

PUBLIC REPORT PROMTPRESS

Channel audit

Health of the Nation



@lifedom1

Here you'll find useful tips and advice on staying healthy and eating right ❤️ Collaboration: @moralezzzz26 Manager: @cherryj8 @Spiral_Miya

SUBSCRIBERS

58 774

-602 per month

ERR (% WHO SEE POSTS)

4.0%

daily 1.5%

REACH/POST

1.9K

ad reach 909/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content Analysis

Top 5 posts · worst 3 · takeaways

03 Subscriber dynamics

Yearly chart · growth

04 Citation rate

Who & how mentions the channel

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your spot

07 Mention dynamics

6 months · monthly

08 Niche comparison

Position in category «Health & Fitness»

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 58 774 —	 SUBSCRIBER REACH 3.17% avg % subs see post	 VIEWS/POST 1.9K median 2K · 28 days	 POSTS/WEEK 21.7 for period
 7D TREND -21.1% vs previous week	 REACTIONS/POST 9.7 only 854 reactions, 2,571 reposts, 0 comments	 POST LENGTH 332 chars median 104 · 28 days	 POSTS ANALYZED 88 28 days
 AD REACH 909 24h avg	 CHURN / MONTH -602 last month	 CITATION RATE 728 citation index · 741 channels mentioned ever	 CHANNEL AGE 1 year 7 months created 27.11.2024

AI EDITOR SUMMARY

Channel «Health of the Nation» – 58 774 subs. Each post avg views 1.9K people (3% from subs), reach low – expand audience. Publishes 22 posts/week (~3/day) – active. Week Jun 29–Jul 5 reach dropped -21.1% to week Jun 22–28 – analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **88** posts in 28 days.
- 02 Dominant format — **Video** (74/88 posts).
- 03 Avg post length — **332** chars (median 104).
- 04 Peak audience activity — **Saturday**, 19:00 MSK.
- 05 Strongest posts get **2x** more views than weakest (2.9K avg top vs 1.3K worst) — among 88 posts in 28 days. Analyze common traits: topic, format, timing.

TOP 5 POSTS

Nº1 18.06 · 11:05 VIDEO Forget lemon! Eat pepper and stay healthy 🌿 #nutrition Health of the Nation We are in MAX📺	VIEWS 2 960 REP. 27	REACTIONS 15 ER 5.0%
Nº2 15.06 · 16:10 PHOTO Your body really does send signals 🤔🤔 Sometimes we blame fatigue, stress, weather, or 'it'll pass', but your body is already...	VIEWS 2 899 REP. 42	REACTIONS 9 ER 4.9%
Nº3 20.06 · 16:10 VIDEO Some people drink coffee at 6 PM... ☕ Then wonder why morning feels like a mild apocalypse. But the thing is...	VIEWS 2 859 REP. 35	REACTIONS 11 ER 4.9%

Nº4

22.06 · 18:10

VIDEO

Lower blood pressure with cold water  ✓ Cold water 10–18°C on inner wrist instantly constricts superficial...

VIEWS

2 847

REACTIONS

19

REP.

72

ER

4.8%

Nº5

18.06 · 06:20

VIDEO

Neck & belly connection 😊 #interesting Nation's Health We are in MAX 

VIEWS

2 788

REACTIONS

9

REP.

35

ER

4.7%

WORST 3

↓

08.07 · 08:15

VIDEO

Right shoe choice = healthy feet  #interesting Health of the Nation We are in MAX 

VIEWS

1 314

REACTIONS

8

REP.

21

ER

2.2%

↓

09.07 · 08:14

VIDEO

Don't drink this if you don't want to accelerate arthrosis  #medicines Health of the Nation We are in MAX 

VIEWS

1 271

REACTIONS

10

REP.

14

ER

2.2%

↓

09.07 · 14:15

VIDEO

The most dangerous patient for a cardiologist  #interesting Nation's Health We are in MAX 

VIEWS

1 258

REACTIONS

4

REP.

8

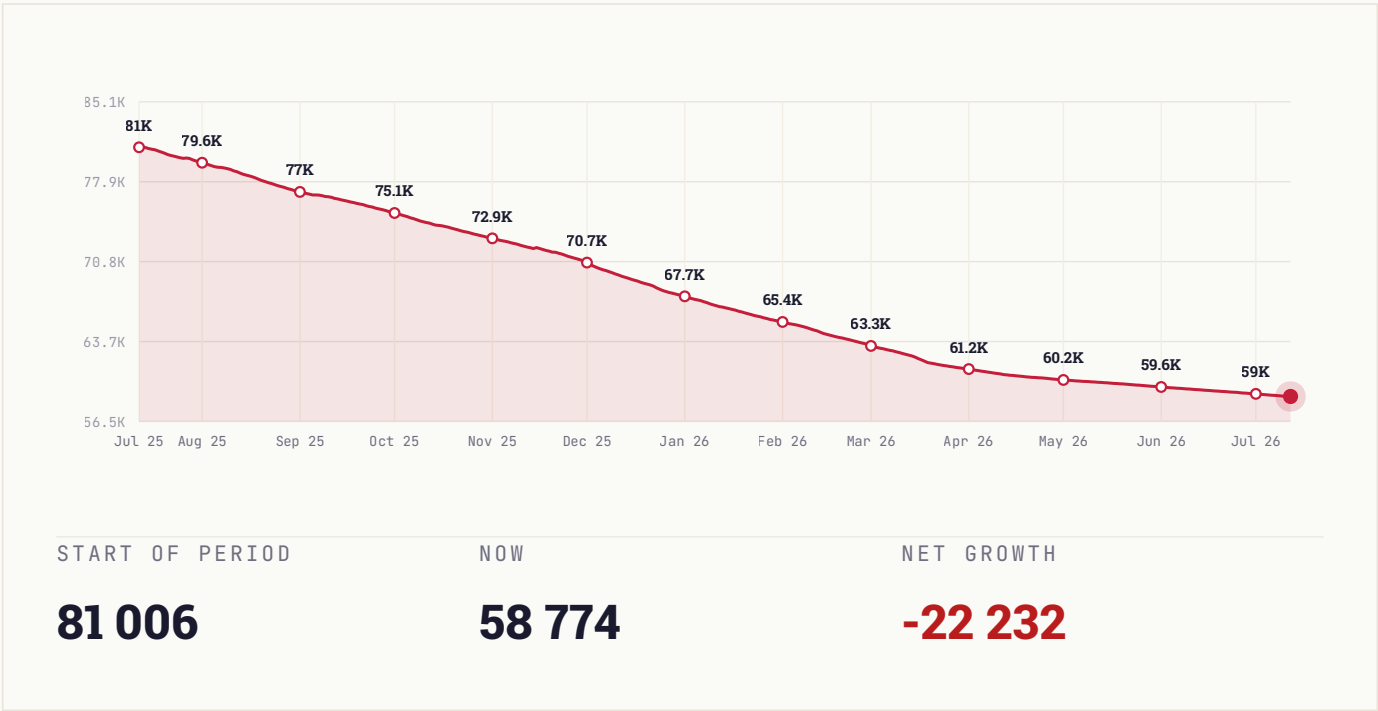
ER

2.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

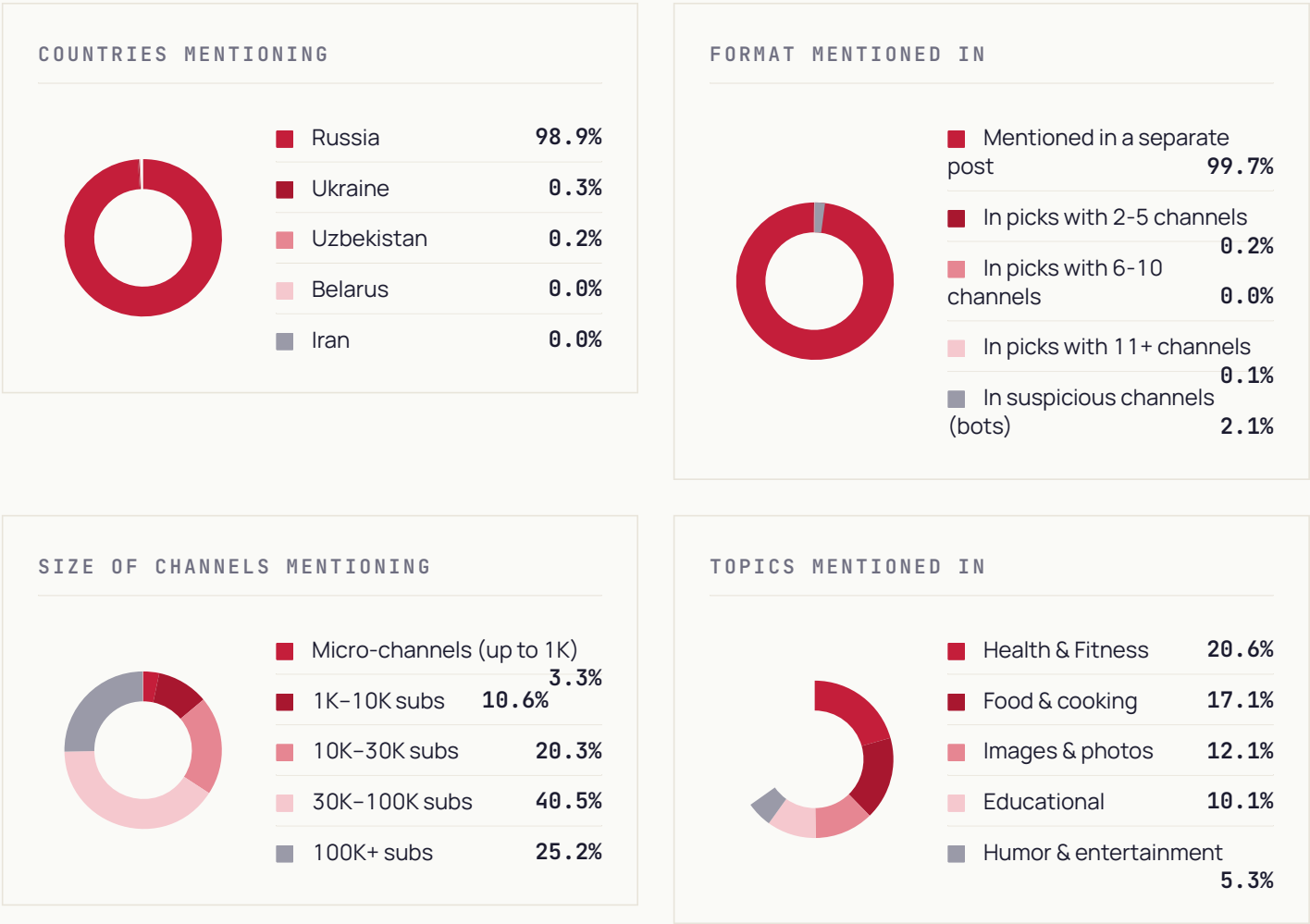
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who & how mentions the channel

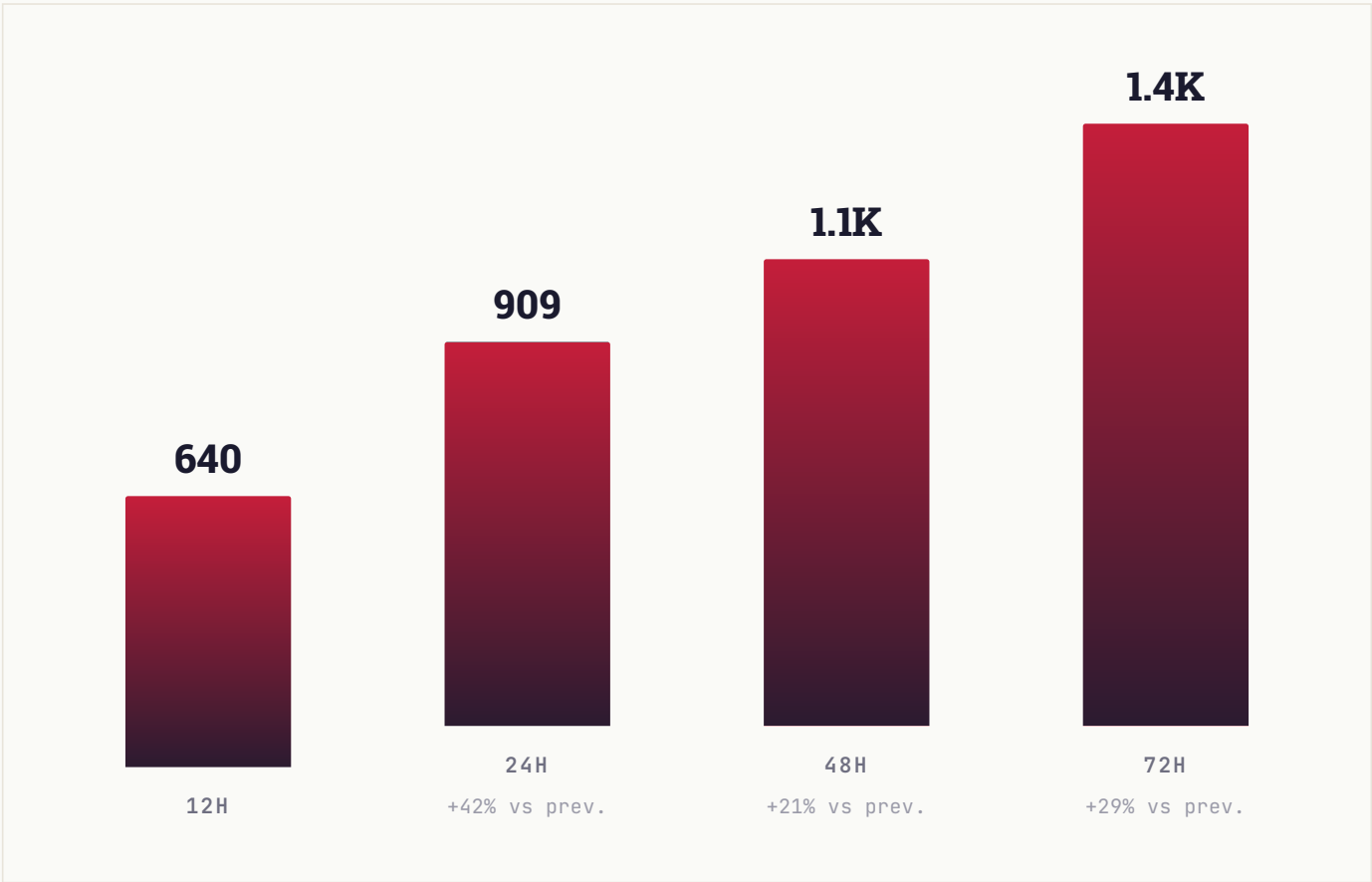
Citation index **728** – channel popularity rating based on mentions. Considers not only quantity but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **741** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps gauge how long a placement stays effective.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test Purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Faceplastic author	476.4K
BZ Stay healthy	447.3K
ZN Health of the Nation YOU	58.8K

COMPARATIVE CONCLUSION

Channel not yet outside niche top-97 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal — enter top-97 through systematic traffic and content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **22**, they brought **90** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
Jan 2026	1	1	0	
December 2025	8	5	0	
November 2025	1	1	89	
October 2025	3	3	0	
Sep 2025	3	1	1	
August 2025	6	6	0	

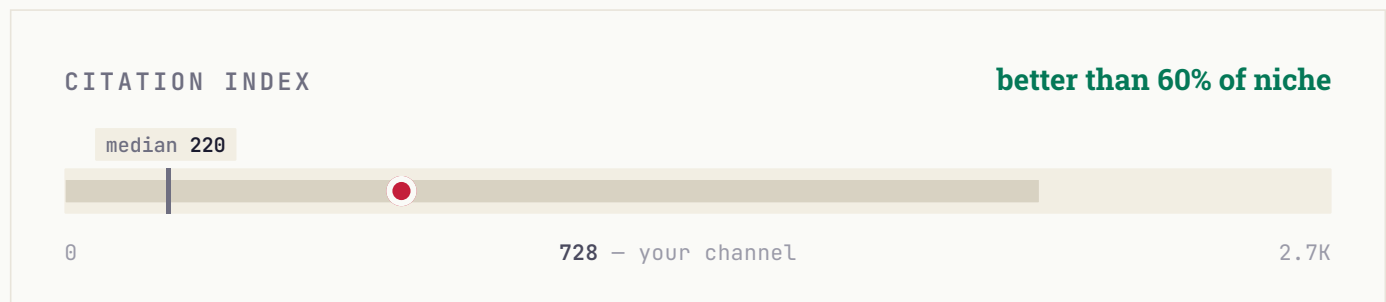
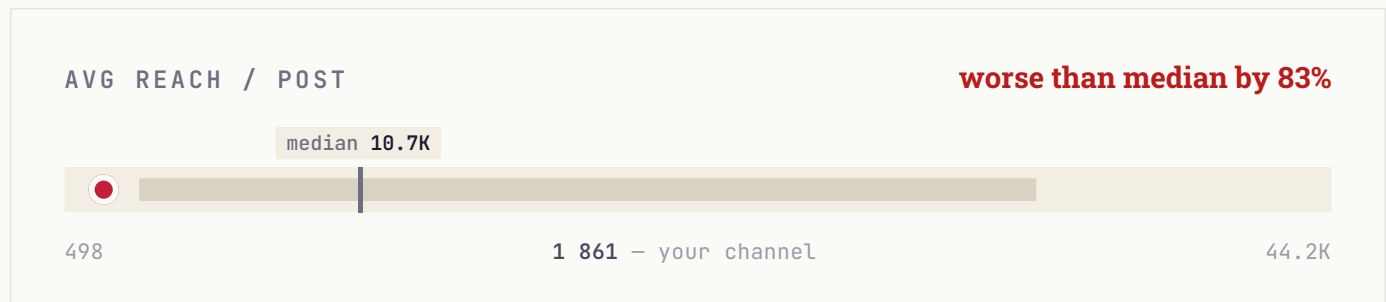
TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
22	6	90

Where the channel ranks in its league

SUBSCRIBERS 66% below median

median 170.4K

53.2K 58 774 — your channel 545.2K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01

Top post of the week — on Saturday

Audience most active on this day at 19:00 MSK.

EFFECT

**Best window
for important
post**

02

ER below niche benchmark — rethink formats

Current ER 3.17% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+3.8pp ER

03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs**

04

Test polls & interactive formats

Posts with polls/reactions typically boost ER by +5-15%. One weekly poll on a hot topic is an easy win.

EFFECT

+5-15% ER

05

Cross-promo with adjacent channels

Exchange posts with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further — run ads through us and hit your growth plan in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
