

Bradford Community Health Checks

CASE STUDY

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Patient Profile

Satnam Singh attended the first community health check to support and connect with others. During the event, it was discovered that he had high blood pressure, despite having no symptoms. Quick action was taken by transferring the health check results to his GP's records, leading to a timely consultation and the start of treatment. Satnam's case emphasises the importance of community initiatives in spotting health issues early for better CVD outcomes.

Key learning

Community engagement is crucial.

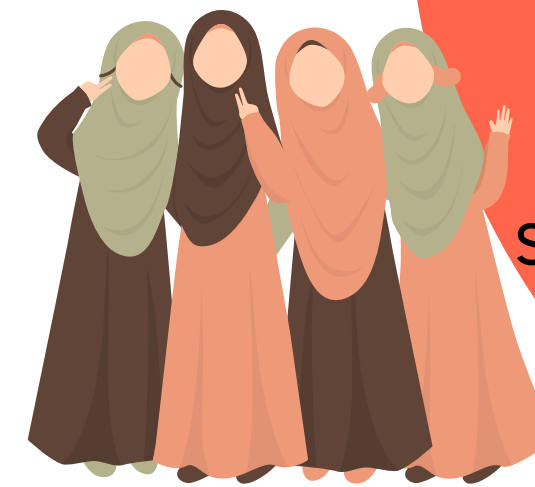
Proactive engagement of community members is a key contributor to high levels of participation and active involvement.

Demographic awareness is important.

Understanding the demographic profile, including age and gender distribution, is critical to targeting health interventions to the specific needs of the community.

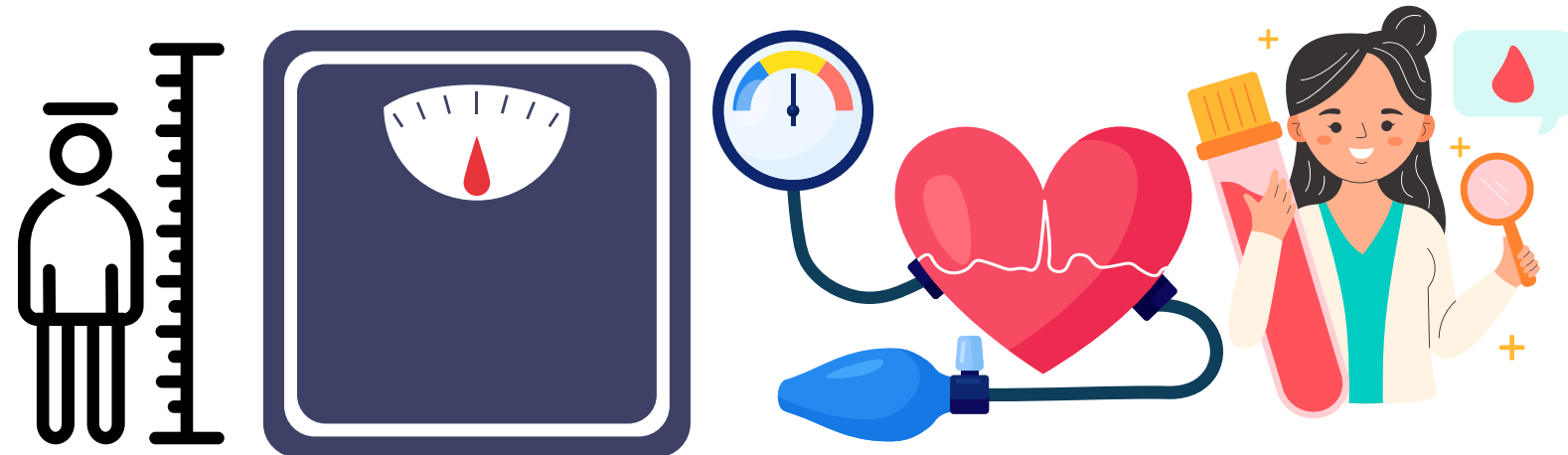
Diversity in the workforce is important.

Staff with language skills and experience in engaging with the community play an important role in reaching and effectively serving diverse patient populations.



Approach: In the heart of West Yorkshire, a collaborative initiative was formed to tackle a growing problem, cardiovascular disease in minority populations. The first health check event took place in February 2023 at the Madni Centre, promoted through local mosques, WhatsApp groups and community podcasts supported by Bradford Royal Infirmary staff. Pharmacy students from the University of Bradford, Better 4 Bradford staff and clinical professionals volunteered for the event and clinical staff from Bradford Royal Infirmary were also involved to support the clinical aspect of the checks. The results were uploaded to the patient's GP record approximately one week after the event and noted on the system for longer-term follow-up.

The health check consists of:



Height, weight, and BMI, blood pressure. Full blood tests for cholesterol, kidney function, and HbA1c.

Results:

- **103** participants, mainly aged between **30** and **69**, with equal gender representation attended the session, some out of area.
- **61%** of participants had abnormal blood pressure readings, indicating a mixture of pre-existing hypertension and potential new diagnoses.
- **3** patients had severely elevated blood pressure and were referred to emergency care that same day for treatment.
- **3** new hypertension diagnoses were made within two months of the event.
- Of **46** participants, **15%** had abnormal HbA1c levels, leading to the identification of three new cases of type 2 diabetes.
- **49%** of participants had high total cholesterol levels $>4.9\text{mmol/L}$.

Partners:



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