



The Stroke Foundation of New Zealand held the eighth

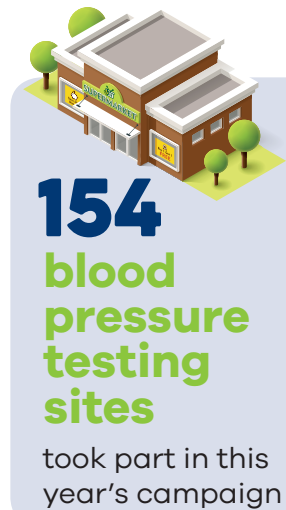
# Big New Zealand Blood Pressure Check

on Saturday 1 October 2016.



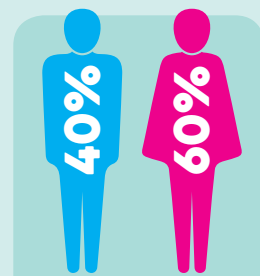
The aims of the event are to:

- 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

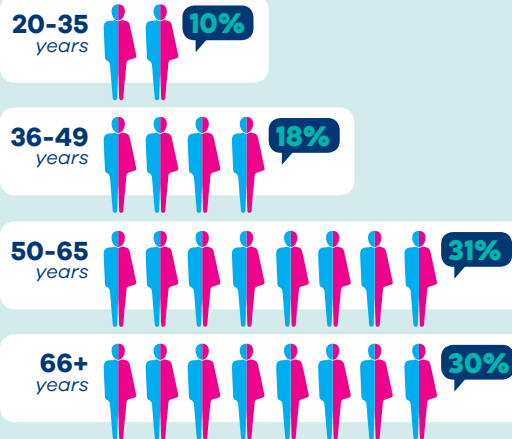


Around **16,000** people

had their blood pressure tested



## AGE OF PARTICIPANTS



**1 in 10**

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

**51%** of participants in a follow up survey are now taking action to better control their blood pressure



**17%** had their blood pressure re-tested



**14%** were exercising more



**12%** made diet changes



**8%** reduced stress



**10%** saw their GP

## Participant Ethnicity



**97%**

of participants said having their blood pressure tested was a positive experience



Media coverage of The 2016 Big New Zealand Blood Pressure Check was seen by over a million New Zealanders

The main platforms were:



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:**

**Ara Institute of Canterbury**

**Arai Te Uru Whare Hauora**

**Auckland University of Technology**

**Awarua Whanau Services**

**RNZAF Base Woodbourne**

**Best Care Whakapai Hauora  
Charitable Trust**

**Canterbury District Health Board**

**Coastlands Shoppingtown**

**Dunedin City Council**

**East Otago Event Centre,  
Waikouaiti**

**Four Square Kurow**

**Four Square Lawrence**

**Four Square Palmerston**

**Four Square Port Chalmers**

**Four Square Te Anau**

**Four Square Tokomairiro**

**Grey District Council**

**Marlborough Community  
Health Hub**

**Jetts Fitness Porirua**

**Kahungunu Māori Executive Ki Te  
Wairoa Charitable Trust**

**Kaitaia Mobile Nurse Team**

**Koraunui Marae Stokes Valley**

**Manukau Institute of Technology**

**MidCentral District Health Board**

**Nelson Marlborough Institute of  
Technology**

**Ora Toa Health Services**

**Otago Polytechnic**

**Otara Town Centre**

**Ovation New Zealand Ltd**

**Phillipstown Community Hub**

**Rauawaawa Kaumātua Charitable  
Trust**

**Raukawa Whānau Ora**

**Rotorua Lakes Council**

**Southern Institute of Technology**

**Stroke Foundation Midland Region  
(Tauranga Office)**

**Tauranga City Council**

**Tauranga Hospital**

**Te Runanganui o Taranaki Whanui –  
Tamariki Ora Well Child Services**

**Te Hā Oranga Dargaville**

**Te Hā Oranga Helensville**

**Te Hā Oranga Wellsford**

**Te Kupenga Hauora Ahuriri**

**Unichem Roslyn Pharmacy**

**Victoria University**

**Waikato Hospital**

**Whitireia Community Polytechnic**