**CVD Prevention Survey- communications toolkit**

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| **Call to action:**   * Encourage members of the public to complete the Humber and North Yorkshire CVD Prevention Survey * Please distribute this survey across your communication channels   **Key messages:**   * Your views can help provide better services for our local community * This insight will help prevent cardiovascular disease in our local community * The survey is anonymous |

**Survey link:** [**www.smartsurvey.co.uk/s/HEALTHYHEART/**](https://www.smartsurvey.co.uk/s/HEALTHYHEART/)

**Survey close Date:** Friday 3rd October

**Newsletter**

**Share your views to help our community have healthier hearts**

Our local community has a high percentage of people living with undiagnosed high blood pressure (also known as hypertension), and high cholesterol.

To support our community to have healthy hearts and reduce our risk of developing cardiovascular disease, our local NHS is working with partners across Humber and Norh Yorkshire to raise awareness of the importance of knowing what your blood pressure and cholesterol numbers are and how you can get tested.

**As part of this work a survey has been designed to capture people's thoughts and views to help improve local NHS services across Humber and North Yorkshire.**

The survey aims to explore what people know about cardiovascular disease and how to get support to prevent high blood pressure and high cholesterol and what helps and stops people seeking support.

**Complete the survey here -** [**https://www.smartsurvey.co.uk/s/HEALTHYHEART/**](https://www.smartsurvey.co.uk/s/HEALTHYHEART/)

Completing this survey is **your choice** and you and **your information will not be identified.**

Please get in touch if you need this survey in a different language or format:

**Telephone:** 01482 672156 (and leave a message) or **email:**[hnyicb.communications@nhs.net](mailto:hnyicb.communications@nhs.net)

**Social Media- suggested messaging**

**Hashtags**

#HealthyHeart #KnowYourNumbers #HeartHealth #NHS #CommunityWellbeing #CheckYourNumbers

If you have space please tag @HNYPartnership [Facebook](https://www.facebook.com/HNYPartnership) | [X](https://x.com/HNYPartnership)

@ NHS Humber and North Yorkshire Integrated Care Board [LinkedIn](https://www.linkedin.com/company/nhs-hny-icb/posts/?feedView=all)

**X / Bluesky**

**Help us build a healthier community!** Did you know that many people in our community are living with undiagnosed high blood pressure, high cholesterol, or heart conditions? What do you know about heart health? Complete the online survey here to improve local NHS services - <https://www.smartsurvey.co.uk/s/HEALTHYHEART/>

To support our community to have healthy hearts **❤** and reduce our risks of developing cardiovascular disease, our local NHS across Humber and North Yorkshire is exploring what people know about the risk factors - complete the anonymous survey here - <https://www.smartsurvey.co.uk/s/HEALTHYHEART/>

**LinkedIn / Facebook**

**Help us build a healthier community!**

Did you know that many people in our community are living with undiagnosed high blood pressure, high cholesterol, or heart conditions like Atrial Fibrillation?

These are all forms of cardiovascular disease and often, they go unnoticed until it’s too late.

Our local NHS and partners across Humber and North Yorkshire are working to change that.

By understanding what you know, what you need, and what barriers you’ve faced, we can **improve access to testing and support for everyone.**

**Complete the online survey here -** <https://www.smartsurvey.co.uk/s/HEALTHYHEART/>

**❤** To support our community to have healthy hearts and reduce our risk of developing cardiovascular disease, our local NHS across Humber and North Yorkshire want to understand what you know about cardiovascular disease, the risk factors, and how you can get support to prevent high blood pressure and high cholesterol.

As part of this work a survey has been designed to capture your thoughts and views, and it is completely anonymous.

**Complete the online survey here -** <https://www.smartsurvey.co.uk/s/HEALTHYHEART/>

Our community has high rates of undiagnosedheart conditions like high blood pressure and high cholesterol.

What do you know about heart health? What barriers have you faced?

📋 Complete this anonymous survey and help shape better local NHS support across Humber and North Yorkshire.  
<https://www.smartsurvey.co.uk/s/HEALTHYHEART/>

#HeartHealth #KnowYourNumbers #NHS #HealthyHearts

**Have your say and help tackle cardiovascular disease.**

Our community has a high percentage of people living with undiagnosed high blood pressure (also known as hypertension), and high cholesterol.

Our local NHS across Humber and North Yorkshire is working to raise awareness with your insight.

Please share your thoughts on:

✅ What you know about cardiovascular disease

✅ Risk factors and prevention  
✅ Barriers or helpful experiences when accessing services

Your input will directly inform how local services are shaped going forward.

📝 <https://www.smartsurvey.co.uk/s/HEALTHYHEART/>

#PublicHealth #CardiovascularAwareness #CommunityEngagement #HealthyHearts #NHS #PreventionMatters