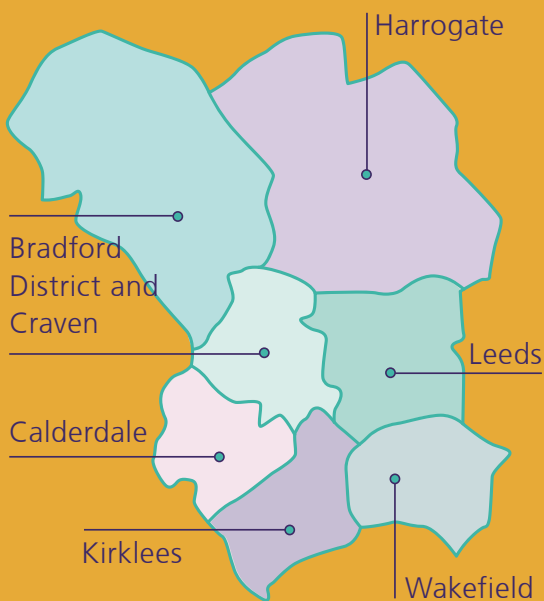


Telling our Partnership story



Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- Working to improve people's health with and for them
- Improving people's experience of healthcare
- Making every penny in the pound count
- Working to keep people well and make life better for 2.6 million people living in West Yorkshire and Harrogate.

West Yorkshire and Harrogate Health and Care Partnership



West Yorkshire and Harrogate Healthy Hearts

Our ambition

[West Yorkshire and Harrogate Healthy Hearts](#) project aims to reduce the impact of cardiovascular disease (CVD) and save lives in our region by helping to prevent people from having a heart attack or stroke.

In West Yorkshire and Harrogate alone, more than 600,000 people are affected by high blood pressure (hypertension) – a leading cause of heart disease and stroke - whilst over 60,000 people have an irregular heartbeat (atrial fibrillation) and more than 49,000 people have experienced a stroke or mini-stroke (TIA).

What we are doing

West Yorkshire and Harrogate Healthy Hearts is a three-year project that focuses on three specific risk factors that can cause CVD including blood pressure, cholesterol and diabetes.

Our aim is to support:

- a **reduction** in the number of cardiovascular events such as **heart attacks and strokes in our area by over 10% by 2021**
- the **prevention of 800 heart attacks and 350 strokes** over the course of the programme
- a saving to the local health and care economy of **more than £12 million.**



What next?

Early detection and treatment of CVD can help people live longer, healthier lives. We are working with our NHS partners to continue this vital work providing extra support to primary care including treatment guidance and clinical searches to help identify people who need extra support alongside advice on leading a healthier lifestyle.

Since January 2019 to January 2020 more than 7,500 new people were added to the hypertension register. There was also an increase in the number of people, nearly 8,000, who now have their hypertension better controlled to safe limits. Importantly this could help prevent 65 deaths, 122 strokes and 82 heart attacks over the next five years.



“Clinicians across West Yorkshire and Harrogate have come together to prioritise work on improving CVD outcomes. The West Yorkshire and Harrogate Healthy Hearts project will support our Partnership in its ambition, by focusing on improving the management of people with hypertension, cholesterol and diabetes.

By working closely with our colleagues across health care, we are able to share

good practice and adopt the latest advice and treatment guidance to help save more lives. A centralised approach reduces variation and improves outcomes for people. CVD is still one of the biggest causes of death and disabilities in the U.K. but early detection and treatment can help people live longer, healthier lives.”

Dr Youssef Beaini,
WYH Healthy Hearts Lead

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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

March 2020

West Yorkshire and Harrogate
Health and Care Partnership

