



POPULATION HEALTH MANAGEMENT

Supporting people in South Nottinghamshire

Know your numbers week!



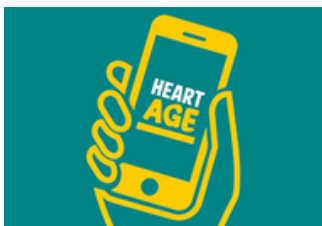
Will take place on 4th-10th September, to raise awareness of high blood pressure and encouraging all adults to get a blood pressure check. It's important to get an accurate blood pressure reading so that you have a clearer picture of risks to your health. Home blood pressure monitoring is an effective and inexpensive way to keep blood pressure under control. Scan the QR code to find out more



Scan or visit bloodpressureuk.org

Heart Age Test:

Ever wondered how healthy your heart is?



Tells you your heart age compared to your real age. Explains why it's important to know your blood pressure and cholesterol numbers. Gives advice on how to reduce your heart age.



Scan or visit <https://www.nhs.uk/health-assessment-tools/calculate-your-heart-age>

NHS Food Scanner App



With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.

Just scan the barcodes of your family's favourite foods, swipe to see the healthier options available, and make a swap next time you shop

Apps available for download in:



NHS Health Check



The NHS Health Check is a free health check-up for adults in England aged 40 to 74 designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

As we get older, we have a higher risk of developing one of these conditions and an NHS Health Check helps find ways to lower this risk. To see if you are eligible for a check, and instructions on how to book, visit



Scan or visit <https://www.nhs.uk/conditions/nhs-health-check/>