This leaflet summarises some of the results from your Growing Up visit and explains what they mean. BiB will use these results in our research to help us to understand health and wellbeing. If we find any results that could suggest a health problem, we can give you a letter to take to your GP.
What does your score mean?

High blood pressure is often related to unhealthy lifestyle habits, such as smoking, drinking too much alcohol, being overweight and not exercising enough. Some medications can cause low blood pressure as a side effect. It can also be caused by a number of underlying conditions and dehydration.

Many different things could have affected your blood pressure today. If you are worried about your blood pressure, you should see your nurse or GP. If your blood pressure result is high, we can give you a letter to take to your GP.

Did You Know?

NHS choices says that people from black, Asian and other minority ethnic (BAME) groups have a higher risk of developing some chronic conditions, such as type 2 diabetes. BAME adults with a BMI of 23 or more are at increased risk. BMI of 27.5 or more are at high risk.

Source: Text adapted from NHS Choices. You can read more about healthy weight at: http://www.nhs.uk/Livewell/loseweight/Pages/BodyMassIndex.aspx

Source: Text adapted from NHS Choices. You can read more about blood pressure at: www.nhs.uk/chtq/Pages/what-is-blood-pressure.aspx