**Cost:** Please contact Pete Waddingham, WY&H Healthy Hearts Programme Manager

**Outcomes:** By adopting a common evidence-based approachWest Yorkshire and Harrogate Healthy Hearts, along with all its partners, will benefit from economies of scale and shared learning, leading to better healthcare outcomes for local people.

Dr Beaini said: “In fact, we estimate that the work we’re carrying out in phase one alone will prevent 285 heart attacks and 421 strokes across West Yorkshire and Harrogate, freeing up £8m to be spent elsewhere in the local health economy.”

To support the programme a dashboard has been developed allowing clinicians to carry out GP system searches to increase detection of at-risk patients, along with Local Hypertension Treatment Guidance and an Implementation Resource. These materials will be sent to practices by their local CCGs.

**Project aims:** Reduce the number of people affected by heart disease across West Yorkshire and Harrogate by 10% by 2021, meaning 1,100 fewer CVD incidents by 2021.

The programme will be delivered in three phases over three years.

Dr Youssef Beaini, CVD Lead Bradford CCGs, is the clinical lead for the programme. Dr Beaini said:

“Phase one sees us working to help GP’s identify patients with [high blood pressure](https://www.westyorkshireandharrogatehealthyhearts.co.uk/media/Blood%20Presure/WYH%20Healthy%20Hearts%20Blood%20Pressure%20Leaflet.pdf) who haven’t yet been diagnosed, as well as helping to optimise the treatment of those already diagnosed through improvements to their individual medication, alongside the provision of advice and support on the kinds of [lifestyle changes](https://www.westyorkshireandharrogatehealthyhearts.co.uk/lifestyle-choices) needed to stay healthy.

Phase two of the project, due to begin in the autumn of 2019, will see an emphasis on Lipid/Cholesterol management. Phase three, set to begin in 2020, will see a concentration on Glycaemic Control in Diabetes.

For more information about Healthy Hearts please contact [Pete Waddingham](mailto:Pete.waddingham@yhahsn.com) the programme manager.

**Project title:** West Yorkshire and Harrogate’s Healthy Hearts programme