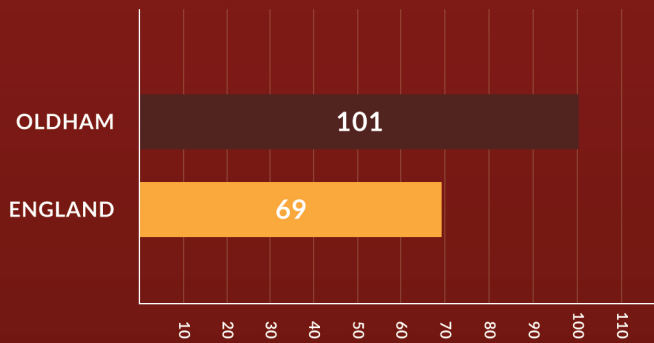




HEART — HEALTH — IN OLDHAM AND ROCHDALE

Oldham and Rochdale have higher than average heart disease mortality rates compared to England overall.

Heart disease mortality rate



MAIN RISK FACTORS



SMOKING



OBESITY



PHYSICAL
INACTIVITY



HIGH BLOOD
PRESSURE

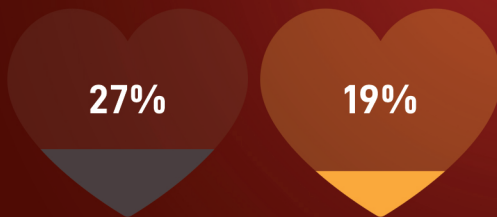
DIABETES



South Asian communities face increased risk due to higher rates of diabetes.



SMOKING

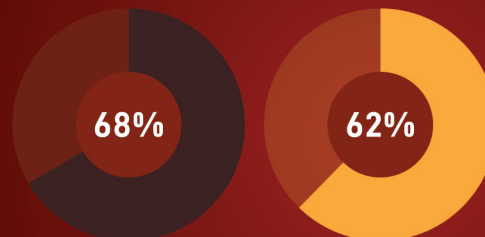


of adults smoke in
Rochdale

across
England

Local Health Profile

OVERWEIGHT/OBESE



of adults overweight/obese in
Oldham

in
England

Public Health England



HEALTH IMPACTS



Heart attacks,
strokes, heart
failure



Premature
death



Disability from
heart damage



Lower quality
of life



WHAT YOU CAN DO



Healthy Diet



Exercise



Stopping Smoking



Take medications as prescribed



Get regular blood pressure and cholesterol checks



Reduce stress through yoga, meditation etc.



Call 999 at signs of heart attack



— TAKE ACTION — IN YOUR COMMUNITY



Advocating for smoke-free zones



Improving open/green spaces for physical activity



Community gardens and healthy eating campaigns



Support groups for survivors and families



Screenings, CPR training, health events by local organizations



becomeuniteduk



BecoMEUnitedUK



becomeuniteduk



become-united

www.becomeunited.org.uk

www.nhs.uk/conditions/heart-disease
www.bhf.org.uk
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[www.oldhamhealthmatters.co.uk/
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www.getthehealthierochdale.co.uk

www.healthierweightrochdale.co.uk
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www.rochdaleheartcare.org.uk
www.healthyhearts.org.uk

