

TSL Kirklees Community Champions Cardiovascular disease (CVD)

July 2025

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1. Executive summary

During May and June 2025, [Third Sector Leaders Community Champions in Kirklees](#) engaged with local communities about cardiovascular disease (CVD). We had 1,291, 1.1 conversations, and held 91 group visits, which reached 939 people. With group sizes ranging from 1 to 46. Overall, we spoke to 2,230 people about CVD.

Who did we speak to?

- In the 1.1 conversations we spoke to 823 (65.7%) females and 408 (32.6%) males. In the group visits, 46 (52.3%, these involved 511 people) were a mixed group, 37 (42%, these involved 376 people) were female only, and 5 (5.7%, these involved 18 people) were male only.
- People were from 18 to over 80 years of age. Most of the people we spoke to during our 1.1 conversations were aged between 25 and 64 (986, 78.7%). And this was similar for the group visits, with 67 group visits (76.1%, these involved 625 people) with people aged between 25 and 64.
- People described themselves as being from a wide range of ethnic groups, with 35 different ethnic groups mentioned. In the 1.1 conversations we spoke to people from 34 different ethnic groups, and at the group visits we spoke to people from 20 different ethnic groups. However, the majority of the people we spoke to in the 1.1 conversations were Asian / Asian British Pakistani (33.3%, 417); Asian / Asian British Indian (29.5%, 369); and White British (15.2%, 190). For the group visits, the majority of the people we spoke to were Asian / Asian British Pakistani; Asian / Asian British Indian; Black British / African; and White British.
- In the 1.1 conversations 11.8% (148) had a disability, and 33 (37.5%) group visits included people who had a disability. We spoke to people with a range of disabilities including learning disabilities; mental health conditions; physical disabilities; sensory impairments; and long-term conditions.
- 24% (299) of the people we spoke to in the 1.1 conversations were in one of the eleven health inclusion groups. The three main groups were low literacy (7.2% of all respondents, and 29.7% of all health inclusion group respondents), mental health (6.5% of all respondents, and 27% of all health inclusion group respondents), and vulnerable migrants / asylum seekers / refugees (5.1% of all respondents, and 21.4% of all health inclusion group respondents). For the group visits, the three main groups were the same as the 1.1 conversations.

- 25.8% (328) of people from the 1.1 conversations were on medication for either high blood pressure or CVD related health issues. It should be noted that 25.8% (328) stated that they couldn't remember if they were on medication for CVD related conditions.
- 15.2% (193) of people from the 1.1 conversations said they smoked, with a further 7.4% (94) saying they smoked occasionally.

How and where did we speak to people?

During May and June 2025, conversations were held in over 180 different locations across Kirklees. These ranged from supermarkets, community centres, community group activities, libraries, places of worship, town centres, markets, shops, post office, parks, schools, cafés, charity events, coffee mornings, GP practices and health centres.

For the 1.1 conversations, we asked for the postcode of where the conversation took place. Conversations were held in 16 postcode areas across Kirklees. The main areas were:

- 37.3% (481) – WF17
- 30.8% (398) – HD1
- 10% (129) – WF13
- 5.4% (70) – HD2
- 4.9% (63) – WF16

For the group visits, 56% (51 group visits) were a presentation to a group or session; 17.6% (16 group visits) were engagement at an event; and 1.1% (1 group visit) was a presentation at a meeting. 25.3% (23 group visits) selected other and described a wide range of activities such as attending a roadshow, walking group, breakfast club, story time and conversations with groups of people they met whilst out and about.

What did people tell us?

- 34% (439) in the 1.1 conversations had not heard of CVD and 16.3% (210) said they knew a little but wanted to learn more. At the group visits, 43 (47.3%) groups said their levels of awareness were good or very good, 36 (39.6%) groups described their levels of awareness as OK, with 12 (13.2%) groups saying it was poor or very poor.

- 50.3% (650) in the 1.1 conversations were not able to describe what CVD is.
- 53.9% (696) in the 1.1 conversations didn't know there were different types of CVD, such as heart disease, stroke and heart attack.
- 57.2% (738) in the 1.1 conversations told us they would ring 999 or go straight to the hospital if they had a sudden pain in their chest or experience shortness of breath. 10.8% (139) were not sure what they would do, and 6% (78) would ignore it.
- At the group visits, when people were asked if they knew where they would go to get more information, 49 (53.8%) groups had a mixed response, 32 (35.2%) said they did know, and 10 (11%) groups said they didn't know.
- 67.1% (141) of those people in the 1.1 conversations that weren't sure what to do or would ignore it, said this was because they didn't understand the importance of getting help, or they would assume that it wasn't a CVD issue (36.2%, 76).
- When looking for information relating to CVD, the top five things' people in the 1.1 conversations would do were: people would go to their GP practice or health centre (81.2%, 1,039); NHS website (43.8%, 561); search the internet (31.7%, 406); speak to a Community Champion (36.4%, 466); or go to their community centre (23.9%, 306).
- Of those people that had been prescribed medication for high blood pressure or CVD health related conditions, 40.9% (133) sometimes forgot to take their medication, and 6.8% (22) sometimes skipped it on purpose. Of those that skipped it on purpose, the main reasons were they didn't like the side effects; they didn't think it was that important; they were struggling to understand because of language or literacy barriers; and they had started to feel better, so they had stopped taking it.

What did we do?

- 1,080 blood pressure checks were carried out. 607 were done during the 1.1 conversations, and 473 were done across 57 group visits. This means, of all the people we spoke to during May and June, 48.4% had their blood pressure checked by a community champion.
- Of the blood pressure checks we did during the 1.1 conversations, 72% (434) were normal, 17.7% (107) were referred to their GP as too high, and 3.3% (20) as too low, and 7% (42) were advised to come back for another reading.
- If people chose not to have their blood pressure taken by a community champion, we asked people if they knew what their blood pressure was. 33.4% (224) told us it was in the healthy range, 22.7% (152) said they had high blood pressure, 6% (40) had low

blood pressure, and 37.9% (254) didn't know so we advised them to go the pharmacy to have it checked.

- In the 1.1 conversations we also asked people if they'd had a free [NHS health check](#), 42.3% (538) said they hadn't and 13.8% (176) couldn't remember. Unfortunately, we're unable to check the data to establish if those that hadn't had a free health check was due to them not meeting the age criteria (the health check is for people aged 40 to 74), rather than them not being aware of it. However, if the person did fit the criteria for a free NHS health check, we signposted them to their GP (23%, 290).

The main outcomes in the 1.1 conversations were:

- 90% (1,133) – Had a better understanding of how to live a healthy lifestyle/make better choices.
- 69.9% (880) - Improved their awareness of CVD and prevention.
- 43.1% (542) – They had their BP checked by a community champion (it should be noted that this response differs to an earlier question, where 607 had stated that they had had their BP checked by a community champion).
- 19.1% (240) – They were signposted and/or given resources for more information.
- 11.3% (142) – They were signposted to a local activity to support with healthy lifestyle.
- 8.8% (111) – They were supported to download and or use the NHS app.
- 7.7% (97) – They were signposted for stop smoking advice and help.

For the group visits, the main outcomes were similar to the 1.1 conversations:

- 87.9% (80 groups) – Had a better understanding of how to live a healthy lifestyle/make better choices.
- 82.4% (75 groups) - Improved their awareness of CVD and prevention.
- 64.8% (59 groups) – They had their BP checked by a community champion.
- 52.7% (48 groups) – They were signposted to their GP for a free NHS health check.
- 49.5% (45 groups) – They were signposted and/or given resources for more information.
- 38.5% (35 groups) – They were signposted to a local activity to support with healthy lifestylea
- 26.4% (24 groups) – They were supported to download and or use the NHS app
- 24.2% (22 groups) – They were signposted to a local activity to support with social connectivity

2. Background

During May and June 2025, Third Sector Leaders Community Champions in Kirklees engaged with local communities about cardiovascular disease (CVD). The aim of the engagement activity was to:

- Improve awareness of all types of CVD
- Improve awareness of signs and symptoms of CVD
- Support people to “know their numbers”.
- Provide signposting support for CVD.
- Gain important insights around barriers, key themes and learning.
- Focus on all health inclusion groups.

The Community Champions had undertaken the same campaign during May to July 2024 when:

- Overall, we had conversations with 2,231 people.
- 1,340, 1.1 conversations took place across Kirklees.
- 67 group visits took place to raise awareness reaching a further 669 people.
- 461 blood pressure readings were taken by champions in the community.
- 4 smaller community groups were awarded funding to be a part of CVD community conversations, a further 222 people were reached.

3. Engagement approach

The following Community Champions carried out engagement during May and June 2025.

1. 20:20 Foundation
2. Community Skills Centre
3. Fresh futures
4. IMWS
5. Locorum
6. LS2Y
7. Outlookers
8. Ravensthorpe Community Centre
9. S2R
10. The Branch
11. The Mission
12. Thornton Lodge Action Group

4. Engagement feedback

During May and June 2025, Third Sector Leaders Community Champions in Kirklees engaged with local communities about cardiovascular disease (CVD). We had 1,291, 1.1 conversations, and held 91 group visits, which reached 939 people. With group sizes ranging from 1 to 46. Overall, we spoke to 2,230 people about CVD.

This section of the report provides the feedback received from both the 1.1 conversations and group visits.

a. Feedback from the 1.1 conversations

Q1. Name of organisation

Answer Choice	Response Percent	Response Total
20:20 Foundation	3.1%	40
Community Skills Centre	18.8%	243
Fresh futures	3.1%	40
IMWS	45.9%	592
Locorum	4.6%	60
LS2Y	5.7%	73
Outlookers	1.9%	25
Ravensthorpe Community Centre	4.1%	53
S2R	5.3%	68
The Branch	2.2%	28
The Mission	4.4%	57
Thornton Lodge Action Group	0.9%	12
	<i>answered</i>	1291
	<i>skipped</i>	0

Q2. Postcode where conversation took place.

Conversations were held in 16 postcode areas across Kirklees. The main areas were:

- 37.3% (481) – WF17
- 30.8% (398) – HD1
- 10% (129) – WF13

- 5.4% (70) – HD2
- 4.9% (63) – WF16

Answer Choice	Response Percent	Response Total
BD4	0.1%	1
BD19	0.3%	4
HD1	30.8%	398
HD2	5.4%	70
HD3	0.4%	5
HD4	0.5%	7
HD5	1.9%	25
HD6	0.5%	6
HD7	0.3%	4
HD9	0.2%	3
WF12	1.9%	25
WF13	10.0%	129
WF14	1.2%	15
WF15	4.1%	53
WF16	4.9%	63
WF17	37.3%	481
Other (please specify)	0.2%	2
	<i>answered</i>	1291
	<i>skipped</i>	0

Where people had selected other, of these 1 was done by telephone conversation, and the other had not specified the location.

Q3. Location name of where conversation took place.

The Community Champions had conversations in over 159 different locations.

Answer Choice	Response Percent	Response Total
3 Strand Cafe	0.2%	3
Al Hikmah Centre, Batley	5.2%	67

Answer Choice	Response Percent	Response Total
Al Murad DIY / car park	1.6%	21
B&M	0.4%	5
Baptist Church	0.4%	5
Batley	0.8%	10
Batley charity meeting	0.1%	1
Batley Community Centre	0.1%	1
Batley Jo Cox House	0.2%	3
Batley Library	0.5%	6
Batley Milen Care	0.1%	1
Batley Town Centre	0.7%	9
Birkby	0.1%	1
Birkby Blacker Road	0.1%	1
Birkby Junior School	0.2%	2
Birkby Library	0.2%	2
Birkby School	0.1%	1
Birkby Shops	0.1%	1
Boothroyd school gate	0.1%	1
Boutique	0.9%	12
Bowling club	0.4%	5
BP petrol station	1.2%	16
Bradley Community Park	0.1%	1
Bradley CC	0.9%	12
Bradley Community Centre	0.2%	2
Bradley Park	0.2%	2
Brian Jackson	0.1%	1
Brighton Street Community Centre, Heckmondwike	0.9%	11
By Food Cupboard	0.2%	2
Café, Liversedge	0.1%	1
Car journey from Heckmondwike	0.1%	1
Charity event / group / meeting	0.9%	12
Chestnut Centre	2.0%	26

Answer Choice	Response Percent	Response Total
Church	0.2%	3
Cleckheaton, around Tesco	0.2%	2
Cleckheaton Library	0.1%	1
Coffee morning at Moldgreen URC	0.4%	5
Community Centre	0.2%	3
Community Garden MURC	0.2%	2
Community Room	0.2%	2
Community Skills Centre	10.4%	134
Community support centre	0.1%	1
Corner shop	0.1%	1
Council Centre	0.1%	1
Course	0.4%	5
Creative Care assisted living facility	0.1%	1
Credit Union	0.5%	7
Crow Nest Park	0.1%	1
Dalton home	0.1%	1
Dark Lane	7.9%	102
Deighton Carnival	0.2%	3
Dewsbury	0.1%	1
Dewsbury group	0.9%	11
Dewsbury market	0.1%	1
Dewsbury Moor	1.2%	15
Dewsbury Moor Mosque	0.1%	1
Event	0.3%	4
Fartown GP	0.1%	1
Field Head J&I School, Batley	0.2%	3
Fir Road	0.1%	1
Firthcliffe	0.2%	3
Foodshare	0.1%	1
Friends / neighbours	3.7%	48
Grange Medical Centre	0.2%	2

Answer Choice	Response Percent	Response Total
Greenhead	0.1%	1
Greenhead Park	0.2%	2
Greenhead Park Wellbeing Walk	0.5%	7
Greenwood Centre	0.1%	1
Gurdwara Singh Sabha	4.5%	58
Harmony Group	0.1%	1
Hazel Grove	0.2%	2
HD3 Fitness Centre	0.1%	1
Healds Road Medical Centre	0.5%	7
Heckmondwike	2.3%	30
Heckmondwike HC	1.0%	13
Heckmondwike Library	0.4%	5
Heckmondwike Park	0.2%	3
Home Bargains	0.1%	1
Honley Village	0.1%	1
Hudawi Cultural Centre	2.1%	27
Huddersfield Group	0.3%	4
Huddersfield Mission Cafe	4.7%	60
Huddersfield Royal Infirmary	0.1%	1
IMWS	0.4%	5
Jubilee Centre	2.3%	29
Kajols Beauty Bar	0.1%	1
Ladies event / group	0.6%	8
Library	0.2%	2
Liversedge	2.6%	33
Local Masjid	0.2%	3
Longwood Surgery	0.1%	1
Lower Grange	0.1%	1
Madrassa	0.7%	9
Market – Huddersfield	0.1%	1
Marsh GP	0.2%	2

Answer Choice	Response Percent	Response Total
Masjid Ur Rahman, Dewsbury	0.2%	3
Meeting hall	0.1%	1
Milen Care	0.6%	8
Millbridge School	0.3%	4
Monday Group	0.3%	4
Moorlands School	0.1%	1
Mosque	0.1%	1
Mullaco	0.1%	1
Naghma's Creation Boutique	0.1%	1
New North Road Baptist Church	0.8%	10
Nourish to Flourish launch event	0.8%	10
Nursery	0.2%	2
Oak Primary School	0.1%	1
Oasis Care	0.2%	2
On street community gardening	0.2%	2
Outside Hive Café	0.1%	1
Paddock	0.1%	1
Paddock Conservative Club	0.2%	2
Paddock Conservative Bowling Club	0.1%	1
Paddock Pharmacy	0.1%	1
Paddock Post Office	0.1%	1
Paddock School	0.2%	2
Park	0.7%	9
Pentland Infant and Nursery School, Dewsbury	1.9%	25
Phone call	0.7%	9
Pilgrim Crescent	0.1%	1
PKWA Centre	0.7%	9
Play area	0.1%	1
Post office	0.3%	4
Pound shop	0.1%	1
Pub	0.1%	1

Answer Choice	Response Percent	Response Total
Public space	0.1%	1
Quality food store	0.1%	1
Ravenshouse Road Mosque	0.1%	1
Ravensthorpe Community Centre (Age Well; Cancer Hub; Kirklees College creative crafting; and Women's Health and Well-being group)	1.9%	24
Ravensthorpe post office	0.1%	1
Ravensthorpe self-development group	0.1%	1
Repair Café Create Space	0.5%	7
Riza Masjid	0.1%	1
Safe Anchor barge trip	0.1%	1
Supermarkets (including Sainsbury's; Tesco, Asda; Morrison's; Lidl; Aldi; and Co-op)	6.4%	83
School	0.2%	3
School House	0.1%	1
Scouthill	0.2%	2
Sewing	0.8%	10
Shops	0.2%	2
Sikh gurdwara, Fartown	0.5%	7
Sure Start	0.1%	1
Skopos Mill, Batley	1.6%	20
Slaithwaite Ladies Bowling Team	0.1%	1
Speedwell Surgery	0.1%	1
St John Fisher School	0.4%	5
Staincliffe	1.0%	13
Stall	0.1%	1
Street	0.2%	2
Studio 35	0.9%	11
Takeaway	0.4%	5
Town Centre	0.1%	1
Umar DIY	0.2%	3
West Moor Junior School	0.1%	1

Answer Choice	Response Percent	Response Total
Westtown Shop	0.1%	1
Whitfield Centre group	0.4%	5
Woven event, Moldgreen URC	0.7%	9
Zion Church, Move More Session, Moldgreen	0.8%	10
	answered	1288
	skipped	3

Q4. Have you ever heard of CVD / cardiovascular disease?

34% (439) had not heard of CVD and 16.3% (210) said they knew a little but wanted to learn more.

Answer Choice	Response Percent	Response Total
Yes	49.7%	642
I know a little but would like to learn more	16.3%	210
No	34.0%	439
	Answered	1291
	skipped	0

Q5. Are you able to describe what you think CVD is?

50.3% (650) were not able to describe what CVD is.

Answer Choice	Response Percent	Response Total
Yes	49.7%	641
No	50.3%	650
	Answered	1291
	skipped	0

Q6. Did you know that there are different types of CVD, Heart disease, Stroke and heart attack etc?

53.9% (696) didn't know there were different types of CVD, such as heart disease, stroke and heart attack.

Answer Choice	Response Percent	Response Total
Yes	46.1%	595
No	53.9%	696
	Answered	1291
	skipped	0

Q7. What would you do if you felt a sudden pain in your chest or experienced shortness of breath?

57.2% (738) told us they would ring 999 or go straight to the hospital if they had a sudden pain in their chest or experienced shortness of breath. 10.8% (139) were not sure what they would do, and 6% (78) would ignore it.

Answer Choice	Response Percent	Response Total
Phone 999/ go straight to hospital	57.2%	738
Phone 111 for advice	13.2%	171
Make a GP appointment	12.8%	165
Ignore it and see if it goes away	3.7%	48
Do nothing	2.3%	30
Not sure	10.8%	139
	Answered	1291
	skipped	0

Q8. For those who would ignore it / do nothing / not sure if they would seek medical health if they had signs or symptoms - what were the reasons? (please tick all that apply)

67.1% (141) of those people that weren't sure what to do or would ignore it, said this was because they didn't understand the importance of getting help, or they would assume that it wasn't a CVD issue (36.2%, 76).

Answer Choice	Response Percent	Response Total
Assumption that it won't be a CVD issue	36.2%	76
Didn't understand/realise the importance of getting help	67.1%	141
Disability related barriers	6.2%	13
Fearful of appointments	8.6%	18
Fearful of diagnosis	9.0%	19
Financial barriers - cost of transport etc	2.9%	6
Language Barrier	13.3%	28
Mental health barrier - anxiety etc	12.4%	26
Religious/cultural barriers	2.9%	6
Social barriers - no friends/family to talk to etc	5.2%	11
Time constraints	7.1%	15
Other (please specify):	23.3%	49
	Answered	210
	skipped	1081

Of those that responded to this question, 49 (23.3% of responses) people selected other. The key reasons raised were:

- The majority of responses related to people not knowing which number to dial and some were confused about the difference between 999 and 111.
- Some didn't like to bother people or waste their time.
- Some people prefer to ignore things and hope it will go away and will just assume it's indigestion.
- Some didn't think it would be something that could happen to them.
- Some were struggling with their mental health, and this was dominating their life at the moment.
- Some didn't have a good relationship with their GP or didn't trust health professionals.

Q9. Where would you go to get information relating to CVD and accurate health information? (please tick all that apply)

When looking for information relating to CVD, the top five things' people would do were: people would go to their GP practice or health centre (81.2%, 1,039); NHS website

(43.8%, 561); search the internet (31.7%, 406); speak to a Community Champion (36.4%, 466); or go to their community centre (23.9%, 306).

Answer Choice	Response Percent	Response Total
Community centre	23.9%	306
Community champion	36.4%	466
Community group or activity	16.3%	209
NHS website	43.8%	561
GP or health centre	81.2%	1039
Internet - Google search etc	31.7%	406
Newspapers	4.4%	56
Friend/family member	18.7%	239
Social media	9.3%	119
Local faith group / leader	2.8%	36
Teacher	0.5%	7
Other (please specify):	3.5%	45
	Answered	1280
	skipped	11

Of those that responded to this question, 45 (3.5% of responses) people selected other. The suggestions made included:

- Cardiac rehab team
- Chat GPT
- Don't know where to get information.
- Friends and family
- Hospital
- Huddersfield Mission
- Leaflets
- Pharmacist
- TikTok
- Whitehouse Centre

Q10. Did you have your BP done today by a community champion?

607 (47.4%) people had their blood pressure checked by a community champion.

Answer Choice	Response Percent	Response Total
Yes	47.4%	607
No	52.6%	673
	Answered	1280
	skipped	11

Q11. What was the outcome of having your blood pressure (BP) done today?

72% (434) were normal; 17.7% (107) were referred to their GP as too high, and 3.3% (20) as too low; and 7% (42) were advised to come back for another reading.

Answer Choice	Response Percent	Response Total
It was normal	72.0%	434
I have to come back for another reading soon	7.0%	42
I have been referred to go see my pharmacy or GP as it was much higher than it should be	17.7%	107
Referred to GP or pharmacy as may blood pressure is too low	3.3%	20
	Answered	603
	skipped	688

Q12. Do you know what your blood pressure is?

If people chose not to have their blood pressure taken by a community champion, we asked people if they knew what their blood pressure was. 33.4% (224) told us it was in the healthy range; 22.7% (152) said they had high blood pressure, 6% (40) had low blood pressure; and 37.9% (254) didn't know so we advised them to go the pharmacy to have it checked.

Answer Choice	Response Percent	Response Total
Yes, it is in the healthy range	33.4%	224
Yes, I have high blood pressure	22.7%	152
Yes, I have low blood pressure	6.0%	40
No	37.9%	254

Answer Choice	Response Percent	Response Total
	Answered	670
	skipped	621

Q13. Have you had a free NHS health check?

42.3% (538) said they hadn't and 13.8% (176) couldn't remember. Unfortunately, we're unable to check the data to establish if those that hadn't had a free health check was due to them not meeting the age criteria (the health check is for people aged 40 to 74), rather than them not being aware of it. However, if the person did fit the criteria for a free NHS health check, we signposted them to their GP (23%, 290).

Answer Choice	Response Percent	Response Total
Yes	43.9%	558
No	42.3%	538
I can't remember	13.8%	176
	Answered	1272
	skipped	19

Q14. Do you smoke?

15.2% (193) of people said they smoked, with a further 7.4% (94) saying they smoked occasionally.

Answer Choice	Response Percent	Response Total
Yes - please give more information on how to get support with stopping smoking	15.2%	193
Occasionally - please give more information on how to get support with stopping smoking	7.4%	94
No	77.4%	985
	Answered	1272
	skipped	19

Q15. Are you on medication for high blood pressure/CVD related health issues?

25.8% (328) of people were on medication for either high blood pressure or CVD related health issues. And 25.8% (328) stated that they couldn't remember.

Answer Choice	Response Percent	Response Total
Yes	25.8%	328
No	74.2%	943
I can't remember	25.8%	328
	Answered	1271
	skipped	20

Q16. Do you ever forget to take your medication or skip it on purpose? (please tick all that apply)

Of those people that had been prescribed medication for high blood pressure or CVD health related conditions, 40.9% (133) sometimes forgot to take their medication, and 6.8% (22) sometimes skipped it on purpose.

Answer Choice	Response Percent	Response Total
No	56.9%	185
I sometimes forget to take it	40.9%	133
I sometimes skip it on purpose	6.8%	22
	Answered	325
	skipped	966

Q17. What were/are the reasons for skipping your medication? (please tick all that apply)

Of those that skipped it on purpose, the main reasons were they didn't like the side effects; they didn't think it was that important; they were struggling to understand because of language or literacy barriers; and they had started to feel better, so they had stopped taking it.

Answer Choice	Response Percent	Response Total
I am struggling to understand because of language or literacy barriers	31.3%	5

Answer Choice	Response Percent	Response Total
I couldn't afford the prescription	12.5%	2
I didn't like the side effects	62.5%	10
I get confused with what to take and when	0.0%	0
I just didn't think it was that important	37.5%	6
I started to feel better, so I stopped taking it	25.0%	4
It didn't seem to make me feel any better	18.8%	3
Other (please specify):	25.0%	4
	Answered	16
	skipped	1275

Of those that responded to this question, 4 (25% of responses) people selected other. The reasons raised were:

- They had been prescribed medication but had chosen not to take it and had instead tried home remedies.
- Due to the side effects from taking the medication, such as needing to go to the toilet more, making people feel worse, and allergic reaction.
- It's expensive to get a prescription and they couldn't always afford it.

Q18. What was the outcome of the conversation? (please tick all that apply)

The table below has been ordered to make it easier to see which were the most common outcomes from the 1.1 conversations.

Answer Choice	Response Percent	Response Total
Better understanding of how to live a healthy lifestyle/make better choices	90.0%	1,133
Improved awareness of CVD and prevention	69.9%	880
Had a BP check done by a community champion	43.1%	542
Signposted to GP for free NHS health check	23.0%	290
Signposted and/or given resources for more information	19.1%	240
Signposted to local activity to support with healthy lifestyle	11.3%	142
Supported to download and or use the NHS app	8.8%	111
Signposted for stop smoking advice and help	7.7%	97

Answer Choice	Response Percent	Response Total
Signposted to local activity to support with social connectivity	7.6%	96
Other (please specify)	6.6%	83
Referred for Cost of living support	5.0%	63
Signposted to the Wellness Service	3.5%	44
Referred for Mental Health support	2.6%	33
Referred to digital inclusion hub for additional support	2.0%	25
	Answered	1259
	skipped	32

Of those that responded to this question, 83 (6.6% of responses) people selected other. The key themes raised were:

- Some people talked about how they are currently dealing with other issues such as mental health problems, debt, unemployment, homelessness, drug and alcohol abuse and as such struggle to take care of any other health conditions.
- A few people mentioned that they were not interested in smoking cessation as they didn't want to stop smoking. Whilst others appreciated being referred.
- People talked about their current health conditions and the changes they had made to improve their health; they appreciated the opportunity to do this. And some talked about their health concerns and were given advice on where to seek further support.
- People were referred to a range of places including, food banks, community information sessions and conversations, men's walking and talking groups, Andy's Man Club, and a fitness class.
- A few people had high blood pressure readings and were advised to go see their GP.
- Some were given support on using the NHS App.

b. Feedback from the group visits

Q1. Name of organisation

Answer Choice	Response Percent	Response Total
20:20 Foundation	0.0%	0
Community Skills Centre	20.9%	19
Fresh futures	11.0%	10
IMWS	1.1%	1
Locorum	2.2%	2
LS2Y	8.8%	8
Outlookers	8.8%	8
Ravensthorpe Community Centre	15.4%	14
S2R	6.6%	6
The Branch	8.8%	8
The Mission	7.7%	7
Thornton Lodge Action Group	8.8%	8
	answered	91
	skipped	0

Q2. Where was the event / session held - please provide the name of the group/overview of the activity for e.g. Stay and play at Chestnut centre, health event at Asda supermarket

The Community Champions had conversations in 46 different locations.

Answer Choice	Response Percent	Response Total
Age Well @ Hope Café	2.2%	2
Asda car park	1.1%	1
Baptist Church Huddersfield, Refugee week	9.0%	8
Batley Salvation Army, stay and play	1.1%	1
Batley Community Centre, exercise wellbeing activities	1.1%	1
Batley Library	1.1%	1
Batley Manorfield school coffee morning	1.1%	1
Birkby Mosque	1.1%	1

Answer Choice	Response Percent	Response Total
Bradley Park Community Centre	1.1%	1
Brian Jackson House	1.1%	1
Chestnut Centre, Bread and Butter Group	1.1%	1
Cleckheaton group	1.1%	1
Cleckheaton Town	1.1%	1
Community Planter Tidy, Moldgreen	1.1%	1
Community Skills Centre	10.1%	9
Dementia	1.1%	1
Dewsbury group	1.1%	1
ESOL E1 group at the Al Hikmah Centre	1.1%	1
ESOL learners at Thornton Lodge community centre	1.1%	1
Foodshare	1.1%	1
Get Set Goal Project - Uni students	1.1%	1
Greenhead Park	1.1%	1
HD3 Fitness Centre	1.1%	1
Heckmondwike	1.1%	1
Heckmondwike HC	1.1%	1
Heckmondwike Library, Story Time	2.2%	2
Holmfirth Group	1.1%	1
Huddersfield Group	1.1%	1
Huddersfield Market	1.1%	1
Huddersfield Mission Café	4.5%	4
Huddersfield Royal Infirmary	3.4%	3
Jubilee Centre - Coffee morning; community food share	7.9%	7
Manorfield School - exercise ladies' session	1.1%	1
Mirfield Group	1.1%	1
Moldgreen URC, Sequence Dancing Group; Coffee Morning	2.2%	2
Monday Group	1.1%	1
Morrisons supermarket - Knit and Natter	1.1%	1
Newsome community centre	2.2%	2
Paddock Bowling Club	1.1%	1

Answer Choice	Response Percent	Response Total
PKWA	3.4%	3
Ravensthorpe Community Centre, Breakfast club	9.0%	8
S2R Create Space, Brook St - Repair Café	1.1%	1
Slaithwaite Ladies bowling team	1.1%	1
Ukraine Club	4.5%	4
Waterloo Wanderers walking group	1.1%	1
Whitfield centre Group	2.2%	2
	answered	89
	skipped	2

Q3. How was the information shared?

56% (51 group visits) were a presentation to a group or session; 17.6% (16 group visits) were engagement at an event; and 1.1% (1 group visit) was a presentation at a meeting. 25.3% (23 group visits) selected other and described a wide range of activities such as attending a roadshow, walking group, breakfast club, story time and conversations with groups of people they met whilst out and about.

Answer Choice	Response Percent	Response Total
Presentation to a Group or session	56.0%	51
Presentation at a meeting	1.1%	1
Engagement at an event	17.6%	16
Other (please specify):	25.3%	23
	Answered	91
	skipped	0

Q4. Number of people in the group/meeting

Across the 91 group visits, conversations were held with 939 people. With group sizes ranging from 1 to 46.

Q5. How would you describe the levels of awareness of CVD at the session?

43 (47.3%) groups said their levels of awareness were good or very good, 36 (39.6%) groups described their levels of awareness as OK, with 12 (13.2%) groups saying it was poor or very poor.

Answer Choice	Response Percent	Response Total
Very good	12.1%	11
Good	35.2%	32
OK	39.6%	36
Poor	9.9%	9
Very poor	3.3%	3
	Answered	91
	skipped	0

The Community Champions were given the opportunity to provide any further details. We received feedback from 46 (50.5%) group visits. The key themes raised were:

- Some people either had CVD or members of their family did so they had a good level of awareness, with some having their own BP monitor. Whilst others were either not aware or didn't feel that it was something that they needed to worry about.
- Some people were living unhealthy lifestyles so the conversation was about lifestyle changes they could make, such as changes to diet, sleep, exercise, and cutting down on smoking and drinking alcohol.
- CVD isn't a term used by most people; people understand heart issues better.

Q6. Did people know where to go to get further information / support?

49 (53.8%) groups had a mixed response, 32 (35.2%) groups said they did know, and 10 (11%) groups said they didn't know.

Answer Choice	Response Percent	Response Total
Yes	35.2%	32
No	11.0%	10
Mixed response	53.8%	49

Answer Choice	Response Percent	Response Total
	Answered	91
	skipped	0

The Community Champions were given the opportunity to provide any further details. We received feedback from 32 (35.2%) group visits. The key themes raised were:

- Information and advice was provided about cardiac health and diabetes. This included leaflets, signposting to relevant websites, and details of activities available.
- Some people advised that they would get their information from the NHS website, friends, family, or GP.
- Some mentioned that they struggled to get appointments with their GP practice and when they did it wasn't always with the same person, so led to a lack of continuity of care and a lack of confidence in the care received.
- Some talked about the changes they had made to improve their health, such as changes to diet, exercise, and alcohol consumption.
- For some there was a lack of awareness due to the language barrier.
- Some people were avoidant of medical help as they had other needs which needed to be met first.

Q7. What was the outcome of the conversation? (please tick all that apply)

The table below has been ordered to make it easier to see which were the most common outcomes from the group visits.

Answer Choice	Response Percent	Response Total
Better understanding of how to live a healthy lifestyle/make better choices	87.9%	80
Improved awareness of CVD and prevention	82.4%	75
Had a BP check done by a community champion	64.8%	59
Signposted to GP for free NHS health check	52.7%	48
Signposted and/or given resources for more information	49.5%	45
Signposted to local activity to support with healthy lifestyle	38.5%	35

Answer Choice	Response Percent	Response Total
Supported to download and or use the NHS app	26.4%	24
Signposted to local activity to support with social connectivity	24.2%	22
Signposted for stop smoking advice and help	18.7%	17
Referred for Cost of living support	13.2%	12
Signposted to the Wellness Service	12.1%	11
Referred for Mental Health support	6.6%	6
Referred to digital inclusion hub for additional support	6.6%	6
Other (please specify)	3.3%	3
	Answered	91
	skipped	0

For 3 (3.3%) group visits, other was selected. The key themes raised were:

- We took BPs before and after the walk and whilst resting on a bench mid-way through. Participants were interested to see the differences in their results.
- Since it was National Walking Month, we handed out leaflets for local walking groups and also "try 20" challenge sheets to do more walking.
- Some valued being able to talk to the nurses.

Q8. How many blood pressure checks did you do?

Blood pressure checks were carried out at 57 (62.6%) group visits. Across the 57 group visits, 473 blood pressure checks were carried out.

Q9. Please use this box to add any additional information about the session that you've not been able to include elsewhere.

The Community Champions were given the opportunity to provide any further details. We received feedback from 56 (61.5%) group visits. The key themes raised were:

- Some people were reluctant to take prescribed medication and preferred to use more natural methods such as changes to diet and an increase in exercise to help reduce their blood pressure.
- Some people talked about the negative impact that blood pressure medication had had on their overall health and as such had either stopped taking it or were planning too.

- Some people talked about the difficulties in being able to book an appointment with their GP.
- Some mentioned that there was a lack of awareness with regards to what their BP was and the impact this could have on their health if it was high or low.
- A couple of issues were highlighted for people with a visual impairment these included a lack of walking groups, and support in the kitchen to prepare meals and wash up. It was suggested that more walking groups for visually impaired people should be set up and to invite a technician to the group to discuss and demonstrate utensils specifically made for people with visual impairments. On a positive note, people mentioned how Outlookers had trained visually impaired people on how to use blood pressure monitors that speak to them.
- The difference between some GP practices when carrying out health checks and MOTs for people over 75. With some practices not offering this.
- How much people valued the opportunity to have conversations about their health. And how having conversations whilst carrying out other activities seems to work well and helps people to feel more relaxed.

5. Analysis of equality data

The equality data collated from both the 1.1 conversations and group visits can be found in appendices [C](#) and [D](#).

a. 1.1 conversations

This section focuses on the data collated through the 1.1 conversations which has been analysed to look for any equality related themes, and where there is any significant variation in experience for different equality groups this is noted below.

i. Sex

In the 1.1 conversations we spoke to 823 (65.7%) females and 408 (32.6%) males.

- Males were more likely than females to say they had heard of CVD. With 58% (237) of males and 46% (383) of females saying they had.
- Males were more likely than females to know that there are different types of CVD. With 64.4% (263) of males and 37.6% (310) of females saying they did.

When asked where they would go to get information relating to CVD the responses, there was some variation in the responses, and these can be seen in the table below:

	Males	Females
Community Centre	11.3% (46)	30.7% (253)
Community Champion	22.1% (90)	43.9% (361)
Community group or activity	7.4% (30)	21% (173)
NHS website	38.5% (157)	46.5% (383)
GP or health centre	81.9% (334)	81% (667)
Internet – Google search	25% (102)	35.2% (290)
Newspapers	6.6% (27)	2.9% (24)
Friend / family members	15.7% (64)	19.3% (159)
Social media	4.7% (19)	11.4% (94)
Local faith group / leader	1.7% (7)	2.8% (23)
Teacher	0.7% (3)	0.2% (2)
Other	5.9% (24)	2.9% (24)
Total respondents	408	823

- Of those that had their blood pressure checked, females had higher rates of normal readings (75%, 306) than males (67%, 119).

- Of those that didn't have their blood pressure checked; females were less likely to report that they had high blood pressure (20%, 83) compared to males (29%, 67).
- Males we spoke to were more likely to smoke than females. With 32% (131) of males reporting they smoked or occasionally smoked, compared to 17% (141) of females.
- Of those that were on medication for high blood pressure or CVD related conditions, females (51.5%, 113) were more likely to forget or skip their medication compared to males (32%, 36).

ii. Age

Most of the people we spoke to during our 1.1 conversations were aged between 25 and 64 (986, 78.7%).

- Levels of awareness of CVD decreased as people got younger, 75% (12) of people aged 80+ knew what CVD was, this reduced to 54% (94) for people aged 64-79, to 53% (186) for people aged 50-64, to 47% (303) for people aged 25-49, and 42% (30) for people aged 18-24.
- There was little variation between the age groups when asked what people would do if they had a sudden pain in their chest or experience shortness of breath.

When asked where they would go to get information relating to CVD, there was some variation in the responses, and these can be seen in the table below:

	18-24 yrs	25-49 yrs	50-64 yrs	65-79 yrs	80+ yrs
Community Centre	5.6% (4)	26% (167)	26.9% (93)	21.3% (37)	6.2% (1)
Community Champion	15.5% (11)	38.2% (245)	41.9% (145)	31% (54)	12.5% (2)
Community group or activity	4.2% (3)	17.8% (114)	20.5% (71)	9.2% (16)	(12.5%) 2
NHS website	52.1% (37)	47.9% (307)	42.2% (146)	32.8% (57)	6.2% (1)
GP or health centre	73.2% (52)	77.3% (495)	83.8% (290)	95.5% (161)	87.5% (14)
Internet – Google search	30.9% (22)	34.4% (220)	34.9% (121)	18.4% (32)	6.2% (1)
Newspapers	4.2% (3)	4.5% (29)	2.6% (9)	6.3% (11)	0% (0)
Friend / family members	18.3% (13)	18.6% (119)	17.6% (61)	18.4% (32)	25% (4)
Social media	8.4% (6)	9.4% (60)	10.9% (38)	5.7% (10)	0% (0)
Local faith group / leader	5.6% (4)	2.2% (14)	2.6% (9)	4% (7)	6.2% (1)

	18-24 yrs	25-49 yrs	50-64 yrs	65-79 yrs	80+ yrs
Teacher	0% (0)	0.4% (3)	0.9% (3)	0.5% (1)	0% (0)
Other	2.8% (2)	3.9% (25)	4% (14)	3.4% (6)	6.2% (1)
Total respondents	71	640	346	174	16

- Of those that had their blood pressure checked younger people were more likely to report normal level readings than older people. With 88.8% (24) of people aged 18-24 reporting normal readings, compared to 79% (251) of people aged 24-49, 64.9% of people aged 50-64, 57% (47) of people aged 65-79, and 58.3% (7) of people aged over 80.
- People aged over 80 (6%, 1) and 65-79 (13.2%, 23) were less likely to say they smoked or occasionally smoked than those aged 18-24 (22.5%, 16), aged 25-49 (25%, 160), and aged 50-64 (22.8%, 79).
- As people aged, they were more likely to report that they were taking medication for high blood pressure or CVD related health condition. With 5.6% (4) of 18-24 year olds, 14.4% (92) of people aged 25-49, 33.2% (115) of people aged 50-64, 55.7% (97) of people aged 65-79, and 62.5% (10) of people aged over 80.

iii. Ethnic group

People described themselves as being from a wide range of ethnic groups, in the 1.1 conversations we spoke to people from 34 different ethnic groups. However, most of the people we spoke to were Asian / Asian British Pakistani (33.3%, 417); Asian / Asian British Indian (29.5%, 369); and White British (15.2%, 190). As the response rate for the other ethnic groups is very low, with numbers ranging from 1 to 40, for the purpose of this section we have just focused on any variations between the ethnic groups where we had a significant response.

- White British people (65.7%, 125) were more likely to say that they had heard of CVD compared to Asian / Asian British Indian people with 58.8% (217), and Asian / Asian British Pakistani people with 41.9% (175).
- White British people (66.3%, 126) were more likely to know there are different types of CVD compared to Asian / Asian British Indian people with 45.7% (169), and Asian / Asian British Pakistani people with 43.6% (182).
- When asked what they would do if they had a sudden pain in their chest or experienced shortness of breath, White British people (11%, 21) were more likely to

ignore it and do nothing, compared to Asian / Asian British Pakistani people with 9% (38), and Asian / Asian British Indian with 2.2% (8). Those that would do something, the most popular action to take was to phone 999 or go to hospital with 65.3% (241) of Asian / Asian British Indian people choosing this option, compared to White British people with 55.3% (105), and Asian / Asian British Pakistani people at 50.4% (210).

When asked where they would go to get information relating to CVD, there was some variation in the responses, and these can be seen in the table below:

	Asian /Asian British Indian	Asian / Asian British Pakistani	White British / English /Northern Irish /Scottish / Welsh
Community Centre	37.6% (139)	18.9% (79)	16.8% (32)
Community Champion	45.8% (169)	37.4% (156)	29.5% (56)
Community group or activity	24.9% (92)	11.7% (49)	11.6% (22)
NHS website	50.9% (188)	40.3% (168)	37.4% (71)
GP or health centre	83.5% (308)	80.8% (337)	80% (152)
Internet – Google search	35.2% (130)	31.6% (132)	25.7% (49)
Newspapers	2.9% (11)	4% (17)	7.4% (14)
Friend / family members	15.2% (56)	18.9% (79)	29.5% (56)
Social media	9.2% (34)	9.3% (39)	13.2% (25)
Local faith group / leader	2.4% (9)	2.4% (10)	1.5% (3)
Teacher	0.5% (2)	0.4% (2)	0% (0)
Other	2.7% (10)	1.7% (7)	10% (19)
Total respondents	369	417	190

- Of those that had their blood pressure checked, Asian / Asian British Pakistani people had the highest rates of normal readings with 80.9% (149), compared to Asian / Asian British Indian people (73.9%, 82) and White British people (59.6%, 65).
- Out of the three ethnic groups we've focused on for this analysis, White British people we spoke to were more likely to report that they smoked or smoked occasionally. With

31.6% (60) of White British people, compared to 20.9% (77) of Asian / Asian British Indian people and 15.4% (64) Asian / Asian British Pakistani people.

- Of those that were on medication for high blood pressure or CVD related conditions, White British people (44.8%, 26) were more likely to forget or skip their medication compared to Asian / Asian British Indian people (34.6%, 37) and (37.9%, 36) Asian / Asian British Pakistani people.

iv. Disability

11.8% (148) of people we spoke to during 1.1 conversations said they had a disability.

- People with a disability (56%, 83) were more likely than people without a disability (46.9%, 395) to say they had heard of CVD.
- People with a disability (64.9%, 96) were more likely than people without a disability (47%, 396) to say they knew that there are different types of CVD.

When asked where they would go to get information relating to CVD, there was some variation in the responses, and these can be seen in the table below:

	People with a disability	People without a disability
Community Centre	22.3% (33)	14.8% (125)
Community Champion	41.9% (62)	28.7% (242)
Community group or activity	11.5% (17)	7.1% (60)
NHS website	27.7% (41)	40.6% (342)
GP or health centre	82.4% (122)	81.1% (683)
Internet – Google search	18.2% (27)	29.1% (245)
Newspapers	5.4% (8)	3.3% (28)
Friend / family members	27% (40)	13.4% (113)
Social media	8.1% (12)	7.5% (63)
Local faith group / leader	6.1% (9)	1.3% (11)
Teacher	1.4% (2)	0.2% (2)
Other	11.5% (17)	1.9% (16)
Total respondents	148	842

- Of those that had their blood pressure checked, people without a disability had the highest rates of normal readings 79.3% (338) compared to people with a disability (59.1%, 52).
- People with a disability were significantly more likely to smoke than people without a disability. With 41.9% (62) reporting they smoked or occasionally smoked, compared to 13.9% (117) of people without a disability.
- Of those that were on medication for high blood pressure or CVD related conditions, people with a disability (63.6%, 42) were more likely to forget or skip their medication compared to people without a disability (37.4%, 73).

v. Health inclusion groups

24% (299) of the people we spoke to in the 1.1 conversations were in one of the eleven health inclusion groups. The main three groups were low literacy (7.2%, 89 of all respondents, and 29.7% of all health inclusion group respondents), mental health (6.5%, 81 of all respondents, and 27% of all health inclusion group respondents), and vulnerable migrants / asylum seekers / refugees (5.1%, 64 of all respondents, and 21.4% of all health inclusion group respondents).

As the response rate for the other health inclusion group is very low, with numbers ranging from 2 to 26, for the purpose of this section we have just focused on any variations between the health inclusion groups where we had a higher response (low literacy; mental health; and vulnerable migrants / asylum seekers / refugees).

- People with a mental health condition (49.4%, 40) were more likely than people with low literacy (34.8%, 40) and vulnerable migrants / asylum seekers / refugees (9.4%, 6) to say they had heard of CVD.
- People with a mental health condition (51.9%, 42) were more likely than people with low literacy (39.3%, 35) and vulnerable migrants / asylum seekers / refugees (23.4%, 15) to say they knew that there are different types of CVD.

When asked where they would go to get information relating to CVD, there was some variation in the responses, and these can be seen in the table below:

	Low literacy	Mental health condition	Vulnerable migrants / asylum seekers / refugees
Community Centre	23.6% (21)	13.5% (11)	15.6% (10)
Community Champion	46% (41)	33.3% (27)	28.1% (18)
Community group or activity	14.6% (13)	19.8% (16)	12.5% (8)
NHS website	29.2% (26)	39.5% (32)	37.5% (24)
GP or health centre	69.6% (62)	93.8% (76)	71.9% (46)
Internet – Google search	21.3% (19)	18.5% (15)	43.8% (28)
Newspapers	1.1% (1)	4.9% (4)	7.8% (5)
Friend / family members	32.6% (29)	37% (30)	15.6% (10)
Social media	10.1% (9)	9.9% (8)	7.8% (5)
Local faith group / leader	4.5% (4)	12.3% (10)	1.6% (2)
Teacher	3.4% (3)	3.7% (3)	0% (0)
Other	13.5% (12)	1.2% (1)	7.8% (5)
Total respondents	89	81	64

- Of those that had their blood pressure checked, vulnerable migrants / asylum seekers / refugees had the highest rates of normal readings 82.7% (48) than people with low literacy (69%, 36) or people with a mental health condition (55.8%, 24).
- People with a mental health condition 50.6% (41) were more likely to smoke or occasionally smoke compared to 25.8% (23) of people with low literacy or 18.7% (12) of vulnerable migrants / asylum seekers / refugees.
- Of those that were on medication for high blood pressure or CVD related conditions, people with a disability (63.6%, 42) were more likely to forget or skip their medication compared to people without a disability (37.4%, 73).

b. Group visits

The data collated from the group visits regarding equality groups is a summary of the people that were at the group visit. For the ethnic group, disability and health inclusion questions the Community Champions were asked to tick all categories that applied to the people at the group visit. For those visits where more than one category was ticked it is not possible to identify any trends for a particular equality group.

However, for the sex and age questions, Community Champions were only able to tick one category, and these have been analysed to establish if there are any variation in experience and cross checked with the findings from the 1.1 conversations.

i. Sex

Of the 91 groups visits, 5 (5.7%, these involved 18 people) were to male only groups, 37 (42%, these involved 376 people) were female only, and 46 (52.3%, these involved 511 people) were mixed groups. The analysis for this section has focused on the male and female only group visits.

- When asked to describe their levels of awareness of CVD, of the 5 male only groups, 4 (80%) stated that it was OK and 1 (20%) reported that it was poor. Of the 37 female only groups, 23 groups (62%) stated that it was very good or good, 8 (21.6%) groups said it was OK, and 6 (16.2%) groups said it was poor or very poor.
- When asked if they knew where to go to get further information or support, of the 5 male only groups, 1 group said yes, 1 group said no, and 3 groups had a mixed response. Of the 37 female only groups, 15 groups said yes, 5 groups said no, and 17 groups had a mixed response.

ii. Age

Of the 91 groups visits, 1 (1.1%) was with people aged 18-24 years, 45 (51.1%) were with people aged 25-49 years, 22 (25%) were with people aged 50-64, 19 (21.6%) were with people aged 65 – 79, and 1 (1.1%) was with people aged 80+ years.

When asked to describe their levels of awareness of CVD, the feedback was:

	18-24 years	25-49 years	50-64 years	65–79 years	80+ years
Very good	0	6	1	3	1
Good	0	14	10	8	0
OK	1	17	9	6	0
Poor	0	5	2	2	0
Very poor	0	3	0	0	0
	1 group (7 people)	45 groups (429 people)	22 groups (196 people)	19 groups (270 people)	1 group (3 people)

When asked if they knew where to go to get further information or support, the feedback was:

	18-24 years	25-49 years	50-64 years	65-79 years	80+ years
Yes	0	15	7	7	1
No	0	5	3	2	0
Mixed response	1	25	12	10	0
	1 group (7 people)	45 groups (429 people)	22 groups (196 people)	19 groups (270 people)	1 group (3 people)

iii. Disability

A couple of issues were highlighted for people with a visual impairment these included a lack of walking groups, and support in the kitchen to prepare meals and wash up. It was suggested that more walking groups for visually impaired people should be set up and to invite a technician to the group to discuss and demonstrate utensils specifically made for people with visual impairments. On a positive note, people mentioned how Outlookers had trained visually impaired people on how to use blood pressure monitors that speak to them.

6. How will the findings be used?

The findings from the involvement will be used to support the Kirklees CVD Programme and ongoing improvements. This report will be published on [Kirklees Health and Care Partnership website](#) and [TSL Kirklees website](#).

Appendix A – Feedback form for 1.1 conversations

Please note, Community Champions completed the feedback form online which included skip logic.

Community Champions - CVD - individual feedback form

Please use this form to capture data from any **individual / 1.1 conversations** you have relating to cardiovascular disease (CVD).

No personal data e.g. names, addresses should be captured on this form.

If you have any questions, you can contact me at steffi@tslkirklees.org.uk

Many thanks

Steffi :-)

1. Name of community champion

2. Name of organisation

- ☐ 20:20 Foundation
- ☐ Community Skills Centre
- ☐ Fresh futures
- ☐ IMWS
- ☐ Locorum
- ☐ LS2Y
- ☐ Outlookers
- ☐ Ravensthorpe Community Centre
- ☐ S2R
- ☐ The Branch
- ☐ The Mission
- ☐ Thornton Lodge Action Group

3. Month of conversation

☐ May 2025

☐ June 2025

4. Postcode where conversation took place

☐ BD4

☐ BD11

☐ BD12

☐ BD19

☐ HD1

☐ HD2

☐ HD3

☐ HD4

☐ HD5

☐ HD6

☐ HD7

☐ HD8

☐ HD9

☐ HX4

☐ WF3

☐ WF4

☐ WF5

☐ WF12

☐ WF13

☐ WF14

☐ WF15

☐ WF16

☐ WF17

☐ Other (please specify):

5. Location name of conversation - for example Aldi supermarket, Diamond Wood school, Batley community centre etc

6. Have you ever heard of CVD / cardiovascular disease?

☐ Yes

☐ I know a little but would like to learn more

☐ No - give them the info! :-)

7. Are you able to describe what you think CVD is?

☐ Yes

☐ No

8. Did you know that there are different types of CVD, Heart disease, Stroke and heart attack etc?

☐ Yes

☐ No - give them the info! :-)

9. What would you do if you felt a sudden pain in your chest or experienced shortness of breath?

☐ Phone 999/ go straight to hospital

☐ Phone 111 for advice

- ☐ Make a GP appointment
- ☐ Ignore it and see if it goes away
- ☐ Do nothing
- ☐ Not sure

10. For those who would ignore it / do nothing / not sure if they would seek medical health if they had signs or symptoms - what was/ are the reasons? (please tick all that apply)

- ☐ Assumption that it won't be a CVD issue
- ☐ Didn't understand/realise the importance of getting help
- ☐ Disability related barriers
- ☐ Fearful of appointments
- ☐ Fearful of diagnosis
- ☐ Financial barriers - cost of transport etc
- ☐ Language Barrier
- ☐ Mental health barrier - anxiety etc
- ☐ Religious/cultural barriers
- ☐ Social barriers - no friends/family to talk to etc
- ☐ Time constraints
- ☐ Other (please specify):

11. Where would you go to get information relating to CVD and accurate health information? (please tick all that apply)

- ☐ Community centre
- ☐ Community champion
- ☐ Community group or activity
- ☐ NHS website

- ☐ GP or health centre
- ☐ Internet - Google search etc
- ☐ Newspapers
- ☐ Friend/family member
- ☐ Social media
- ☐ Local faith group / leader
- ☐ Teacher
- ☐ Other (please specify):

12. Did you have your BP done today by a community champion?

- ☐ Yes
- ☐ No

13. What was the outcome of having your blood pressure (BP) done today?

- ☐ It was normal
- ☐ I have to come back for another reading soon
- ☐ I have been referred to go see my pharmacy or GP as it was much higher than it should be
- ☐ Referred to GP or pharmacy as may blood pressure is too low

14. Do you know what your blood pressure is?

- ☐ Yes, it is in the healthy range
- ☐ Yes, I have high blood pressure
- ☐ Yes, I have low blood pressure
- ☐ No - signpost to pharmacy or offer a BP check

15. Have you had a free NHS health check?

- ☐ Yes
- ☐ No
- ☐ I can't remember

16. Do you smoke?

- ☐ Yes - please give more information on how to get support with stopping smoking
- ☐ Occasionally - please give more information on how to get support with stopping smoking
- ☐ No

17. Are you on medication for high blood pressure/CVD related health issues?

- ☐ Yes
- ☐ No

18. Do you ever forget to take your medication or skip it on purpose? (please tick all that apply)

- ☐ No
- ☐ I sometimes forget to take it
- ☐ I sometimes skip it on purpose

19. What were/are the reasons for skipping your medication? (please tick all that apply)

- ☐ I am struggling to understand because of language or literacy barriers
- ☐ I couldn't afford the prescription
- ☐ I didn't like the side effects
- ☐ I get confused with what to take and when
- ☐ I just didn't think it was that important

☐ I started to feel better, so I stopped taking it

☐ It didn't seem to make me feel any better

☐ Other (please specify):

20. What was the outcome of the conversation? (please tick all that apply)

☐ Better understanding of how to live a healthy lifestyle/make better choices

☐ Had a BP check done by a community champion

☐ Improved awareness of CVD and prevention

☐ Referred for Cost of living support

☐ Referred for Mental Health support

☐ Referred to digital inclusion hub for additional support

☐ Signposted and/or given resources for more information

☐ Signposted for stop smoking advice and help

☐ Signposted to GP for free NHS health check

☐ Signposted to local activity to support with healthy lifestyle

☐ Signposted to local activity to support with social connectivity

☐ Signposted to the Wellness Service

☐ Supported to download and or use the NHS app

☐ Other (please specify):

21. Is the individual

☐ Male

☐ Female

- ☐ Non binary
- ☐ Not known
- ☐ Prefer not to say
- ☐ Other (please specify):

22. What age bracket is the individual in?

- ☐ 18-24 years
- ☐ 25-49 years
- ☐ 50 -64 years
- ☐ 65 - 79 years
- ☐ 80+ years
- ☐ Not known
- ☐ Prefer not to say

23. How would the individual describe their ethnic group?

- ☐ Asian / Asian British Bangladeshi
- ☐ Asian / Asian British Chinese
- ☐ Asian /Asian British Indian
- ☐ Asian / Asian British Pakistani
- ☐ Asian / Asian British - Any other Asian / Asian British background
- ☐ Black / Black British African
- ☐ Black / Black British Caribbean
- ☐ Black / Black British - Any other Black/Black British background
- ☐ White British/English/Northern Irish/Scottish / Welsh

- ☐ White Irish
- ☐ White Gypsy, Traveller, or Irish Traveller
- ☐ White Roma
- ☐ White - any other white background
- ☐ Arab
- ☐ Not known
- ☐ Prefer not to say
- ☐ Any other ethnic group (please specify):

24. Does the individual have a disability?

- ☐ Yes
- ☐ No
- ☐ Not known
- ☐ Prefer not to say

25. Which of the following disabilities apply to them

- ☐ Learning disability or difficulties
- ☐ Mental health condition
- ☐ Physical or mobility impairment
- ☐ Sensory impairment
- ☐ Other long-term condition e.g. diabetes, asthma
- ☐ Not known
- ☐ Prefer not to say
- ☐ Other (please specify):

26. For monitoring purposes only - please tick which Health inclusion group(s) apply to the individual

- ☐ Drug/Alcohol dependency
- ☐ Gypsy/Roma/traveller
- ☐ Homelessness
- ☐ In contact with justice system
- ☐ LGBT+
- ☐ Low literacy
- ☐ Mental Health
- ☐ Sex worker
- ☐ Veteran
- ☐ Victim of modern slavery
- ☐ Vulnerable migrants/Asylum Seekers/Refugees
- ☐ None of the above
- ☐ Not known
- ☐ Prefer not to say

Appendix B – Feedback form for the group visits

Community Champions - CVD - group feedback form

Please use this form to capture data from any **group** conversations you have relating to CVD.

No personal data e.g. names, addresses should be captured on this form.

If you have any questions, you can contact me at steffi@tslkirklees.org.uk

Many thanks

Steffi :-)

1. Name of community champion

2. Name of organisation

- ☐ 20:20 Foundation
- ☐ Community Skills Centre
- ☐ Fresh futures
- ☐ IMWS
- ☐ Locorum
- ☐ LS2Y
- ☐ Outlookers
- ☐ Ravensthorpe Community Centre
- ☐ S2R
- ☐ The Branch

☐ The Mission

☐ Thornton Lodge Action Group

3. Month of conversation

☐ May

☐ June

4. Where was the event / session held - please provide the name of the group/overview of the activity for e.g. Stay and play at Chestnut centre, health event at Asda supermarket

5. How was the information shared?

☐ Presentation to a Group or session

☐ Presentation at a meeting

☐ Engagement at an event

☐ Other (please specify):

6. Number of people in the group/meeting

7. How would you describe the levels of awareness of CVD at the session?

☐ Very good

☐ Good

☐ OK

☐ Poor

☐ Very poor

Please use this box to add any further details

8. Did people know where to go to get further information / support?

☐ Yes

☐ No

☐ Mixed response

Please use this box to add any further details

9. What was the outcome of the conversation? (please tick all that apply)

☐ Better understanding of how to live a healthy lifestyle/make better choices

☐ Had a BP check done by a community champion

☐ Improved awareness of CVD and prevention

☐ Referred for Cost of living support

☐ Referred for Mental Health support

☐ Referred to digital inclusion hub for additional support

☐ Signposted and/or given resources for more information

- ☐ Signposted for stop smoking advice and help
- ☐ Signposted to GP for free NHS health check
- ☐ Signposted to local activity to support with healthy lifestyle
- ☐ Signposted to local activity to support with social connectivity
- ☐ Signposted to the Wellness Service
- ☐ Supported to download and or use the NHS app
- ☐ Other (please specify):

10. How many blood pressure checks did you do?

11. Please use this box to add any additional information about the session that you've not been able to include elsewhere.

12. Were group attendees

- ☐ Male
- ☐ Female
- ☐ Non binary

- ☐ Mixed group
- ☐ Not known
- ☐ Prefer not to say

13. What age bracket were most of the group in?

- ☐ 18 - 24 years
- ☐ 25 - 49 years
- ☐ 50 - 64 years
- ☐ 65 - 79 years
- ☐ 80+ years
- ☐ Not known
- ☐ Prefer not to say

14. What ethnicities were present at the group? (please tick all that apply)

- ☐ Asian / Asian British Bangladeshi
- ☐ Asian / Asian British Chinese
- ☐ Asian /Asian British Indian
- ☐ Asian / Asian British Pakistani
- ☐ Asian / Asian British - Any other Asian / Asian British background
- ☐ Black / Black British African
- ☐ Black / Black British Caribbean
- ☐ Black / Black British - Any other Black/Black British background
- ☐ White British/English/Northern Irish/Scottish / Welsh
- ☐ White Irish

☐ White Gypsy, Traveller, or Irish Traveller

☐ White Roma

☐ White - any other white background

☐ Arab

☐ Not known

☐ Prefer not to say

☐ Other (please specify):

15. Does any of the group have a disability?

☐ Yes

☐ No

☐ Not known

☐ Prefer not to say

16. Which of the following disabilities apply to the group members? (please tick all that apply)

☐ Learning disability or difficulties

☐ Mental health condition

☐ Physical or mobility impairment

☐ Sensory impairment

☐ Long term condition e.g. diabetes, asthma

☐ Not known

☐ Prefer not to say

☐ Other (please specify):

17. For monitoring purposes only - please tick which Health inclusion group(s) apply to the group

- ☐ Drug/Alcohol dependency
- ☐ Gypsy/Roma/traveller
- ☐ Homelessness
- ☐ In contact with justice system
- ☐ LGBT+
- ☐ Low literacy
- ☐ Mental Health
- ☐ Sex worker
- ☐ Veteran
- ☐ Victim of modern slavery
- ☐ Vulnerable migrants/Asylum Seekers/Refugees
- ☐ None of the above
- ☐ Not known
- ☐ Prefer not to say

Appendix C – Equality monitoring – 1:1 conversations

Q1. Is the individual

Answer Choice	Response Percent	Response Total
Male	32.6%	408
Female	65.7%	823
Non binary	0.6%	8
Not known	0.2%	3
Prefer not to say	0.7%	9
Other (please specify):	0.1%	1
	Answered	1252
	skipped	39

Q2. What age bracket is the individual in?

Answer Choice	Response Percent	Response Total
18-24 years	5.7%	71
25-49 years	51.1%	640
50 -64 years	27.6%	346
65 - 79 years	13.9%	174
80+ years	1.3%	16
Not known	0.2%	3
Prefer not to say	0.2%	2
	Answered	1252
	skipped	39

Q3. How would the individual describe their ethnic group?

Answer Choice	Response Percent	Response Total
Asian / Asian British Bangladeshi	2.0%	25
Asian / Asian British Chinese	0.5%	6
Asian /Asian British Indian	29.5%	369

Answer Choice	Response Percent	Response Total
Asian / Asian British Pakistani	33.3%	417
Asian / Asian British - Any other Asian / Asian British background	2.5%	31
Black / Black British African	1.4%	18
Black / Black British Caribbean	3.2%	40
Black / Black British - Any other Black/Black British background	1.2%	15
White British/English/Northern Irish/Scottish / Welsh	15.2%	190
White Irish	0.6%	7
White Gypsy, Traveller, or Irish Traveller	0.2%	3
White Roma	0.1%	1
White - any other white background	1.0%	13
Arab	1.0%	12
Not known	1.0%	12
Prefer not to say	3.3%	41
Any other ethnic group (please specify):	4.1%	51
	Answered	1251
	skipped	40

51 people selected 'any other ethnic group'. The ethnic groups specified were:

- Afghan x3
- Albanian x1
- Bangladeshi x1
- Black African x1
- Congo x1
- Egyptian x2
- Eritrea x2
- Ethiopian x1
- Syrian x1
- Iranian x1
- Kurdish x5
- Latin American x2
- Malaysian x1

- Mixed x4
- Pakistani x14
- Polish x1
- Portuguese x1
- Slovakian x1
- Spanish x1
- Sudanese x4
- Vietnamese x2

Q4. Does the individual have a disability?

Answer Choice	Response Percent	Response Total
Yes	11.8%	148
No	67.3%	842
Not known	18.1%	227
Prefer not to say	2.8%	35
	Answered	1252
	skipped	39

Q5. Which of the following disabilities apply to them.

Answer Choice	Response Percent	Response Total
Learning disability or difficulties	8.8%	13
Mental health condition	33.8%	50
Physical or mobility impairment	37.8%	56
Sensory impairment	18.2%	27
Other long-term condition e.g. diabetes, asthma	40.5%	60
Not known	0.0%	0
Prefer not to say	0.7%	1
Other (please specify):	10.1%	15
	Answered	148
	skipped	1143

15 people responded 'other' to this question. The disabilities specified were:

- Blind
- Dyslexia
- Endometriosis
- OCD
- COPD
- High blood pressure
- Angina
- Alcohol abuse
- Aggression
- Self-harm
- Foetal alcohol syndrome
- Neurodivergent
- Possible Multiple Sclerosis
- Severed tendon which limits arm movements.

Q6. For monitoring purposes only - please tick which Health inclusion group(s) apply to the individual

Answer Choice	Response Percent	Response Total
Drug/Alcohol dependency	2.1%	26
Gypsy/Roma/traveller	0.3%	4
Homelessness	0.9%	11
In contact with justice system	0.7%	9
LGBT+	0.3%	4
Low literacy	7.2%	89
Mental Health	6.5%	81
Sex worker	0.2%	3
Veteran	0.5%	6
Victim of modern slavery	0.2%	2
Vulnerable migrants/Asylum Seekers/Refugees	5.1%	64
None of the above	59.5%	740
Not known	17.4%	217

Answer Choice	Response Percent	Response Total
Prefer not to say	3.5%	44
	Answered	1244
	skipped	47

Appendix D – Equality monitoring – group visits

Q1. Were group attendees

Answer Choice	Response Percent	Response Total
Male	5.7%	5
Female	42.0%	37
Non binary	0.0%	0
Mixed group	52.3%	46
Not known	0.0%	0
Prefer not to say	0.0%	0
	Answered	88
	skipped	3

Q2. What age bracket were most of the group in?

Answer Choice	Response Percent	Response Total
18-24 years	1.1%	1
25-49 years	51.1%	45
50 -64 years	25.0%	22
65 - 79 years	21.6%	19
80+ years	1.1%	1
Not known	0.0%	0
Prefer not to say	0.0%	0
	Answered	88
	skipped	3

Q3. What ethnicities were present at the group? (please tick all that apply)

Answer Choice	Response Percent	Response Total
Asian / Asian British Bangladeshi	9.1%	8
Asian / Asian British Chinese	2.3%	2
Asian /Asian British Indian	29.5%	26

Answer Choice	Response Percent	Response Total
Asian / Asian British Pakistani	55.7%	49
Asian / Asian British - Any other Asian / Asian British background	10.2%	9
Black / Black British African	21.6%	19
Black / Black British Caribbean	11.4%	10
Black / Black British - Any other Black/Black British background	8.0%	7
White British/English/Northern Irish/Scottish / Welsh	48.9%	43
White Irish	5.7%	5
White Gypsy, Traveller, or Irish Traveller	0.0%	0
White Roma	1.1%	1
White - any other white background	9.1%	8
Arab	6.8%	6
Not known	2.3%	2
Prefer not to say	0.0%	0
Any other ethnic group (please specify):	11.4%	10
	Answered	88
	skipped	3

10 people selected 'any other ethnic group'. The ethnic groups specified were:

- Afghan x2
- Chinese x1
- Iranian x3
- Kurdish x 3
- Mixed x1
- Pakistani x 2

Q4. Does any of the group have a disability?

Answer Choice	Response Percent	Response Total
Yes	37.5%	33
No	36.4%	32

Answer Choice	Response Percent	Response Total
Not known	14.8%	13
Prefer not to say	11.4%	10
	Answered	88
	skipped	3

Q5. Which of the following disabilities apply to the group members? (please tick all that apply)

Answer Choice	Response Percent	Response Total
Learning disability or difficulties	30.3%	10
Mental health condition	42.4%	14
Physical or mobility impairment	78.8%	26
Sensory impairment	45.5%	15
Other long-term condition e.g. diabetes, asthma	60.6%	20
Not known	3.0%	1
Prefer not to say	0.0%	0
Other (please specify):	3.0%	1
	Answered	33
	skipped	58

Other disability specified was drug use which impacts on mental health.

Q6. For monitoring purposes only - please tick which Health inclusion group(s) apply to the group

Answer Choice	Response Percent	Response Total
Drug/Alcohol dependency	6.1%	5
Gypsy/Roma/traveller	0.0%	0
Homelessness	3.7%	3
In contact with justice system	6.1%	5
LGBT+	7.3%	6
Low literacy	22.0%	18

Answer Choice	Response Percent	Response Total
Mental Health	20.7%	17
Sex worker	0.0%	0
Veteran	12.2%	10
Victim of modern slavery	0.0%	0
Vulnerable migrants/Asylum Seekers/Refugees	19.5%	16
None of the above	31.7%	26
Not known	13.4%	11
Prefer not to say	7.3%	6
	Answered	82
	skipped	9