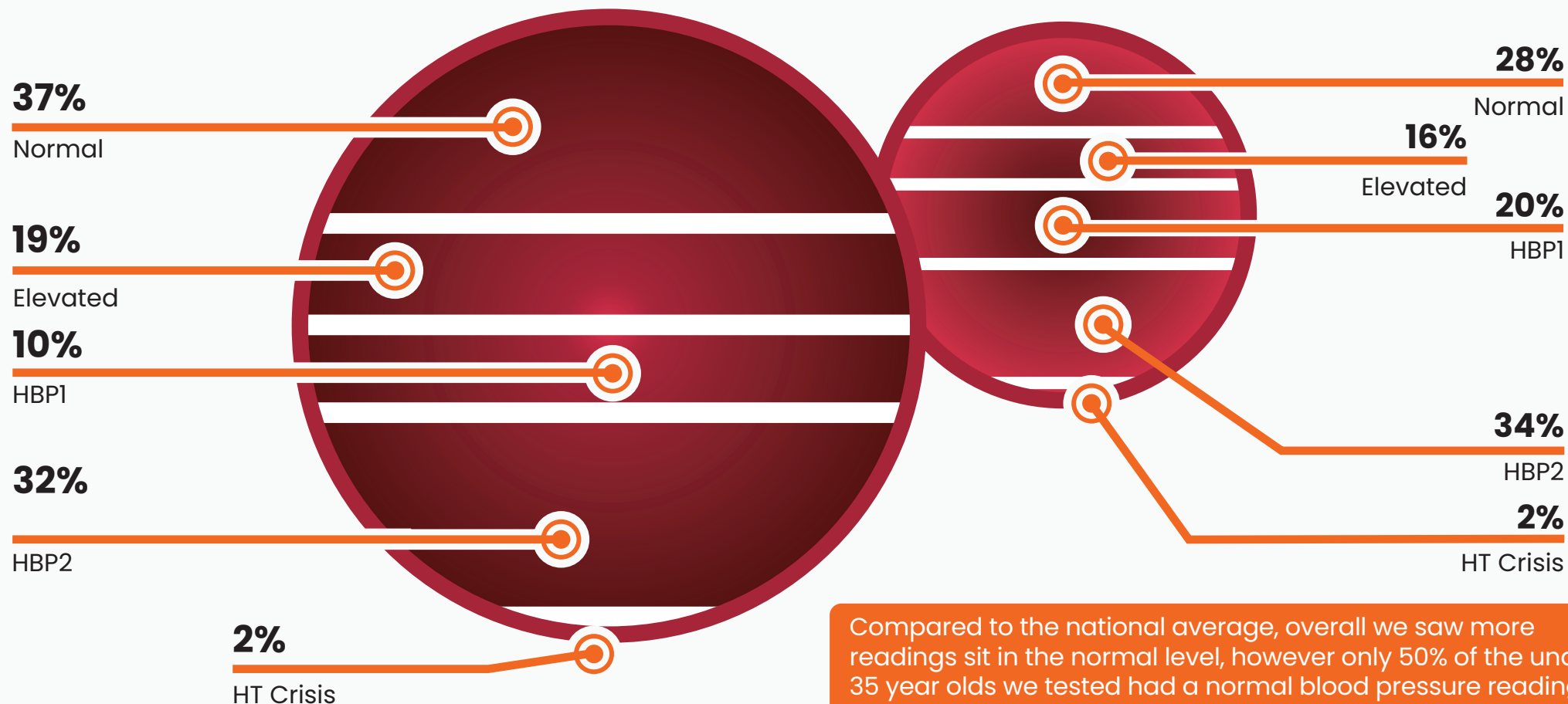


### SITE BLOOD PRESSURE RESULTS (62 TESTED)

### NATIONAL BENCHMARK



Compared to the national average, overall we saw more readings sit in the normal level, however only 50% of the under 35 year olds we tested had a normal blood pressure reading.

**29%** of those with a BP reading of High or above were on blood pressure medication at the time.  
**National benchmark is 33%**

### BLOOD PRESSURE BY AGE BAND (%)

|                     | 35 and under | 36-49 | 50 and over |
|---------------------|--------------|-------|-------------|
| Hypertensive Crisis | 0%           | 0%    | 4%          |
| Very high (HBP2)    | 17%          | 6%    | 59%         |
| High (HBP1)         | 6%           | 24%   | 4%          |
| Elevated            | 28%          | 6%    | 22%         |
| Normal              | 50%          | 65%   | 11%         |

Of the 62 tested only

**23**

had a "normal" Blood Pressure reading.

**24** of the **62 tested** (that's 39%) said that either it's been more than a year or they couldn't recall the last time they had their blood pressure tested.

**82%**

of people said they were likely to make lifestyle changes

### SELF-IDENTIFIED IMPROVEMENTS VOTING RESULTS



**35%**  
of people

Tips on reducing stress



**34%**  
of people

Tips on getting better sleep



**31%**  
of people

Tips on managing fatigue



**15%**  
of people

Tips on healthy eating



**2%**  
of people

Tips on sun safety



**2%**  
of people

Info on being smoke or vape free