Cardiovascular Anticipatory Care Screenings
2011-2012

Publication date – 31 July 2012
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**Introduction**

Since 2006, NHS Boards have been delivering inequalities targeted cardiovascular health screenings through the Keep Well and Well North anticipatory care programs managed by NHS Health Scotland. These programs aim to reduce inequalities in cardiovascular mortality through early detection of risk factors and other health problems. Health checks are targeted on the most deprived communities in Scotland which generally have the highest rates of mortality and hospital admissions.

Deprived communities are generally identified by their postcode or geographical area. More recently, screenings have also been extended to other groups that experience higher levels of deprivation, e.g. traveller communities. A summary of the current targeting approaches by NHS Board is presented in Appendix A1.

Although there is some outreach work to engage with deprived communities most of the health screenings take place in a general practice setting. Health screenings are usually carried out by a general practitioner or nurse.

At the health screening, a cardiovascular risk assessment is performed and a standard dataset collected. The dataset includes data on height, weight, blood pressure, cholesterol level, smoking status and alcohol consumption. Information on social factors that might affect access to health services, e.g. ethnicity, language and literacy are also collected. Individuals then receive sign-posting or onward referral to other services as appropriate.

An assessment of the number of inequalities targeted cardiovascular health screenings for each NHS board is one of the Scottish Government’s current ‘HEAT’ performance indicators. The Scottish Government sets an individual target for each NHS Board. Further information on these targets can be found on the [Scottish Government’s Scotland Performs website](https://www.gov.scot/).
**Key points**

- A total of \(47,776^R\) checks were reported by 14 Health Boards in Scotland in the year to 31st March 2012.
- The total number of checks reported in the year to 31\(^{st}\) March 2011 was 41,107.
- The target number of checks for the year to 31\(^{st}\) March 2012 was 26,682.
- The number of reported checks varied from 120 in Orkney NHS Board to 19,466 in Greater Glasgow & Clyde NHS Board.

\(^R\) A minor typing error in the number of checks reported has been discovered. The impact of this is that the total number of checks reported in the first key point is now 47,776 and not 47,766 as previously reported. This is a difference of 10 checks. This revised figure now reflects the total figure presented in the table in the results section.
Results and Commentary

Cardiovascular Anticipatory Care Screenings 2011-12

Number of inequalities targeted cardiovascular health screenings reported by Keep Well and Well North programmes during financial year 2011-12

<table>
<thead>
<tr>
<th>NHS Board</th>
<th>Number of screenings</th>
</tr>
</thead>
<tbody>
<tr>
<td>NHS Ayrshire &amp; Arran</td>
<td>3,197</td>
</tr>
<tr>
<td>NHS Borders</td>
<td>402</td>
</tr>
<tr>
<td>NHS Dumfries &amp; Galloway</td>
<td>1,022</td>
</tr>
<tr>
<td>NHS Fife</td>
<td>2,451</td>
</tr>
<tr>
<td>NHS Forth Valley</td>
<td>2,338</td>
</tr>
<tr>
<td>NHS Grampian</td>
<td>1,560</td>
</tr>
<tr>
<td>NHS Greater Glasgow &amp; Clyde</td>
<td>19,466</td>
</tr>
<tr>
<td>NHS Highland</td>
<td>436</td>
</tr>
<tr>
<td>NHS Lanarkshire</td>
<td>7,124</td>
</tr>
<tr>
<td>NHS Lothian</td>
<td>5,959</td>
</tr>
<tr>
<td>NHS Orkney</td>
<td>120</td>
</tr>
<tr>
<td>NHS Shetland</td>
<td>246</td>
</tr>
<tr>
<td>NHS Tayside</td>
<td>3,015</td>
</tr>
<tr>
<td>NHS Western Isles</td>
<td>440</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>47,776</strong></td>
</tr>
</tbody>
</table>

Notes

1. Data on the number of screenings carried out is collected and self-reported by individual Keep Well/Well North programmes. These data have only been checked for plausibility and internal consistency and have not been validated through any local inspection process.

2. Keep Well/Well North programmes vary in size, not only as a result of differences in NHS board size but also because only selected GP practices within each local area participate in Keep Well/Welth North.


4. Inequalities are targeted in different ways: by selecting specific deprived data zones (e.g. by using the Scottish Index of Multiple Deprivation), or by targeting individual groups. Some areas have not used any specific deprivation criteria because it is known that the area in general experiences high levels of deprivation.

5. The eligibility criteria between different programmes can vary. A summary of these criteria is presented in Appendix 1 Background Information.

6. All Keep Well/Well North programmes carry out cardiovascular risk assessment and collect a core dataset. However, there is additional data collection of local data items which varies between individual programmes.

7. There is a Keep Well and a Well North programme within NHS Grampian.
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Further Information
Further information can be found on the ISD website

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Appendices

A1 – Background Information

*Keep Well and Well North Programmes: Summary of Eligibility Criteria*

**Keep Well Programmes**

**NHS Board: Ayrshire & Arran**

CHP: North Ayrshire  
Geographic Criteria: Participating GP Practices  
Age Criteria: 40-64, 30-64 (Learning Disability)  
Deprivation Criteria: SIMD 15% most deprived

CHP: East Ayrshire  
Geographic Criteria: Participating GP Practices  
Age Criteria: 40-64, 30-64 (Learning Disability)  
Deprivation Criteria: SIMD 15% most deprived

CHP: North, East & South Ayrshire  
Geographic Criteria: Health & Wellbeing Advisors delivering in Community Pharmacies  
Age Criteria: 40-64  
Deprivation Criteria: SIMD 15-20% most deprived North & East  
SIMD 0-20% most deprived South

**NHS Board: Borders**

CHP: Borders  
Geographic Criteria: Participating GP Practices  
Age Criteria: 45-64  
Deprivation Criteria: SIMD 20% most deprived, or lowest SIMD zone in GP area. Local knowledge used to refine lists  
Additional Criteria: NOT including those with diagnosed CVD conditions or long-term managed health issues (e.g. diabetes, hypertension etc)

Geographic Criteria: Participating Pharmacies  
Age Criteria: 45-64  
Deprivation Criteria: Use repeat prescriptions data on postcode to target more deprived areas

Geographic Criteria: Community Projects  
Age Criteria: 45-64  
Deprivation Criteria: located in Borders most deprived urban areas

Geographic Criteria: Workplaces throughout Borders  
Age Criteria: 45-64  
Deprivation Criteria: lower wage earners with total household income below £30,000
**NHS Board: Dumfries & Galloway**

CHP: Dumfries & Galloway  
Geographic Criteria: Dumfries & Galloway wide  
Age Criteria: 40 – 64, 35 - 64 (Vulnerable Groups)  
Deprivation Criteria: SIMD 20% most deprived  
Additional Criteria: Hard to reach and/or vulnerable groups. People who are identified with low wellbeing or with anxiety or depression.

**NHS Board: Fife**

CHP: All CHPs  
Participating GP Practices  
Age Criteria: 45-64  
Deprivation Criteria: SIMD 20% most deprived in Fife

**NHS Board: Forth Valley**

CHP: Stirling  
Geographic Criteria: Independent of GP Practices  
Age Criteria: 40-65  
Deprivation Criteria: Individuals living in properties with Council Tax Band A, and B, or regeneration areas, or criteria of individual deprivation, e.g. homelessness

CHP: Falkirk  
Geographic Criteria: Independent of GP Practices  
Age Criteria: 40-65  
Deprivation Criteria: Individuals living in properties with Council Tax Band A, and B, or regeneration areas, or criteria of individual deprivation, e.g. homelessness

CHP: Clackmannanshire  
Geographic Criteria: Independent of GP Practices  
Age Criteria: 40-65  
Deprivation Criteria: Individuals living in properties with Council Tax Band A, and B, or regeneration areas, or criteria of individual deprivation, e.g. homelessness

**NHS Board: Grampian**

CHP: Aberdeen City  
Geographic Criteria: Participating GP Practices  
Age Criteria: 40-64  
Deprivation Criteria: SIMD 15% most deprived  
Additional Criteria: Keep Well Population was based on the health domain of SIMD

CHP: Aberdeenshire  
Geographic Criteria: Participating GP Practices in Fraserburgh and Peterhead  
Age Criteria: 40-64  
Deprivation Criteria: SIMD 15% most deprived  
Additional Criteria: Keep Well Population was based on the health domain of SIMD
NHS Board: Greater Glasgow & Clyde

CHP: East Glasgow
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64
Deprivation Criteria: Participating GP practices are located in areas of higher deprivation

CHP: North Glasgow
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64
Deprivation Criteria: Participating GP practices are located in areas of higher deprivation

CHP: South West Glasgow
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64

CHP: West Dunbartonshire
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64
Additional Criteria: Excludes those on CHD register

CHP: Inverclyde
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64
Additional Criteria: Excludes those on CHD register

CHP: Renfrewshire
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64

NHS Board: Lanarkshire

CHP: North Lanarkshire
Geographic Criteria: Participating GP Practices in Airdrie, Coatbridge, Wishaw, Bellshill Motherwell & North localities
Age Criteria: 45-64
Deprivation Criteria: Participating GP practices are located in areas of higher deprivation

CHP: South Lanarkshire
Geographic Criteria: Participating GP Practices in Clydesdale and Hamilton localities (Larkhall & Blantyre only)
Age Criteria: 45-64
Deprivation Criteria: Participating GP practices are located in areas of higher deprivation

Access Practice
Geographic Criteria: Lanarkshire wide
Age Criteria: 35-64
Deprivation Criteria: Key vulnerable populations
Additional Criteria: Includes: Ethnic minorities, Homeless, Gypsy/ travellers, Prison leavers
NHS Board: Lothian

CHP: Edinburgh City
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64
Deprivation Criteria: Participating GP practices are located in areas of higher deprivation

CHP: West Lothian
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64
Deprivation Criteria: Participating GP practices are located in areas of higher deprivation

Access Practice
Geographic Criteria: Lothian wide
Age Criteria: 35-64
Deprivation Criteria: Key vulnerable populations
Additional Criteria: Includes: Ethnic minorities, Homeless, Gypsy/ travellers, Prison leavers

MEHIS (Minority Ethnic Health Inclusion Service)
Geographic Criteria: Lothian wide
Age Criteria: 35-64
Deprivation Criteria: Key vulnerable populations
Additional Criteria: Includes: South Asian, Black and Afro-Caribbean

Extension Practices from Various CHPs
Participating GP Practices
Age Criteria: 40-64
Deprivation Criteria: 15% most deprived by SIMD

NHS Board: Tayside

CHP: Dundee City
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64, 35-64 (Offenders)
Deprivation Criteria: Carstairs DEPCAT 6 or 7, Homeless, Offenders

CHP: Angus
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64, 35-64 (Offenders)
Deprivation Criteria: SIMD (2006) 15% most deprived, Offenders

CHP: Perth & Kinross
Geographic Criteria: Participating GP Practices
Age Criteria: 45-64, 35-64 (Offenders)
Deprivation Criteria: SIMD (2006) 15% most deprived, Homeless, Offenders

Well North Programmes

NHS Board: Grampian

CHP: Moray
Geographic Criteria: Dufftown Medical Group, Rothes Medical Centre
Age Criteria: >=16
Additional Criteria: Health at risk through deprivation. Existing long term condition

**NHS Board: Highland**

CHP: North Highland
Geographic Criteria: Five GP Practices in North West Sutherland
Age Criteria: 40-64
Deprivation Criteria: None
Additional Criteria: North West Highland is a geographically deprived area

**NHS Board: Orkney**

CHP: Orkney
Geographic Criteria: Participating GP Practices
Age Criteria: 40-64
Deprivation Criteria: None
Additional Criteria: Not already included in practice based stroke, diabetes or CVD disease registers and have not been seen by their practice in the last 3 years. Positive smoking status and/or are eligible for statins and/or have family members who have had premature coronary heart disease

**NHS Board: Shetland**

CHP: Shetland
Geographic Criteria: Shetland
Deprivation Criteria: 6 most deprived SIMD 2009 datazones
Additional Criteria: Patient 18+ with no smoking status recorded and patients 40+ with no blood pressure recording in the past 2 years

**NHS Board: Western Isles**

CHP: Outer Hebrides
Geographic Criteria: All GP Practices
Age Criteria: 40-69
Deprivation Criteria: Most deprived datazones (SIMD 2004 or 2006)
Additional Criteria: Excludes individuals who have had a previous cardiovascular event, people with diabetes and those with familial hypercholesterolaemia.
### A2 – Publication Metadata (including revisions details)

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<th>Description</th>
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<td>Cardiovascular Anticipatory Care Screenings</td>
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<tr>
<td>Description</td>
<td>Annual publication presenting the number of cardiovascular health screenings reported by NHS Boards as part of the Keep Well and Well North programmes.</td>
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<td>Theme</td>
<td>Health and Social Care</td>
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<td>Topic</td>
<td>Health Inequalities</td>
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<tr>
<td>Format</td>
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<td>Data source(s)</td>
<td>Data are self-reported by individual Keep Well and Well North programmes.</td>
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<td>Release date</td>
<td>31 July 2012</td>
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<tr>
<td>Frequency</td>
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<tr>
<td>Timeframe of data and timeliness</td>
<td>Financial year data 2011/12. Information is published 3 months after financial year end.</td>
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<tr>
<td>Continuity of data</td>
<td>This is the third publication of cardiovascular anticipatory health screening data. The first publication occurred in July 2010 and presented data for financial year 2009/10.</td>
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<td>Planned revisions are not a feature of this publication’s release.</td>
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<tr>
<td>Revisions relevant to this publication</td>
<td>None</td>
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<td>Concepts and definitions</td>
<td>At a Keep Well/Well North health screening, a cardiovascular risk assessment is performed and a standard dataset collected. This dataset includes height, weight, blood pressure, cholesterol level, smoking status and alcohol consumption.</td>
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<td>Relevance and key uses of the statistics</td>
<td>These data are also used by the Scottish Government Performance Management System (HEAT) to monitor NHS Board performance against the HEAT H8 indicator “Number of inequalities targeted cardiovascular health checks”.</td>
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<td>Accuracy</td>
<td>These data have not been validated by ISD and have only been subjected to high-level plausibility and consistency checks.</td>
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<td>Completeness</td>
<td>Individual Keep Well and Well North programmes have confirmed completeness of data.</td>
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<td>Comparability</td>
<td>There are no comparable sources of data available</td>
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<td>Accessibility</td>
<td>It is the policy of ISD Scotland to make its web sites and products accessible according to published guidelines.</td>
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<td>Coherence and clarity</td>
<td>The publication includes sections on Introduction, Key Points and Results. The Results section includes a single table.</td>
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A3 – Early Access details (including Pre-Release Access)

Pre-Release Access

Under terms of the "Pre-Release Access to Official Statistics (Scotland) Order 2008", ISD are obliged to publish information on those receiving Pre-Release Access ("Pre-Release Access" refers to statistics in their final form prior to publication). The standard maximum Pre-Release Access is five working days. Shown below are details of those receiving standard Pre-Release Access and, separately, those receiving extended Pre-Release Access.

Standard Pre-Release Access:

- Scottish Government Health Department
- NHS Board Chief Executives
- NHS Board Communication leads

Extended Pre-Release Access

Extended Pre-Release Access of 8 working days is given to a small number of named individuals in the Scottish Government Health Department (Analytical Services Division). This Pre-Release Access is for the sole purpose of enabling that department to gain an understanding of the statistics prior to briefing others in Scottish Government (during the period of standard Pre-Release Access).

- Scottish Government Health Department (Analytical Services Division)

Early Access for Management Information

These statistics will also have been made available to those who needed access to ‘management information’, ie as part of the delivery of health and care:

- NHS Health Scotland, Head of Better Health
- NHS Health Scotland, Programme Manager
- NHS Health Scotland, Health Improvement Programme Officer
- NHS Health Scotland, Dissemination Officer

Early Access for Quality Assurance

These statistics will also have been made available to those who needed access to help quality assure the publication. Early Access for Quality Assurance is provided to all NHS Boards involved in the Keep Well and Well North Programmes, usually to two or three members of staff, such as the Programme Manager and Information Support Staff.
A4 – ISD and Official Statistics

About ISD

Scotland has some of the best health service data in the world combining high quality, consistency, national coverage and the ability to link data to allow patient based analysis and follow up.

Information Services Division (ISD) is a business operating unit of NHS National Services Scotland and has been in existence for over 40 years. We are an essential support service to NHSScotland and the Scottish Government and others, responsive to the needs of NHSScotland as the delivery of health and social care evolves.

Purpose: To deliver effective national and specialist intelligence services to improve the health and wellbeing of people in Scotland.
Mission: Better Information, Better Decisions, Better Health
Vision: To be a valued partner in improving health and wellbeing in Scotland by providing a world class intelligence service.

Official Statistics

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of ‘Official Statistics’. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics. The Code of Practice is produced and monitored by the UK Statistics Authority which is independent of Government. Under the Code of Practice, the format, content and timing of statistics publications are the responsibility of professional staff working within ISD.

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- National Statistics (ie assessed by the UK Statistics Authority as complying with the Code of Practice)
- National Statistics (ie legacy, still to be assessed by the UK Statistics Authority)
- Official Statistics (ie still to be assessed by the UK Statistics Authority)
- other (not Official Statistics)

Further information on ISD’s statistics, including compliance with the Code of Practice for Official Statistics, and on the UK Statistics Authority, is available on the ISD website.