



Hypertension survey results

Survey duration: 29 November – 22 December

Total responses received: 104

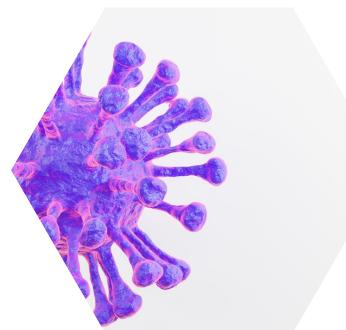


Hypertension Survey

This survey was designed to help us better understand:

- if people know what their blood pressure readings are
- how often people check their blood pressure, and if they don't check why
- if people know the causes of high blood pressure
- where people get their information on blood pressure from

The results of the survey will be shared with the teams responsible for the Living Well Frimley Health and Care ICS ambition.



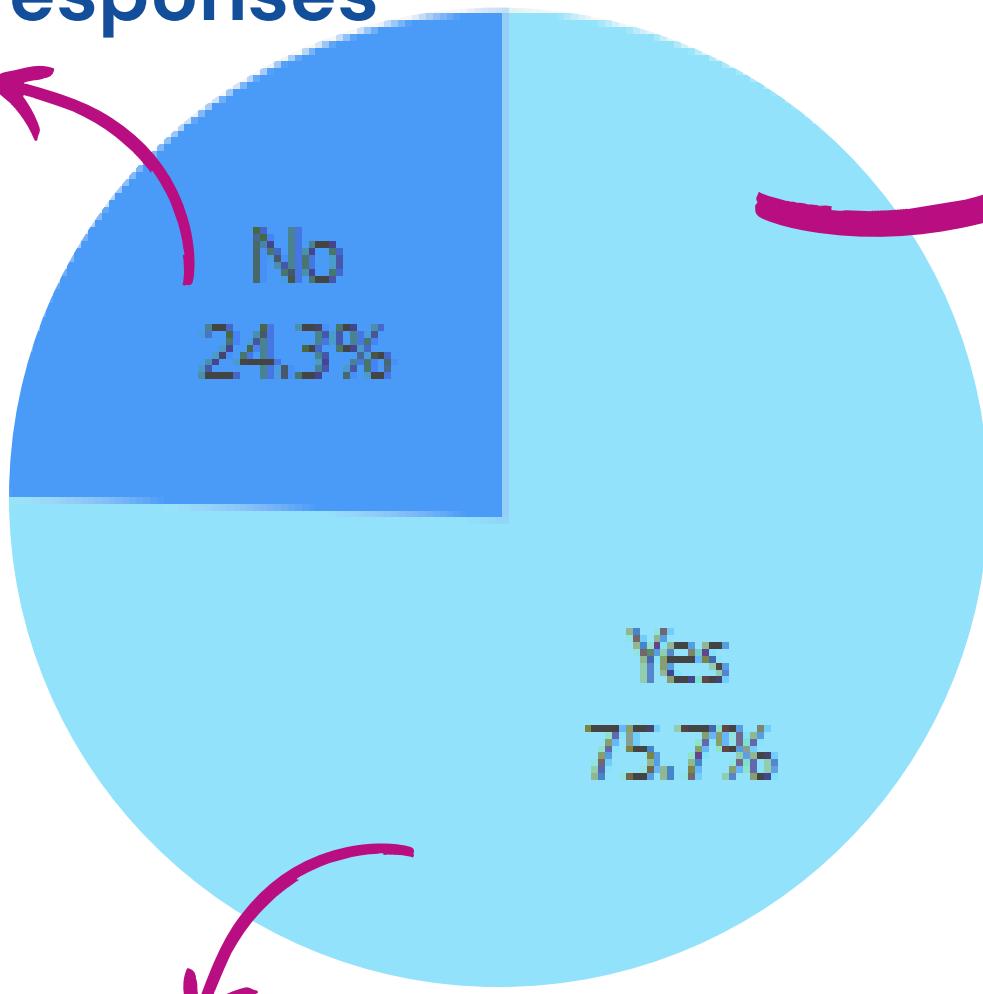
Did you know...

- High blood pressure is known as 'the silent killer' because not only is it behind large numbers of deaths each year, it often has no symptoms.
- An estimated one third of the adult population has high blood pressure, yet a third of them have no idea they're at risk.
- If your blood pressure readings, from any setting, are consistently above 140/90mmHg you may have high blood pressure and should contact your GP practice for a review.
- High blood pressure can be treated by making a few lifestyle changes and you may be prescribed medication.

Survey results summary

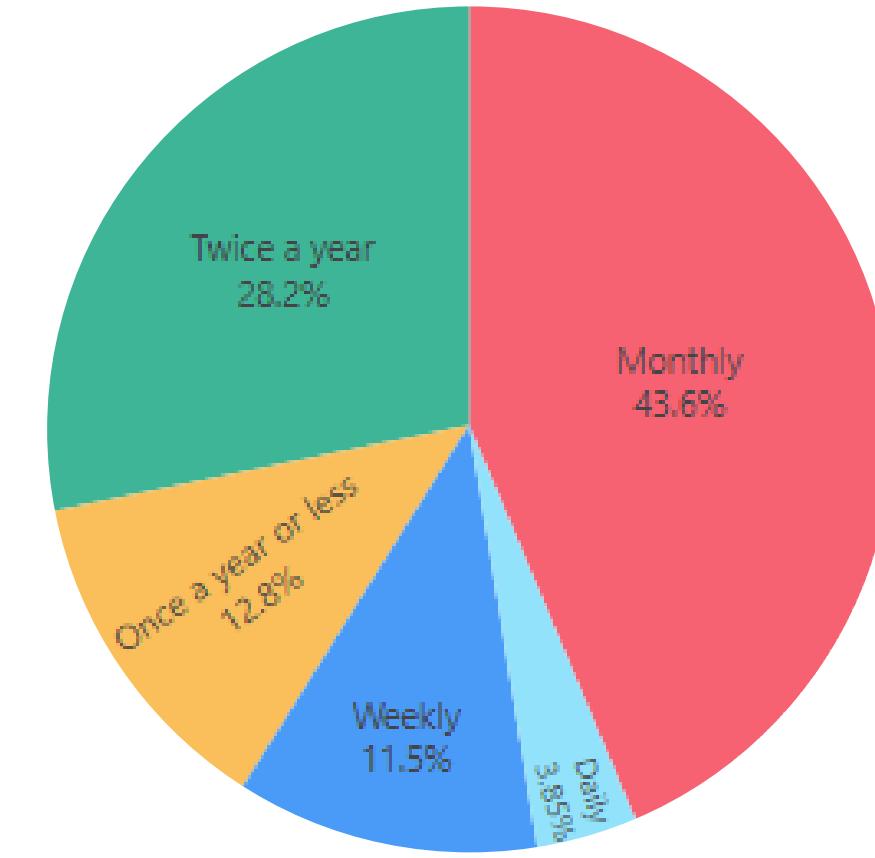
Do you know what your blood pressure is?

25 responses

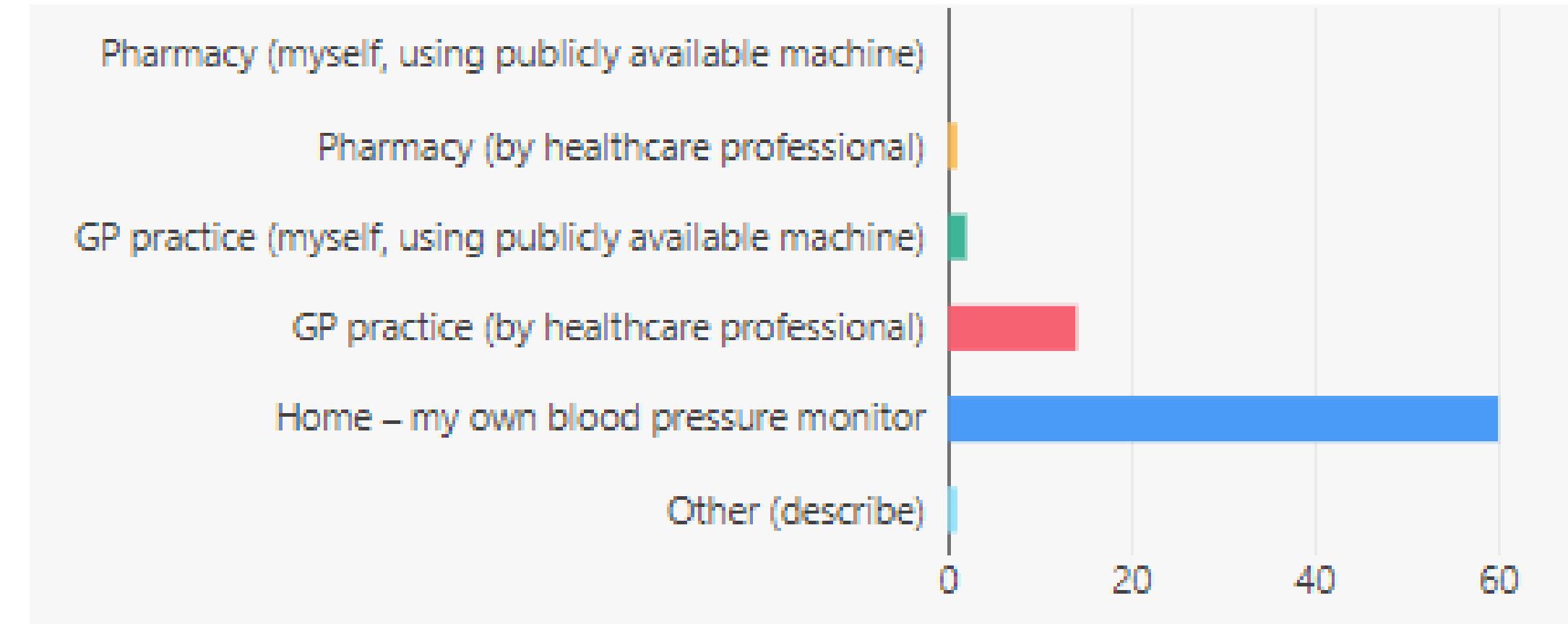


78 responses

How often is your blood pressure checked?

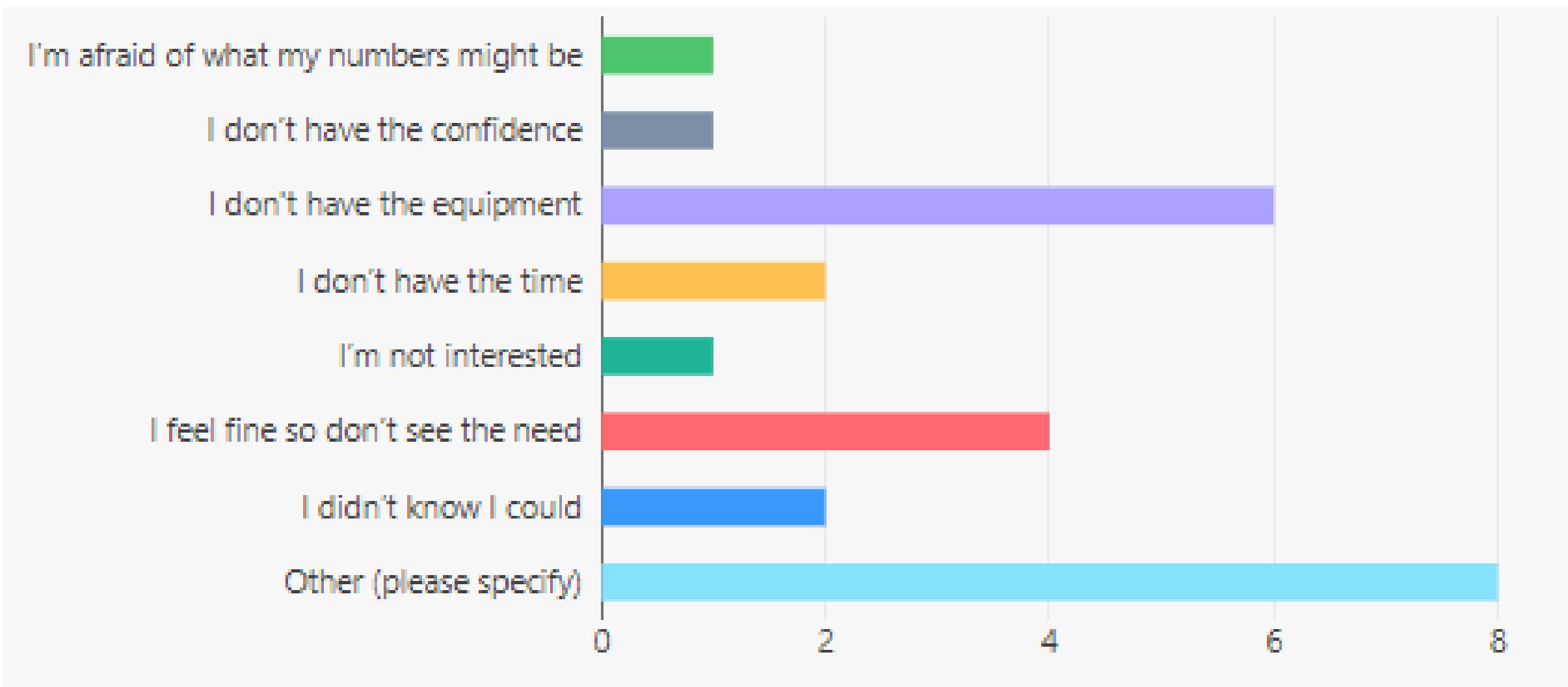


How/where do you usually have it checked?



What's stopping you from checking your blood pressure?

25 responses



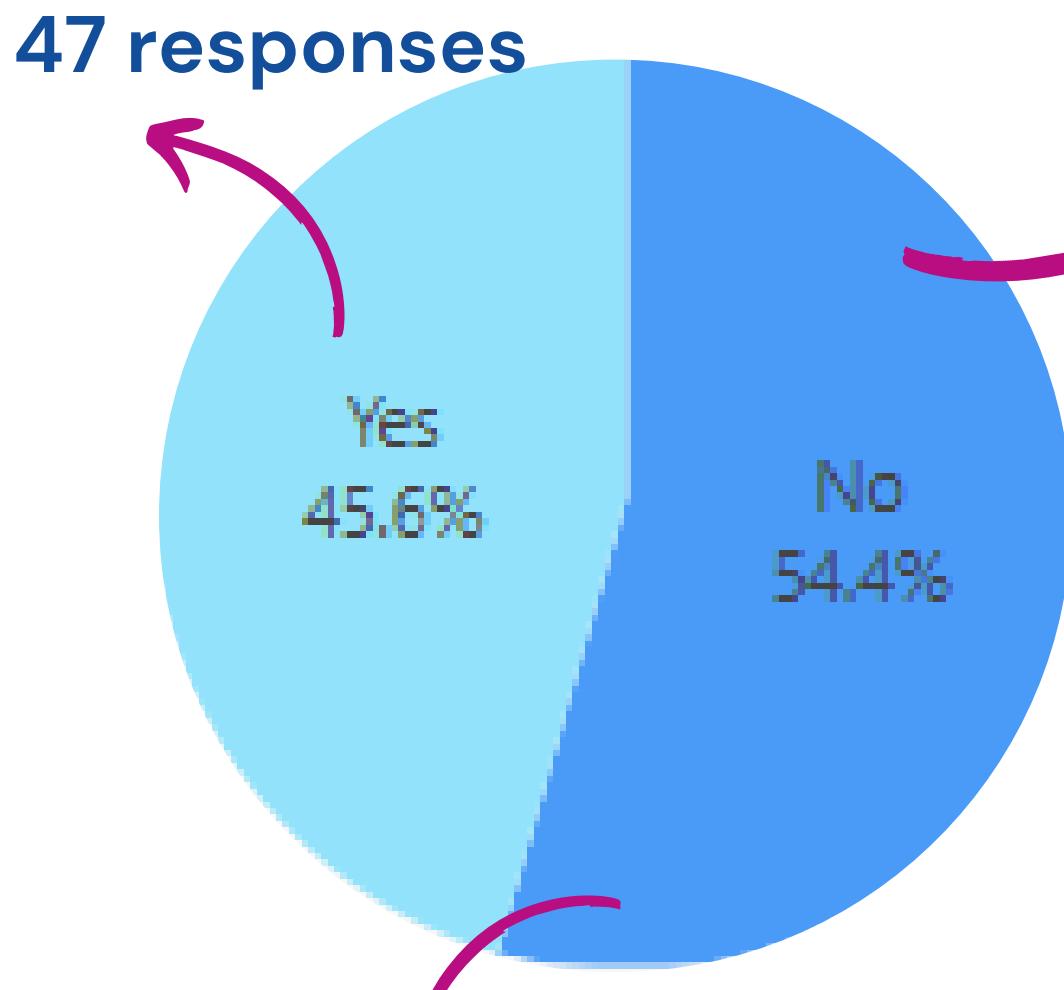
I have never had blood pressure each time I have visited my GP

Probably too complicated to get an appointment

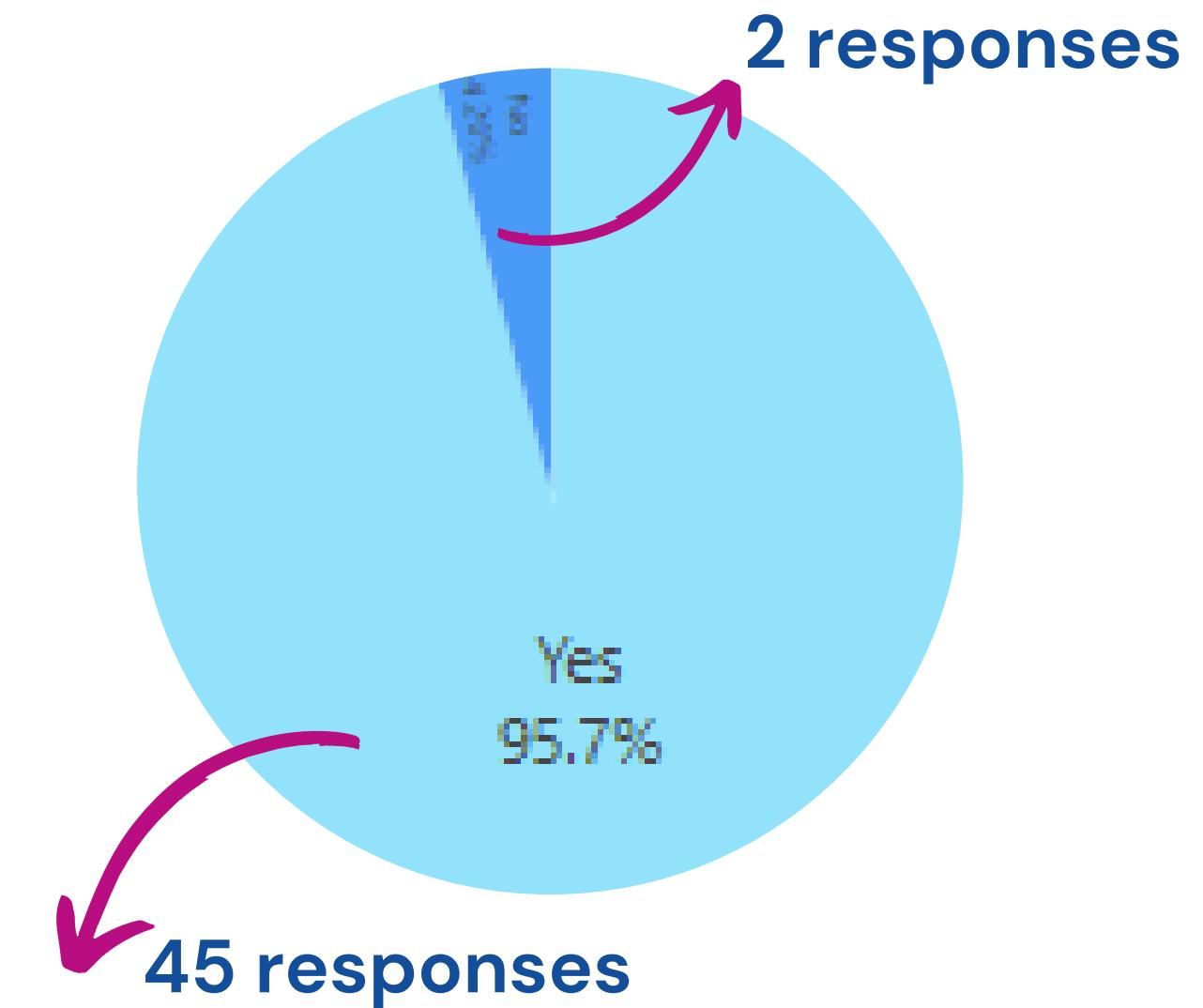
Not thought about it recently, although I do have my own blood pressure monitor

Survey results summary

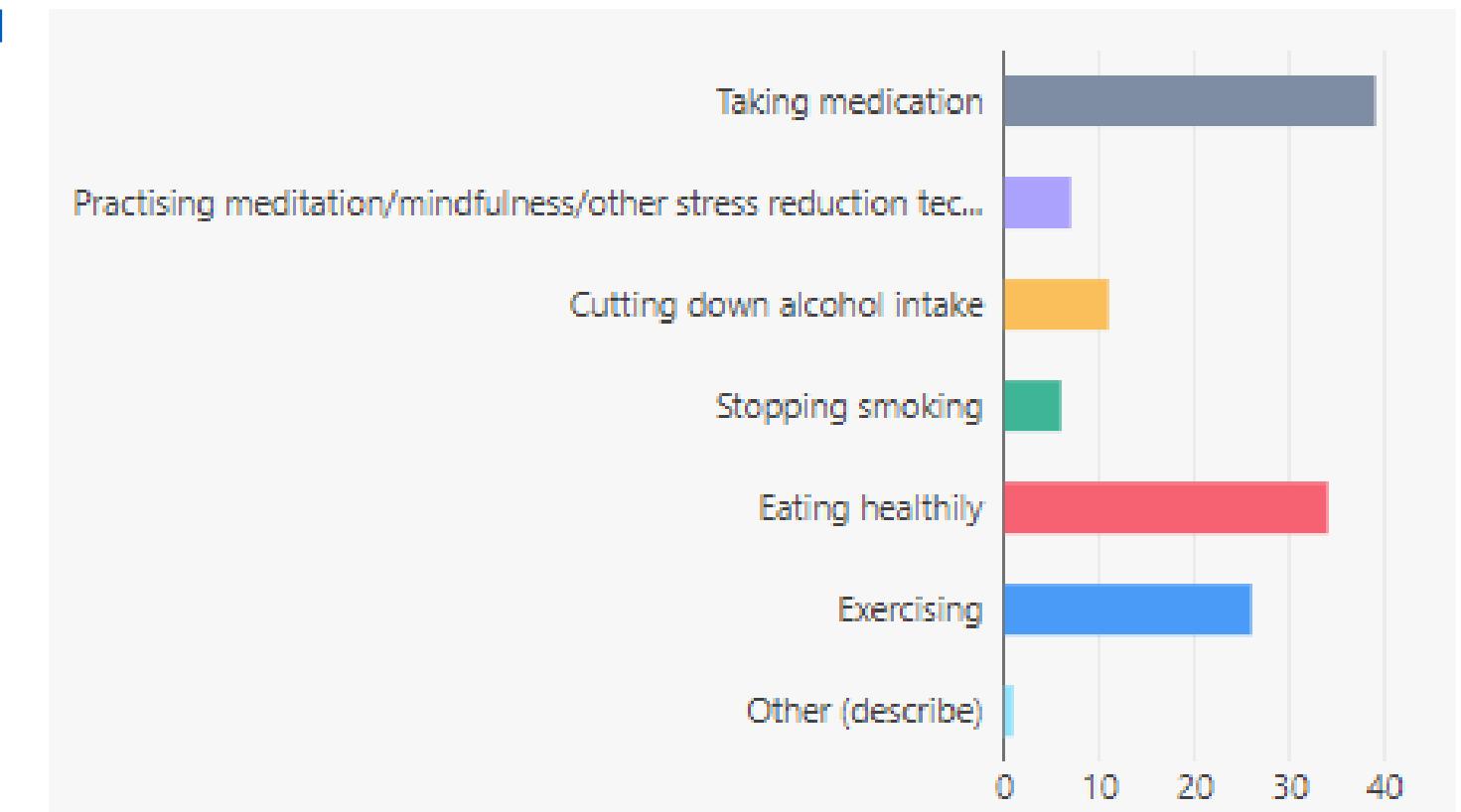
Have you been diagnosed with raised or high blood pressure?



Are you currently doing anything to lower your raised or high blood pressure?

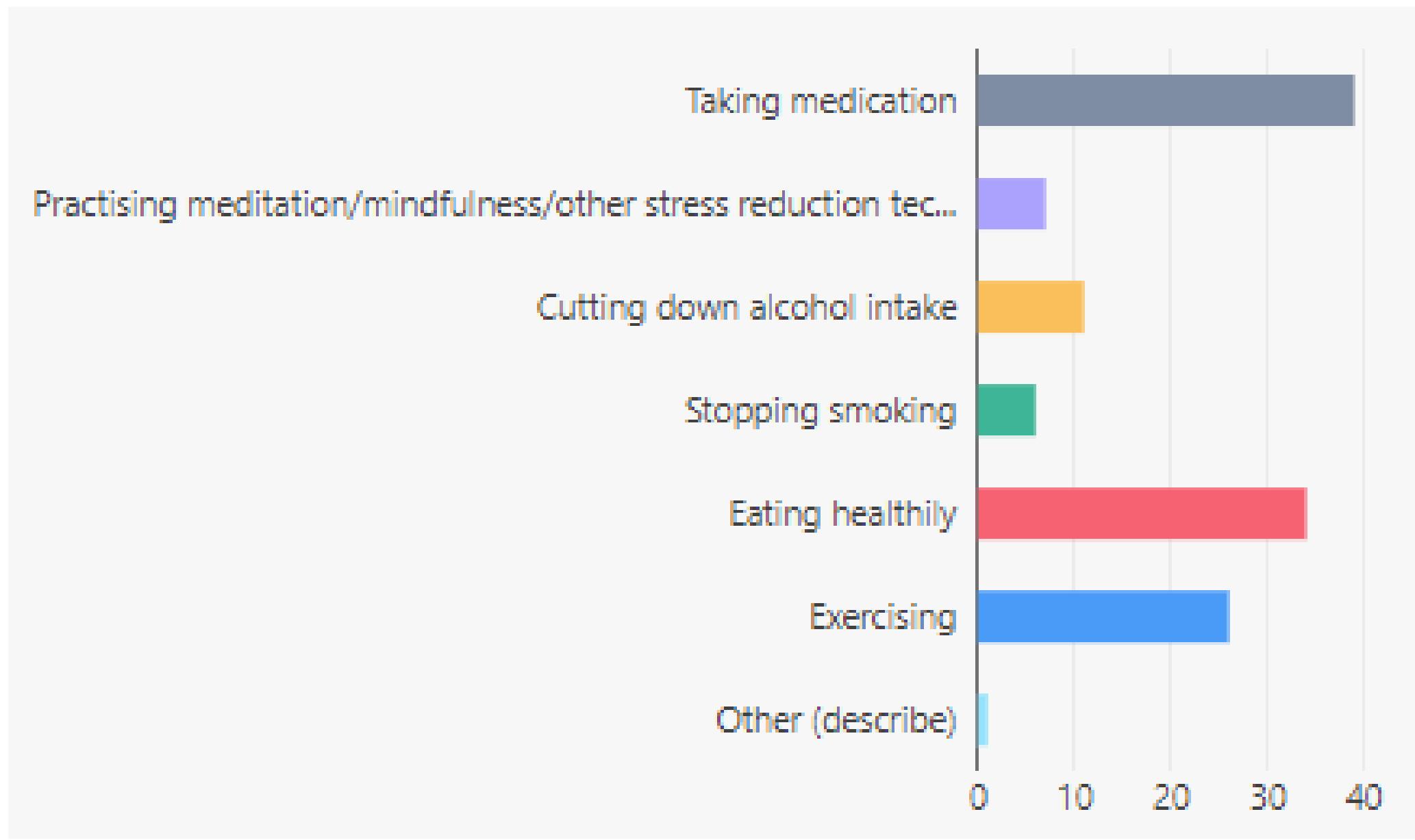


What action are you taking?

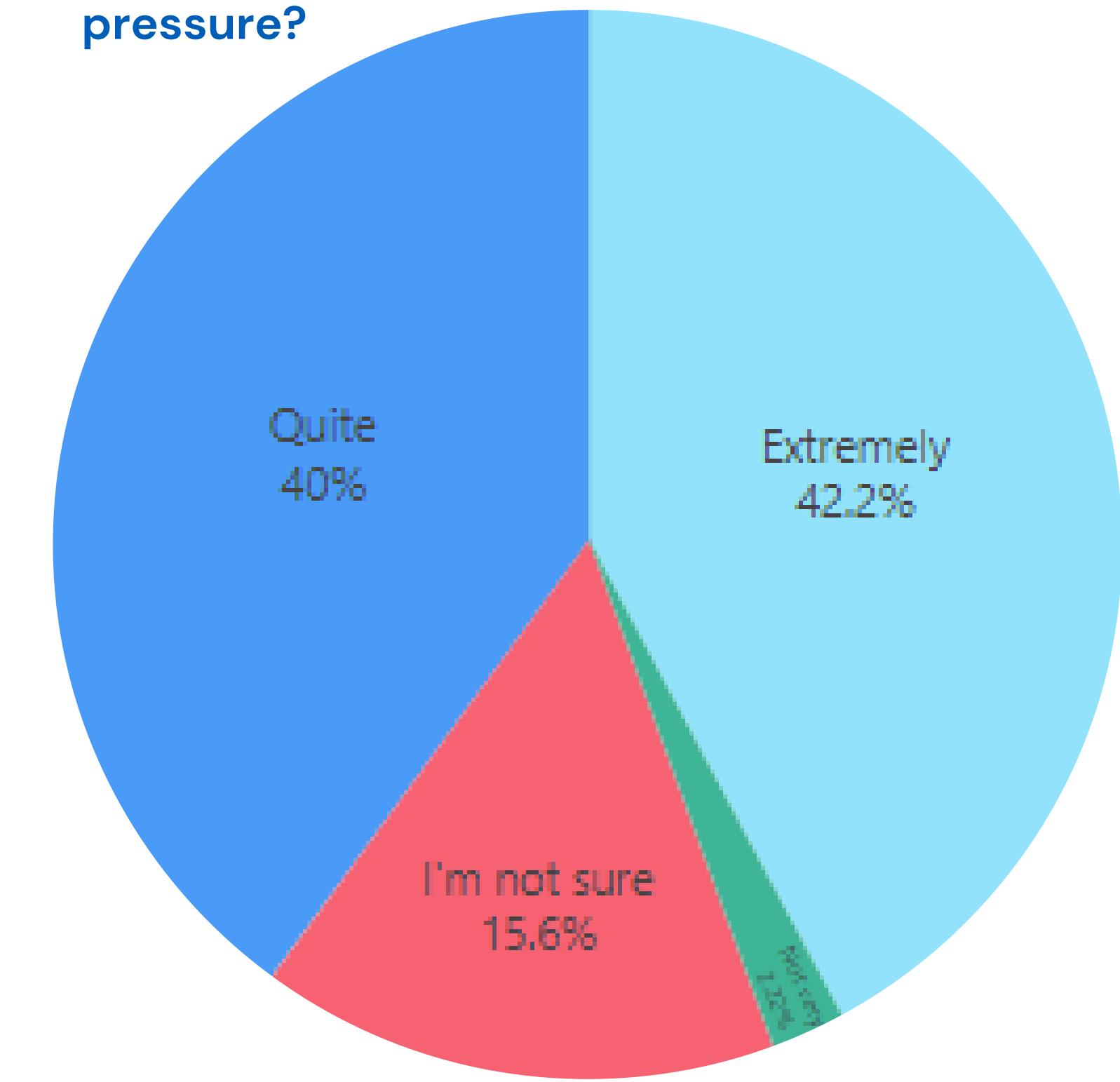


Survey results summary

What action are you taking?



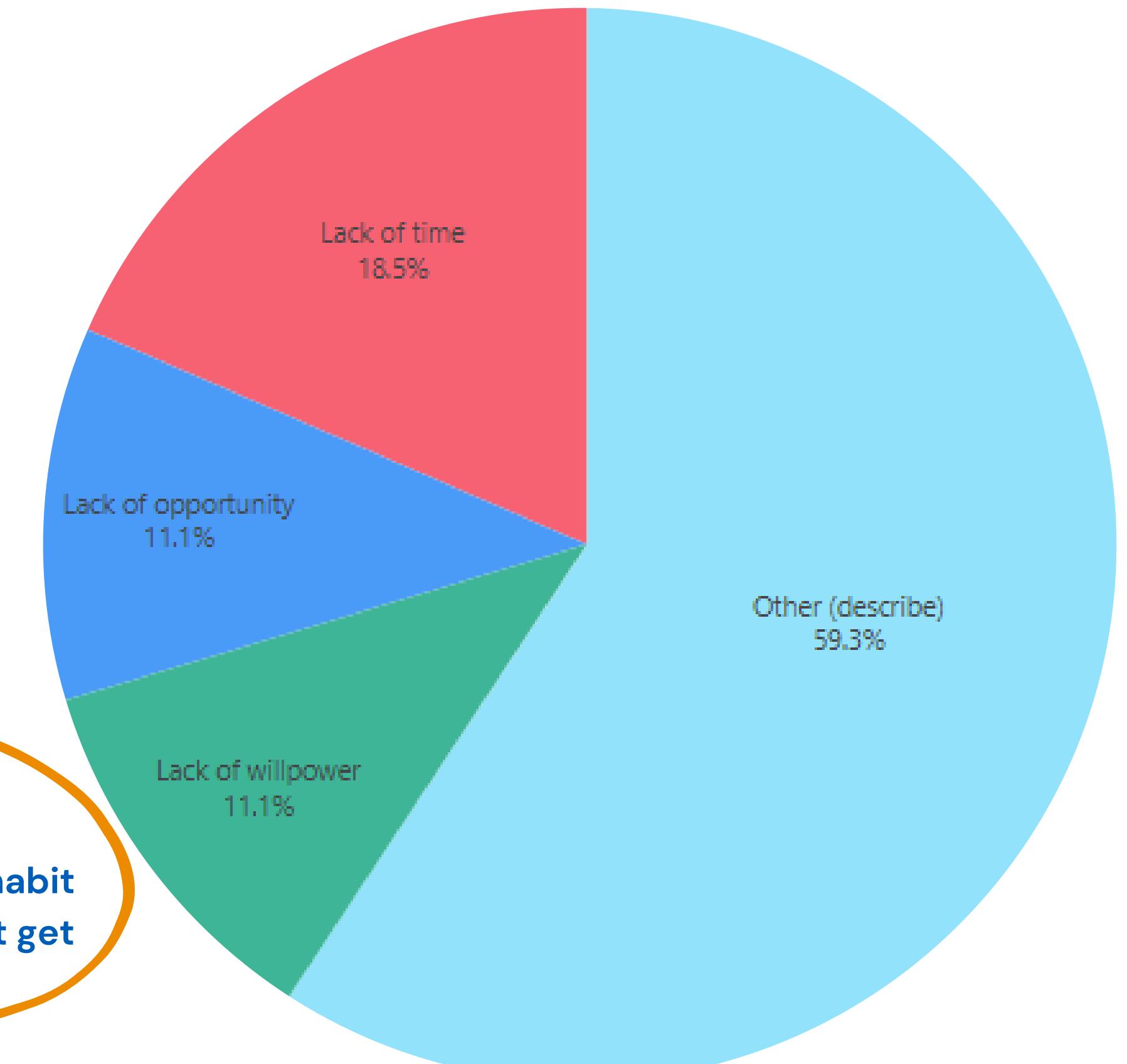
How effective has this been at managing/lowering your blood pressure?



Survey results summary

Whether you know your numbers or not, is there anything preventing or hindering you from taking action to lower your blood pressure?

- Nothing is preventing me from doing anything more to control my blood pressure
- The medication should keep me going
- Pre Covid I walked 2 hours daily. I have got out of the habit due to lockdowns and can't get back into the routine



What could be done to make it easier for local people to monitor and lower/maintain their blood pressure?

A summary from 73 comments

- Health hubs on the high street/walk in clinics

- A drop in BP clinic would be helpful

- Yearly health checks

- Regular text message reminders to take and submit

- Roadside camps for blood pressure checks should be set up on weekends. Involve community members to volunteer to manage the queues and have the information about blood pressure widely distributed.

- App that measures blood pressure on the phone

- Blood pressure machines available in supermarkets, shopping centres, libraries or pharmacies

- Blood pressure monitor via prescription for those unable to afford to buy one.

- Education and increasing awareness and communication about the importance of blood pressure monitoring on TV ads, social media, radio etc

- Classes for life style changes

What measures will you take to prevent having high blood pressure in the future?

A summary from 88 comments

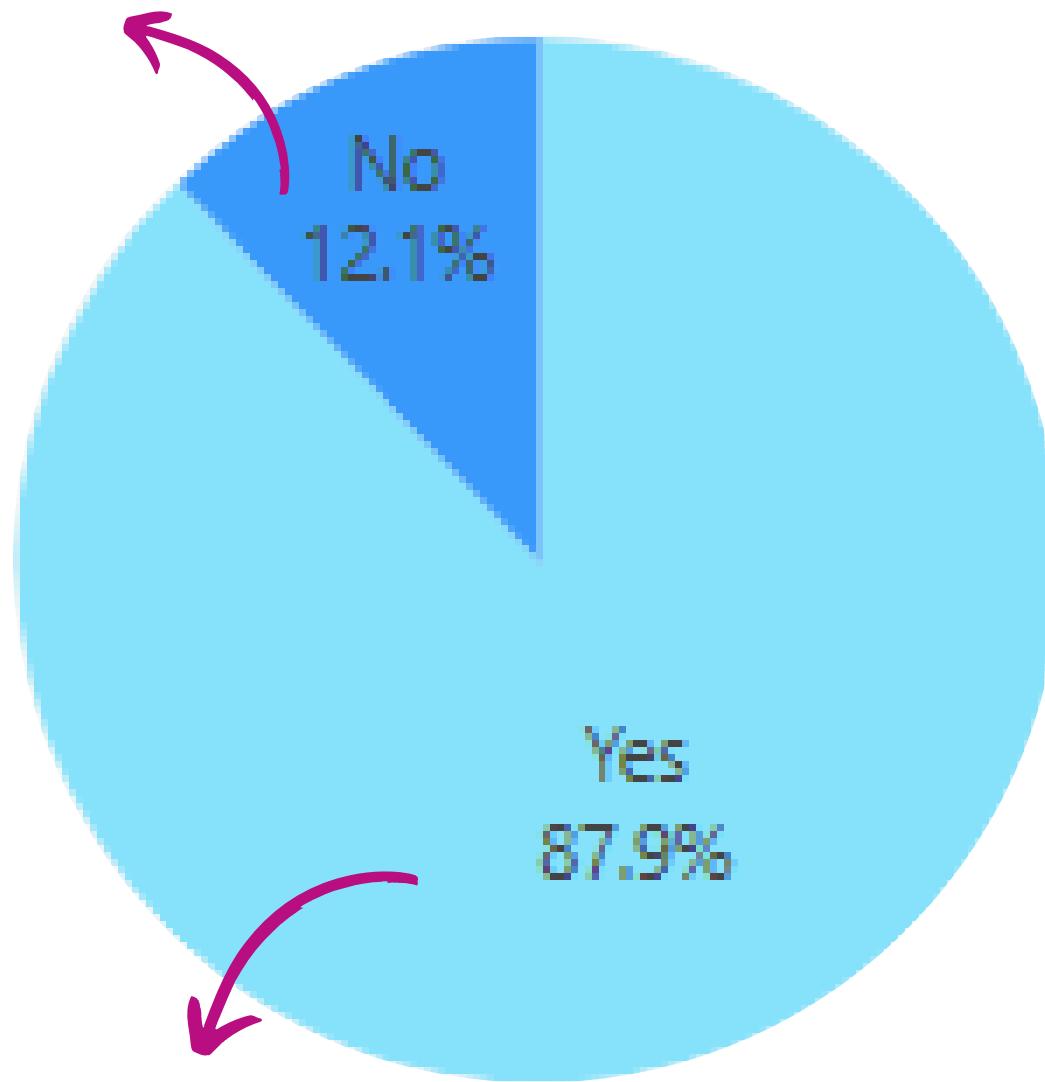
- Keep monitoring my blood pressure
- Ask for help from my GP practice
- Regular check ups
- Loose weight
- Exercise
- Healthy eating/change my diet
- Look after mental health and minimise stress
- Meditation and yoga
- Continue to do what I already do



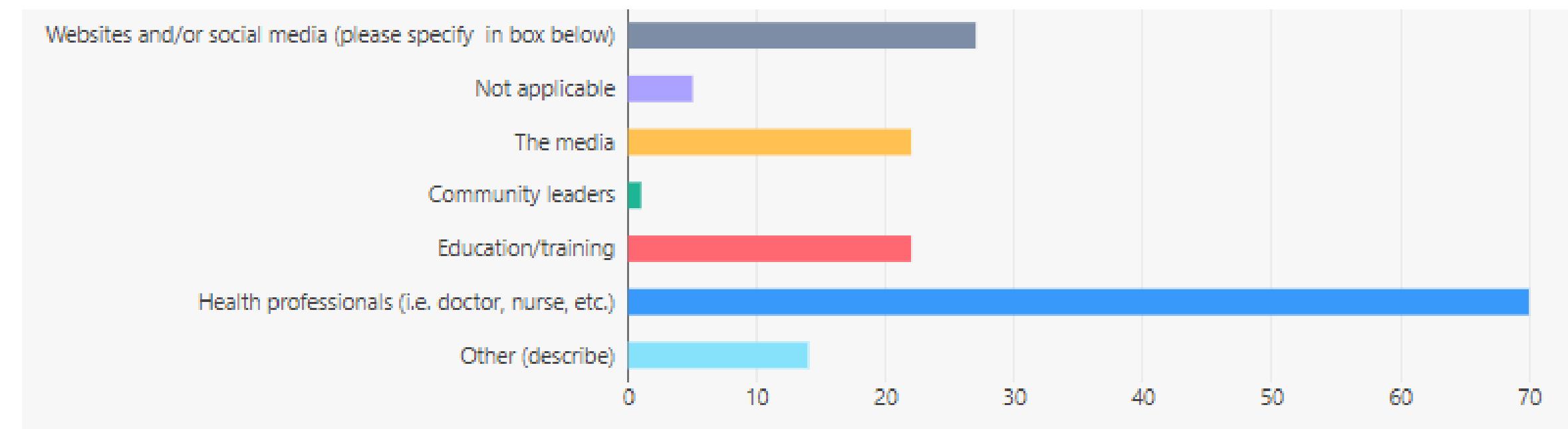
Survey results summary

Do you know the potential causes of high blood pressure?

12 responses



Where do you get your information on blood pressure from?



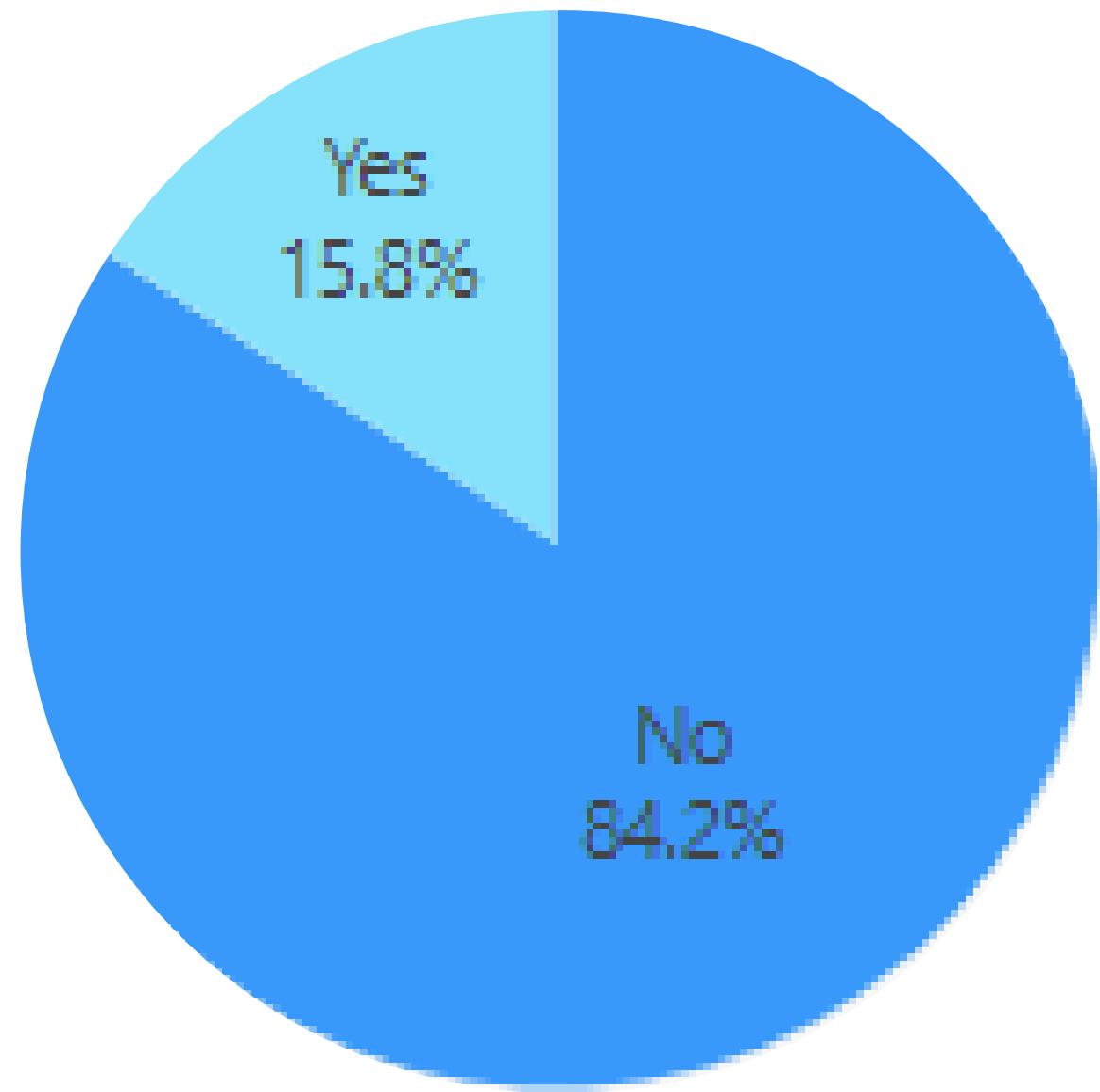
Websites people get their information from:

- NHS.UK
- British Heart Foundation
- Google search
- Frimley Health and Care

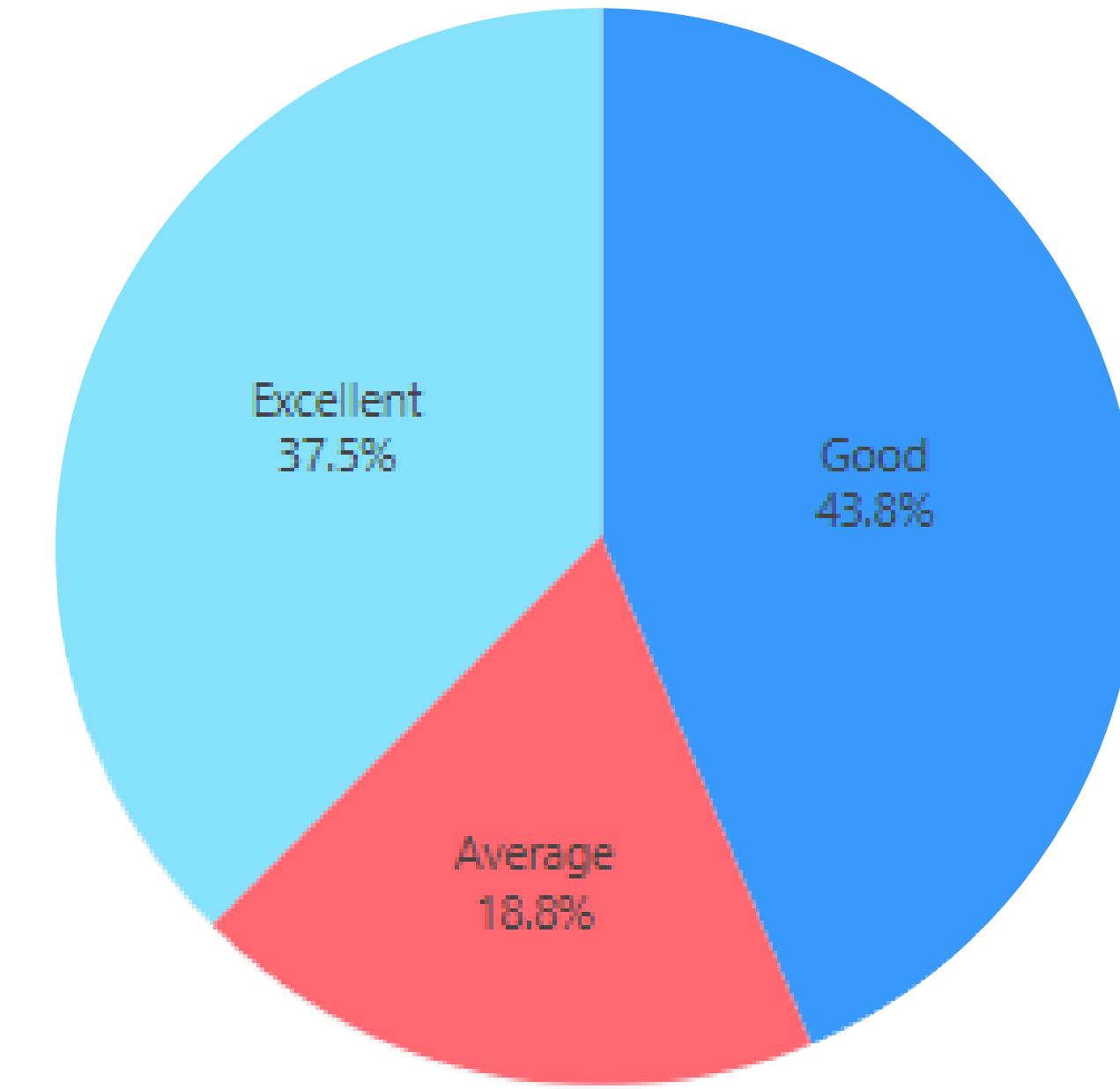
87 responses

Survey results summary

Are you aware of the resources on the Frimley Health and Care website?
www.frimleyhealthandcare.org.uk/bloodpressure



How would you rate the resources?

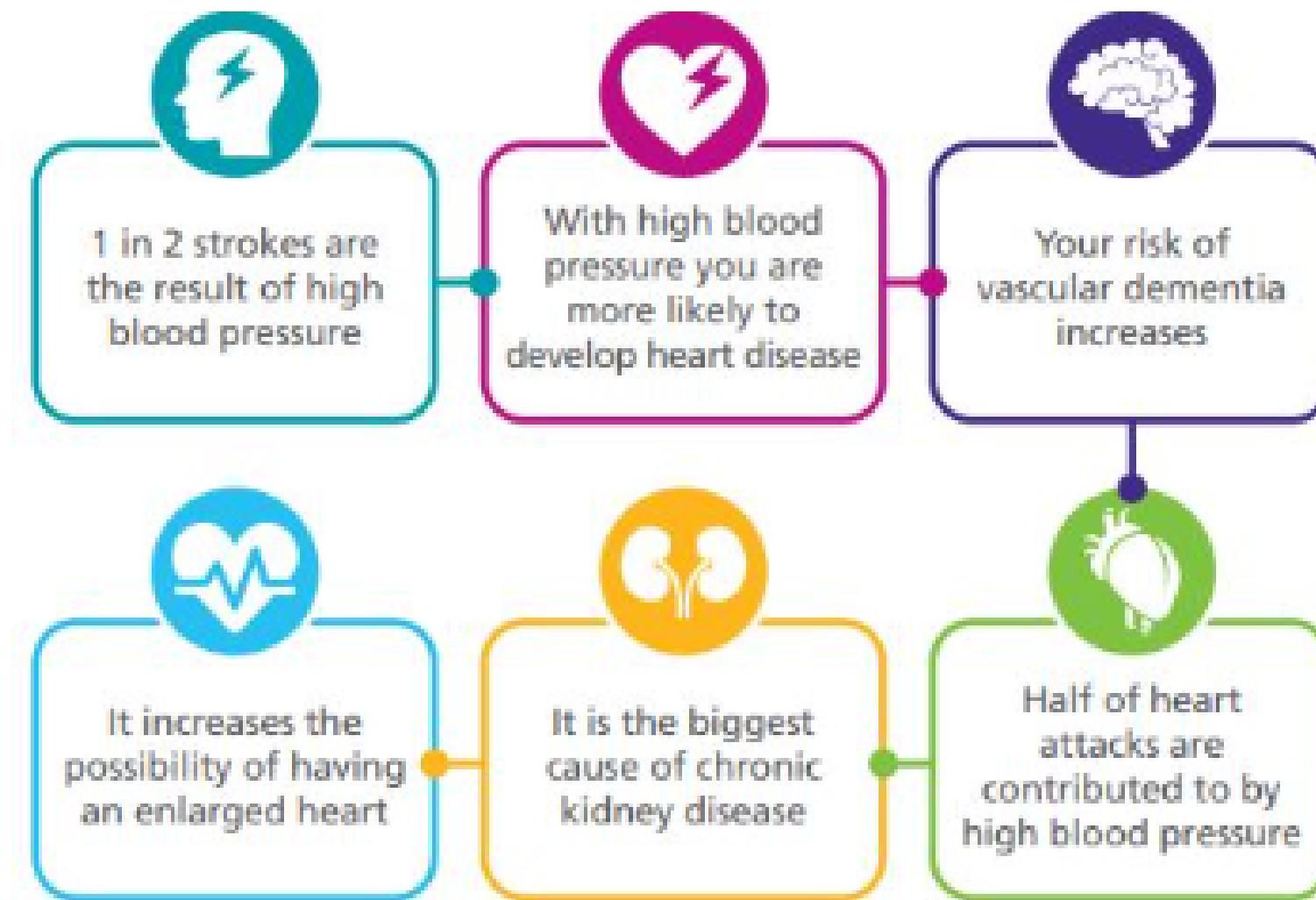


Blood Pressure

Do you know your numbers?

High blood pressure is one of the most common conditions in this country. More than one in four adults in the UK have the condition. That's why we are encouraging you to 'Know Your Numbers' so that you know where you stand and you can take action if you need to.

Know the risks



What can I do to make a change?



For more information about blood pressure please visit: www.frimleyhealthandcare.org.uk/bloodpressure

Online Community Panel

The Frimley Health and Care Online Community Panel is one way of ensuring local people and communities are at the heart of our decision making.



Share your views

- Tell us what you think about local health and care services
- Help us test our assumptions
- Share your ideas for improvements
- Tell us what works and what doesn't



Stay informed

- Keep up to date with local health and care news
- Learn more about local services
- Feel informed to share important news with friends and family



On your terms

- Share your views at a time that suits you
- We'll only contact you via email
- Choose to get further involved if you'd like to
- Unsubscribe at any time

We are actively recruiting to the panel - scan the QR code or visit the website to register. Please share this opportunity with colleagues, friends and family.

<https://secure.membra.co.uk/Join/FrimleyPanel>

