

Love Your Heart 2018 Partner Orientation

LOVE  YOUR HEART

Overview

- What is Love Your Heart?
 - Why do we offer Love Your Heart?
 - Who participates
- Goals for 2018
- Participating partners roles
- Review Smart Phone Data Entry Application
- Mock Screening
- Pick Up Materials!

LOVE  YOUR HEART

What is Love Your Heart?

- Love Your Heart is an one-day annual, county-wide event that provides free blood pressure screenings
- The goal of Love Your Heart is to activate people to “know their numbers” and take charge of their own heart health.
- This event represents a partnership between the County of San Diego and Community Partners
 - Healthcare
 - Firefighters and Public Safety
 - Businesses
 - Universities
 - Non-profits
- This year, Love Your Heart will take place on Wednesday, February 14, 2018



Why is it important to measure blood pressure?

- Blood Pressure is the force of blood pushing against blood vessel walls.
- Blood pressure is written as two numbers:
 - Systolic (top) – the pressure of the heart beat
 - Diastolic (bottom) – the pressure when the heart rests between beats
- Normal blood pressure is below 120/80 mmHg
- **Important because...If your blood pressure is high**, it is putting extra strain on your arteries and on your heart. ...

Blood Pressure Category	Systolic (mmHg)	Diastolic (mmHg)
Normal	< 120	< 80
Elevated	120 - 129	< 80
Hypertension Stage 1	130 - 139	80-89
Hypertension Stage 2	≥ 140	≥ 90
Hypertensive Urgency	≥ 180	≥ 120
Hypertensive Emergency	≥ 180 + symptoms	≥ 120 + Symptoms

Why do we offer Love Your Heart?

- Untreated high blood pressure can lead to:
 - Stroke
 - Heart attack
 - Heart failure
 - Kidney failure
 - Peripheral arterial disease
 - Coronary arterial disease

LOVE  YOUR HEART

Love Your Heart supports the Live Well San Diego Vision

Live Well San Diego involves everyone. Only through a collective effort — in which all of us work together toward a shared purpose, to improve our heart health — can meaningful change be achieved in a region as large and diverse as San Diego County.

Who Participates in Love Your Heart?

PARTNERS & VOLUNTEERS

- Some partners and volunteers have backgrounds in:
 - Healthcare Providers
 - Firefighters and Public Safety
 - Businesses
 - Universities
 - Non-profits

COMMUNITY MEMBERS

- Members of the community are encouraged to visit a Love Your Heart site to get their blood pressure read
- This is how community members will be able to “know their numbers” and get resources



Goals for 2018 Love Your Heart

- The overall goal of Love Your Heart is to encourage residents to “know their numbers” and enable them to take charge of their own health

Love Your Heart - Background	
2012	Over 1,000 blood pressure readings
2013	Over 2,000 blood pressure readings
2014	Over 17,000 blood pressure readings
2015	Over 20,000 blood pressure readings
2016	Over 31,000 blood pressure readings
2017	Over: 53,000 blood pressure readings
2018	Goal: Over 50,000 blood pressure readings

Roles of Participating Partners

- Be Available in Case of Emergency
- Educational Handouts
- Share your event
 - Hashtag on social media: **#LoveYourHeart**
- Be Knowledgeable about use of:
 - Smart Phone App
 - Data Submission



Day-of Logistics

- **Site Set-up**

Must-Haves
2 Chairs per medical volunteer
1 table for Screenings- 1 table for Materials
Close proximity to outlet
Private vs. Open Room Set-up

- **Contacts for Day-of Emergencies**

Region	Name	Contact number
North Inland / North Coastal	Martha Solorzano	(760) 405-5911
North Inland / North Coastal	Chiara Leroy	(760) 573-3945
North Central / East	Manpreet Mummen	(619) 995-0413
Central / South	Lizbeth Lopez	(619) 985-6942

Partner Portal & GovDelivery



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LOVE YOUR HEART PARTNER PORTAL

Materials for promoting Love Your Heart 2018 and sharing blood pressure information at your screening site are below.

[CONTACT US](#)

Save the Date Flyer

[2018 Save the Date Flyer \(English / Spanish\)](#)

[2018 Media Kick-Off Save the Date](#)

Social Media

[2018 Social Media Kit](#)

[2018 Social Media Kit Appendix: Spanish](#)

[#LoveYourHeart Poster for Screening Sites](#)

Presentations and Trainings

[Love Your Heart 2018 Checklist & Material Pick-Up](#)

[Clinical Nursing Skills Training Instructions](#)

[Quiz - How To Take A Blood Pressure](#)

[2018 Screening Site Orientation Training](#)

[2018 Survey 123 Data Capture Training with Audio](#)

[2018 Love Your Heart Partner Recruitment Presentation](#)

[2018 Volunteer Training](#)

Materials

LOVE YOUR HEART 2018 – Blood Pressure Guide



Classification of Blood Pressure	Systolic Blood Pressure (mmHg)		Diastolic Blood Pressure (mmHg)	Symptoms of Organ Damage	Follow-Up Recommendation	Recommended Nurse Action
Normal	<120	AND	<80		Re-check yearly or as recommended by doctor;	Give BP Guide and Love Your Heart Handout
Elevated	120-129	AND	<80		Follow up with your doctor within 3 months	Give BP Guide and Love Your Heart Handout
Hypertension, Stage 1	130-139	OR	80-89		Follow up with doctor within 1 month; call 2-1-1 if you do not have insurance to find a community health center near you	Give BP Guide and Love Your Heart Handout; if uninsured, refer to on-site County eligibility worker/ recommend they call 2-1-1
Hypertension, Stage 2	≥140	OR	≥90			
Hypertensive Urgency	≥180	OR	≥120	No	Follow up with doctor immediately; call 2-1-1 if you do not have insurance to find a community health center near you	Give BP Guide and Love Your Heart Handout; if uninsured, refer to on-site County eligibility worker/recommend they call 2-1-1
Hypertensive Emergency	≥180	OR	≥120	Yes	Call 9-1-1 or go to the Emergency Department	Severe headache, chest pain, severe anxiety, numbness and/or weakness, difficulty speaking, shortness of breath, nosebleed, back pain, change in vision Call 9-1-1

And remember to be active, eat healthy and don't smoke!
Visit LOVEYOURHEARTSD.org to learn more.



LIVE WELL
SAN DIEGO

Last updated 12/2017



February 14, 2018



“Join the Heart Health Movement”
with a free blood pressure screening
at sites across San Diego County and Mexico,
celebrating seven years of Love Your Heart

visit LOVEYOURHEARTSD.ORG to learn more



Multi-Lingual Flyers



AMA  CORAZÓN

**GRATIS: REVISIÓN DE SU
PRESIÓN ARTERIAL AQUÍ**

14 de Febrero

**“Únase al Movimiento para un Corazón Sano,”
celebra el día de Ama Tu Corazón**

Para más información,
llame al **2-1-1** o visite al **LOVEYOURHEARTSD.ORG**

AMA  CORAZÓN



 **VIVE BIEN
SAN DIEGO**

LOVE  HEART

Dưới đây là một vài bước bạn có thể làm để có trái tim khỏe mạnh:

BIẾT SỐ

Biết số sức khỏe tim mạch của bạn, bao gồm huyết áp, cholesterol, triglyceride, glucose và mức độ A1c.

Hoạt động

Thực hiện các hoạt động thể chất vừa phải ít nhất 30 phút, năm ngày một tuần - và làm cho nó vui! Ra ngoài và đi bộ, thưởng thức những con đường mòn đẹp và công viên chúng ta có ở San Diego County.

ĂN THỰC PHẨM tăng sức khỏe tim

Ăn trái cây tươi và rau quả bất cứ khi nào có thể - ít nhất 5 khẩu phần mỗi ngày, sữa ít chất béo hoặc không béo, và các loại thực phẩm giàu chất xơ. Tránh các thực phẩm giàu natri, chất béo bão hòa và trans, và đường.

TRÁNH THUỐC LÁ

Nếu bạn là người hút thuốc bỏ thuốc lá!

Health Education Flyers

ANSWERS
by heart



How Do I Follow a Healthy Diet?

Healthy eating habits can help you reduce three risk factors for heart attack and stroke — high blood cholesterol, high blood pressure and excess body weight.

The picture on the right shows the basic food groups. Be sure to choose a variety of foods from each group and eat the number of servings we recommend.



Fiber-rich whole grains (6 to 8 servings per day)

- One serving equals: 1 slice bread; ½ cup hot cereal, 1 cup flaked cereal; or ½ cup cooked rice or pasta
- At least half of your servings should be fiber-rich whole grains. Select items like whole-wheat bread, whole-grain crackers and brown rice.

Vegetables (4 to 5 servings per day)

- One serving equals: 1 cup raw leafy vegetables; ½ cup cut-up raw or cooked vegetables; ½ cup vegetable juice.
- Eat a variety of colors and types, especially deeply colored vegetables, such as spinach, carrots, and broccoli.

Fruits (4 to 5 servings per day)

- One serving equals: 1 medium fruit (about the size of a baseball); ¼ cup dried fruit; ½ cup fresh, frozen, or canned fruit; ½ cup fruit juice.
- Eat a variety of colors and types, especially deeply colored fruits.

Lean meat, poultry, and fish (no more than 6 cooked ounces per day)

- A 3 oz. portion is about the size of a deck of playing cards, ½ of a chicken breast or ¼ cup of flaked fish.
- Enjoy at least 2 servings of baked or grilled fish each week; especially fish high in omega-3 fatty acids, like salmon, trout, and herring.
- Trim fat from meats; remove skin from poultry.

Nuts, seeds, and legumes (4 to 5 servings per week)

- One serving equals: ½ cup or 1½ oz nuts; 2 Tbsp. peanut butter (no salt added); 2 Tbsp. or ½ oz seeds; ½ cup cooked legumes (dried beans or peas).
- Choose no salted added or low-sodium varieties.

Fat-free, 1 percent and low-fat milk products (2 to 3 servings per day)

- One serving equals: 1 cup milk or yogurt or 1½ oz. low sodium, fat-free or low-fat cheese.

(continued)

ANSWERS
by heart



What Is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. It is measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top, systolic, number is the pressure when the heart beats. The bottom, diastolic, number is the pressure when the heart rests between beats.

Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have elevated blood pressure. High blood pressure is a pressure of 130 systolic or higher, or 80 diastolic or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed.

Nearly half of the American population over age 20 has HBP, and many don't even know it. Not treating high blood pressure is dangerous. HBP increases the risk of heart attack and stroke.

Make sure you get your blood pressure checked regularly and treat it the way your doctor advises.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and /or	HIGHER THAN 120

Am I at higher risk of developing HBP?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you can't.

Those that can be controlled are:

- Smoking and exposure to secondhand smoke
- Diabetes
- Being obese or overweight
- High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- Physical inactivity

(continued)

Thank you for your participation in the
2018
Love Your Heart event!

LOVE  YOUR HEART

Survey 123 Training

