

LOVE YOUR HEART

2023 Annual Report



LOVE YOUR HEART

We are pleased to share with you the 12th annual Love Your Heart Report and offer our thanks to all who participated in the 2023 event.

This is the first year since the COVID-19 pandemic that we've been able to offer a larger number of in-person blood pressure screening sites and community events, while maintaining all of the virtual amenities that we created during the pandemic through our Love Your Heart @ Home program.

For many, the pandemic put annual medical tests and other doctors' appointments on the back burner. This can be dangerous when it comes to heart disease, often referred to as a silent killer. Heart diseases remain the leading cause of death in the United States and California. They are the second leading cause of death in San Diego County and nearly 5,000 county residents died from heart disease in 2021.

One of the few leading indicators of heart disease is high blood pressure. That's why we are continuing our commitment to provide free blood pressure checks at locations in communities most at-risk across the U.S. and Mexico.

During the 2023 event, free blood pressure screenings were provided to 46,365 participants at 368 sites across the U.S. and Mexico, with 646 hypertensive crises identified that may have otherwise gone undetected. We distributed 3,200 free blood pressure monitors among partner organizations who supplied them to residents in the communities most impacted by health disparities.



Nora Vargas
Chair, San Diego County
Board of Supervisors
District 1



Nick Macchione
Agency Director
Health & Human
Services Agency



Dr. Wilma Wooten
County Public Health Officer



Dr. Rangel Gómez
Executive Secretary,
U.S.-Mexico Border
Health Commission,
Mexico Section



Kristina Cordileone
Spokesperson
Eric Paredes Save a Life
Foundation

The mission of Love Your Heart is to maintain optimal health for residents in our bi-national region. Getting a blood pressure screening is quick, painless, and made easier through the work of a diverse group of organizations and volunteers who bring free blood pressure checks to locations where people need it most.

It is critical that everyone knows that they have the power to save a life – whether it be their own, through a simple blood pressure check, or as a bystander, by learning hands-only CPR or where to locate and use an automated external defibrillator, or AED. By making small lifestyle changes and knowing your blood pressure numbers, each one of us can take control of our health.



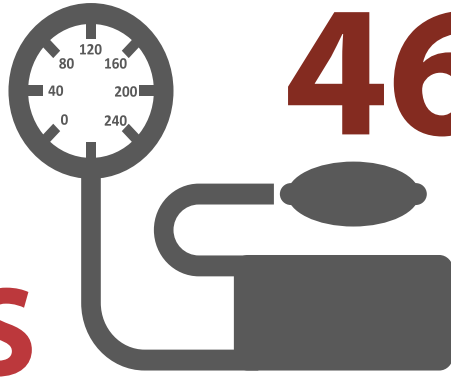
Juli Moran Thirtle
Chair Elect of the Board
Greater San Diego Division
American Heart Association



Dr. Rafael Gonzalez-Amezcu
Chief Medical Officer
Aetna Better Health of California

The long-standing relationships that have been built through 12 years of Love Your Heart will continue to address health equity with intention by providing education and support to those in our communities who are most at risk.

KNOW OUR NUMBERS

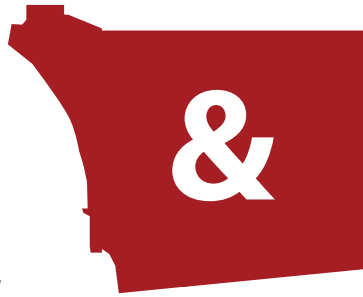


46,365

Total Blood Pressure Screenings Online and In-Person at **368 Sites** Across U.S. and Mexico

4,481

Total Blood Pressure Screenings In-Person at **157 Sites** Across San Diego County



82

Total Blood Pressure Screenings **Submitted Online**

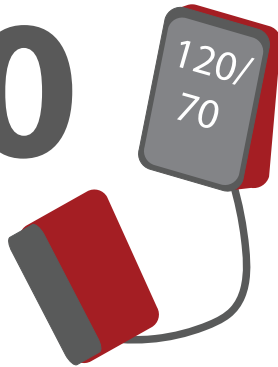
40,018

—Total Blood Pressure Screenings at **201 Sites** Across Mexican Border Region—



3,200

Total Blood Pressure **Monitors Distributed** Across San Diego County



Total Screenings at **Hypertensive Crises Levels**

646



46%

Percent of Screenings with a **Blood Pressure Above Normal**



5,035

Unique Visitors to **LoveYourHeartSD.org** and **LYH@Home**



7,846,937

Total Reach of Marketing for Social Media, Print, TV, Radio, Billboard, and Transit

LOVE YOUR HEART

An Overview

The 12th annual Love Your Heart blood pressure screening event took place in February 2023 in honor of heart health month and brought together communities across the U.S. and Mexico to increase awareness about heart disease and stroke prevention.

As California's COVID-19 State of Emergency was forecast to end in February 2023, we continued to offer both in-person and online opportunities for blood pressure screenings to maintain safe options for residents. Participants could visit one of the hundreds of screening sites at local medical clinics, grocery stores, community centers or come to one of our two community fair events. LoveYourHeartSD.org also provided educational resources and allowed for self-screenings to be submitted from home.

As a result of efforts across the U.S. and Mexico, a total of 46,365 participants had their blood pressure screened either at home or in-person at one of 368 sites (Figure 1). In San Diego County, 4,481 participants were screened, while 40,018 participants were screened through our sister event, Ama Tu Corazón which reaches participants binationally in the states along the United States-Mexico border. There were an additional 168 participants screened outside of San Diego County in Southern California.

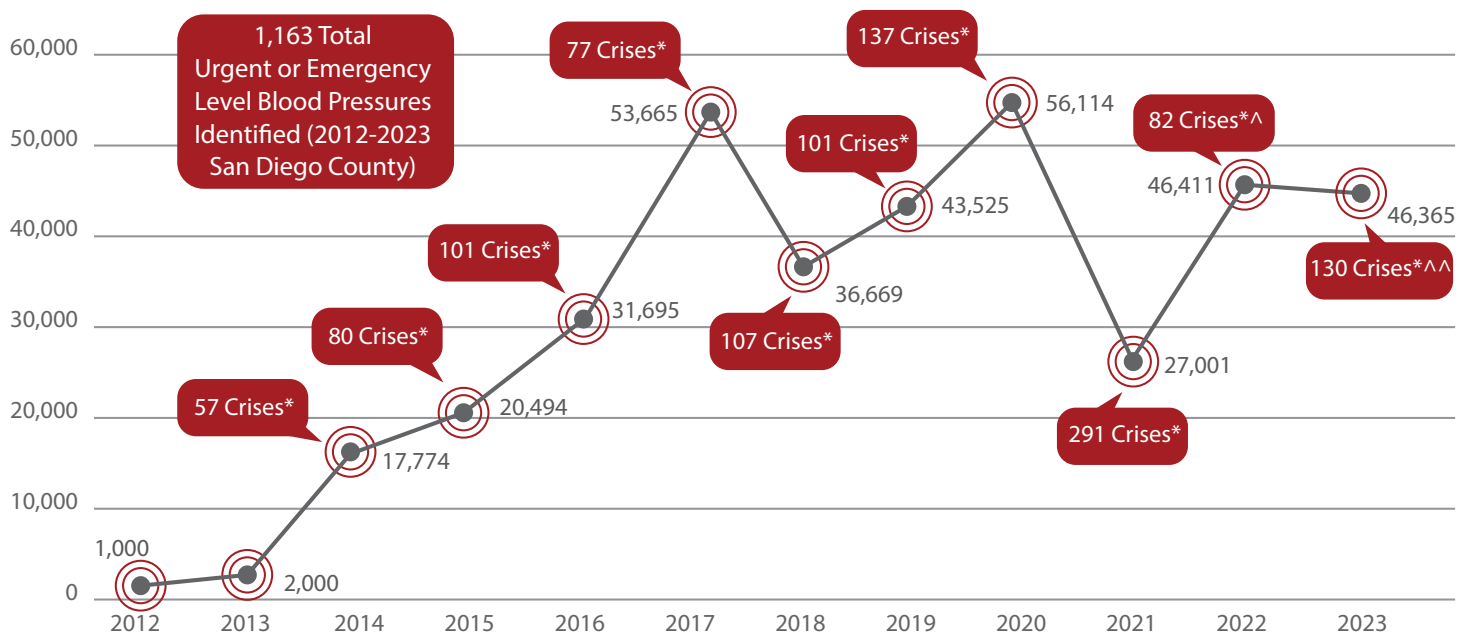


Figure 1. Love Your Heart Blood Pressure Screening Performed Each Year 2012-2023

* Urgent or Emergency level blood pressures reported are for San Diego County only.

^ In 2022, a total of 473 hypertensive crises identified across all sites.

^^ In 2023, a total of 646 hypertensive crises identified across all sites.

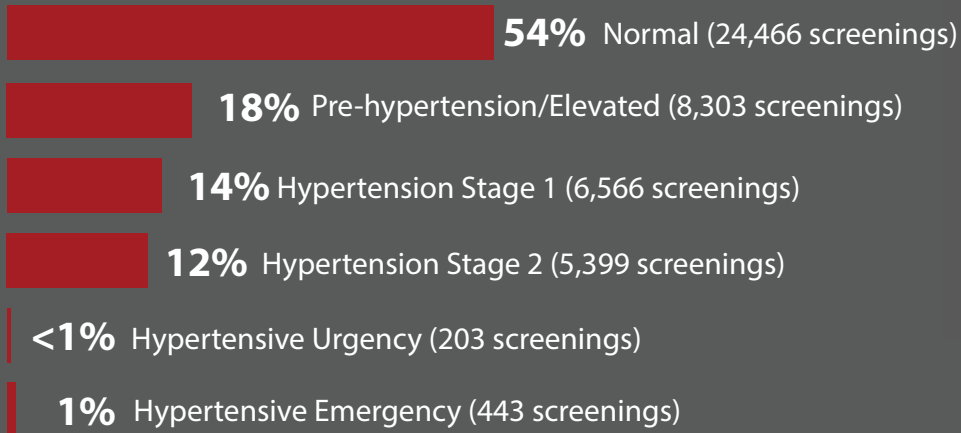
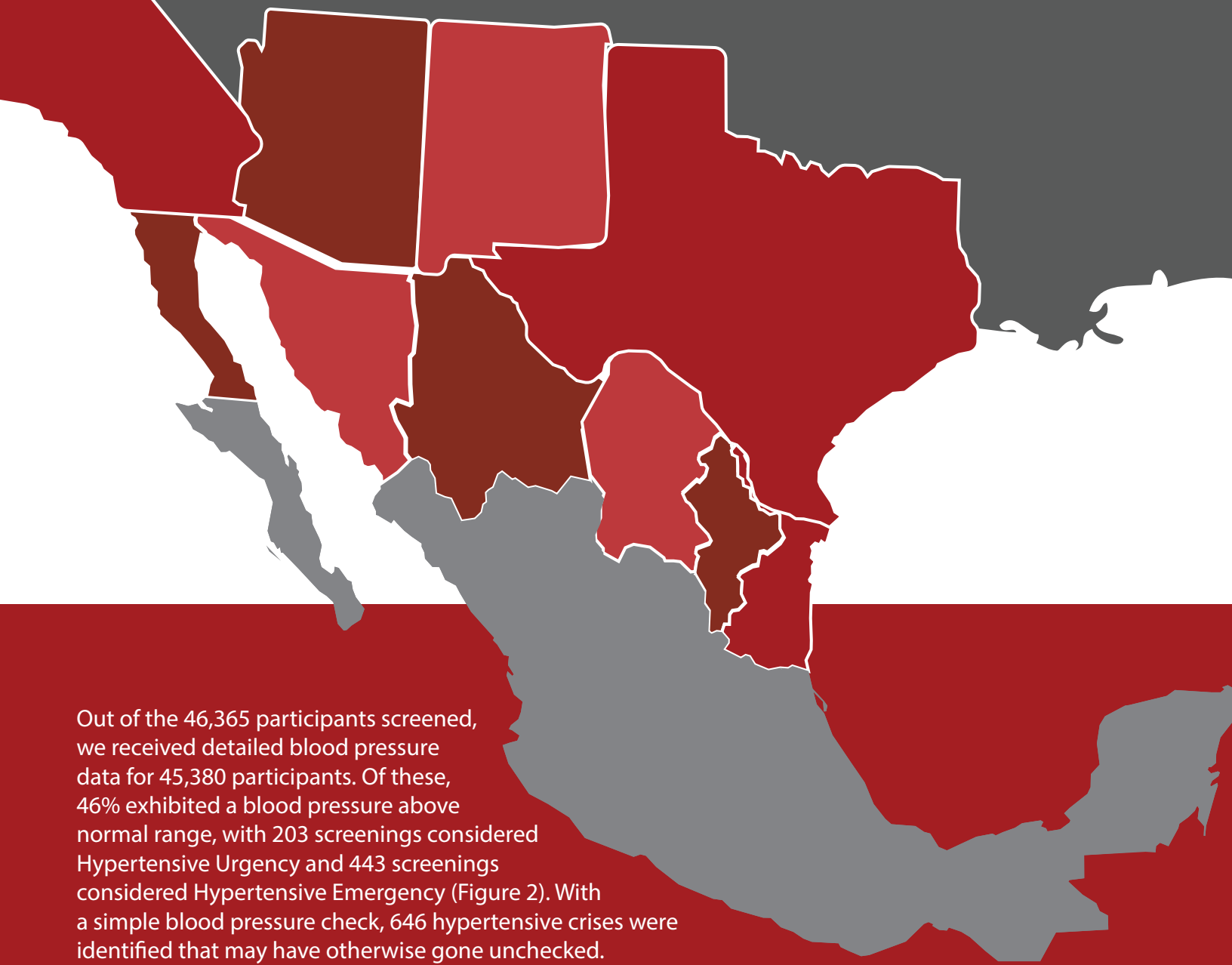


Figure 2. Number and Percent of Screenings by Blood Pressure Level at all Sites

*Out of the 46,365 total screenings across the U.S. and Mexico, 45,380 provided blood pressure data.



Out of the 46,365 participants screened, we received detailed blood pressure data for 45,380 participants. Of these, 46% exhibited a blood pressure above normal range, with 203 screenings considered Hypertensive Urgency and 443 screenings considered Hypertensive Emergency (Figure 2). With a simple blood pressure check, 646 hypertensive crises were identified that may have otherwise gone unchecked.

Ama Tu Corazón

Ama Tu Corazón is a binational effort to expand the reach of the Love Your Heart campaign across the US-Mexico border region. It began in 2015 with just over 30 sites in Mexico and has grown to include hundreds of sites in all six Mexican Border States and the Ventanillas de Salud within the US Mexican Consulates. The Ventanilla de Salud is a program of the Government of Mexico to improve the physical and mental health of Mexicans and their families living in the United States and is implemented through the Mexican Consulates within the U.S. and local health organizations.

Ama Tu Corazón relies on a partnership with the United States-Mexico Border Health Commission, Mexico Section, and its Baja California Outreach Office to coordinate blood pressure measurements on both sides of the border. The Commission works in collaboration with the health services of the northern border states of Mexico and other partners to conduct the majority of blood pressure screenings and education to ensure the maximum number of residents have access to life-saving knowledge and care.

Of the 40,018 participants screened through Ama Tu Corazón, detailed data was received for 39,704 participants. Of those, 43% had a higher than normal blood pressure with 49 Hypertensive Urgency and 413 Hypertensive Emergencies recorded (Figure 3).

Figure 4 shows the locations across the U.S.-Mexico border region where Ama Tu Corazón partner organizations hosted blood pressure screenings. Blood pressure screenings were offered at 201 sites in the Mexican Border States of Baja California, Chihuahua, Coahuila, Nuevo León, Sonora and Tamaulipas, and at the Ventanillas de Salud within the Mexican Consulates of Arizona, California, Florida, New Mexico, and Texas.

This year's binational collaborative efforts transcended beyond the US- Mexico border corridor, reaching more individuals on both sides of the border. As part of an extraordinary effort by the Commission and its Mexican Consulate network, more Ventanillas de Salud joined the campaign providing more opportunities and access to preventive blood pressure screenings.

Of the total number of participants screened as part of the binational campaign who reported their blood pressure, 39,372 reported their gender. Of these, 62% were women with 1 out of 3 participants reporting a blood pressure higher than normal (Figure 5). Of the male participants screened, 1 out of 2 had an elevated blood pressure.

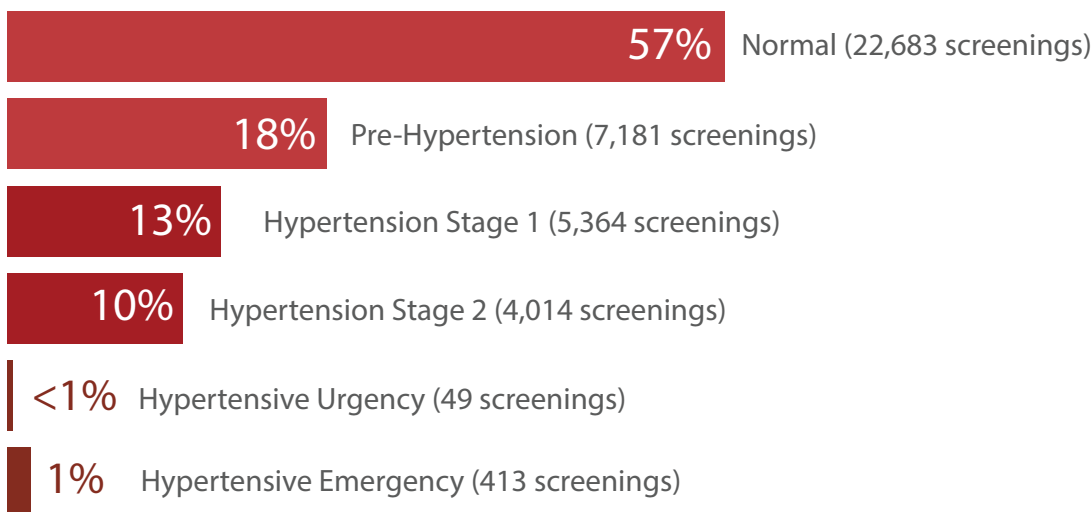


Figure 3. Number and Percent of Screenings by Blood Pressure Level Across Ama Tu Corazón sites

*Out of a total of 40,018 participants in Ama Tu Corazón screenings, 39,704 provided blood pressure data.

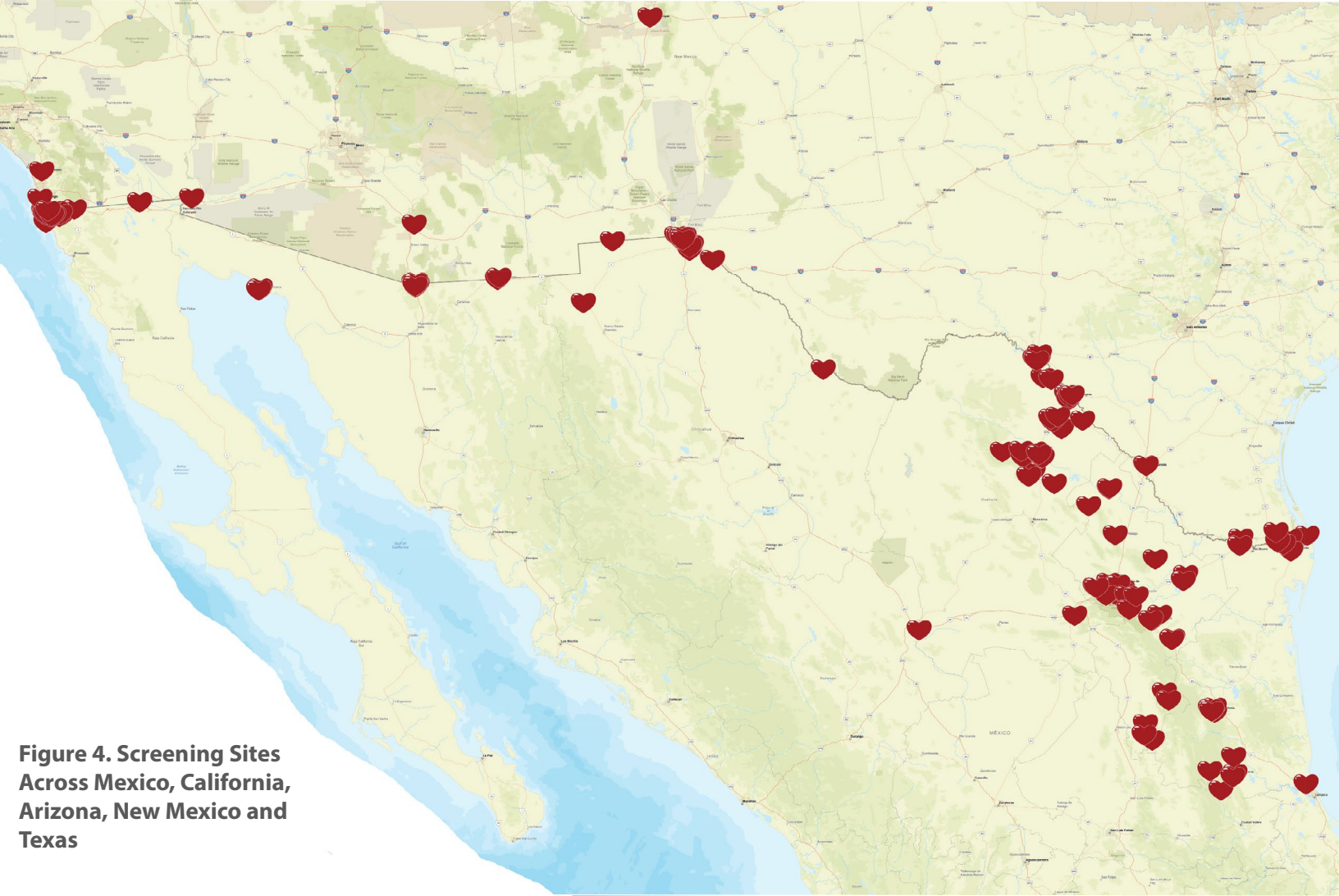


Figure 4. Screening Sites Across Mexico, California, Arizona, New Mexico and Texas

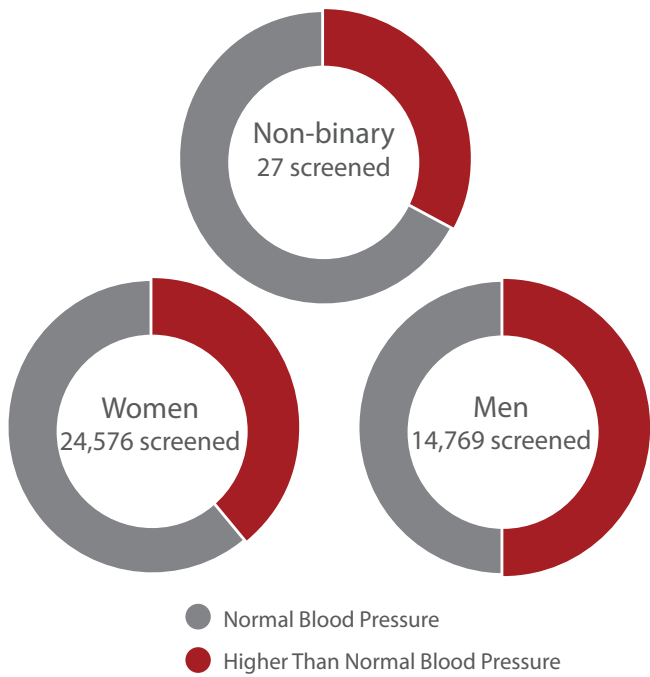


Figure 5. Participant Blood Pressure by Gender at Ama Tu Corazón

*39,372 Ama Tu Corazón participants provided gender and blood pressure data.

(Clockwise from the top): Encouraging pregnant women to check their blood pressure in Chihuahua; A visit to a nursing home in Puerto Peñasco, Sonora; Health workers canvass the streets of Coahuila to check blood pressures.

San Diego County

In San Diego County, Love Your Heart drew participants from all corners of the community. Using health equity data, blood pressure screening sites and community event locations were intentionally selected to provide access and support to those most at risk of developing heart disease (learn more about our data-driven process on page 10).

The Love Your Heart Week of Action was held February 11-19, and offered free blood pressure screenings and community education events to help participants engage with healthcare professionals, ask questions, and learn more about what their numbers mean. Joint efforts between community partners, medical and general volunteers, and County of San Diego staff provided thousands of participants with the heart health education needed to empower and inspire them to take control of their heart health.

Of the 4,582 participants screened in San Diego County in-person and through Love Your Heart @ Home, detailed data was received for 4,543 participants. Of these, nearly 2 of every 3 participants screened exhibited a blood pressure above normal range, with 106 screenings considered Hypertensive Urgency and 24 screenings considered Hypertensive Emergency (Figure 6).

Of the participants screened in San Diego County who reported their blood pressure, 4,473 reported their gender. Of these, 61% were women with nearly 3 out of 5 participants reporting a blood pressure higher than normal (Figure 7). Of the male participants screened, nearly 3 out of 4 had an elevated blood pressure.

Figure 8 shows the locations across Southern California that served as Love Your Heart blood pressure screening sites throughout the Week of Action. Outside of San Diego County, screening sites were hosted in Los Angeles County, Orange County, as well as Cochise County and Yuma County in Arizona. There were 168 participants screened in the U.S. outside of San Diego County, of which 68% had a blood pressure above normal range.

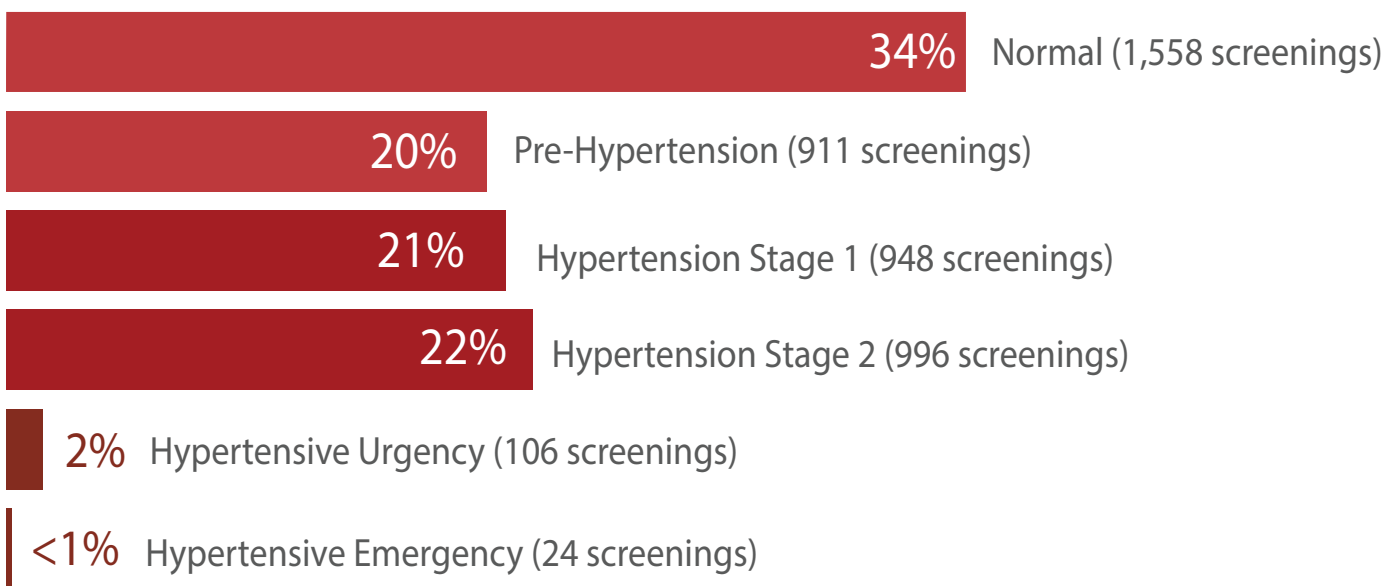


Figure 6. Number and Percent of Screenings by Blood Pressure Level in San Diego County

*Out of 4,582 total screenings in San Diego County, 4,543 provided blood pressure data.

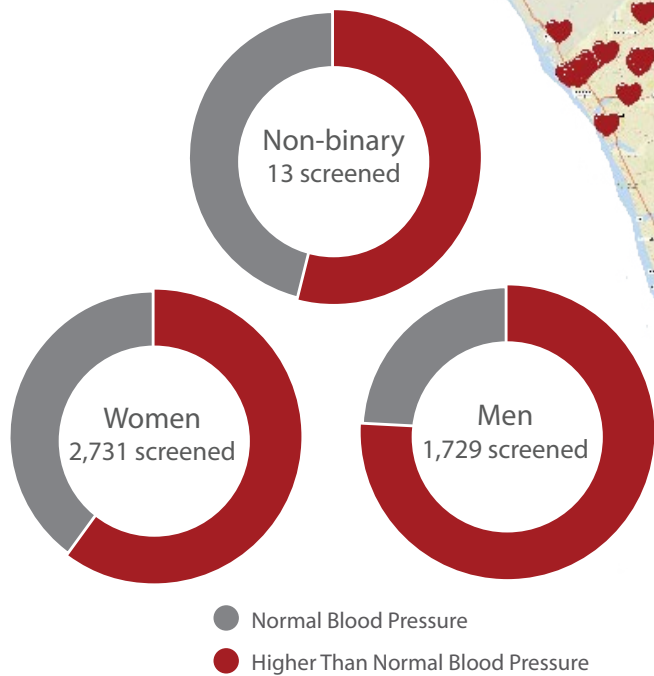


Figure 7. Participant Blood Pressure by Gender in San Diego County

*4,473 participants provided gender and blood pressure data.

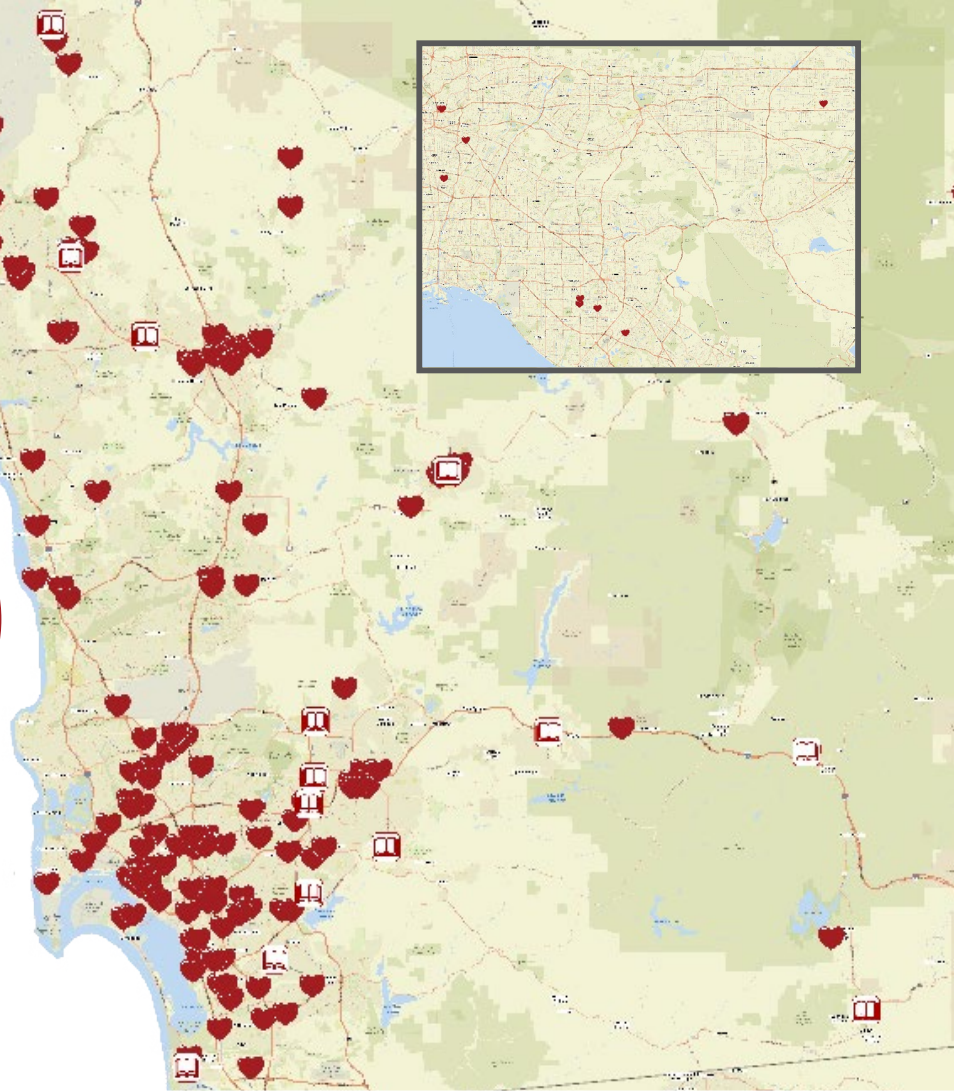


Figure 8. Love Your Heart and Read Your Beats Blood Pressure Screening Sites Across Southern California

*Inset map shows the location of sites in Los Angeles and Orange Counties.



San Ysidro Health team at the South Community Event in Chula Vista.

Intentional Equity

Health equity means everyone has a fair opportunity to be healthier. Each person has different circumstances that can affect their ability to make healthy choices and often lead to health disparities - a type of negative health difference that is seen more often in one group compared to another.

Love Your Heart efforts were planned with the intention to address health inequities by providing education and support to those in our communities who are most at risk and impacted by health disparities. To do this, the team reviewed [San Diego County health data](#) related to heart disease incidence rates, demographics, and risk factors in specific geographic regions. We correlated this data to the [Healthy Places Index 3.0](#) and [PLACES: Local Data for Better Health](#), which provide data maps related to the social conditions that drive health. Through this analysis, we identified populations most at risk, including a listing of priority zip codes within San Diego County (Table 1).

This information was then used to prioritize locations for blood pressure screening sites, community events, and blood pressure monitor distribution, and direct resources towards areas where they were most needed (Figure 9). The data indexes and County health data led to increased efforts in rural east county and led to the planning of large scale community events in South county and North/East county.

The data was also used to guide marketing and outreach efforts to ensure maximum impact. The latest data from [December 2022](#) shows heart disease is the second leading cause of death for residents in San Diego County (Table 2). However, heart disease is the leading cause of death for White, Black, Native Hawaiian/ Pacific Islander, and American Indian/Alaska Native ethnicities. In addition between March 2020 and January 2022, hypertension was the most common underlying condition identified in San Diego County's COVID-19-associated deaths. Using the Priority Zip Code and Leading Cause of Death data, site selection, blood pressure monitor distribution, and marketing were tailored to Southeastern San Diego and rural communities.

Table 1. Priority Zip Code Summary Table

Health Places Index Score (1-4) *Lower score indicates less healthy conditions	1	2	1	1	2	2	3	4
High Blood Pressure Incidence Rate *Higher incidence indicates higher-risk	>35%	>35%	30.0% - 34.9%	25.0% - 29.9%	30.0% - 34.9%	25.0% - 29.9%	>35%	>35%
Total # Zip Codes: 42	Priority 1	Priority 2	Priority 3	Priority 4	Priority 5	Priority 6	Priority 7	Priority 8
	92020	91950	91910	91901	91945	92054	91942	91914
	92036	92102	91962	91911	91977	92058	92009	92061
	92065		92026	92019	92028	92081	92010	92071
	92070		92105	92021	92040	92083	92060	92111
			92113	92025	92139		92117	
			92114	92027			92536	
			92115	92101				
			92173	92136				
				92154				

**Love Your Heart 2023
Priority ZIP Codes**

**Blood Pressure Monitor
Distribution as of 4/3/2023**

- 1 - 10
- 11 - 20
- 21 - 40
- 41 - 80
- 81 - 132

No Blood Pressure
Monitors Distributed

Priority ZIP Codes

- 1st Priority
- 2
- 3
- 4
- 5
- 6
- 7
- 8th Priority
- Not Prioritized

0 3.75 7.5 15 Miles



Los Well San Diego, "Blood Pressure Monitor Distribution 2023", San Diego, CA, 9554-053, 01
 "Priority ZIP Codes for Love Your Heart 2023", San Diego, CA, 1845A-051
 "SanDiego - ZIP Codes for Love Your Heart 2023", San Diego, CA, SanDiego, 8/9, 25 July 2023
 "MAP13444055_0102133", San Diego, CA, SanDiego, 8/9, 6 July 2022
 Map Created by Carmen Loebman on April 28, 2023

Figure 9. Love Your Heart 2023 Priority Zip Code and Blood Pressure Monitor Distribution.

Table 2. Leading Causes of Death Among San Diego County Residents by Race/Ethnicity, 2021

Race/Ethnicity	Underlying Cause of Death	
	#1	#2
All	Cancer	Heart Disease
White	Heart Disease	Cancer
Hispanic	COVID-19	Cancer
Black	Heart Disease	Cancer
Asian	Cancer	Heart Disease
Native Hawaiian/Pacific Islander	Heart Disease	COVID-19
American Indian/Alaska Native	Heart Disease	Cancer
Multiple	Cancer	Heart Disease

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System. Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Love Your Heart @Home

Love Your Heart @ Home supported the community for the third year in a row through blood pressure monitor distribution, virtual learning, and online blood pressure submissions. To maximize COVID-19 safety and increase access to heart health knowledge and care, anyone could submit their blood pressure screening results online in English or Spanish. Although in-person sites were more utilized, there were still 82 participants who chose to submit their numbers online.

3,200 blood pressure monitors were distributed to twenty organizations who have played a crucial role in distributing the monitors to the community including 157 essential service locations, such as grocery stores, libraries, food pantries, and community centers (Figure 10). These organizations provided heart health education, blood pressure checks, and home blood pressure monitors to households in communities that needed it most.

Educational packets were translated into languages representative of the San Diego population and distributed alongside other essential resources, making sure everyone had access to vital information to stay healthy. Figure 11 shows the number of blood pressure monitors distributed by zip code as of April 3, 2023.



(Clockwise from the top): County employees staff the distribution warehouse. CAL FIRE picking up blood pressure monitors to distribute to the rural community. SBCS passing out blood pressure monitors at a South County event.

Blood Pressure Monitor Distribution

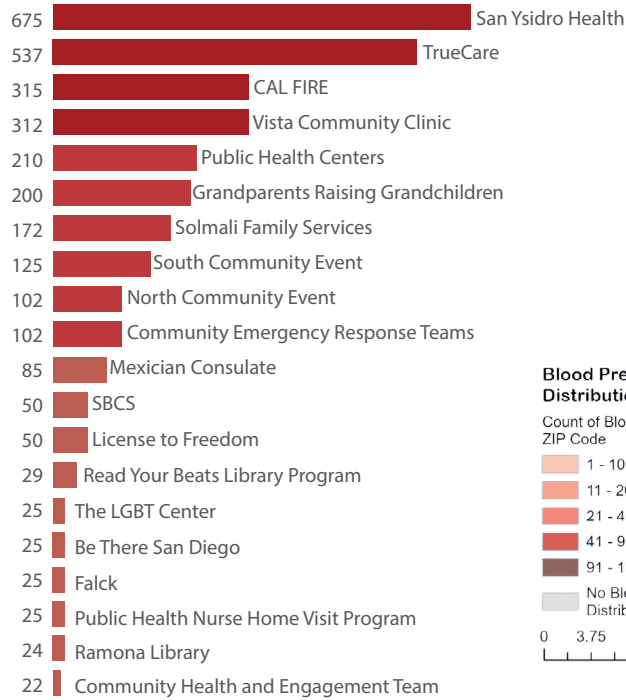


Figure 10. Number of blood pressure monitors distributed to community partners and events

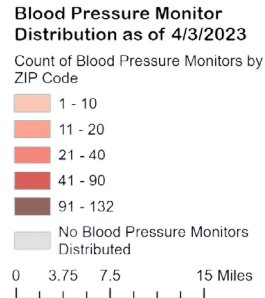


Figure 11. Number of blood pressure monitors distributed by zip code as of 4/3/2023

READ YOUR BEATS Library Program

According to the American Heart Association, 47% of U.S. adults were living with high blood pressure between 2015-2018. The National Institutes of Health also estimates that 1 in 3 adults with high blood pressure are not aware they have it, as hypertension often has no symptoms, causing it to go untreated. That is why it is so important to have your blood pressure checked at least once a year.

To help reduce this risk, Love Your Heart partnered with the San Diego County Libraries and the Grossmont Healthcare District's Health & Wellness Library to launch the "Read Your Beats" program. Participating libraries placed blood pressure monitors and educational materials at the library for easy access, encouraging community members to check their blood pressure during library hours.



Community Events

This year, two community events were held in North County and South County to distribute blood pressure monitors, give blood pressure screenings, and much more. These two areas of the county were selected based on health data related to incidence and risk factors in specific geographic regions. With the help of our incredible partners, these two events were able to make an impact and promote heart healthy living.

South Region Community Event

(Clockwise) Love Your Heart staff at community event in partnership with San Ysidro Health. SBCS community resource booth handing out “Heartfelt Project” supplies. Volunteers with Hearty.



118 AMR, Champions for Health, and the VA conducted 118 blood pressure screenings.



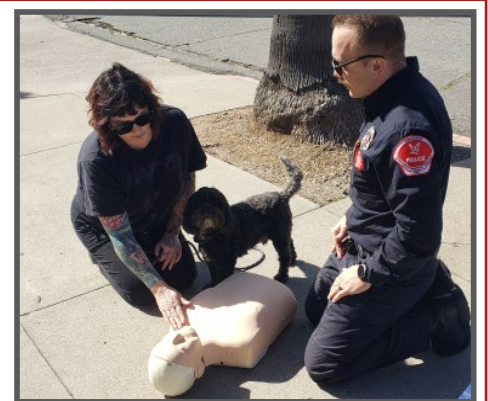
County of San Diego staff provided blood pressure monitors to 125 households with 282 adults. **125**

142 Grandma LuLu’s Table distributed 142 vegetarian, plant-based meals.

The Harm Reduction Coalition of San Diego distributed over 150 naloxone kits and trained recipients on administration. **150**

Love Your Heart Blood Drive

On February 12th, a joint blood drive and blood pressure screening event was held in partnership with Ohr Shalom Synagogue and San Diego Blood Bank. This event took place in the Banker’s Hill neighborhood and was open to both congregants and local neighbors. San Diego Project Heartbeat also helped participants learn how to use an AED device and perform “sidewalk CPR.” Jennifer Glor, pictured on the right, was out walking her dog when she saw the set up, “That’s really cool. OK, yeah, sure, I’ll do it! I’m always worried about my blood pressure and want to learn CPR.”



North Region Community Event

142

CAL FIRE, AMR, TrueCare Ramona, and a County of San Diego Public Health Nurse performed 142 blood pressure screenings.

Feeding San Diego provided produce and dry goods for 200 households

200

47

CAL FIRE supplied 47 multipurpose bike helmets for youth and teens.

SDGE contributed 125 adult and youth Disaster Preparedness Backpacks.

125



(Clockwise) CAL FIRE members with Hearty. Harm Reduction Coalition booth with Hearty. Resource table staff interacting with attendees.



Eric Paredes Save a Life Foundation Remembering Marco to Save-a-Life

During this year's Love Your Heart press conference, Kristina Cordileone shared her story of losing her son, Marco, to an undetected heart condition that caused sudden cardiac arrest. She works with the Eric Paredes Save A Life Foundation to educate the community, particularly young people on warning signs, risk factors, early detection screenings and what to do in a cardiac emergency.

Sudden cardiac arrest is very different from a heart attack - it's caused by an undetected heart condition that you're born with, could have inherited, or it can develop as you grow. There are 2 sides to prevention. The first is early detection of heart abnormalities through heart screenings, such as an EKG. The second is knowing what to do in a cardiac emergency: Call – Push – Shock. Call 911, start hands-only CPR, and locate and use the nearest automated external defibrillator, or AED.

Kristina Cordileone, Spokesperson, Eric Paredes Save a Life Foundation



Empowered to Know

The goal of Love Your Heart is simple – help prevent heart disease and stroke by empowering residents to check their blood pressure, understand what their numbers mean, and make lifestyle changes to improve their health. Thousands of people participated in this year's event and learned the importance of blood pressure checks.

“

I volunteered today because it is so very important. I know that so many people have high blood pressure that goes undetected, and they need to know what it is.

Ruth Duke, Volunteer
La Mesa Adult Enrichment Center



”

I never even thought about it when I was younger, but as I aged and through 8 heart operations, I think it is important to know your blood pressure and monitor that. I have a blood pressure monitor at home.

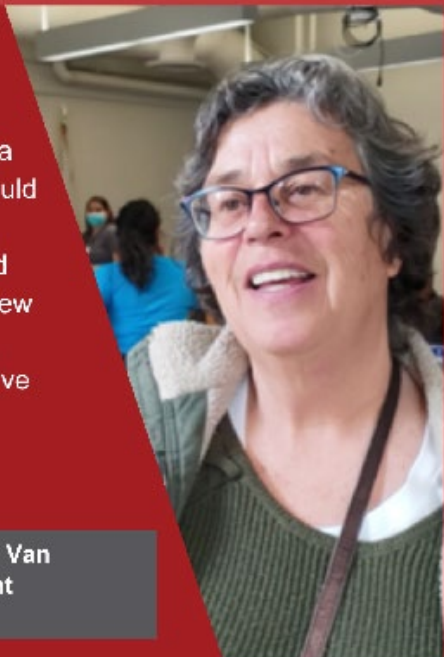
Paul Gorman, Participant
La Mesa Adult Enrichment Center



“

My mother had a stroke. If you could avoid that, that would be a good idea! With the new information I learned today, I've made a commitment to myself.

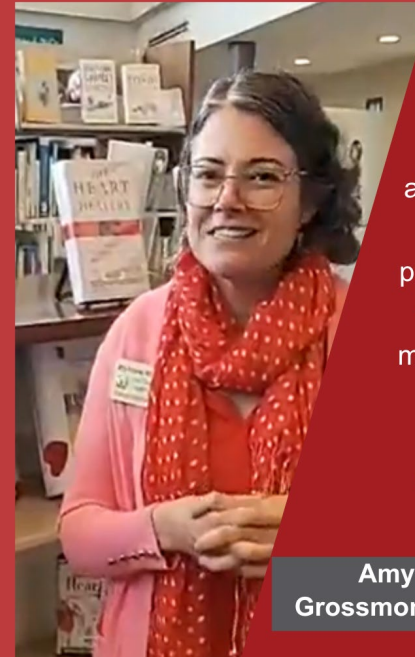
Annunziata "Anina" Van Voorene, Participant
Ramona Library



”

Read Your Beats is about learning to take one's own blood pressure and interpret what those numbers mean. Are they good? Are they bad? Do I need to do something different?

Amy Abrams, Chief CHO,
Grossmont Healthcare District



Pets for Heart Health

In addition to the joy they bring into our lives, our pets may also help us be more active and less stressed which can help us live a longer, healthier life. Below, are some furry friends showing their support for Love Your Heart.



**Brooke Castle, EMT
American Medical Response**

“

I really like to volunteer at this event. I like sitting here with the community, getting to know them, and being there for people. Explaining how blood pressure works and helping them know what their numbers mean was a really big thing for people today.

“

A lot of people won't even know they have high blood pressure. They'll feel fine. You have to know your numbers. It's a silent killer.

**Maureen Jones, Volunteer
Oceanside Community Center**



“

I have heard that high blood pressure is linked to the heart. It's important to let people know for their health, especially if you have kids. I'm doing this for my little boy.

**Sandra Cabrera, Participant
Fallbrook Union High School**



Jax



Moose



Pete



Roxie

Media Outreach

The Love Your Heart campaign's media outreach had widespread coverage across various media platforms, including TV, radio, local newspapers, billboards, and social media. By utilizing localized community outreach and larger channels, the campaign was able to amplify its message to a wider audience and educate people about the importance of their overall cardiovascular health.

The 2023 media event was held on February 8th at Waterfront Park and featured speakers from the County of San Diego, as well as American Heart Association, Aetna Better Health of California, Eric Paredes Save A Life Foundation, and the U.S.-Mexico Border Health Commission, Mexico Section. The Love Your Heart campaign produced 94 media mentions with a national TV audience of 342,733; radio audience of 3,582,627; and an online and print news audience of 1,113,083. Love Your Heart events were covered by news outlets such as 10 News, NBC 7, KUSI and CBS 8.

The media campaign focused on channels to reach specific zip codes most impacted by heart disease. Printed ads were run in local newspapers including Voice & Viewpoint, El Latino, Filipino Press, and Star News which in total had a reach of 438,000. Digital promotion across social media platforms as well as East County Magazine had over 303,000 impressions.

Through collaboration with iHeart Radio, Love Your Heart promotion on billboards and transit posters generated 2,329,862 impressions across San Diego County priority zip codes in south, north, and east regions. Radio advertisements on Total Traffic and Weather and two Spanish radio stations had total reach of 670,511 and 1,385,000 impressions.



342,733
National TV Audience



1.1 Million
Online News Audience



From top to bottom: Photos showing the Love Your Heart on local news channels ABC 10 and CBS 8.

DE LA MANO DE EXPERTOS

El director comercial de Fasa... el encargo de realizar todo el... con el equipo de trabajo que... se encarga de realizar todo el... con el equipo de trabajo que...

Las enfermedades cardiacas son la segunda causa de muerte en el condado de San Diego

AMA TU CORAZÓN

La semana de acción es del 11 al 19 de febrero

Conozca su salud cardiovascular en números. Aprenda lo que significan

Aprenda a controlar su presión arterial y encuentre módulos de detección de presión arterial gratuitos, consejos y eventos de aprendizaje para vivir con un corazón sano.

LoveYourHeartSD.org

CVS Health, Coost2CoastRx, San Diego Foundation

Check your blood pressure
Find a FREE location February 11-19

Heart disease is the leading cause of death for Black residents in San Diego County.

LOVE YOUR HEART
LoveYourHeartSD.org

CVS Health, Coost2CoastRx, San Diego Foundation

Posts About Videos More

Live Well San Diego
Posted by Hootsuite
Feb 13

People who live in rural communities are at greater risk for premature death from heart disease. Find free BP screening... See more

LOVE YOUR HEART

Submit Your Numbers for Week of Action!
Learn how at LoveYourHeartSD.org

From top to bottom: El Latino newspaper clipping; Bus shelter advertisement; Facebook post.



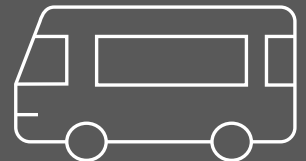
438,000
Reach of local newspapers



3,582,627
Impressions on the radio



53,715
Reach of social media



2,329,862
Impressions from billboard and transit

Thank You to Our 2023 Partners

211 San Diego
61st & Division St Church of Christ
Aetna CVS Health
Akeso Occupational Health
AltaMed Health Services
Alvarado Hospital Medical Center
American Heart Association
American Medical Response, Inc.
American Red Cross
Backcountry Communities Thriving
Bayside Community Center
Be There San Diego
Bella Mente Montessori Academy
Belmont Village Sabre Springs
Border View Family YMCA
CAL FIRE
Camp Pendleton Fire & Emergency Services
Carlsbad Senior Center
Casa Colina
Catholic Charities Diocese of San Diego
Centers for Disease Control and Prevention
Central Region Public Health Center
Champions for Health
Chula Vista Fire Department
City of Carlsbad
City of Escondido
City of La Mesa
City of Oceanside
City of Oceanside, Crown Heights Community Resource Center
City of San Diego, Parks & Recreation Department
City of San Marcos Senior Activity Center
City of Santee Community Services Department
City of Vista Gloria McClellan Center
Clinica Bienestar by Marque Medical
Coast2CoastRx
Cochise County Health Department
Community Health Systems, Inc.
Community Rowing of San Diego
Copley-Price Family YMCA
Del Mar Community Connections
East Public Health Center
ElderHelp
Episcopal Community Services
Eric Paredes Save a Life Foundation
Every Woman Counts
Falck

Fallbrook Union High School District
Farmacia Familiar
First 5 San Diego
Global Communities
Gompers Preparatory Academy
Grandma Lulu's Table
Griswold Home Care of North San Diego
Grossmont Herrick Community Health Care Library
Harm Reduction Coalition of San Diego
Heart & Wellness Center
Jackie Robinson Family YMCA
Jewish Family Service
John D. Spreckels Center
License to Freedom
Lincoln High School - 1904 Cadets
MAAC Project
Mcalister South Teen Recovery Center
Mercy Pharmacy Group
MiraCosta College
Mission Meadows Elementary School
Mission Valley YMCA
Move Your Feet Before You Eat Foundation
NAMI San Diego
Neighborhood Healthcare
North Central Public Health Center
North Coastal Family Resource Center
North Coastal Public Health Center
North Inland Public Health Center
North San Diego County Alumnae Chapter Delta Sigma Theta Sorority
Oceanside High School
Oceanside Public Library
Ohr Shalom Synagogue
Orangetheory Mission Valley/Restore Hyper Wellness
Pacific Housing, Inc.
Palomar Family Counseling Service, Inc
Palomar Health Medical Center
Palomar St Church of Christ
Point Loma Nazarene University
PROJECT 1:1
Project Access
Ramona H.E.A.R.T. Mural Project, Inc.
Ramona Senior Center
Rock Church of San Diego, City Heights Campus
San Diego Black Nurses Association
San Diego Blood Bank
San Diego Children's Discovery Museum

San Diego City College Student Nurse Association
San Diego County Credit Union
San Diego County Fire Community Emergency Response Team
San Diego County Library
San Diego County Office of Education
San Diego Foundation
San Diego Gas & Electric
San Diego Mesa College
San Diego PACE
San Diego Project Heartbeat
San Diego Unified School District
San Marcos Fire Department
San Ysidro Health
SAY San Diego
SBCS
SBHIS Insurance Services
Second Chance
Serving Seniors
Sharp Healthcare
Somali Family Service
South Region Public Health Center
Southern California Blood Bank
St. Paul's PACE
SunCoast Market Co-op
Sweetwater High School - Health Academy
Symbiosis Ambulance
The Leukemia & Lymphoma Society
The Salvation Army
The San Diego LGBT Community Center
Trauma Research and Education Foundation
TrueCare
Tzu Chi
UCSD Health
UCSD Skaggs School of Pharmacy & Pharmaceutical Sciences
Universidad Popular
Valley Center Community Emergency Response Team
Valley Center High
VEBA
Viejas Fire Department
Villa de Vida
Vision y Compromiso
Vista Community Clinic
Vista Unified School District
Watkins Wellness
Yuma County Public Health Services District

Ama tu Corazón 2023 Binational Partners

Comisión de Salud Fronteriza México-Estados Unidos,
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Secretaría de Salud de Baja California
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ISSSTE, Clínica de Medicina Familiar, Ciudad Juárez
Pensiones Civiles de Chihuahua, Ciudad Juárez
Secretaría de Salud del Estado de Chihuahua
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Servicios de Salud Municipal en Acuña
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VENTANILLAS DE SALUD (VDS)
Ventanilla de Salud McAllen - National Latina Institute for Reproductive Justice
Ventanilla de Salud El Paso - Proyect Vida
Ventanilla de Salud Nogales - Mariposa Community Health Center
Ventanilla de Salud Eagle Pass - Migrant Clinicians Network
Ventanilla de Salud Los Ángeles - Fiesta Americana
Ventanilla de Salud Calexico - El Centro Regional Medical Center
Ventanilla de Salud Orlando - Latin Community Health Advisors
Ventanilla de Salud Phoenix - Universidad de Arizona
Ventanilla de Salud Miami - Marsoni Foundation
Ventanilla de Salud Yuma - Campesinos Sin Fronteras
Ventanilla de Salud San Diego - Alianza Fronteriza de Filantropía México-Estados Unidos (AFF)

We thank you for your participation from the bottom of our HEARTS!

