



# 2017 Love Your Heart Report

IMPROVING HEART HEALTH IN THE SAN DIEGO REGION AND BEYOND



LOVE  YOUR HEART



Love Your Heart has developed quite a strong pulse in the last six years. This year, more than 160 partner organizations offered free blood pressure screenings across the United States and Mexico, activating over 53,000 residents to “know their numbers.” When it comes to heart disease, the stakes cannot be higher. This year’s event identified 77 individuals with urgent or emergent hypertension; many of these individuals may not have known that they needed medical attention. That is what Love Your Heart is all about: helping save lives by empowering residents with knowledge about their own health.

When *Live Well San Diego* was launched in 2010, we made improving the health and safety of residents our top priority, while knowing that improving the health and safety of residents wasn’t something the County can do alone. Love Your Heart is a great example of *Live Well San Diego* in action. I am proud of the growing number of partners who have stepped up their commitment to build healthy communities and who made this year’s Love Your Heart a success.

To each and every one of you, thank you.

Sincerely,

Ron Roberts, Supervisor, Fourth District, County of San Diego



In San Diego County, we’ve created a vision for each and every San Diegan to be Healthy, Safe and Thriving; or as I like to call it, Living Well! In 2010, under the direction from the San Diego County Board of Supervisors and with the support of key stakeholders, *Live Well San Diego* was adopted. We put into place a data-driven, systems-wide approach to create wellness for all residents in our great region. Today, our momentum is stronger than ever, with *Live Well San Diego* supporting wellness among 3.3 million residents across the 5<sup>th</sup> largest county in the U.S. We are proud to leverage the diverse strengths of community stakeholders to serve the public for the greatest good.

Love Your Heart is a signature campaign that demonstrates *Live Well San Diego* in action. This event promotes heart health in an integrative and proactive approach. Blood pressure screenings and health education are offered at sites throughout the community. I am both humbled and honored to announce that

this year marked the biggest and best event to date! Our collective efforts reached individuals across multiple states throughout the U.S., and crossed international borders through our partners in Mexico.

This event would not have been possible without the incredible passion and dedicated efforts of the Love Your Heart Steering Committee and Tactical Team. I extend my sincere thanks to them for their leadership in coordinating the event. I would be remiss if I didn’t also acknowledge the support from our community partners, including many health professionals throughout San Diego County and beyond. I am privileged to work in a community where people are so willing to come together collectively to help each other, and I’m looking forward to future *Live Well San Diego* efforts. Finally, if you live, work, pray or play in the San Diego region, I personally invite you to join the heart health movement and participate in Love Your Heart 2018 on February 14<sup>th</sup>. Let’s make San Diego healthier, safer and thriving together!

Live Well!

Nick Macchione, Agency Director, Health and Human Services Agency

To learn more about our work, visit [www.LiveWellSD.org](http://www.LiveWellSD.org)

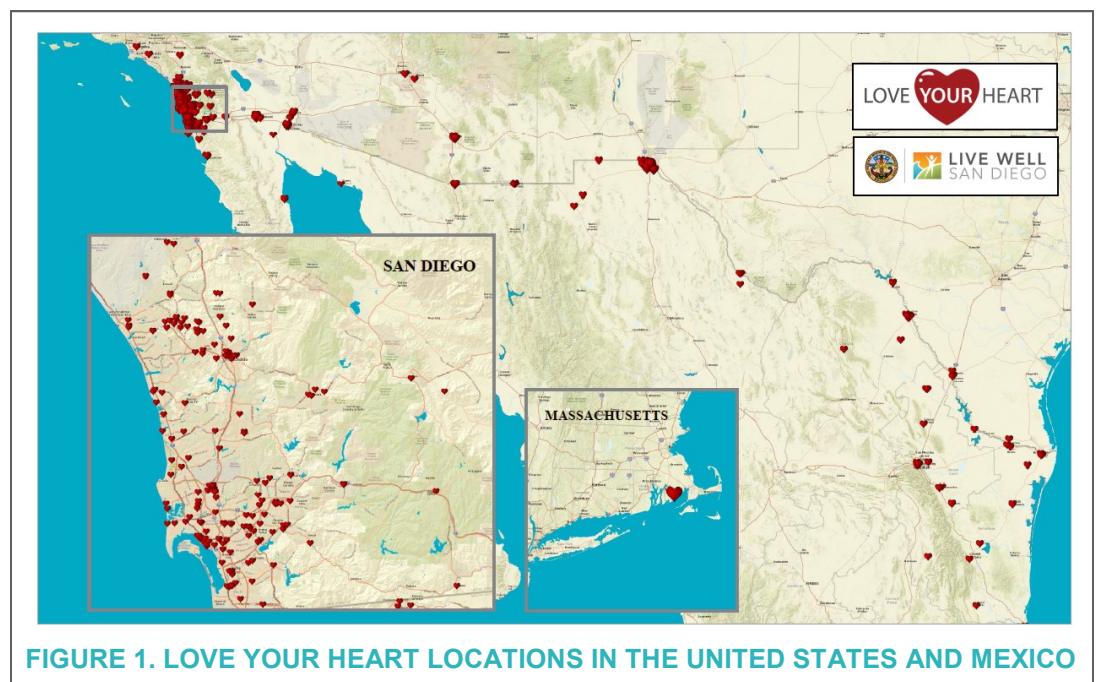
# OVERVIEW

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 in a variety of settings—from offices, to health clinics, to grocery stores, and even fire stations. The goal of Love Your Heart is to activate and empower residents to “know their numbers” and take charge of their own heart health. An effort that started with the County of San Diego in 2011 with the first Love Your Heart Day in February 2012, the event has since grown in size and scope. The event continues to expand from San Diego County to sites across the U.S. and Mexico, and broadening to partner with many sectors including: healthcare, businesses, non-profits, education, the military, and public safety. Love Your Heart embodies how San Diego County’s diverse communities come together for maximum collective impact towards the *Live Well San Diego* vision for a region that is Building Better Health, Living Safely, and Thriving.

This year’s Love Your Heart event took place on February 14, 2017, with partners in San Diego County, Orange and Riverside Counties, Arizona, New Mexico, Texas, Massachusetts, and Mexico joining forces to inspire residents to “Join the Heart Health Movement” (Figure 1). A total of 53,307 blood pressure screenings were performed at 340 sites by more than 160 organizations in the U.S. and Mexico. Some other highlights from the event include:

- 20,062 screenings were conducted across San Diego County at 149 sites.
- 32,098 screenings were conducted at 186 sites in Mexico across the six border states (Baja California, Sonora, Chihuahua, Coahuila, Nuevo Leon and Tamaulipas) and in Mexican consulates in the four U.S. border states.
- Love Your Heart blood pressure screenings were also conducted outside of San Diego County—in Orange and Riverside Counties (116 screenings), Arizona (732 screenings), and Massachusetts (299 screenings).

This report highlights key findings from Love Your Heart 2017. The data and information gathered through Love Your Heart will be used to inform future efforts related to preventing and addressing heart disease in the region.



**FIGURE 1. LOVE YOUR HEART LOCATIONS IN THE UNITED STATES AND MEXICO**

# BACKGROUND

Love Your Heart grew out of the adoption of *Live Well San Diego* as the County of San Diego’s vision—a vision of a healthy, safe and thriving region. *Live Well San Diego* was originally created in 2010 in response to a rise in chronic disease, known locally in San Diego County as the 3-4-50 (3 behaviors: smoking, lack of exercise and poor nutrition; leading to 4 chronic diseases: heart disease, pulmonary disease, cancer and diabetes; resulting in over 50% of deaths in the region). County leaders aimed to measure progress towards the *Live Well San Diego* vision using a series of *Live Well San Diego* Indicators, which include measures of health, safety and well-being.

Love Your Heart is an intervention that is designed to, along with other complementary efforts in the region, positively impact the *Live Well San Diego* Indicators of Life Expectancy and Quality of Life. Considered a signature event, Love Your Heart started in 2012 with approximately 1,000 screenings, and has grown to the 2017 efforts, which reached over 50,000 screenings (Figure 2).

*Live Well San Diego*

Area of Influence:

**HEALTH**

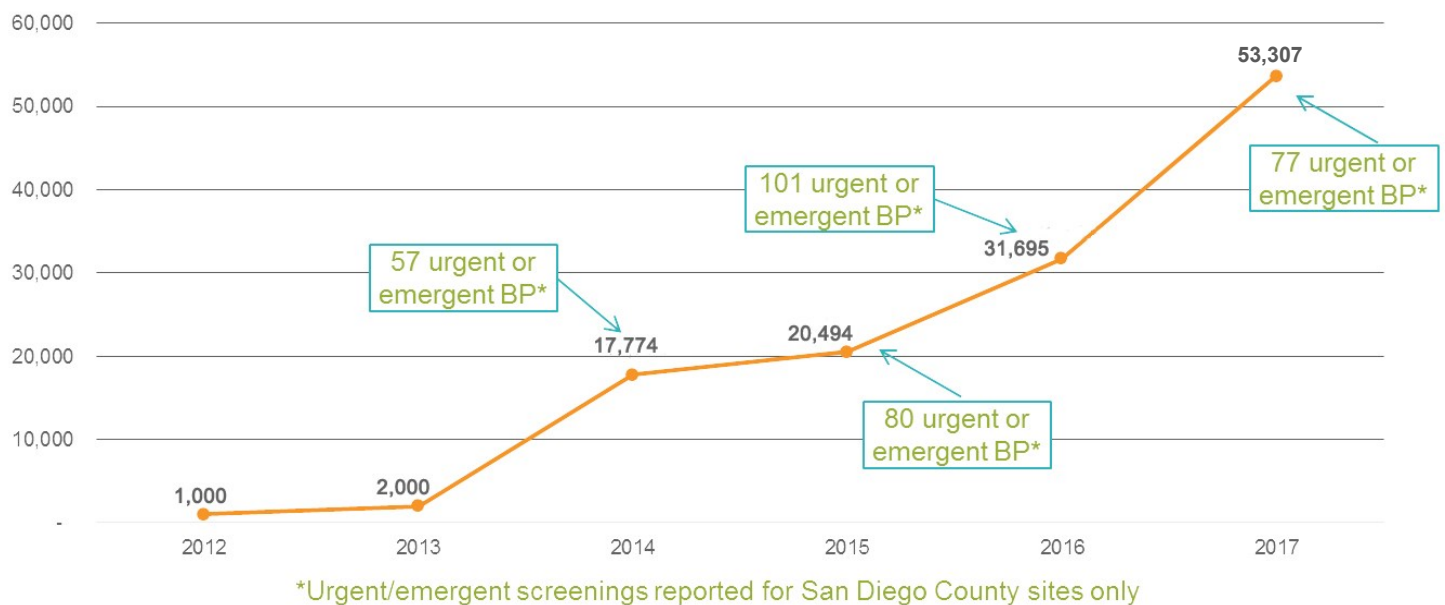


*Enjoying good health and expecting to live a full life*

The *Live Well San Diego* Indicators are part of a framework of Indicators spanning five Areas of Influence that track progress toward one vision of a region that is Building Better Health, Living Safely and Thriving. Under the Area Of Influence of Health, the County of San Diego can track whether collective efforts aligned with the *Live Well San Diego* vision are making a difference, as reflected by changes to Life Expectancy and Quality of Life Indicators.

Learn more: [LiveWellSD.org](http://LiveWellSD.org)

**FIGURE 2. SCREENINGS PERFORMED ANNUALLY 2012-2017**

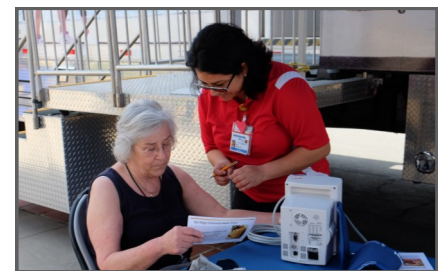


**“Our site helped create awareness of the importance of heart health and the *Live Well San Diego* commitment to serving the community.”**

**-Love Your Heart Partner, MediExcel Health Plan**



Love Your Heart Media Kick-Off



City of San Diego Lifeguard Station

# METHODS

Love Your Heart represents a collaboration between dozens of partner organizations. The County of San Diego Health and Human Services Agency serves as the “backbone” organization, overseeing planning, convening partners, and providing tactical support including marketing and communication resources.

## PARTNER ORGANIZATIONS

Partner organizations provide screening sites, mobilize volunteers, and help get the word out to their customers and networks regarding the availability of the screenings. San Diego County is fortunate to be home to a robust network of *Live Well San Diego* Recognized Partners; these are partners that are formally recognized by the County for their commitment to a healthy, safe and thriving San Diego region. This partner network is a major source of support for the planning and implementation of Love Your Heart. For example, a *Live Well San Diego* partnership with local news organization ABC10 has been instrumental in getting the word out to the public regarding the screenings via television commercials.

This year, interested organizations registered using a partner registration page on the Love Your Heart website; the registration page interfaced with a geographic information system to allow the sites to be easily mapped. This also enabled staff to identify any gaps in terms of community coverage (along with any redundancies), as well as determine resource needs.

## VOLUNTEERS

Two types of volunteers were recruited by the County and its partners: medical workers (who actually take the blood pressures) and general volunteers (who distribute educational materials and help manage intake and data collection). Many of San Diego County’s volunteers come from schools of nursing. These volunteers help supplement the medical workers supplied by fire departments and other first responder agencies, hospitals and clinics, and the County’s own nursing workforce.

## DATA ENTRY

A mobile application called Survey123—which, like the Partner Registration Page, is built upon a geographic information system platform—was used to collect data at the blood pressure screening sites, though not all sites used the application to record data (Figure 3). A Spanish version of the

mobile application was also prepared for use not only at binational sites but for Spanish speaking volunteers and participants.

The mobile application was used to collect basic information from those being screened; participation in this data collection effort was optional. Participants were asked for some basic demographic information: age range, gender and ZIP code of residence, and if they are currently taking blood pressure medication. Finally, the blood pressure reading was recorded, which placed respondents into one of the following blood pressure categories: normal, pre-hypertension, hypertension stage 1, hypertension stage 2, hypertensive urgency, or hypertensive emergency.

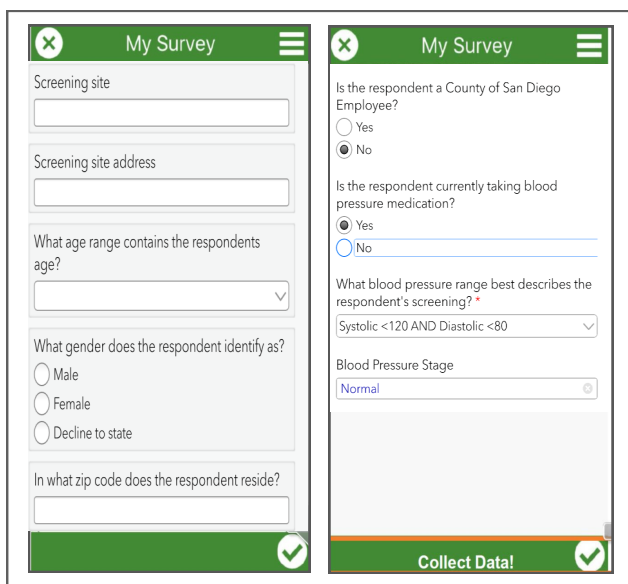


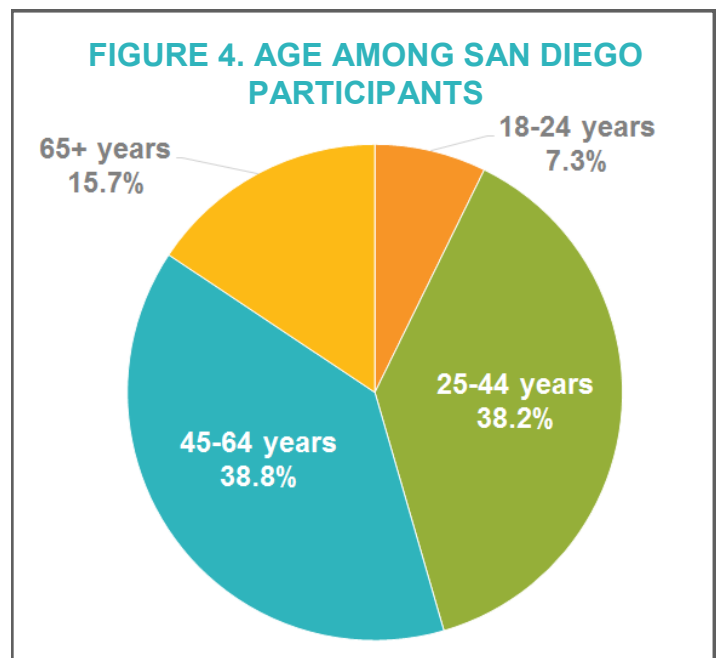
FIGURE 3. DATA COLLECTION APP

# SAN DIEGO COUNTY RESULTS

Throughout San Diego County, 20,062 screenings were conducted across 149 sites, including schools, libraries, grocery stores, community centers, fire stations, clinics, Family Resource Centers and many other locations. Approximately half of the total blood pressure screenings, or 9,326, were recorded using the Love Your Heart mobile application. This section summarizes the health data that was collected.

## KEY FINDINGS\* (Figures 4 and 5)

- 5,335 participants (57%) screened at Love Your Heart sites in San Diego County had an elevated blood pressure level (pre-hypertensive or above reading).
- 77 participants (less than 1%) were identified as having urgent or emergent hypertension indicating a need for immediate medical referral (Figure 5).
- Blood pressure results varied by age, underscoring the important role of prevention and early intervention\*\*:
  - ◆ 382 participants ages 18-24 (66%) had a normal blood pressure.
  - ◆ 1,498 participants ages 25-44 (50%) had a normal blood pressure.
  - ◆ 897 participants ages 65 years and older (72%) had an elevated blood pressure.



\*All values based upon screenings recorded using Love Your Heart mobile data collection app, n=9,326 unless otherwise specified.

\*\*7,910 participants provided their age range.

### FIGURE 5. BLOOD PRESSURE LEVELS AMONG SAN DIEGO PARTICIPANTS

Blood Pressure Level by Age Group	All Age Groups	Percent	18-24	7%	25-44	38%	45-64	39%	65+	16%
Normal	3274	41%	382	66%	1498	50%	1053	34%	341	28%
Pre-hypertensive	2793	35%	160	28%	1047	35%	1134	37%	452	37%
Hypertension Stage 1	1413	18%	28	5%	381	13%	661	22%	343	28%
Hypertension Stage 2	362	5%	5	0.9%	87	3.0%	191	6%	79	6%
Hypertensive Urgency	48	1%	1	0.2%	4	0.1%	24	0.8%	19	2%
Hypertensive Emergency	20	0%	0	0.0%	6	0.2%	10	0.3%	4	0.3%
<b>Total</b>	<b>7910</b>	<b>100%</b>	<b>576</b>	<b>100%</b>	<b>3023</b>	<b>100%</b>	<b>3073</b>	<b>100%</b>	<b>1238</b>	<b>100%</b>

Note: 7,910 participants provided their age range. Some values rounded.

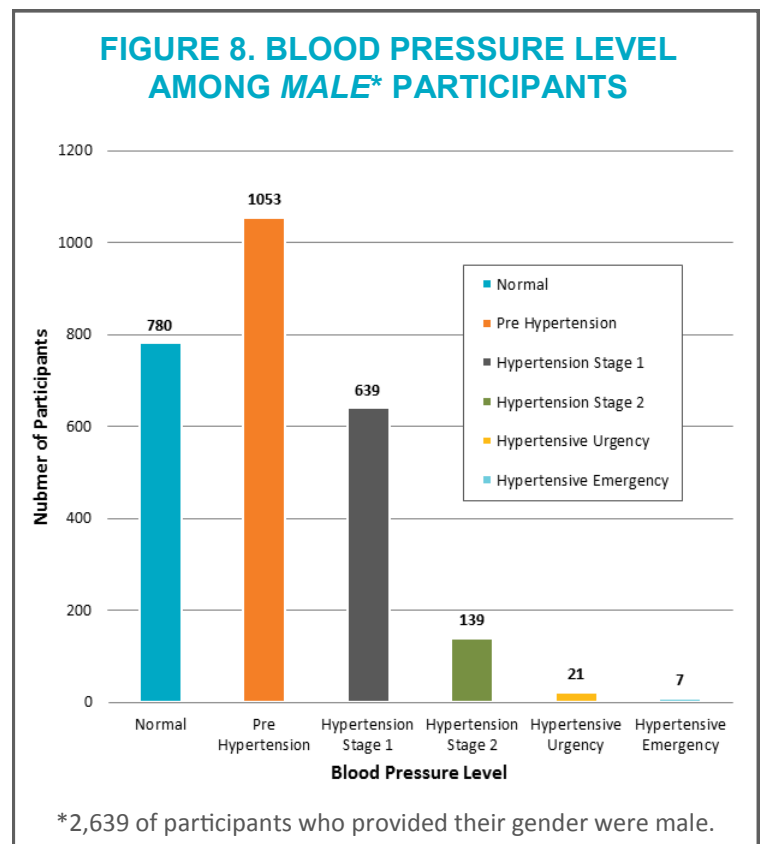
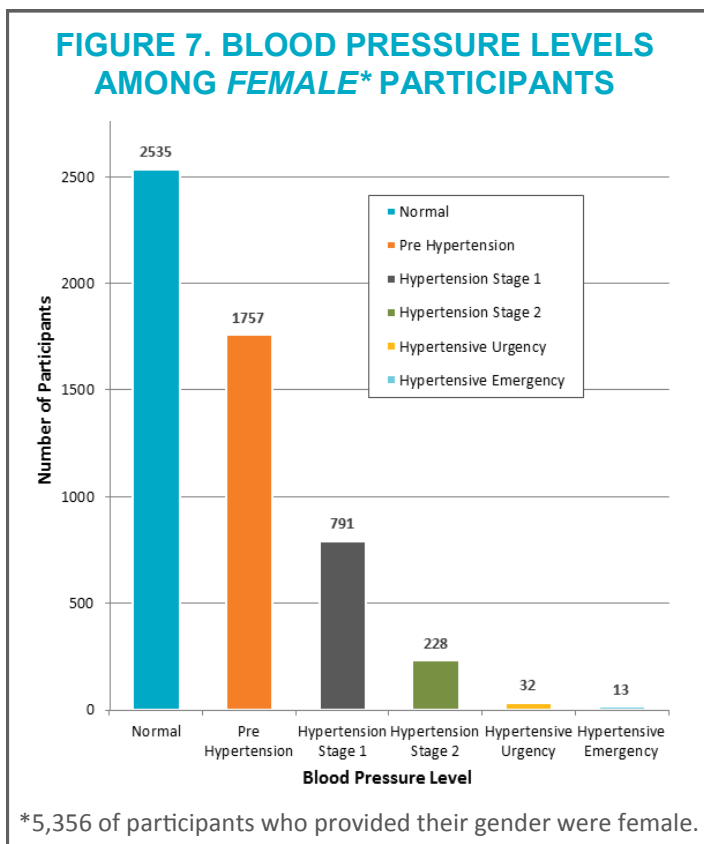
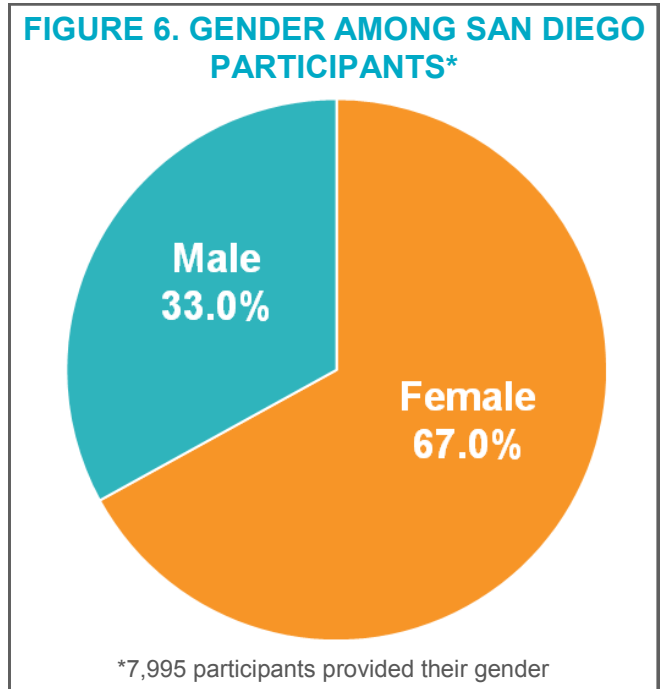
## GENDER (Figures 6, 7 & 8):

- Of those who provided their gender, 67% of participants were female and 33% were male.
- 2,821 (53%) of female participants had an elevated blood pressure.
- In contrast, 1,859 (70%) male participants had an elevated blood pressure.

## MEDICATION USE

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

- Of these, 686 (19%) said they were using blood pressure medication.
- Of those who stated they used medication, 528



**“We gave free blood pressure checks for students here on campus and gave them some education about how to love their heart. We are hoping to help some students out today!”**

**-Sonja, Student Nurse, California State University San Marcos**

# SAN DIEGO COUNTY RESULTS (Continued)

## REGIONAL SERVICES AREAS WITHIN SAN DIEGO COUNTY (Figure 9)

The County of San Diego Health and Human Services Agency is organized into six geographic service regions (South, Central, East, North Central, North Coastal, and North Inland) that reflect a community-based approach using public-private partnerships to meet the needs of families in San Diego County.

**FIGURE 9. BLOOD PRESSURE LEVELS BY REGION\***

Blood Pressure Level by Event Location*	Total	Percent	Central	21%	East	12%	North Central	27%	North Coastal	7%	North Inland	23%	South	11%
Normal	3988	43%	764	39%	464	42%	987	39%	326	49%	993	47%	455	46%
Pre-hypertensive	3332	36%	657	34%	380	34%	976	38%	209	32%	810	38%	300	31%
Hypertension Stage 1	1533	16%	404	21%	192	17%	430	17%	101	15%	244	12%	162	17%
Hypertension Stage 2	389	4%	97	5%	46	4%	119	5%	22	3%	54	3%	52	5%
Hypertensive Urgency	56	1%	10	0.5%	15	1%	12	0.5%	3	0.5%	7	0.3%	9	0.9%
Hypertensive Emergency	21	0%	4	0.2%	4	0.4%	4	0.2%	1	0.1%	6	0.3%	2	0.2%
<b>Total</b>	<b>9319</b>	<b>100%</b>	<b>1937</b>	<b>100%</b>	<b>1100</b>	<b>100%</b>	<b>2527</b>	<b>100%</b>	<b>662</b>	<b>100%</b>	<b>2114</b>	<b>100%</b>	<b>979</b>	<b>100%</b>

\*This does not include entries in app with unknown site location; event location was recorded for 9,319 participants. Some values rounded.



## GABE'S STORY

“My co-workers urged me to get my numbers checked,” said Gabe, a Love Your Heart participant. “I worked out constantly and ate a vegetarian diet. I checked my blood pressure and it came out very high. It was in the 160-170 range which is very high hypertension. I was at risk for a heart attack.”



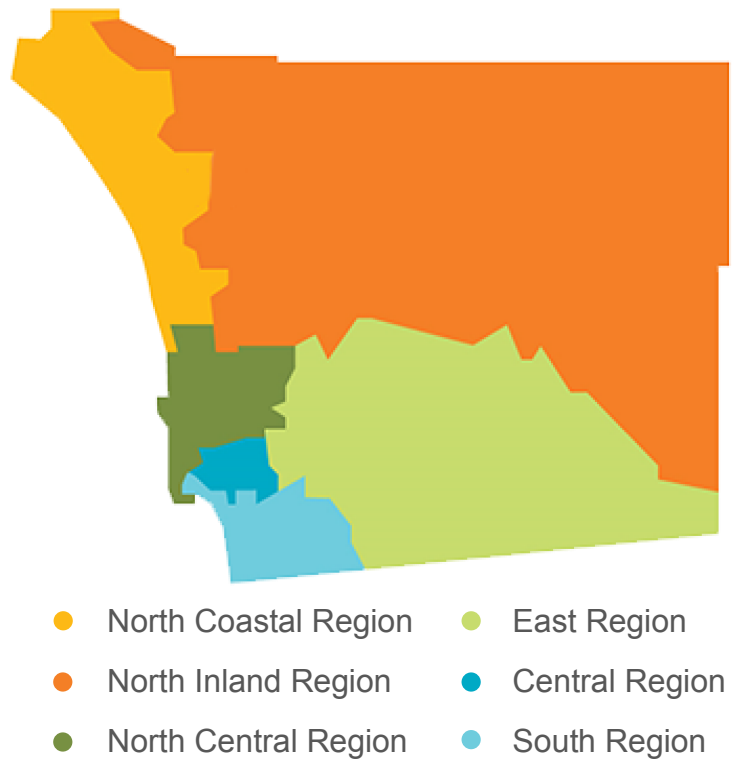
High blood pressure, or hypertension, is often thought of as a risk factor for older adults, but people of all ages can have high blood pressure without any noticeable symptoms. One in three adults in the United States have high blood pressure, and many don't know their numbers, which could put them at greater risk of heart attack and stroke. Getting regular blood pressure checks is an important part of a heart disease prevention plan for people young and old.



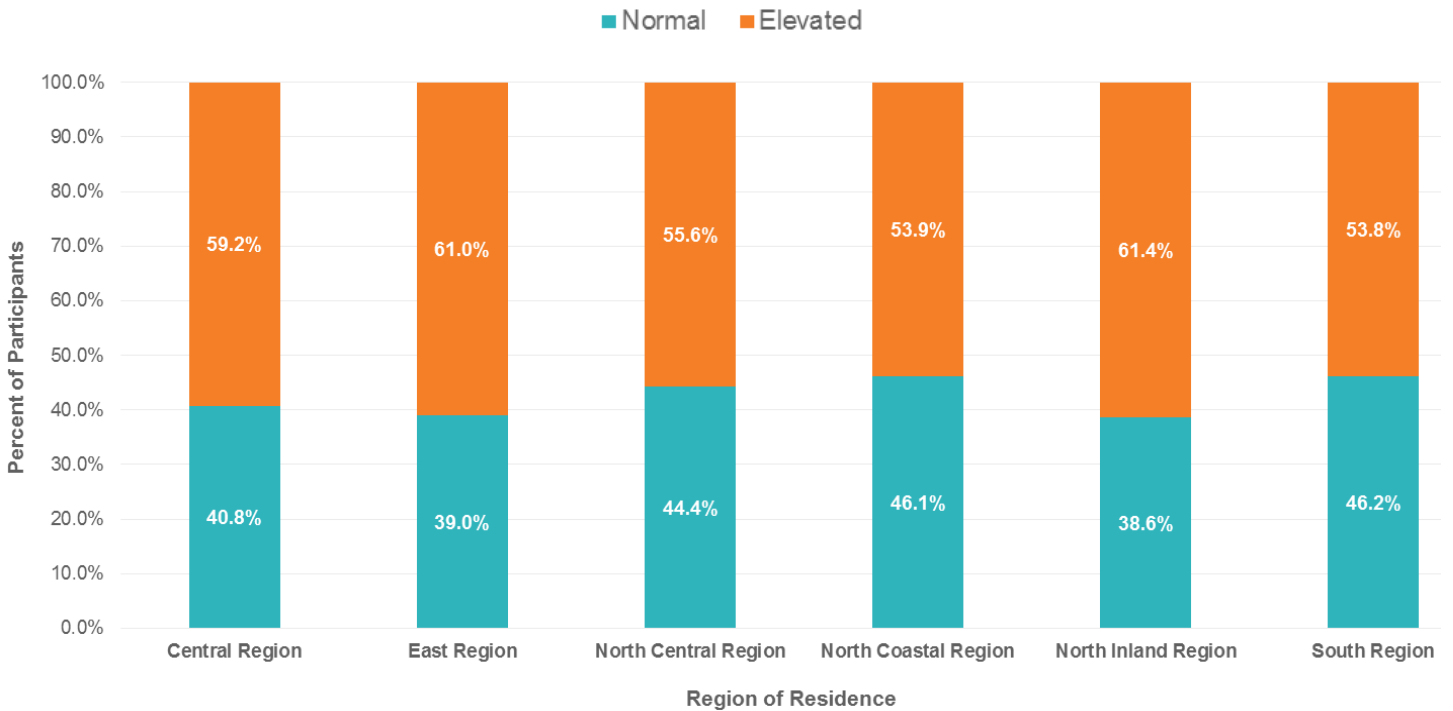
**FINDINGS BY REGION** (Figure 10 & 11):

- About 6 out of every 10 participants in Central, East, and North Inland Regions had elevated blood pressure levels.
- In contrast, about half of participants in North Central and North Coastal had elevated blood pressure levels.
- Of those with the highest blood pressure levels, less than 1% of the participants screened experienced hypertensive emergencies. There was no significant difference across regional service areas.
- Based on the participants screened, residents within the sub-regional areas of the coastal and east region rural areas were more likely to have a normal blood pressure than to have an elevated blood pressure compared to other sub-regional areas.

**FIGURE 10. REGIONAL SERVICE AREAS IN THE COUNTY OF SAN DIEGO**



**FIGURE 11. BLOOD PRESSURE LEVELS BY REGIONAL SERVICE AREAS**



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

# SAN DIEGO COUNTY RESULTS (Continued)

## FINDINGS BY SITE TYPE\* (Figure 12):

A variety of site types were offered to expand opportunities for blood pressure screenings:

- 2,138 screenings (23%) took place at Public Sector Worksites.
- 2,077 screenings (22%) took place at Clinics, Medical Facilities and Hospitals.
- Just over half of participants were screened at other site types, including community centers, retail businesses, libraries, private sector worksites, and senior centers.

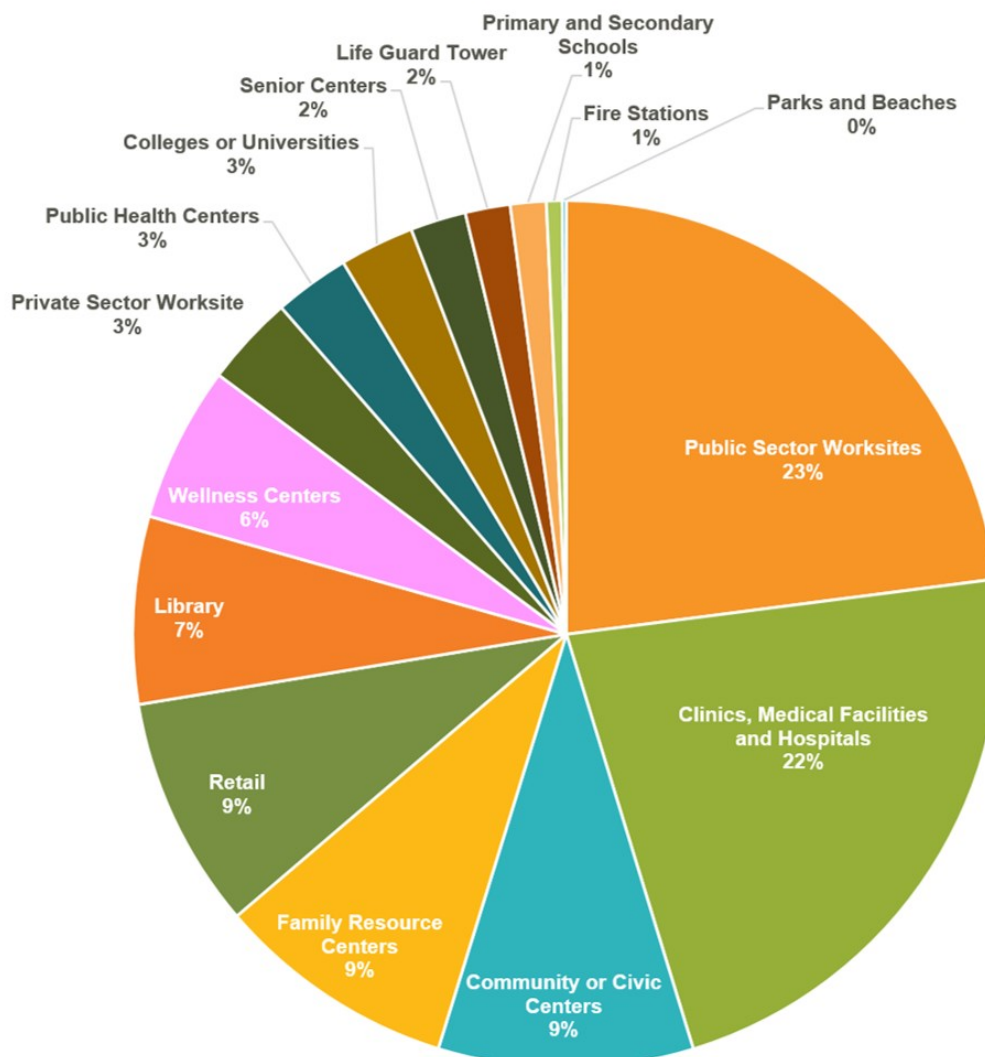
\* Total screenings recorded in mobile app by site 9,326.

“I think it is very important to get your blood pressure taken because you just never know, on any given day, how low or how high it is and how it could affect your life. It is important to Love Your Heart!”



-Mel, Love Your Heart Participant From Chula Vista

FIGURE 12. PERCENT OF BLOOD PRESSURE SCREENINGS BY SITE TYPE



“Why not give the muscle in your body that needs the most attention some TLC! We offered [participants] blood pressure screenings and a variety of different services from Palomar Health, including stroke risk screenings, cardiac rehab, pharmacy and a heart healthy snack and drink.”



-Tammy Chung,  
Health Education  
Specialist, Palomar  
Medical Center



San Marcos Senior Activity Center



South Region Live Well Center

## JOIN THE HEART HEALTH MOVEMENT

Love Your Heart is more than a one-day event for capturing data and stories from individuals screened. It is a movement to reduce a leading cause of death and disability in the San Diego region and beyond. Complications from high blood pressure can affect anyone. People with high blood pressure often have no symptoms and the condition may go undiagnosed. Early detection, along with education and support, is key.

The goal of Love Your Heart is to activate people to “know their numbers” and to take charge of their own heart health. Each partner organization, nurse, and volunteer brings a unique skill set and a passion that is a major contribution in support of the health and wellbeing of others. Together, the County and its partners believe that whole health is possible and that it can be achieved in faster, more efficient and more effective ways when efforts are unified. Love Your Heart is a unique event that is a centerpiece of the County’s *Live Well San Diego* vision for a region that is Building Better Health, Living Safely, and Thriving through collective efforts.

*Live Well San Diego* follows a model called Collective Impact. In this endeavor, the County is integrating efforts with a broad range of partners in every sector including healthcare, libraries, the fire community, universities and schools, city government, non-profits, and businesses to support our communities in achieving new levels of health. Collective efforts place a spotlight on a paradigm shift in health, where participating partner organizations are at the forefront of the changing the world of public health for generations to come. In addition to this annual event, the County and community partners are spearheading numerous other approaches to improve the health and wellness of San Diego communities. The County invites you to attend the second annual Live Well Advance on Wednesday, November 8<sup>th</sup> to celebrate and enhance connection, innovation, and forward progress.

Visit [www.LiveWellSD.org/advance](http://www.LiveWellSD.org/advance) to learn more.

# BINATIONAL LOVE YOUR HEART: AMA TU CORAZÓN

In partnership with the County of San Diego Health and Human Services Agency, the United States–Mexico Border Health Commission, Mexico Section coordinated the Love Your Heart/Ama tu Corazón campaign in Mexico for the third year. The campaign continues to grow exponentially and this year, the Commission coordinated Mexican partners in all six Mexican border states and in Mexican consulates in the four U.S. Border States.

The Mexican partners represented 34 organizations and hosted 186 sites along the U.S.–Mexico border (Figure 13). This was the first time that Ventanillas de Salud participated. Ventanillas de Salud is a health program of the Government of Mexico developed by the Department of Health and their Ministry of Foreign Affairs. It is implemented across 50 Mexican consulates in the United States and by local health organizations. Ventanillas de Salud hosted 14 sites in California, Arizona, New Mexico and Texas. With the addition of Sonora, this is the first time that all 10 border states along the U.S.–Mexico border joined the Ama tu Corazón campaign. Their participation resulted in 32,098 border residents getting their blood pressure checked and receiving heart health information.

“Hoy nos medimos la presión arterial para saber cómo estamos de la salud del corazón y para asegurarnos que estamos aquí para las siguientes generaciones. Que mejor regalo para sus seres queridos es medirse la presión arterial para seguir muchos años sanos del corazón.”

English Translation: *“Today we measure our blood pressure to better understand our heart health and ensure we are here for our next generations. What better gift for your loved ones than to measure your blood pressure and to continue on for many more years with a healthy heart?”*

-Elena Quintanar,  
Health Promotion Specialist,  
South Region

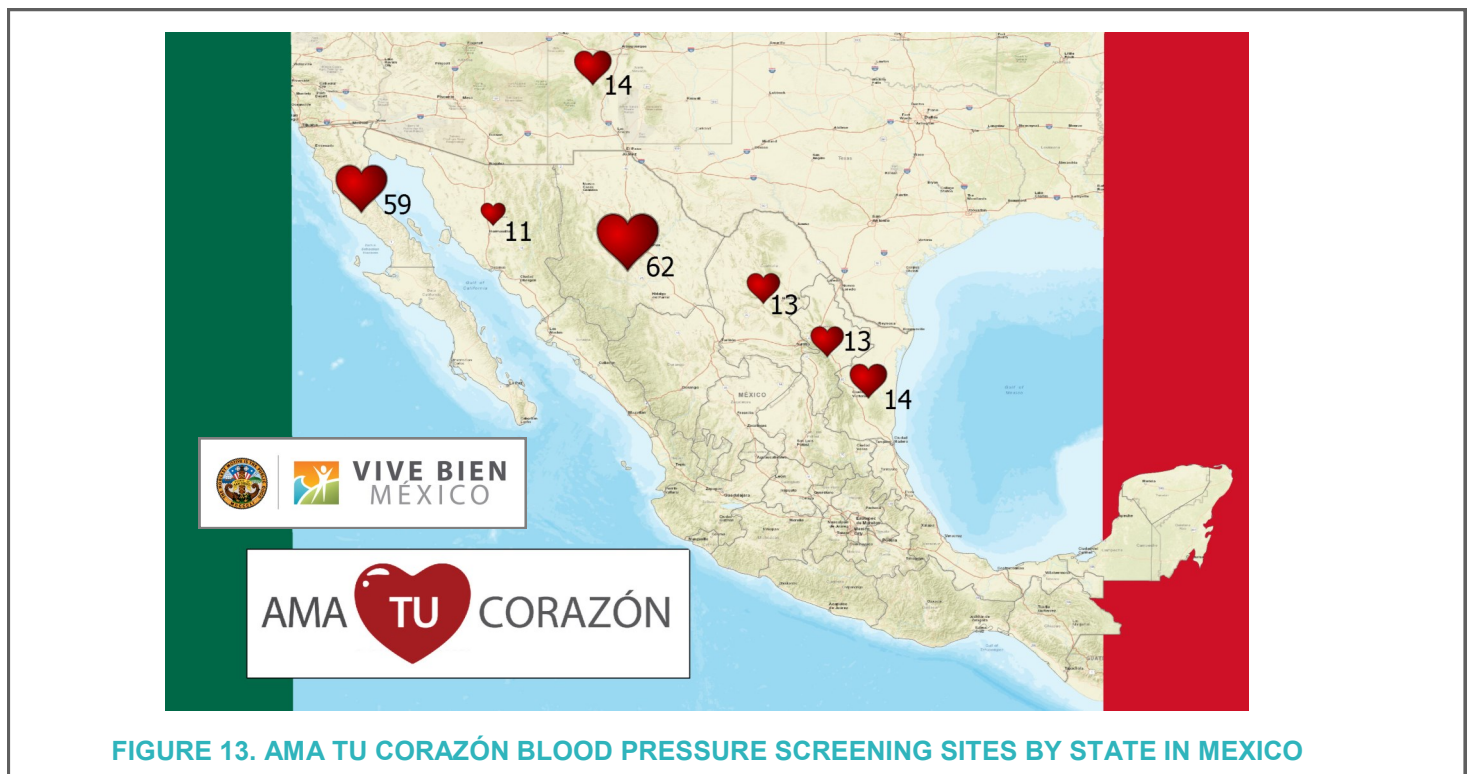


FIGURE 13. AMA TU CORAZÓN BLOOD PRESSURE SCREENING SITES BY STATE IN MEXICO

**FIGURE 14. AMA TU CORAZÓN BLOOD PRESSURE SCREENINGS BY STATE IN MEXICO**

State	Total Number of Sites	Total Screenings	
		Number	Percent
Baja California	59	17,369	54.1%
Sonora	11	944	2.9%
Chihuahua	62	4,800	15.0%
Coahuila	13	1,955	6.1%
Nuevo Leon	13	1,610	5.0%
Tamaulipas	14	3,010	9.4%
Ventanillas de Salud	14	2,410	7.5%
<b>GRAND TOTAL</b>	<b>186</b>	<b>32,098</b>	<b>100.0%</b>

“Two of our sites included college campuses, so it was really nice to see so many young adults eager to participate in knowing their numbers and getting informed on their heart health.”

- Anhel Centeno,  
Yuma County Public Health Services District



Above: AMA TU CORAZÓN Event Activities Across Mexico



**FIGURE 15. AMA TU CORAZÓN COLLABORATIVE PARTNERS**

# DIGITAL PRESENCE

In 2017, Love Your Heart engaged participants on both web and social media in the following ways:

- 4,500+ page views on LoveYourHeartSD.org in January and February.
- Facebook Live video from the press event with 290 views and 17 likes.
- Eight Facebook Live videos shared on event day with a combined total of 1,121 views and 90 likes.
- 63 new posts shared in the social feed using #LoveYourHeart on February 14<sup>th</sup>.
- 250+ tweets using #LoveYourHeart on February 14<sup>th</sup>.

Below is a selection of Tweets from the #LoveYourHeart hashtag feed from the day of the event. The images to the right show two of the eight Facebook live videos with large numbers of views.



**Students at California State University San Marcos share...**  
February 14 · 500 views



**San Diego Youth Services is hosting a wellness resource...**  
February 14 · 356 views



**Anthem Blue Cross @AnthemPR\_CA** 2 months ago

Happy to participate in @livewell\_sd's free blood pressure screening event today. #LoveYourHeart



**Dan Burdsall** 2 months ago

"Our blood pressure is up today cuz it's valentines. We'll something is up cuz it's valentines day, one



**Live Well San Diego @livewell\_sd** 2 months ago

Here are some quick tips from partner @SanDiegoHeart to help you eat heart healthy!



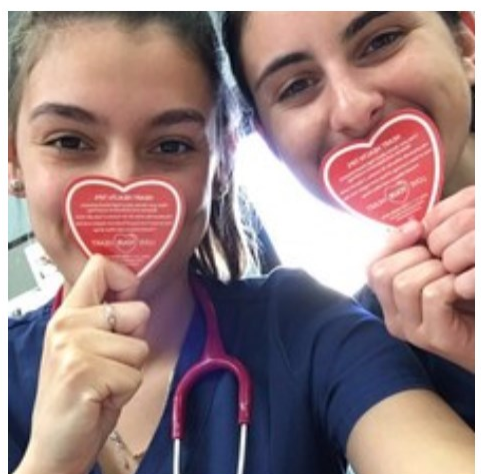
**Martha @marthaxnunez** 2 months ago

#loveyourheart Kaiser Permanente team at County Health Service Complex helping you to "Love Your Heart" pic.twitter.com/F6uP2SEMID



**YMCA San Diego @YMCASanDiego** 2 months ago

We ♥'d spending #ValentinesDay w/ you for #LoveYourHeart day! Still time at some Y's to get your blood pressure checked! @livewell\_sd



**Bella Lopez @Bellaa2321** 2 months ago

Don't forget to #loveyourheart this Valentine's Day! 🍷 pic.twitter.com/2r4xWYUvGq

# HOW TO GET INVOLVED

## WAYS TO PARTICIPATE IN 2018!

Collective impact requires collective effort. Whether you are a part of a healthcare organization or are simply a champion of heart health, there is a role for you in Love Your Heart.

Here is how you can participate in Love Your Heart:

### PROMOTE

Share the word about the Love Your Heart event at your workplace, or among your neighbors and community groups.

### VOLUNTEER

We need medical workers who can perform blood pressure screenings. We also recruit volunteers who can support Love Your Heart screening sites by assisting with day-of logistics including managing the intake of participants, collecting data and distributing educational information to the public.

### OFFER SCREENINGS TO YOUR EMPLOYEES

Employers can work with their own in-house employee wellness program and insurance plans to offer blood pressure screenings to your employees on **Love Your Heart Day on Wednesday, February 14<sup>th</sup> 2018.**

For more information, go to: [LoveYourHeartSD.org](http://LoveYourHeartSD.org)



# Thank You to Our 2017 Love Your Heart Partners!

2-1-1 San Diego  
KGTV ABC 10 San Diego  
Alpine Fire Protection District  
American Heart Association/American Stroke Association  
American Medical Response  
Anthem Inc.  
Arizona Department of Health Services  
Bayside Community Center  
Be There San Diego  
Bodega Aurrera  
Bonita-Sunnyside Fire Protection District  
Borrego Health  
Bread of Life Rescue Mission  
CAL FIRE Deer Springs  
CAL FIRE Jamul  
CAL FIRE Julian  
CAL FIRE Pine Valley  
CAL FIRE Ramona  
CAL FIRE San Miguel  
Calexico Chamber of Commerce  
California Children's Services  
California State University San Marcos  
Campesinos Sin Fronteras  
CareMore  
Centro Educativo, Médico y Cultural "Lic. Adolfo López Mateos"  
Champions for Health  
Chiricahua Community Health Centers  
City of Chula Vista  
City of La Mesa  
City of Laredo Health Department  
City of San Diego  
Comisión de Salud Fronteriza México-Estados Unidos, Sección México  
Community Housing Works  
Cuyamaca College Health & Wellness Center  
Deer Springs Fire Protection District  
Del Mar Fire Station  
Del Mar Union School District  
Desarrollo Integral de La Familia (DIF)  
El Rio Community Health Center  
Encinitas Community and Senior Center  
Encinitas Fire Station  
Event Network, Inc.  
Fallbrook Community Center  
Family Health Centers of San Diego  
Fletcher Hills Library  
Fourth District Senior & Resources Center  
Goodwill Industries of San Diego County  
Grossmont College  
HEAL Zone Lemon Grove  
Health Center Partners of Southern California  
Heartland Fire  
Hospital Association of San Diego and Imperial Counties  
Imperial Beach Fire Department  
Instituto Mexicano del Seguro Social (IMSS)  
Intercare  
ISSSTE  
Kaiser Permanente  
La Maestra Community Health Centers  
La Mesa Senior Enrichment Center  
Lakeside Community Center  
Lakeside Fire Department  
Live Well @ Work UCSD Medical Center  
Mariposa Community Health Center  
MCCS Semper Fit Health Promotion  
MediExcel Health Plan  
Mohave County Public Health  
Monterrey Heights Elementary School  
Mount Vernon Elementary School  
Mountain Health  
National Latina Institute For Reproductive Health  
National University  
Neighborhood Healthcare  
New Bedford Wellness Initiative  
Norman Park Senior Center  
North Coast Family Medical Group  
North County Health Services  
Northgate González Markets  
Palomar Medical Center  
Paradise Valley Hospital  
Park Avenue Community Center  
Pensiones Civiles del Estado de Chihuahua  
Philippine Nurses Association of San Diego County  
Pima County Health Department  
Point Loma Nazarene University  
Policia Municipal Sonora  
Project Concern International  
Project Vida  
Quad Counties Council on Alcohol and Drug Abuse  
Qualcomm Health Center  
Rancho Santa Fe Association  
San Diego Black Nurses Association  
San Diego Blood Bank  
San Diego Children's Discovery Museum  
San Diego City College  
San Diego County Medical Society  
San Diego Financial Literacy Center  
San Diego Fire - Rescue Project Heart Beat  
San Diego Gas & Electric  
San Diego National Association of Hispanic Nurses  
San Diego Regional Chamber of Commerce  
San Diego State University  
San Diego Unified School District-TRACE  
San Diego Youth Services  
San Marcos Fire Department  
San Marcos Senior Activity Center  
Santee Family Medicine  
Scripps Health  
Scripps Mercy Hospital, San Diego  
Secretaría de Salud de Baja California-Jurisdicción Sanitaria  
Secretaría de Salud de Estado de Tamaulipas - Jurisdicción Sanitaria  
Secretaría de Salud del Estado de Nuevo León  
Sempra Energy  
Sharp Rees Stealy  
SIMNSA Health Plan  
S-Mart México  
Solana Beach Fire Station  
Soriana  
South Metro Career Center  
Southwestern College  
Spring Valley Community Center  
Sunset Community Health Center  
Súper Mercado González  
Sweetwater Union High School District  
The Salvation Army  
Tri City Medical Center  
U.S. HealthWorks Medical Group  
Unidad de Especialidades Médicas (UNEME)  
United Women of East Africa  
Universidad Autónoma de Baja California (UABC)  
Universidad Autónoma de Ciudad Juárez (UACJ)  
Universidad Autónoma de Coahuila  
Universidad de Morelos  
University of Arizona  
University of California, San Diego  
University of New Mexico Cancer Center  
Vista Community Clinic  
Vista USD: Family & Community Engagement Network  
West Health Institute  
YMCA of San Diego County  
Yuma County Public Health Services District

**And a 'heartfelt' thank you to our 2017 Love Your Heart Steering Committee and Tactical Team Members!**