



LOVE YOUR HEART 2015

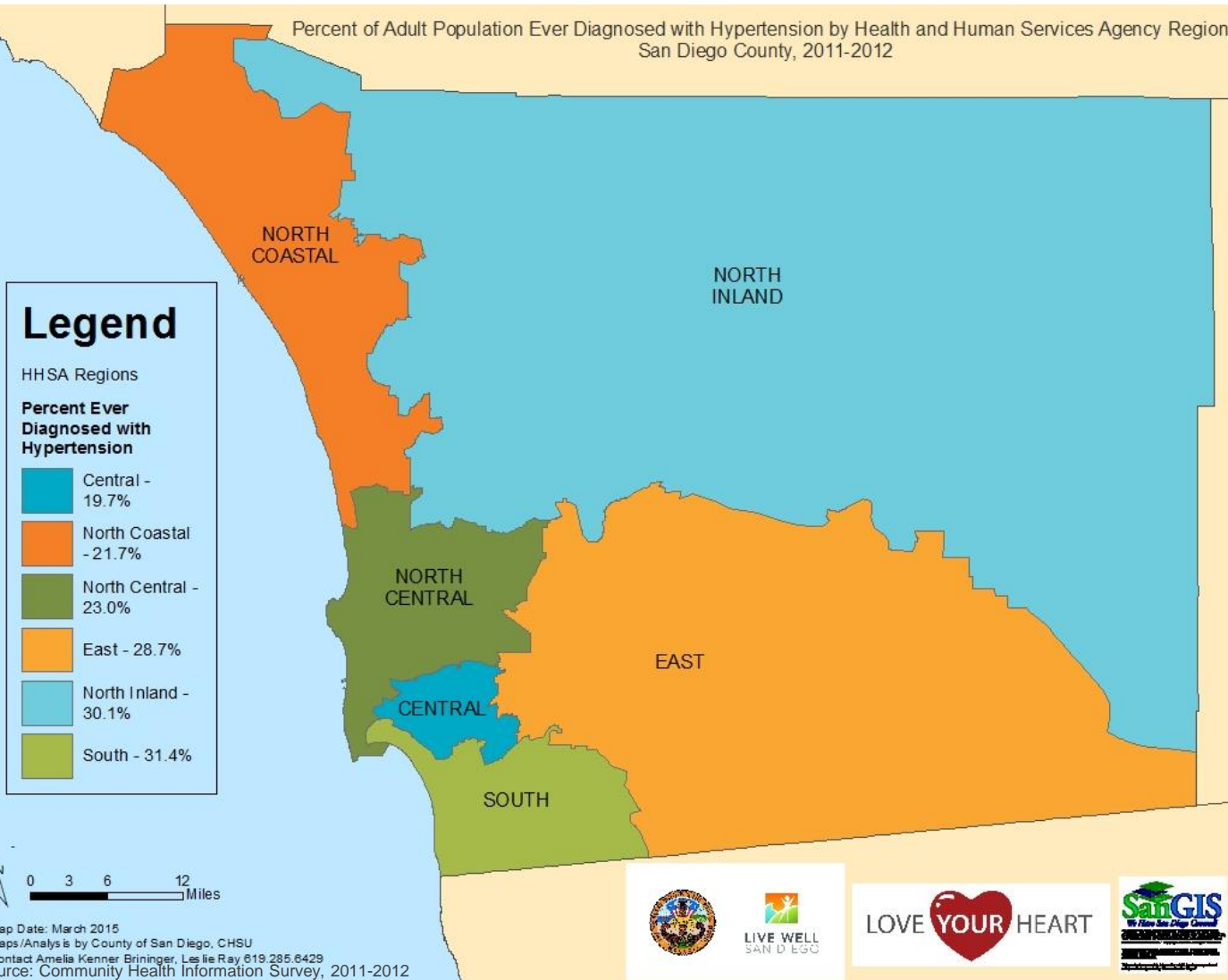
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Health and Human Services Agency*



HYPERTENSION IN SAN DIEGO COUNTY



Percent of Adult Population Ever Diagnosed with Hypertension by Health and Human Services Agency Region, San Diego County, 2011-2012



- ♥ In 2011, 25.8% of all adults in San Diego County had been diagnosed with hypertension at some point.
- ♥ Of these adults, two-thirds were currently taking medication for their high blood pressure.



HIGH BLOOD PRESSURE TREATMENT STRATEGIES

| Health and Human Services Agency Region | Percent of Adults Who Had Ever Been Diagnosed With High Blood Pressure | Percent of Adults Currently Taking Medication for High Blood Pressure Among the Adults Even Diagnosed With High Blood Pressure |
|---|--|--|
| Central | 19.7 | 67.8 |
| East | 28.7 | 64.3 |
| North Central | 23.0 | 69.1 |
| North Coastal | 21.7 | 69.6 |
| North Inland | 30.1 | 62.2 |
| South | 31.4 | 69.8 |
| San Diego County | 25.8 | 66.7 |

- ♥ The North Inland Region had the second highest percent of adults who had ever been diagnosed with high blood pressure, but had the lowest percent of those adults currently taking medication for their hypertension.



HIGH BLOOD PRESSURE TREATMENT AND PREVENTION STRATEGIES

Restricting Salt:

- ♥ In 2013, only 3.2% of adults in San Diego County reported restricting salt in their diet.
 - ♥ University had the lowest percent of adults restricting salt in their diet (2.50%), while La Mesa and Anza-Borrego Springs had the highest percent (4.20%).
- ♥ In the same year, 10.0% of adults reported that they buy foods specifically labeled as low-sodium.
 - ♥ National City had the lowest percent (7.20%), while Palomar-Julian had the highest percent (12.30%) of adults buying foods specifically labeled as low-sodium.

Maintaining a Healthy Weight:

- ♥ 58.5% of San Diego's adults were overweight or obese in 2011-2012.
 - ♥ Two-thirds of the adults in East Region were overweight or obese.

Eating Healthy Foods:

- ♥ 82.2% of all adults in San Diego County were always able to find fresh fruits and vegetables in their neighborhood.
 - ♥ Only 71.1% of adults in Central Region were always able to find fresh fruits and vegetables.



BLOOD PRESSURE LEVEL DEFINITIONS:

♥ Instructions asked that each person screened was put into one of the following categories:

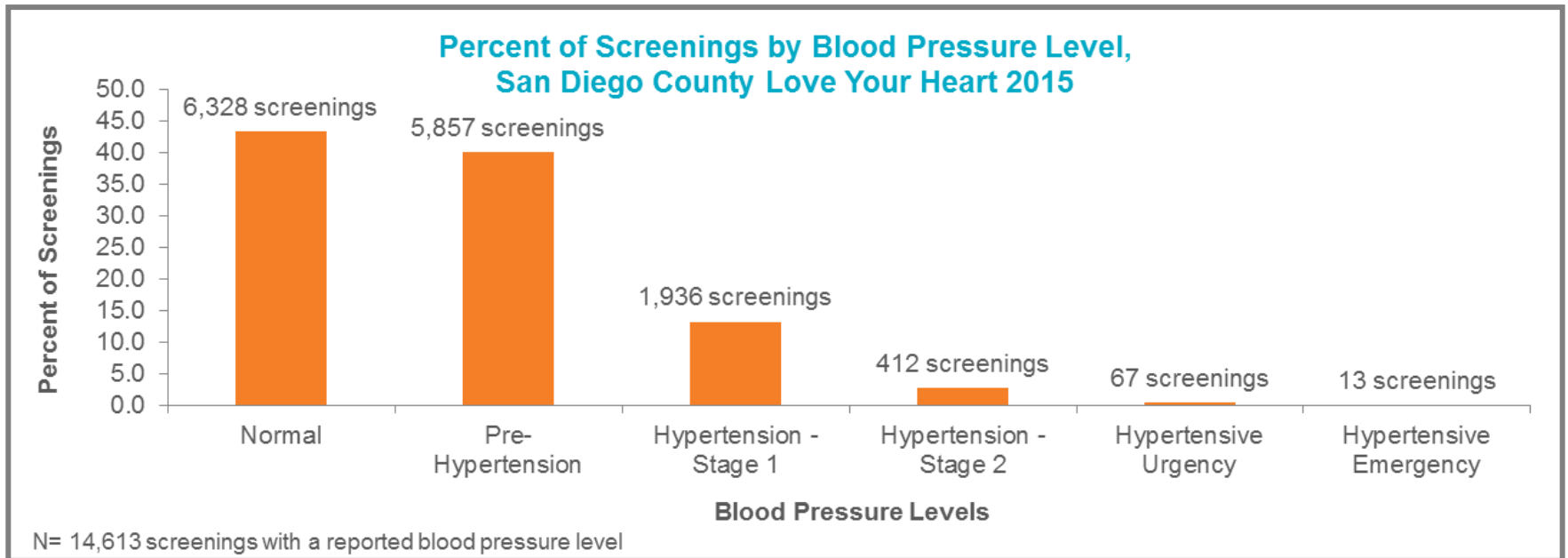
| | Normal | Pre-Hypertension | Stage 1 Hypertension | Stage 2 Hypertension | Hypertensive Urgency | Hypertensive Emergency |
|------------------|---------------|-------------------------|-----------------------------|-----------------------------|-----------------------------|-------------------------------|
| Systolic | <120 | 120-139 | 140-159 | ≥160 | ≥180 | ≥180 + Symptoms |
| Diastolic | <80 | 80-89 | 90-99 | ≥100 | ≥110 | ≥110 + Symptoms |

LOVE YOUR HEART SITES



20,494 BLOOD PRESSURE SCREENINGS WERE PERFORMED AT OVER 150 SITES ACROSS 84 ORGANIZATIONS

- ♥ 71.3% (14,613) of the screenings had a reported blood pressure level
 - ♥ 1 out of every 2 of these participants were identified as having elevated blood pressure
 - ♥ 80 individuals were identified as having urgent or emergent hypertension

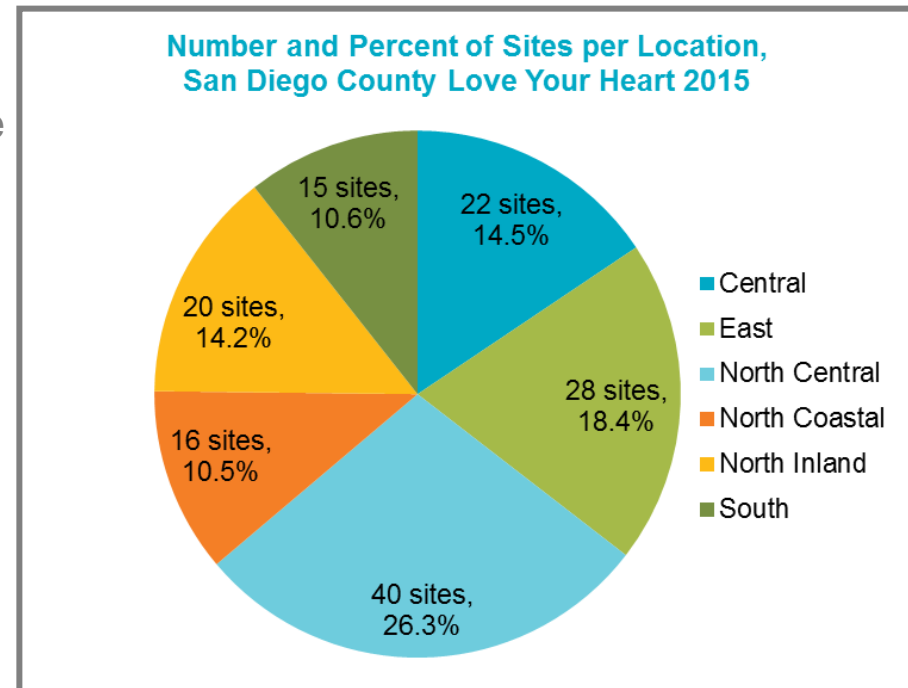




NORTH CENTRAL REGION SITES CONDUCTED THE MOST NUMBER OF SCREENINGS

- ♥ 4,780 screenings were performed at 40 North Central Region sites (23.3% of all screenings)
- ♥ There was an average of 97 screenings done per site (excluding the sites with unknown location), but varied by Region:
 - ♥ Central – 60 screenings per site
 - ♥ East – 63 screenings per site
 - ♥ North Central – 120 screenings per site
 - ♥ North Coastal – 88 screenings per site
 - ♥ North Inland – 111 screenings per site
 - ♥ South – 146 screenings per site

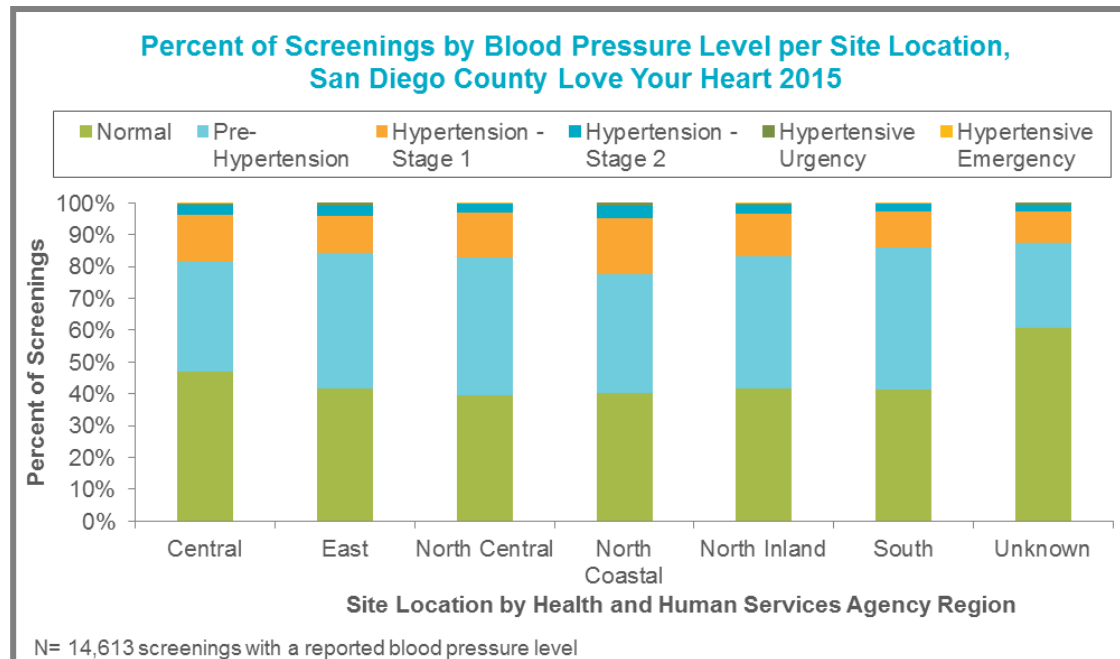
Mexican sites performed 2,480 screenings





56.7% OF PARTICIPANTS WITH A REPORTED BLOOD PRESSURE (BP) LEVEL HAD AN ELEVATED BP

- ♥ Blood pressure level reporting ranged between 90.5% and 100% of all participants per Region
 - ♥ Only 23.1% of screenings performed at an “unknown” location had reported blood pressure levels
- ♥ The percent of participants with an elevated blood pressure ranged from 53.2% among Central Region sites to 60.6% among North Central Region sites



LOVE YOUR HEART SITES



THERE WERE 25 SITE TYPES, WITH MEDICAL FACILITIES CONDUCTING THE MOST SCREENINGS

Blood Pressure Screenings Performed at Participating County Partner Locations, by Blood Pressure Level and Site Type, San Diego County Love Your Heart 2015

| Site Type | Total Screenings | | Normal ⁵ | Pre-Hypertension ⁵ | Hypertension - Stage 1 ⁵ | Hypertension - Stage 2 ⁵ | Hypertensive Urgency ⁵ | Hypertensive Emergency ⁵ |
|--|------------------|--------------|---------------------|-------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|
| | Number | Percent | Percent | Percent | Percent | Percent | Percent | Percent |
| Medical Facilities | 6,082 | 29.7 | 41.7 | 47.6 | 8.7 | 1.7 | 0.3 | * |
| Clinics, Medical Facilities, and Hospitals | 2,775 | 13.5 | - | - | - | - | - | - |
| Mexico Sites | 2,480 | 12.1 | - | - | - | - | - | - |
| County Administration Locations | 1,860 | 9.1 | 41.6 | 35.1 | 19.3 | 3.3 | 0.5 | * |
| Private Sector Worksites | 1,234 | 6.0 | 45.5 | 33.5 | 17.7 | 3.3 | 0.1 | 0.0 |
| County Family Resource Centers | 1,172 | 5.7 | 49.3 | 32.3 | 15.3 | 2.6 | 0.4 | * |
| County Libraries | 681 | 3.3 | 48.4 | 31.7 | 16.7 | 2.4 | 0.7 | * |
| Clinics | 647 | 3.2 | 61.1 | 26.7 | 8.0 | 3.2 | 0.8 | * |
| Markets | 623 | 3.0 | 42.9 | 39.0 | 13.5 | 3.0 | 1.4 | * |
| Hospitals | 562 | 2.7 | 35.1 | 50.5 | 12.3 | 2.0 | * | 0.0 |
| Lifeguard Stations | 377 | 1.8 | 34.6 | 33.8 | 23.1 | 7.0 | 1.6 | 0.0 |
| Fire Stations | 302 | 1.5 | 36.8 | 31.1 | 24.8 | 6.6 | * | 0.0 |
| City Libraries | 245 | 1.2 | 45.5 | 32.0 | 16.8 | 5.7 | 0.0 | 0.0 |
| Community or Civic Centers | 224 | 1.1 | 31.2 | 38.0 | 19.5 | 8.1 | * | * |
| County Public Health Centers | 224 | 1.1 | 48.9 | 36.5 | 13.7 | * | 0.0 | 0.0 |
| City Administration Locations | 180 | 0.9 | 38.9 | 32.8 | 21.1 | 5.6 | * | 0.0 |
| County Law Enforcement or Courts | 166 | 0.8 | 34.9 | 34.3 | 24.7 | 6.0 | 0.0 | 0.0 |
| Military/Veterans | 158 | 0.8 | 35.8 | 60.4 | * | 0.0 | 0.0 | 0.0 |
| Wellness Centers | 146 | 0.7 | 56.2 | 31.5 | 10.3 | * | 0.0 | 0.0 |
| Retail Locations | 122 | 0.6 | 32.0 | 40.2 | 21.3 | 6.6 | 0.0 | 0.0 |
| Senior Centers | 89 | 0.4 | 40.4 | 36.0 | 16.9 | 5.6 | 0.0 | * |
| Surgery Centers | 70 | 0.3 | 45.7 | 37.1 | 11.4 | * | * | 0.0 |
| Parks | 32 | 0.2 | 65.6 | * | * | * | 0.0 | 0.0 |
| Colleges or Universities | 23 | 0.1 | 82.6 | * | * | 0.0 | 0.0 | 0.0 |
| Consulate | 20 | 0.1 | 50.0 | 30.0 | * | * | 0.0 | 0.0 |
| Grand Total | 20,494 | 100.0 | 43.3 | 40.1 | 13.2 | 2.8 | 0.5 | 0.1 |

⁵Percent is calculated out of screenings with a reported blood pressure level.

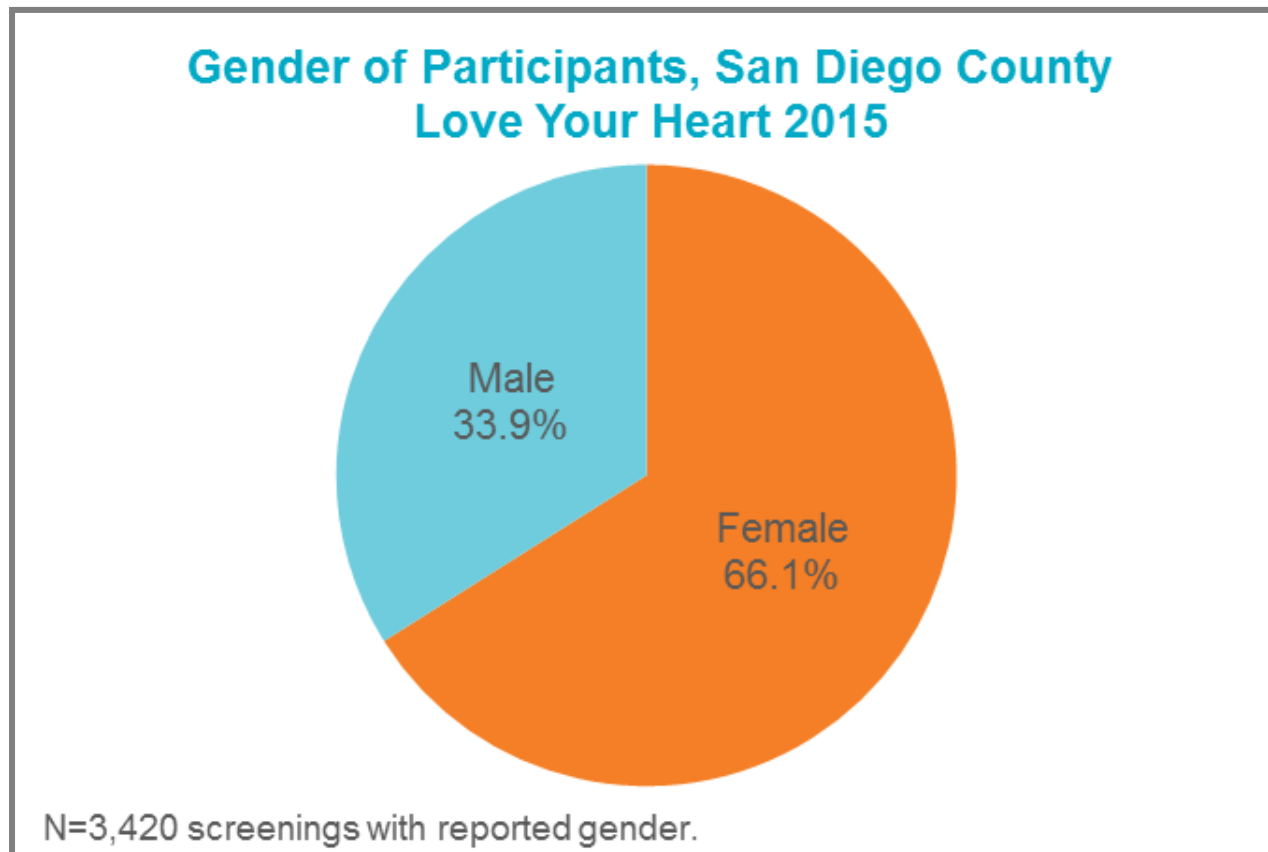
-Blood pressure level data not reported

*Value not reported for categories with less than 5 cases



3,422 PARTICIPANTS PROVIDED DEMOGRAPHIC AND LOCATION OF RESIDENCE INFORMATION

- ♥ Two-thirds of these participants were female.

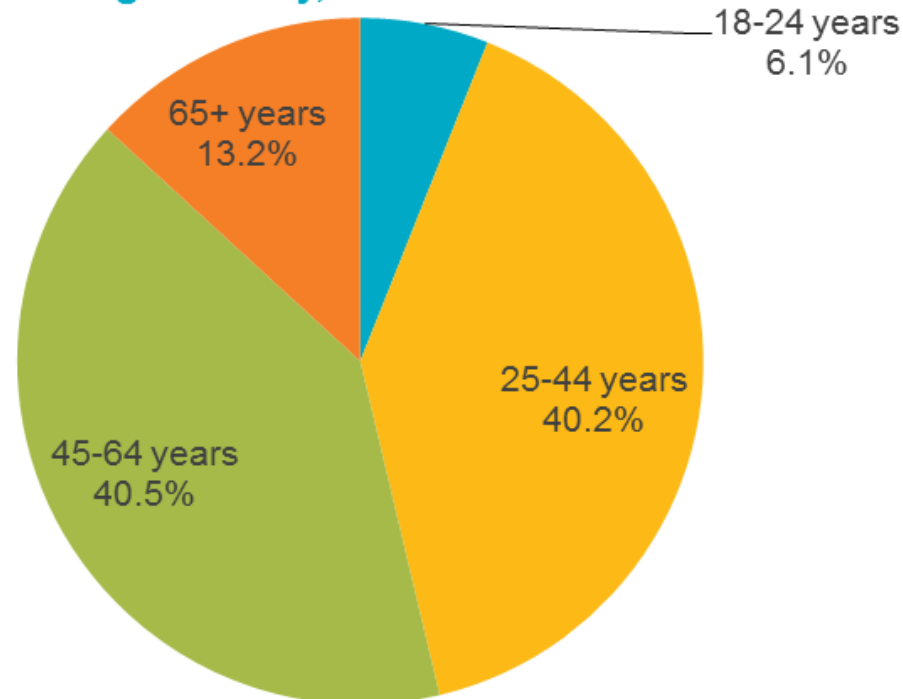


LOVE YOUR HEART PARTICIPANTS



- ♥ 40.2% were between the ages of 25 and 44 years.
- ♥ 40.5% were between the ages of 45 and 64 years.

**Percent of Participants* by Age Group,
San Diego County, Love Your Heart 2015**

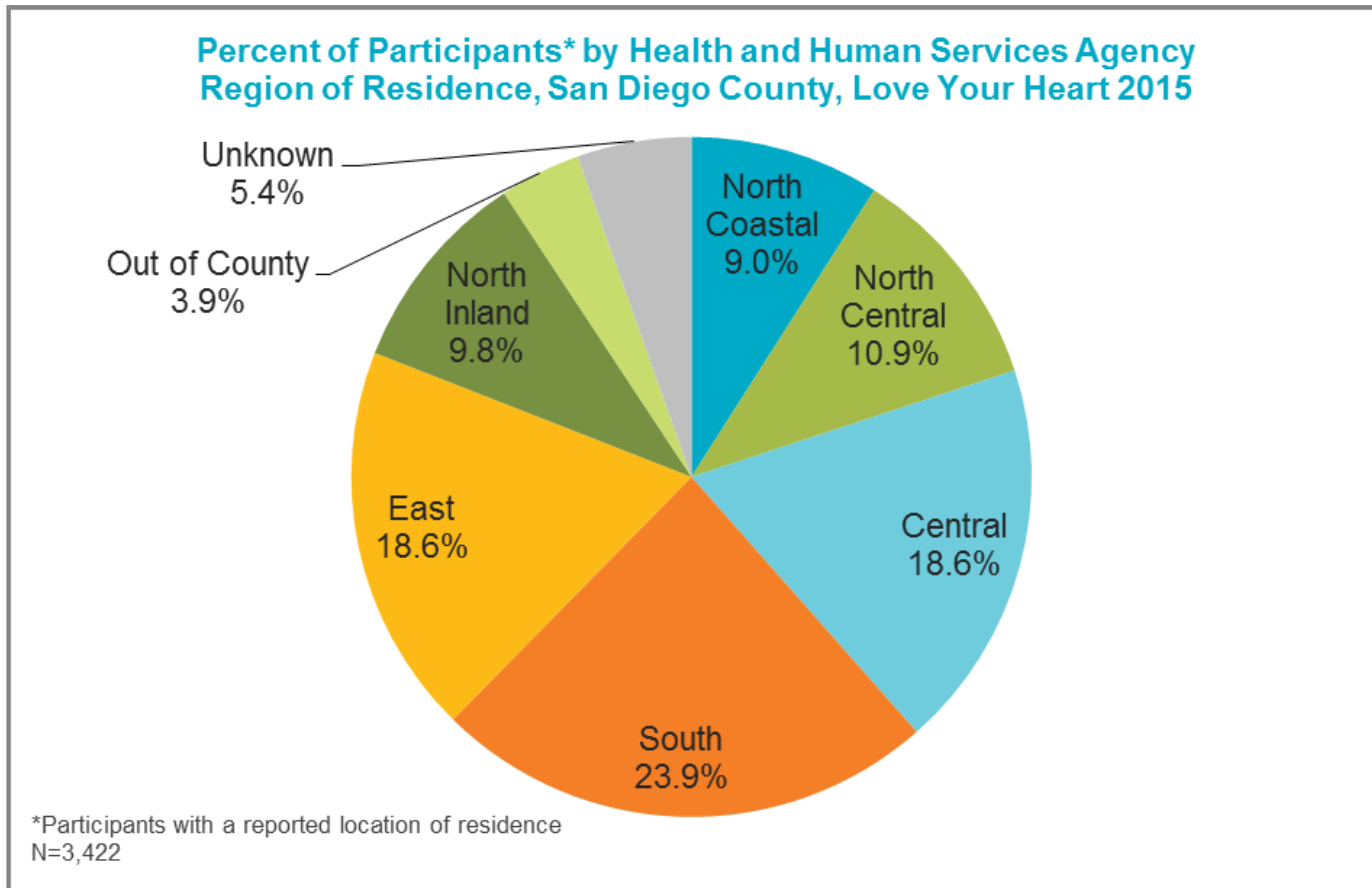


*Participants with a reported location of residence
34 participants did not report their age group. N=3,422



NEARLY ONE QUARTER OF THESE PARTICIPANTS LIVED IN THE SOUTH REGION

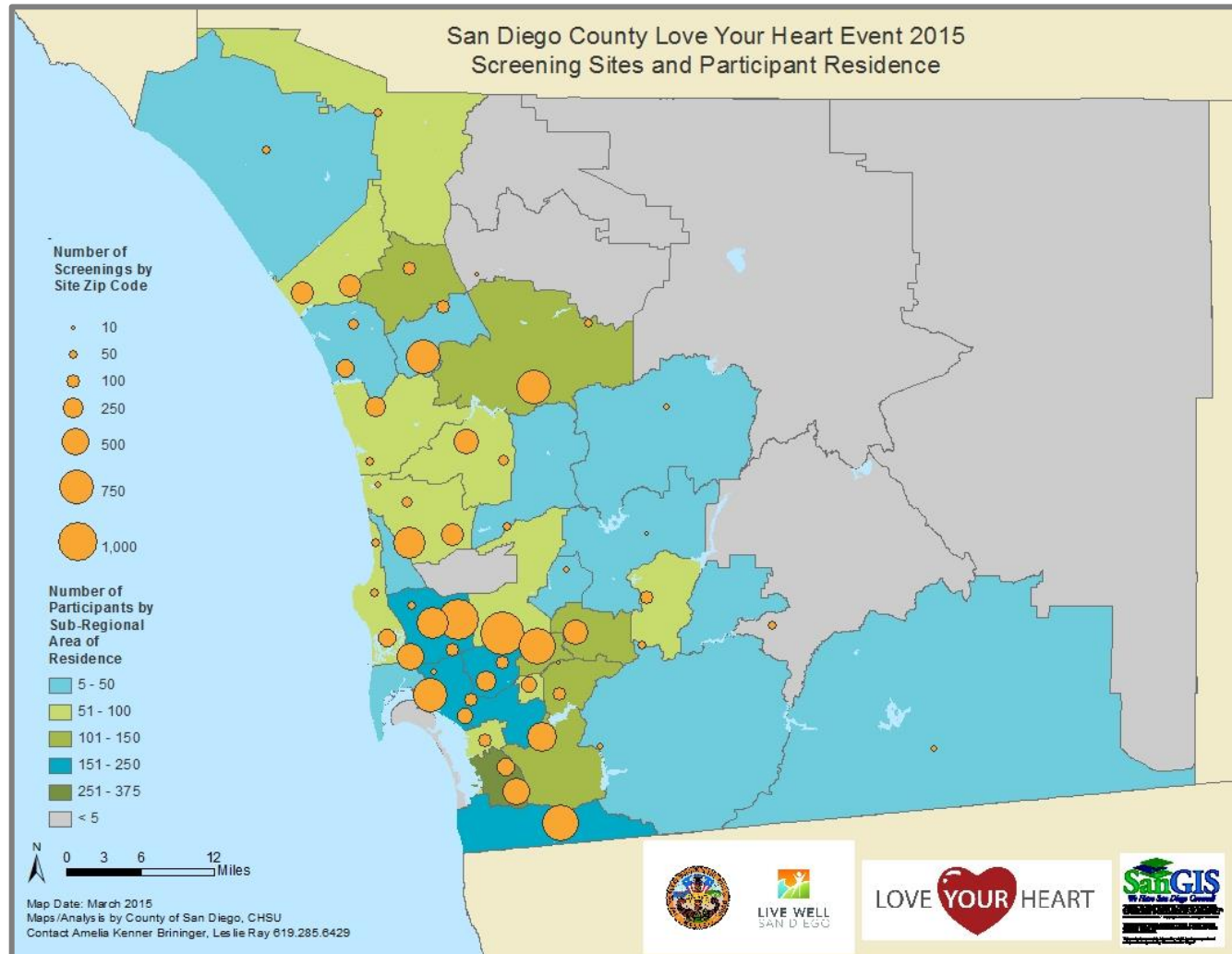
- ♥ Chula Vista was most commonly reported as the location of residence, however participants lived throughout all areas of the county.



LOVE YOUR HEART PARTICIPANTS



THE LOCATION OF SCREENING SITES GENERALLY MATCH THE LOCATION OF PARTICIPANTS' RESIDENCE





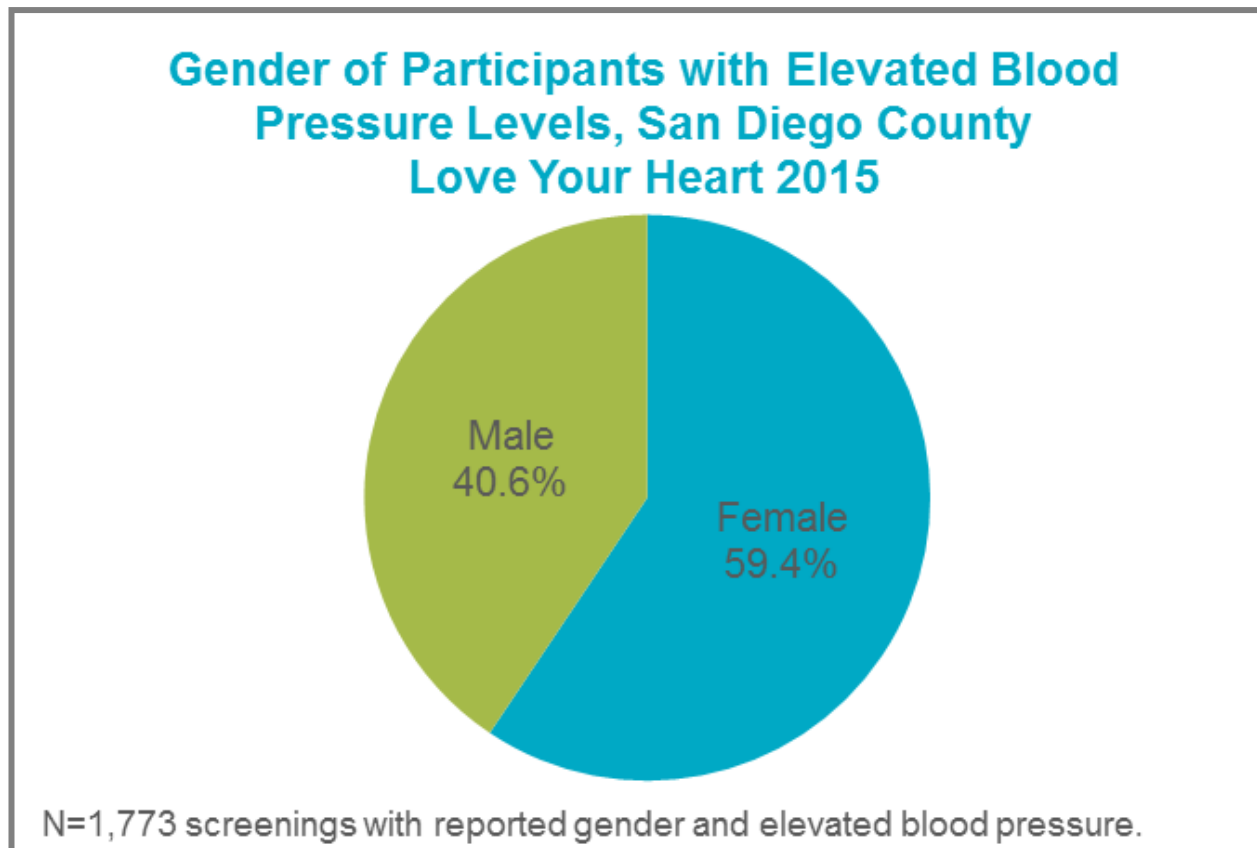
HOWEVER, PARTICIPANTS HAD THEIR SCREENINGS DONE IN A DIFFERENT COMMUNITY THAN WHERE THEY LIVE

- ♥ Of the participants with a reported location of residence in San Diego County (3,236), **six in ten** had their blood pressure screening done in a different sub-regional area (SRA) from where they live.
- ♥ More residents of **South Bay** received a screening in a different community than any other SRA (216). Of these residents, 77.8% (168) received their screening in Chula Vista.
- ♥ There were 177 residents of **Southeast San Diego** who went to a different SRA for their screening. These residents went to areas such as Central San Diego, Mid City, Kearny Mesa, Chula Vista, and Lemon Grove.



52.2% OF PARTICIPANTS HAD AN ELEVATED BLOOD PRESSURE

♥ 40.6% of these participants were male.

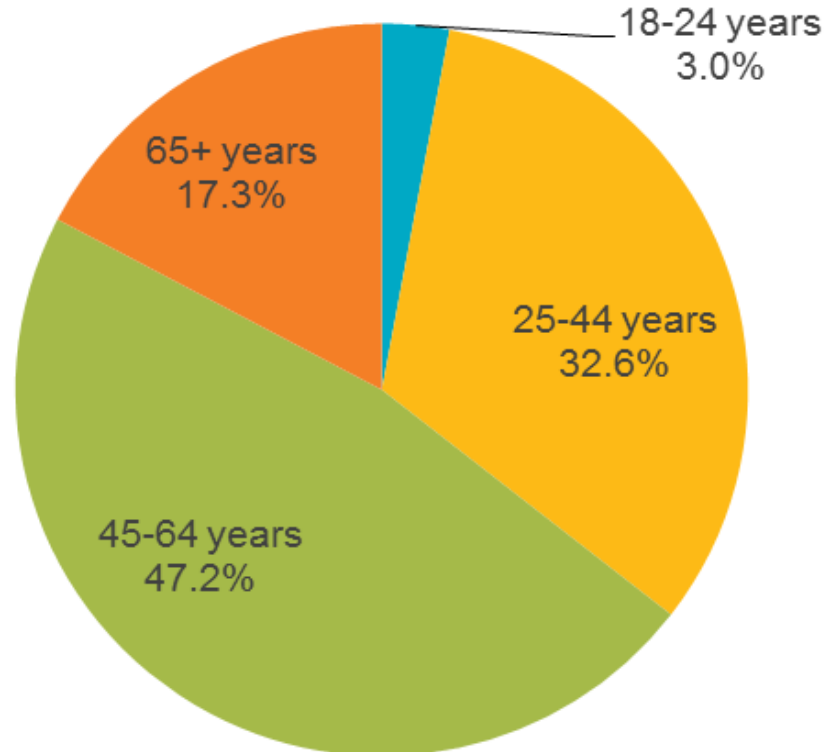


LOVE YOUR HEART PARTICIPANTS



- ♥ 47.2% of these participants were between the ages of 45 and 64 years old.

Percent of Participants* with Elevated Blood Pressure by Age Group, San Diego County, Love Your Heart 2015

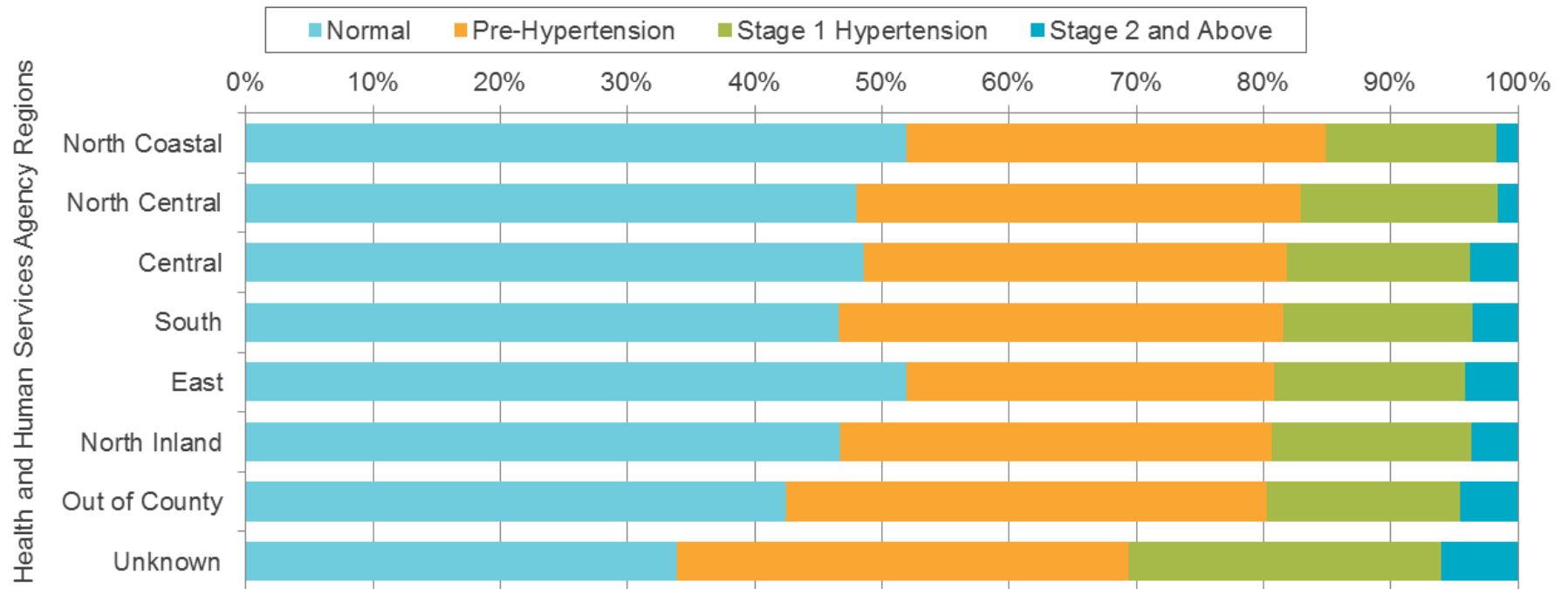


*Participants with a reported location of residence
16 participants did not report their age group. N=1,773



NORTH COASTAL AND EAST REGIONS HAD THE HIGHEST PERCENT OF RESIDENCE WITH **NORMAL** BP

Percent of Participants* by Blood Pressure Level and Health and Human Services Agency Region of Residence, San Diego County, Love Your Heart 2015



*Participants with a reported location of residence. N=3,394

LOVE YOUR HEART PARTICIPANTS



HARBISON CREST HAD THE LOWEST PERCENT OF RESIDENTS WITH AN ELEVATED BP (33.3%), WHILE DEL MAR-MIRA MESA HAD THE HIGHEST PERCENT (65.0%).

Percent of Blood Pressure Levels by Participant's Residence, San Diego County Love Your Heart 2015



Participant's Residence by Health and Human Services Agency Region and Sub-Regional Area

N=3,394 screenings with reported blood pressure level and location of residence. *Less than 5 participants residing in sub-regional area.

SUMMARY



- ♥ In 2011, 25.8% of all adults in San Diego County had been diagnosed with hypertension at some point
 - ♥ Of these adults, two-thirds were currently taking medication for their high blood pressure
- ♥ In 2013, only 3.2% of adults in San Diego County reported restricting salt in their diet and 10.0% of adults reported that they buy foods specifically labeled as low-sodium
- ♥ 2015 Love Your Heart event, 20,494 blood pressure screenings were performed at over 150 sites across 84 organizations
 - ♥ 71.3% (14,613) of the screenings had a reported blood pressure level
 - ♥ 1 out of every 2 of these participants were identified as having elevated blood pressure
 - ♥ 80 individuals were identified as having urgent or emergent hypertension
 - ♥ The location of screening sites generally matched the location of participants' residence
 - ♥ Of the participants with a reported location of residence in San Diego County (3,236), **six in ten** had their blood pressure screening done in a different sub-regional area (SRA) from where they lived
 - ♥ Among participants with reported gender and age group (3,442), females and those aged 45-64 were overrepresented

FOR MORE INFORMATION



For more information on Love Your Heart:

[HTTP://WWW.LIVEWELLSD.ORG/LOVE-YOUR-HEART/](http://www.livewellsd.org/love-your-heart/)

For more information on hypertension, heart disease and stroke:

[HTTP://WWW.SDHEALTHSTATISTICS.COM](http://www.sdhealthstatistics.com)