

PUBLIC PROMTPRESS REPORT

Channel audit

For women about health



@volkovaforwomen

Ask questions here @EVolkova_helpbot 4980430540

SUBSCRIBERS

279 189

-3022 per month

ERR (% WHO SEE
POSTS)

4.0%

per day 2.1%

REACH/POST

9.3K

ad reach 5.9K/24h

— CONTENTS · 2026

What's Inside the Report

01 Channel Snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 Posts · Worst 3 · Insights

03 Subscriber dynamics

Year chart · growth

04 Citation Rate

Who mentions the channel and how

05 Ad Potential

How long a post drives reach

06 Competitors

Niche Neighbors · Your Place

07 Mention dynamics

6 months · monthly

08 Niche Comparison

Position in «Health & Fitness» category

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 279 189 —	 SUBSCRIBER REACH 3.33% avg % subs see post	 VIEWS/POST 9.3K median 9.5K · 29 days	 POSTS/WEEK 20.6 over period
 7D TREND +8.1% vs prev week	 REACTIONS/POST 97.3 total 8,561 reactions, 1,893 reposts, 605 comments	 POST LENGTH 857 chars median 1000 · 29 days	 POSTS ANALYZED 88 29 days
 AD REACH 5.9K 24h avg	 CHURN / MONTH -3022 last month	 CITATION RATE 522 citation index · 611 channels mentioned all time	 CHANNEL AGE 4 years 3 months created 11.03.2022

AI EDITOR SUMMARY

Channel «For Women About Health» – 279 189 subs. Each post averages 9.3K people (3% from subs), reach is low – consider expanding audience. Publishes 21 posts per week (~3/day) – consistent. For week Jun 15–21 reach grew by +8.1% by week Jun 8–14 – positive trend.

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 SHARE

- 01 Analysis based on **88** posts over 29 days.
- 02 Dominant format — **Photo** (46/88 posts).
- 03 Avg post length — **857** chars (median 1000).
- 04 Audience peak activity — **Thu**, 15:00 MSK.
- 05 Top posts get **2x** more views than the weakest (13.5K avg for top vs 7.3K for worst) — among 88 posts over 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 20.06 · 08:30 PHOTO Symptoms You Can't Ignore Have you noticed how quickly we react when a loved one has problems with...	VIEWS 13 664 REPOSTS 19	REACTIONS 120 ER 4.9%
Nº2 06.06 · 08:23 PHOTO How to restore thyroid function in 21 days The thyroid gland is the energy catalyst inside our body. And if without sexual...	VIEWS 13 617 REPOSTS 48	REACTIONS 127 ER 4.9%
Nº3 18.06 · 11:05 VIDEO «Heavy periods with clots, severe pain, doctors say — 'normal' Oh, how many times I've heard from women with similar symptoms...	VIEWS 13 299 REPOSTS 70	REACTIONS 137 ER 4.8%

Nº4 13.06 · 08:50 PHOTO 5 supplements every woman 40+ should have Ever notice that after 40 women split into two types. Some manage everything: work...	VIEWS 13 155 REPOSTS 193	REACTIONS 192 ER 4.7%
Nº5 17.06 · 13:17 VIDEO Family Traditions There's something special about porch gatherings in summer. No rush, simple home-cooked food on the table, nearby...	VIEWS 12 577 REPOSTS 19	REACTIONS 139 ER 4.5%

|

WORST 3

↓ 10.06 · 09:45 PHOTO Ask your questions in the comments. I'll answer from 13:00 to 14:00 Moscow time. P.S. I'll answer as many as I can in one hour🕒	VIEWS 7 614 REPOSTS 2	REACTIONS 27 ER 2.7%
↓ 15.06 · 13:05 VIDEO (post without caption – video)	VIEWS 7 489 REPOSTS 1	REACTIONS 33 ER 2.7%
↓ 25.06 · 11:13 VIDEO (post without caption – video)	VIEWS 6 837 REPOSTS 2	REACTIONS 31 ER 2.4%

SECTION 03 · SUBSCRIBER DYNAMICS

Channel growth over year

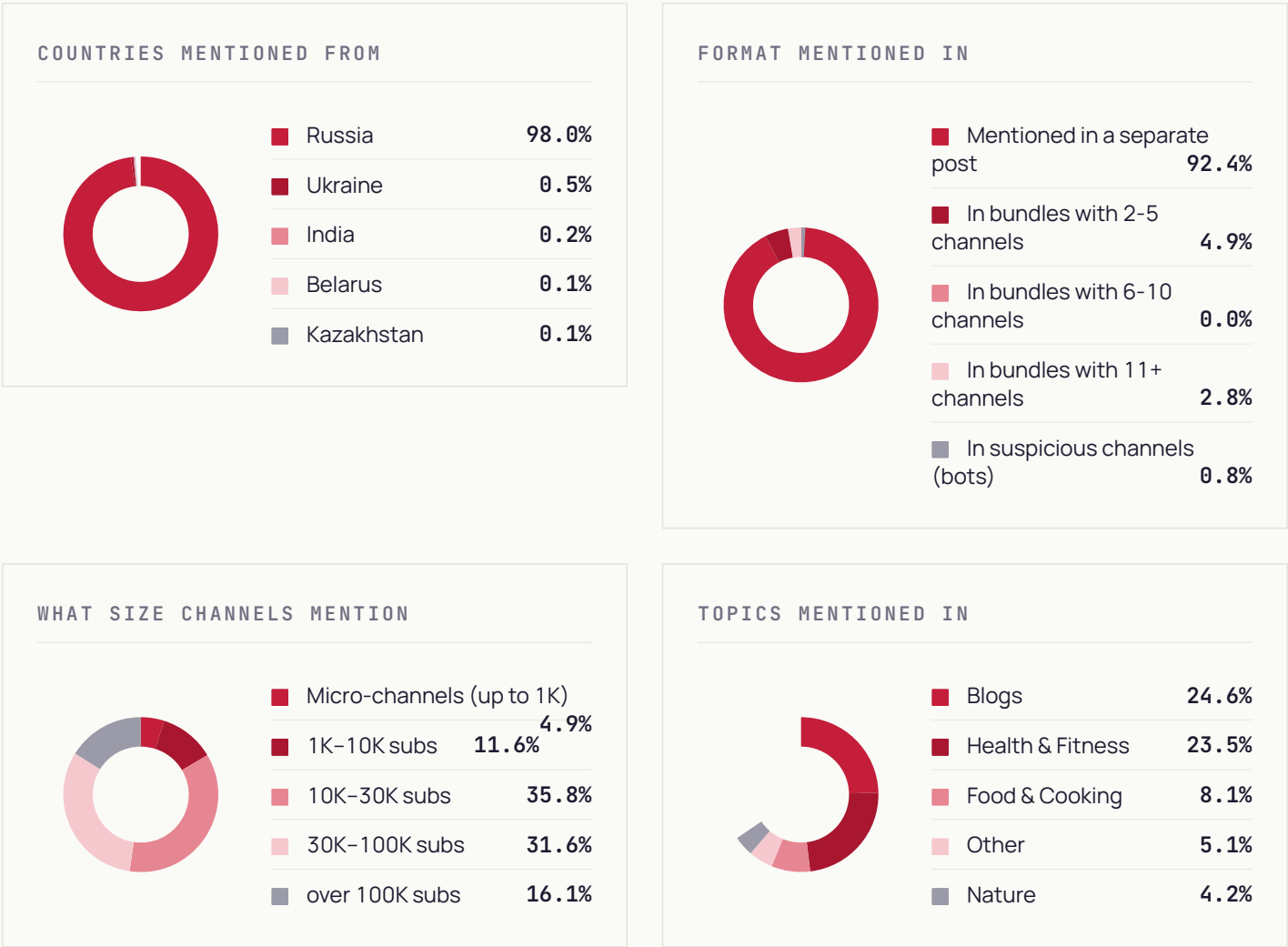
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

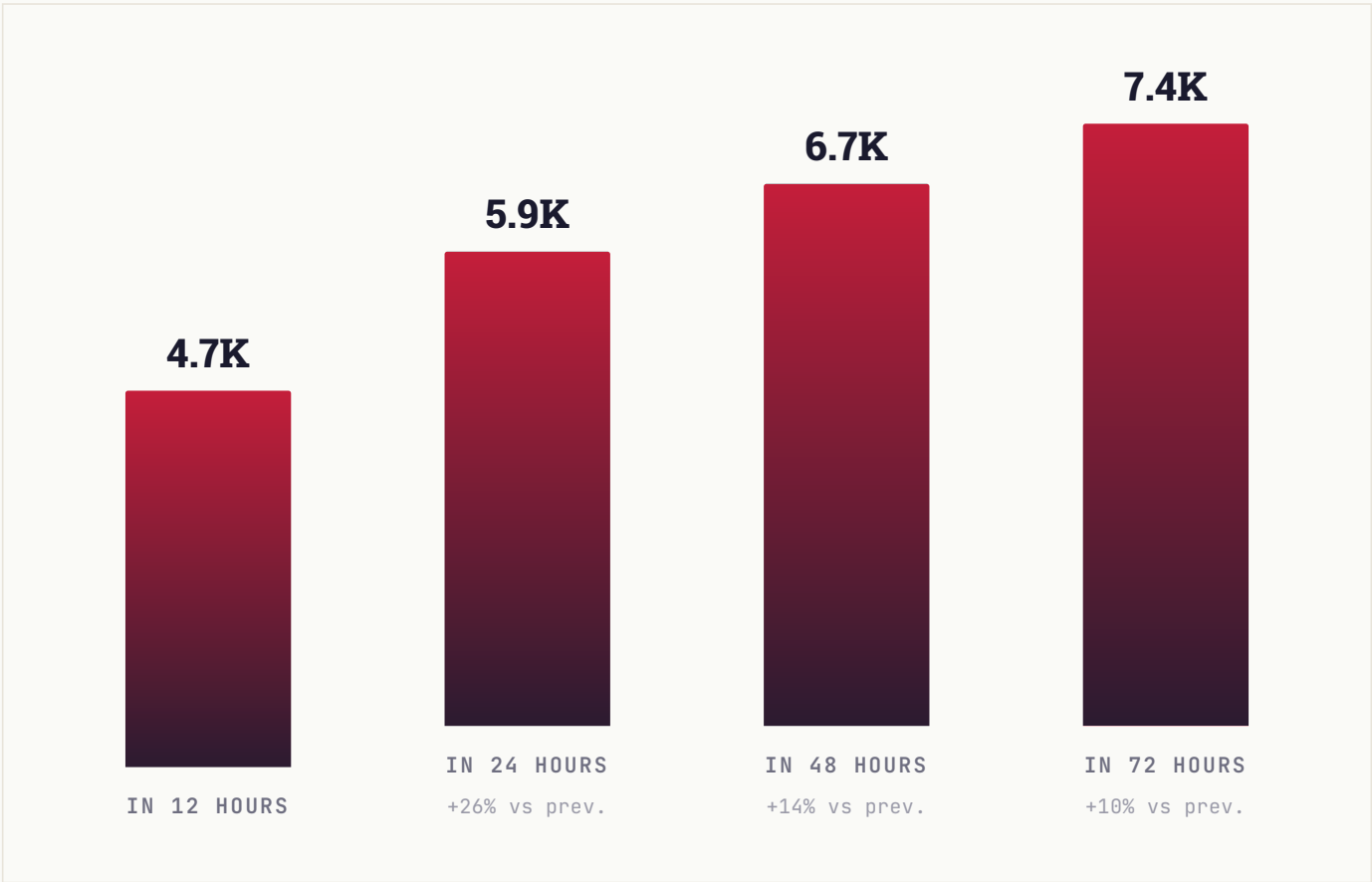
Citation index **522** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **611** different channels.



SECTION 05 · AD POTENTIAL

How long a post drives reach

Avg ad post reach over time since publication. Helps estimate 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 place among niche peers.

CHANNEL	SUBSCRIBERS
KZ Test purchase	770.1K
BI Biohackers	583.9K
BI Biohacking	534.2K
SL Sport Life	525.7K
VN Eternity in Tibet	494.9K
NT Our Body	482.1K
AU Ales Ulishchenko Osteopath, PhD Author of face plastic surgery	478.4K
BZ Stay Healthy	448.6K
ZE Healthy food	418.1K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
DJ For women about health YOU	279.2K

COMPARATIVE INSIGHT

Channel in top quarter of niche (#19 of 97). Leader — Test purchase (770.1K). Goal for coming months: enter niche top 10 through systematic traffic work.

SECTION 07 · MENTION TRENDS

How often channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** mentions count **174**, they brought **91 937** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	50	45	21 931
December 2025	4	2	0
Nov 2025	70	57	31 639
Oct 2025	3	2	0
September 2025	5	5	1 395
August 2025	42	37	36 972
TOTAL MENTIONS			174
MONTHS OF DATA			6
ATTRACTED SUBSCRIBERS			91 937

SECTION 08 · NICHE COMPARISON

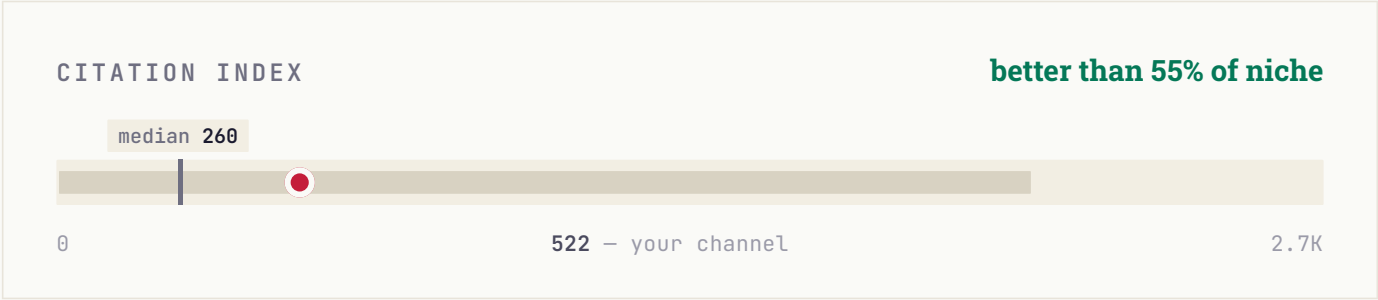
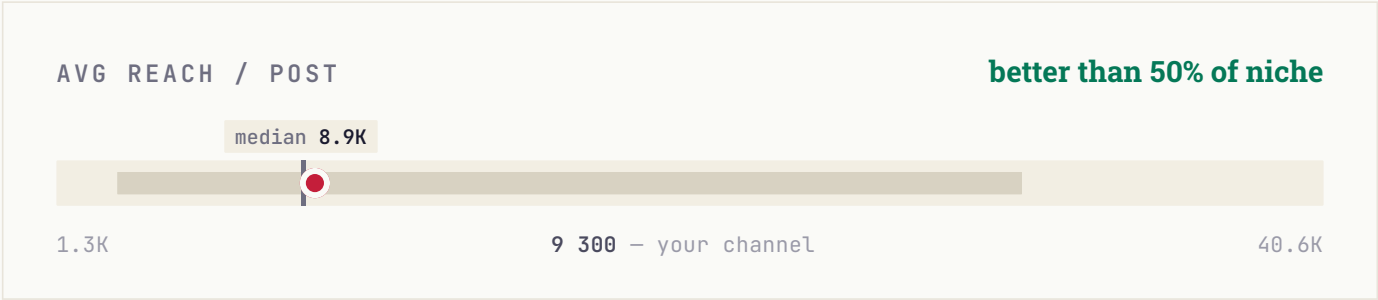
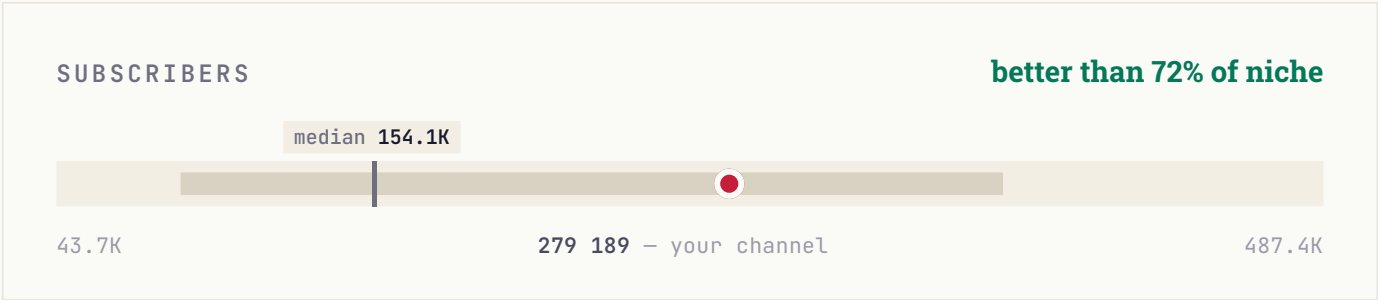
Where the channel stands in its league

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

#19/100

POSITION IN NICHE

Channel in top 19% — strong position



— 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

Main post of the week — on Thursday

Audience is most active on this day at 15:00 MSK.

EFFECT

**Best window
for an
important post**

02

ER below niche benchmark — rethink formats

Current ER 3.33% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+3.7pp 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 segment. 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 using public data. 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
