

Warm up activity: If the 10 Year Health Plan is a success what 3 words will describe how using the NHS will feel in the future?

Participants raised:

- Assess, diagnose, treat
- Cohesive, together, supporting
- Local, timely, efficient, personalised
- Community, research, treatment
- Efficient, secure, reliable
- Patient-led
- Optimistic, practical, challenging
- Confidence, accessibility, finance

Question 1 - What would more focus on stopping people from getting ill mean to you?

Key Themes

Participants highlighted that the current system for preventative services, such as weight management services, is overly complex and difficult to navigate. Current systems are outdated in terms of treatment options and technologies, and it is difficult to even get an appointment.

In contrast, when thinking about what more focus on prevention might look like, participants highlighted the need for more attention to be paid to an individual's family history of cardiovascular disease (CVD) through better screening. Increasing GP capacity and reducing their workload was also highlighted as important for ensuring GPs are able to take the time to throughout read through a patient's records before prescribing an inappropriate treatment option for that individual. For example, one participant recalled being told by a GP that he could have a hip replacement next week. When he asked the GP, 'But, what about my condition?', the GP replied, 'what condition?', to which the patient replied, 'I've had a heart transplant!'. The GP checked the patient's record to discover this was indeed the case - and should have been noticed sooner.

Increasing the availability of screening in more remote and rural areas was raised, as was bringing screening to people at supermarkets, libraries, town centres etc.

The importance of supporting more people to be physically active was discussed.

In the context of patients who have already been diagnosed with a cardiovascular condition, the importance of supporting them to manage their health and not become more unwell was highlighted.

Question 2 -Weight loss jabs

What are some good things about weight loss jabs?

One participant who is currently accessing weight loss jabs privately highlighted how the jabs have had a positive impact on their life. This participant said, 'They are worth every penny. They have changed my life'. This participant argued that if eligibility for weight loss jabs was expanded, they could improve the quality of more people's lives.

What are some bad things about weight loss jabs?

However, many participants highlighted that if weight loss jabs were made more available for more people, they would need to be tightly regulated in order to avoid people using them inappropriately or unsafely.

Weight management services that supported people to lose weight before they developed obesity were also raised as important. And it was highlighted that these services should be personalised and holistic, taking into account the different psychological, emotional and economic reasons why an individual might be living with obesity.

On participant said: 'So the prevention [of obesity] has to look at personalising people's weight management plan because each person is different'.

Question 3 - Health checks

What are some good things about health checks?

The positives surrounding having health checks come to communities, and making them more accessible was raised. One participant highlighted that the NHS Lunch Health Check mobile unit came to their local Sainsburys recently - and that this was helpful in increasing the accessibility of health checks. More 'pop-up' services such as this, which make screening easily accessible was largely supported by participants.

A sense that health checks are part-and-parcel of a positive, functioning, local community was a narrative that emerged in this discussion. One participant said, 'It's got to be something that the community [...] takes on in a bigger way so that you know it's government led and local authorities and businesses and charities all see it as an integral part of the remit for the well-being of the people of this country'.

What are some bad things about health checks?

Addressing the barriers to accessing screening services and ensuring that all communities have equal access to health checks was noted as something that must be improved.

Question 4 - What 3 things should the NHS do to stop people getting ill?

Overall, participants highlighted:

1. The need for comprehensive support across the cardiovascular pathway, including psychological support and peer support.
2. The postcode lottery of care must be addressed, including when it comes to secondary prevention such as screening. Adopting a joined-up approach, with local authorities was proposed as a possible solution to this.
3. Adequate funding for the NHS to address the problems raised above must be secured.