

2016 LOVE YOUR HEART REPORT

Over 31,000 Blood Pressure Screenings Performed on Fifth 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 and schools, city government, non-profits, and businesses. This truly unique event is a centerpiece of the County’s vision, *Live Well San Diego*, for a region that is Building Better Health, Living Safely, and Thriving through the collective efforts of the entire community.



This year’s Love Your Heart event took place on February 11, 2016. The event was a resounding success, with over 90 partners coming together to raise heart health awareness and inspire San Diegans to “Join the Heart Health Movement.” This year, Love Your Heart also expanded to Orange County and New Bedford, Massachusetts. Together, Love Your Heart partners performed over 31,600 blood pressure screenings on February 11th. Additionally, in partnership with 2-1-1 San Diego, health navigators were present at some sites to assist in connecting San Diegans with needed resources.



This report highlights key findings from Love Your Heart 2016. This data will be used to inform future efforts related to heart disease in the region. The County of San Diego is deeply appreciative of our partners’ collaboration in making this event, and report, possible.



LOVE YOUR HEART
LOVEYOURHEARTSD.ORG


LIVE WELL
SAN DIEGO

LOVE YOUR HEART 2016

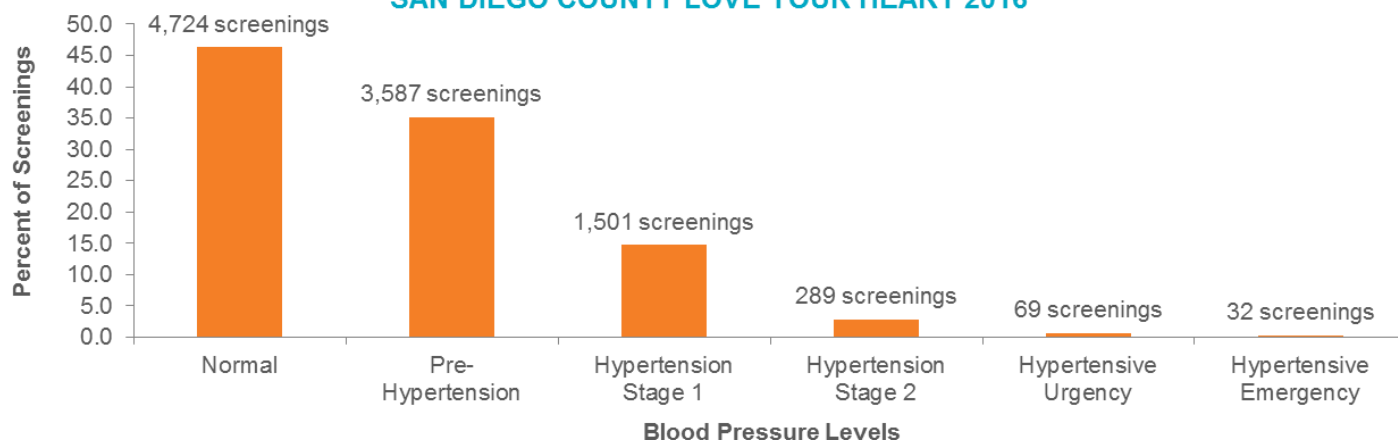
- ♥ **31,695** blood pressure screenings were performed at 152 sites by more than 90 organizations.
- ♥ 43.5% (13,774) of these screenings were conducted in Mexico across six states (Baja California, Sonora, Chihuahua, Coahuila, Nuevo Leon, and Tamaulipas).
- ♥ 624 screenings also took place in Orange and Los Angeles Counties and Massachusetts.
- ♥ 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 2016 - SAN DIEGO COUNTY

- ♥ 59.0% (10,202) of the screenings conducted in San Diego County had a reported blood pressure level.
- ♥ **1 out of every 2** individuals with a reported blood pressure level in San Diego County were identified as having an elevated blood pressure.
- ♥ Of these, **101** individuals were identified as having urgent or emergent hypertension requiring immediate medical referral.

PERCENT OF SCREENINGS BY BLOOD PRESSURE LEVEL, SAN DIEGO COUNTY LOVE YOUR HEART 2016



N= 10,202 screenings with a reported blood pressure level

**“Today is about love. Love your heart.
Love yourself.”**

- Jimmy Sivongsay, San Diego City College Nursing Student



Blood Pressure Screenings Performed by Blood Pressure Level and Site Type, San Diego County Love Your Heart 2016

Site Type	Total Screenings		Total Blood Pressure Levels Reported		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	Number	Percent						
Clinics, Medical Facilities, and Hospitals	9,490	54.9	3,132	30.7	55.2	31.6	10.2	1.8	0.7	0.5
Public Sector Worksites	2,259	13.1	1,560	15.3	39.2	37.6	18.4	4.0	0.6	-
Retail Locations	1,218	7.0	1,206	11.8	34.2	45.4	16.3	3.4	0.5	-
Family Resource Centers	973	5.6	967	9.5	43.5	31.9	18.4	4.7	1.0	0.5
Community or Civic Centers	914	5.3	912	8.9	40.0	42.0	14.6	2.7	0.7	-
Libraries	777	4.5	779	7.6	43.6	31.6	21.4	2.4	-	-
Private Sector Worksites	730	4.2	731	7.2	48.0	34.5	13.8	2.7	0.8	-
Public Health Centers	251	1.5	238	2.3	53.8	29.4	13.9	2.1	-	-
Parks and Beaches	179	1.0	171	1.7	49.1	31.6	12.9	4.1	-	-
Senior Centers	147	0.8	146	1.4	47.9	30.8	17.1	4.1	-	-
Wellness Centers	142	0.8	144	1.4	54.2	29.2	16.0	-	-	-
Colleges or Universities	114	0.7	113	1.1	68.1	24.8	7.1	-	-	-
Fire Stations	46	0.3	46	0.5	52.2	37.0	-	-	-	-
Primary and Secondary Schools	39	0.2	39	0.4	74.4	23.1	-	-	-	-
Military/Veterans	18	0.1	18	0.2	-	55.6	-	-	-	-
Grand Total	17,297	100.0	10,202	100.0	46.3	35.2	14.7	2.8	0.7	0.3

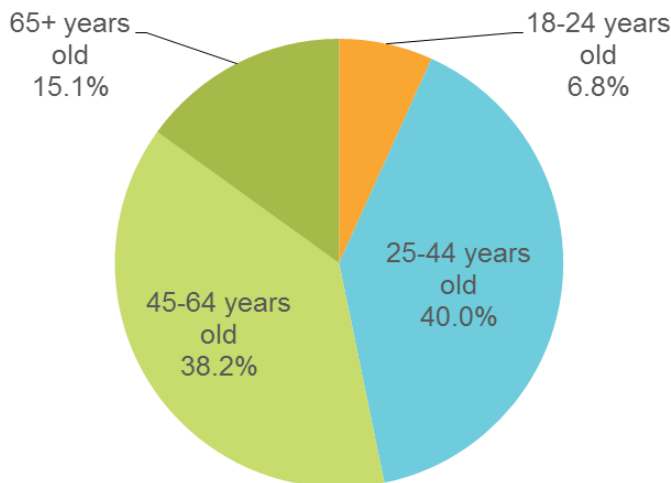
⁵Percent is calculated out of screenings with a reported blood pressure level.

-Value not reported for categories with less than 5 cases

LOVE YOUR HEART 2016 - SAN DIEGO COUNTY

- ♥ Nearly 8 of every 10 participants screened in San Diego County were between the ages of 25 and 64 years old.
- ♥ **Two-thirds** of these participants age 18-24 and **half** of these participants age 25-44 had **normal** blood pressure.
- ♥ **70%** of these participants age 65 years and older had an **elevated** blood pressure.

**AGE OF PARTICIPANTS, SAN DIEGO COUNTY
LOVE YOUR HEART 2016**



“I got my blood pressure checked because I find it very important to keep up with your health.”

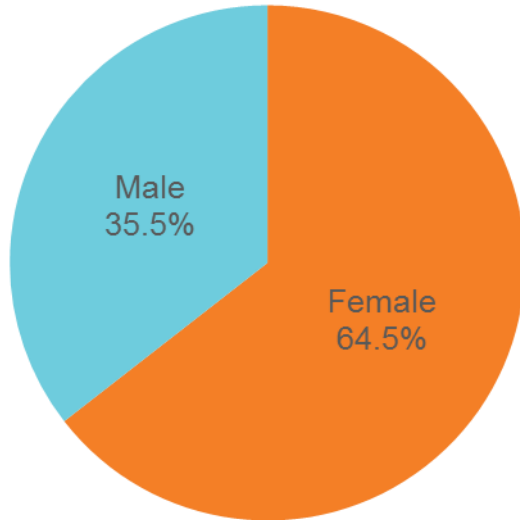
*- Maria Lewis,
Encinitas Senior Center Volunteer*

N=6,403 screenings performed in San Diego County with reported age.

LOVE YOUR HEART 2016 - SAN DIEGO COUNTY

- ♥ Nearly 6,500 participants screened in San Diego County provided their gender.
- ♥ **2 of every 3** participants were women.
- ♥ **Half** of all female participants had an **elevated** blood pressure, whereas **70%** of all male participants had an **elevated** blood pressure.

GENDER OF PARTICIPANTS, SAN DIEGO COUNTY LOVE YOUR HEART 2016



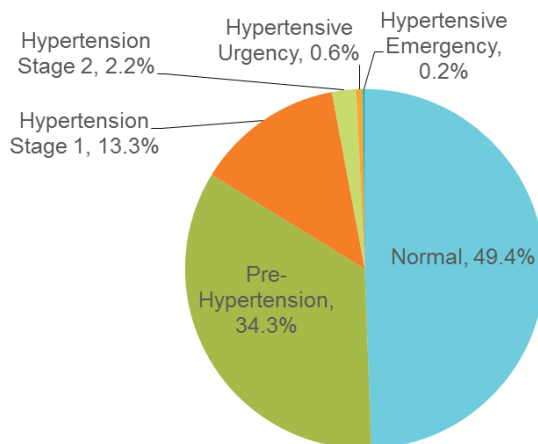
N=6,493 screenings in San Diego County with a reported gender.



"Normally, you don't get your blood pressure checked unless you were going to the doctor once a year. But if you have high blood pressure you don't always have symptoms, so it's good to keep track of your health."

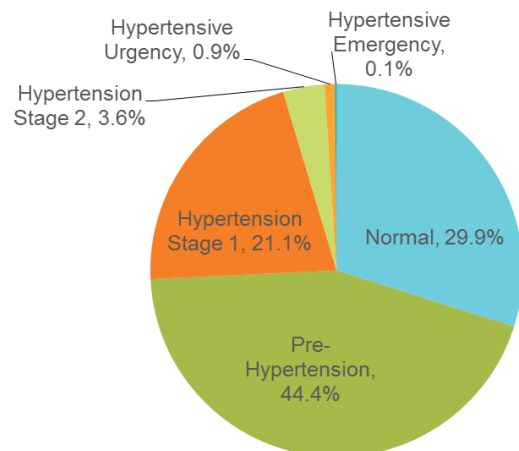
- Laura Werbaneth, Volunteer EMT

BLOOD PRESSURE LEVEL AMONG FEMALE PARTICIPANTS, SAN DIEGO COUNTY LOVE YOUR HEART 2016



N=4,186 screenings in San Diego County with reported female gender and blood pressure level.

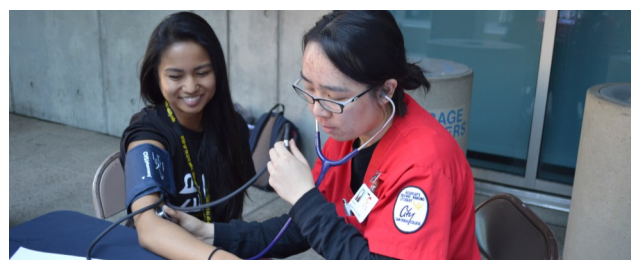
BLOOD PRESSURE LEVEL AMONG MALE PARTICIPANTS, SAN DIEGO COUNTY LOVE YOUR HEART 2016



N=2,307 screenings in San Diego County with reported male gender and blood pressure level.

"I love seeing all the participants taking an active step to know more about their heart health today."

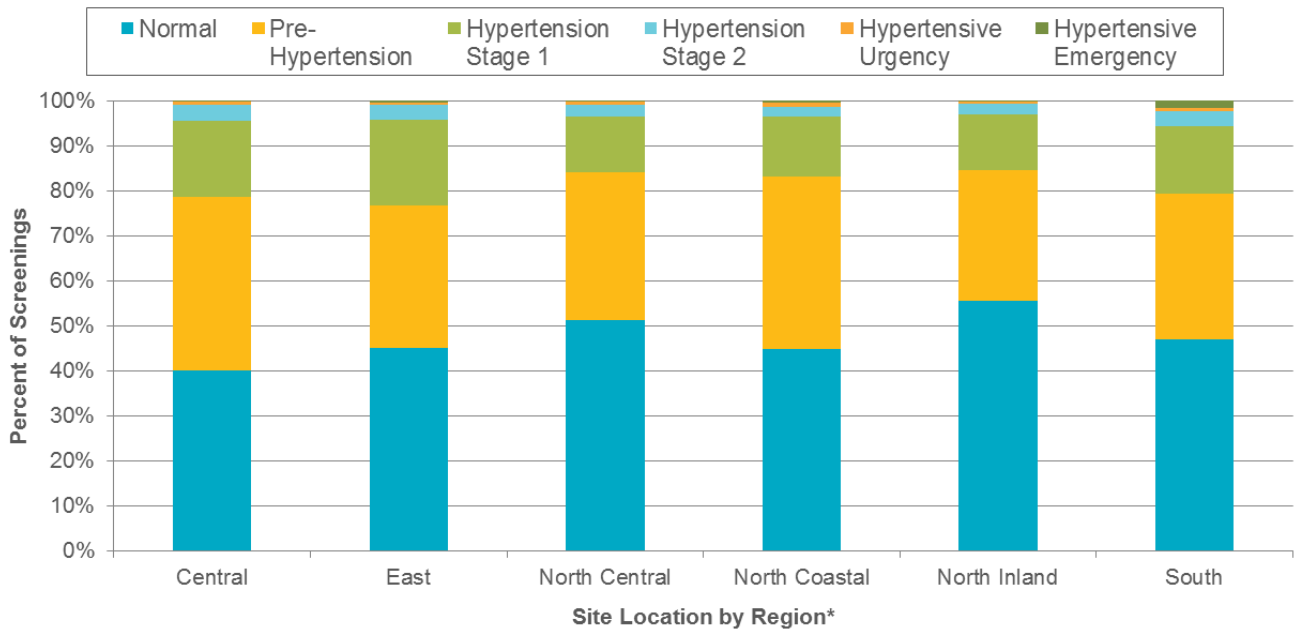
- Rebecca Aricheta,
San Diego City College Outreach Mentor



LOVE YOUR HEART 2016 - SAN DIEGO COUNTY

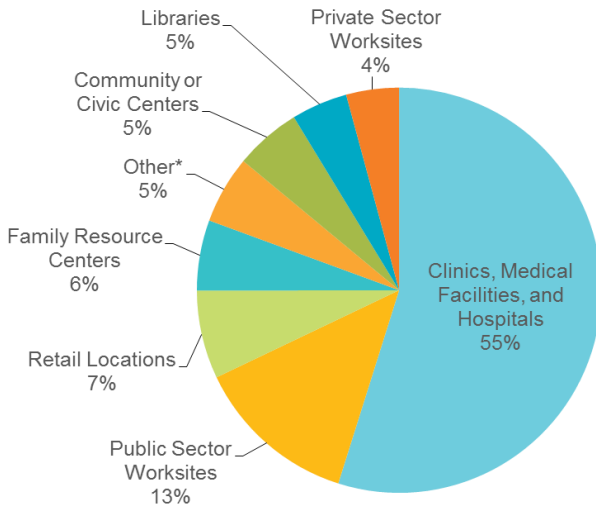
- ♥ Central and North Central Regions conducted the most screenings, each with nearly 2,200 completed.
 - ♥ 1,875 screenings were performed in Kearny Mesa, the most of any subregional area. The second highest number of screenings was done in Escondido with 976 blood pressures read.
- ♥ **More than half** of the screenings done in the North Central and North Inland Regions had a **normal** blood pressure.
- ♥ **6 of every 10** screenings in Central Region had an **elevated** blood pressure.

PERCENT OF SCREENINGS BY BLOOD PRESSURE PER SITE LOCATION, SAN DIEGO COUNTY LOVE YOUR HEART 2016



*Health and Human Services Agency Region. N=8,766 screenings with reported San Diego County site location and blood pressure.

PERCENT OF SCREENINGS BY SITE TYPE, SAN DIEGO COUNTY LOVE YOUR HEART 2016



N=17,297 screenings. *Other includes site types with fewer than 500 screenings.

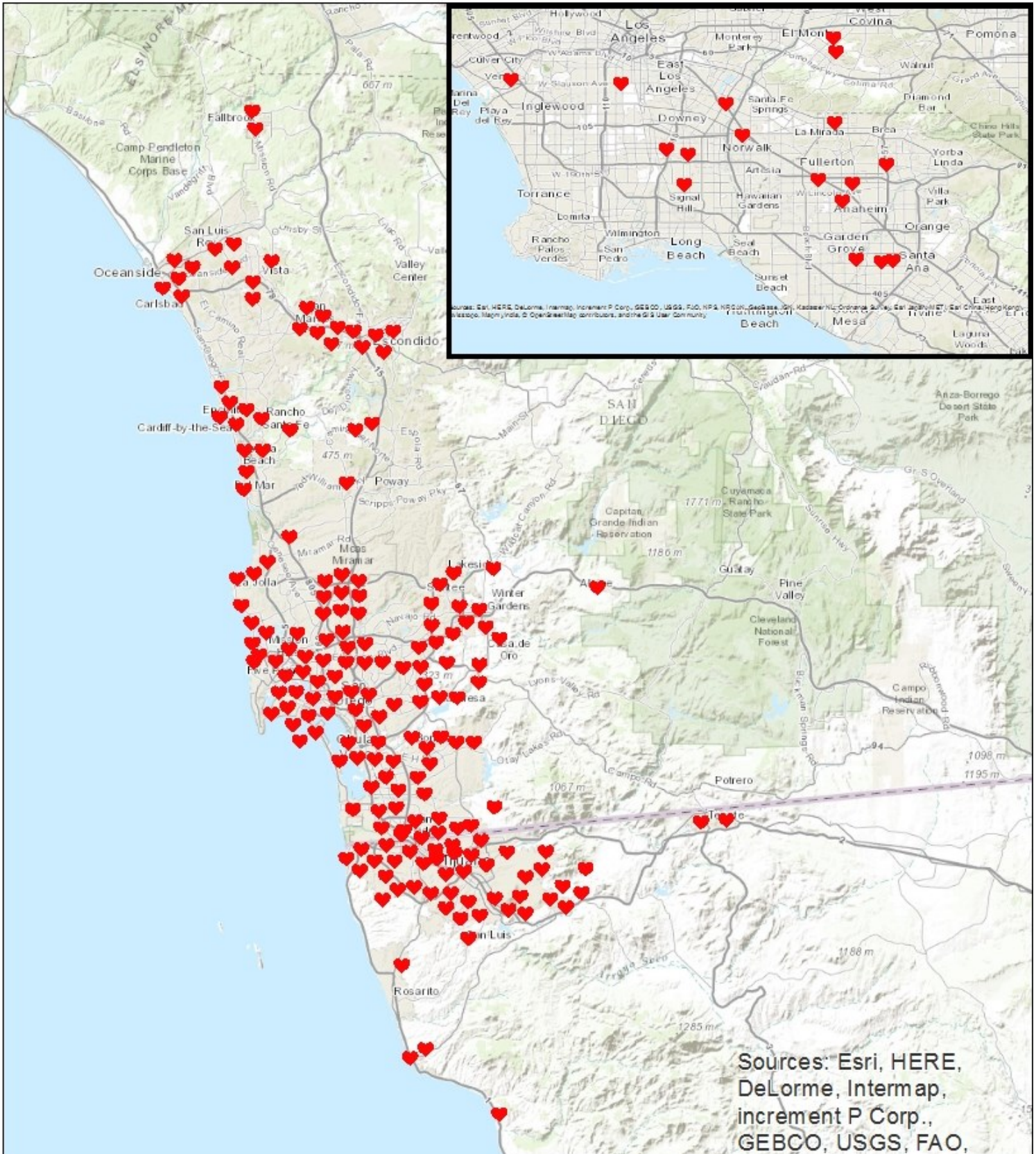


“Love Your Heart gives us the opportunity to educate people on how to prevent blood pressure, obesity and diabetes. I really enjoy helping people in this way.”

- Shane Frazier, Nursing Student at San Diego State University

"It was a great turnout on Love Your Heart Day. Some people were a little surprised to realize what their numbers were, but it's a good thing because it encourages them to look further into their health. Hopefully that will lead them to learn about things that will help them lower or prevent high blood pressure going forward."

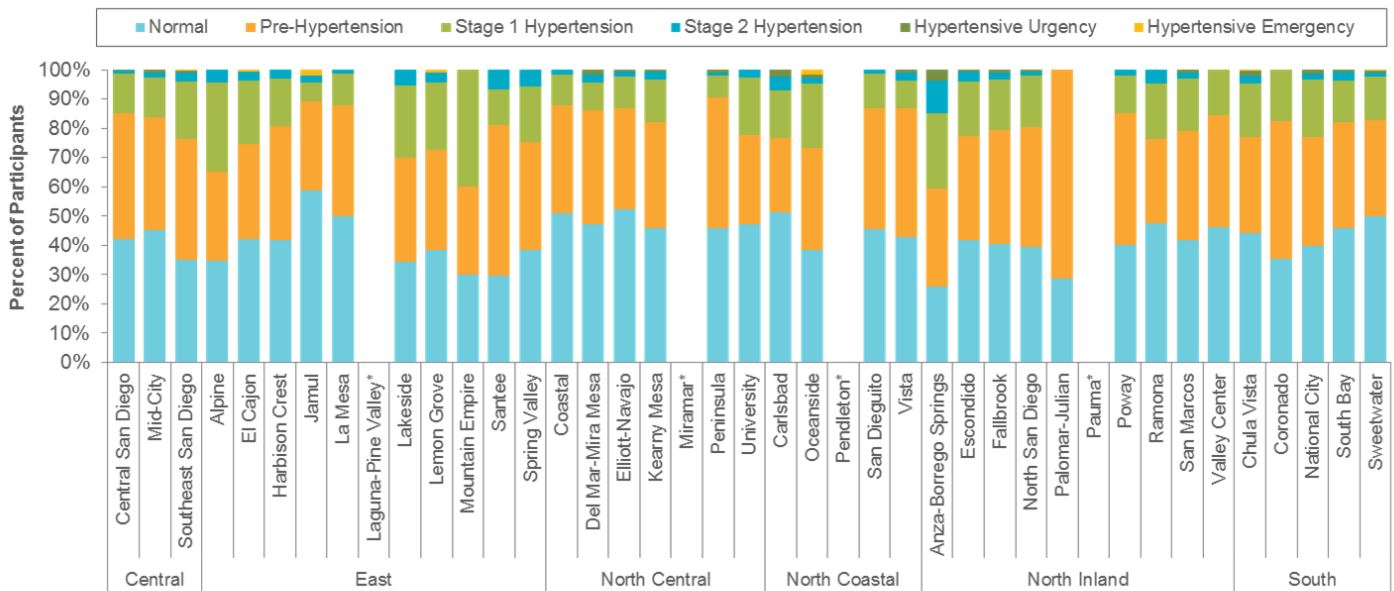
- Maureen O'Connor, Medical Volunteer



LOVE YOUR HEART 2016 - SAN DIEGO COUNTY

- ♥ Nearly one quarter of all participants who provided their zip code of residence live in Central Region and 21% live in South Region.
 - ♥ Among all the subregional areas, Southeast San Diego had the most participants.
- ♥ Regardless of the Region where participants lived, more than **half** had an **elevated** blood pressure.
 - ♥ **60%** of North Inland and Central Region residents had an **elevated** blood pressure, the most of all the Regions.
- ♥ Participants living in all but five subregional areas (La Mesa, Jamul, Elliott-Navajo, Coastal and Carlsbad) were more likely to have an elevated blood pressure than a normal blood pressure.
 - ♥ **74.1%** of participants living in **Anza-Borrego Springs** had an **elevated** blood pressure, the highest of any subregional area.
 - ♥ **58.7%** of participants residing in **Jamul** had a **normal** blood pressure, the highest of any subregional area.

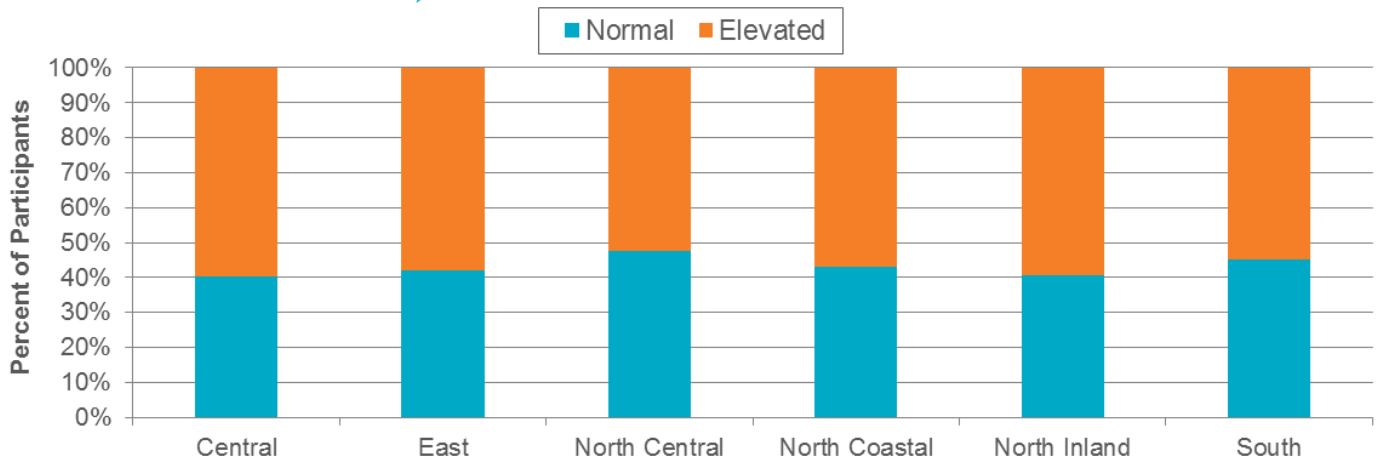
PERCENT OF BLOOD PRESSURE LEVELS BY PARTICIPANT RESIDENCE, SAN DIEGO COUNTY LOVE YOUR HEART 2016



Participant Residence by Region^o and Sub-Regional Area

N=5,729 screenings with reported blood pressure level and San Diego County residence. *Less than 5 participants residing in sub-regional area. ^oHealth and Human Services Agency Region.

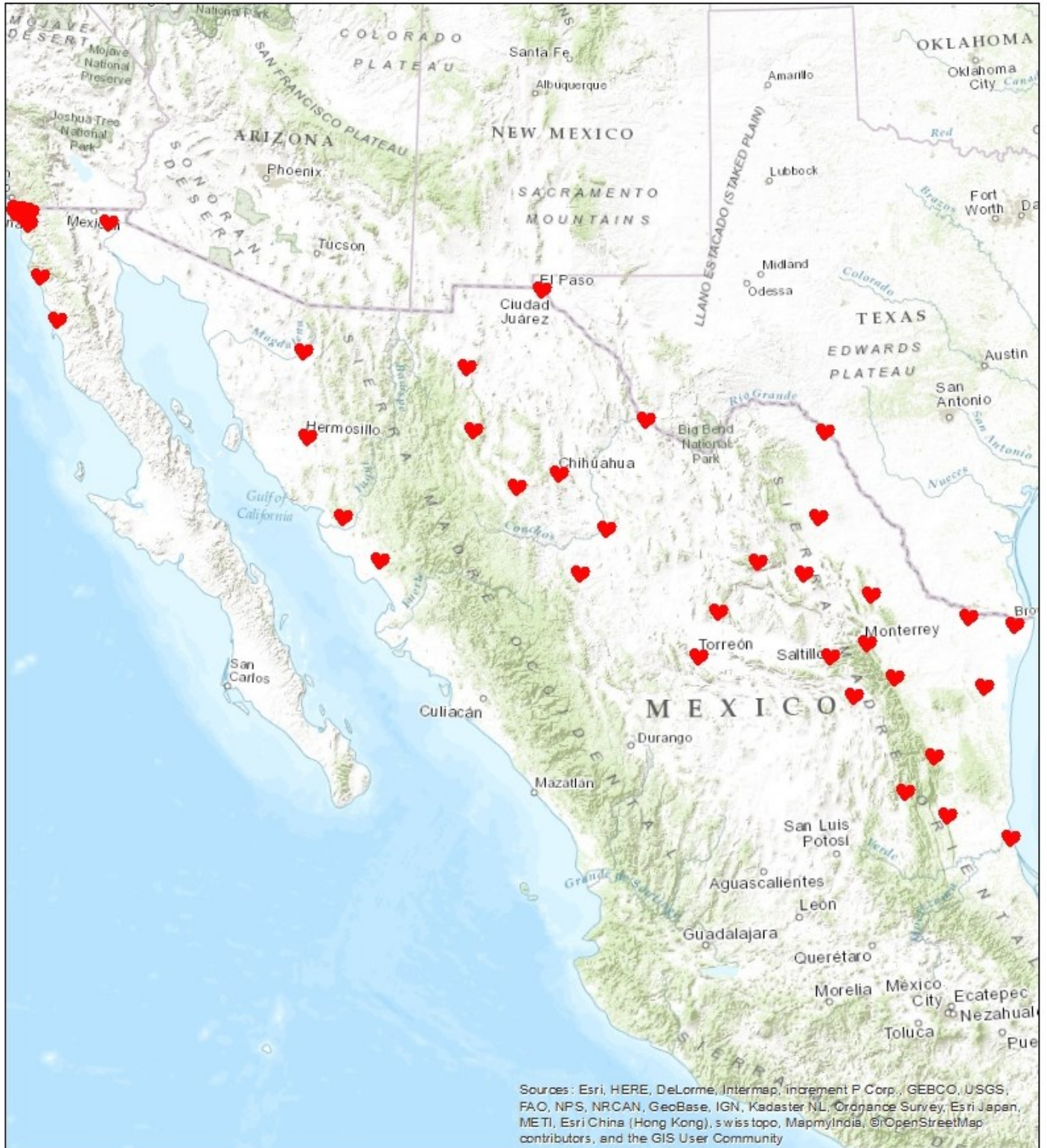
PERCENT OF SCREENINGS BY BLOOD PRESSURE LEVEL PER RESIDENCE LOCATION, SAN DIEGO COUNTY LOVE YOUR HEART 2016

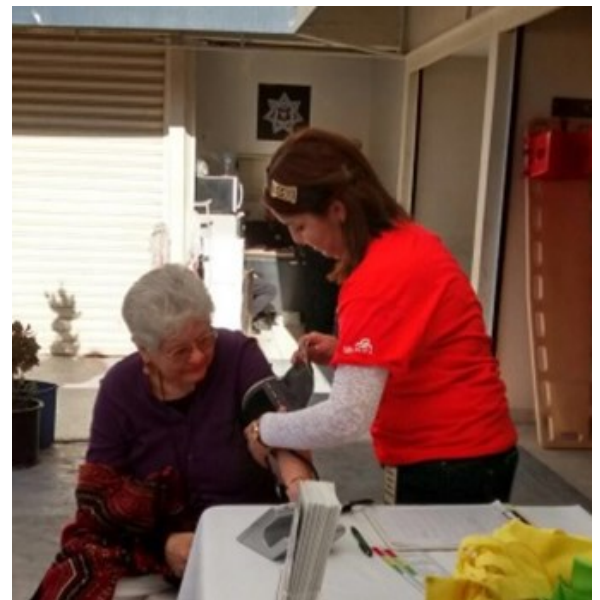


Region of Residence*

*Health and Human Services Agency Region. N=5,729 screenings with San Diego County residence and blood pressure reported.

AMA TU CORAZÓN





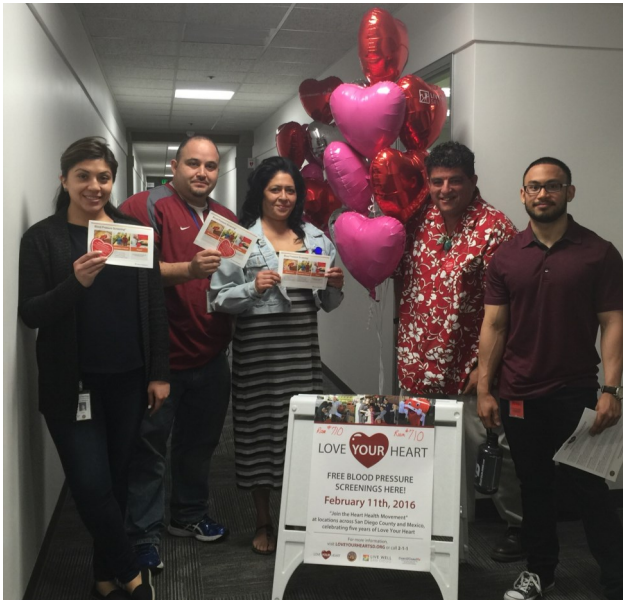
Binational Love Your Heart Event More than Doubles in Reach

On Thursday, February 11, the County of San Diego and its partners celebrated the fifth Love Your Heart day, a day-long event where free blood pressure screenings were offered throughout San Diego County and the Border States in Mexico. Heart disease is the leading cause of death in the United States and Mexico. For this reason, it is critical that both nations work collaboratively to address the number one killer of the population.

Last year, there were just over 30 Love Your Heart sites in Tijuana, Rosarito and Tecate. This year the number of sites increased to 82 sites in the six Mexican Border States: Baja California, Sonora, Chihuahua, Coahuila, Nuevo Leon and Tamaulipas. Mexico reported over 13,700 blood pressures taken during the day long Love Your Heart event.

As part of the binational Love Your Heart, Northgate González Market on Coronado Avenue in South Region again hosted the lead site for the binational effort. Partners from both sides of border joined to raise awareness of heart health and their services. A new partner this year, SIMNSA (Sistemas Medicos Nacionales, Sociedad Anónima de Capital Variable), a comprehensive health care service plan that was designed to provide quality healthcare for the growing U.S. workforce whose preference is to receive their healthcare coverage in Mexico, provided blood pressure checks and information. San Ysidro Health Center not only measured 55 individuals for blood pressure and BMI, but they also provided health education and counseling at the binational Love Your Heart site. Collaborative efforts made the binational Love Your Heart event a success.



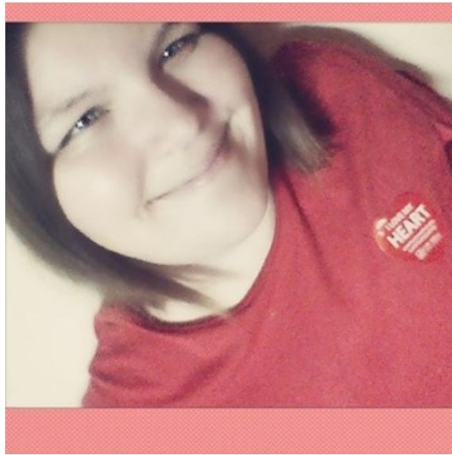


"I got my blood pressure checked because it's good for me to be reminded to be healthy. My parents have had high blood pressure before, so it's important for me to have it checked."

- Tracy Mangum, Community Member



#LOVEYOURHEARTSD



Alyssa Thurston
2 months ago
#LoveYourHeartSD ❤️❤️❤️



Andres Dickinson @dick13sd
2 months ago
#LoveYourHeartSD @ Ralphs
instagram.com/p/BBqo5lty7j5l...



Martha @marthaxnunez
2 months ago
#LoveYourHeartSD Thank you County Admin Center for having us today!!



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2 months ago
Julie Vargas - Mobile Uploads | Facebook



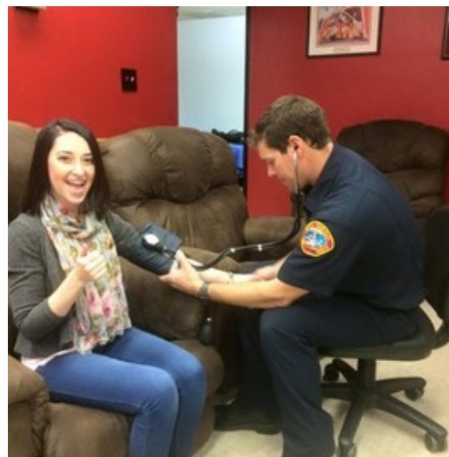
Nancy Sasaki @NancySasaki2
2 months ago
AHF staff learned our numbers today. Do you know yours? #loveyourheartSD



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Photos from American Heart Association - ...
- American Heart Association - San Diego



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Vicente Corona
2 months ago
#loveyourheartSD

Thank You to Our 2016 Love Your Heart Partners!

2-1-1 San Diego
Alpine Fire Protection District
American Heart Association
AMR & Rural/Metro
Anthem
Be There San Diego
Bonita Vista Middle School
Border View Family YMCA
Borrego Health
Bread of Life Rescue Mission
CAL-FIRE
Cameron Family YMCA
Camp Pendleton
Care Choice Home Care
Castle Park Middle School
Chase Family Health Center
Chula Vista Middle School
City Heights Urban Center
City of Chula Vista Civic Center
City of Chula Vista Public Library
City of San Diego
City of San Marcos Senior Activity Center
Copley-Price Family YMCA
Cornerstone Church
Coronado Fire Station 36
County of San Diego
CSU San Marcos
CSU San Marcos, Oceanside Nurses Clinic
CSU San Marcos, Latino Center
CUSO Financial Services
Cuyamaca College Health Center
Cymer
Davis Family YMCA
Del Mar Fire Department
Diamond Family Health Center
Dirección Municipal de Salud, Ayuntamiento de Tijuana
East County Career Center
Eastlake Middle School
Eastlake YMCA
Encinitas Fire Department
Encinitas Senior Center
Escondido Family Medicine
Escondido Public Library
Escondido Silvercrest Residence
Escuela de Enfermería del Instituto Mexicano del Seguro Social, Tijuana, B.C.
Event Network
Family Health Centers San Diego
Foothill Oak Elementary School
Goodwill Industries
Graybill Medical Center
Grossmont Community College
Heartland Fire and Rescue
Heritage Community Center
Hilltop Middle
HUB International
Instituto Mexicano del Seguro Social, Baja California
Jurisdicción Sanitaria 2 de Tijuana, Secretaría de Salud de Baja California
Kaiser Permanente
KGTV/Azteca America TV
Kimball Elementary School
Koi Wellness
Lakeside Fire
La Maestra
La Mesa Library
Magdalena Ecke Family YMCA
McGrath Family YMCA
Mission Valley YMCA
Mountain Health
Neighborhood Healthcare
New Bedford, Massachusetts
North County Health Services
North Park Family Health Center
Northgate Gonzalez Market
Ocean Beach Lifeguard Tower
Oceanside Lifeguard Headquarters
Oficina de Alcance en Chihuahua de la Comisión de Salud Fronteriza México-E.U.
Oficina de Alcance en Baja California de la Comisión de Salud Fronteriza México-E.U.
Oficina de Alcance en Nuevo León de la Comisión de Salud Fronteriza México-E.U.
Oficina de Alcance en Tamaulipas de la Comisión de Salud Fronteriza México-E.U.
Oficina de Alcance en Coahuila de la Comisión de Salud Fronteriza México-E.U.
Orange County
Pacific Beach Lifeguard Tower
Palomar Family YMCA
Palomar Health
Paradise Valley Hospital
Park Avenue Community Center home of Escondido Senior Center
Ralphs
Rancho del Rey Middle School
Rancho Family YMCA
Rancho Santa Fe Fire
Roosevelt Middle School
Saint Mark's Episcopal Church
San Diego Black Nurses Association
San Diego Blood Bank
San Diego City College
San Diego County Medical Society Foundation
San Diego Fire-Rescue
San Diego Regional Chamber of Commerce
San Diego State University
San Marcos Fire Department
Scripps
Scripps City Heights Wellness Center
Sharp
SIMNSA
Solana Beach Fire Department
South Bay YMCA
South Metro Career Center
Toby Wells YMCA
University of California, San Diego
University of San Diego
US Healthworks
Vision San Diego
Vista Community Clinic
Walgreens