

# The Tenovus Health Check

## Version 1 (2010-2012)

### Background

- Each year in Wales around 18,000 people are diagnosed with cancer.
- This is around 20% higher than in England per head of population.
- When the incidence is age standardised it is still around 10% higher.
- As many as 4 in 10 of all cancer cases are caused by lifestyle factors.

### The Tenovus Health Check

Developed to raise awareness of the risk factors associated with cancer as well as the signs and symptoms that may indicate a condition that requires further medical investigation.

Cancer rates vary greatly across Wales and are strongly linked to social deprivation due to its strong correlation with poor lifestyle choices. The Tenovus Health Check has been delivered in areas with high cancer incidence, in the heart of the community and in partnership with local and national organisations.



The Health Check asks the user a number of simple questions relating to-

- family history of cancer
- lifestyle factors that could increase the risk of cancer and other diseases
- symptoms that may indicate further medical investigation is required

Once completed the user receives a feedback sheet with a red / amber / green system relating to the answers they have given.

A Tenovus Health Check advisor will then explain the results and provide information on the lifestyle factors that may be influencing their risk of developing cancer.

The Health Check advisor may also highlight any reported symptoms that may require medical investigation by a GP or other health professional.



### Results



Between 2010 and 2012 we have delivered-

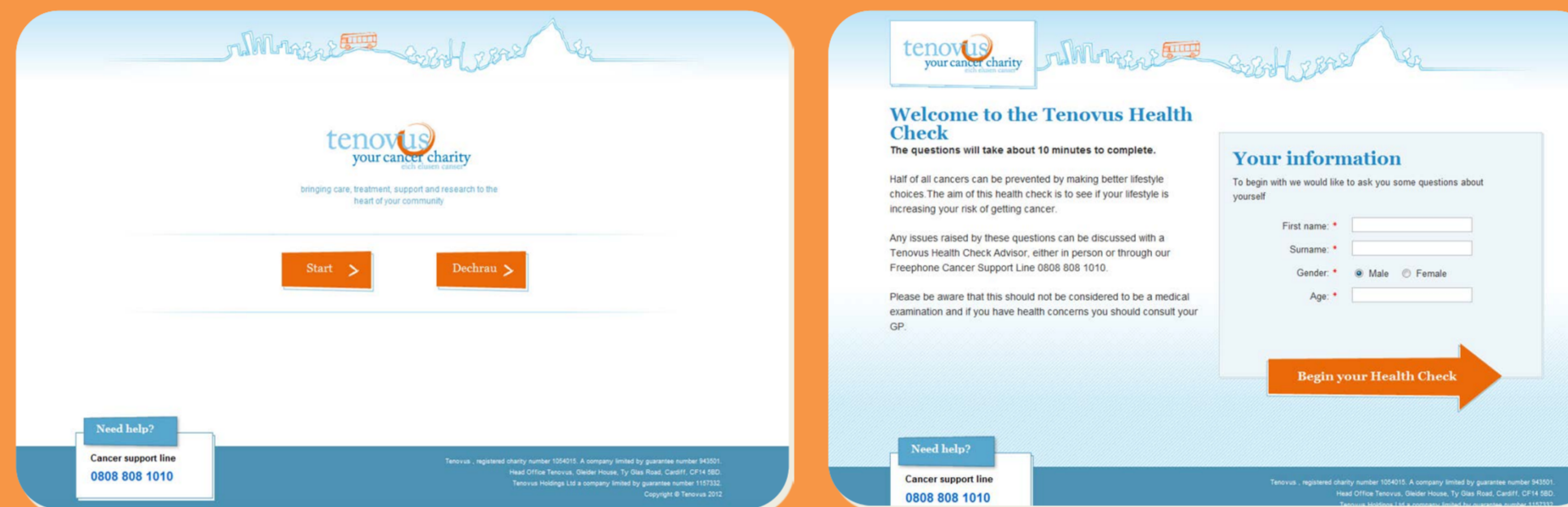
- 2507 health checks
- 71 health Check events in communities and workplaces across Wales
- the majority of these on-board the Tenovus Mobile Cancer Support Unit.

## Version 2: Tenovus Online Health Check

Despite the success of the Tenovus Health Check over the past two years it had a number of limitations-

- Health Check stored offline on single laptop
- Unable to carry out health checks in multiple locations simultaneously
- No system for follow up and monitoring of individuals who took had a health check
- Data had to be manually backed up to our server
- Data difficult to analyse

Therefore we decided to build on our two years of delivery experience by building a new online version of the Tenovus Health Check with the following capabilities-



### Opportunities

Tenovus is now keen to work with partner organisations to deliver the Health Check in the community. We can do this through carrying out Health Checks for a group or organisation, or by providing training so that partner organisations can deliver the Health Check in their own setting with support, follow up and reporting provided by Tenovus.

If you would like to know more about the Tenovus Health Check please contact-  
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Version 1 built by Richard Landy; Version 2 built by Precendent  
Many thanks to everyone who has delivered the Health Check. and fed into the Version 2 improvements