



LOVE YOUR HEART 2016

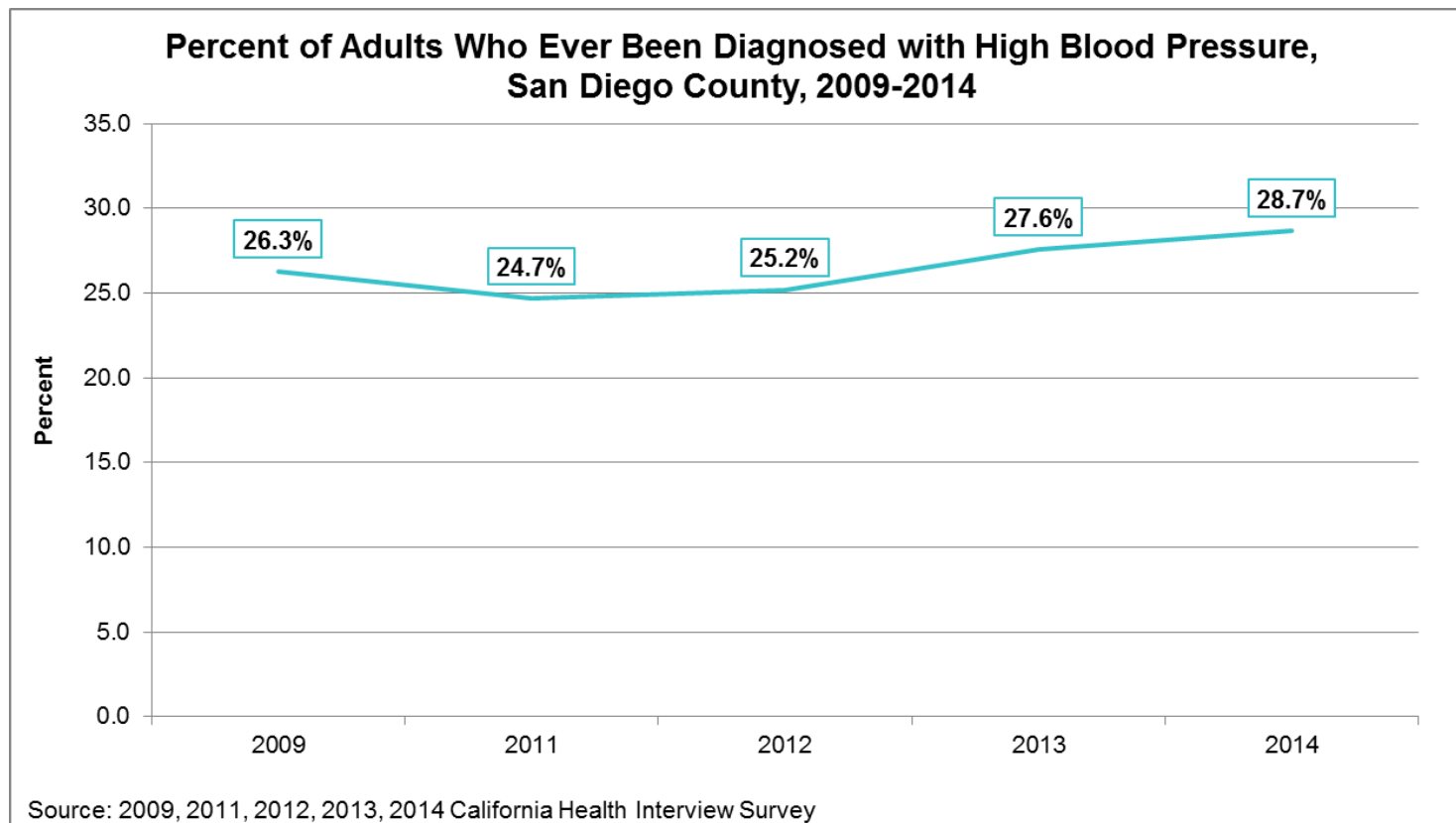
Dr. Wilma Wooten & Dr. Nick Yphantides

County of San Diego

Health and Human Services Agency



HYPERTENSION IN SAN DIEGO COUNTY



- ♥ In 2014, 28.7% of all adults in San Diego County had been diagnosed with hypertension.
- ♥ Of these adults, 71.5% were 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, 2014	Percent of Adults Currently Taking Medication for High Blood Pressure Among the Adults Ever Diagnosed With High Blood Pressure, 2014
Central	19.5	72.7
East	35.3	62.4
North Central	29.4	62.0
North Coastal	22.4	67.9
North Inland	29.4	84.0*
South	35.4	81.5
San Diego County	28.7	71.5

*Data statistically unstable. Source: 2014 California Health Interview Survey

- ♥ The East and South Regions had the highest percent of adults ever diagnosed with high blood pressure, yet the East Region had the lowest percent of those adults taking medication for their hypertension, while the South had the highest.





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



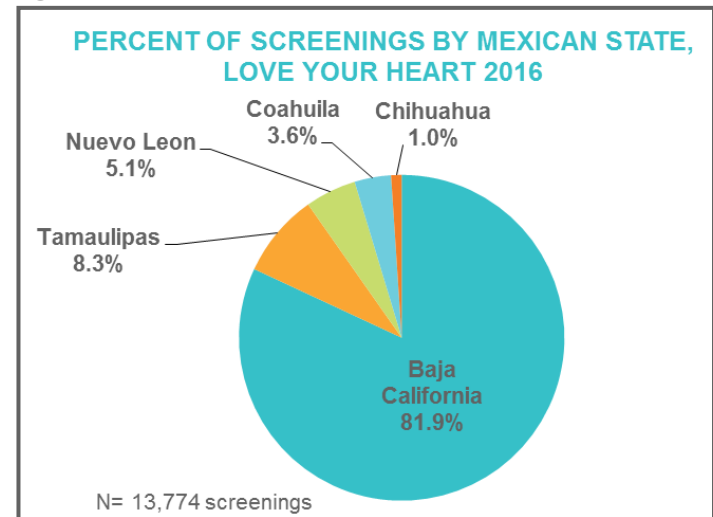
31,695 BLOOD PRESSURE SCREENINGS WERE PERFORMED AT 152 SITES BY MORE THAN 90 ORGANIZATIONS

- ♥ More than 13,700 screenings were conducted in Mexico, accounting for 43.5% of all screenings
 - ♥ Five states in Mexico provided data: Baja California (11,284 screenings), Chihuahua (144 screenings), Coahuila (500 screenings), Nuevo Leon (699 screenings), and Tamaulipas (1,147 screenings)
- ♥ 624 screenings took place in Orange and Los Angeles Counties (238 and 268 screenings respectively) and Massachusetts (42 screenings)
- ♥ In San Diego County, 17,297 screenings were performed during the 2016 Love Your Heart event

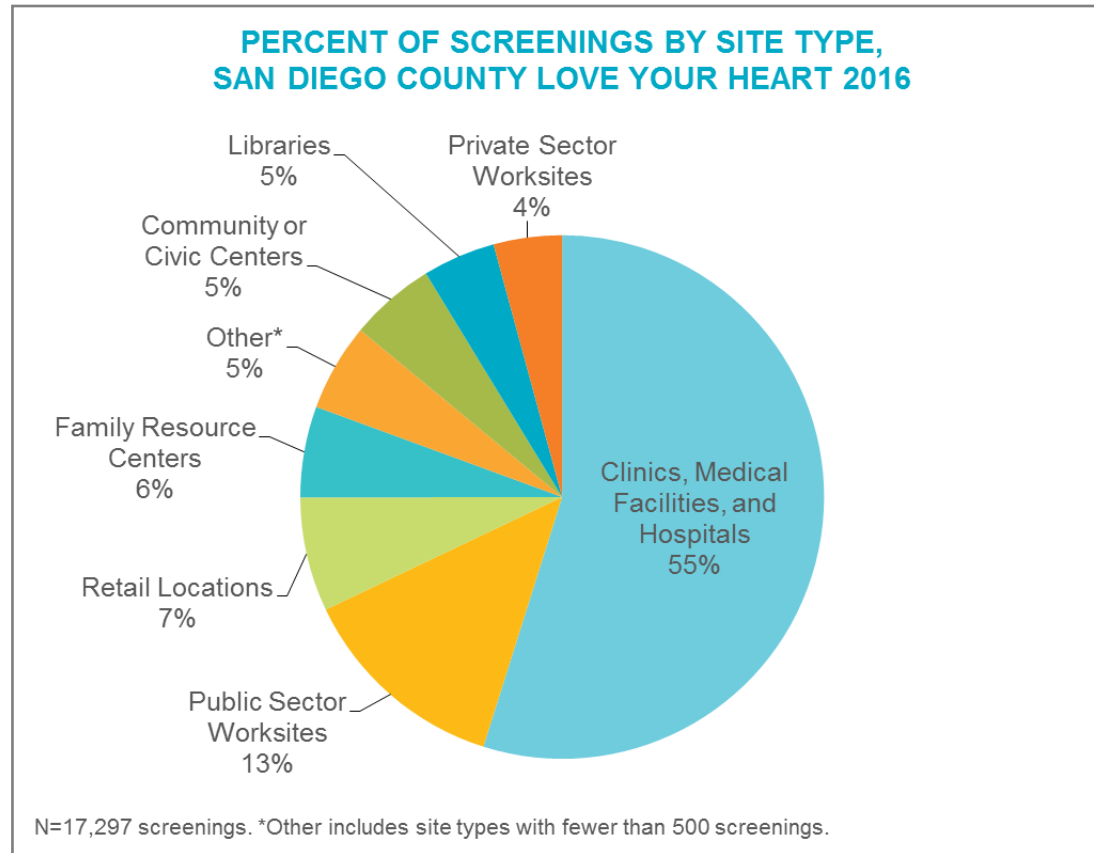


NORTH CENTRAL AND CENTRAL REGION SITES CONDUCTED THE MOST NUMBER OF SCREENINGS

- ♥ There was an average of 75 screenings done per site, but varied by Region:
 - ♥ Central – 26 sites with 84 screenings/site
 - ♥ East – 21 sites with 75 screenings/site
 - ♥ North Central – 24 sites with 93 screenings/site
 - ♥ North Coastal – 21 sites with 41 screenings/site
 - ♥ North Inland – 23 sites with 78 screenings/site
 - ♥ South – 11 sites with 79 screenings/site
- ♥ 82% of screenings in Mexico occurred in the state of Baja California



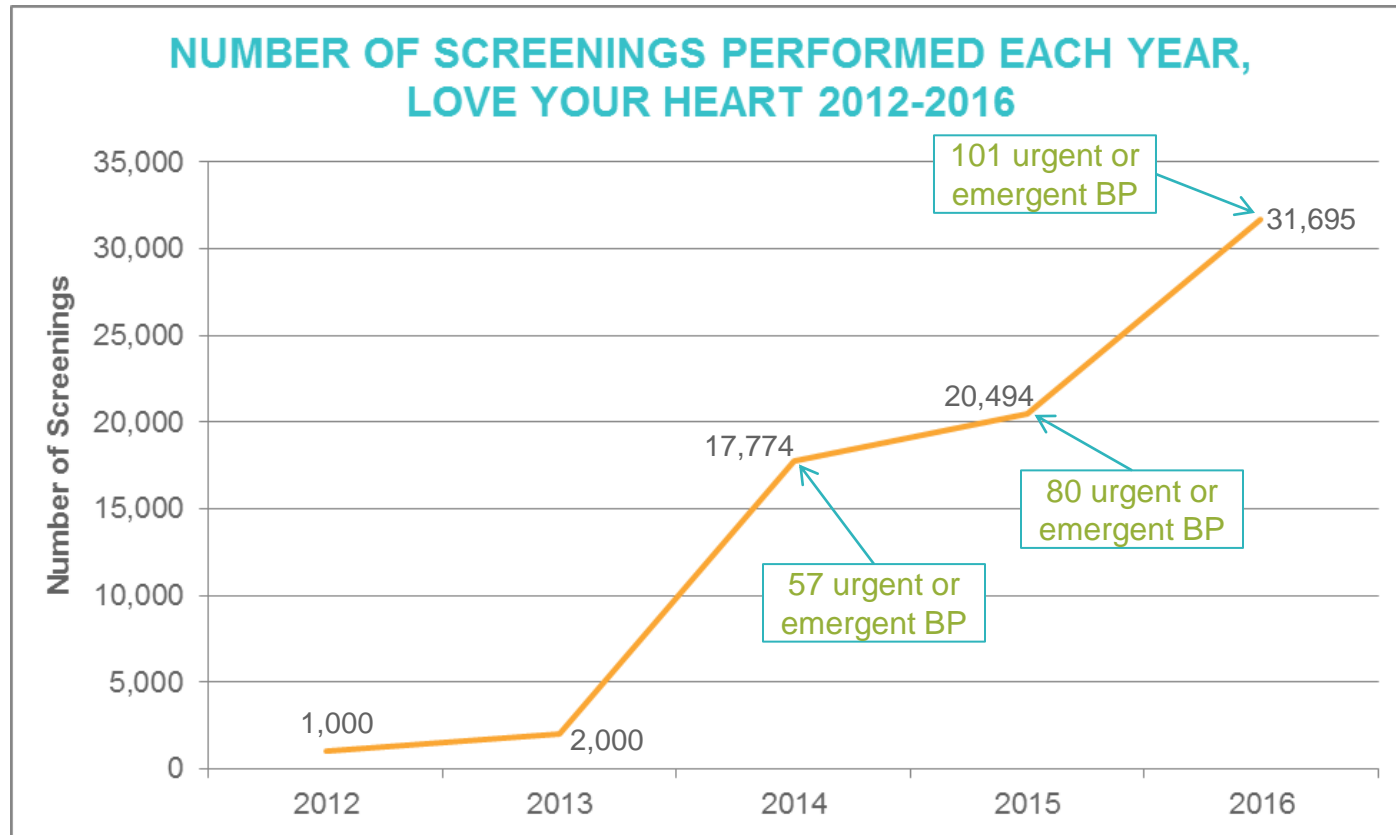
LOVE YOUR HEART 2016 SITES



- ♥ In San Diego County, screenings were held at fire stations, schools, libraries, grocery stores, community centers, clinics, Family Resource Centers and many other locations.



LOVE YOUR HEART NUMBERS



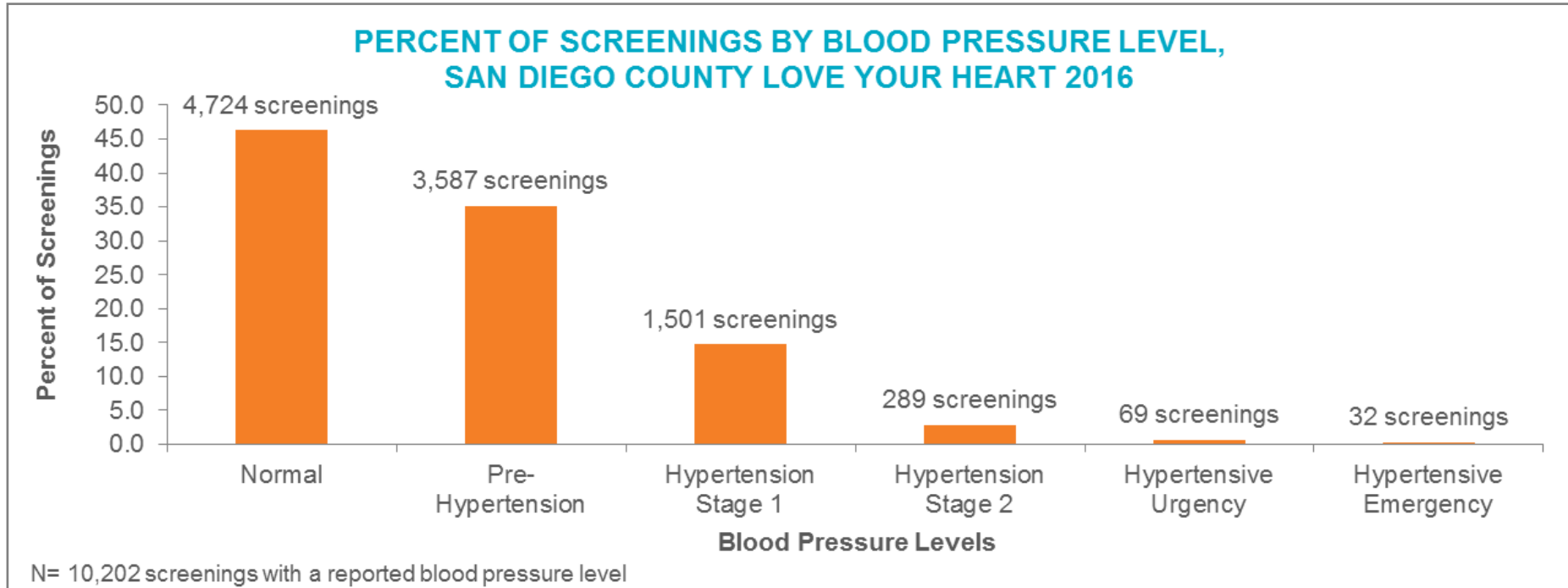
- ♥ Each year, 1 of every 2 participants with a reported level had elevated blood pressure.
- ♥ The number of participants identified with urgent or emergent hypertension has gone up each year.



LOVE YOUR HEART 2016 NUMBERS



- ♥ In 2016, 59% (10,202) of the San Diego County screenings had a reported blood pressure.
 - ♥ **1 out of every 2** of these participants were identified as having elevated blood pressure (includes pre-hypertension and hypertensive levels)
 - ♥ **101** individuals were identified as having urgent or emergent hypertension



LOVE YOUR HEART 2016 PARTICIPANTS WITH ADDITIONAL DATA AVAILABLE



6,620 PARTICIPANTS SCREENED IN SAN DIEGO COUNTY PROVIDED A LITTLE MORE INFORMATION ABOUT THEMSELVES...

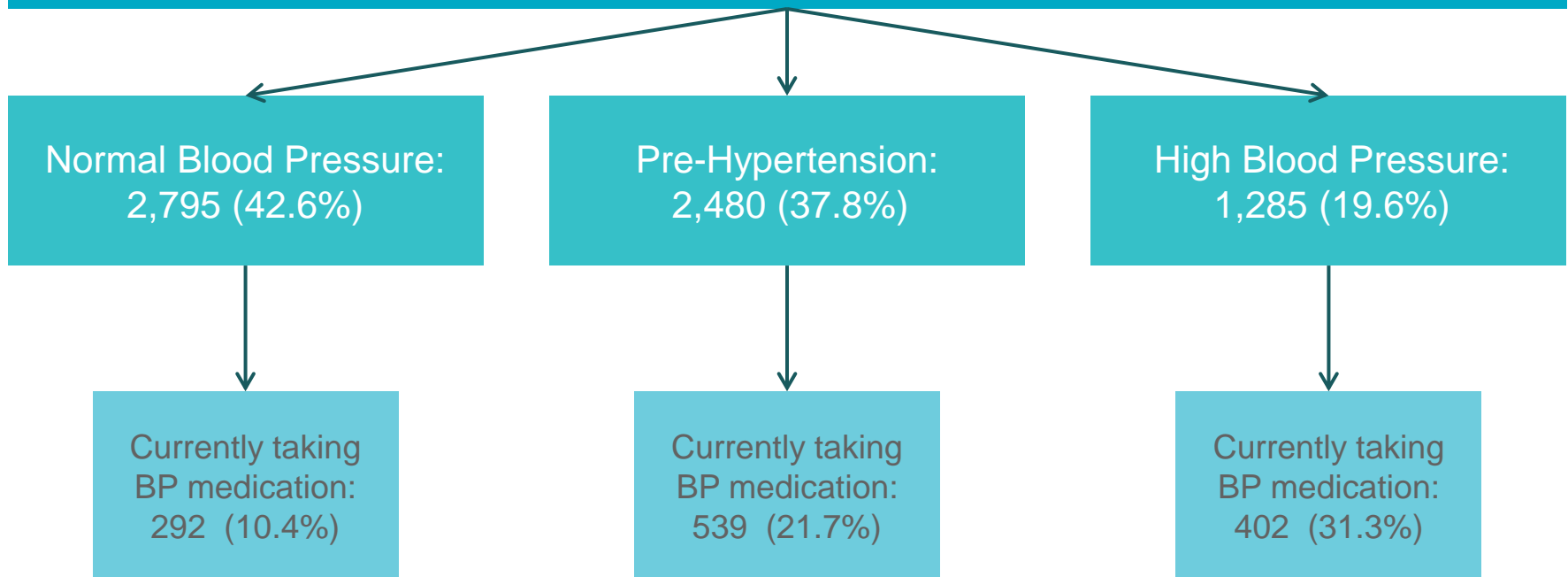
- ♥ Two-thirds of these participants were female
- ♥ 8 in 10 participants were between 25 and 64 years old
- ♥ 19% (1,238) of these participants reported they were currently taking blood pressure medication



LOVE YOUR HEART 2016 PARTICIPANTS WITH ADDITIONAL DATA AVAILABLE



6,560 adults screened in San Diego County with reported Blood Pressure (BP) Level*



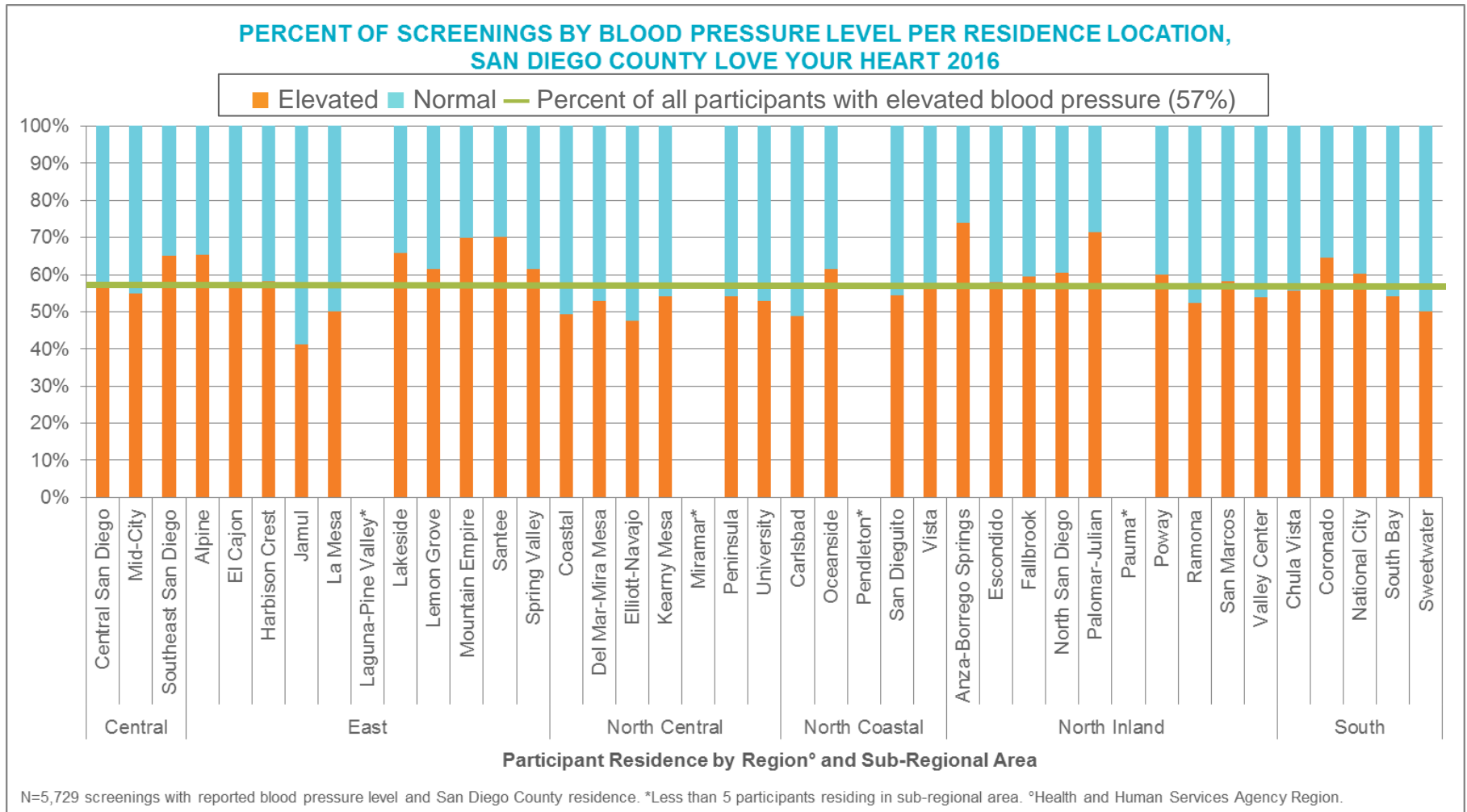
*Of the 6,620 participants with additional data, 6,560 had a reported blood pressure level.



LOVE YOUR HEART 2016 PARTICIPANTS WITH ADDITIONAL DATA AVAILABLE

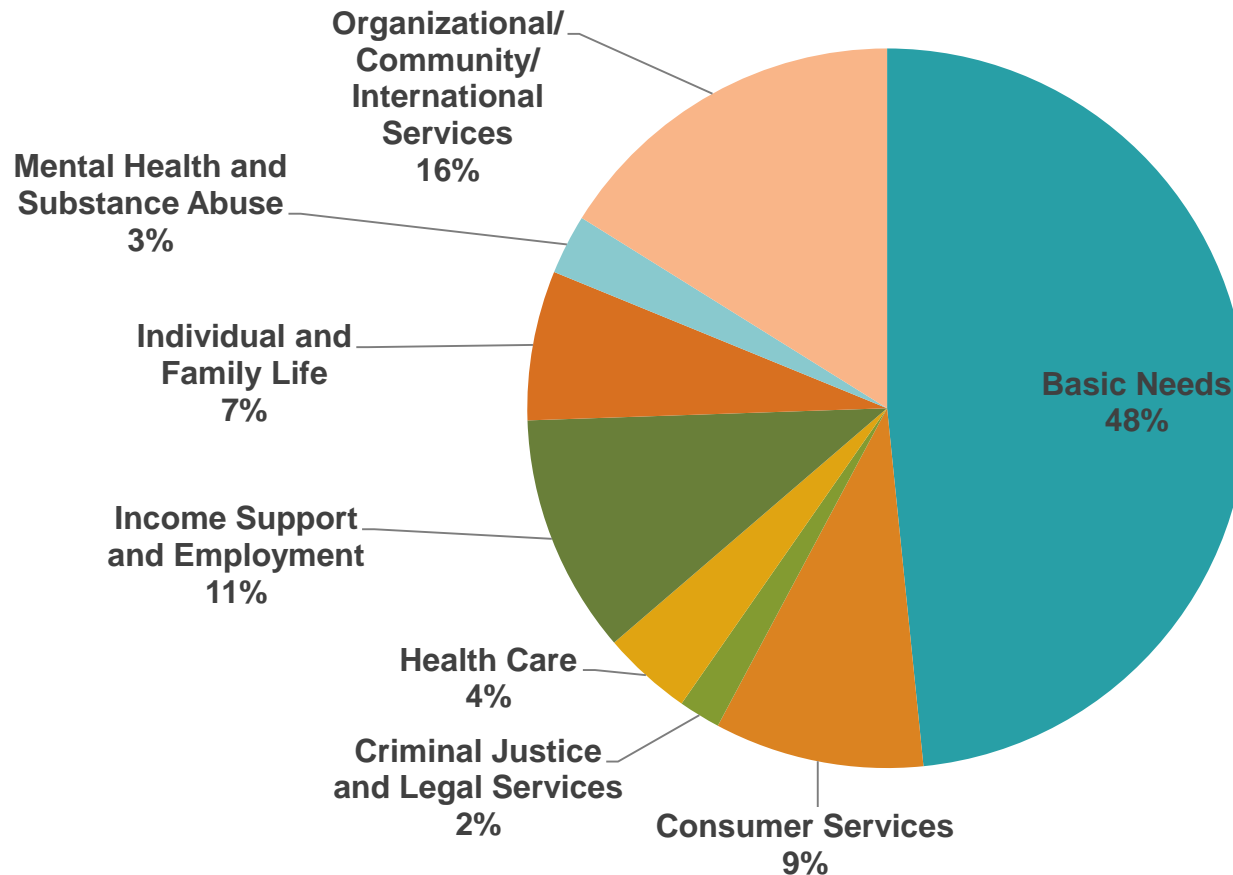


♥ 70% or more of the participants living in Santee, Palomar-Julian, Mountain Empire, and Anza-Borrego Springs had **elevated** blood pressure





2-1-1 SAN DIEGO AND LOVE YOUR HEART CLIENTS' NEEDS, FEBRUARY 2016



Source: 2-1-1 San Diego Client Profile (75 needs identified from 43 clients referred from LYH screening site), 3/7/2016

FOR MORE INFORMATION



For more information on Love Your Heart:

<http://loveyourheartsd.org>

For more information on hypertension, heart disease and stroke:

<http://www.sdhealthstatistics.com>

LOVE  YOUR HEART