

Supporting health equity through self-service digital health solutions in Luton

The challenge

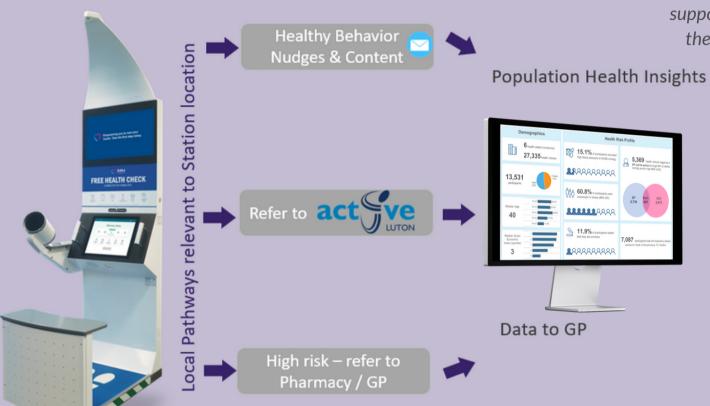
Life expectancy and mortality in Luton is largely influenced by the **modifiable** behaviours and lifestyle of the population. Tobacco accounts for the highest rate of deaths per 100,000 population, followed by high blood pressure (cardiovascular disease).

Luton Borough Council approached SiSU Health UK to understand how making positive changes to diet, exercise and reducing tobacco use would have positive effects on the overall life expectancy for people in Luton.

Luton is challenged with a lack of engagement with, and access to NHS services. It has a super diverse community with 55% of the population from ethnic minority communities and 150 languages and dialects spoken and some wards are in the most deprived areas in the country. They needed a suitable solution to address this.

SiSU Health are proud to be partnering with LBC to support the local community in identifying, monitoring and addressing health risks such as hypertension, obesity, smoking and mental health.

The solution



We've implemented a **free-to-use**, **self-service** community health screening program using the SiSU Health Station in places where people live their lives, including leisure centres and libraries.

This identities people with hypertension and directs them into local hypertension and lifestyle improvement services. And offers selfempowered health improvement.

FREE

HEALTH

CHECK

After walking in for a free health check, she's glad she's done that

One of the easiest projects that we have been able to deliver. We've had over 27,000 uses of the machines now and given we do often struggle to engage parts of our population with the NHS Health Checks programme, for example working age men, this is really pleasing to see. I am confident we have saved lives from recognising people that have needed immediate support and then being able to access that locally. This is a real example of the integrated care system coming together around an issue and doing something practical and deliverable!

> **Important!** 73% not measured BP in 12 months

Essential! 20% repeat users reduced at-risk BP to healthy level

Motivating!

70-90%

motivated to

make changes

Inclusive! 31% heath checks Asian. 14% Black, 48% White

smokers

quit

Loved! **NPS 74**

Still going! Over 27,000 health checks in places where people live their lives

Successful! 15%

Public Health Principal - Luton Borough Council

Accessible! 19% checks completed after 6pm

Proud to support Integrated Care Systems in delivering

A 5-minute health check on the SiSU Health Class IIa Medical **Device includes:**



Pressure



Rate





Fat %





Risk







