

2015 LOVE YOUR HEART REPORT

Over 20,000 Blood Pressure Screenings Performed on Fourth Annual Love Your Heart Day

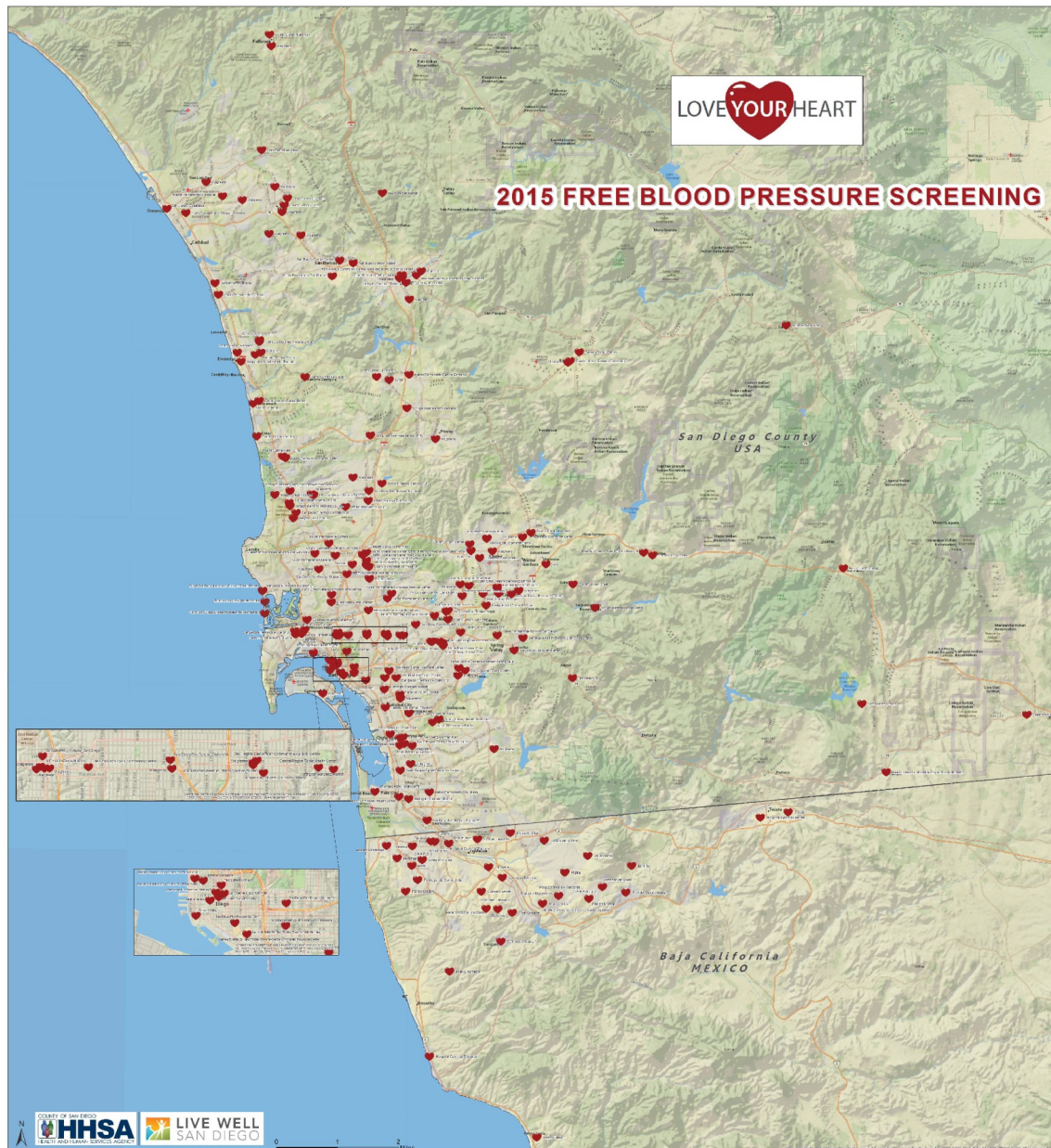
Love Your Heart is an annual, one-day event during which the County of San Diego and its partners provide free blood pressure screenings to the public at select sites throughout the San Diego region. The goal of Love Your Heart is to activate people to “know their numbers” and take charge of their own heart health. An effort that started with the County in 2011, the event has since grown to include a broad group of partners in every sector including healthcare, libraries, the fire community, universities, city government, non-profits, and businesses. This truly unique event is a centerpiece of the County’s regional wellness strategy — *Live Well San Diego* — which seeks to support residents live healthy, safe and thriving lives through the collective efforts of the entire community.

This year’s Love Your Heart event took place on February 13, 2015. The event was a resounding success, with dozens of partners coming together to raise heart health awareness and activate San Diegans to “know their numbers.” This year, Love Your Heart also went international, with over 30 sites in Mexico. Together, Love Your Heart partners performed over 20,400 blood pressure screenings on February 13th.

This report highlights key findings from Love Your Heart 2015. This data will be used to inform future efforts related to heart disease in the region. We are deeply appreciative of our partners’ collaboration in making this event, and report, possible.



Love Your Heart 2015 Sites



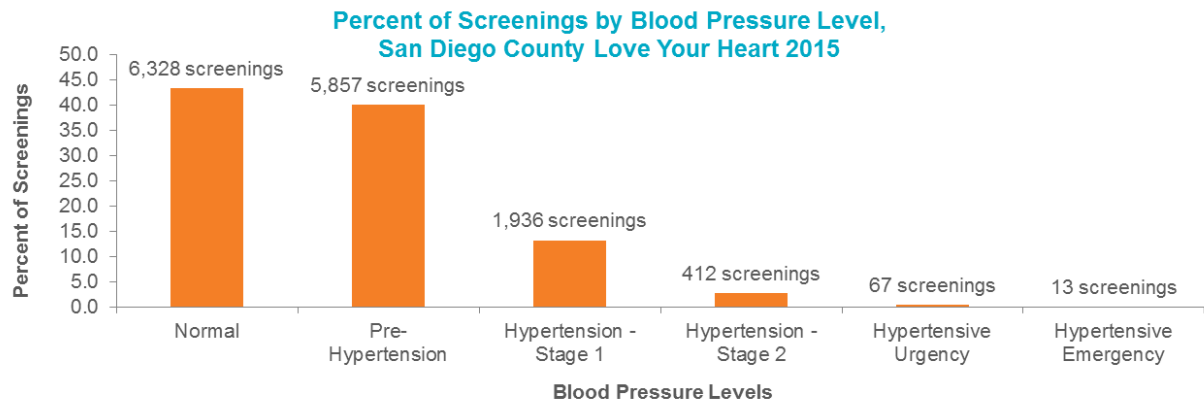
“It is very important to be screened for blood pressure, diabetes, and vision at this kind of community setting. Some people don’t go out of the house, so they appreciate having many services offered in one day where language is not a problem and people understand our culture.”

- Asha Mohamed, Community Member



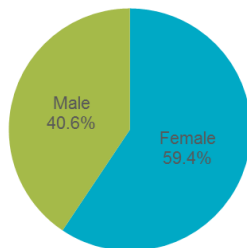
Love Your Heart 2015 By The Numbers

- ♥ **20,494** blood pressure screenings were performed at over 150 sites across 84 organizations.
- ♥ Of these, **80** individuals were identified as having urgent or emergent hypertension requiring immediate medical referral.
- ♥ 71.3% (14,613) of these screenings had a reported blood pressure level.
- ♥ **1 out of every 2 individuals** with a reported blood pressure level was identified as having an elevated blood pressure.
- ♥ Of those with a reported gender, **two-thirds of the participants were women.**



N= 14,613 screenings with a reported blood pressure level

Gender of Participants with Elevated Blood Pressure Levels, San Diego County Love Your Heart 2015



N=1,773 screenings with reported gender and elevated blood pressure.

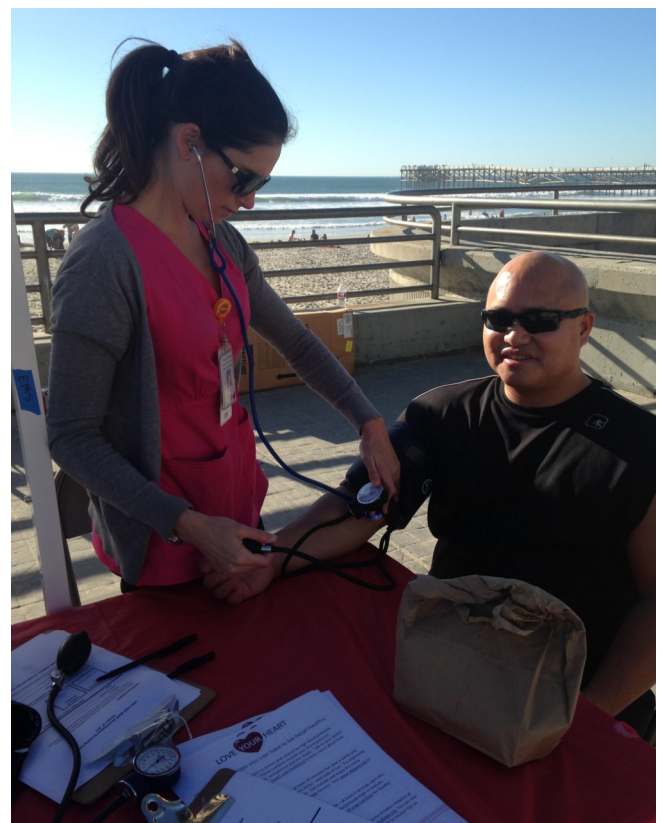
- ♥ Among participants with a reported gender and identified as having hypertension, 40.6% were male. A larger proportion of participants with hypertension were male compared to the total participants overall.

Prevent Hypertension by Engaging in Healthy Lifestyle Habits

- ♥ Eating a healthy diet
- ♥ Maintaining a healthy weight
- ♥ Getting plenty of physical activity
- ♥ Not smoking
- ♥ Limiting alcohol use

“Getting your blood pressure checked is part of healthy, clean living. It can help you prevent heart attacks and stroke by knowing how you’re doing so you can take care of it.”

- Ray, community member

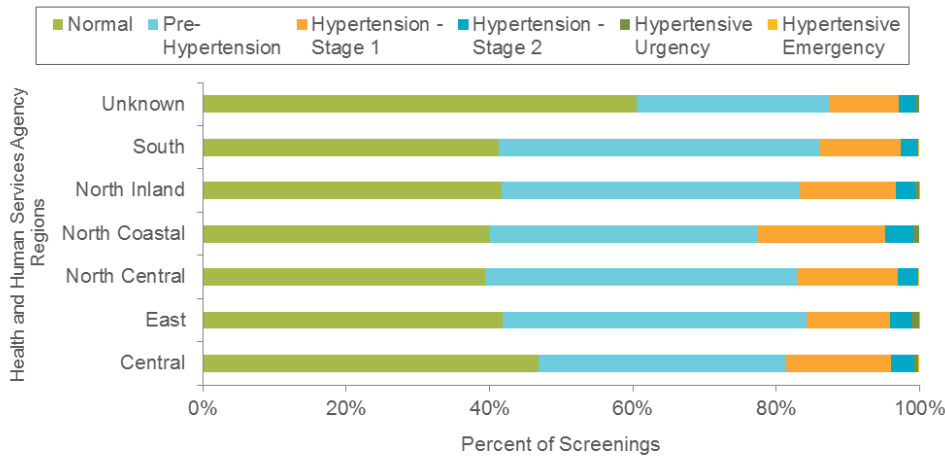




“High blood pressure is an early indicator of other health risks like stroke or cardiovascular disease.”

*- Firefighter/Paramedic David Lombardi
(pictured back left)*

Percent of Screenings by Blood Pressure Level per Site Location, San Diego County Love Your Heart 2015

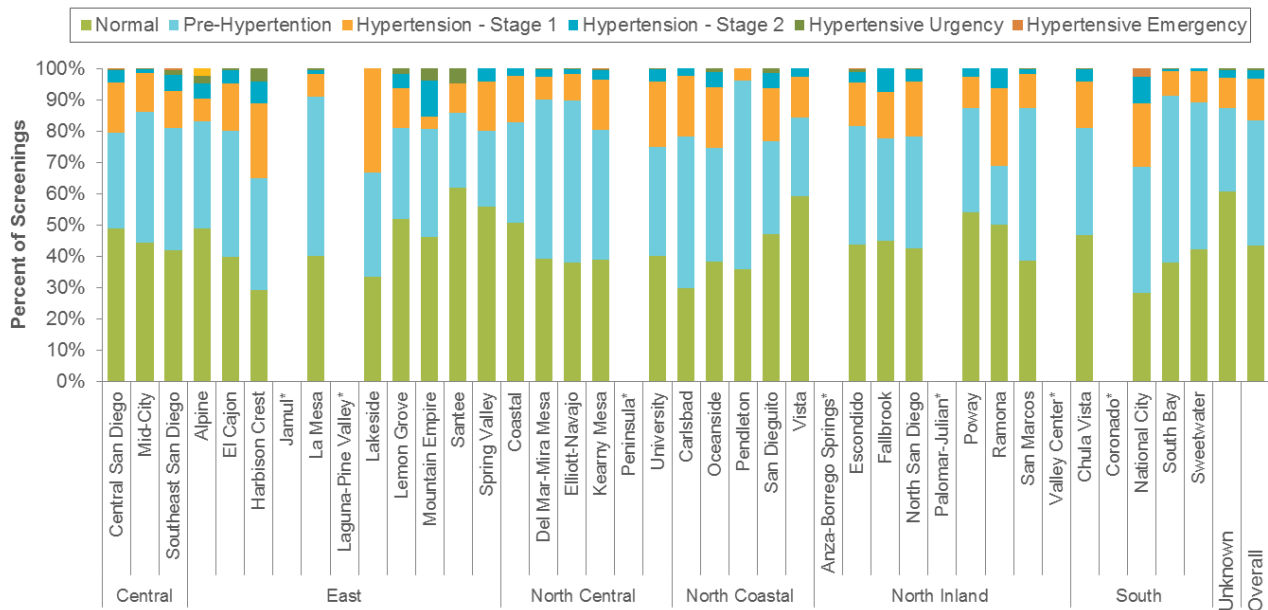


- ♥ Among the sites with a known location, sites in Central Region had the highest percent of participants determined to have normal blood pressure (46.8%).
- ♥ Sites in North Central and North Coastal had the highest percent of participants with an elevated blood pressure level, with 60.6% and 59.9% respectively.

N= 14,613 screenings with a reported blood pressure level

- ♥ Sites in the communities of Lemon Grove, Santee, Spring Valley, Coastal, Vista, Poway, and Ramona all had more than half of their participants with normal blood pressure.
- ♥ Sites in four communities found more than two-thirds of their participants to have hypertension. These were Harbison Crest, Lakeside, Carlsbad, and National City.

Percent of Screenings by Blood Pressure Level per Site Location, San Diego County Love Your Heart 2015



Site Location by Health and Human Services Agency Region and Sub-Regional Area

N=14,613 screenings with reported blood pressure level. *No sites located in sub-regional area.

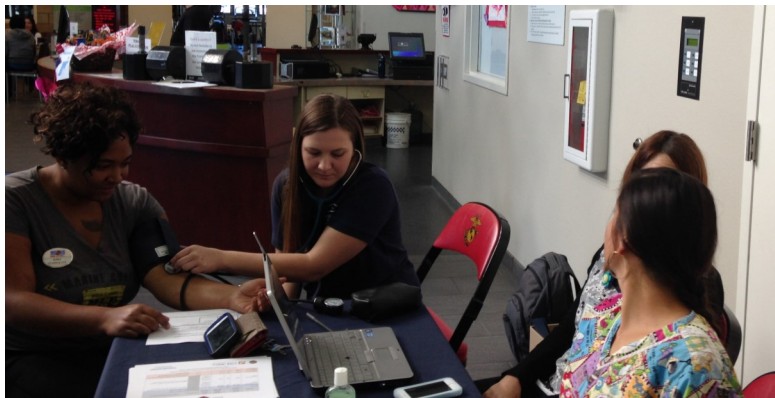
Blood Pressure Screenings Performed at Participating County Partner Locations, by Blood Pressure Level and Site Type, San Diego County Love Your Heart Event 2015

Site Type	Total Screenings		Normal ⁵ Percent	Pre-Hypertension ⁵ Percent	Hypertension - Stage 1 ⁵ Percent	Hypertension - Stage 2 ⁵ Percent	Hypertensive Urgency ⁵ Percent	Hypertensive Emergency ⁵ Percent
	Number	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



“Love Your Heart has been a very positive experience for me. I like to be out in the community to contribute to the health and well-being of others.”

- Erin Long, CSU San Marcos Nursing Student

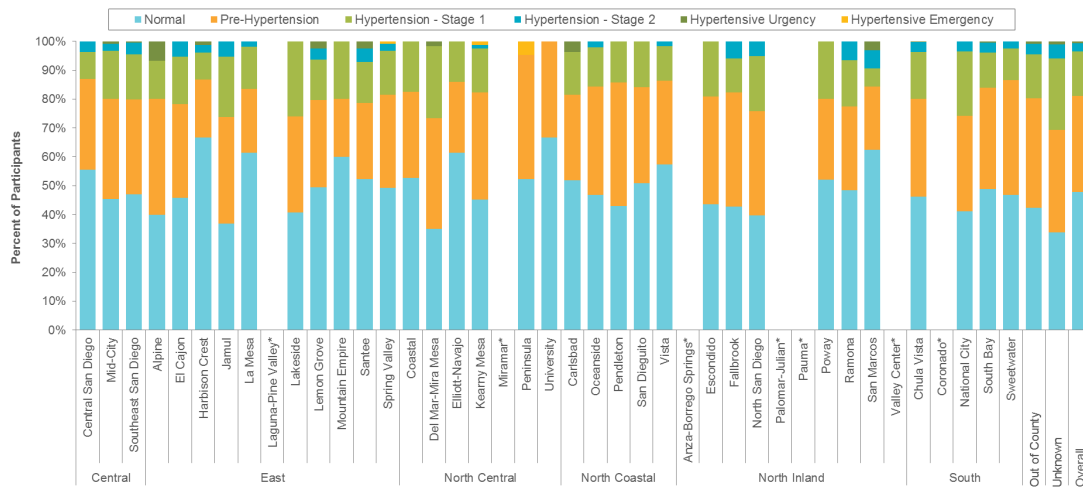
“Love Your heart is so aligned with what we do! We pride ourselves in providing education to our community and advocate for literacy, health, nutrition and fitness.”

- Jose Ocadiz, Lincoln Acres Library Branch Manager



- ♥ Of the participants with a reported location of residence (3,236), **Chula Vista** was most commonly reported as the location of residence, however participants lived throughout all areas of the county.
- ♥ Of these participants who also had a reported blood pressure level, **48.6%** had an elevated blood pressure level. **Harbison Crest** had the lowest percent of residents with an elevated blood pressure (33.3%), while **Del Mar-Mira Mesa** had the highest percent (65.0%).

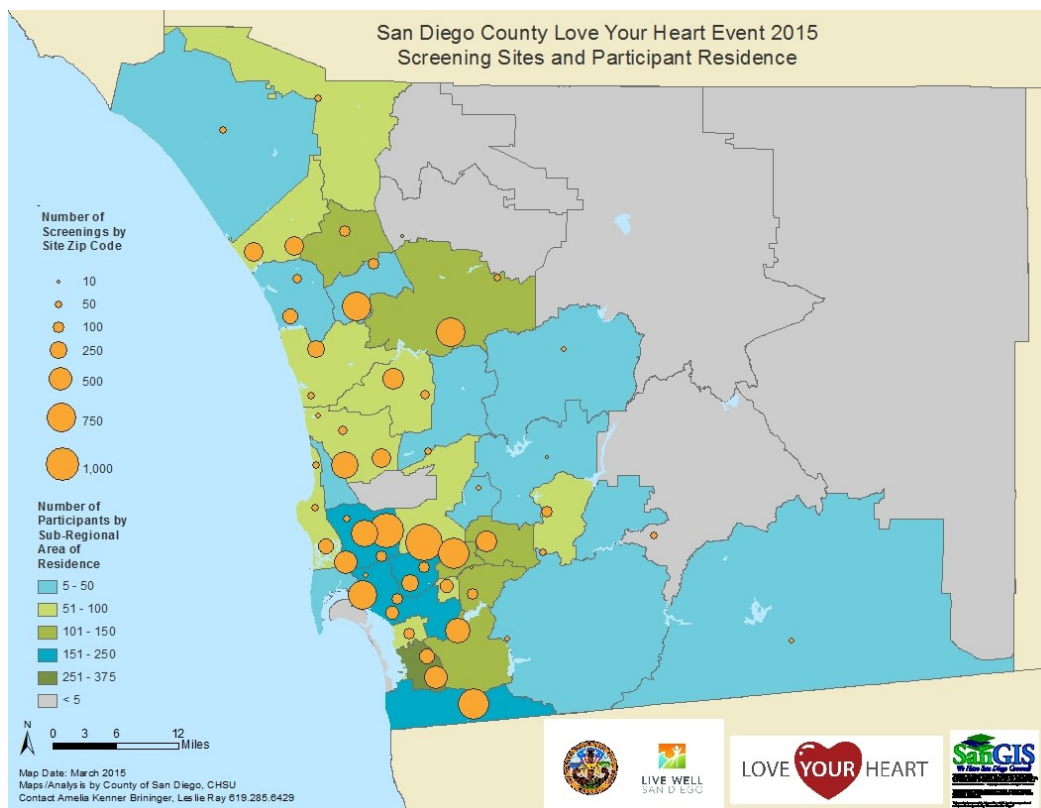
Percent of Blood Pressure Levels by Participant's Residence, San Diego County Love Your Heart 2015

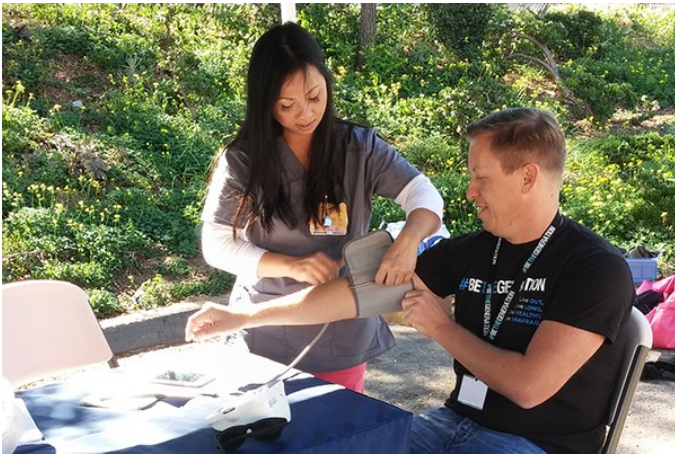


Participant's Residence by Health and Human Services Agency Region and Sub-Regional Area

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

- ♥ Of the participants with a reported location of residence (3,236), **six in ten** had their blood pressure screening done in a different sub-regional area from where they live.
- ♥ More residents of **South Bay** received a screening in a different community than any other SRA (216). Of these residents, 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.





“My secret to healthy blood pressure? I watch what I eat...of course incorporating fruits and vegetables into my daily diet and keeping up with my exercise routine.”

- Officer Brett Bishop, Camp Pendleton



Thank You to Our 2015 Love Your Heart Partners!

2-1-1 San Diego	Imperial Beach Health Center	San Diego International Airport
Albertsons	ISESALUD	San Diego Mesa College
American Heart Association	Julian Medical Clinic	San Diego Regional Chamber of Commerce
AmeriCare Health	Kaiser Permanente	San Diego Rural Fire Protection District
AMR	Lakeside Community Center	San Marcos Fire Department
Anthem Blue Cross	Lakeside Fire Department	San Marcos Senior Center
Be There San Diego	La Maestra	San Miguel Fire Protection District
Beach Area Family Health Center	<i>Live Well San Diego</i> Lions Club	San Ysidro Health Center
Black Nurses Association	Mexican Consulate	Scripps Health
Caesar Anderson, MD	Millennium Health	SDG&E
CAL FIRE	Mountain Health	Seaport Village
California State University San Marcos	National City Morgan Kimball Towers	Sharp Healthcare
Channel 10 /Azteca	North Coast Family Medical Group	Surgery One-Carlsbad
City Heights East African Community & Cultural Center	Northgate González Market	Surgery One-La Jolla
City of Carlsbad	Oceanside Fire Department	Sycuan Medical-Dental Center
City of Chula Vista	Palomar Health	The San Diego LGBT Community Center
City of Escondido	Park Avenue Community Center, Home of Escondido Senior Center	UC San Diego
City of Oceanside	Paradise Valley Hospital	UC San Diego Health
City of San Diego	Pine Valley Fire Protection District	Union Bank Lemon Grove
Clairemont Food Bank at Boys and Girls Club	Planned Parenthood	United States-Mexico Border Health Commission
County of San Diego	Qualcomm	US HealthWorks
CUSO Financial Services, LP	Ramona Fire Department	USMC Miramar Fire Department
Cymer	Ramona Senior Center	VA Medical Center
Deer Springs Fire Protection District	Rancho Santa Fe Fire Department	Vista Community Clinic
Encinitas Senior Center	Rural/Metro Corporation	Vons
Escondido Fire Department	San Diego City College	Walgreens
Event Network	San Diego County Fire Authority	Wynnshang Sun, MD
Family Health Centers of San Diego	San Diego County Medical Society	YMCA - John A. Davis Family
Goodwill Industries	San Diego County Medical Society Foundation	YMCA- Cameron Family
		YMCA-McGrath Family



Visit LoveYourHeartSD.org to learn more.