

Know Your Numbers! Week: 8th to 14th September 2025

More Than 4 in 10 UK Adults Unaware of Their Blood Pressure

Know Your Numbers! Week is a national campaign led by Blood Pressure UK to raise awareness about the importance of knowing your blood pressure numbers. Taking place from **8th to 14th September 2025**, the week encourages everyone to get their blood pressure checked and take simple steps to look after their heart health.

Here in **North West London**, approximately **11% of the population** is living with high blood pressure (hypertension). Many people are unaware they have the condition. Because high blood pressure often has **no obvious signs or symptoms**, the only way to know your numbers is to have a check. As Dr Haidar Mohammed, North West London ICB Clinical Lead for Cardiovascular Disease explains: *"High blood pressure often has no warning signs, yet it can quietly damage your heart, brain, and kidneys. A quick check at home, your pharmacy, or GP could save your life. When more of us know our numbers, we can prevent thousands of strokes and heart attacks."*

Why it matters

1. **High blood pressure often has no warning signs or symptoms.** The only way to know if you have it is to get your blood pressure checked.
2. **If left untreated, high blood pressure is the main cause of strokes, heart attacks, and heart failure.** It also increases the risk of kidney disease and dementia.
3. **A healthy blood pressure is 120 over 80 or below.**
4. **Readings between 121 over 81 and 139 over 89 are considered on the high side.** At this stage, making lifestyle changes such as eating less salt, eating more fruit and vegetables, and losing weight if needed can help bring it down.
5. **High blood pressure: Readings regularly above 140 over 90 may mean a diagnosis of hypertension.** Support may include making healthier lifestyle choices and, if necessary, taking medication as advised by your doctor.

Where you can get checked

You can have your blood pressure measured at:

1. Your GP surgery
2. Some local pharmacies
3. Certain workplaces
4. Health events in your borough

Discover MyHealth London

Find information and resources on **MyHealth London**, a digital platform for residents in North West London, as well as families, carers and healthcare professionals. Visit [Hypertension | CVD](#) to sign up and access resources, and support for managing your heart health.

Take Action This Know Your Numbers Week

Join us in spreading awareness between **8 and 14 September 2025**. Encourage friends, family and colleagues to get their blood pressure checked, and make sure you know your own numbers too. A simple check could make a big difference for your future health.