https://www.nhs.uk/nhshealthcheck)

# Body Mass Index (BMI) test

Your result



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 that you do not have diabetes

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

[nhs.uk/nhshealthcheck](https://www.nhs.uk/nhshealthcheck)

# Cholesterol test

Your result



Cholesterol is a fat that is carried around your body 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.

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

If your cholesterol level is too high, or the ratio is not ideal, your healthcare professional will give you advice about how to improve it. They may also consider prescribing you cholesterol-lowering drugs.

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.

If you are overweight, losing weight should help reduce your cholesterol level. You will be given advice about this and you can also visit: [nhs.uk/nhshealthcheck](https://www.nhs.uk/nhshealthcheck)

# Cardiovascular disease risk score

Your result

Your healthcare professional will enter all the information that they have collected about you into a computer programme to assess your risk of having a cardiovascular event (a heart attack or a stroke), over the next 10 years.

If your risk is high, you will be given advice about how to lower your risk. You may be given medicines or 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.

## **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 higher than 140/90, you may be referred to your GP for a further test to check that your kidneys are working properly.

# Alcohol and Smoking

Your result



## Alcohol

Alcohol consumption can contribute to a range of health problems. But these can take many years to develop, allowing people to believe there are no negative impacts to their alcohol intake. Regular drinking above the recommended daily limits can seriously impact your health and be a significant component of weight gain, even if you don't get drunk or binge drink.

Risks include liver problems, reduced fertility, and high blood pressure with the risks increasing the more you drink. Men and women are advised not to regularly drink more than 14 units of alcohol a week (6 pints of beer or glasses of wine). If you do drink as much as 14 units in a week you should spread this out over three or more days, but also have drink-free days each week.

## Smoking

If you smoke you should be offered support and advice as part of your NHS Health Check. Smoking increases the risks associated with high blood pressure and raised cholesterol. The great news is that you can reduce your risk over a period of time by stopping.

All areas have 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.**

To find your local service, call the NHS Smoking Helpline on **0300 123 1044**, go to [nhs.uk/smokefree](https://www.nhs.uk/smokefree) or ask your healthcare professional to refer you to your local service.

# Healthy eating

A healthy and balanced diet, which includes **at least** five portions of fruit and vegetables a day, is important to reach or maintain a healthy weight and lifestyle.

## 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
- Use less meat and instead add bulk to sauces and stews with vegetables or beans
- Choose lower-fat dairy products, such as skimmed milk and lower-fat yoghurt

## 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, and if you have high blood pressure you are three times more likely to develop heart disease or have a stroke. One easy way to eat less salt is to stop adding extra salt to your food during cooking and at the dinner table.

Also, read food labels to avoid foods that are high in salt. High is more than 1.5g salt per 100g (or 0.6g sodium).

For healthy and tasty recipes visit [nhs.uk/change4life/recipes](https://www.nhs.uk/change4life/recipes)



# Physical activity

Your result



As part of your NHS Health Check, your physical activity level will be measured and you will be given a score.

If you are not in the active category and you are interested in increasing the amount of physical activity levels you do, you will be offered help and support to gradually increase your activity.

Achieving 30 minutes of moderate intensity physical activity on 5 days of the week helps prevent and manage over 20 chronic diseases, including heart disease, stroke, diabetes and kidney disease, some cancers and depression.

Moderate intensity means how hard your body is working when you are being physically active. You should still be able to talk but your breathing will be quicker and deeper, your body will be warming up and your heart will be beating faster than normal but not racing.

The good news is that there are lots of different ways to become active and benefit your health: from walking to dancing; gardening to swimming; yoga to football, there will be an activity there for you.

Search for the [Change4life](#) website for opportunities to become more active in your local area.

# Your goals

Use these pages to set yourself some goals to work towards. Start off with one or two changes that you could make to improve your health. Remember that small changes to your lifestyle can make a big difference to your health.

**What would you like to achieve?**

---

---

**What small thing can you commit to changing?**

---

---

**How can you measure it?**

---

---

**How will you know if you're successful?**

---

---

**What might get in the way?**

---

---

**How will you stop that happening?**

---

---

**Who can help you?**

---

---

**Additional goals?**

---

---

---

---

I agree to these goals. \_\_\_\_\_

Date \_\_\_\_\_

# Useful contacts

Name of person who delivered  
your NHS Health Check:

Name: \_\_\_\_\_  
\_\_\_\_\_

Tel no: \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_\_

For further information and advice call the  
NHS Health Check helpline on **([tel. number here](#))**  
Or visit **([yourlocalNHShealthcheckURL here](#))**