

# Health Defence

Tackling Health Inequalities and  
Empowering Communities

Sophie Bridger and Chris Docherty  
Chest Heart and Stroke Scotland

# No Life Half Lived



We are Scotland's largest health charity working to help people with chest, heart and stroke conditions live life to the full.

Our Health Defence project currently operates in Glasgow



# Why Maryhill?

Low income community in NW Glasgow

- Incidence and mortality is higher for heart disease and stroke
- Urban areas in Glasgow have the countries highest rates of lung disease
- Glasgow has the lowest life expectancy second lowest Health Life Expectancy in Scotland





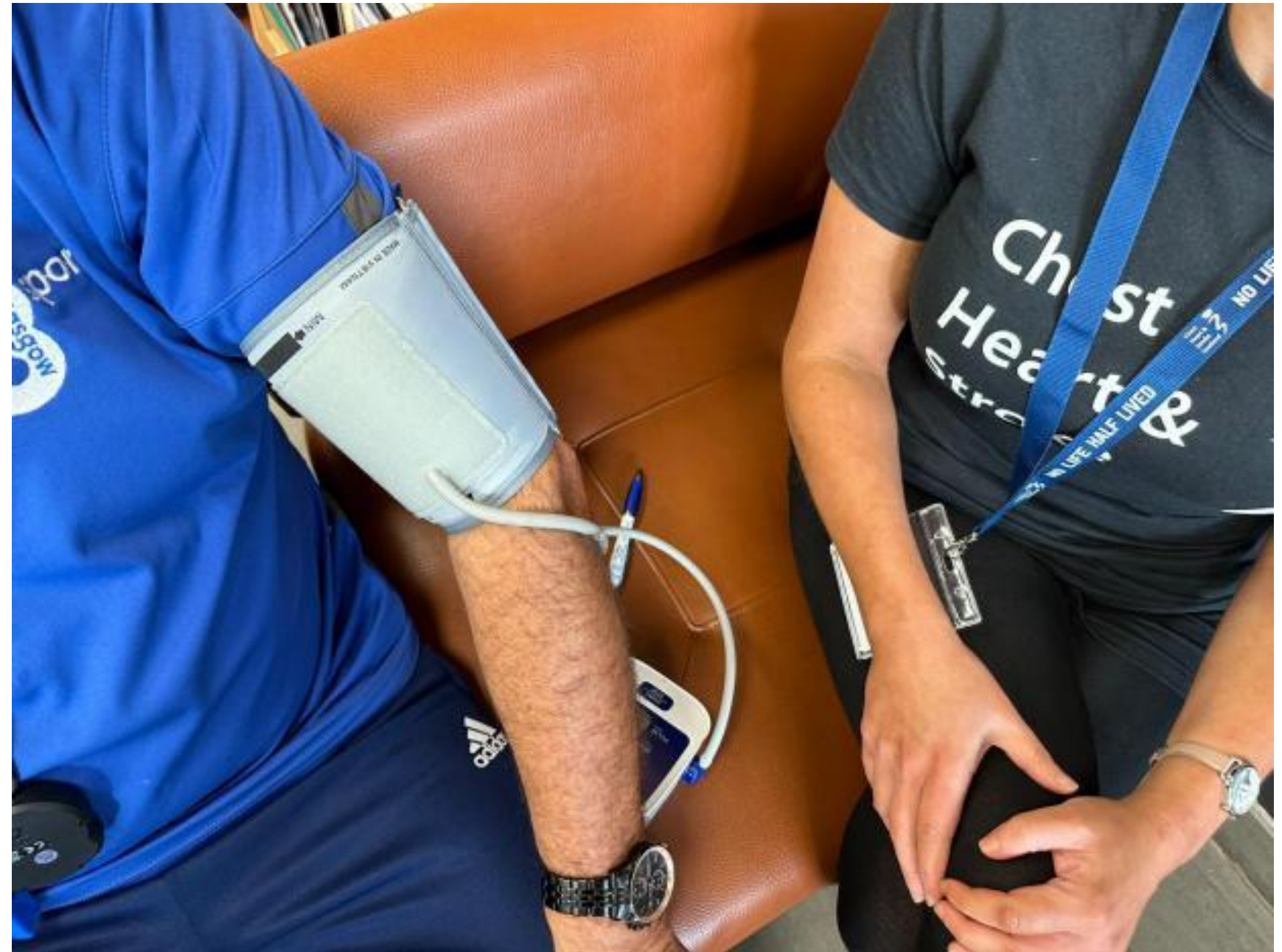
# Advocacy: Flipping the narrative

- Passive to proactive ownership of own health information.
- Accessibility to services, focussing on those demographics who are underrepresented and underserviced.
- Multi-faceted approach for us, ownership alongside education, backed up with ongoing support.



# Empowerment: 3 is the magic number

1. Confidence to be able to advocate for themselves with GPs and health services.
2. Build from accessing our service and branching out to other community resources and/or CHSS opportunities
3. Becoming ambassadors, spreading the word and encouraging others to participate, offer support.



# Thank you!