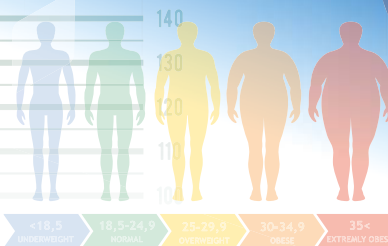


NHS Health Checks for School Staff

NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

"The health conditions picked up by the NHS Health Check are, when added together, the biggest cause of preventable deaths in the UK, with around 7 million people affected by them."



Healthy You has been commissioned and funded by Cambridgeshire County Council and Peterborough City Council to provide a range of health and active lifestyle services for people in Cambridgeshire and Peterborough.

One of the services is the NHS Health Check which all eligible individuals should receive if aged between 40 and 74. This is a completely FREE service which is available at GP practices, however it is recognised how busy teachers and support staff are and they may find it difficult to visit the GP for this important Health Check, especially if they work full time.

Healthy You is, therefore, able to bring this FREE service into both schools and workplaces to ensure it reaches as many people as possible.

The NHS Health Check (which takes between 20 – 30 minutes and provides immediate results) is an opportunity for those in the high- risk age group of 40 -74 years to evaluate their lifestyle and make changes according to any health risks identified.

The purpose of the check is to inform people how making simple lifestyle changes can lower the risk of developing health conditions such as:

- High blood pressure
- Type 2 Diabetes
- Heart Disease
- High Cholesterol
- Stroke

This information, which is personalised, is confidential to the individual taking up the NHS Health Check, however the results are shared with the individual's GP. The following link provides more information on what will take place at the Health Check:

<https://www.nhs.uk/conditions/nhs-health-check/what-is-an-nhs-health-check-new/>

Mini Health MOTs are for those members of the school team who are not eligible for the full NHS Health Check and includes, height, weight, BMI, blood pressure and a lifestyle screening. (There are no specific requirements for this test). Mini Health MOTs usually take around 15 minutes to complete

It's all FREE!

For details on how NHS Health Checks can be brought into schools in Cambridgeshire and Peterborough, contact:

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