

British Heart Foundation Blood Pressure Innovation Award Round 2 Briefing

Blood pressure checks included in workplace health programmes across Cheshire & Warrington

1. Introduction

Champs Public Health Collaborative has been successful in its latest partnership bid to the British Heart Foundation (BHF). The new programme will enable further detection of high blood pressure at “**scale and pace**” by embedding blood pressure checks within wellbeing at work programmes. All nine Cheshire and Merseyside (C&M) areas are taking part in this innovative programme in addition to Merseyside fire authority.

If untreated, high blood pressure, known as the "silent killer", can increase the risk of heart attacks, stroke and dementia. It is however largely preventable and easily treated. By focusing on workplaces, staff health and wellbeing will be increased, improving productivity and sickness absence. The programme will detect new high blood pressure cases to ensure they are optimally managed and so contribute towards reducing the demand on health and care systems.

This is the second time the Collaborative has secured funding from the BHF (and the only area nationally to do so), making a total of £200,000 achieved to accelerate its work on reducing high blood pressure. The first round of funding has seen 3,586 new blood pressure checks so far and 225 people trained to undertake blood pressure checks. Fire and rescue services have been trained to take blood pressure measurements as part of their Safe & Well visits as well as pharmacy staff in 120 healthy living pharmacies.

This work supports the implementation of the C&M five year cross sector strategy “Saving Lives: Reducing the Pressure” found [here](#). The nationally and internationally recognised strategy sets out the vision, aims, objectives and high level action plan for prevention, detection and management of high BP.

2. What will happen?

A number of approaches will be taken to embed blood pressure checks, advice and signposting in Cheshire East, Warrington and Cheshire West and Chester’s wellbeing at work programmes. This approach will include both local authority employees and outreach into local businesses and organisations and the funding will be used in the following ways:-

- Provision of equipment and accredited training to enable over **100 health and wellbeing champions/workplace champions** to undertake blood pressure checks. The training is City and Guilds Level 3 Diploma Health and Social Care accredited and will be delivered by Halton Borough Council’s Health Improvement Team.
- Provision of a state of the art touch screen health kiosk for use in Warrington. The kiosk not only calculates blood pressure but also calculates a person’s Body Mass Index, Body Fat, Heart Rate and Heart Age using the Heart Age Tool.
- In addition to this a further 120 Healthy Living Pharmacies will be trained to undertake blood pressure checks building upon the success from Round 1 of the BHF funding, bringing the total trained to 240.

3. When will the Blood Pressure checks for the BHF project start?

Blood pressure checks have already been embedded within the Working Well programme in Knowsley and the remaining local areas will mobilise over the forthcoming months.

For further information please contact BHF project lead helencartwright@wirral.gov.uk