



Jillian Skinner MP

Minister for Health

MEDIA RELEASE

Wednesday 6 May 2015

KEEPING BLOOD PRESSURE UNDER CHECK

Health Minister Jillian Skinner today participated in Australia's Biggest Blood Pressure Check to help raise awareness of cardiovascular risk factors.

Mrs Skinner joined hundreds of others in Martin Place for a free blood pressure check.

"Having regular blood pressure checks and following up with your doctor if the reading is high is a positive action we can all take to stay healthy," Mrs Skinner said.

"Knowing your blood pressure is vital to understanding and managing your risk of cardiovascular disease.

"The NSW Government is committed to helping the community keep healthy and stay out of hospital and measuring blood pressure is a simple, non-invasive step towards achieving this goal."

In 2012, the NSW Liberals & Nationals Government provided over \$7.2 million to roll out the *Know Your Numbers* Pharmacy Health Check in 750 pharmacies across NSW.

The four-year program - coordinated by the the National Stroke Foundation and Pharmacy Guild Australia (NSW) - is designed to increase awareness of type-2 diabetes, heart disease and stroke.

"Preventing life-style related chronic disease is one of my priorities as Health Minister," Mrs Skinner said.

"While our public hospitals deliver outstanding care, our aim is to keep people healthy and out of hospital.

"A blood pressure check is a quick and easy gauge to our health and may be a trigger to addressing lifestyle factors such as poor diet, alcohol consumption and, of course, smoking.

"It may also indicate a need for further assessment and a full health check from a GP."

Australia's Biggest Blood Pressure Check is an annual initiative of the National Stroke Foundation.