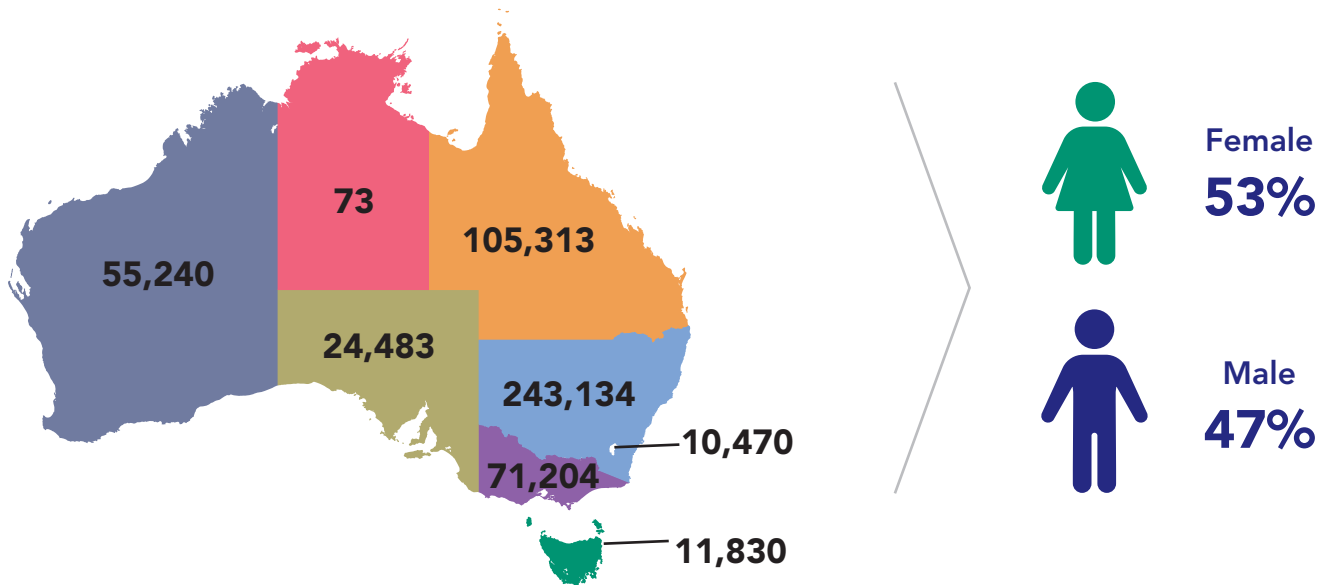


Australia's Biggest Blood Pressure Check 2017 Results – National



A record number of Australians participated

There were a massive **521,747 free health checks** including blood pressure conducted on SiSU Wellness digital health stations nationally at more than 300 locations including Priceline Pharmacy, HCF, AMP, CBHS Health Fund, Commonwealth Bank.



High Blood Pressure remains prevalent



Top 10 hot spots for high blood pressure

Rank	Postcode	Suburbs/Towns	% of participants with high blood pressure
1	3429	Sunbury, VIC	34%
2	2428	Forster/Tuncurry, NSW	31%
3	3465	Maryborough, VIC	31%
4	7310	Devonport, TAS	31%
5	2251	Avoca, NSW	31%
6	5018	North Haven, SA	30%
7	3177	Doveton, VIC	30%
8	3840	Hazelwood, VIC	30%
9	2256	Woy Woy, NSW	28%
10	2152	Northmead, NSW	28%

*Note – not all postcodes included. Only suburbs with a SiSU Wellness digital health station are recorded.

But most people don't know they have high blood pressure

High blood pressure, or hypertension, is known as a silent killer as there are no visible symptoms. The only way you know you have it is to get a blood pressure check. Alarmingly, a huge majority had no idea of their risk prior to their free health check.



82%
Did not know they had high blood pressure prior to their health check



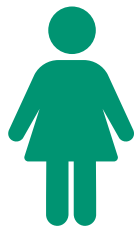
62%
of those with high blood pressure are not on blood pressure lowering medication

High blood pressure is the largest risk factor for stroke

Men have a significantly higher risk of stroke than women. Almost half of Aboriginal and Torres Strait Islander people have high stroke risk.



38%



27%



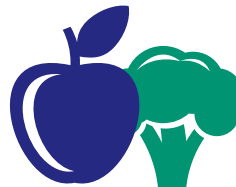
47%

Taking Action

After taking the free health check during 2017 Australia's Biggest Blood Pressure Check and finding they had high blood pressure or high stroke risk, many Australians made changes to reduce their risk factors.*



70%
Had visited or planned to visit their doctor



44%
Were eating more fruit and vegetables



41%
Had increased exercise



18%
Had reduced their salt intake

(*Based on online survey 1 month after health check.)

Bringing positive results

Participants who took action on their health showed a measurable improvement in rates of high blood pressure.**



61%
Reduction in high blood pressure

(**Based on analysis of blood pressure results of digital health stations repeat users over time.)

View the results and find a health check location at strokefoundation.org.au/abbpc