

# Health and Wellbeing Board Meeting

18<sup>th</sup> January 2024

## APPENDIX D



## THE TEAM



**Judi  
Dumont-Barter**



**Riffat Ahmed**



**Salna Abdallah**



# Healthy Heart Peer Support Project

## Contact information:

- **Webpage:** [Healthy Heart Project - Inclusion Barnet](#)
- **Email:** [healthyheart@inclusionbarnet.org.uk](mailto:healthyheart@inclusionbarnet.org.uk)
- **Telephone:** 020 3475 1316
- **Text us:** (Mon-Thurs 9am-5pm): 07719105534

The power of experience  
**ib** inclusion  
barnet



# Project purpose | Year 1 report | Areas of operation | Governance

- ▶ The Healthy Heart (HH) Peer Support Project aims to empower Barnet residents from **South Asian, African, or Caribbean** heritage to better manage their cardiovascular health, through community outreach, **peer support and culturally competent resources**.
- ▶ **Inclusion Barnet**, in partnership with Barnet Public Health, delivered the first year of the programme from May 2022 to May 2023, and the programme has been extended for a second year.
- ▶ **Link to the report:** [HH-Year-1-Executive-Report-updated-Oct-23.pdf \(inclusionbarnet.org.uk\)](https://inclusionbarnet.org.uk/HH-Year-1-Executive-Report-updated-Oct-23.pdf)
- ▶ Healthy Heart **ward focus:** Burnt Oak, Colindale, Edgware and West Hendon.
- ▶ Healthy Heart is underpinned by a **Clinical Reference Group** made up of local GPs, Public Health representatives, plus a Cardiologist, Pharmacy Lead, Renal Nurse, Dietician, and Social Prescribing Lead. This group have supported the development of the Healthy Heart intensive programme.



# HH offer a range of interventions to support participants

## ▶ Very brief / brief interventions:

- ▶ **30 seconds to 2 minutes** – information giving, signposting, awareness raising, encouragement; probably doesn't include goal setting – eg. conversations at outreach events, sharing leaflets or posters in person.
- ▶ **5-10 minutes** - includes discussion, encouragement, signposting, potentially goal-setting and multiple themes.
- ▶ **Examples: International Women's Day and Black History Month events.**

## ▶ Extended brief interventions:

- ▶ 10-15 minutes – specific information provision, goal setting, supporting participants to identify capability, opportunity & motivation for behaviour change; monitoring could include demographics.
- ▶ **Example: Healthy Heart weekly drop-in sessions at the West Hendon Hub (Housing Association).**

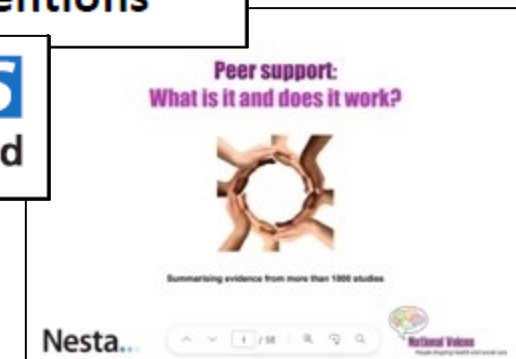
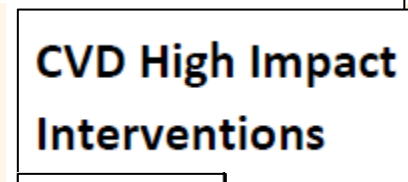
## ▶ Workshops and multi-session interventions (see next slide):

- ▶ Can be over multiple sessions, enabling and supporting participants to identify capability, opportunity & motivation for behaviour change, includes goal setting and review of goals, multiple discussion topics.
- ▶ **Example: intensive 4 session programme that covers High Blood Pressure (HBP) awareness, correct monitoring, managing HBP through changes to diet / nutrition and increasing activity.**



# HH intensive course breakdown | Supporting documentation

Session 1	HH team	<ul style="list-style-type: none"> <li>• Healthy Heart project introduction</li> <li>• What is high blood pressure?</li> <li>• Why is it important?</li> <li>• What does it mean to you personally?</li> </ul>
Session 2	<b>Medical Perspective</b>  Dr Amit Shah (video)	<ul style="list-style-type: none"> <li>• Medical advice (via video)</li> <li>• Risks of having high blood pressure</li> <li>• Familial Risks</li> <li>• Medication</li> </ul>
Session 3	<b>Nutrition</b>  Nourhan Barakat (video)	<ul style="list-style-type: none"> <li>• Nutrition advice (via video)</li> <li>• What does healthy eating look like?</li> <li>• Q&amp;A from participants</li> <li>• Aids from YouTube on healthy diet   Salt video</li> </ul>
Session 4	<b>Fit &amp; Active in Barnet</b>	<ul style="list-style-type: none"> <li>• Fit &amp; Active in Barnet provide activity session</li> <li>• Course recap</li> </ul>



# Healthy Heart Resources

▶ Healthy Heart (HH) are particularly proud of our jointly developed **Resource Pack** for the community. Following requests from participants, we have been able to create versions in Somali and Gujarati.

▶ Additionally, **video usage** has proved very successful within the intensive programme. Most recently, Public Health have supported HH to add subtitles to each video. Eventually the videos will be available via YouTube.

**Monitoring blood pressure**

About 1 in 3 adults have high blood pressure and many do not realise that they have it.

You can check your blood pressure at your GP surgery, at some pharmacies, and as part of your NHS Health Check.

Some people get a blood pressure monitor to check their blood pressure at home.

**Here are tips for measuring your blood pressure at home:**

1. Make sure that you are relaxed, not feeling anxious or stressed
2. Sit with feet on the floor and your back supported
3. Rest your arm on a table, make sure your arm and hand are relaxed
4. Place the monitor cuff around your upper arm. Make sure you can put two fingers underneath the cuff. The tubing should be down the centre of your arm
5. Turn the monitor on and press start
6. You'll feel the cuff inflate and then deflate
7. Write the numbers you see on the screen
8. After a few minutes, check your blood pressure again to make sure the readings are similar and accurate
9. If you have been asked to check your blood pressure, or if you are worried about the readings, then discuss the readings with your doctor or nurse.

Scan here for a helpful video on how to check your blood pressure  
<https://bit.ly/BloodPressureMeasuring>

**Other helpful resources**

British Heart Foundation: Heart Helpline - 0300 330 3311

Blood Pressure UK: Helpline - 020 7962 6218

**NHS - When to see your GP**  
If your blood pressure is high, you should seek GP advice. You may be offered medication to help reduce your blood pressure.

**NHS - Find your nearest pharmacy**  
Some local pharmacies provide free blood pressure monitoring. Just search 'NHS Find a pharmacy' to find yours.

**Fit and Active Barnet**  
The Fit and Active Barnet (FAB) scheme offers discounted access to local activity groups and Barnet's Better Leisure Centres. You just need a free FAB Card, which you can apply for online by scanning the QR code or calling 020 8201 0962

**Contact us**

[www.inclusionbarnet.org.uk/healthy-heart/](http://www.inclusionbarnet.org.uk/healthy-heart/)  
[healthyheart@inclusionbarnet.org.uk](mailto:healthyheart@inclusionbarnet.org.uk)  
Call 020 3475 1314  
Text (Mon-Thurs 9am-5pm): 07719105534

Independent Living Centre  
c/o Barnet & Southgate College,  
7 Bristol Ave,  
London NW9 4BB

This leaflet has been endorsed by Dr Aneet Bakhal, a local cardiologist

Copyright 2022 © Inclusion Barnet  
Registered Charity Number 1158632

**Your guide to healthy blood pressure**

Lifestyle & diet tips

Understanding blood pressure

Checking blood pressure

From your local Healthy Heart Team  
Offering peer support in the community

North Central London Integrated Care System

**Understanding blood pressure**

**What does the heart do?**  
Your heart pumps blood around your body. This is to deliver oxygen and nutrients to different organs.

**What is blood pressure?**  
Blood pressure is the force your heart uses to pump blood through your arterial blood vessels.

**How is blood pressure measured?**  
We use two numbers when measuring blood pressure: the systolic and diastolic blood pressure.

**Systolic**  
Higher number - when your heart beats (or contracts) to pump blood around your body.

**Diastolic**  
Lower number - when your heart relaxes between beats.

This leaflet's advice is not intended for people already living with diabetes, heart or kidney disease where targets and advice varies.

**High blood pressure**

High blood pressure is when your levels are above 140/90.

**What causes high blood pressure?**  
Sometimes it is not clear what causes high blood pressure, but there are factors that increase your risk - being overweight, not being active, not having enough sleep, eating too much salt, not eating enough fruit or vegetables, drinking too much alcohol or caffeine.

High blood pressure is more common if you are of Black African or Black Caribbean descent. It sometimes runs in families and can increase as you get older.

**What are the risks of high blood pressure?**  
High blood pressure does not usually have noticeable symptoms. But if it is not treated it can damage your blood vessels, heart and other organs.

It can lead to...

- Heart disease, heart attack or stroke
- Kidney disease
- Problems with your eyesight
- Vascular dementia

If you have high blood pressure, reducing it even a small amount can help to lower your risk of these health problems.

High blood pressure is dangerous as it typically has no symptoms or warning signs

**Preventing and lowering high blood pressure**

Making changes to your lifestyle can prevent or lower high blood pressure.

This can be through...

- Losing weight if you're overweight
- Being more active and exercising regularly
- Stopping smoking

**Key things in your diet are...**

- Reducing salt to the equivalent of one teaspoon a day
- Choosing rapeseed and olive oil, instead of butter, ghee and coconut oil
- Choosing unsalted nuts and oily fish
- Eating more fruit and vegetables
- Choosing high fibre carbohydrates like lentils and beans, oats and bran, wholegrain rice, bread and pasta
- Reducing caffeine
- Reducing alcohol

Some people with high blood pressure may also need to take medication to stop their blood pressure from getting too high.



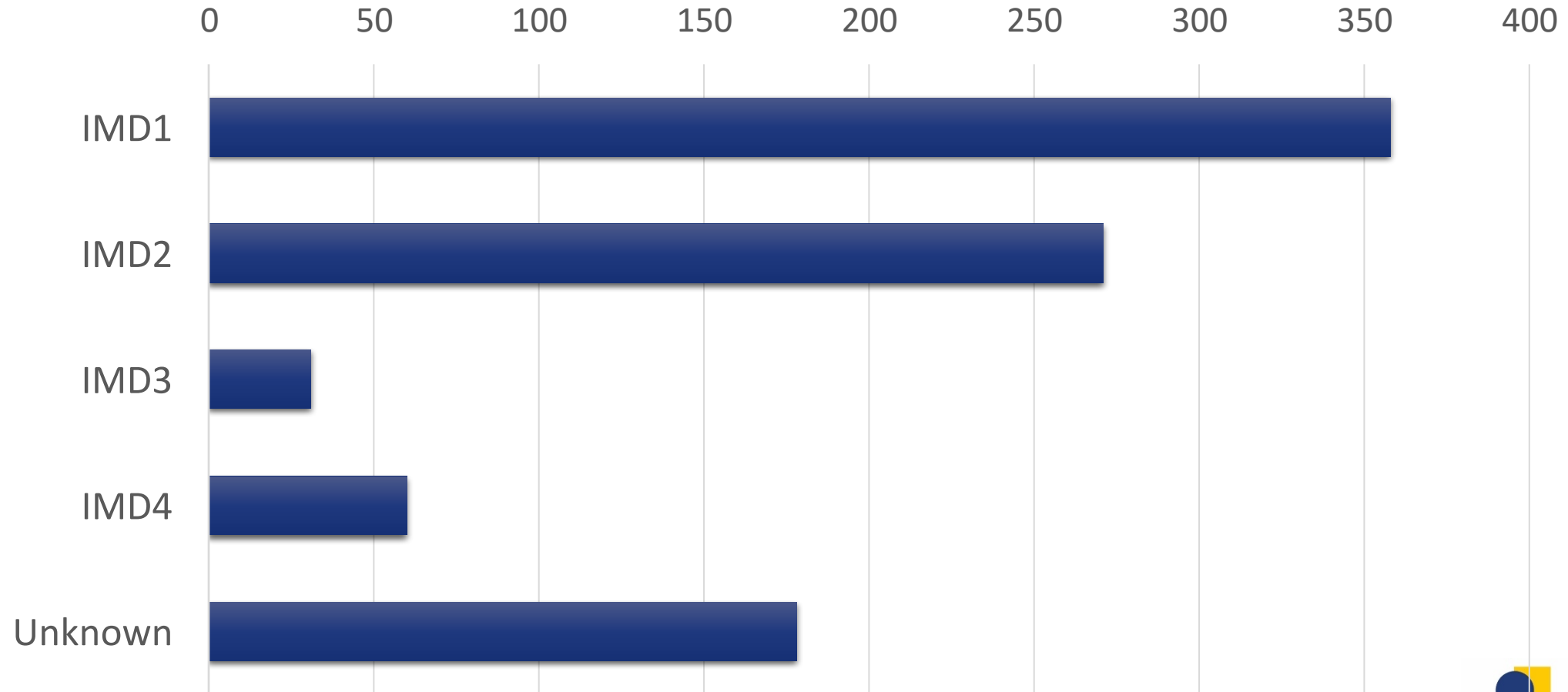


# Highlights from Year 2 of the Healthy Heart project

- ▶ Total number of contacts from May – Nov 2023 = **898** (Target 400)
- ▶ Number of very brief / brief interventions = **447**
- ▶ Number of extended brief interventions = **268**
- ▶ Number of multi-session interventions = **183**
- ▶ **One course attendee said:** *'It had great information to take and act on. How to take care of yourself and manage your high blood pressure. Food intake and quality, activities on daily basis. Managing stress and worries. The importance of eating less salt. See your GP if medication isn't working'.*
- ▶ September | **Everglades GP Practice**, Hypertension & Diabetes Educational event – invited to present to 40+ patients from the Colindale area
- ▶ September | **NCL Inequalities Workshop**, presentation on Healthy Heart year 1 results
- ▶ **VCS organisations engaged = 15+**
- ▶ October | presented at **Black History Month events** | Centre of Excellence, LBB, African Cultural Association = **140+ attendees**. Fed back learning from HH participants re: health inequalities including: access to interpreters, digital exclusion and access to primary care.



# Participants by IMD



Please note: in most cases IMD is based on the postcode of the venue where the event took place, not the participant's home address.

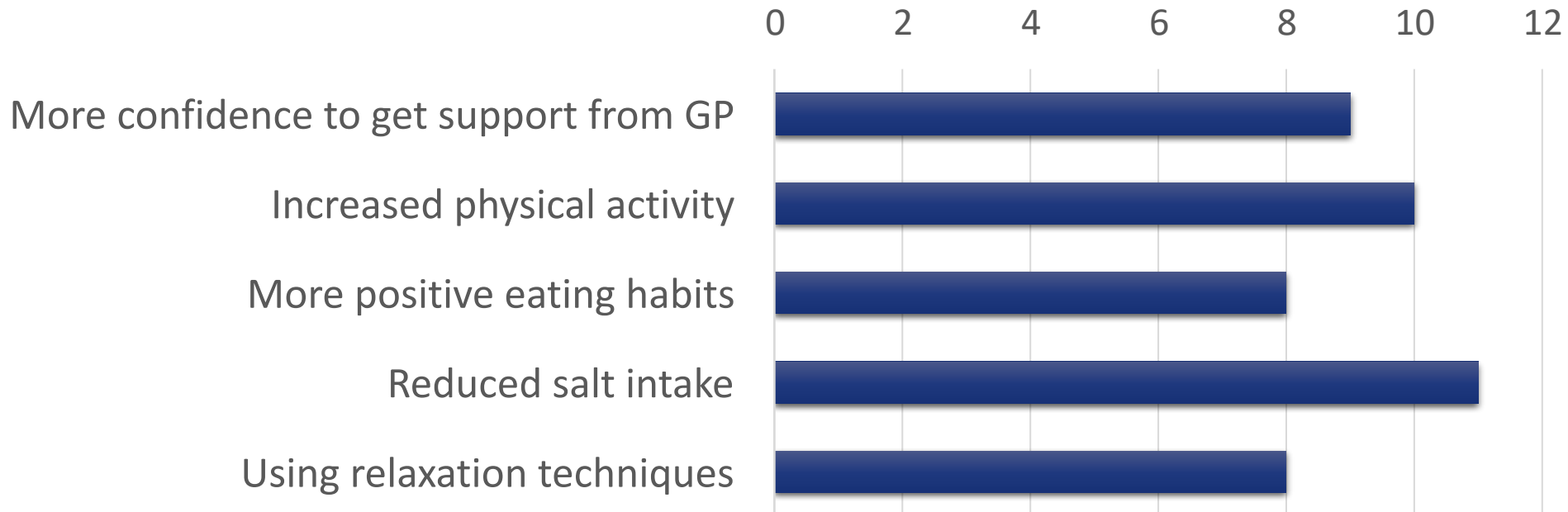




# Post-course questionnaires

- ▶ To date, 23 intensive course participants have completed post-course questionnaires
- ▶ After doing the course, 17 out of 23 people said that if their blood pressure goes above 140/90, they would know they should go to see their GP
- ▶ A number of participants found out they had high blood pressure as a result of HH, and accessed primary care - 8 out of 23 people went see their GP, and 5 out of 23 visited their local pharmacy

Behaviour changes - number of participants



# Post-course feedback

What was the most important thing you learned during the Healthy Heart course / session?

- ❖ 'Start with the small steps, more activity, less salt'.
- ❖ 'The difference between good/bad nutrition.. and to always get my blood pressure checked'.
- ❖ 'This also taught me that just because you are on medication not all is fine. I have learned to keep an eye on [my blood pressure] on regular basis and started doing more exercise'.
- ❖ 'I learnt what is blood pressure and what happens when it is high. How to prevent and control it. If blood pressure is higher than 140/90 then get help and do your exercise and healthy eating'.

## Case Study – Barnet Asian Women’s Association (BAWA)

One BAWA staff member said: ‘The ladies expressed that they feel cut off because of their ethnicity and excluded from education or self-help programmes, preventing them from managing their blood pressure.’

Another employee told us: ‘The women at BAWA felt really comfortable with the Healthy Heart peer worker. Being spoken to in the Hindi / Urdu language and provided with examples linked to their cultural lifestyle and values made them believe in what was being said.

Food is a problem in social gatherings, some ladies expressed concern at the difficulty in cooking separate meals for high blood pressure in the family. You educated them on how it is to talk to the family members about healthy eating and making some small healthy choices to implement into day to day eating, and how to manage and cope with food and stress during social gatherings.’



# Report informing HH intensive programme development

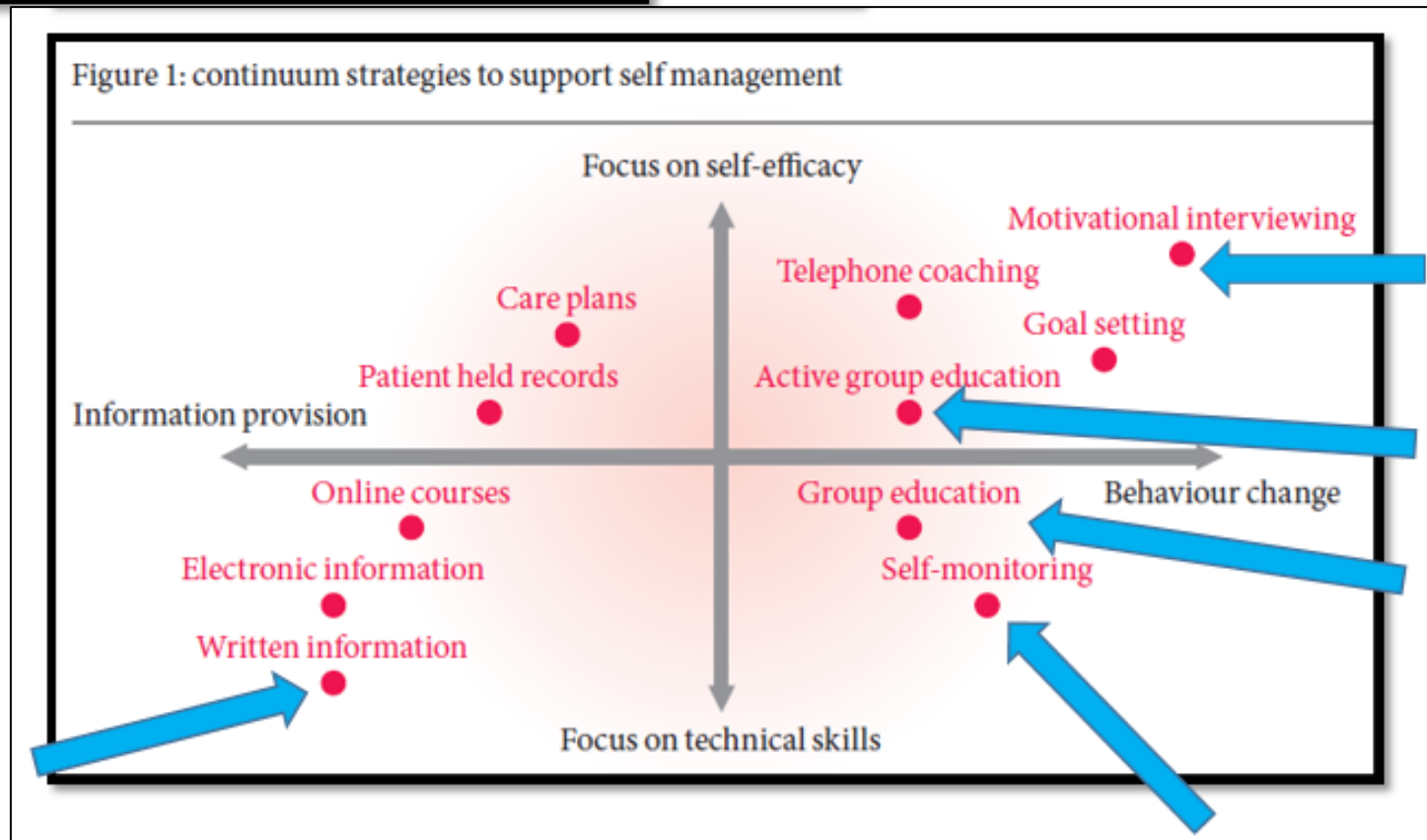
*Evidence:*

## Helping people help themselves

The Health Foundation  
Inspiring Improvement

*A review of the evidence considering whether it is worthwhile to support self-management*

Arrows denote the focus of the Healthy Heart project, to support self-management and behaviour change when working with the targeted communities.



## Healthy Heart - Community Engagement | Y1 & Y2

At the start of the Healthy Heart project (May 2022), self-registration eventbrite pages were created to advertise our events; this approach was not effective. **Partnerships with local providers** have been the key route to reaching our target communities. Here are just some of the organisations / events we have engaged with, to build relationships of trust and shared knowledge:

- Centre of Excellence
- Grahame Park Community Centre
- Barnet African Caribbean Association (BACA)
- West Hendon Hub
- Barnet Asian Older People's Association (BAOPA)
- Barnet Asian Women's Association (BAWA)
- Living Ways Ministries
- Jain community
- International Women's Day
- Black History Month events
- Islamic Centres
- Unitas
- Yaran Project
- Diabetes & hypertension awareness week
- Burnt Oak & Colindale Foodbanks
- New Citizens Gateway
- Everglades surgery | Diabetes & hypertension event



# Peer Support & Partnership Working

- ▶ The 3 Healthy Heart staff are people with lived experience of long-term health conditions.
- ▶ This shared awareness makes a difference to the delivery of the programme and provides a platform to build trust and mutuality.
- ▶ Inclusion Barnet has over a decade's experience of working in this way, which we believe leads to more effective service delivery.
- ▶ Staff have been trained in: **Motivational Interviewing** (Healthy Dialogues), **Understanding Behavioural Change** (British Association of Cardiovascular Prevention and Rehabilitation) and **Making Every Contact Count** (LBB).
- ▶ HH works with VCS staff to develop a joint understanding of how to best support their customers. Information from the HH Clinical Reference Group has been key to empowering the VCS to raise awareness.
- ▶ HH provides follow-up visits to VCS organisations, to meet new customers, reinforce the initial message and address emerging issues.



Thank you

