

PROMTPRESS PUBLIC REPORT

Channel audit

Health Secrets



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⚠ Applications accepted automatically! Healthy people community! Stay healthy with us ❤ Collaboration: @ishift_admin
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SUBSCRIBERS

74 780

-735 per month

ERR (% SEE POSTS)

4.0%

per day 2.1%

REACH/POST

2.6K

ad reach 1.6K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. Subtitle shows the period.

 SUBSCRIBERS 74 780 —	 SUBS REACH 3.43% avg % subs see post	 VIEWS/POST 2.6K median 2.7K · 29 days	 POSTS/WEEK 43.5 over period
 7D TREND -8.2% vs previous week	 REACTIONS/POST 23.7 only 4,352 reactions, 7,340 reposts, 0 comments	 POST LENGTH 405 chars median 484 · 29 days	 POSTS ANALYZED 184 29 days
 AD REACH 1.6K 24h avg	 CHURN / MONTH -735 last month	 CITATIONS 530 citation index · 714 channels mentioned ever	 CHANNEL AGE 2 years 6 months created 13.01.2024

AI EDITOR SUMMARY

Channel «Secrets of Health» — 74 780 subs. Each post avg views 2.6K people (3% from subs), reach low — should grow audience. Posts 44 posts/week (~6/day) — active posting. Week Jun 29 — Jul 5 reach dropped -8.2% to week Jun 22–28 — worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **184** posts in 29 days.
- 02 Dominant format — **Photo** (154/184 posts).
- 03 Avg post length — **405** chars (median 484).
- 04 Audience peak activity — **Tue, 22:00** MSK.
- 05 Top posts get **2x** more views than weakest (3.3K avg top vs 2.1K worst) — among 184 posts in 29 days. Worth analyzing what top shares: topic, format, timing.

TOP 5 POSTS

Nº115.06 · 19:01 PHOTO Regular cola consumption doubles liver cancer risk — scientists found after studying 1,500,000 people on...	VIEWS	REACTIONS
	3 367	23
	REP.	ER
	71	4.5%
Nº215.06 · 15:01 PHOTO Eating fish like mackerel may prevent dementia! A product rich in vitamin B12, deficiency of which in the body...	VIEWS	REACTIONS
	3 315	46
	REP.	ER
	40	4.4%
Nº316.06 · 19:01 PHOTO Pork proven beneficial for metabolism and youth! US study shows lean, minimally...	VIEWS	REACTIONS
	3 307	32
	REP.	ER
	49	4.4%

Nº4 14.06 · 17:10 PHOTO Avocado for stress and insomnia! Magnesium, abundant in avocado, is a secret weapon against stress. Plus avocado...	VIEWS 3 211 REP. 31	REACTIONS 32 ER 4.3%
Nº5 13.06 · 15:02 PHOTO Why it's better to sleep with a pillow between your legs! The pillow fixes the body in a position where the spine aligns and vertebrae don't...	VIEWS 3 169 REP. 37	REACTIONS 40 ER 4.2%

|

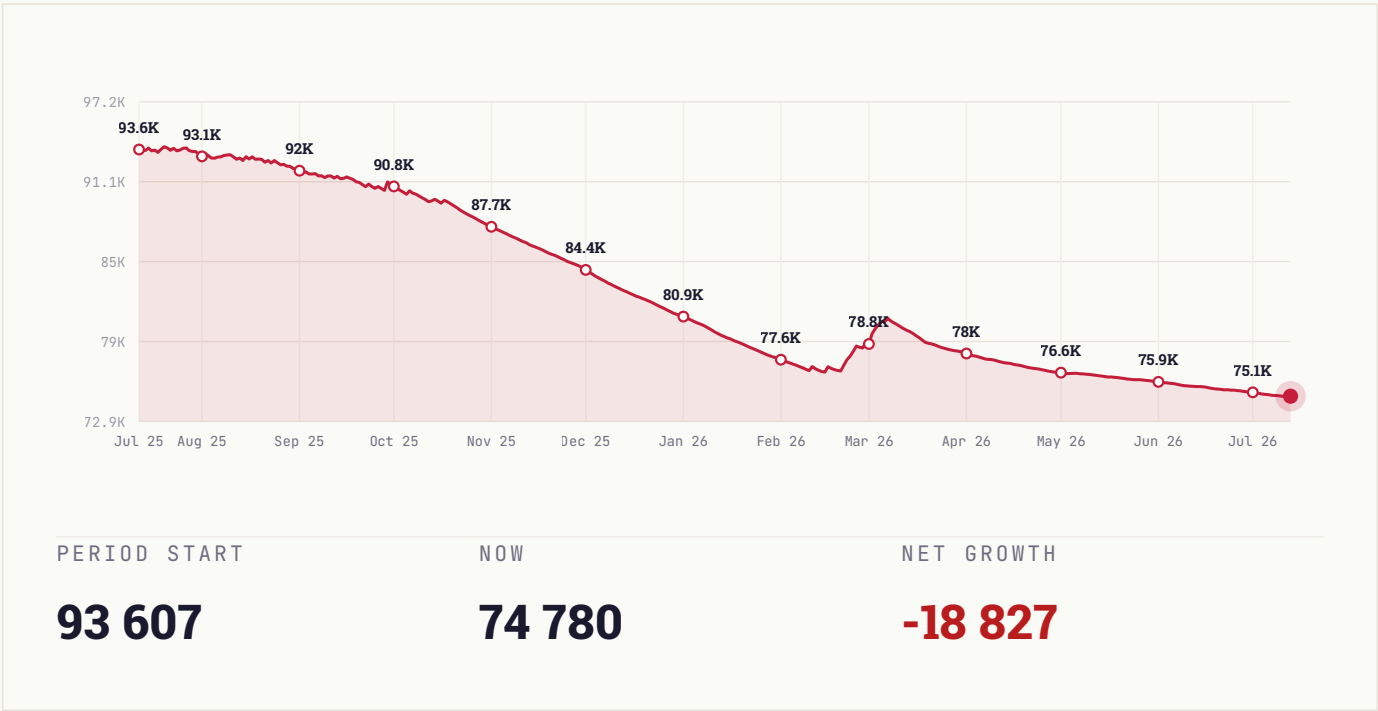
WORST 3

↓ 05.07 · 15:01 PHOTO Benefits of pears! Pears boost immunity! Not everyone knows that pears are an effective antimicrobial remedy. They...	VIEWS 2 150 REP. 15	REACTIONS 30 ER 2.9%
↓ 09.07 · 19:01 PHOTO Women are recommended to drink daily. Hormones will be normal! Recipe #1 Warm water with lemon helps lose weight, flush out...	VIEWS 2 138 REP. 57	REACTIONS 29 ER 2.9%
↓ 09.07 · 13:01 VIDEO Useful exercises for osteochondrosis Health secrets	VIEWS 2 121 REP. 39	REACTIONS 26 ER 2.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

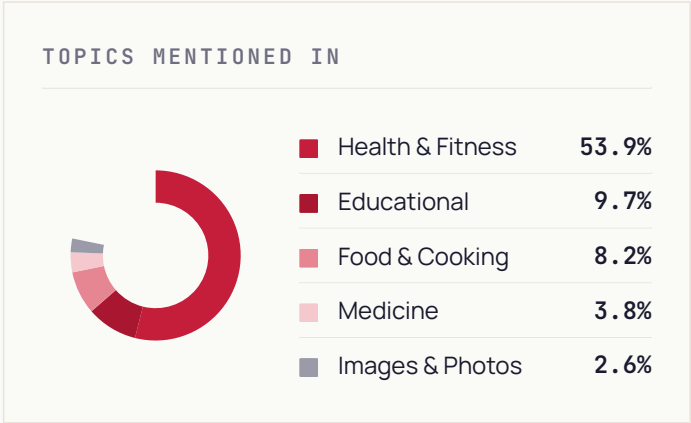
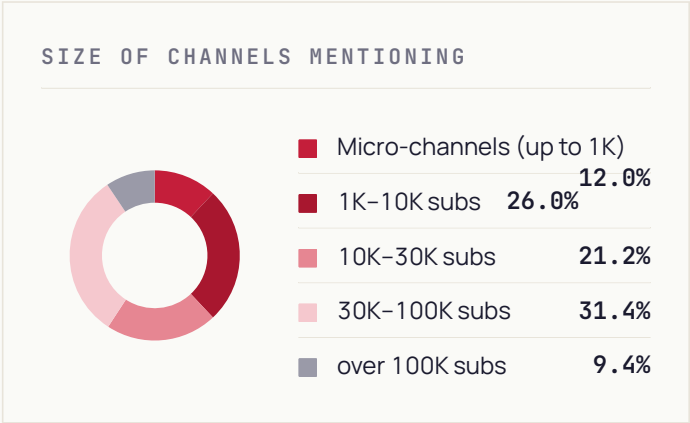
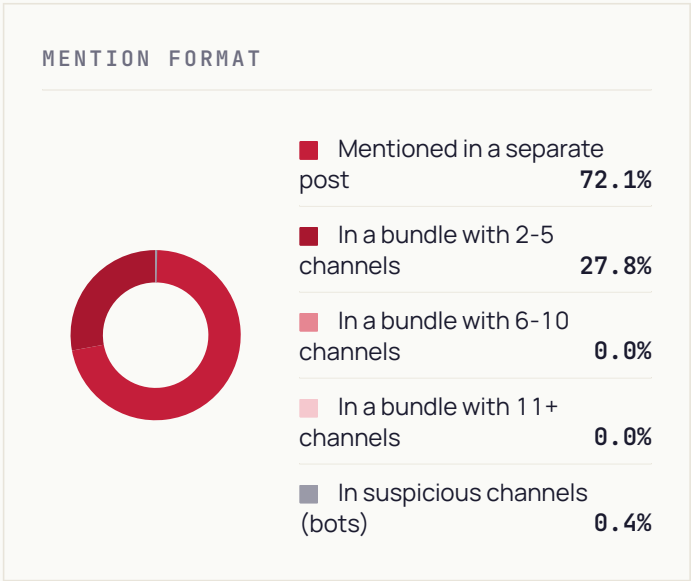
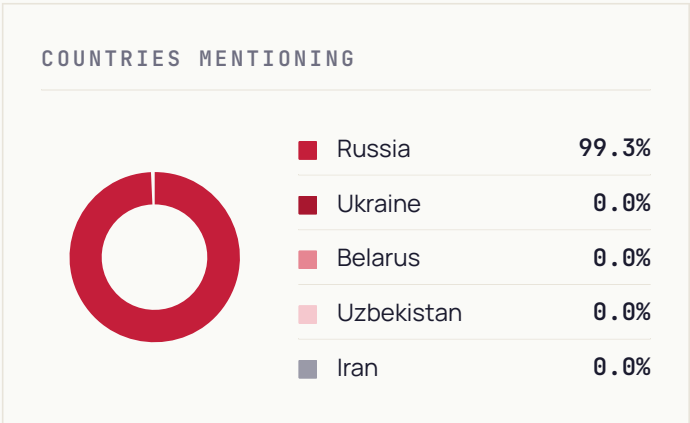
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth and decline.



SECTION 04 · MENTIONS

Who mentions the channel and how

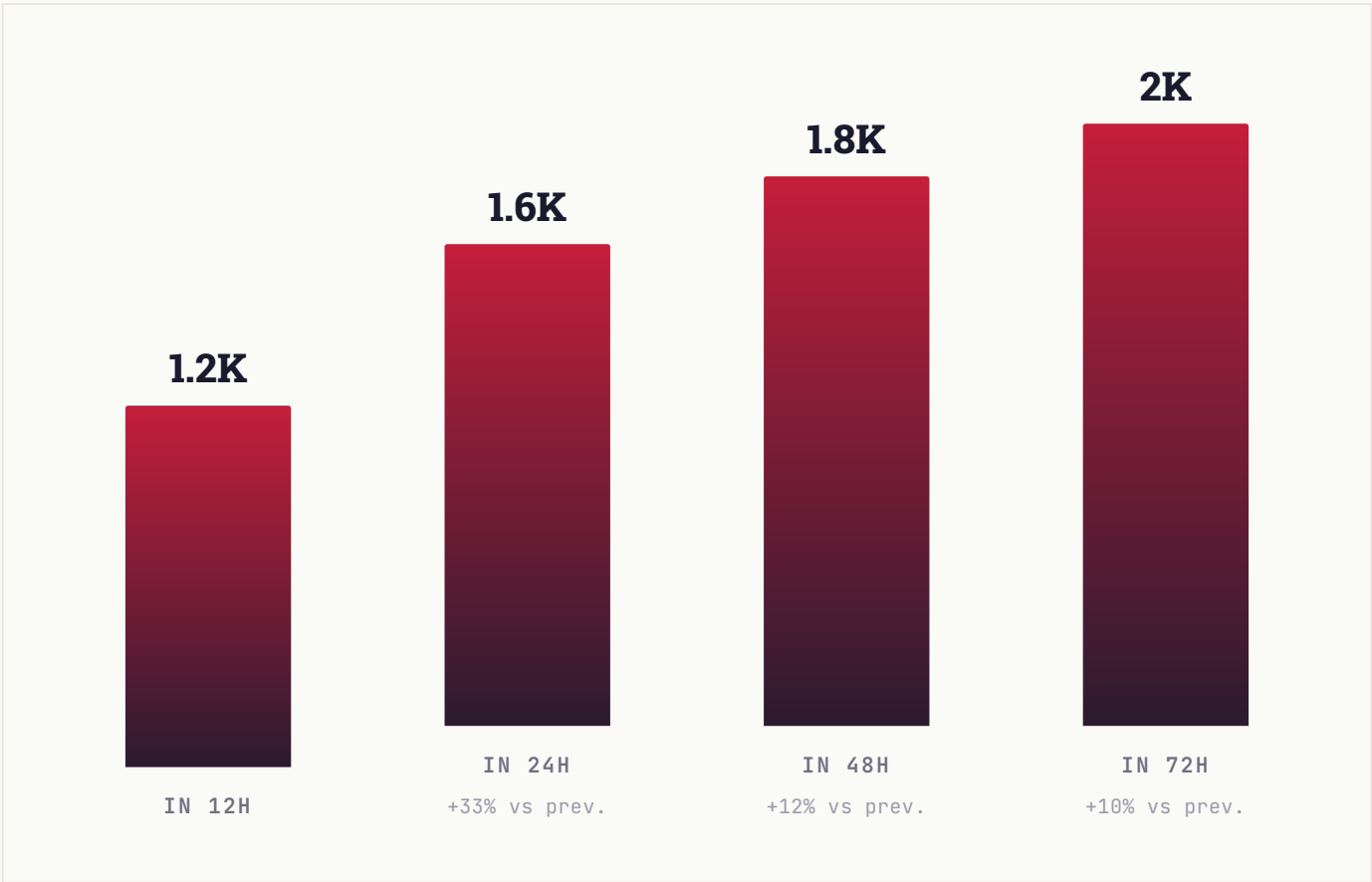
Citation index **530** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel “weighs” more than from a 1K one. All time the channel was mentioned **714** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

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

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 Author of faceplasty	476.4K
BZ Stay Healthy	447.3K
NW Health Secrets YOU	74.8K

COMPARATIVE INSIGHT

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

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **341**, they brought **3 561** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
January 2026	56	48	0	
December 2025	70	67	0	
Nov 2025	46	39	0	
Oct 2025	36	30	674	
September 2025	59	51	1 468	
August 2025	74	62	1 419	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
341	6	3 561

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category "Health & Fitness» (Russia) and saw how your channel compares. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.



— 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 Tuesday

Audience is most active on this day at 22:00 MSK.

EFFECT

**Best time for
an important
post**

02

ER below niche benchmark — rethink formats

Current ER 3.43% vs benchmark 7.0%. Try polls and interactive formats.

EFFECT

+3.6pp 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 and interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

Swap posts quarterly with channels in the same niche.
No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. Want more? Run ads through us and hit your growth plan in a month.

01

Launch Telegram ad

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager
