



Tackling Health Inequalities in Coronary Heart Disease (CHD): Update 1

GENERAL OVERVIEW

Over the last 10 years, mortality rates for people with Coronary Heart Disease has reduced. However there is still work to be done for identified populations across the Cambridgeshire and Peterborough CCG, where CHD outcomes are poorest, compared with national data.

AIM OF THE PROGRAMME

To reduce premature deaths arising from CHD in people aged under 75 years, with a specific focus on reducing premature death rates fastest in areas of poorest outcome ('leaving no-one behind'). The focus of activity will be for people living in Peterborough, Wisbech and in 20% more deprived areas across Cambridgeshire.

Successful outcomes will require a joined-up approach across the NHS, Local Authorities and Voluntary sector and include adult social care, community leisure services and local planning departments.

WORK SO FAR

A Programme Board (which includes GPs, patient representatives, community service providers, hospital Consultants, Local Authority representatives, Public Health teams and members of the commissioning team supporting the CCG) have agreed the initial work will focus on 4 Work Streams:

- Support Local Authorities to successfully **deliver the National Health Check Programme** and promote self help activities to reduce risk of CHD
- Review **Cardiac Rehabilitation Services** and develop recommendations to support future changes with a specific focus on reducing variation



CONTINUED....

- Support **Primary Care** colleagues to identify 'at risk' patient groups and ensure **preventative interventions** are offered as per national guidance
- Support Local Authorities to **deliver effective Quit Smoking campaigns** with a specific focus on identified 'at risk' populations



KEY HEALTH MESSAGES FOR YOU AND FOR THE LOCAL COMMUNITY:

- **Don't Smoke**
- **Eat Healthily** (reduce salt intake, reduce fats in diet, reduce sugar intake)
- **Reduce Alcohol** intake to healthy limits
- Maintain a **healthy weight**
- **Keep Active** and do regular physical exercise
- **Take medications (as prescribed)** and attend any medical reviews especially if you are already being treated for high blood pressure, diabetes, or kidney conditions
- **Attend the Health Check appointment, when invited**



There is more information regarding healthy living on the NHS Choices website www.nhs.uk

FOR LOCAL INFORMATION ABOUT SUPPORT SERVICES IN YOUR AREA CONTACT THE PATIENT EXPERIENCE TEAM

YOU CAN CONTACT US ON:

FREEPHONE 0800 279 2535

OR TELEPHONE 01223 725 588