

# **The ABCD HEALTH passport: Helping Everyone Achieve Long Term Health**

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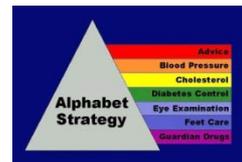
**Presented on behalf of A Gopinath, S Laird, S Kinsman, P Saravanan,  
JR Morrissey, R Nair, Surinder Jassi**



# The ABCD HEALTH passport: Helping Everyone Achieve Long Term Health



- Background
- The Health Passport
- Action Plans : Trust Perspective
- Training and Accreditation
- Evaluation
- Dissemination
- Discussion



# Inequalities begin from birth



Charles

Baby

Born to affluent parents – will live 10 years longer than Mark

Aged 10

Enjoying a good life, lots of opportunity to play sport

Aged 20

At university with 10 x A\* at GCSE. Plays rugby and eats a healthy diet

Aged 45

Fit and healthy businessman, manages stress by playing squash



Aged 60

Retired early to spend time with his grandchildren and travel



Mark

Baby

One of teenage conceptions. Will live 10 years less than Charles

Aged 10

Growing up in poverty

Aged 20

Left school with no qualifications, casual labourer, drinks, smokes and takes drugs

Aged 45

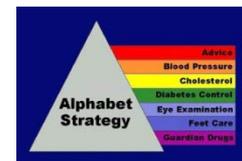
Weighs 18 stone, has high cholesterol, type 2 diabetes



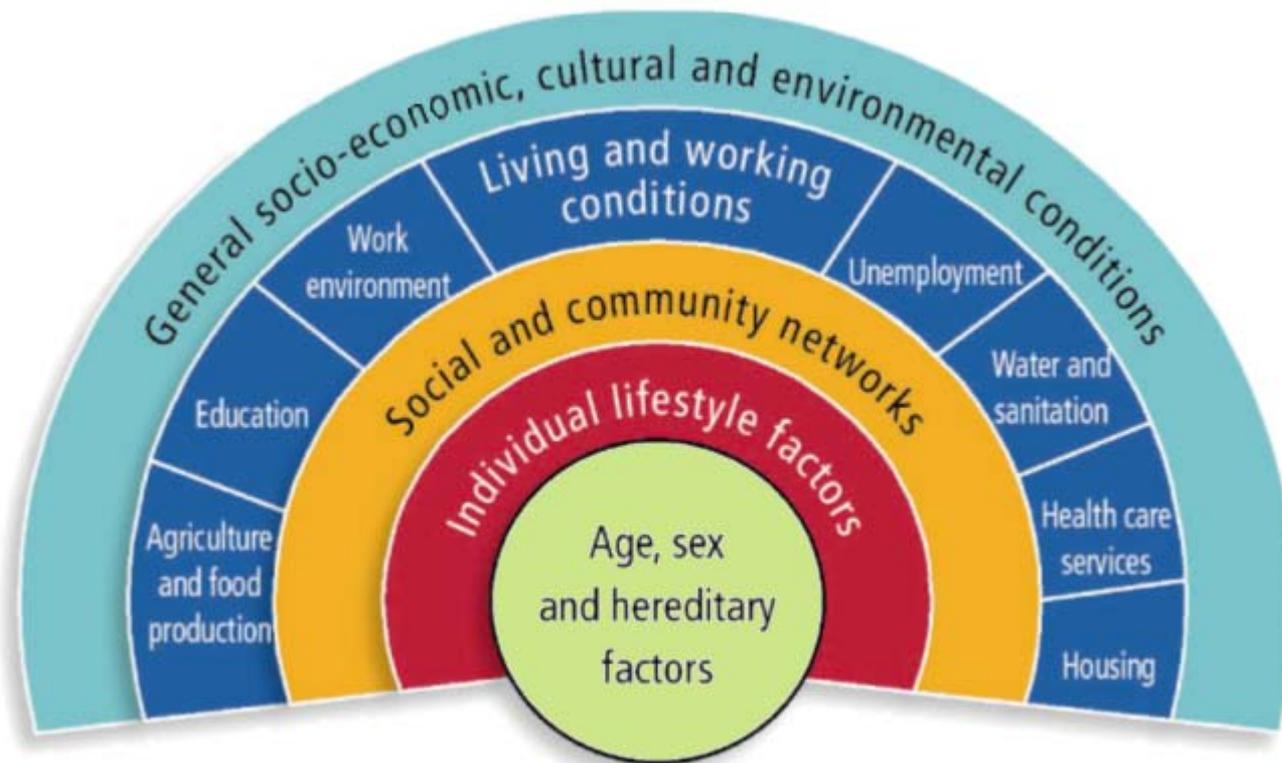
Aged 60

Died from massive stroke

Source: R Hussey, Differences in Warwickshire will be up to 15 years



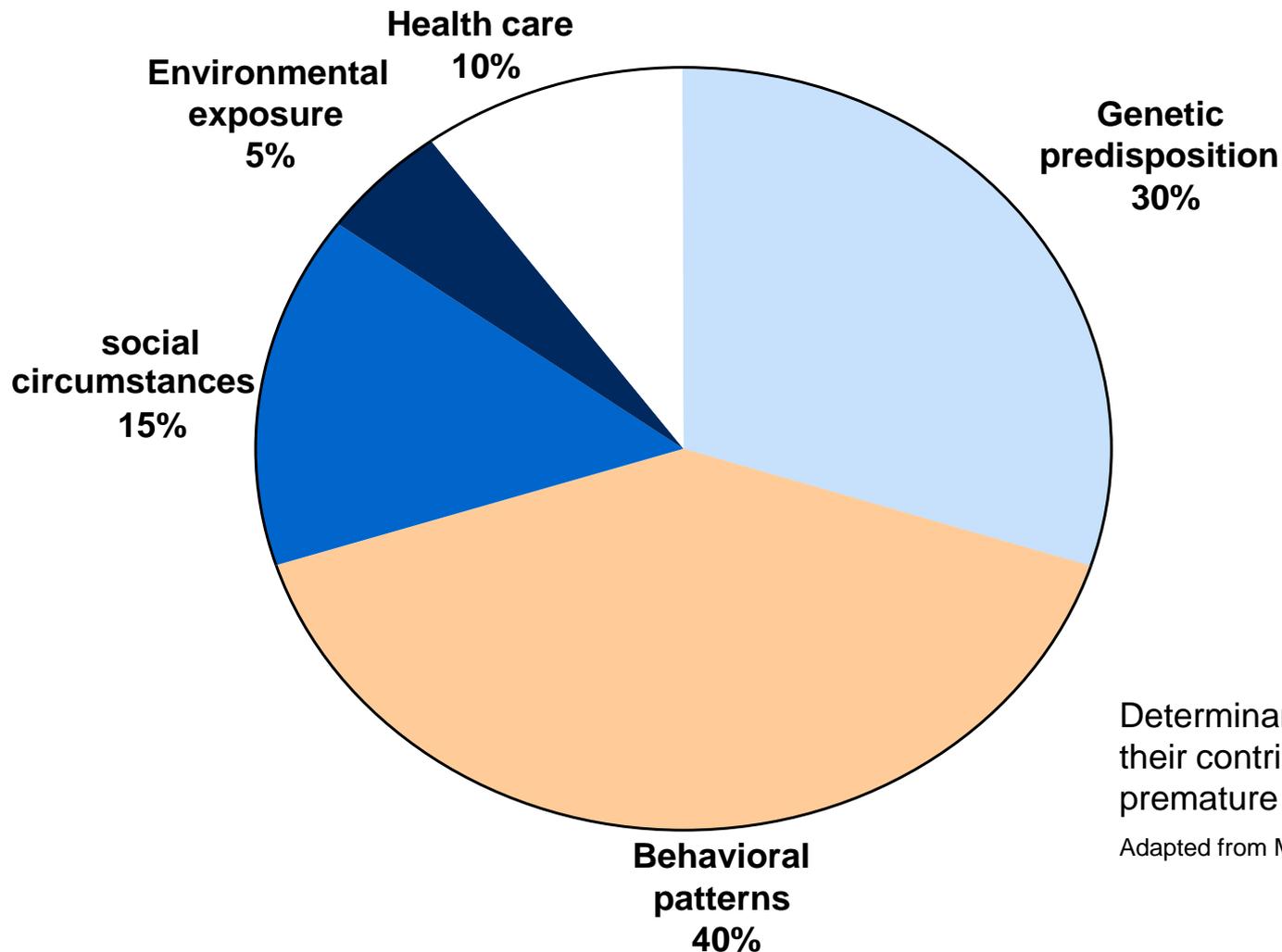
# Social determinants of health



Dahlgren & Whitehead 1991



# % contribution to premature death



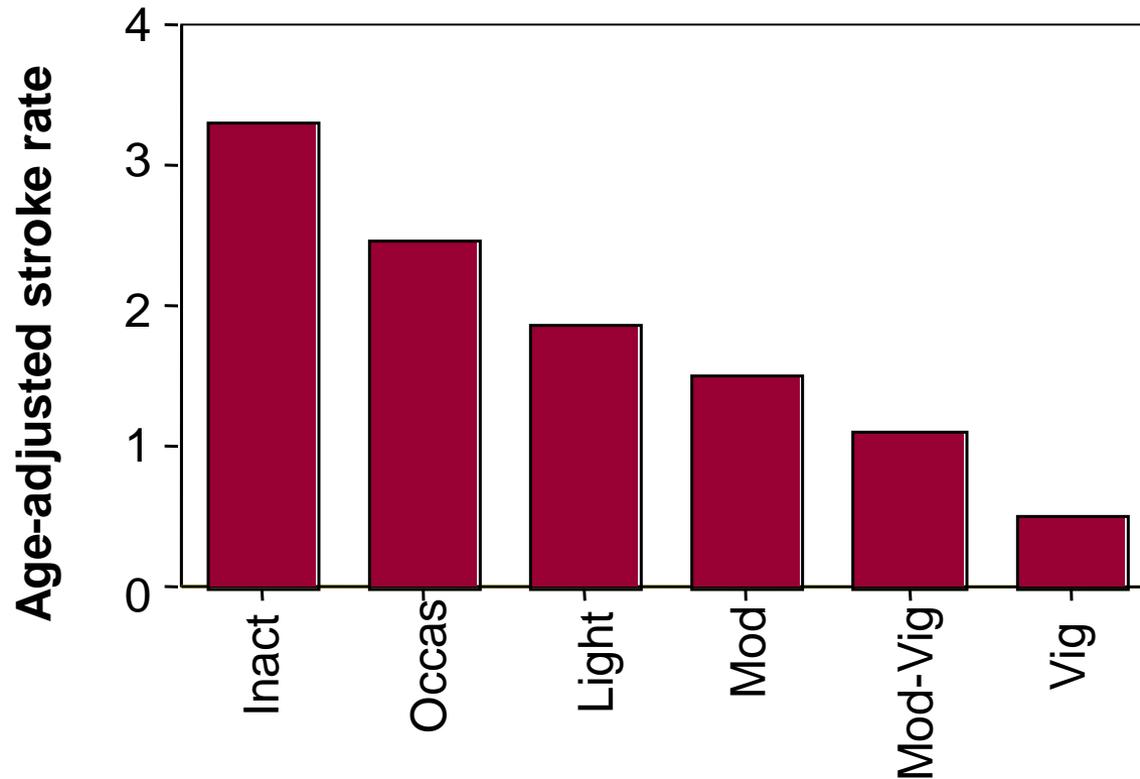
Determinants of health and their contribution to premature death

Adapted from McGinnis et al 2002

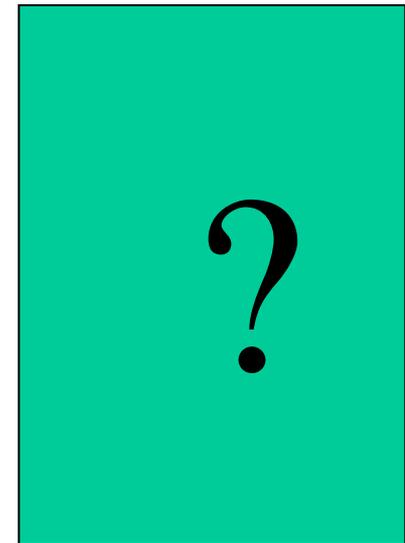
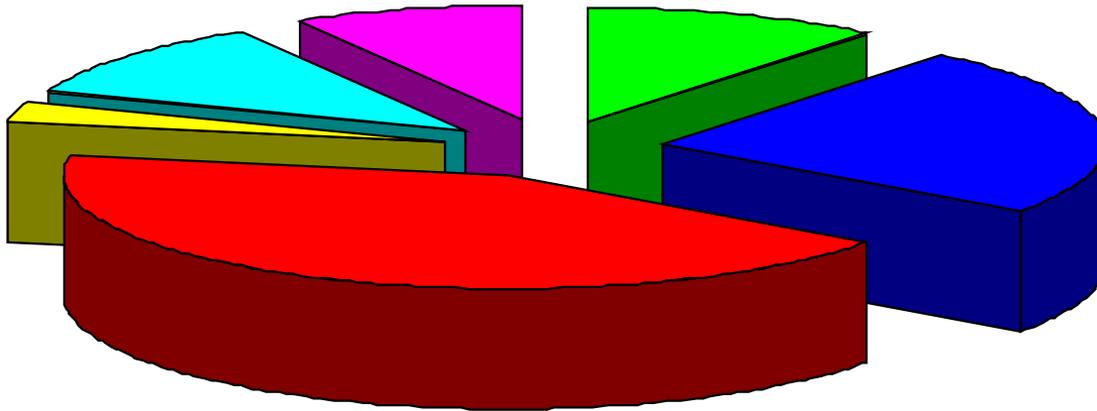


# Physical activity and risk of stroke

## British Regional Heart Study



# Why the decline in Coronary Death rates?

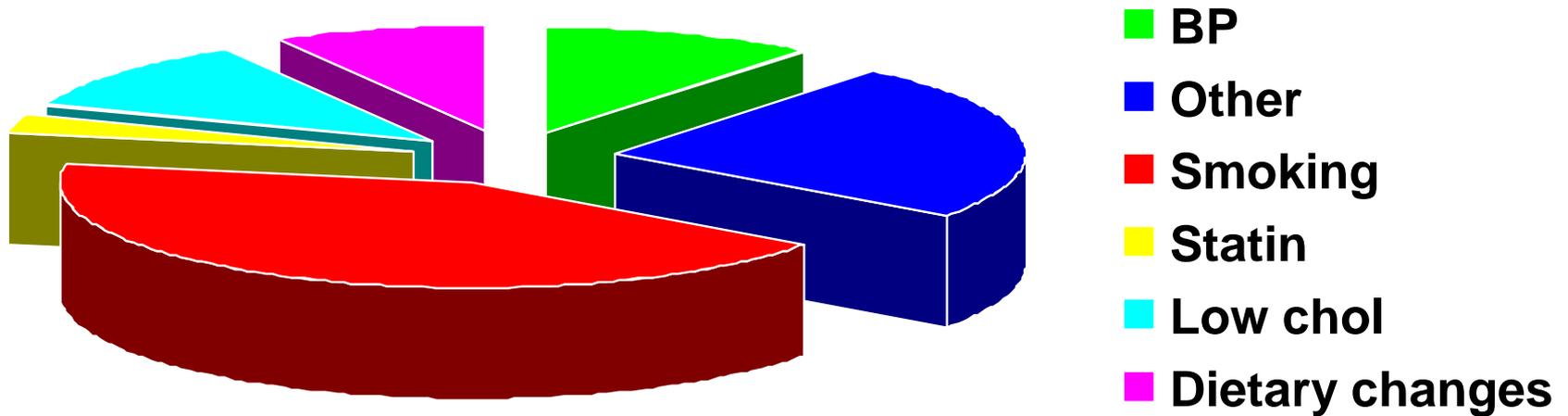


N = 68200 in 2001 versus 1980

B Unal, J Critchley, S Capewell, BMJ. 2005 Sep 17;331(7517):614

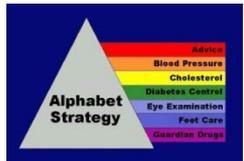


# Why the decline in Coronary Death rates?

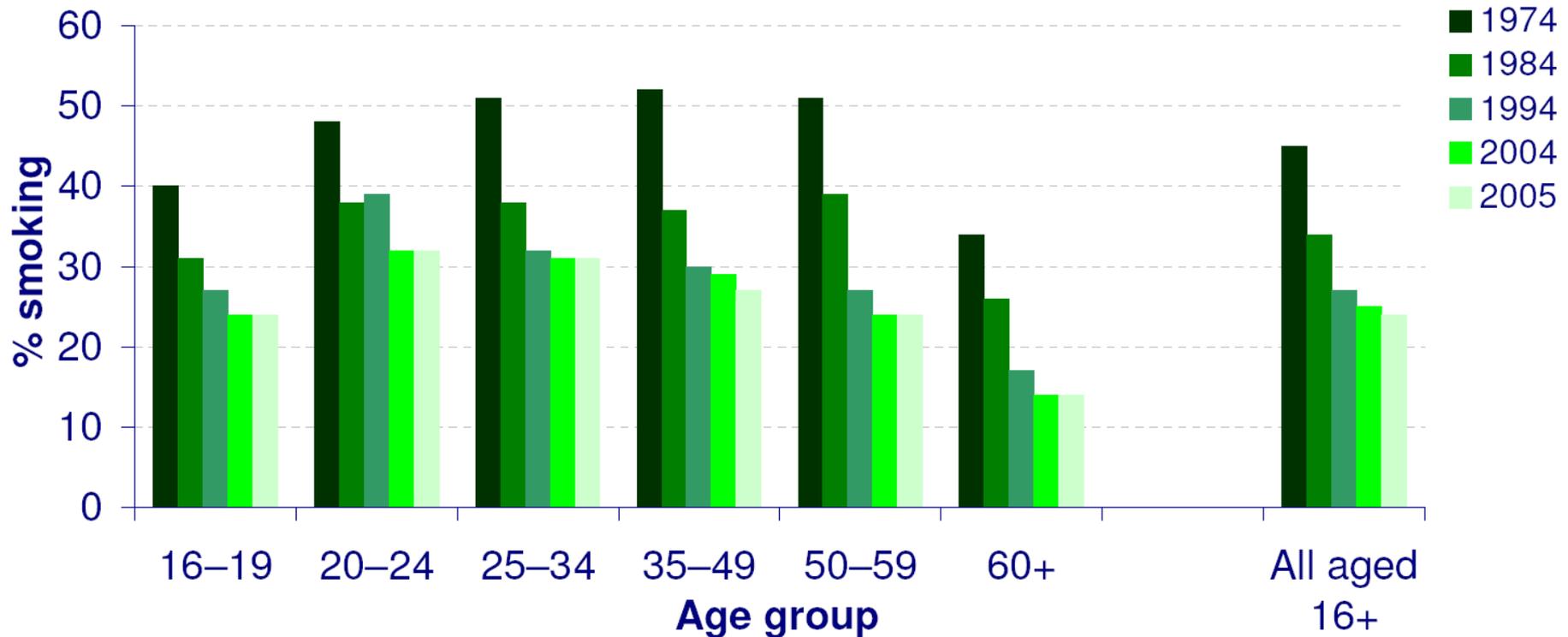


N = 68200

smoking	29715
Other	22860
BP	5870
Popn Chol	5770
Statin	2135



# Prevalence of cigarette smoking by age, persons aged 16 and over, Great Britain, 1974-2005



# Risk factors for obesity

High fat, energy  
dense diet

Sedentary lifestyle/  
physical inactivity

Family  
history

Ethnicity

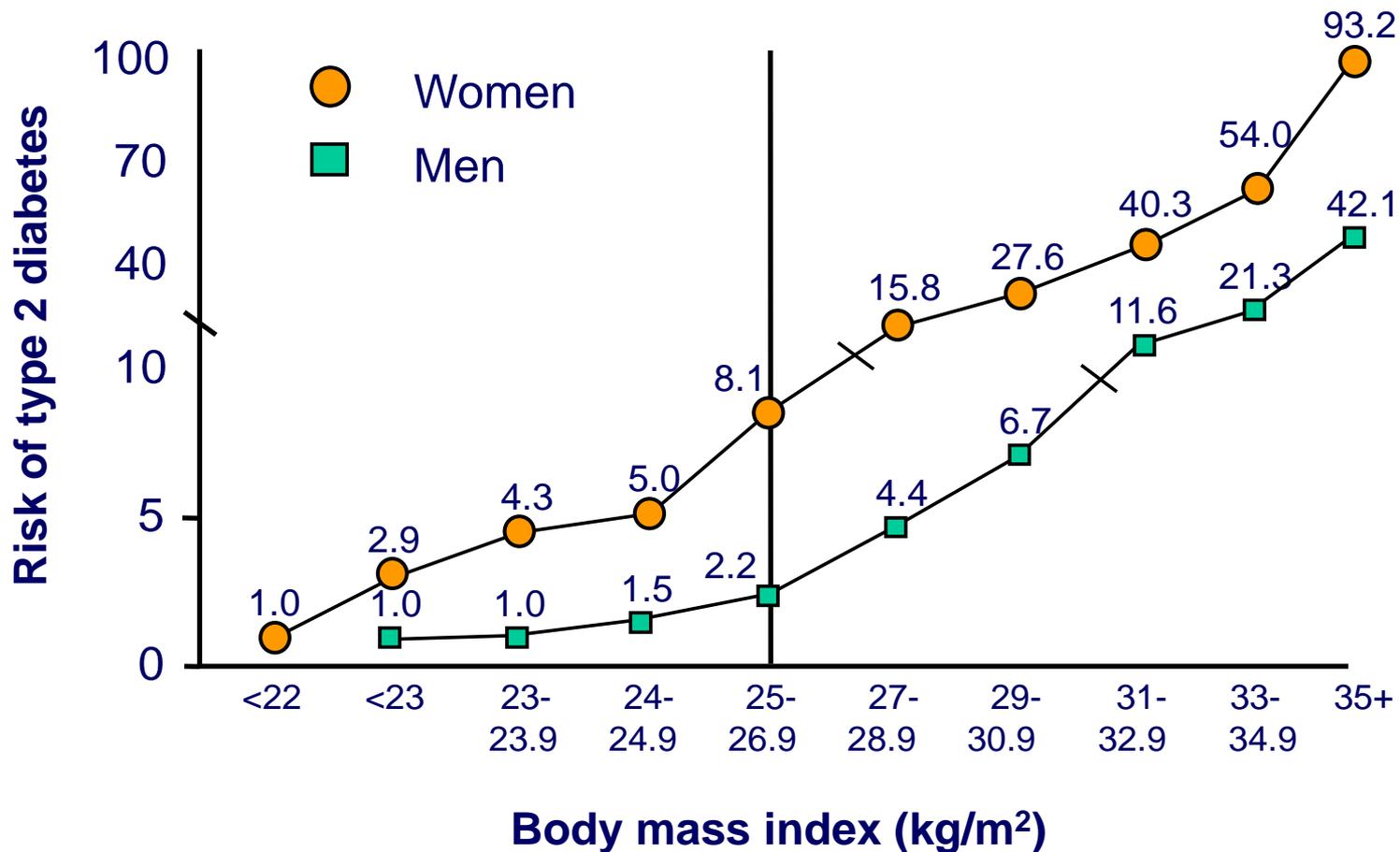
Age

Stopping smoking

# The health consequences of obesity



# The relationship between BMI and the risk of developing type 2 diabetes



# Health benefits of 10 kg weight loss in 100 kg subject

**Death:** 20-25% decrease in premature mortality

**Diabetes:** 50% decrease in risk of Type 2 DM  
30-50% decrease in blood glucose

**Lipids:** 10% decrease in total cholesterol  
30% decrease in triglycerides

**Blood  
pressure:** 10mmHg decrease in systolic  
20mmHg decrease in diastolic

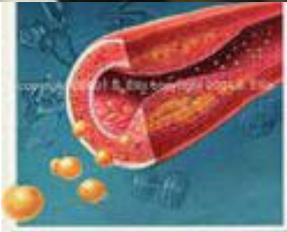


# Knowing your numbers



- Body Mass Index & Waist Circumference
- Blood Pressure
- Cholesterol
- (Fasting Glucose)
- Know your limits

# Passport to Health



- **Advice:** Not Smoking  
Physical Activity  
5 a Day: Fruit & Veg  
Weight Normal  
Alcohol limits, No to Drugs, Safe sex  
Cancer screening: breast, cervical, colon  
Good Mental Health

- **Blood Pressure**
- **Cholesterol Check**
- **Diabetes Prevention**

# HEALTH PASSPORT

Helping Everyone Achieve Long Term Health



## Passport To Your Future Health

Helping you to achieve long term health by:

- Understanding why risk factors are important
- Scoring your current health performance
- Producing an action plan to improve your health



## Contact Details



GP Surgery:

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Hospital:

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Pharmacist:

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Bowel screening unit:

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Breast screening unit:

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Fitness centre:

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NHS smoking session advisor:

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## Useful Websites

[www.nhs.uk/Change4life](http://www.nhs.uk/Change4life)

[www.nhs.uk](http://www.nhs.uk)

[www.bhf.org.uk](http://www.bhf.org.uk)

[www.direct.gov.uk/en/HealthAndWellBeing](http://www.direct.gov.uk/en/HealthAndWellBeing)

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## Helping Everyone Achieve Long Term Health

### Facts and Action Plan

#### Normal Weight

- Being overweight increases your risk of diabetes, breast and colon cancer, stroke and heart disease
- If overweight, 5% weight loss reduces diabetes risk by 50% and reduces blood pressure
- **Try to reduce your fat, sugar and carbohydrate intake and increase physical activity**

#### Physical Activity

- Regular exercise can reduce the risk of becoming obese or developing diabetes by 50%
- Weight bearing exercise reduces osteoporosis and fracture risk
- **Exercising for 30 minutes, 5 times a week, reduces the risk of heart disease and stroke**

#### 5 Fruit and Vegetables Daily

- Reduces the risk of heart disease (20%), stroke (11%), cancer and reduces the symptoms of asthma
- Nutrients in fruit and vegetables support bone health and reduce the risk of osteoporosis
- **Aim to eat 400g of fruit and vegetables daily; fresh, canned, frozen, dried and juice all count**

#### Smoking

- Smokers have a 15 times increased risk of lung cancer
- On average, smokers die 10 years earlier than non-smokers
- **1 in 6 people successfully stop smoking with Nicotine Replacement Therapy**

#### Alcohol, Sex and Drugs

- Heavy drinkers have 13 times increased risk of liver cirrhosis, increased risk of stroke and dementia
- 61,863 men and 61,155 women were diagnosed with Chlamydia in the UK in 2008
- Drug use is linked to anxiety, depression and psychosis
- **Drink responsibly; maximum 2 drinks per day for women, 3 for men. Practise safe sex!**

#### Cancer Screening

- Cervical screening prevents 6000 women dying of cervical cancer per year
- Up to 1 in 6 colon cancer deaths can be prevented with bowel screening
- **Be aware of signs and symptoms of cancer and attend screening sessions**

#### Emotional Well Being

- Aerobic and strength exercises can reduce anxiety, stress and mild to moderate depression
- Insomnia leads to increased risk of a psychiatric disorder
- **Every day try to be physically active, connect with family, friends and neighbours, learn a new skill, help others and positively reflect on one aspect of the day**

#### Blood Pressure Check

- A blood pressure of 140/90mmHg or higher increases the risk of heart attacks and stroke
- Improving your diet and doing more exercise reduces high blood pressure in overweight individuals
- **Reduce salt intake to 5g per day, exercise and get your blood pressure checked regularly**

#### Cholesterol Check

- Too much cholesterol can cause blockages in the arteries leading to heart attacks and stroke
- Statins (cholesterol lowering drugs) can reduce heart disease by 33%
- **Aim for a cholesterol of below 5mmol/l or below 4 in heart disease, stroke or diabetes patients**

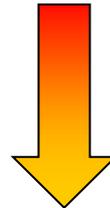
#### Diabetes Prevention

- Men who smoke 40 cigarettes a day are 45% more likely to develop diabetes than non-smokers
- People aged over 45 years or with a waist circumference above 94cm (men) or 80cm (women), a family history of diabetes or history of high blood pressure or heart disease are at greater risk
- **4 in 5 cases of type 2 diabetes below the age of 65 can be prevented by weight management, exercise and a healthy diet**

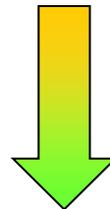


# The ABCD HEALTH passport: Helping Everyone Achieve Long Term Health

## Evidence Base



## Patient Education



## Action Plan

**HEALTH PASSPORT**  
Helping Everyone Achieve Long Term Health



**Passport To Your Future Health**

Helping you to achieve long term health by:

- Understanding why risk factors are important
- Scoring your current health performance
- Producing an action plan to improve your health

Helping Everyone Achieve Long Term Health

**Facts and Action Plan**

**Normal Weight**

- Being overweight increases your risk of diabetes, breast and colon cancer, stroke and heart disease
- If overweight, 5% weight loss reduces diabetes risk by 50%, and reduces blood pressure
- Try to reduce your fat, sugar and cholesterol intake and increase physical activity

**Physical Activity**

- Regular exercise can cut the risk of becoming obese or becoming obese by 50%
- Weight training exercise reduces osteoporosis and fracture risk
- Exercising for 30 minutes, 5 times a week, reduces the risk of heart disease and stroke

**5 Fruit and Vegetables Daily**

- Reduces the risk of heart disease (CHD), stroke (CVA), cancer and reduces the symptoms of asthma
- No intake of fruit and vegetables support bone health and reduce the risk of osteoporosis
- Aim to eat **50g of fruit and vegetables daily**: fresh, canned, frozen, dried and juice all count

**Smoking**

- Smokers have a 15 times increased risk of lung cancer
- On average, smokers die 10 years earlier than non smokers
- If a **6 people successfully stop smoking with Nicotine Replacement Therapy**

**Alcohol, Sex and Drugs**

- Heavy drinking leads to 12 times increased risk of liver cirrhosis, increased risk of stroke and dementia
- 41,000 men and 81,155 women were diagnosed with Chlamydia in the UK in 2008
- Drug use is linked to anxiety, depression and psychosis
- Drink responsibly: maximum 2 drinks per day for women, 3 for men. **Practice safe sex!**

**Cancer Screening**

- Cervical screening prevents 8000 women dying of cervical cancer per year
- Up to 1 in 5 colon cancer deaths can be prevented with bowel screening
- Be aware of signs and symptoms of cancer and attend screening sessions

**Emotional Well Being**

- Anxiety and drought increases your stroke, breast, stress and risk to mental health
- Exercise leads to increased risk of a psychiatric disorder
- Every day try to be physically active, connect with family, friends and neighbours, learn a new skill, help others and positively reflect on one aspect of the day

**Blood Pressure Check**

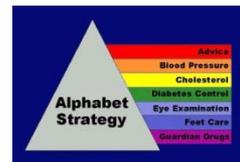
- A blood pressure of 160/90mmHg or higher increases the risk of heart attacks and stroke
- Improving your diet and being more active reduces 1/3rd blood pressure in overweight individuals
- **Reduce salt intake to 6g per day, exercise and get your blood pressure checked regularly**

**Cholesterol Check**

- The more cholesterol you have (especially in the arteries leading to heart attacks and stroke)
- Statins (cholesterol lowering drugs) can reduce heart disease by 50%
- Aim for a cholesterol of below 5mmol/l or below 4 in heart disease, stroke or diabetes patients

**Diabetes Prevention**

- Men who smoke 40 cigarettes a day are 45% more likely to develop diabetes than non-smokers
- People aged over 40 years or with a small circumference above their waist or those with a family history of diabetes or history of high blood pressure or heart disease are at greater risk
- If a 5 cases of type 2 diabetes before the age of 60 can be prevented by weight management, exercise and a healthy diet



# Your 10 point Plan: why it matters

## Not Smoking

- If you smoke, lung cancer risk increased 15 times
- 15% people successfully stop smoking with Nicotine Replacement Therapy
- Smokers die on average 10 years earlier than non-smokers

**1 in 6 people successfully stop smoking with Nicotine Replacement Therapy**



# Your 10 point Plan: why it matters

## Physical Activity

- Regular exercise can reduce risk of developing diabetes by 50%
- 50% reduced risk of becoming obese if you take regular exercise
- Exercise 5 times a week for 30 mins : reduces risk of heart disease and stroke



**Exercising for 30 minutes, 5 times a week,  
reduces the risk of heart disease and stroke**



# Your 10 point Plan: why it matters

## Fruit and Vegetables 5 Daily

- 20% reduction in heart disease, stroke and cancer
- 6% reduction in stroke risk from 1 portion of fruit/vegetables a day
- Reduces symptoms of asthma

**Aim to eat 400g of fruit and vegetables daily; fresh, canned, frozen, dried and juice all count**

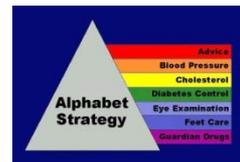


# Your 10 point Plan: why it matters

## Weight Normal

- Being overweight increases your risk of diabetes, breast and colon cancer, stroke and heart disease
- Reducing your weight by 10kg, if overweight, reduces risk of diabetes by 50% and reduces BP
- Eating less fatty foods, less sugar and less carbohydrates such as bread and potatoes is important

**Try to reduce your fat, sugar and carbohydrate intake and increase physical activity**

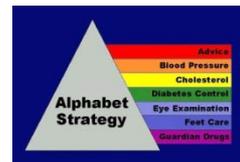


# Your 10 point Plan: why it matters

## Alcohol, Sex and Drugs

- 13 times increased risk of liver cirrhosis in heavy drinkers and 2-5 times increased risk of mouth cancer from regular alcohol use
- Chlamydia rates are rising and 1% of 16-19 year old women are thought to have the infection- practise safe sex!
- Use of drugs linked to anxiety, depression and psychosis

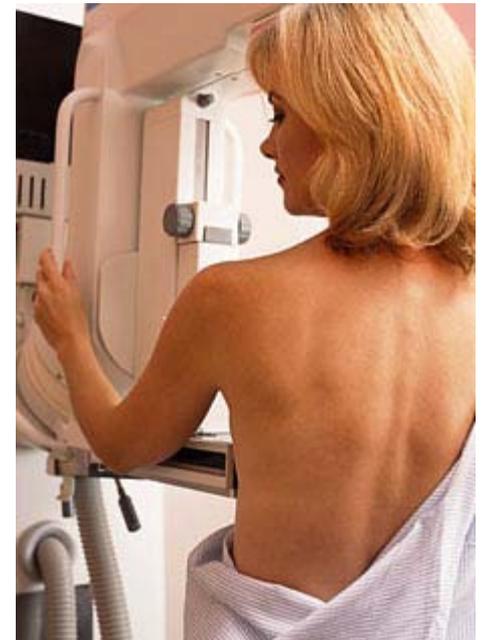
**Drink responsibly; maximum 2 drinks per day for women, 3 for men. Practise safe sex!**



# Your 10 point Plan: why it matters

## Cancer Prevention

- Breast screening reduced death from breast cancer by 64%
- Cervical smears screening prevents 6000 women dying of cervical cancer per year
- Bowel screening can prevent up to 25% of all colon cancer deaths



**Be aware of signs and symptoms of cancer and attend screening sessions**



# Your 10 point Plan: why it matters

## Emotional Well Being

- Exercise-aerobic and strength training has been shown to reduce mild to moderate depression
- Sleep well! insomnia leads to increased risk of a psychiatric disorder
- Taking control-Problem solving abilities and communication skills are valuable skills in reducing depression



**Every day try to be physically active, connect with family, friends and neighbours, learn a new skill, help others and positively reflect on one aspect of the day**



# Your 10 point Plan: why it matters

## Blood Pressure Check

- With diet and exercise adjustments alone, overweight people with high blood pressure can reduce BP
- Keeping BP low will reduce risk of heart attacks and stroke
- Make sure that you do not have too much salt in your diet

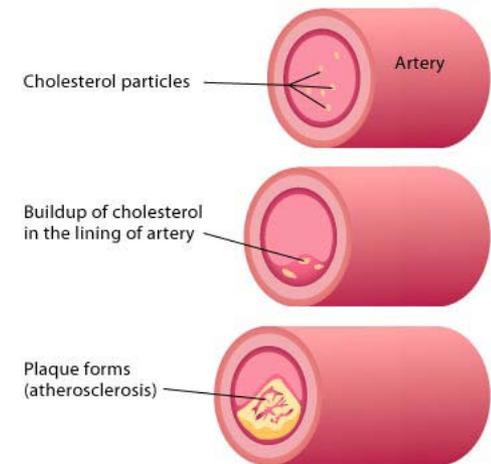
**Reduce salt intake to 5g per day, exercise and get your blood pressure checked regularly**



# Your 10 point Plan: why it matters

## Cholesterol Check

- Too much cholesterol can cause blockages of the arteries leading to heart attacks and stroke
- Statins (cholesterol lowering drugs) have been shown to reduce heart disease by 11% in the first year, 24% in the second year and 33% in the third year
- In most people the cholesterol level should be less than 5 (mmol/l), in patients with heart disease, stroke or diabetes the usual target is 4 or below.



**Aim for a cholesterol of below 5mmol/l or below 4 in heart disease, stroke or diabetes patients**



# Your 10 point Plan: why it matters

## Diabetes Prevention

- 80% of all cases of Type 2 Diabetes below the age of 65 can be prevented by weight management, exercise and diet.
- Men who smoke 40 a day are 45% more likely to develop diabetes than non-smokers
- If you have diabetes then particular attention should be given to not smoking, weight, exercise, BP, cholesterol and diabetes control.

**4 in 5 cases of type 2 diabetes below the age of 65 can be prevented by weight management, exercise and a healthy diet**



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## Passport To Your Future Health

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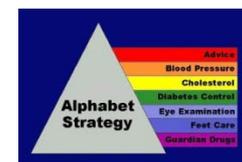
- Understanding why risk factors are important
- Scoring your current health performance
- Producing an action plan to improve your health

# Health Score

Date	Result	Score
<b>Advice</b> <ul style="list-style-type: none"> <li>• Normal weight</li> <li>• Physical activity</li> <li>• 5 Fruit &amp; veg. daily</li> <li>• Smoking</li> <li>• Alcohol, sex &amp; drugs</li> <li>• Cancer screening</li> <li>• Emotional well being</li> </ul>		
<b>Blood Pressure</b> <ul style="list-style-type: none"> <li>• Blood Pressure check</li> </ul>		
<b>Cholesterol</b> <ul style="list-style-type: none"> <li>• Cholesterol check</li> </ul>		
<b>Diabetes prevention</b> <ul style="list-style-type: none"> <li>• Diabetes check</li> </ul>		
<b>Your health score</b>	Max 10	

### Scoring:

- |     |                |
|-----|----------------|
| 0-3 | Very high risk |
| 4-6 | High risk      |
| 7-9 | Moderate risk  |
| 10  | Low risk       |



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- Action Plans : Trust Perspective
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