

Know Your Numbers! Week 8 – 14 September 2025



Every September, blood pressure checks are taken by thousands to prevent heart attacks and strokes.

Know Your Numbers! Week reaches those who have high blood pressure and don't know it, so they can get the treatment and support they need to bring it under control.

Previously, hundreds of organisations took part, setting up Pressure Stations in public places across the UK. From hospitals and health centres to offices, car parks and supermarkets. Even the Royal Albert Hall. Today, the Know Your Numbers! Week focus is on home blood pressure monitoring, as it's the easiest way to find out your blood pressure numbers. [Take a look at the highlights from past campaigns.](#)

Social media graphics:

Here is the link to download the social media graphics, assets etc. for Know Your Numbers! Week and the link for people to register. <https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/>

All about KYN week:

Help Us Find the Missing Millions: 8 –14 September 2025

To mark **Know Your Numbers! Week**, the UK's biggest free blood pressure testing and awareness campaign, **Blood Pressure UK** is urging adults of all ages to get their blood pressure checked – and help find the *Missing Millions*.

Around **5 million adults aged 18–64 in the UK** could be living with undiagnosed high blood pressure – a major risk factor for stroke, heart attack, kidney disease, and early death. Often called the **‘silent killer’**, high blood pressure has no symptoms, yet it is the **single biggest preventable cause of death** in the UK.

This year the team have linked this year’s theme with London’s ‘Million Hearts and Minds campaign’, hence the missing millions to use UK wide.

Pressure Partners

Emails have gone out for people to register to take part and share social media as well as how to run a Pressure Stations testing the general public. Information will be sent to all those that register and/or buy a KYN pack in mid August.

Data collection – State of the Nation

This year through mybloodpressure.co.uk developed with Kinetik Wellbeing we have designed a new workflow that allows facilitators i.e. those running testing stations to quickly input some anonymous information about those being tested e.g. gender, age, region, ethnicity and also their BP reading. After KYN Week we can analyse this data to see variations across the UK. You can find the link here - <https://app.mylbloodpressure.co.uk/events/create>