



The Stroke Foundation of New Zealand held the tenth



Big Blood Pressure Check

on Saturday 6 October 2018.

The aims of the event are to:

- Raise awareness of the link between high blood pressure and stroke
- Encourage New Zealanders to check their blood pressure regularly
- Inspire new Zealanders to maintain a healthy blood pressure

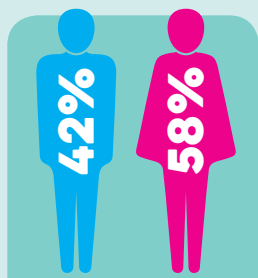


124 blood pressure testing sites

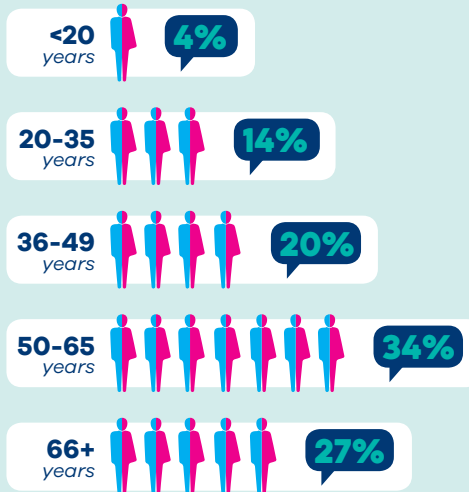
took part in this year's campaign

Around **13,500** people

had their blood pressure tested



AGE OF PARTICIPANTS



1 in 13

people tested were referred to a GP or nurse because of a high blood pressure reading

53% of participants in a follow up survey are now taking action to better control their blood pressure



34% had their blood pressure re-checked by a medical professional



19% made changes to their diet



17% were exercising more



13% were working on reducing stress

Participant Ethnicity



97% of participants said having their blood pressure taken was a positive experience

94% of participants said they would get their blood pressure tested again at a similar venue in the future

Media coverage of the 2018 Big Blood Pressure Check focused on promoting the event through regional newspapers.

Higher profile platforms included:



Otago Daily Times

The Stroke Foundation would like to extend its thanks and gratitude to its partners for their ongoing support of this successful event.



The Stroke Foundation would like to extend its thanks and gratitude to the following volunteer organisations:

Bastins Pharmacy

Christchurch Justice & Emergency Services Precinct

Dunedin City Council

Eastern Institute of Technology (Hawkes Bay) (EIT)

EIT Tairāwhiti Gisborne

Elmwood Pharmacy

Emergency Services Expo

Kurow Hotel

Mairehau Community Pharmacy

Massey University (Wellington)

Nelson Marlborough Institute of Technology (NMIT)

Northland Polytechnic (NorthTec)

Otago Polytechnic

Panthers Rock Mayfield

Soup Kitchen – Te Pūaroha

St John Riverton

St John Tairua

Southern Institute of Technology (SIT)

Te Aro Health

Unichem Roslyn Pharmacy

Unitec Institute of Technology

Universal College of Learning (UCOL)

Whitireia Community Polytechnic

Wises Pharmacy