

PREVENTING STROKE IMPROVING OUTCOMES SAVING LIVES

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GENERAL MANAGER - HEALTH PROMOTION AND ADVOCACY
STROKE FOUNDATION OF NEW ZEALAND



ABOUT US

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



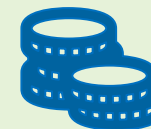
REFERRALS TO OUR COMMUNITY
STROKE ADVISOR SERVICE LAST YEAR

294



SUPPORTED TO RETURN TO
WORK AFTER STROKE

220



ACHIEVED PAID EMPLOYMENT
WITHIN 12 MONTHS

2,887



PEOPLE ENGAGED IN OUR COMMUNITY
STROKE ADVISOR SERVICE

161

TAKING CHARGE SESSIONS
DELIVERED

OUR SERVICES – LIFE AFTER STROKE

Health

Worksite **health + wellbeing**

The logo features the word "Health" in a large, dark blue, sans-serif font. To its right is a circular graphic with a dark blue outline. Inside the circle, the number "15" is written in a large, orange, sans-serif font. Above the "15" are five small orange dots arranged in a slight arc, and below it is a small orange arrow pointing downwards.

STRONG THINKERS.
GET RESULTS.

**THE
BUILDING
INTELLIGENCE[®]
GROUP**

STROKE
FOUNDATION • NZ

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



Health 15 How it works

Worksite health + wellbeing

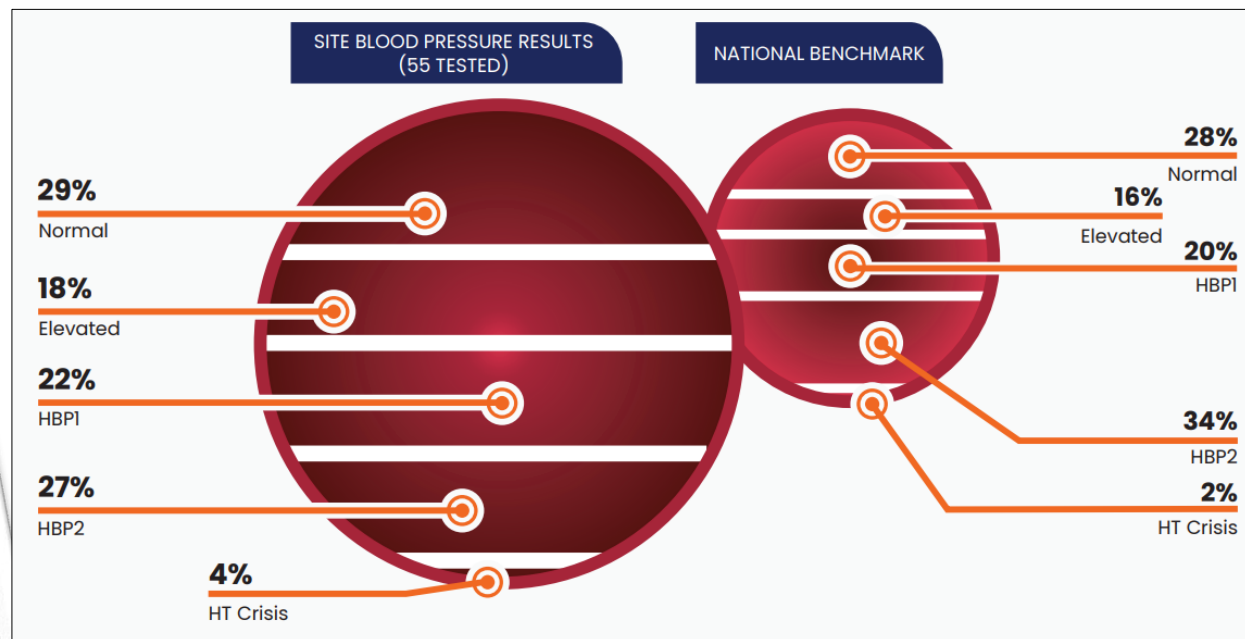
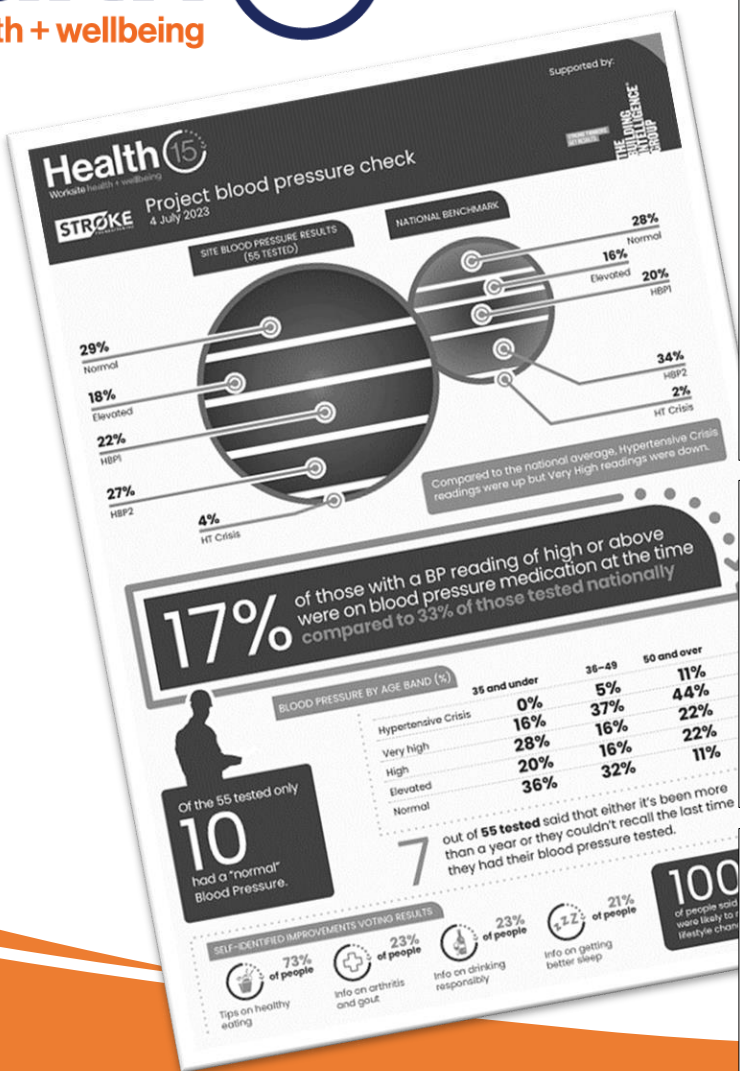
- ✓ **ALERT AND INFORM**
Introductions and site promotions
- ✓ **ACT**
Appointments
- ✓ **DO**
Site visit and referrals
- ✓ **AFTERCARE**
Debrief and implement wellbeing initiative



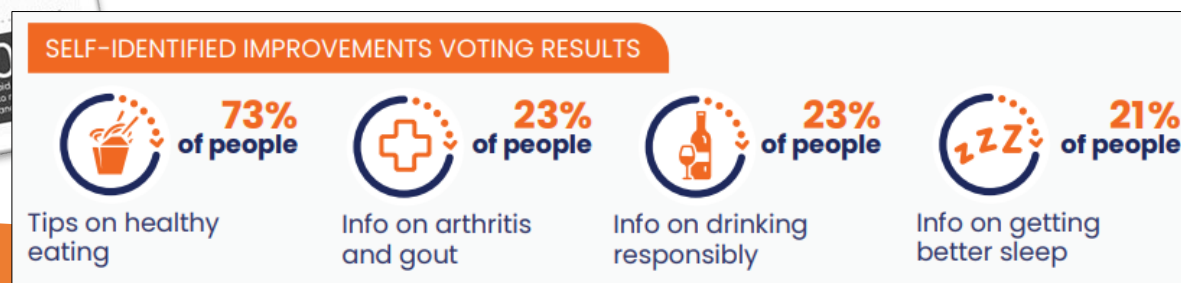
Result's to date

- ✔ 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.





	35 and under	36-49	50 and over
Hypertensive Crisis	0%	5%	11%
Very high	16%	37%	44%
High	28%	16%	22%
Elevated	20%	16%	22%
Normal	36%	32%	11%





"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

Health15 Next steps

Worksite health + wellbeing

- ✓ 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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stroke.org.nz

