



LOVE YOUR HEART 2017

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LOVE  YOUR HEART

BACKGROUND



LIVE WELL
SAN DIEGO

WHY LOVE YOUR HEART?



- ♥ **About 75 million** American adults have high blood pressure—that's **1 in every 3 adults**.
- ♥ About **1 in 3 American adults** has **prehypertension**—blood pressure numbers that are higher than normal—but not yet in the high blood pressure range.
- ♥ In 2014, high blood pressure was a primary or contributing cause of death for more than **1,100 deaths each day**.
- ♥ High blood pressure costs the nation **\$48.6 billion** each year.

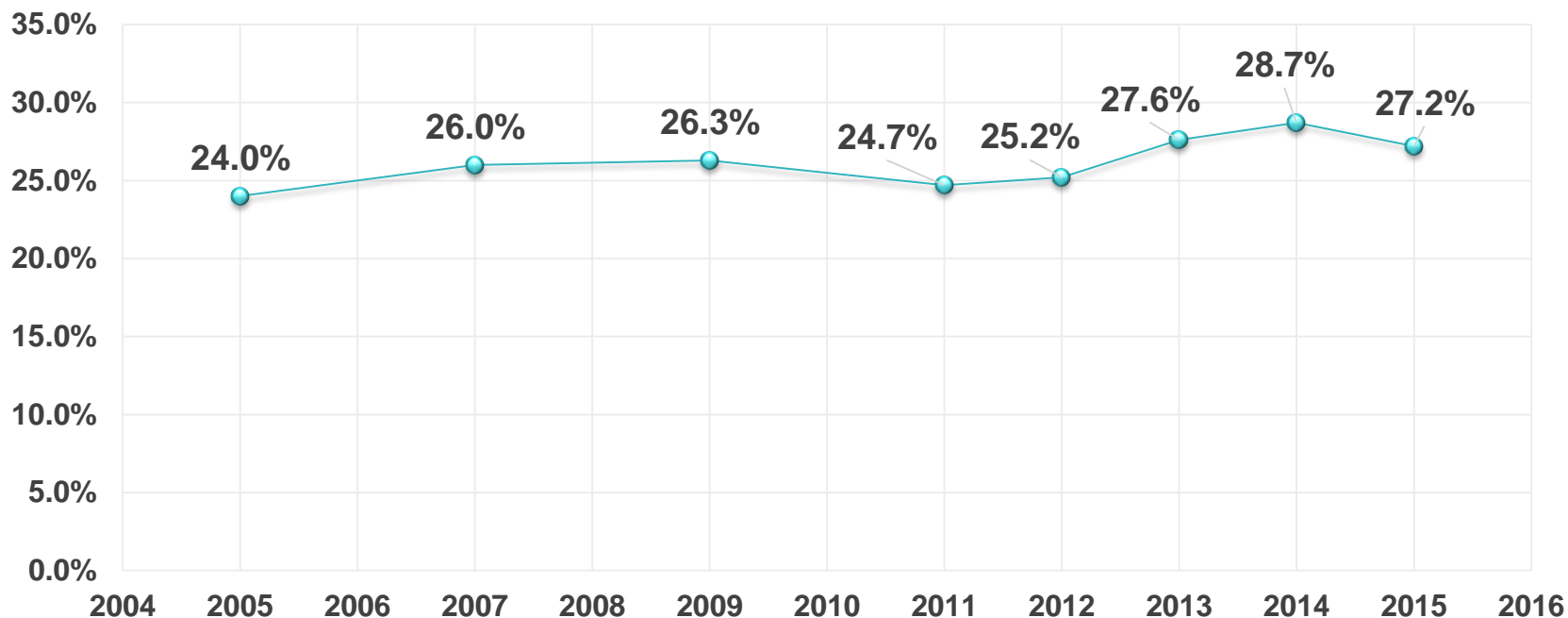
High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it.

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HYPERTENSION IN SAN DIEGO COUNTY



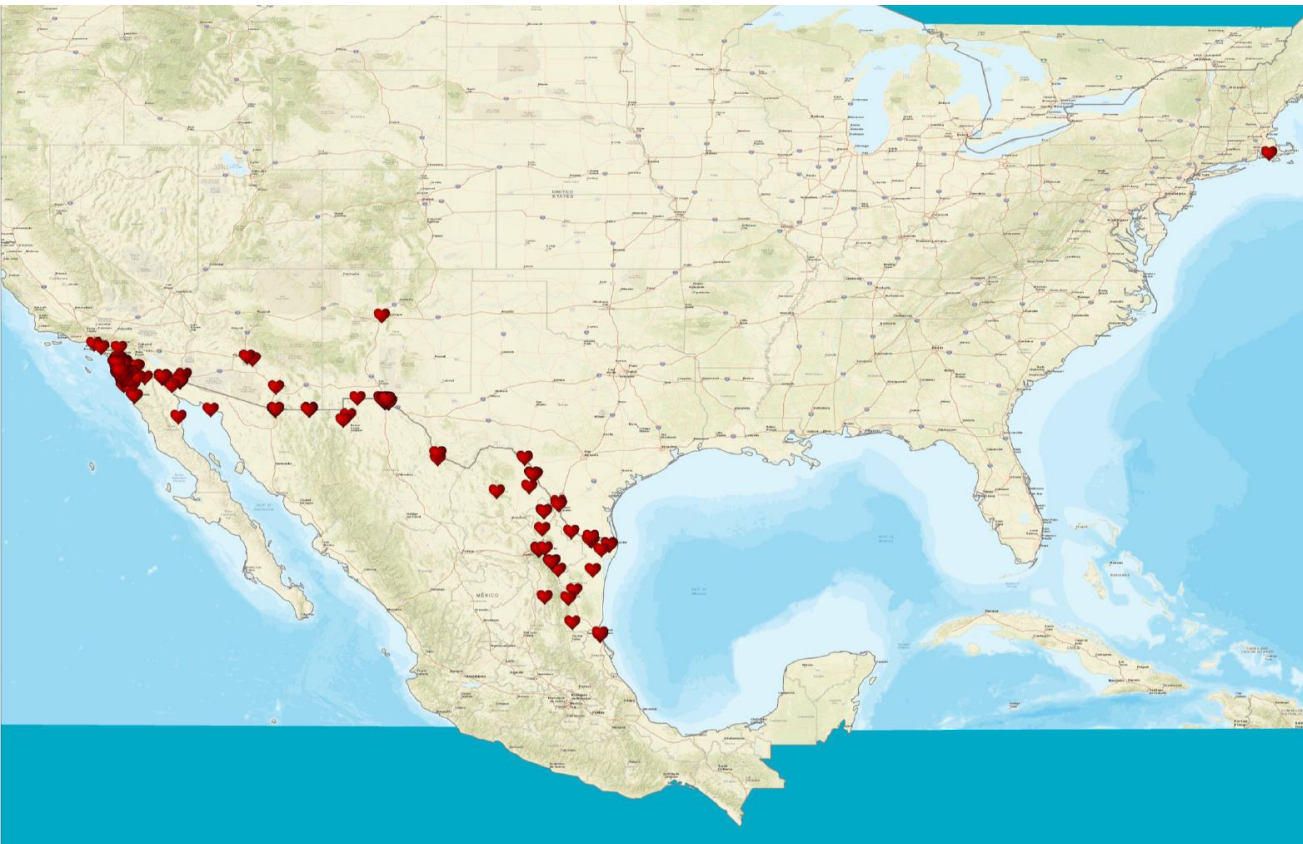
PERCENT OF ADULTS EVER DIAGNOSED WITH HIGH BLOOD PRESSURE
SAN DIEGO COUNTY 2005-2015



- ♥ More than 1 of 4 adults in San Diego County reported that they had ever been diagnosed with high blood pressure in 2015.
- ♥ Of these adults, **68.9%** were taking medication for their high blood pressure.



LOVE YOUR HEART 2017 SITES: US AND MEXICO



More than **340** Love Your Heart screenings sites in collaboration with over **160** partners in the US and Mexico



HOW DID WE COLLECT THE DATA?



Survey123 for ArcGIS

Verizon LTE 11:25 AM 36%

My Survey

Screening site

Screening site address

What age range contains the respondents age?

What gender does the respondent identify as?

Male

Female

Decline to state

In what zip code does the respondent reside?

Verizon LTE 11:27 AM 35%

My Survey

Is the respondent currently taking blood pressure medication?

Yes

No

What blood pressure range best describes the respondent's screening?

* Systolic 120-139 OR Diastolic 80-89

Blood Pressure Stage

Pre Hypertension

Collect Data!

HOW DID WE COLLECT THE DATA?



Information collected:

- ♥ Basic demographics (age, gender, and ZIP code of residence)
- ♥ “Is the respondent currently taking blood pressure medication?”*
- ♥ 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

*not included for County employees



LOVE  YOUR HEART

LOVE YOUR HEART 2017 RESULTS: OVERVIEW



LIVE WELL
SAN DIEGO



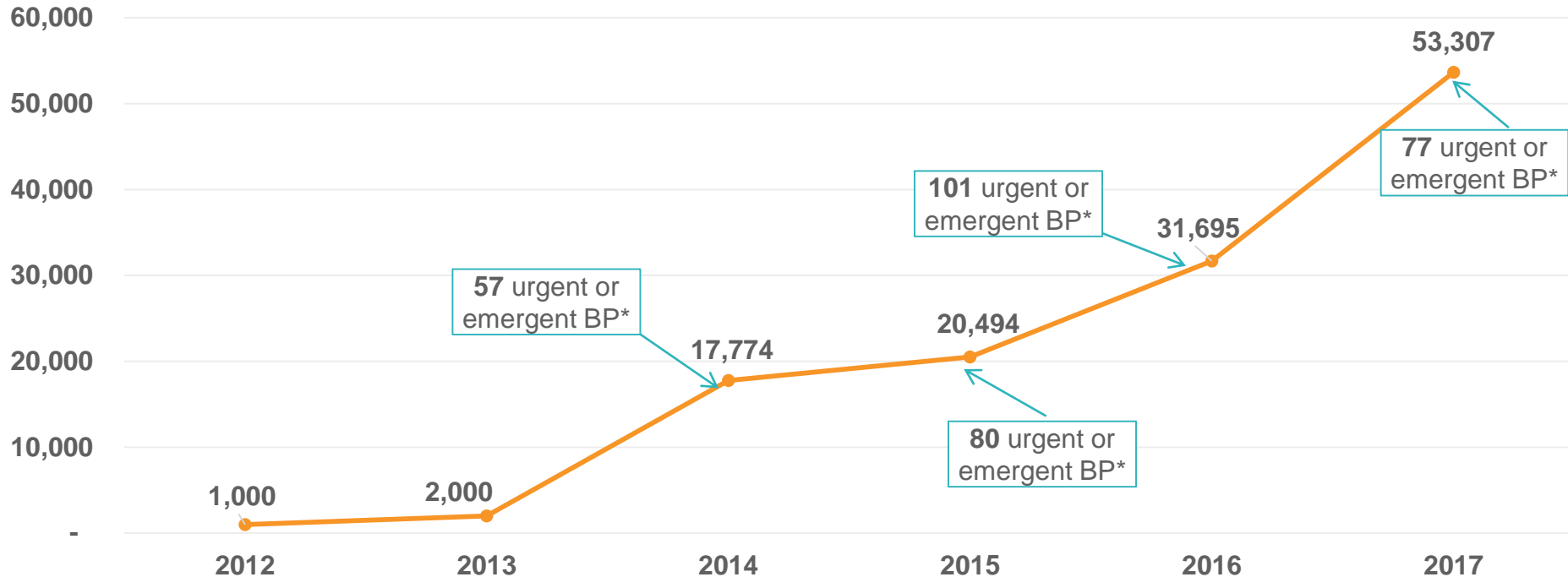
53,307 blood pressure screenings were performed at **340** sites by more than **160** organizations in the US and Mexico.

- ♥ 67% (32,166) of these screenings were conducted in Mexico across six states (Baja California, Sonora, Chihuahua, Coahuila, Nuevo Leon and Tamaulipas).
- ♥ 1,147 screenings also took place in Orange and Riverside Counties, Arizona, Texas, and New Bedford, Massachusetts.

LOVE YOUR HEART NUMBERS



NUMBER OF SCREENINGS PERFORMED EACH YEAR LOVE YOUR HEART 2012-2017



- ♥ 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 declined in 2017.

*Urgent/emergent screenings reported for San Diego County sites only

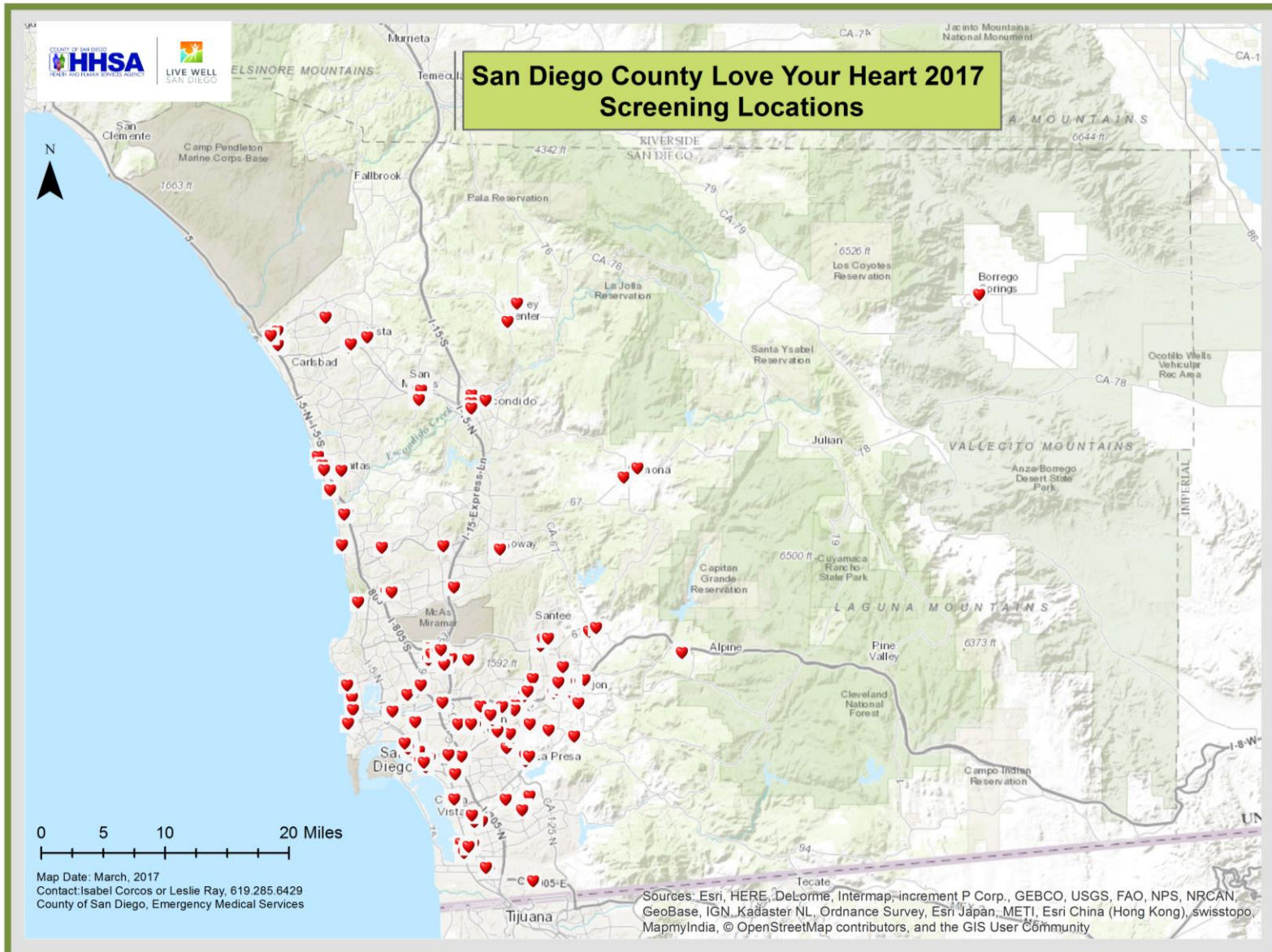
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SAN DIEGO COUNTY RESULTS



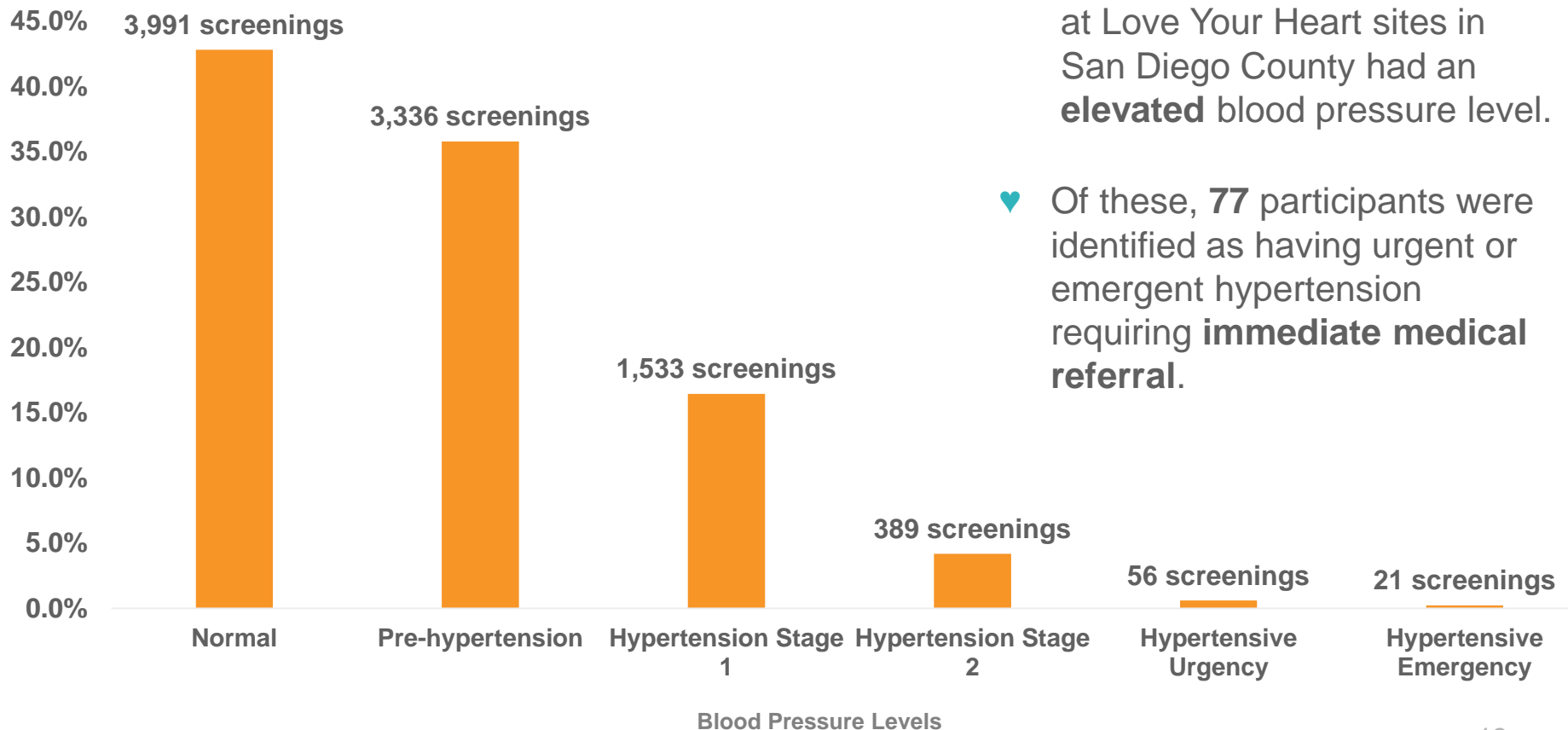
LIVE WELL
SAN DIEGO

LOVE YOUR HEART 2017 SITES: SAN DIEGO COUNTY



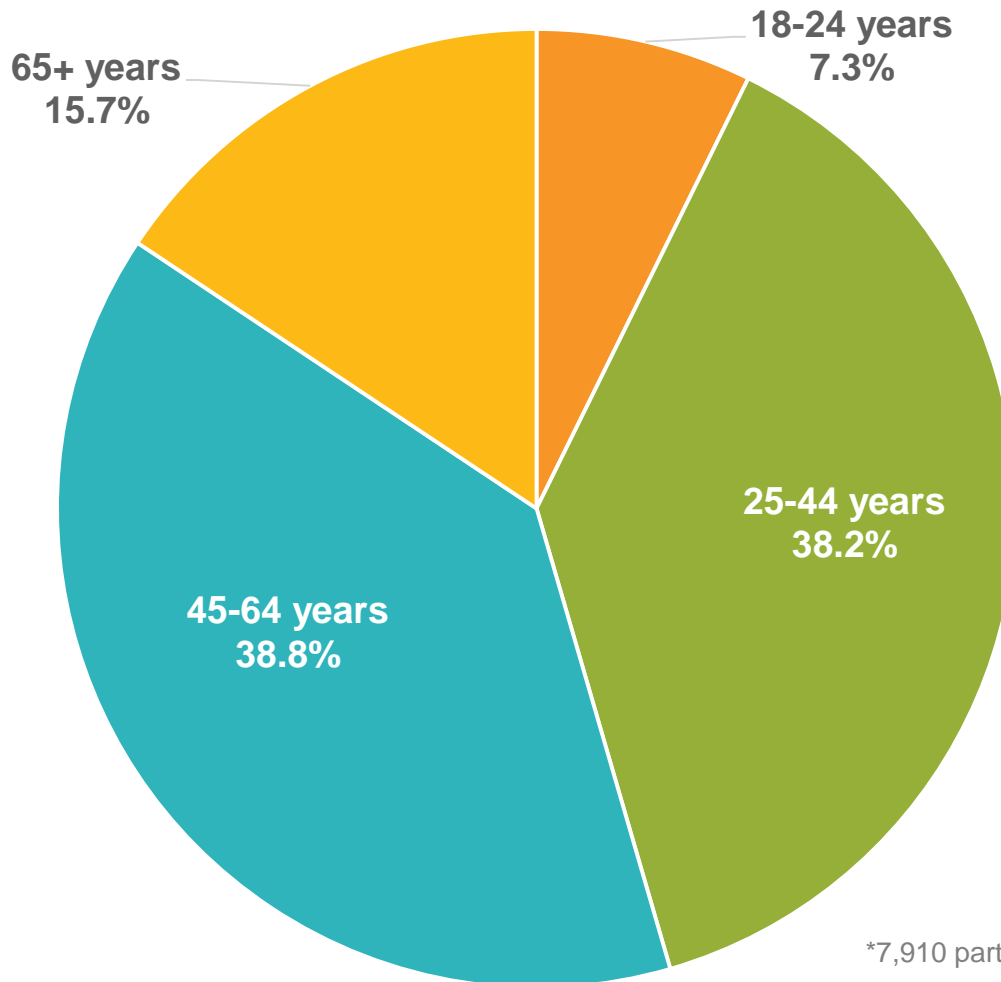


PERCENT OF SCREENINGS AT SAN DIEGO COUNTY SITES BY BLOOD PRESSURE LEVEL





AGE OF PARTICIPANTS SCREENED



- ♥ **Two-thirds** of participants age 18-25, and **half** of participants age 25-44, had **normal** blood pressures.*
- ♥ More than **70%** of participants age 65 years and older had **elevated** blood pressure.*

*7,910 participants screened provided their age range

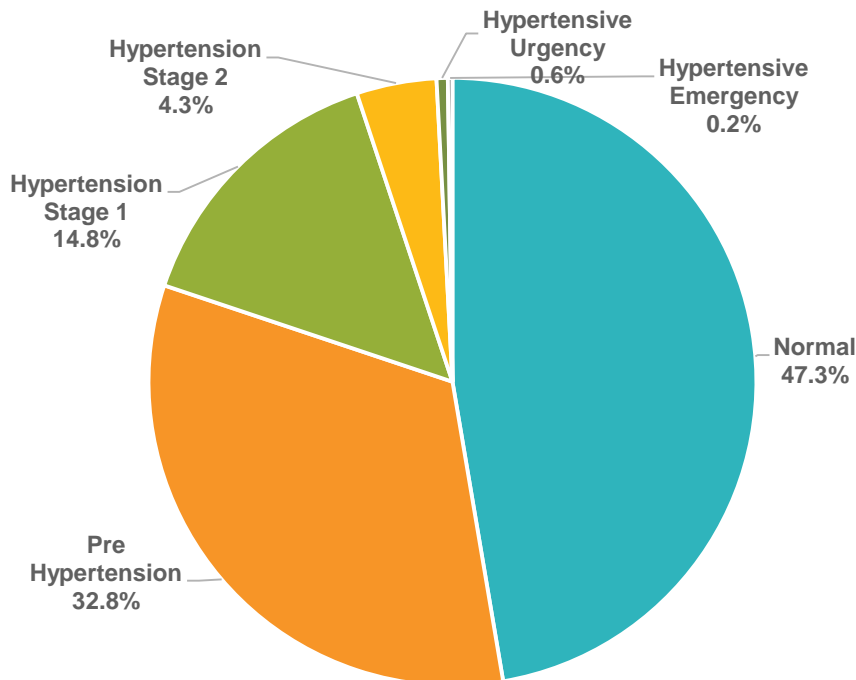
SAN DIEGO COUNTY RESULTS



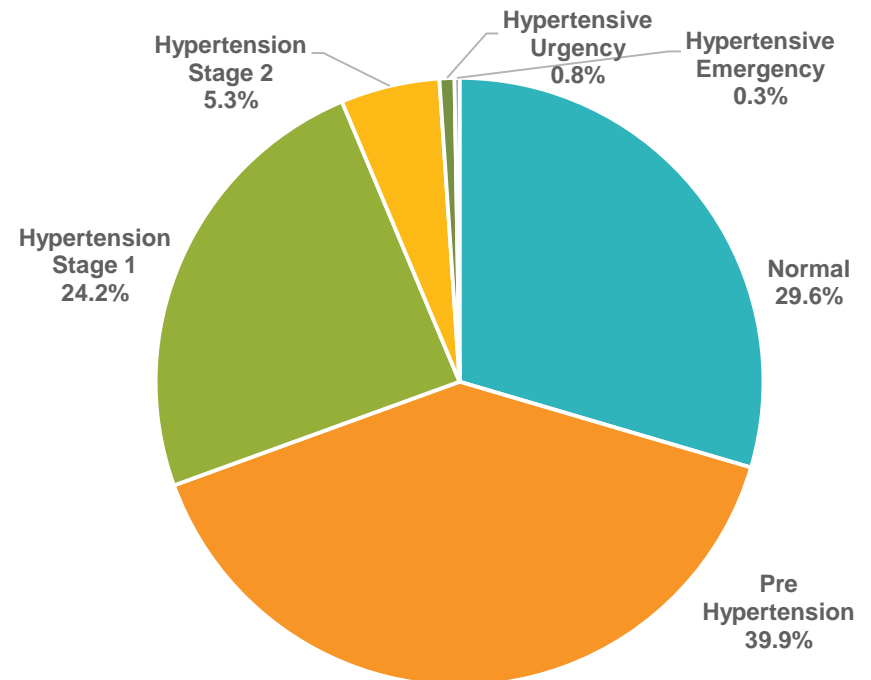
7,995 participants provided their gender.

- ♥ 2 of every 3 participants screened in San Diego County were women.
- ♥ Just over **half** of female participants had an **elevated** blood pressure.
- ♥ **70%** of all male participants had an **elevated** blood pressure.

Blood Pressure Among Female Participants

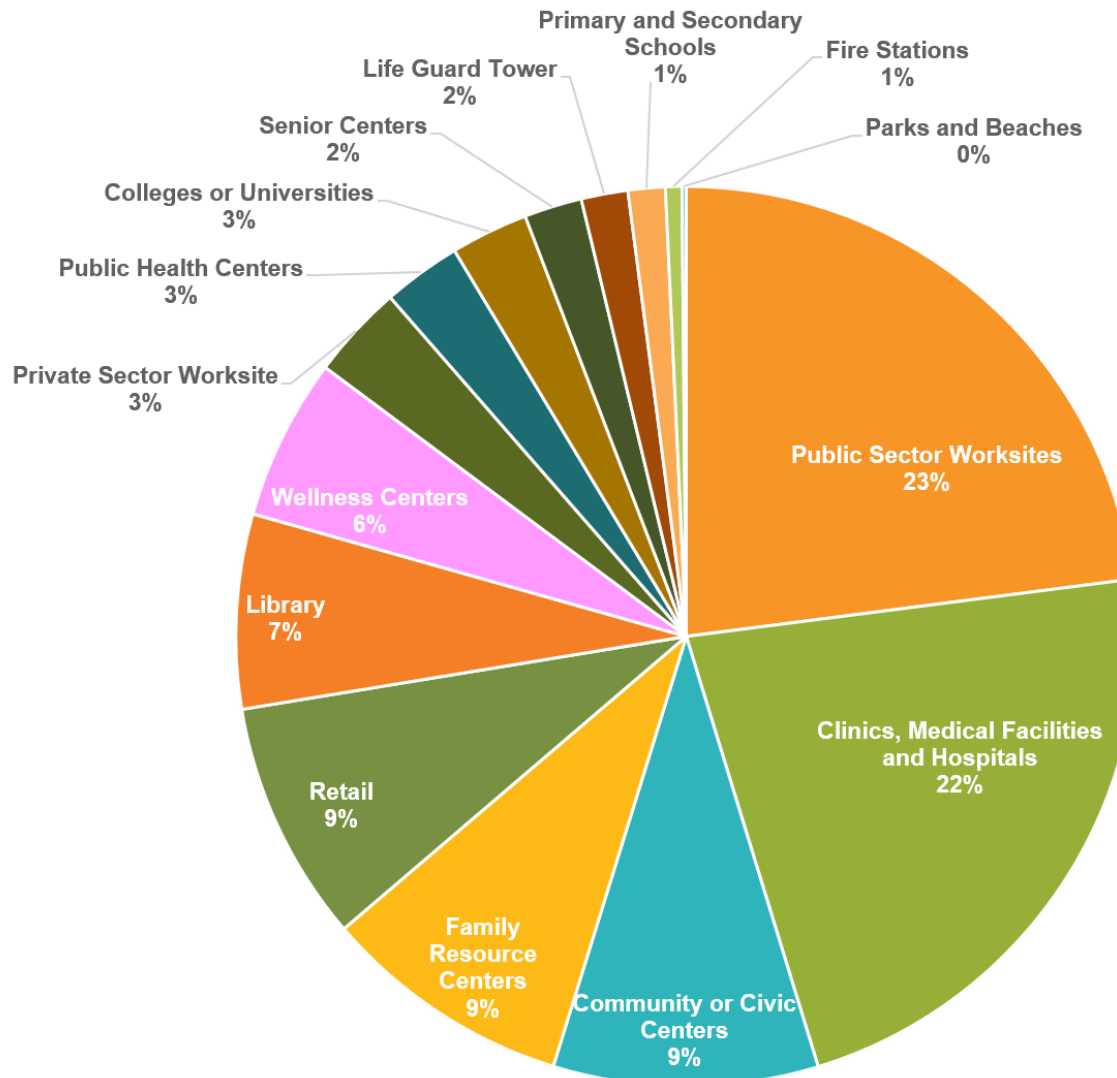


Blood Pressure Among Male Participants



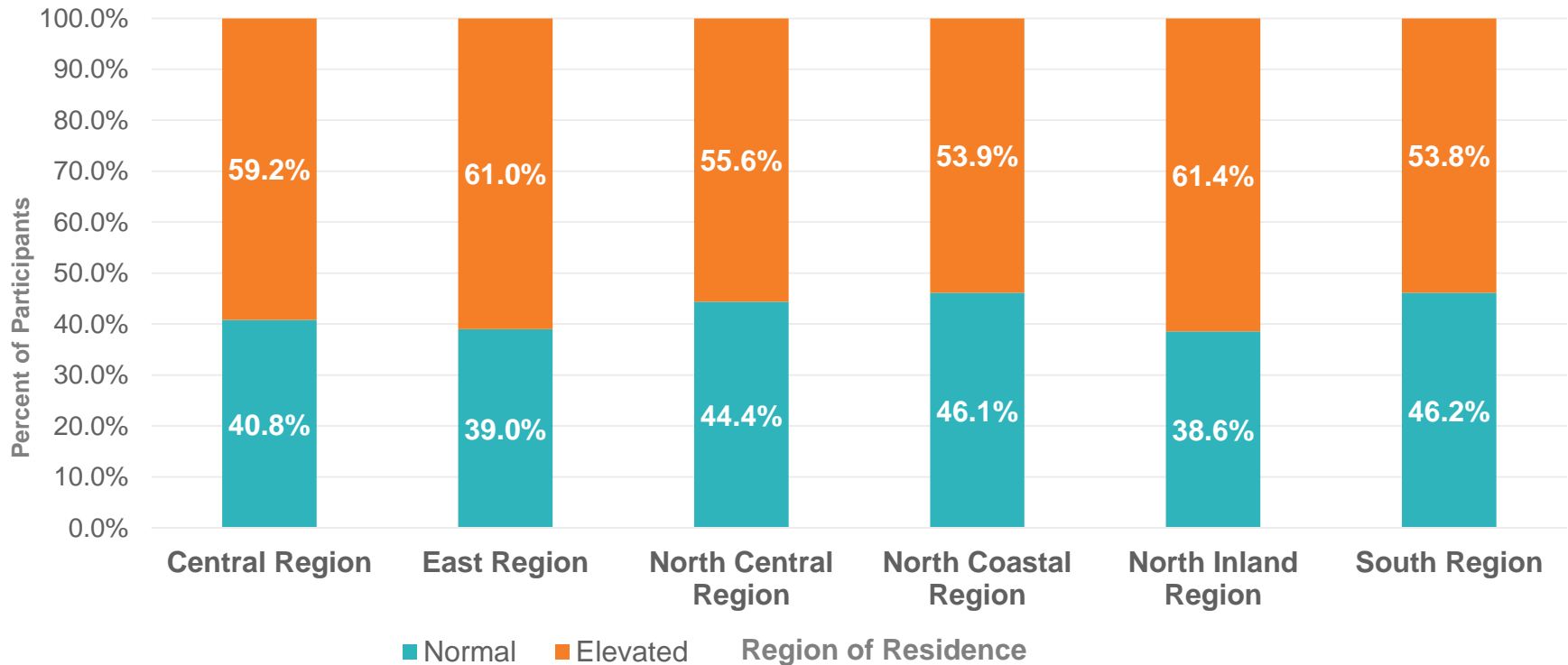


PERCENT OF BLOOD PRESSURE SCREENINGS BY SITE TYPE





PERCENT OF BLOOD PRESSURE LEVELS BY PARTICIPANT RESIDENCE IN SAN DIEGO COUNTY, BY HHSR REGION



- ♥ **6 of every 10** participants in North Central, Central and East Regions had **elevated** blood pressure levels.
- ♥ **Nearly half** of participants in North Coastal, North Inland, and South Regions had **elevated** blood pressure levels.



6,543 participants at a Love Your Heart site reported a **zip code** of residence in San Diego County

- ♥ **2 out of every 5** participants living in San Diego County were from either South or Central Regions.
- ♥ **7 of 10** residents of Alpine and Palomar-Julian who were screened were likely to have an elevated blood pressure.
- ♥ Residents of the sub-regional areas of Coastal, Laguna-Pine Valley or Peninsula were more likely to have a **normal blood pressure**.
- ♥ Laguna-Pine Valley had the highest percent of residents with normal have blood pressure (**57%**).



There were **3,610** participants with a reported blood pressure who responded to a question about use of blood pressure medications.

- ♥ Of these, **19.2%** said they were using **blood pressure medication**.
- ♥ Of those who stated they used medication, **77.3%** had an **elevated blood pressure**.



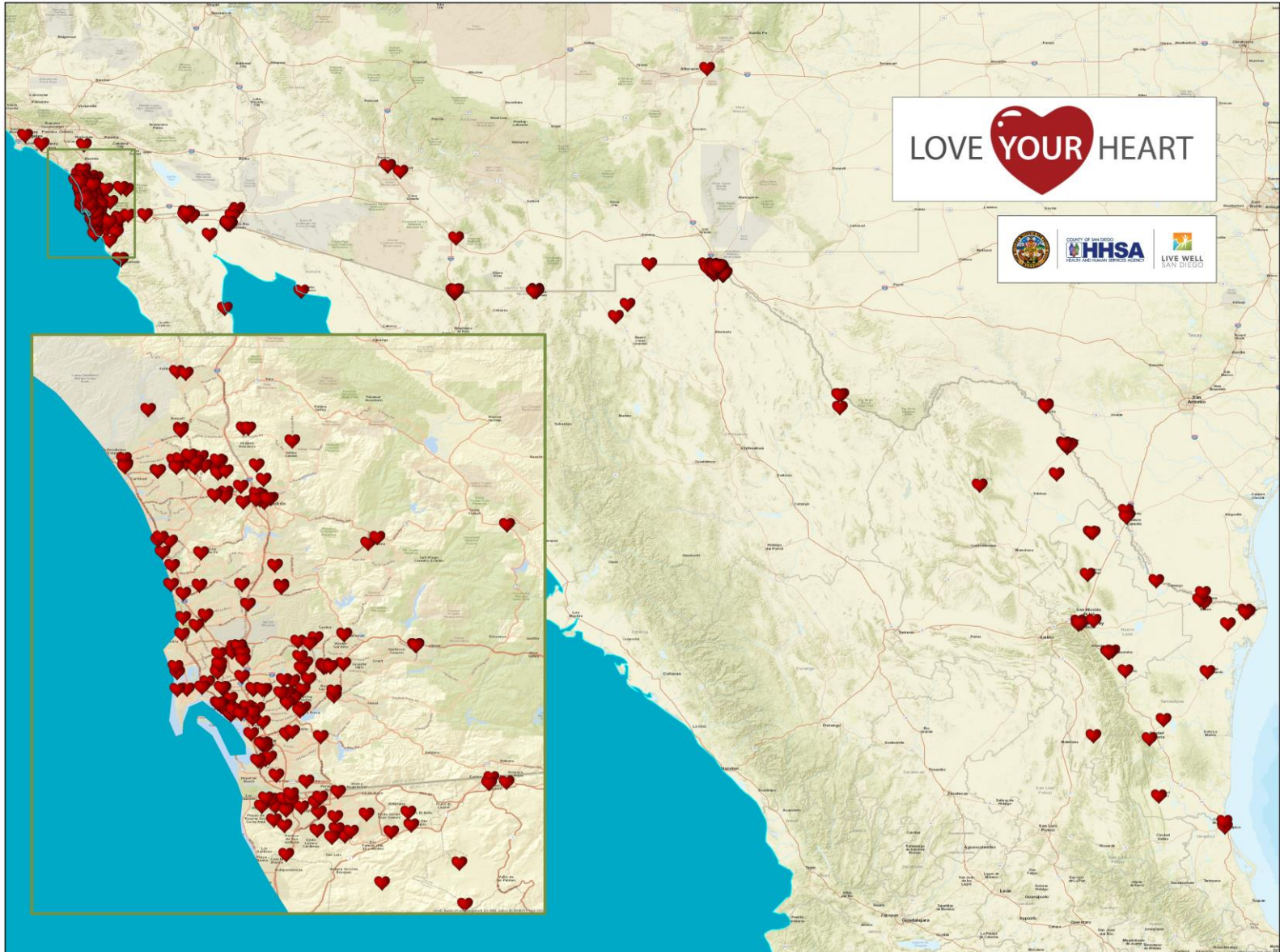
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AMA TU CORAZÓN RESULTS



LIVE WELL
SAN DIEGO

LOVE YOUR HEART 2017 SITES: AMA TU CORAZÓN





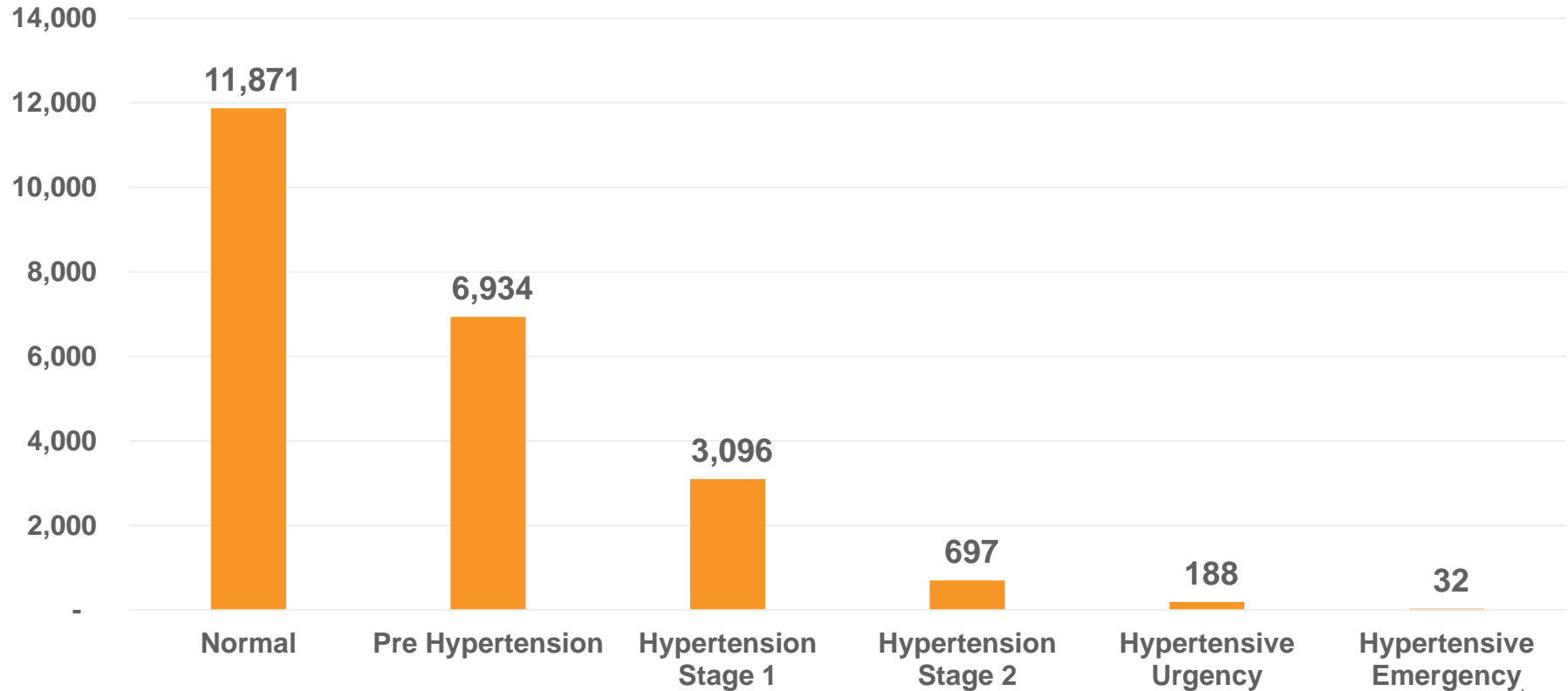
AMA TU CORAZÓN BLOOD PRESSURE SCREENINGS BY STATE/SITE IN MEXICO

State/Site	Total Screenings	
	Number	Percent
Baja California (Total)	17,369	54.1%
Sonora	944	2.9%
Chihuahua	4,800	15.0%
Coahuila	1,955	6.1%
Nuevo Leon	1,610	5.0%
Tamaulipas	3,010	9.4%
Ventanillas de Salud	2,410	7.5%
GRAND TOTAL	32,098	100.0%

LOVE YOUR HEART 2017: AMA TU CORAZÓN



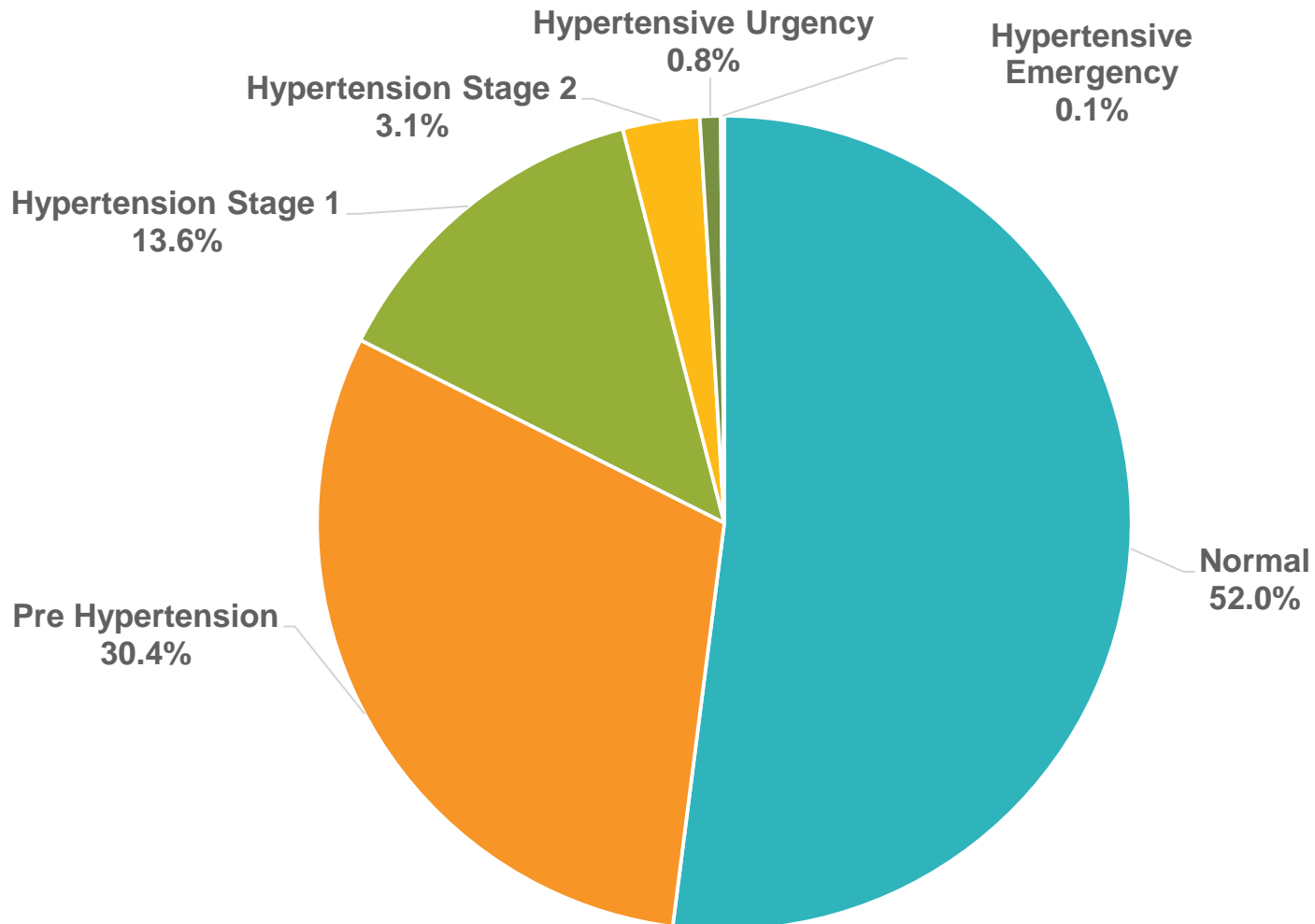
NUMBER OF SCREENINGS BY BLOOD PRESSURE STAGE REPORTED FOR MEXICO



- ♥ Nearly **1 out of 2** participants had an **elevated blood pressure**.
- ♥ **220** participants screened at Mexico sites had an **urgent or emergent blood pressure** requiring immediate medical referral.



PERCENT OF SCREENINGS BY BLOOD PRESSURE STAGE REPORTED FOR MEXICO



THANK YOU!



For more information on Love Your Heart:

<http://loveyourheartsd.org>

For more information on hypertension, heart disease
and stroke:

<http://www.sdhealthstatistics.com>

