

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 identifies people with hypertension and directs them into local hypertension and lifestyle improvement services. And offers self-empowered health improvement.

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!



Suliman Rafiq
Public Health Principal - Luton Borough Council

The insight

- Important!** 73% not measured BP in 12 months
- Successful!** 15% smokers quit
- Essential!** 20% repeat users reduced at-risk BP to healthy level
- Inclusive!** 31% health checks Asian, 14% Black, 48% White
- Accessible!** 19% checks completed after 6pm
- Motivating!** 70-90% motivated to make changes
- Loved!** NPS 74
- Still going!** Over 27,000 health checks in places where people live their lives



Meet with us:



Proud to support Integrated Care Systems in delivering



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

- Blood Pressure
- Heart Rate
- Body Fat %
- BMI
- Diabetes Risk
- Stress
- Smoking Risk