



# Advice after your NHS Health Check

## Blood Pressure Test

High blood pressure puts us at increased risk of heart attack and stroke. However, it can be treated or prevented by making changes to our lifestyle, such as becoming more active, eating a healthier diet, and cutting back on our consumption of alcohol.

**Watch your salt intake:** Too much salt can cause raised blood pressure. One easy way to eat less salt is to stop adding extra salt to your food during cooking and at the dinner table. High salt foods contain more than 1.5g salt per 100g.

## Body Mass Index (BMI) Test

BMI is a measure of whether you are a healthy weight for your height. If your BMI is high (greater than **27.5** for Asian or Chinese individuals or **30** for other groups) then you may want to think about losing weight.

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

**Physical Activity:** All movement counts – try and get your heart beating faster and lungs working a bit harder for at least 10 minutes at a time. Aim to build up to doing this three times a day for five days of the week.

## Local Weight Management Services

If you want advice on eating more healthily or losing weight, there are a number of FREE weight management programmes available locally to you. For more information you can phone or visit your local Borough Council, or visit the 'Active Kent' website:

<http://www.activekent.co.uk/being-active/west-kent-exercise-referral-scheme>

## Cholesterol Test

Cholesterol is a fat that is carried around our bodies in the blood. It is vital that we have enough of it for our bodies to work properly. But too much cholesterol can cause our arteries to become blocked, increasing our risk of heart disease and stroke. If your blood cholesterol is raised you can prevent it from increasing by eating a healthy, balanced diet that is low in saturated fat.

### Cut saturated fat:

- Choose lean cuts of meat and trim of 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 yoghurts



## Smoking

Smoking increases both blood pressure and cholesterol and is a significant risk factor for heart disease. The great news, however, is that you can reduce your risk, over a period of time, by stopping.

You are up to four times more likely to quit if you use NHS support than if you go it alone. All areas have a free local NHS Stop Smoking Service which can help you find the best way of stopping and provide the medication and support you need.

### Local Stop Smoking Services

If you want help to quit smoking call your local Stop Smoking services on **01622 723836** or visit the website:

<http://www.kentcht.nhs.uk/our-services/health-and-wellbeing/stop-smoking-service>

## Alcohol

Drinking unsafe levels of alcohol can increase risk of cardiovascular and other diseases, damaging the heart and increasing the risk of blood vessel blockages. Alcohol is also high in calories causing weight gain.

**Watch your Alcohol intake:** Women are advised to drink no more than **2-3** units a day, and men **3-4** units a day, to avoid binge drinking, and to keep two days alcohol-free during the week.

### Local Alcohol Support Services

The Kenward Trust is a local organisation that can support individuals and their partners and families tel: **01622 814187** <http://kenward-trust.org/>

## Physical Activity

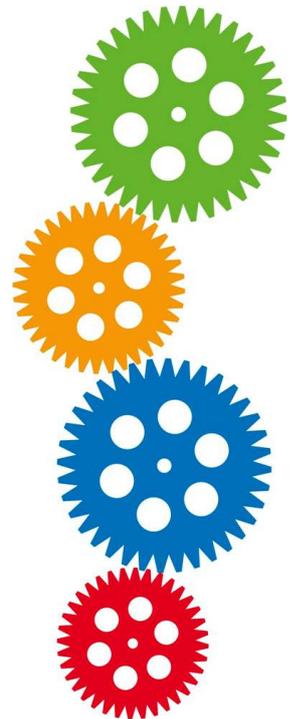
Achieving 30 minutes of moderate intensity activity on 5 days of the week helps prevent and manage over 20 chronic diseases, including heart disease, stroke, diabetes, and kidney disease, some cancers and depression. Moderate intensity means your breathing will be quicker and deeper but you should still be able to talk – your body will be warming up and your heart will be beating faster than normal but not racing. The best thing to do is to find an activity that you enjoy eg: dancing, walking, gardening.

### Local Physical Activity Services

Local services can be found on the [Healthy Passport Club](#) website which is an online virtual club. It encourages all members to eat well and move more, to set small healthy goals, and to take daily steps towards a happier, healthier lifestyle. To sign up visit: <https://www.healthyclub.nhs.uk/>

### Active Kent

Information on local services can also be found on: <http://www.activekent.co.uk>



## Cardiovascular disease risk score

The cardiovascular risk score is calculated by entering the information collected during the Health Check into a computer programme that calculates your risk of having a heart attack or stroke over the next 10 years. A score over 20% is considered high. Whatever your result, you may want to take steps to stay healthy.

### Keeping an eye on your risk

The LifeCheck tool, available via NHS Choices, generates an individual health profile and health tips tailored to the user's needs based on answers to a few key questions about age and lifestyle. Check it out: <http://www.nhs.uk/Tools/Pages/Lifecheck.aspx>

## Where to get more support

### Local Health Trainer Services

If you'd like one-to-one confidential support to make simple changes towards a healthier lifestyle, then contact our Health Trainer Service, it's FREE and NHS Health Trainers are nationally accredited.

Tel: **01622 723824** Text: **07944 463803** email: [wk-pct.healthtrainers@nhs.net](mailto:wk-pct.healthtrainers@nhs.net)

## Further information

<p><b>British Heart Foundation</b> <a href="http://www.bhf.org.uk">www.bhf.org.uk</a></p>	<p><b>British Nutrition Foundation</b> <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a></p>
<p><b>HEART UK (the cholesterol charity)</b> <a href="http://www.heartuk.org.uk">www.heartuk.org.uk</a></p>	<p><b>Drink Aware</b> <a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a></p>

### Talk to us

If you have a query regarding our health services, or would like to comment, compliment or complain about Kent Community Health NHS Trust, you can contact the **Customer Care Team** (Patient Advice and Liaison Service and Complaints Team).

**Phone:** 0300 123 1807 (local rate)  
lines open 8am to 5pm Monday to Friday  
**Email:** [kcht.cct@nhs.net](mailto:kcht.cct@nhs.net)  
**SMS Text:** 07943 091958  
**Fax:** 01233 667958

**You will be asked for your agreement to treatment and if necessary your permission to share your personal information.**

**If you would like this information in another language, large print, Braille, audio tape or CD, please ask a member of staff.**

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