LOVE YOUR HEART
2016

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Health and Human Services Agency

LIVE WELL
SAN DIEGO
In 2014, 28.7% of all adults in San Diego County had been diagnosed with hypertension. Of these adults, 71.5% were taking medication for their high blood pressure.
The East and South Regions had the highest percent of adults ever diagnosed with high blood pressure, yet the East Region had the lowest percent of those adults taking medication for their hypertension, while the South had the highest.
Instructions asked that each person screened was put into one of the following categories:

<table>
<thead>
<tr>
<th></th>
<th>Normal</th>
<th>Pre-Hypertension</th>
<th>Stage 1 Hypertension</th>
<th>Stage 2 Hypertension</th>
<th>Hypertensive Urgency</th>
<th>Hypertensive Emergency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Systolic</td>
<td>&lt;120</td>
<td>120-139</td>
<td>140-159</td>
<td>≥160</td>
<td>≥180</td>
<td>≥180 + Symptoms</td>
</tr>
<tr>
<td>Diastolic</td>
<td>&lt;80</td>
<td>80-89</td>
<td>90-99</td>
<td>≥100</td>
<td>≥110</td>
<td>≥110 + Symptoms</td>
</tr>
</tbody>
</table>
31,695 BLOOD PRESSURE SCREENINGS WERE PERFORMED AT 152 SITES BY MORE THAN 90 ORGANIZATIONS

♥ More than 13,700 screenings were conducted in Mexico, accounting for 43.5% of all screenings

♥ Five states in Mexico provided data: Baja California (11,284 screenings), Chihuahua (144 screenings), Coahuila (500 screenings), Nuevo Leon (699 screenings), and Tamaulipas (1,147 screenings)

♥ 624 screenings took place in Orange and Los Angeles Counties (238 and 268 screenings respectively) and Massachusetts (42 screenings)

♥ In San Diego County, 17,297 screenings were performed during the 2016 Love Your Heart event
NORTH CENTRAL AND CENTRAL REGION SITES CONDUCTED THE MOST NUMBER OF SCREENINGS

- There was an average of 75 screenings done per site, but varied by Region:
  - Central – 26 sites with 84 screenings/site
  - East – 21 sites with 75 screenings/site
  - North Central – 24 sites with 93 screenings/site
  - North Coastal – 21 sites with 41 screenings/site
  - North Inland – 23 sites with 78 screenings/site
  - South – 11 sites with 79 screenings/site

- 82% of screenings in Mexico occurred in the state of Baja California
In San Diego County, screenings were held at fire stations, schools, libraries, grocery stores, community centers, clinics, Family Resource Centers and many other locations.
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 has gone up each year.
In 2016, 59% (10,202) of the San Diego County screenings had a reported blood pressure.

- **1 out of every 2** of these participants were identified as having elevated blood pressure (includes pre-hypertension and hypertensive levels).

- **101** individuals were identified as having urgent or emergent hypertension.

**PERCENT OF SCREENINGS BY BLOOD PRESSURE LEVEL, SAN DIEGO COUNTY LOVE YOUR HEART 2016**

- **4,724** screenings were normal.
- **3,587** screenings were pre-hypertension.
- **1,501** screenings were hypertension stage 1.
- **289** screenings were hypertension stage 2.
- **69** screenings were hypertensive urgency.
- **32** screenings were hypertensive emergency.

N= 10,202 screenings with a reported blood pressure level.
6,620 PARTICIPANTS SCREENED IN SAN DIEGO COUNTY PROVIDED A LITTLE MORE INFORMATION ABOUT THEMSELVES…

♥ Two-thirds of these participants were female
♥ 8 in 10 participants were between 25 and 64 years old
♥ 19% (1,238) of these participants reported they were currently taking blood pressure medication
6,560 adults screened in San Diego County with reported Blood Pressure (BP) Level

- Normal Blood Pressure: 2,795 (42.6%)
  - Currently taking BP medication: 292 (10.4%)
- Pre-Hypertension: 2,480 (37.8%)
  - Currently taking BP medication: 539 (21.7%)
- High Blood Pressure: 1,285 (19.6%)
  - Currently taking BP medication: 402 (31.3%)

*Of the 6,620 participants with additional data, 6,560 had a reported blood pressure level.
70% or more of the participants living in Santee, Palomar-Julian, Mountain Empire, and Anza-Borrego Springs had **elevated** blood pressure.

**PERCENT OF SCREENINGS BY BLOOD PRESSURE LEVEL PER RESIDENCE LOCATION, SAN DIEGO COUNTY LOVE YOUR HEART 2016**

- Elevated
- Normal
- Percent of all participants with elevated blood pressure (57%)

**Participant Residence by Region**

- Central
- East
- North Central
- North Coastal
- North Inland
- South

**N=5,729 screenings with reported blood pressure level and San Diego County residence.**

*Less than 5 participants residing in sub-regional area.**Health and Human Services Agency Region.*
2-1-1 SAN DIEGO AND LOVE YOUR HEART CLIENTS’ NEEDS, FEBRUARY 2016

- Basic Needs: 48%
- Organizational/Community/International Services: 16%
- Mental Health and Substance Abuse: 3%
- Individual and Family Life: 7%
- Income Support and Employment: 11%
- Health Care: 4%
- Criminal Justice and Legal Services: 2%
- Consumer Services: 9%

Source: 2-1-1 San Diego Client Profile (75 needs identified from 43 clients referred from LYH screening site), 3/7/2016
For more information on Love Your Heart:

http://loveyourheartsd.org

For more information on hypertension, heart disease and stroke:

http://www.sdhealthstatistics.com