

<b>Project Title</b>	Healthy at Work Healthy for Life
<b>Programme Of Work</b>	Support - Programme 5
<b>Industry Group</b>	Occupational Health Professionals
<b>Objective</b>	To pilot specific support programmes for minimising coronary heart disease: - prevent heart disease from developing - delay the progression of existing heart disease - ensure access to appropriate care once the symptoms of heart disease are present to prevent them from getting worse
<b>Description</b>	<p>1. Funding was secured from the Scottish Executive in the Have a Heart campaign as Paisley has a high rate of coronary heart disease.</p> <p>2. Support programmes in place to minimise coronary heart disease: - smoking cessation therapies - exercise programmes - healthy eating advice - general healthy lifestyle advice</p>
<b>Project Cost</b>	£10,000 - £50,000
<b>Project Start Date</b>	05-02-2001
<b>Project End Date</b>	01-09-2003
<b>Achievements</b>	The project is entering its final stage. All participants have been re-screened. A report is being prepared which will analyse all the findings and give an overall picture of the health of the project group. Lessons learnt from this project will be used for future projects (see entry "Your Health Matters").
<b>Source of Funding</b>	Renfrewshire Council
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<b>Partners</b>	Have a Heart Paisley - Scottish Executive

<b>Project Title</b>	Blood pressure monitoring, health promotion
<b>Programme Of Work</b>	Continuous Improvement - Programme 2
<b>Industry Group</b>	Engineering and Utilities
<b>Objective</b>	To reduce strokes and heart disease rates amongst employees.
<b>Description</b>	<p>During Stroke Awareness week (Oct 2001) the Rolls-Royce sites around the UK with occupational health services invited employees to have their blood pressure (bp) checked and distributed leaflets on stroke prevention.</p> <p>835 bp were checked, 67% done in the workplace (not in the occupational health department). 173 (20%) employees had a diastolic pressure of more than 90 mm Hg - this is commonly accepted as the level to monitor for hypertension. A few had diastolics greater than 110mm Hg and were referred to their GPs. Screening for blood pressure is considered valuable (Littenberg B, Garber AM, Sox HJ. Screening for Hypertension. Ann Intern Med, 1990; 112:192-202). Electronic sphygmomanometers cost approximately £80 and only one was needed per site.</p> <p>There was also the cost of an occupational health nurse. On some sites the Stroke Association came to help (0117 953 1200) at no cost.</p>
<b>Project Cost</b>	Less than £1,000
<b>Project Start Date</b>	01-10-2001
<b>Project End Date</b>	08-10-2001
<b>Achievements</b>	<p>The employees loved that we were out on the shopfloor or in their offices taking their bp. The employees seemed relieved if their bp was OK and grateful if we found an undiagnosed high bp reading that we could follow-up in the occupational health departments. Strokes and heart disease are significant causes of sickness absence and medical early retirements for the company. Anything that reduces this employee loss is good for the company. The intervention didn't take employees much time to complete. It is planned to hold an awareness week every year and in 2003 it will be on a global scale with all employees on and off international sites being encouraged to get their bp checked. This initiative could definitely work in other industry groups, even those without a formal occupational health service.</p>
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