

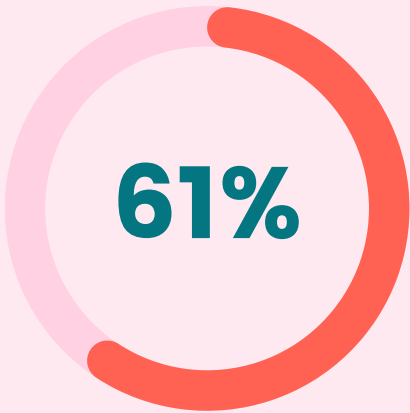
Community Health Check

Initial event feedback



103

people participated in the initial event

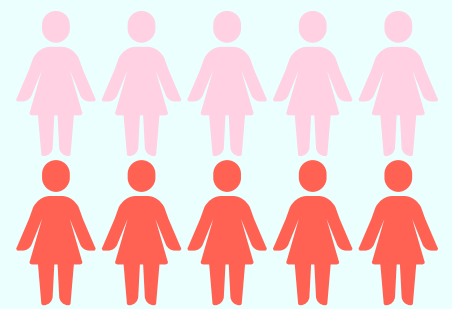


Of people had an abnormal blood pressure reading at the health check

Not all of these people will go on to have a diagnosis of high blood pressure, but it's still much higher than expected and concerning. We would expect around 25% of people to have a high reading

Who attended?

The majority (around 90%) of people attending were between the ages of 30-69. There was an equal split of male and female participants from different backgrounds



Six main languages

were spoken by participants, including English, Urdu, Punjabi, Czech, and Slovak. The role of community engagement in helping these people engage with the health checks event was incredibly important

What did people think?

"It was good to know about my health"

Key themes from feedback

- Improved awareness of heart health and changes to improve health
- Overall positive experience
- Improved access to medical services
- Valuable insights in how to improve the health check process for future events

You won't know you have high blood pressure unless you have it checked

None of the people with high blood pressure had any symptoms, it's really important to get your blood pressure checked if you haven't recently.

You can get your blood pressure checked in several ways

- Your local pharmacy often offers free blood pressure checks
- Your local GP practice
- Future health check events in Bradford

Thanks to fantastic community effort to get the word out about heart health, this initial event had a great level of participation.

The number of high blood pressure readings is surprisingly high and concerning. It tells us that the health checks are reaching people who would benefit from support to improve their heart health.

Results of blood tests have been processed by GP's and participants contacted with their results.

Future events are being planned to build on this initial event to improve the community's heart health.

