PREVENTING STROKE IMPROVING OUTCOMES SAVING LIVES

JULIA ROUT
GENERAL MANAGER - HEALTH PROMOTION AND ADVOCACY
STROKE FOUNDATION OF NEW ZEALAND
9,500 strokes per year

$1,100,000,000 economic cost of stroke, per year

3,800 estimated additional strokes per year by 2028

64,000 people living with the effects of stroke (estimated to be 350k survivors and whānau)

Stroke in Aotearoa New Zealand
OUR SERVICES – LIFE BEFORE STROKE
5,290 REFERRALS TO OUR COMMUNITY STROKE ADVISOR SERVICE LAST YEAR

294 SUPPORTED TO RETURN TO WORK AFTER STROKE

2,887 PEOPLE ENGAGED IN OUR COMMUNITY STROKE ADVISOR SERVICE

161 TAKING CHARGE SESSIONS DELIVERED

220 ACHIEVED PAID EMPLOYMENT WITHIN 12 MONTHS

OUR SERVICES – LIFE AFTER STROKE
Why Health15 was developed
What is Health15

- More than a test and leave screening programme
- Targeted approach to health promotion
- Early identification
- Breaks down access barriers to primary care
How it works

- ALERT AND INFORM
  Introductions and site promotions
- ACT
  Appointments
- DO
  Site visit and referrals
- AFTERCARE
  Debrief and implement wellbeing initiative
Result's to date

- 7 construction companies signed up and a further 7 with proposals
- 20 sites (completed or confirmed)
- 480 blood pressure checks
- 249 people identified with high blood pressure readings
- 9 in hypertensive urgency
- 80% learned something new which will help them lead a healthier lifestyle
- 90% who participate become more motivated to change their lifestyle
- 100% would recommend the service.
“We were incredibly impressed with the stroke prevention health services provided by Health15. The positive impact on our site team has been remarkable. Despite initial concerns raised by the results, the initiative sparked a transformative change. After the first session, where 55 people completed the tests, 7 took the step of consultation their doctors, leading to necessary interventions such as blood pressure medication. Additionally, 5 people sought free blood pressure vouchers, demonstrating a heightened awareness of their health.”

Dragisa Cosovic
National HSEQ Manager
Southbase Construction
Next steps

- Collaboration with other NGO’s
- Health15 will become self sustaining
- Increase our coverage into the South Island
- Fund our free community outreach services to the general public
- Extend to other industries with similar blue collar workforce – dairy processing, meat works, ports, forestry
- Advocacy to government to make Health15 a pre-requisite for procurement
- Transfer emphasis from life after stroke services, to prevention and health promotion
www.health15.nz
www.stroke.org.nz

THANK YOU!

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