



Healthwatch North East Lincolnshire

Hypertension poll review

## Overview

Our September poll was a yes/no poll. This month's poll asked:

*"Do you know what Hypertension is?"*

September had the best response this year with 363 polls completed. Of this number 227 were completed at Grimsby College over 2 days during our talks with health and social care classes.

The results were as follows:

- 34% (122 respondents) said they know what Hypertension is.
- 66% (241 respondents) said they did not know what Hypertension is.

If we were to remove the figures from Grimsby College we see the figures reversed, with

- 71% (97 respondents) saying they know what Hypertension is, and
- 29% (39 respondents) saying they don't know what Hypertension is

The disparity between those two groups of numbers highlights that younger people (we estimate an 80-20 split of under-over 25's in the college group) are not aware of hypertension or the risks associated with it, a knowledge of which may help them avoid hypertension later in life.

## Why Hypertension

After conducting research on the health of North East Lincolnshire we found that one of the biggest health issues affecting residents of N.E. Lincolnshire is Hypertension. Over 18% (roughly 29,000) of the local population are registered with their GP as having Hypertension.

We focused our poll on Hypertension because it does not necessarily need to be treated medically, raising awareness and promoting healthier living can significantly reduce hypertension and the serious health issues associated with it.

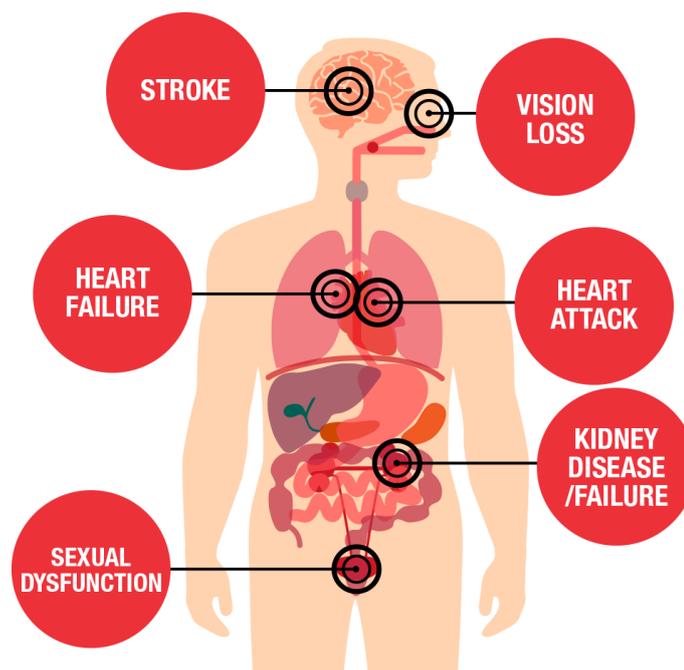
## What is Hypertension?

Hypertension is also referred to as high blood pressure. Blood pressure is recorded with two numbers, the systolic pressure and the diastolic pressure. The systolic pressure (higher number) is the force at which your heart pumps blood around your body. The diastolic pressure (lower number) is the resistance to the blood flow in the blood vessels. They're both measured in millimetres of mercury (mmHg).

### As a general guide:

- High blood pressure is considered to be 140/90 or higher
- Ideal blood pressure is considered to be between 120/80 and 90/60
- Low blood pressure is considered to be 90/60 or lower

While Hypertension alone does not show any symptoms the health effects long term can be deadly.



## **What can you do?**

Knowing your numbers (and what they mean) can help you improve your blood pressure. See your local Pharmacist today to get your blood pressure taken and to seek advice on keeping your heart healthy.

Your local pharmacy may offer the following services, which can help you maintain a healthy blood pressure:

- Health and Wellness Advice
- Stop Smoking Service
- Weight Management Service

## **You can also reduce your blood pressure by:**

- Stopping Smoking
- Eating Healthy
- Reducing alcohol intake
- Reducing caffeine intake
- Reducing salt intake.
- Maintaining an active and healthy lifestyle
- Reducing stress, and
- Monitoring your blood pressure, particularly if you have been diagnosed as having hypertension.

## **Resources and Tools**

If you are worried about your blood pressure or just want to get a quick health check you can visit your local pharmacy to have a drop in check, or make an appointment to get to know your numbers.

40-74 year olds without a pre-existing medical condition can get free health checks from your GP every five years.

Check out the British Heart Foundation top tips for reducing blood pressure [here](#). They also link to Apps and services for further help and support

You can visit the Drinkaware website [here](#) they have lots of extra information regarding High blood pressure and alcohol to help you cut back.

Over 30's can use the British Heart Foundation "Check your Heart Age" tool [here](#).

18-30's can take the NHS "How Are You" quiz [here](#).

### **Further Information**

During the month of October we will be working in partnership with Local Pharmacies and promoting Blood Pressure checks. At the end of the month we will analyse our results and make recommendations on this poll review.

If you have any questions or require any further information feel free to get in touch:

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