

Table 1: Variations in having an NHS Health Check among different socio-economic, demographic and behavioural groups

	NHS Health Check			
	No n=342	Yes n=637	OR (95% CI)	P value
<b>Age (in years)</b>	53.8 (10.2)*	55.3 (9.9)*	0.02 (0.01 to 0.03)^	0.027
<b>Sex</b>				
Male	169 (49.42)	355 (55.73)	1	
Female	173 (50.58)	282 (44.27)	0.78 (0.60 to 1.01)	0.059
<b>Index of multiple deprivation (quintile)</b>				
1	136 (39.77)	265 (41.60)	1	
2	99 (28.95)	203 (31.87)	1.05 (0.77 to 1.44)	0.752
3	67 (19.59)	120 (18.84)	0.92 (0.64 to 1.32)	0.649
4	37 (10.82)	41 (6.44)	0.57 (0.35 to 0.93)	0.024
5	3 (0.88)	8 (1.26)	1.37 (0.36 to 5.24)	0.647
<b>Sexual orientation</b>				
Heterosexual	318 (92.98)	582 (91.37)	1	
LGBT	7 (2.05)	23 (3.61)	1.80 (0.76 to 4.23)	0.181
Prefer not to say	17 (4.97)	32 (5.02)	1.03 (0.56 to 1.88)	0.927
<b>Ethnicity</b>				
White	225 (65.79)	342 (53.69)	1	
BME	117 (34.21)	295 (46.31)	1.66 (1.26 to 2.18)	<0.001
<b>Religion</b>				
Christianity	126 (36.84)	224 (35.16)	1	
Other	101 (29.53)	277 (43.49)	1.54 (1.13 to 2.11)	0.007
No	114 (33.33)	133 (20.88)	0.66 (0.47 to 0.91)	0.013
Don't know/refused	1 (0.29)	3 (0.47)	1.69 (0.17 to 16.39)	0.652
<b>English language skills</b>				
Yes	336 (98.25)	622 (97.65)	1	
No	6 (1.75)	15 (2.35)	1.35 (0.52 to 3.51)	0.538
<b>Smoker</b>				
Never	181 (52.92)	397 (62.32)	1	
Ex-smoker	85 (24.85)	112 (17.58)	0.60 (0.43 to 0.84)	0.003
Current smoker	76 (22.22)	128 (20.09)	0.77 (0.55 to 1.07)	0.121
<b>Alcohol drinker</b>				
Never	127 (37.13)	290 (45.53)	1	

Ex-drinker	22 (6.43)	33 (5.18)	0.66 (0.37 to 1.17)	0.154
Current drinker	192 (56.14)	307 (48.19)	0.70 (0.53 to 0.92)	0.011
Prefer not to say/don't know	1 (0.29)	7 (1.10)	3.07 (0.37 to 25.18)	0.297

\*mean (SD); ^coefficient (95% CI)

Table 2: Any association between having an NHS Health Check and a healthy lifestyle

	NHS Health Check			
	No n=342	Yes n=637	OR (95% CI)	P value
<b>Describing a healthy lifestyle</b>				
<b>A healthy diet</b>				
Yes	269 (78.65)	473 (74.25)	1	
No	73 (21.35)	164 (25.75)	1.28 (0.93 to 1.75)	0.126
<b>Regular exercise</b>				
Yes	251 (73.39)	435 (68.29)	1	
No	91 (26.61)	202 (31.71)	1.28 (0.96 to 1.72)	0.097
<b>No smoking</b>				
Yes	118 (34.50)	192 (30.14)	1	
No	224 (65.50)	445 (69.86)	1.22 (0.92 to 1.62)	0.162
<b>Not drinking too much alcohol</b>				
Yes	101 (29.53)	167 (26.22)	1	
No	241 (70.47)	470 (73.78)	1.18 (0.88 to 1.58)	0.268
<b>Following a healthy lifestyle</b>				
<b>Current diet- fruit and vegetables</b>				
≥5 portions/day	90 (26.32)	155 (24.33)	1	
<5 portions/day	252 (73.68)	482 (75.67)	1.11 (0.82 to 1.50)	0.495
<b>Current physical activity- moderate intensity</b>				
≥150 mins/week	191 (55.85)	356 (55.89)	1	
<150 mins/week	148 (43.27)	260 (40.82)	0.94 (0.72 to 1.23)	0.665
Don't know	3 (0.88)	21 (3.30)	3.76 (1.11 to 12.75)	0.034
<b>Current smoking or tobacco usage</b>				
No	264 (77.19)	496 (77.86)	1	
Yes	78 (22.81)	141 (22.14)	0.96 (0.70 to 1.32)	0.810
<b>Current alcohol drinking</b>				
≤14 units/week	303 (88.60)	553 (86.81)	1	
>14 units/week	39 (11.40)	84 (13.19)	1.18 (0.79 to 1.77)	0.423
<b>Current BMI</b>				
Normal	95 (27.78)	152 (23.86)	1	
Under	11 (3.22)	9 (1.41)	0.51 (0.20 to 1.28)	0.152
Overweight/obese	185 (54.09)	395 (62.01)	1.33 (0.98 to 1.82)	0.068
Not stated	51 (14.91)	81 (12.72)	0.99 (0.64 to 1.53)	0.973
<b>Thinking of making lifestyle changes in the next 6 months</b>				
<b>Eat more healthily</b>				
Yes	92 (26.90)	215 (33.75)	1	

No	250 (73.10)	422 (66.25)	0.72 (0.54 to 0.97)	0.028
<b>Lose weight</b>				
Yes	116 (33.92)	235 (36.89)	1	
No	226 (66.08)	402 (63.11)	0.88 (0.67 to 1.16)	0.355
<b>Increase the amount of physical activity</b>				
Yes	88 (25.73)	169 (26.53)	1	
No	254 (74.27)	468 (73.47)	0.96 (0.71 to 1.29)	0.786
<b>Cut down or stop smoking</b>				
Yes	35 (10.23)	66 (10.36)	1	
No	307 (89.77)	571 (89.64)	0.99 (0.64 to 1.52)	0.950
<b>Cut down the amount of alcohol</b>				
Yes	12 (3.51)	39 (6.12)	1	
No	330 (96.49)	598 (93.88)	0.56 (0.29 to 1.08)	0.083

Table 3: Any association between having an NHS Health Check and cut down/stop smoking among current smokers or amount of alcohol current drinkers would like to drink

	NHS Health Check			
Cut down/stop smoking among current smokers, included smoking and other forms of tobacco usage				
	No n=78	Yes n=141	OR (95% CI)	P value
Trying to cut down or give up smoking completely				
Yes	41 (52.56)	72 (51.06)	1	
No	35 (44.87)	58 (41.13)	0.94 (0.53 to 1.67)	0.841
Don't know	2 (2.56)	11 (7.8)	3.13 (0.66 to 14.83)	0.150
Giving up smoking altogether				
Yes	40 (51.28)	83 (58.87)	1	
No	32 (41.03)	53 (37.59)	0.80 (0.45 to 1.42)	0.445
Don't know	6 (7.69)	5 (3.55)	0.40 (0.12 to 1.40)	0.151
Ever tried to stop smoking				

Yes	65 (83.33)	105 (74.47)	1	
No	13 (16.67)	36 (25.53)	1.71 (0.85 to 3.47)	0.134
<b><i>Amount of alcohol current drinkers would like to drink</i></b>				
	<b>No n=192</b>	<b>Yes n=307</b>	<b>OR (95% CI)</b>	<b>P value</b>
<b>Like to drink alcohol</b>				
Less than as at the moment	31 (16.15)	68 (22.15)	1	
About the same as at the moment	158 (82.29)	232 (75.57)	0.67 (0.42 to 1.07)	0.094
More than as at the moment	3 (1.56)	7 (2.28)	1.06 (0.26 to 4.39)	0.932

Table 4: Multiple logistic regression models, having adjusted for 'a priori' confounders

	OR (95% CI)	P value
<b><i>Variations in having an NHS Health Check among specific socio-demographic and behavioural groups</i></b>		
<b>Ethnicity*</b>		
White	1	
BME	1.74 (1.31 to 2.32)	<0.001
<b>Religion*</b>		
Christianity	1	
Other	1.61 (1.16 to 2.25)	0.005
No	0.69 (0.49 to 0.98)	0.037
Don't know/refused	1.55 (0.16 to 15.29)	0.707
<b>Index of multiple deprivation (quintile)#</b>		
1	1	
2	0.91 (0.66 to 1.27)	0.596
3	0.84 (0.58 to 1.22)	0.367
4	0.55 (0.34 to 0.91)	0.019
5	1.64 (0.42 to 6.40)	0.473
<b>Index of multiple deprivation (quintile)^</b>		
1	1	
2	0.92 (0.66 to 1.27)	0.598
3	0.81 (0.55 to 1.17)	0.255
4	0.55 (0.33 to 0.90)	0.019
5	1.68 (0.43 to 6.59)	0.455
<b>Smoker⊥</b>		
Never	1	
Ex-smoker	0.65 (0.45 to 0.92)	0.017
Current smoker	0.85 (0.59 to 1.21)	0.364
<b>Smoker±</b>		
Never	1	
Ex-smoker	0.67 (0.47 to 0.97)	0.031
Current smoker	0.89 (0.62 to 1.27)	0.506
<b>Alcohol drinker⊥</b>		
Never	1	
Ex-drinker	0.74 (0.41 to 1.36)	0.334
Current drinker	0.82 (0.60 to 1.12)	0.209
Prefer not to say/don't know	3.94 (0.46 to 33.31)	0.209
<b>Alcohol drinker±</b>		

Never	1	
Ex-drinker	0.79 (0.43 to 1.45)	0.446
Current drinker	0.87 (0.64 to 1.20)	0.407
Prefer not to say/don't know	4.44 (0.52 to 38.28)	0.175
<b><i>Association between having an NHS Health Check and thinking of eating more healthily in the next 6 months</i></b>		
<b>Eat more healthily<sub>⊥</sub></b>		
Yes	1	
No	0.80 (0.59 to 1.09)	0.155
<b>Eat more healthily<sub>±</sub></b>		
Yes	1	
No	0.82 (0.61 to 1.12)	0.210

\*adjusted for age, sex and index of multiple deprivation; #adjusted for age, sex and ethnicity; ^adjusted for age, sex and religion; ⊥adjusted for age, sex, index of multiple deprivation and ethnicity; ±adjusted for age, sex, index of multiple deprivation and religion