

LOVE  YOUR HEART



# Volunteer Training

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- ♥ What is *Love Your Heart?*
- ♥ Blood Pressure 101
- ♥ How to Prevent HBP?
- ♥ Volunteer Roles and Responsibilities
- ♥ Handout Review

LOVE  YOUR HEART



# What is *Love Your Heart Day*?



LIVE WELL  
SAN DIEGO

County of San Diego



Community Partners

## Free blood pressure screenings

**GOAL:** Activate San Diegans to “**know their numbers**” and take charge of their own heart health.

**Our Partners:** healthcare, firefighting and public safety community, businesses, universities, non-profits and more.

**2018 is the 7<sup>th</sup> year of Love Your Heart!**





## By the Numbers

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

# Blood Pressure 101



## What is blood pressure?

Blood pressure is the force of blood pushing against blood vessel walls

## How do you measure blood pressure?

Arm cuff

Stethoscope

Home monitoring devices

## What do the numbers mean?

BP is written as two numbers.

- Systolic (SYS-top) – the pressure of the heart beat
- Diastolic (DIA-bottom) – the pressure when the heart rests between beats

Normal blood pressure is below 120/80 mm Hg

Please note that many people will be hearing that they have high BP for the first time because of the new guidelines.





## Vision

*Live Well San Diego* is the County of San Diego's vision for a region that is [Building Better Health](#), [Living Safely](#) and [Thriving](#). It aligns the efforts of individuals, organizations and government to help all 3.3 million San Diego County residents live well.

## Collective Effort

*Live Well San Diego* involves everyone. Only through a [collective effort](#) — in which all of us work together toward a shared purpose — can meaningful change be achieved in a region as large and diverse as San Diego County.

<http://www.livewellsd.org/content/livewell/home.html>



## Why is blood pressure important?

The higher the blood pressure, the higher your risk of health problems

### Factors and conditions that contribute to High Blood Pressure

- Smoking
- Overweight
- Lack of Physical Activity

### Untreated high blood pressure can lead to:

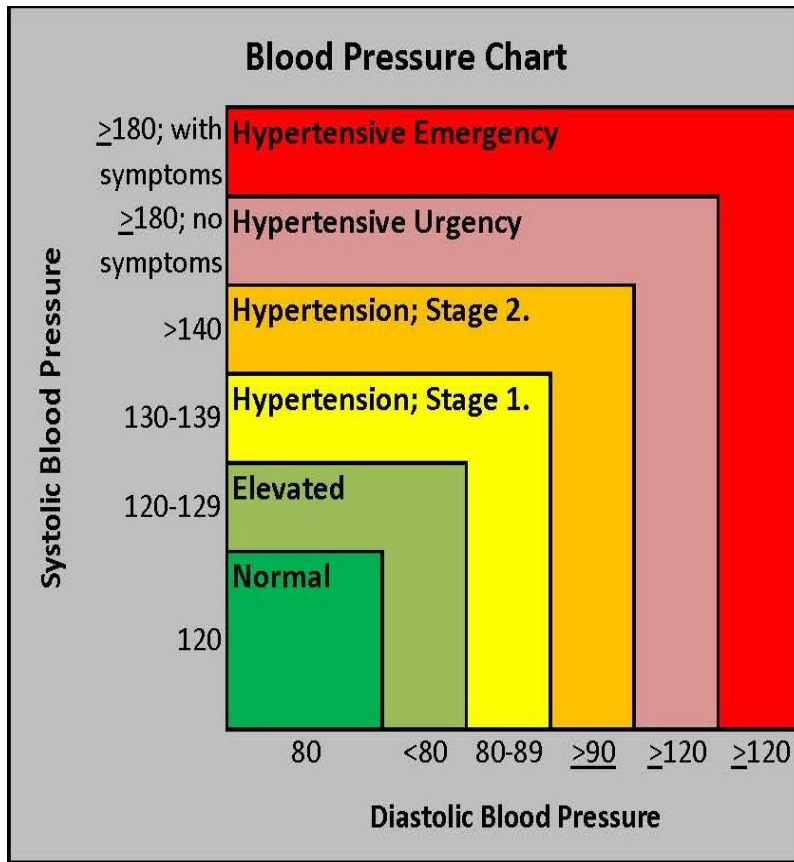
- Stroke
- Heart attack
- Heart failure
- Kidney failure
- Peripheral arterial disease (PAD)
- Coronary arterial disease (CAD)
- Other serious illnesses

# Blood Pressure 101



## Blood Pressure Level Definitions

Each person screened is put into one of the following categories:



Systolic	Diastolic
$< 120$	$< 80$
120-129	$< 80$
130-139	80-89
$\geq 140$	$\geq 90$
$\geq 180$	$\geq 120$
$\geq 180 + \text{Symptoms}$	$\geq 120 + \text{Symptoms}$



# How to Prevent HBP?



- Eating a healthy diet
- Maintaining a healthy weight
- Increasing physical activity
- Not smoking
- Limiting alcohol use



# Volunteer Roles and Responsibilities



General Volunteers	Medical Volunteer
Inform community about blood pressure screening	Doing blood pressure readings on members of the community
Talk to people who are waiting, walking by, looking around	Providing guidance and referrals to members having blood pressures measured
Assist with filling out consent form	Providing teaching regarding heart health
Inform and encourage community members to take their blood pressure	Download Survey 123 App and enter results (Site Coordinator will have User ID and password)
Download Survey 123 App and enter results (Site Coordinator will have User ID and password)	



Appendix #03

**LOVE YOUR HEART 2018 – Blood Pressure Guide**

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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; if pregnant F/U with PMD ASAP	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](http://LOVEYOURHEARTSD.org) to learn more.**

Nursing Blood Pressure Guide, Appendix #03; 01/30/2018



**February 14, 2018**

LOVE  HEART

**“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](http://LOVEYOURHEARTSD.ORG) to learn more**





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, thường 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!





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 food 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; 1/2 cup hot cereal; 1 cup flaked cereal; or 1/2 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; 1/2 cup cut-up raw or cooked vegetables; 1/2 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); 1/2 cup dried fruit; 1/2 cup fresh, frozen, or canned fruit; 1/2 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, 1/2 of a chicken breast or 3/4 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: 1/4 cup or 1 1/2 oz nuts; 3 Tbsp peanut butter (no salt added); 2 Tbsp, or 1/2 oz seeds; 1/2 cup cooked legumes (dried beans or peas).
- Choose no salt 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 1 1/2 oz low sodium, fat-free or low-fat cheese.

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## 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

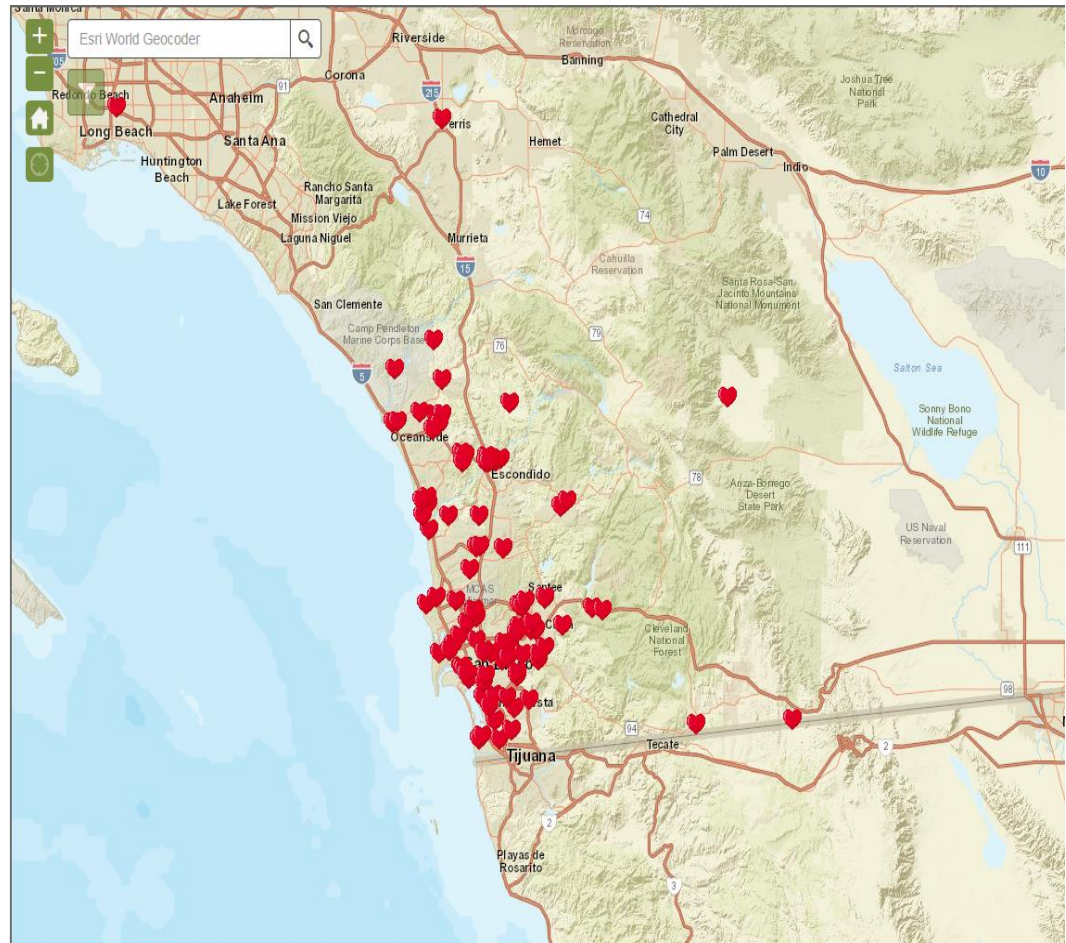
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# Screening Sites Map



This interactive map shows where FREE Love Your Heart Blood Pressure screenings will be available on February 14, 2018.

See map [here](#)





## #LoveYourHeart or #AmaTuCorazon



# Contact Information



**For more information contact:**

Love Your Heart Team at [riskcheck@sdcounty.ca.gov](mailto:riskcheck@sdcounty.ca.gov)

