

Heart Health Alliance

A collaborative system
wide approach to heart
health

Our vision

To improve heart health
through prevention, early
detection and successful
management of diseases
affecting the heart and
blood vessels.



The data- a sea of red...



Around

36,000

people are living with heart and circulatory diseases in Barnsley



Every
13 hours

someone dies from a heart or circulatory disease in Barnsley



Heart and circulatory diseases cause

55 deaths

each month in Barnsley

Our priorities

Ensure a collaborative system wide approach to heart health



Ensure early prevention across all we do



Make heart health understandable, accessible, and valued by everyone



Use a targeted approach to reduce health inequalities in heart health



Support services to provide the best possible care



Up to 80% of premature heart attacks and strokes are avoidable

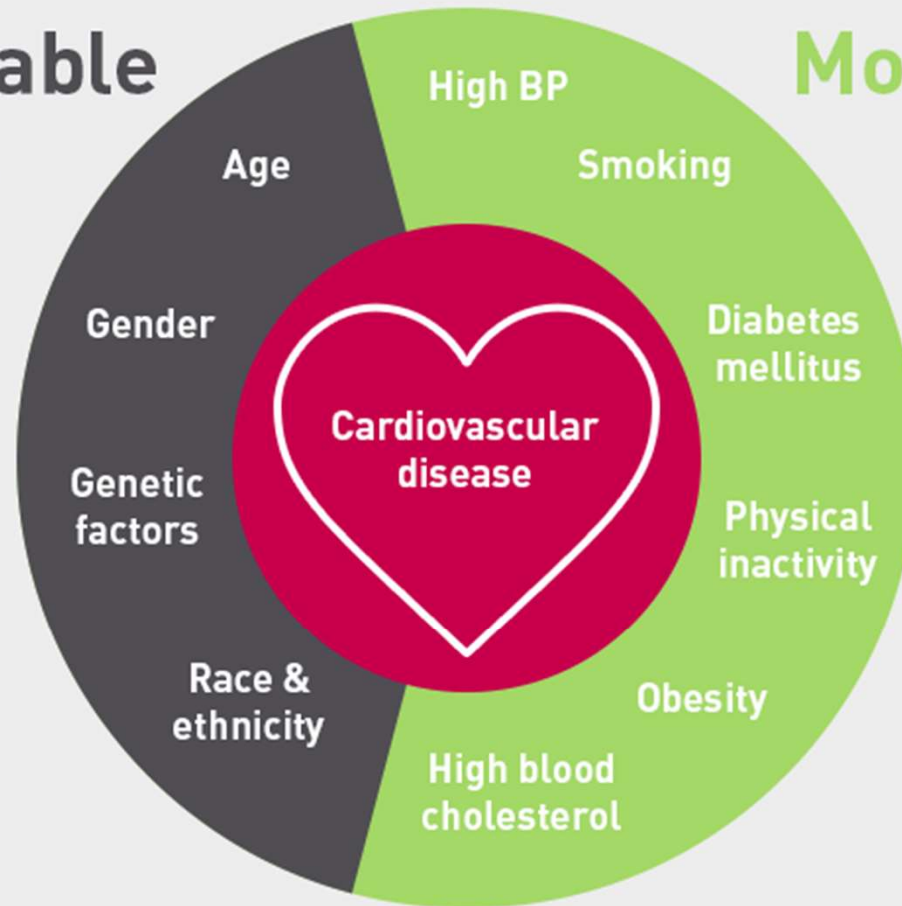
The 2019 NHS Long Term Plan identifies cardiovascular disease as the single biggest condition where lives can be saved over the next 10 years.



Stroke



Non-modifiable risk factors



Modifiable risk factors

Examples...

- Community Blood Pressure Campaign in partnership with local pharmacies
- Targeted:
 - Dearne and North
 - Men
 - 50-60yrs
- Take the service to them.



Examples...

Moving more in Barnsley

What's your move?

Being physically active is one of the most important ways to look after your physical and mental wellbeing. Find your move online at:

www.barnsleywhatsyourmove.co.uk



"There is no situation, there is no age and no condition where exercise is not a good thing."

Sir Chris Whitty, Chief Medical Officer for England

WHAT'S YOUR
MOVE

Examples...



**NHS
HEALTH
CHECK**

Helping you prevent

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

The image shows a graphic for the NHS Health Check. On the left, the words 'NHS HEALTH CHECK' are written in large, bold, blue capital letters on a white background. To the right, on a blue background, the text 'Helping you prevent' is written in white. Below this, four white rectangular boxes are stacked vertically, each containing one of the following conditions in blue text: 'diabetes', 'heart disease', 'kidney disease', and 'stroke & dementia'.

Barnsley
20
30

Heart Health Plan 2022-2025



Barnsley - the place of possibilities



Heart Health Alliance Action Plan 2022-2025

Our vision = To improve heart health through prevention, early detection and successful management of diseases affecting the heart and blood vessels.

The term Heart health will be used instead of cardiovascular disease (CVD) to help make it more understandable for those who are less familiar with clinical terms. It includes conditions affecting the heart (cardio) or blood vessels (vascular), such as high blood pressure (hypertension), heart attacks (coronary heart disease) and stroke (cerebrovascular disease).

Setting the scene:

- Risk factors for poor heart health that we can work to reduce include smoking, physical inactivity, being overweight or obese, high blood pressure, diabetes, and high cholesterol.
- 80% of CVD is preventable through diet, exercise, reducing alcohol intake, smoking prevention and reduction, and medication.
- The latest heart health disease (cardiovascular disease) mortality rates for under 75 years considered preventable (2020) is significantly worse than the England average at 38.9 (per 100,000) compared to 29.2. For Barnsley this figure has also increased year on year from 30.1 since 2018.
- Hospital admissions for heart attacks, stroke and heart failure for Barnsley are all significantly worse than the England average.
- In 2019/2020 the prevalence of stroke or mini stroke in Barnsley was 2.2% (5,823 people) – higher than England's average (1.8%). This rate has been either static or CVD prevalence is likely to increase in the future, owing to an ageing population and improved survival rates.
- The 2019 NHS long term plan identifies CVD as the single biggest condition where lives can be saved over the next 10 years.
- A CVD health needs assessment was produced in 2020 and the findings have helped inform the below priorities. |
- increasing since 2012.

Our priorities:

- To ensure a collaborative system wide approach to heart health
- Ensure early prevention across all we do
- Make heart health understandable, accessible, and relevant to everyone
- Use a targeted approach to reduce health inequalities in heart health
- Support services to provide the best possible care and prevention opportunities

This is a working document and will be constantly reviewed in line with latest data, intelligence, and guidance to ensure it meets the needs of Barnsley.