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Boosting uptake of NHS Health Checks in Medway

Submission date	Recruitment status	[_] Prospectively registered
28/03/2014	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
25/06/2014	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
29/03/2016	Other	

Plain English summary of protocol

Background and study aims
The NHS Health Check programme has been set up to help prevent heart disease, stroke, diabetes, kidney disease and some types of dementia in the general population. Everyone aged 40 to 74 and not either already diagnosed with one of these conditions, or have certain risk factors, will be sent an invite once every 5 years to attend an appointment to check on their risk of developing these diseases. They will be then given support or advice on how to manage or reduce such risks. The programme is a policy priority for the Department of Health, NHS England, Public Health England and local authorities in their efforts to tackle premature death and promote healthy lifestyles. However, the number of people who join the programme are significantly lower than desired, at around 50 per cent. Local authority commissioners of the NHS Health Check currently use a range of different letters and marketing to encourage those eligible to attend. However, there has not, to date, been any robust research into what type of letters or marketing strategies will are most likely to lead to an increase in the number of people taking part in the programme. There is compelling evidence in the field of behavioural science to suggest that a low cost intervention within the content of the invitation letter or a reminder text message may be effective at changing peoples behaviour. The purpose of this study is to determine what type of patient invitation letter would be most likely to successfully encourage people to enrol on the NHS Health Check programme. The results will be used to help promote the uptake of Health Checks.

Who can participate?
Those eligible for an NHS Health Check in the Borough of Medway during the duration of the trial.

What does the study involve?
This study will test whether a number of small, low-cost changes to the invitation process for Health Checks can increase uptake. Patients will be randomly allocated to receive the usual letter of invitation (control) or a new, shorter, action focused letter which includes a commitment slip (intervention). Analysis will be able to investigate whether there is any interaction between letters and text messages.

What are the possible benefits and risks of participating?
There are no risks to participants. The standard NHS leaflet explaining the risks of attending a Health Check, or not, is including in both the control and intervention letters.

Where is the study run from?
GP surgeries at the Borough of Medway (UK)

When is the study starting and how long is it expected to run for?
May 2013 to September 2013

Who is funding the study?
The Department of Health (UK)

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Study information

Scientific Title
Using behavioural insights to change uptake of the NHS Health Check

Study objectives
Does making small, low-cost changes, based on behavioural insight, to the NHS Health Check invitation process change levels of uptake?

Ethics approval required
Old ethics approval format

Ethics approval(s)
NHS Health Research Authority NRES committee, 17/05/2013, ref. 13/NW/0399

Primary study design

Interventional

Study design
Multicentre quasi-randomised controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
NHS Health Checks

Interventions
Patients in participating practices who are due to be invited to a health check are randomly allocated. This is a simple randomization done locally by each practice once a month. This part of the trial has two arms. The letter variations include:
1. National template (control)
2. Shorter, simpler letter with action focussed language and a commitment slip

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Uptake of the NHS Health Check

Key secondary outcome(s)
Not provided at time of registration

Completion date
30/10/2013

Eligibility

Key inclusion criteria
Any patient registered at a consenting GP practice in Medway during the trial duration who is due to be invited for an NHS Health Check. Patients aged between 40-74 are invited to attend for a Health Check via an invitation letter sent to the address held in their medical records. Invitation letters and leaflets are sent once a year to those identified as eligible.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Participants will only be excluded if they are no longer eligible for an NHS Health Check at their GP's surgery, for example, if they have had one at a local pharmacy already.

Date of first enrolment
01/05/2013

Date of final enrolment
30/10/2013

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Department of Health
London
United Kingdom
SW1A 2NS

Sponsor information

Organisation
Department of Health (UK)

ROR
https://ror.org/03sbpja79

Funder(s)

Funder type
Government

Funder Name
Department of Health (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	24/03/2016		Yes	No
HRA research summary			28/06/2023	No	No