



The Stroke Foundation of New Zealand held the ninth



Big Blood Pressure Check

on Saturday 7 October 2017.

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



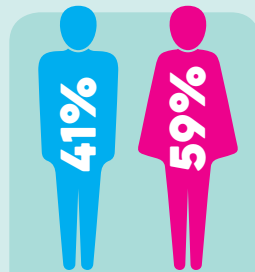
149

blood pressure testing sites

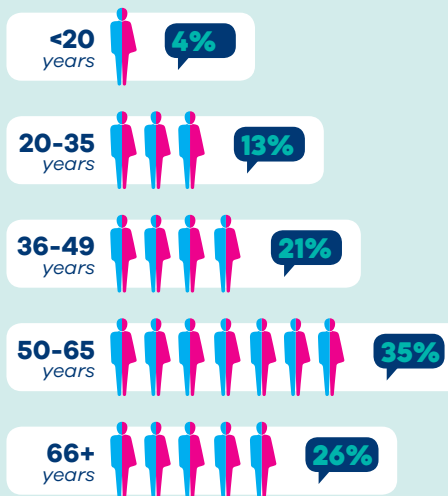
took part in this year's campaign

Around **15,700** people

had their blood pressure tested



AGE OF PARTICIPANTS



1 in 11

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

55%

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



19% had their blood pressure re-checked by a medical professional



17% were exercising more



17% were working on reducing stress



17% learnt more about blood pressure



15% made changes to their diet

Participant Ethnicity



99%

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

96%

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



Media coverage of the **2017 Big Blood Pressure Check** focused on promoting the event through regional newspapers.

Higher profile platforms included:



stuff

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:

Age Concern Health Expo

Ara Institute of Canterbury (ARA)

Auckland City Hospital Level 5

Best Care Whakapai Hauora

Dunedin City Council

**Eastern Institute of Technology
(Hawkes Bay) (EIT)**

Hongoeka Marae

Koraunui Marae Stokes Valley

Koroneihana Health Expo

Mania Health PHO

Marlborough Health Hub

Massey University

**Nelson Marlborough Institute of
Technology (NMIT)**

Orongomai Marae

Northland Polytechnic (NorthTec)

Otago Polytechnic

Pukekohe Health Expo

Ranui Workplace Wellness

**Rauawaawa Kaumatua Charitable
Trust**

RNZAF Base Woodbourne

Southern Institute of Technology (SIT)

Southern Spars

St John Great Barrier Island

Stroke Foundation Tauranga Office

Tauranga Hospital

Te Awakairangi Health Network

The Warehouse, Lincoln Road

Unichem Roslyn Pharmacy

Unitec New Zealand

Victoria University

Waikato Hospital

**Waikato Institute of Technology
(Wintec)**

Waitemata Hospital

Waiwhetu Te Runanga o te Ataiawa

**Western Institute of Technology at
Taranaki (WITT)**

Whitireia Community Polytechnic