



LOVE YOUR HEART 2018: OUR COLLECTIVE IMPACT

May 18, 2018



LOVE YOUR HEART

- Overview of Love Your Heart 2018
- Why Love Your Heart?
- Love Your Heart Results
- Ama Tu Corazón
- Love Your Heart Partner Stories



LIVE WELL
SAN DIEGO



TODAY'S SPEAKERS

Aurora Kiviat, Deputy Director

Medical Care Services Division
County of San Diego Health And Human
Services Agency

**Jennifer Tuteur, MD, Deputy Chief
Medical Officer**

Medical Care Services Division
County of San Diego Health And Human
Services Agency

Barbara Jiménez, Director

Central and South Regions
County of San Diego Health and Human
Services Agency

**Lic. Gaspar Hernán Orozco Ríos, Deputy
Consul General of Mexico in San Diego**

**Dr. Alonso Oscar Pérez Rico, Chief of
Medical Benefits, Regional Delegation-Baja
California, Instituto Mexicano del Seguro
Social (IMSS)**

**Reverend Gerald Brown, Executive
Director, United African
American Ministerial Action Council
(UAAMAC)**

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What is Love Your Heart?

- ♥ An annual 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, Mexico, and other sites across the United States
- ♥ The goal of Love Your Heart is to activate residents to **“know their numbers”** and take charge of their own heart health
- ♥ Our ***Live Well San Diego vision*** in action!



This is the **seventh** year of Love Your Heart!

Love Your Heart started with the County of San Diego, and has since grown to include a diverse array of partners, including partners in:

Healthcare

Fire/EMS agencies

Schools and Universities

Media

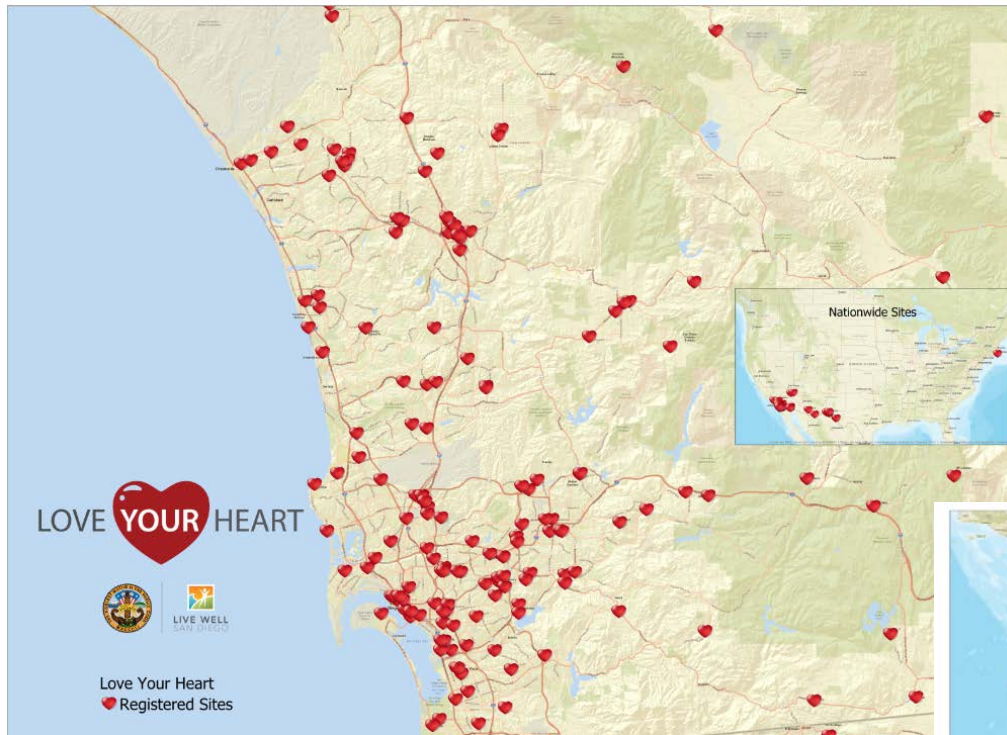
Faith-and Community-Based Organizations

Business Community

City Governments

Non-Profits

...and more!

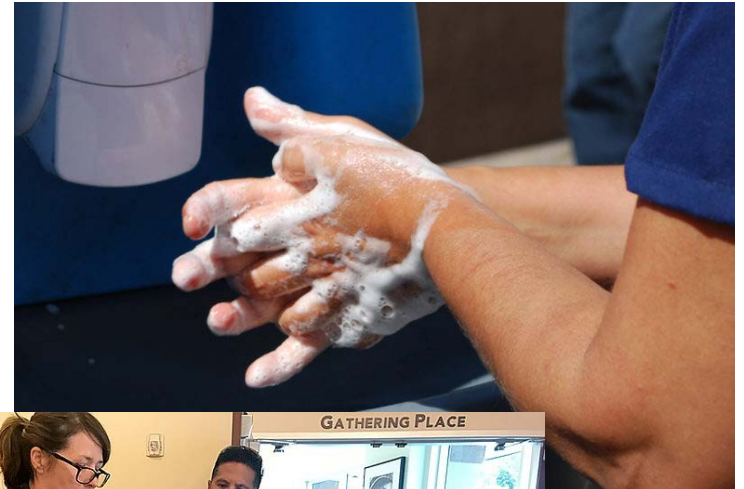


This year we had **390 Love Your Heart screening sites** in collaboration with partners in the US and Mexico





Balancing a health emergency with the epidemic of chronic disease: *“One eye on the horizon, one eye to the ground”*



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Why Love Your Heart?

- ♥ High blood pressure was a primary or contributing cause of death for more than 410,000 Americans in 2014-- more than **1,100 deaths each day**.
- ♥ Only **about half** of people with high blood pressure have their condition under control.
- ♥ High blood pressure costs the nation **\$48.6 billion** each year.
- ♥ High blood pressure usually has **no warning signs or symptoms**.

The good news? Although you cannot control all of your risk factors for high blood pressure, **you can take steps to prevent or control high blood pressure and its complications.**



Guidelines |

All Types ▾

Clinical Topics Latest In Cardiology Education and Meetings Tools and Pra

New ACC/AHA High Blood Pressure Guidelines Lower Definition of Hypertension

Nov 13, 2017

ACC News Story

Share via: 4.9K Print

Font Size A A

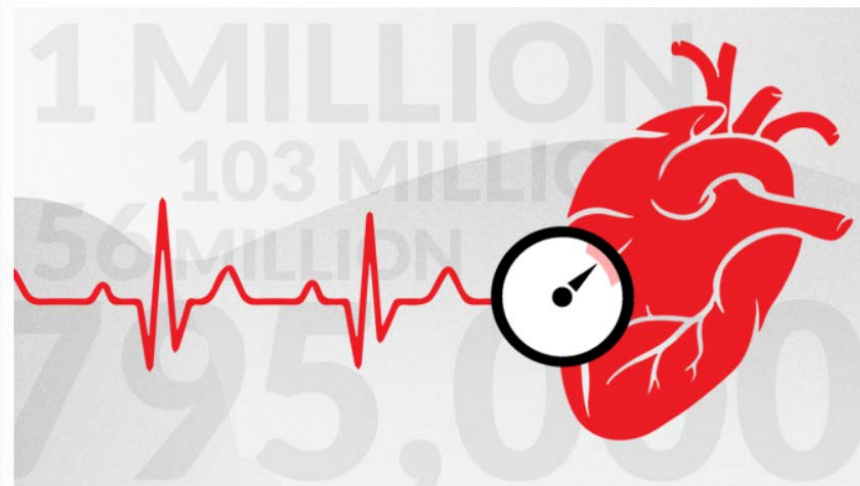
High blood pressure should be treated earlier with lifestyle changes and in some patients with medication – at 130/80 mm Hg rather than 140/90 – based on new ACC and American Heart Association (AHA) guidelines for the detection, prevention, management and treatment of high blood pressure.

The new guidelines – the first comprehensive set since 2003 – lower the definition of high blood pressure to account for complications that can occur at lower numbers and to allow for earlier intervention. The new definition will result in nearly half of the U.S. adult population (46 percent) having high blood pressure, with the greatest impact expected among younger people. Additionally, the prevalence of high blood pressure is expected to triple among men under age 45, and double among women under 45, the guideline authors note. However, only a small increase is expected in the number of adults requiring antihypertensive medication.

"You've already doubled your risk of cardiovascular complications compared to those with a normal level of blood pressure," said **Paul K. Whelton, MB, MD, MSc, FACC**, lead author of the guidelines. "We want to be straight with people – if you already have a doubling of risk, you need to know about it. It doesn't mean you need medication, but it's a yellow light that

More than 100 million Americans have high blood pressure, AHA says

By AMERICAN HEART ASSOCIATION NEWS



The number of Americans at risk for heart attacks and strokes just got a lot higher. An estimated 103 million U.S. adults have high blood pressure, according to new statistics from the American Heart Association. That's nearly half of all adults in the United States.

"With the aging of the population and increased life expectancy, the prevalence of high blood pressure is expected to continue to increase," said epidemiologist Dr. Paul Muntner, co-chair of the group that wrote the *AHA's Heart Disease and Stroke Statistics—2018 Update*, published Wednesday in *Circulation*.

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We collected the following information:

- ♥ Basic demographics (age range, 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:

Classification of Blood Pressure	Systolic Blood Pressure (mmHg)		Diastolic Blood Pressure (mmHg)	Symptoms of Organ Damage
Normal	<120	AND	<80	
Elevated	120-129	AND	<80	
Hypertension, Stage 1	130-139	OR	80-89	
Hypertension, Stage 2	≥140	OR	≥90	
Hypertensive Urgency	≥180	OR	≥120	No
Hypertensive Emergency	≥180	OR	≥120	Yes

*Question not included for County employees



How did we collect the data? It's easy as Survey123!

The screenshot shows a mobile application interface for a survey titled "My Survey". The status bar at the top indicates Verizon service, a Wi-Fi connection, the time 1:27 PM, and a 37% battery level. The survey questions are as follows:

- Question 1:** "What age range contains the respondents age?" with a dropdown menu and radio button options: 18-24, 25-44, 45-64, 65+, and Decline to state.
- Question 2:** "What gender does the respondent identify as?" with radio button options: Male, Female, and Decline to state.
- Question 3:** "In what zip code does the respondent reside?" with an empty text input field.

A green bar at the bottom of the screen contains a white checkmark icon, indicating that the survey is complete.



36,669

Total Blood Pressure
Screenings at 390 Sites



7,100

BP Screenings at
212 Sites in San Diego



27,957

BP Screenings at
135 Sites in Mexico



153

BP Screenings at
3 Faith-Based Sites



61%

Of San Diego County
Participants had a High
Blood Pressure Level



107

Hypertensive Crises
Recorded in
San Diego County



52,015

Pieces of Love Your Heart
Educational Materials
Distributed



9,843

People Reached Through
Love Your Heart Facebook
Posts and 7 Live Videos



88,426

People Reached with
ABC10 Love Your Heart
Partnership

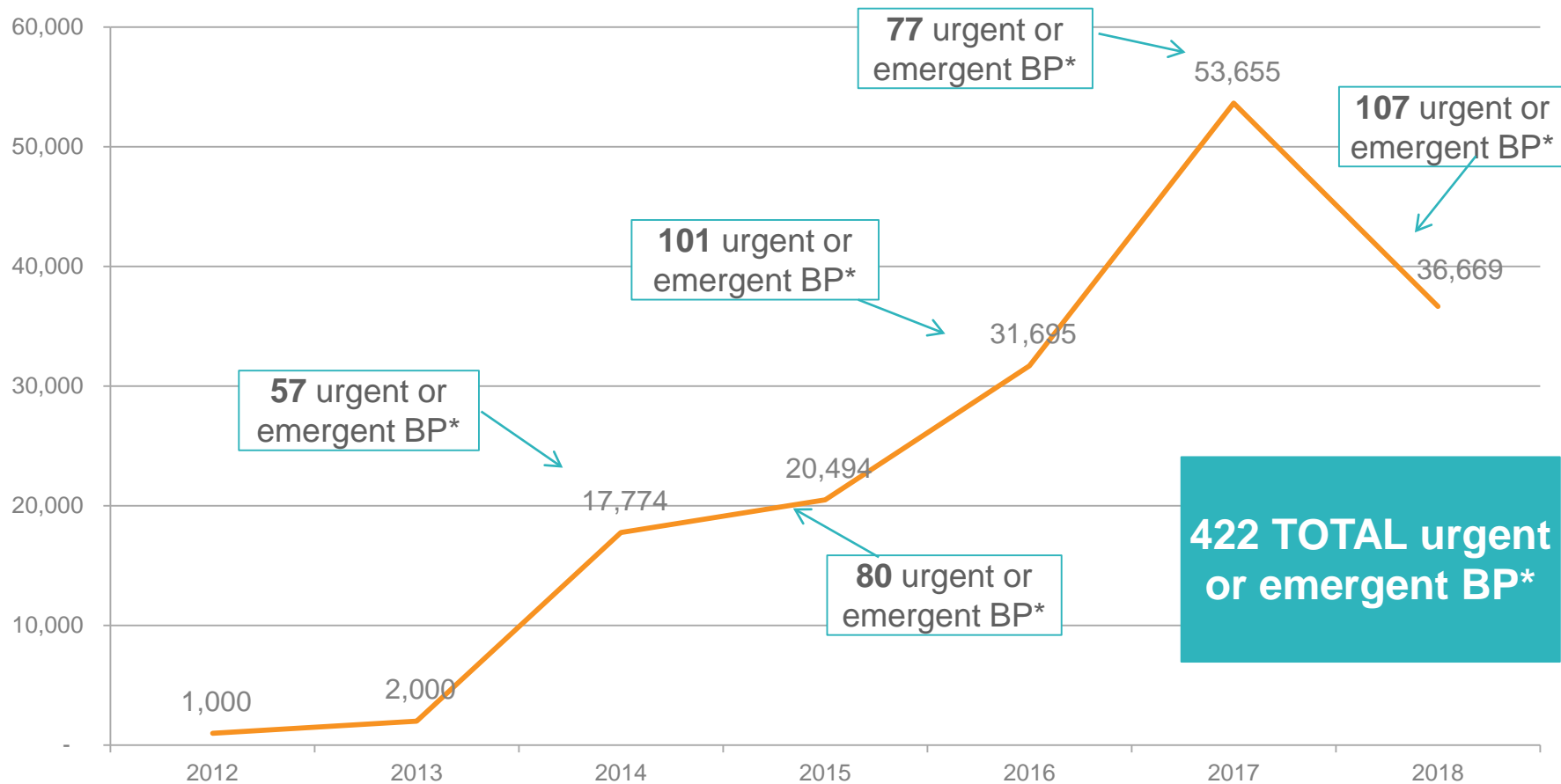


257

Volunteers Supported
Screening Sites



NUMBER OF SCREENINGS PERFORMED EACH YEAR LOVE YOUR HEART 2012-2018



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



5,269 participants responded to a question about the use of BP medications.

21.5% said they were using BP meds

Of those who use BP meds, 80.8% had high BP

Of those who said they did not use BP medication, **more than half** had high BP.

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AMA TU CORAZÓN



MÁS VALE
PREVENIMSS



ISSSTE
INSTITUTO DE SEGURIDAD
Y SERVICIOS SOCIALES DE LOS
TRABAJADORES DEL ESTADO



Gobierno del
Estado de Sonora

Secretaría
de Salud



Chihuahua
AMANECE PARA TODOS



Gobierno de
Coahuila



Secretaría
de Salud
Nuevo León



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**Lic. Gaspar Hernán Orozco
Ríos, Deputy Consul General of
Mexico in San Diego**



**Dr. Alonso Oscar Pérez
Rico, Chief of Medical
Benefits, Regional
Delegation-Baja California,
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Reverend Gerald Brown, United African American Ministerial Action Council

LOVE  YOUR HEART

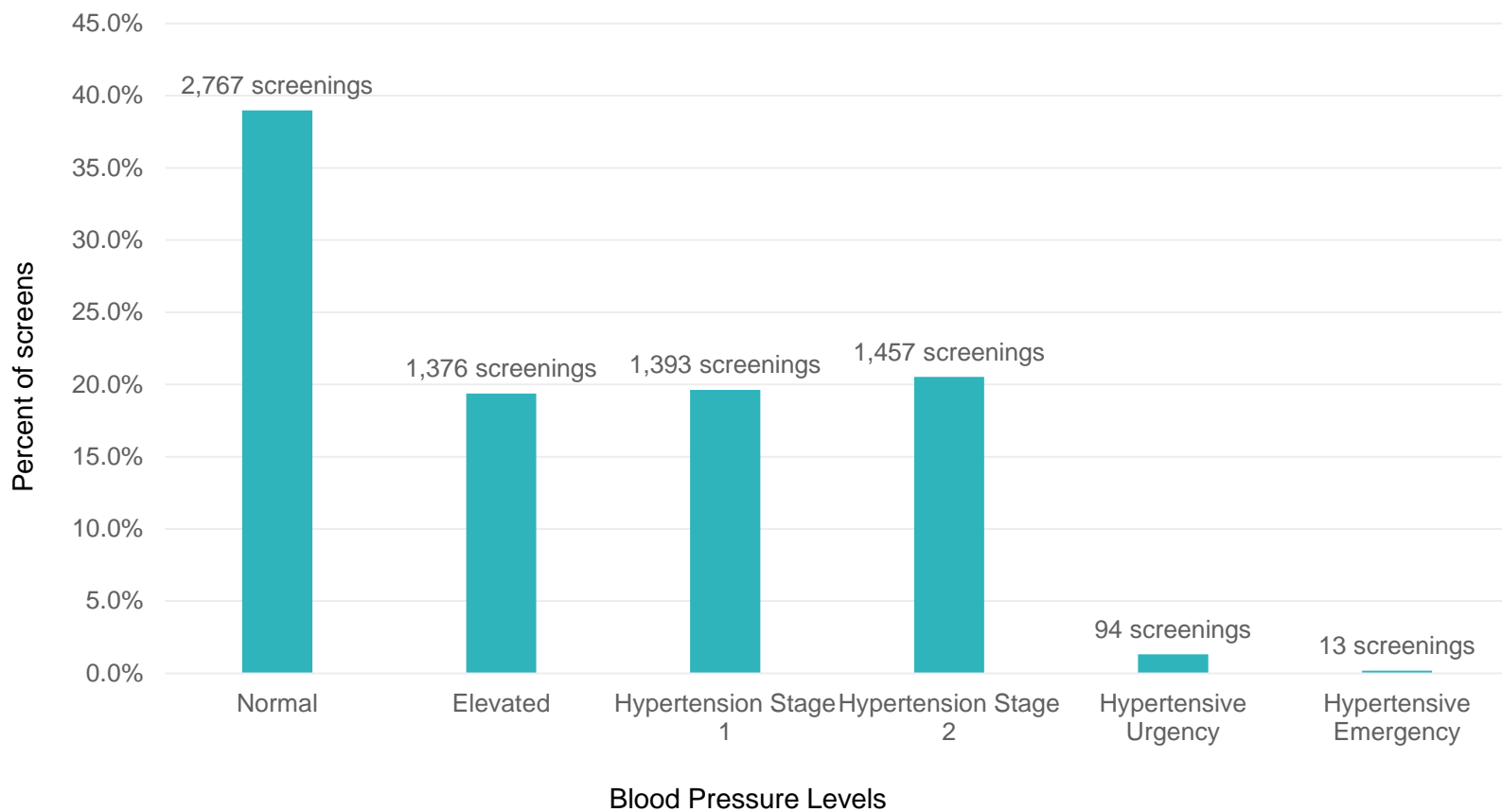
ADDITIONAL LOVE YOUR HEART DATA



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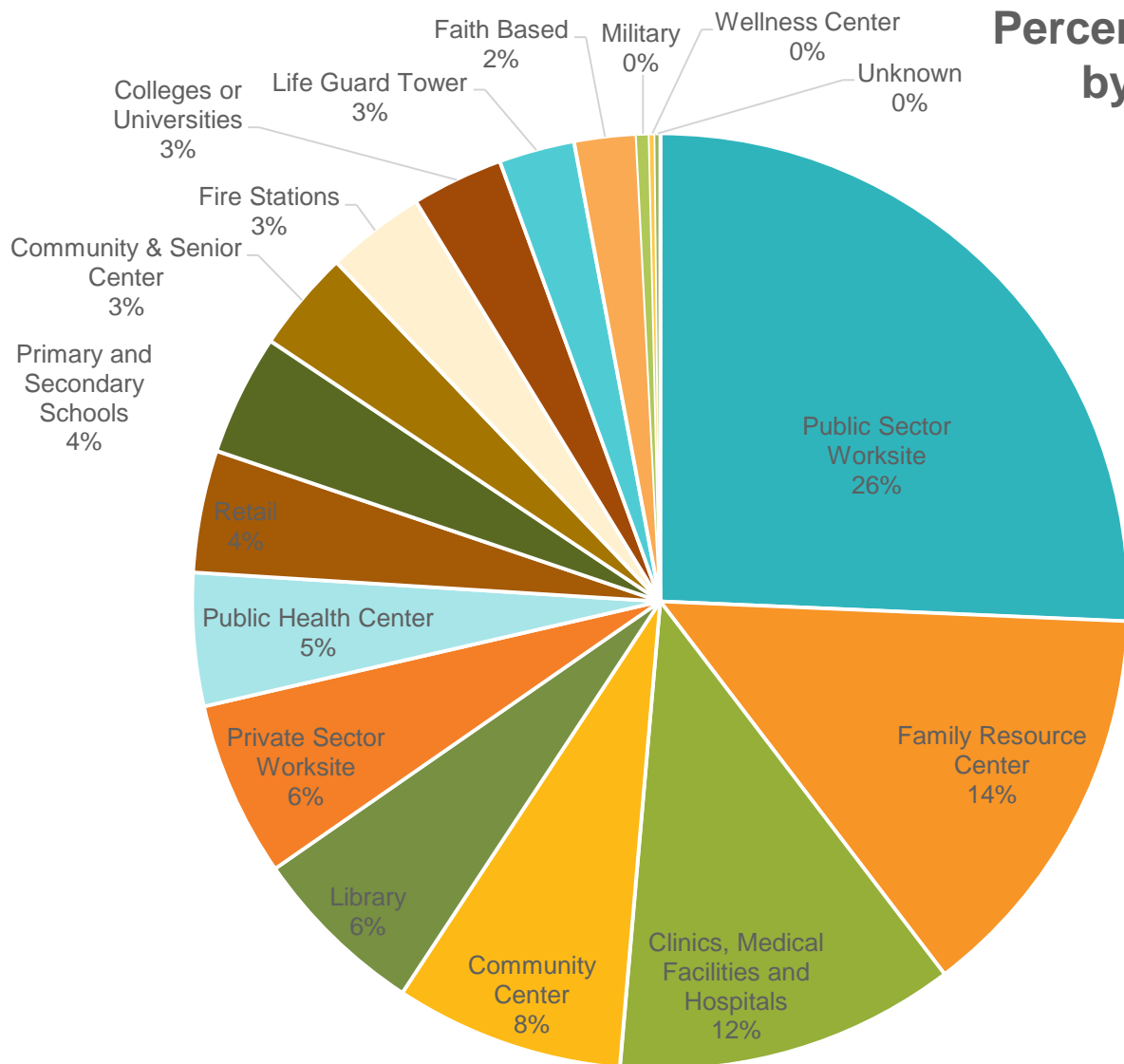


Percent of Screening at San Diego County Sites by Blood Pressure Level (2018)





Percent of Participants* Screened by Type of Screening Site



Type of Screening Site	Number of Participants
Public Sector Worksite	1,823
Family Resource Center	991
Clinics, Medical Facilities and Hospitals	834
Community Center	560
Library	431
Private Sector Worksite	430
Public Health Center	326
Retail	300
Primary and Secondary Schools	296
Community & Senior Center	248
Fire Stations	241
Colleges or Universities	225
Life Guard Tower	185
Faith Based	153
Military	31
Wellness Center	14
Unknown	12
Total	7,100

*Total of 7,100 participants screened at a San Diego County LYH site.

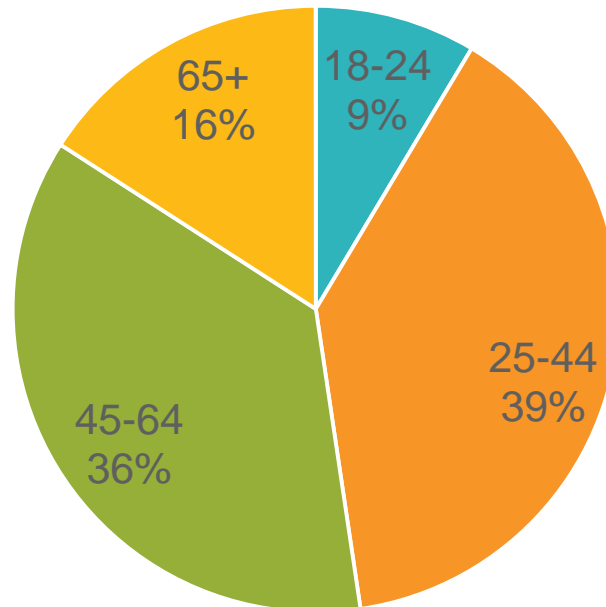


High Blood Pressure Among Participants Who Responded to Question About Their Use of Blood Pressure Medication

MEDICATION USE	NUMBER	PERCENT
Does Not Use Medication	4,136	78.5%
High	2,300	55.6%
Normal	1,836	44.4%
Uses Medication	1,133	21.5%
High	916	80.8%
Normal	217	19.2%
Total	5,269	100.00%



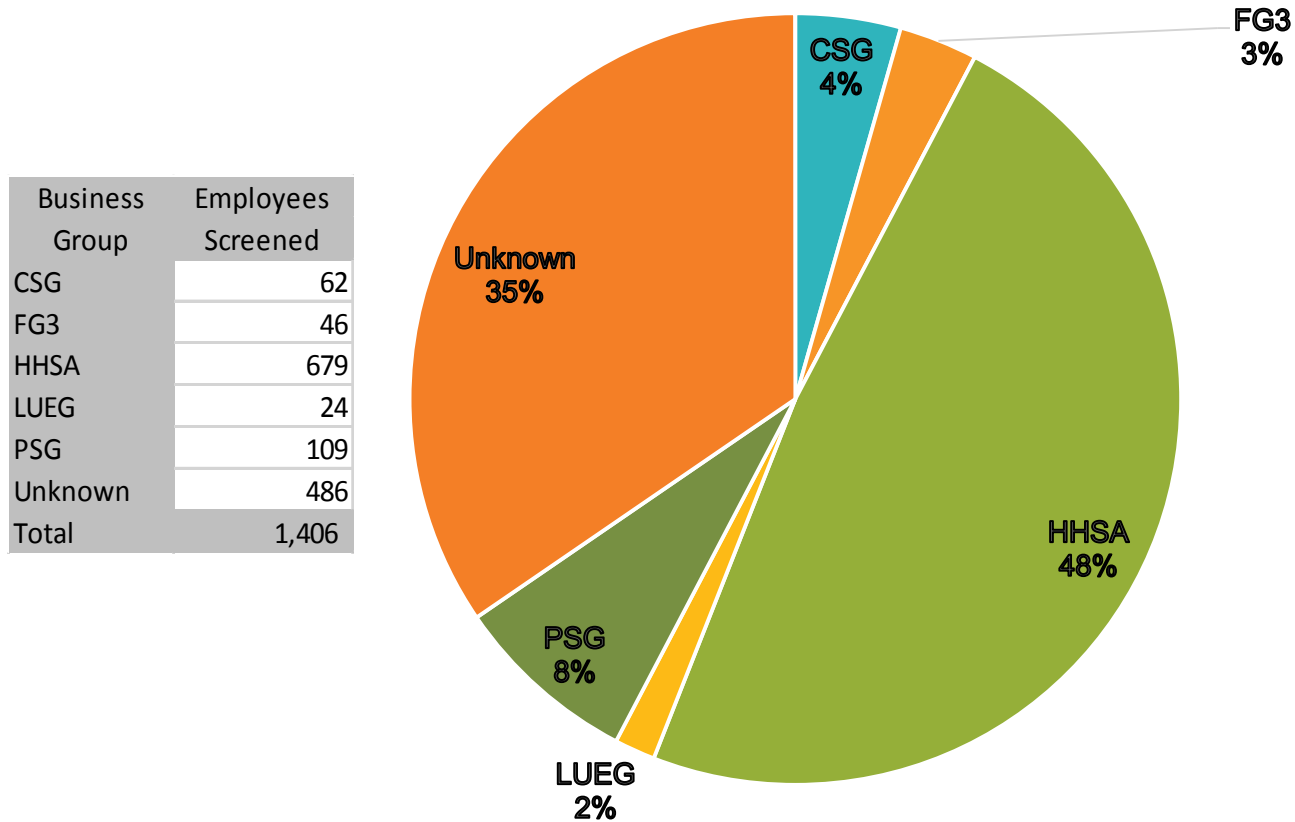
Age Group of Participants Screened in San Diego County*



*6,817 participants screened provided their age range



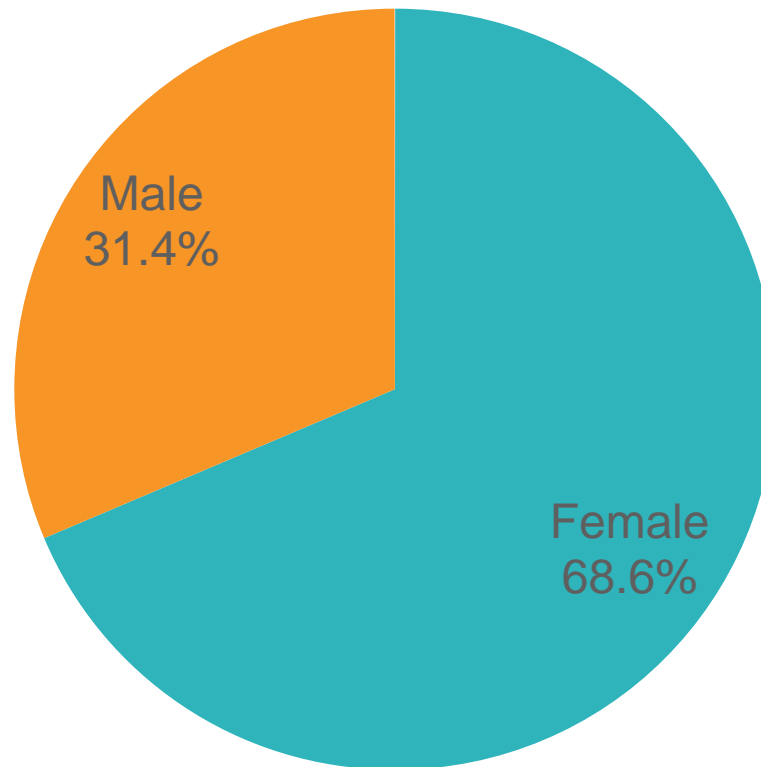
Proportion of County Employees Screened, by County Business Group



*A total of 1,406 County employees were screened during the Love Your Heart 2018 event.



Gender Among San Diego Participants*



*6,921 participants screened at San Diego County sites provided their gender.

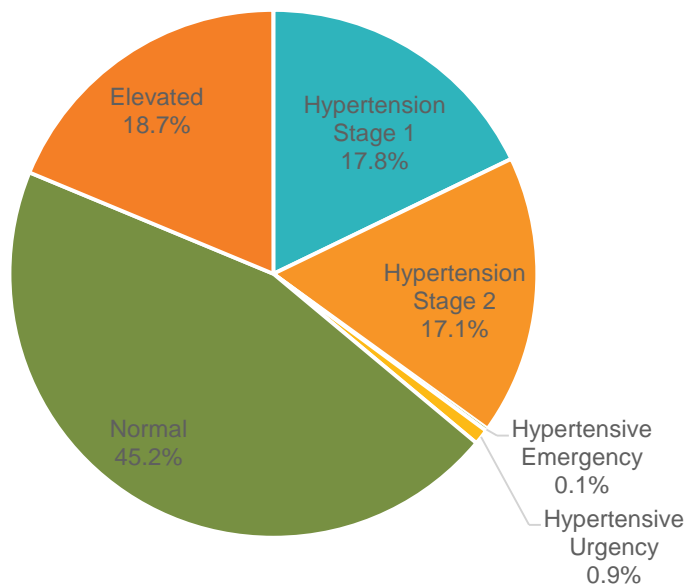


Blood Pressure Stage of Participants Screened in San Diego County by Age Group

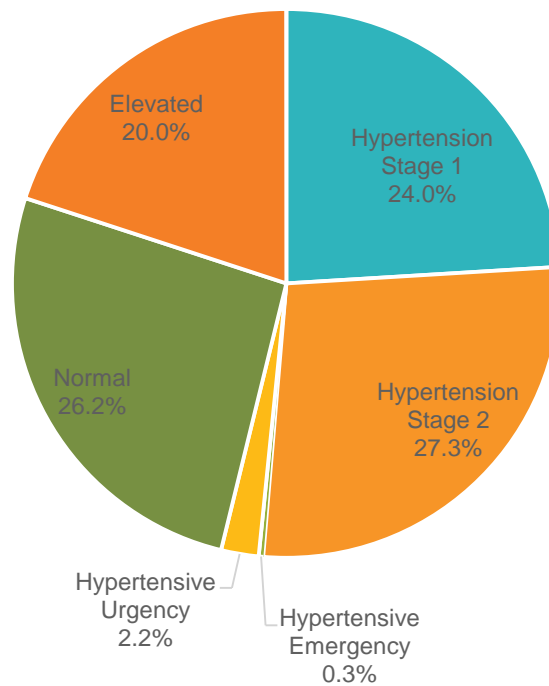
Blood Pressure Stage	18-24		25-44		45-64		65+		Total	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Normal	374	63.9%	1,309	49.2%	737	29.6%	266	24.6%	2,686	39.4%
Elevated	122	20.9%	553	20.8%	474	19.1%	175	16.2%	1,324	19.4%
Hypertension Stage 1	67	11.5%	448	16.8%	569	22.9%	263	24.3%	1,347	19.8%
Hypertension Stage 2	21	3.6%	338	12.7%	662	26.6%	339	31.3%	1,360	20.0%
Hypertensive Urgency	1	0.2%	14	0.5%	37	1.5%	37	3.4%	89	1.3%
Hypertensive Emergency		0.0%	1	0.0%	7	0.3%	3	0.3%	11	0.2%
Total	585	100.0%	2,663	100.0%	2,486	100.0%	1,083	100.0%	6,817	100.0%
*6,817 participants screened provided their age range										



Blood Pressure Levels Among Female Participants



Blood Pressure Levels Among Male Participants

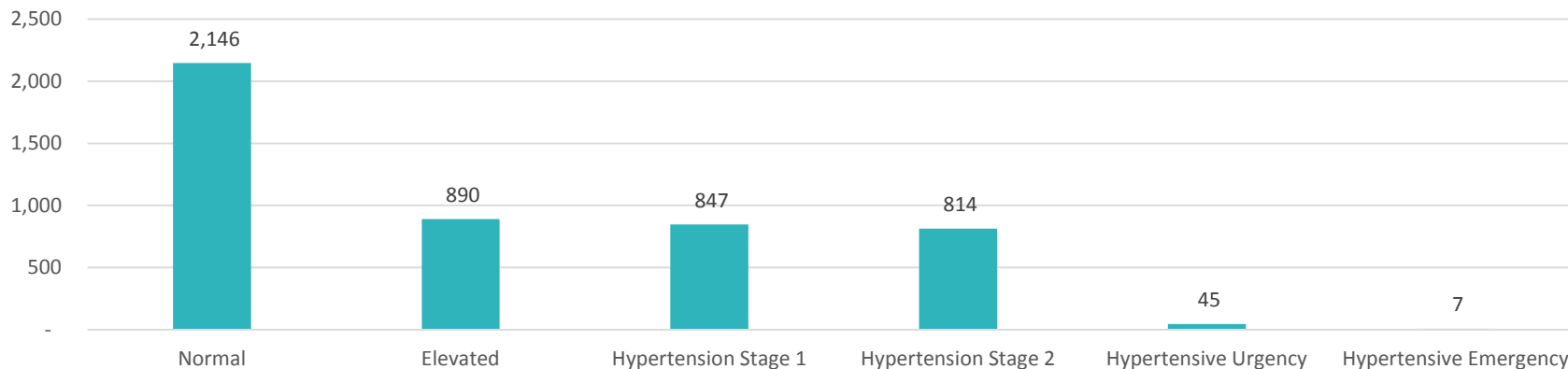


*4,749 participants screened at San Diego County sites were women.

*2,172 participants screened at San Diego County sites were men.

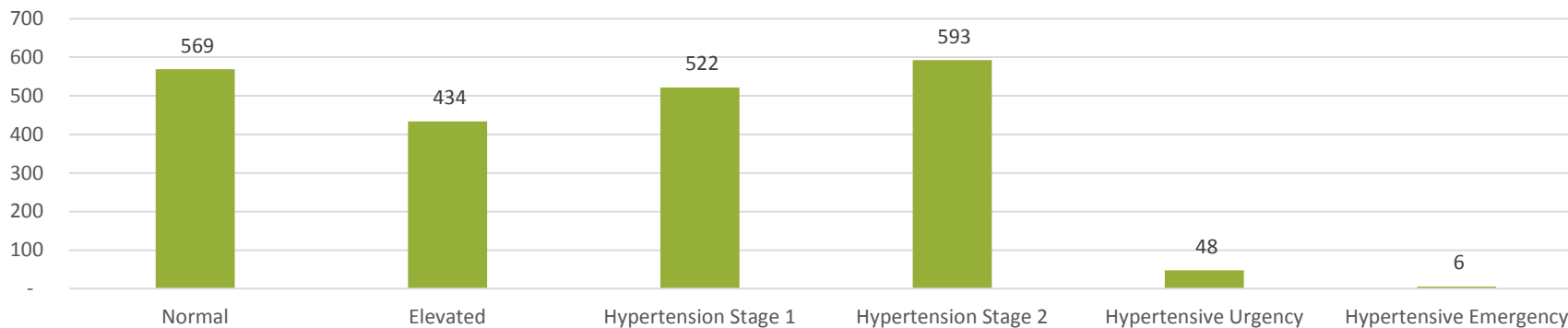


Blood Pressure Levels Among Women Screened in San Diego County



*4,749 participants screened at San Diego County sites were women.

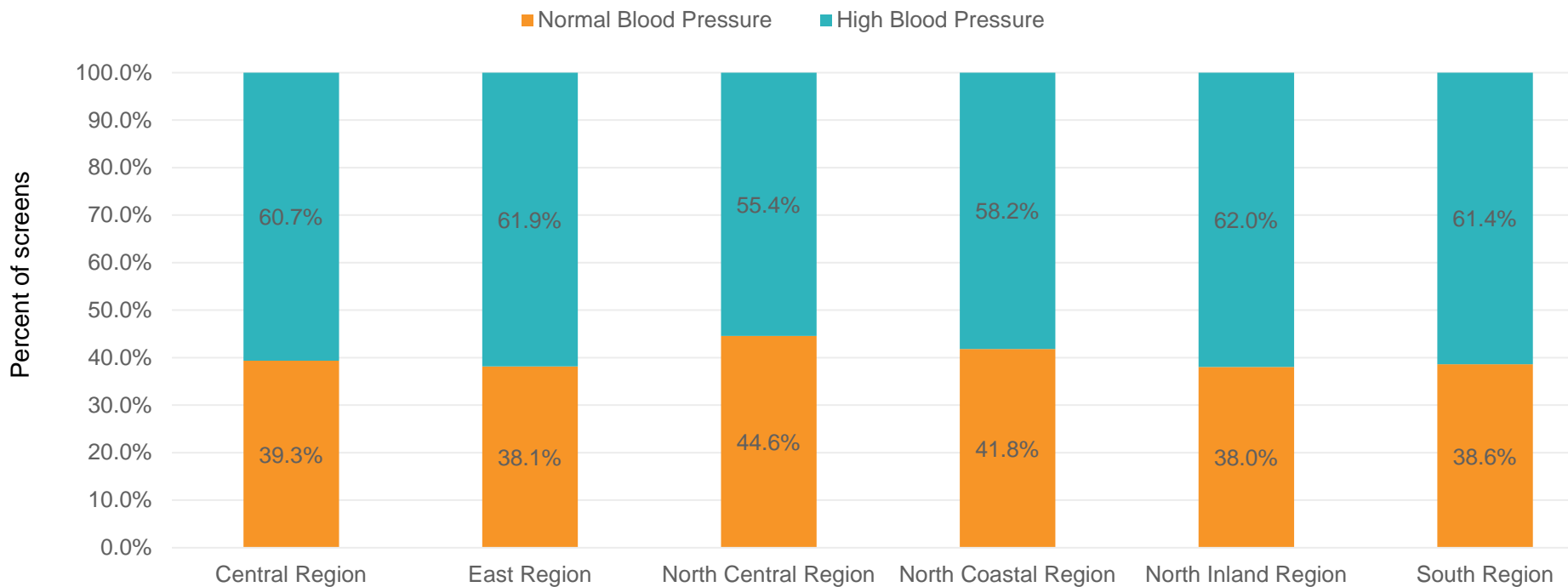
Blood Pressure Levels Among Men Screened in San Diego County



*2,172 participants screened at San Diego County sites were men.



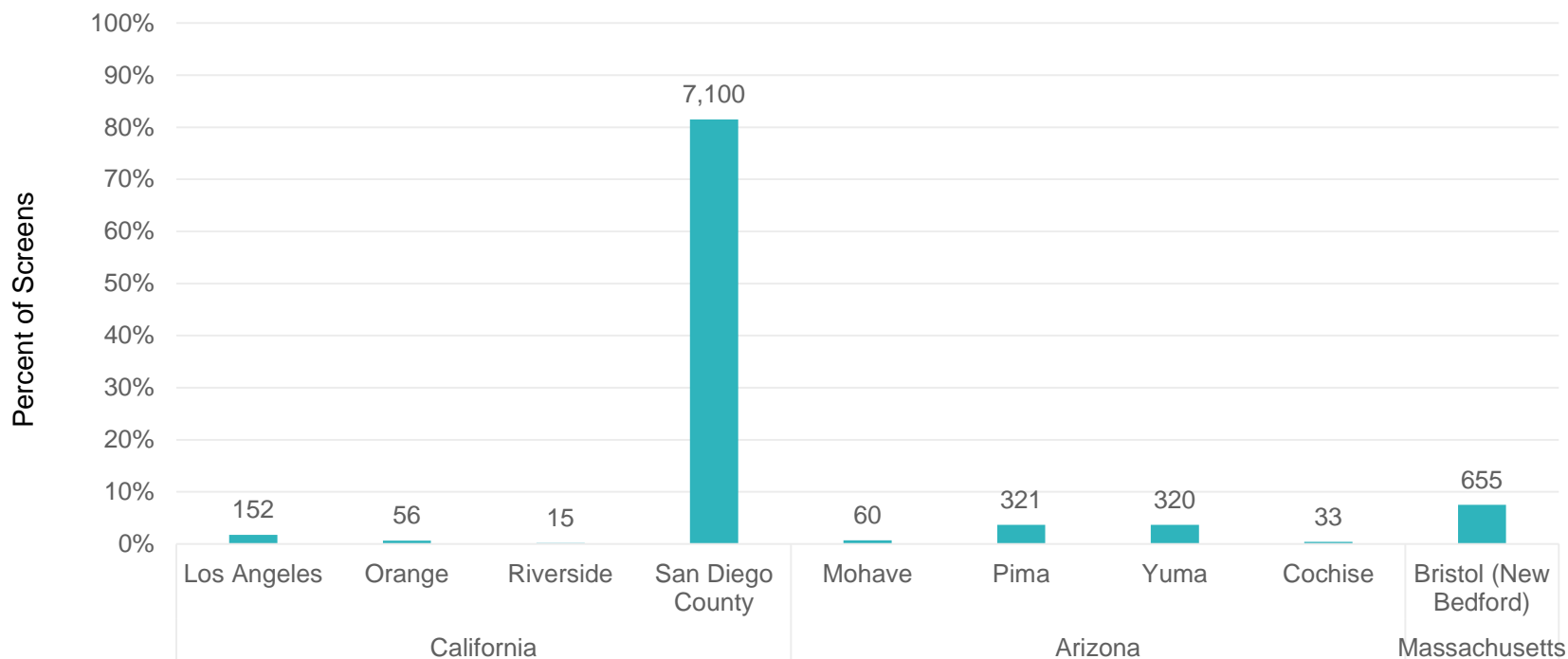
Blood Pressure Levels by Regional Service Areas*



* 6,119 participants at a Love Your Heart site reported a zip code of residence in San Diego County



Number of Screens Reported Using the 2018 Love Your Heart App by State/County





“MATTERS OF THE HEART” FAITH-BASED PILOT

- 71% of participants screened at a faith-based site had a high blood pressure reading. This was higher than the percent reported (61%) for participants at all screening sites.
- 3 participants were found to have urgent/emergent blood pressure levels requiring immediate medical referral.
- Demographics
 - Fewer than half of participants provided their age range, but of those who did, about 8 out of 10 were 45+ years.
 - Of those who provided their gender, nearly 60% of participants screened were women.
 - Overall, the age of participants tended to be higher than those screened at all sites.
 - Slightly more men were screened at faith-based sites than at all sites, but a much larger number declined to state gender



Blood Pressure Stage of Participants Screened at a Faith-based Organization		
Blood Pressure Stage	Number	Percent
Normal	45	29.4%
Elevated	27	17.6%
Hypertension Stage 1	29	19.0%
Hypertension Stage 2	49	32.0%
Hypertensive Urgency	2	1.3%
Hypertensive Emergency	1	0.7%
Total	153	100.0%



Blood Pressure Stage of Participants Screened in San Diego County by Age Group

Blood Pressure Stage	18-24		25-44		45-64		65+		Total	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Normal	374	63.9%	1,309	49.2%	737	29.6%	266	24.6%	2,686	39.4%
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Total	585	100.0%	2,663	100.0%	2,486	100.0%	1,083	100.0%	6,817	100.0%

Nearly two-thirds of participants ages 18-24, and half of those ages 25-44 had normal blood pressures.*

Seventy percent of participants ages 45-64 and 75% of those ages 65 and older had high blood pressures.*

*6,817 participants screened provided their age range