



Checking your blood pressure in Haringey

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Checking your blood pressure

- Up to June 2023 we are offering free blood pressure checks in the community
- We are attending local community meetings and events
- We are going to disadvantaged areas, communities and individuals, those who find it hardest to access GP services
- We are identifying people who may have high blood pressure or severe **hypertension** and may not be aware
- Preventing heart attacks and strokes
- Helping tackle health inequalities

Which communities are we visiting?

- Older people
- Carers
- Black African and Black Caribbean communities
- Turkish and Kurdish communities
- People experiencing homelessness
- Gypsies and Travellers
- Disabled people (physical disabilities and learning disabilities)
- Others who might find it hard to access GP and healthcare services

Statistics on Blood Pressure in the UK

1

General Statistics

Around 1 in 3 adults has high blood pressure

2

Undiagnosed Adults

5 million adults have undiagnosed high blood pressure

They will not know they are at risk

3

Impact on Black and African Communities

Black people of African descent are 3 to 4 times more likely to have high blood pressure compared to white populations

4

Impact of high blood pressure

High blood pressure is responsible for more than half of all **strokes and heart attacks**

What can lead to High Blood Pressure?



What to do if I have high blood pressure?

It's important to make sure your doctor is aware.
And there are things we can all do to reduce our blood pressure:

01

Eat less salt

04

Do more exercise

02

Eat more fruit, vegetables and wholegrains

05

Reduce / stop smoking and drinking alcohol

03

If you're overweight, lose weight

06

Try to minimise stress

Measuring Blood Pressure

[Shop s](#)



What we do when delivering a blood pressure check?



Check #1



Certain activities raise blood pressure and so could give a high reading. These are activities such as smoking, drinking tea/coffee or doing exercise.

Preparing #2



You'll need to roll up your sleeve for the most accurate reading. You shouldn't move or talk whilst the machine is calculating.

Do the check #3



Wait between 30 seconds to a minute for the machine to complete a check

Advise #4



Upon completing a check, we will advise dependent on readings. If it is high, we will advise to make an appointment with your GP or if it is slightly high, we will hand out leaflets from the BHF on the lifestyle changes that can be adopted to reduce blood pressure.



High Blood Pressure

Above 140 / 90

May have high blood pressure (hypertension)
Further checks needed to confirm - encourage them to go to their GP or a pharmacy as soon as practical

180 / 110 or higher
Indicates **severe hypertension**

Encourage them to see their GP as soon as possible (ideally on the same day)



Slightly High Blood Pressure

120 / 80 to 140 / 90

Worth adapting your lifestyle slightly

Check again in a year

Aim to reduce the risk of developing high blood pressure



Normal Blood Pressure

Below 120 / 80

If you have heart and circulatory disease (eg coronary heart disease or stroke)
or diabetes
or kidney disease,
then below 130 / 80

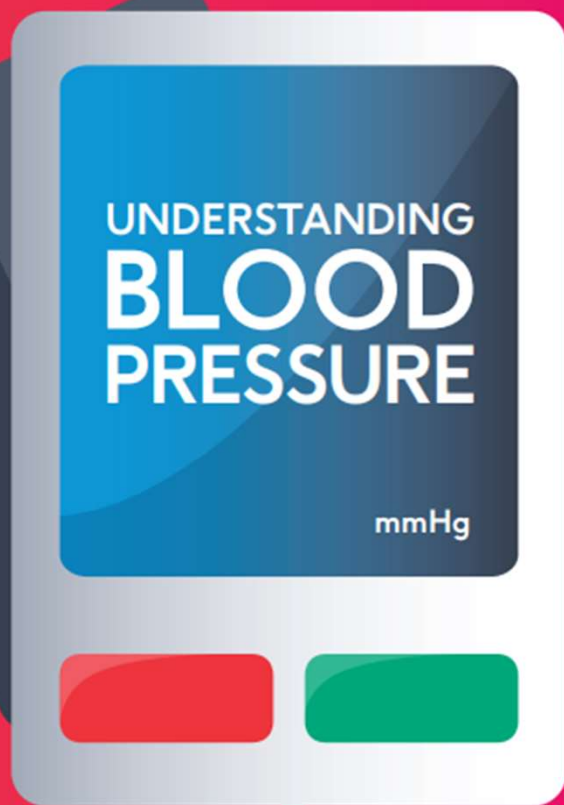


Low Blood Pressure

Below 90 / 60

Low blood pressure doesn't necessarily mean there is a problem

People with low blood pressure tend to live longer than people with high, or even normal, blood pressure



Blood pressure and heart and circulatory diseases

This leaflet is for people with high blood pressure. High blood pressure can cause heart and circulatory diseases including heart attack or stroke. But there are simple things you can do to help bring your blood pressure down to a healthy level like eating better and taking medication.

You need to act now – even if you feel fine.

Heart and circulatory diseases kill 1 in 4 people in the UK, and high blood pressure is one of the most common causes for it. You need to make some changes to what you eat and how active you are to help bring your blood pressure back down.

Timeline of events attended in 2022

9 November
Women with a Voice

22 November
The New Welcome club

29 November
Rise Projects job fair



Black Communities'
Healthy Living and
Lifestyle Fair
29 October

Roj Women's Association
weekly
14 November

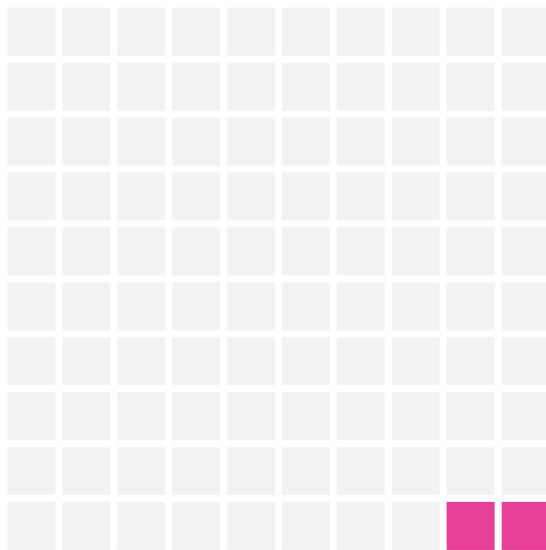
Haringey Over 50s
Forum AGM
22 November

Haringey Community
Expo
1 December

Statistics on blood pressure checks

148 checks completed by December 2022

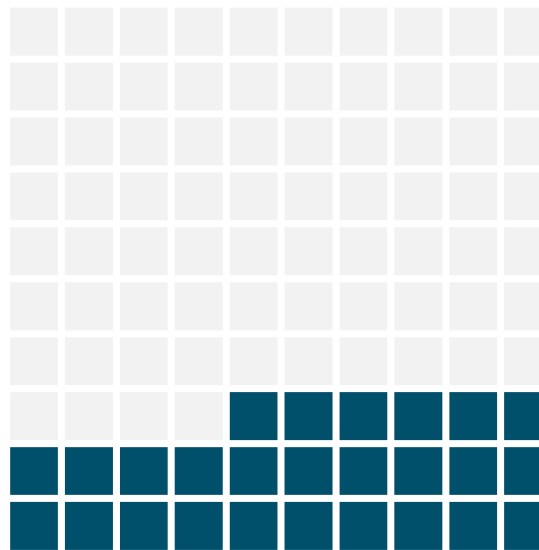
2%



Severely high blood pressure

3 people (2%) had severely high blood pressure

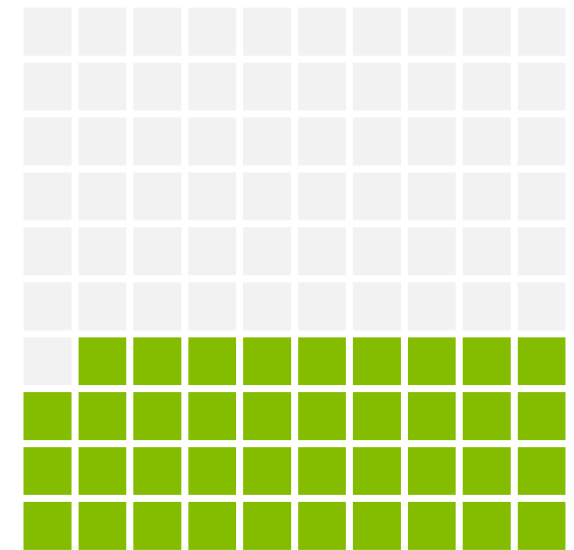
26%



High blood pressure

38 people (26%) had high blood pressure

39%



Slightly high blood pressure

57 people (39%) had slightly high blood pressure.

Training Volunteers & Voluntary and Community Sector Staff



Training Volunteers

We trained up 8 volunteers across 3 information and training sessions in October and November 2022

They are helping us with this project, supporting us in carrying out free blood pressure checks



Volunteers supporting us!

4 volunteers have supported us already at community meetings and events



VCS

We are running 2 more information and training sessions for VCS staff

Tuesday 7 February and Tuesday 21 March, 11am to 12.15pm, at Tottenham Town Hall