

Public Health update on Cardiovascular Disease (CVD) in Torbay

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PublicHealth



Background

Getting to the heart of the matter: Cardiovascular disease in Torbay

Torbay Public Health Annual Report 2023



Background

- Huge improvements in prevention & treatment since end of 20th century, but inequalities persist
- Wider determinants of health are crucial, but overlooked
- What actions can we take to promote **heart healthy communities**?



We want everyone to have an equal chance to thrive physically, mentally, socially and economically.

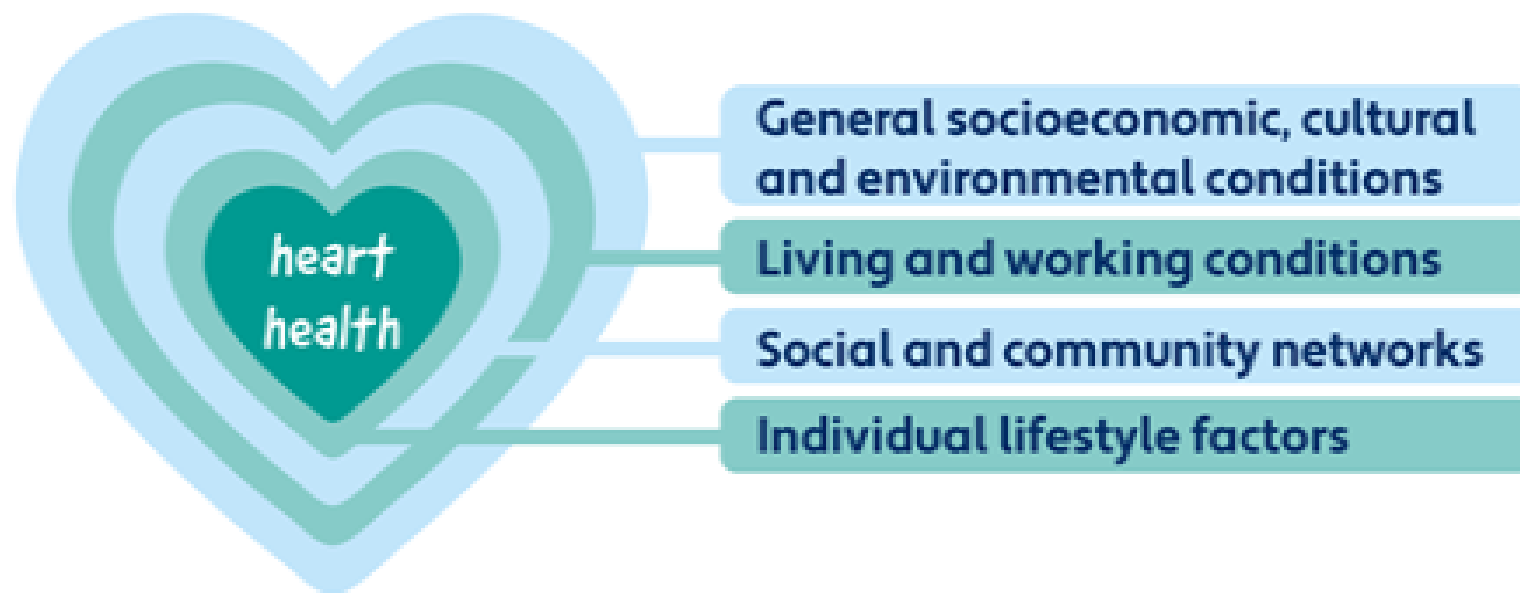
Why is it an important issue?



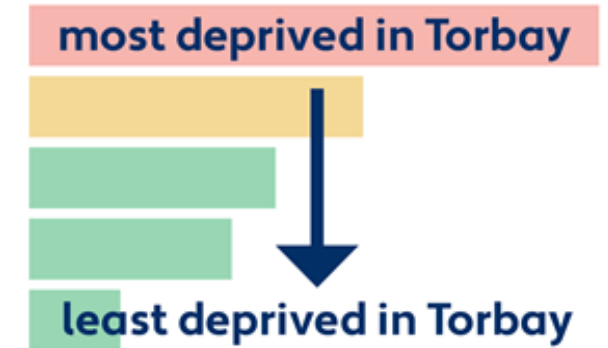
Cardiovascular disease takes
17.9 million lives
each year

Wider determinants of health

As with everything, CVD is caused & worsened by a rainbow of risks...



The local context



What helps us to promote our heart health?

- Our environment
- Our community
- Supportive professionals
- Our own experiences

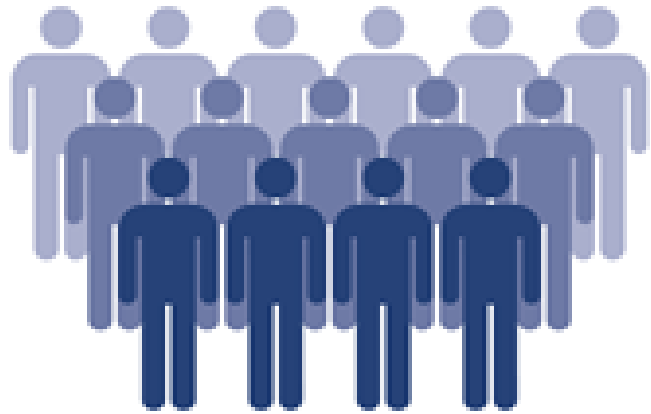


What challenges do we face?

- **Knowing** the symptoms of heart disease & what to do about it
- The **cost** of looking after our hearts
- **Accessing care & support**



What are we doing about it?



Prevention

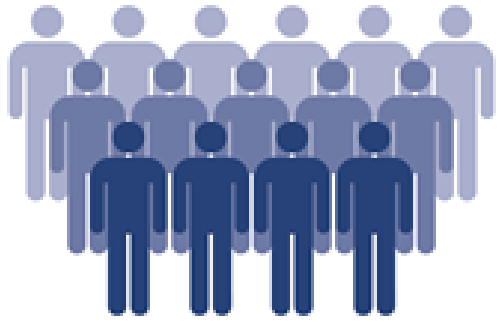


Detection



Optimisation

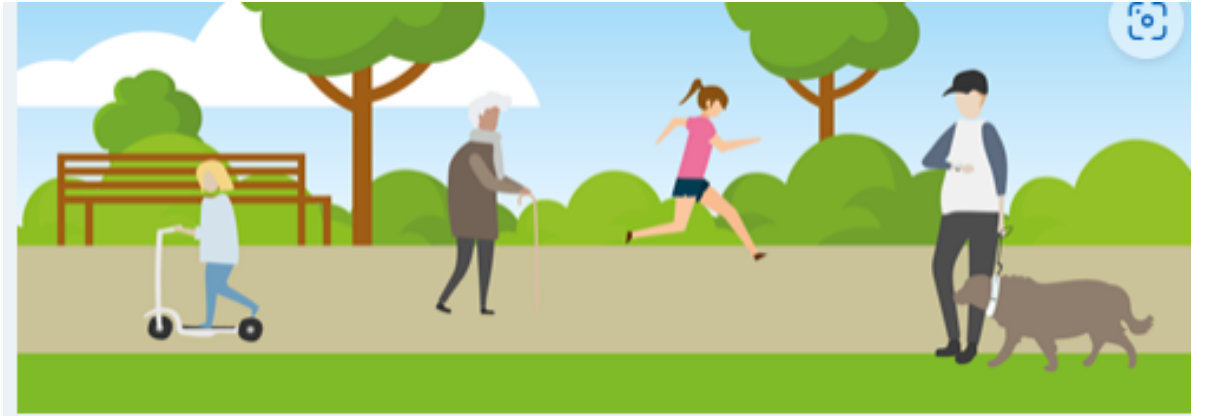
NHS long term plan identifies CVD as single biggest condition where lives can be saved by the NHS over next 10 years

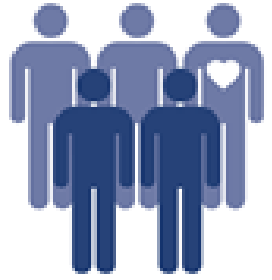


Prevention

- Getting move active
- Healthy eating
- Stopping smoking
- Using our planning & transport systems

- **Best start in life**
- **Information & advice**





Detection



- Identify risk factors, signs & symptoms as early as possible

- Key risk factors - ABC:

- **A) atrial fibrillation**
- **B) blood pressure**
- **C) cholesterol**

- Agreed targets -  **CVDPREVENT**



**NHS
HEALTH
CHECK**

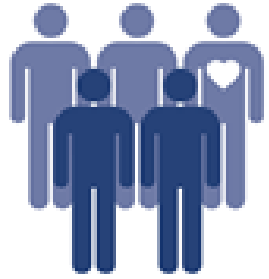
Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

- **NHS Health Checks**

- Commissioned by public health
- Administered via GPs
- Free
- Adults aged 40-74

- **CVD Data Dashboard**



Detection

- **Outreach health checks** in the community to reach underserved populations
- **BP checks** - Paignton Community Hub

Free blood pressure checks here. Just ask one of our staff members who will be happy to help

MONDAY TO FRIDAY

09:30 to 13:30

For more information contact us on



07562 780102



Based within Paignton Library

Paignton
Community
Hub



Supported By

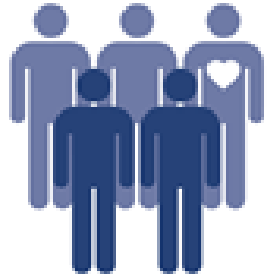


Supported by

TORBAY COUNCIL

Engaging
Communities
South West

TORBAY COUNCIL



Detection

- Know Your Numbers! Week
- Building momentum with events across Torbay
 - Library BP monitor scheme
 - Torquay United FC event



More to do...

- Increase public health focus & support for **outreach CVD prevention work**
- Maximise best practice & **NHS Health Check activity** across all GP practices
- Strengthen existing **peer-support models**



Summary

Who needs to be involved?

- Everyone!

Where do we need to be?

- Where people go

What should we be doing?

- Improve awareness & accessibility
- Target interventions
- Co-ordinate with other organisations

