LOVE YOUR HEART 2017

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BACKGROUND
About 75 million American adults have high blood pressure—that’s 1 in every 3 adults.

About 1 in 3 American adults has prehypertension—blood pressure numbers that are higher than normal—but not yet in the high blood pressure range.

In 2014, high blood pressure was a primary or contributing cause of death for more than 1,100 deaths each day.

High blood pressure costs the nation $48.6 billion each year.

High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it.
More than 1 of 4 adults in San Diego County reported that they had ever been diagnosed with high blood pressure in 2015.

Of these adults, 68.9% were taking medication for their high blood pressure.

Source: 2015 California Health Interview Survey
More than **340** Love Your Heart screenings sites in collaboration with over **160** partners in the US and Mexico
HOW DID WE COLLECT THE DATA?

Survey123 for ArcGIS
HOW DID WE COLLECT THE DATA?

Information collected:

- Basic demographics (age, 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:

<table>
<thead>
<tr>
<th>Systolic</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></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>

*not included for County employees
LOVE YOUR HEART
2017 RESULTS: OVERVIEW
53,307 blood pressure screenings were performed at 340 sites by more than 160 organizations in the US and Mexico.

67% (32,166) of these screenings were conducted in Mexico across six states (Baja California, Sonora, Chihuahua, Coahuila, Nuevo Leon and Tamaulipas).

1,147 screenings also took place in Orange and Riverside Counties, Arizona, Texas, and New Bedford, Massachusetts.
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 declined in 2017.

*Urgent/emergent screenings reported for San Diego County sites only
SAN DIEGO COUNTY RESULTS
57% of participants screened at Love Your Heart sites in San Diego County had an elevated blood pressure level.

Of these, 77 participants were identified as having urgent or emergent hypertension requiring immediate medical referral.
Two-thirds of participants age 18-25, and half of participants age 25-44, had normal blood pressures.*

More than 70% of participants age 65 years and older had elevated blood pressure.*

*7,910 participants screened provided their age range
7,995 participants provided their gender.

- 2 of every 3 participants screened in San Diego County were women.
- Just over half of female participants had an elevated blood pressure.
- 70% of all male participants had an elevated blood pressure.

Blood Pressure Among Female Participants

- Normal: 47.3%
- Pre Hypertension: 32.8%
- Hypertension Stage 1: 14.8%
- Hypertension Stage 2: 4.3%
- Hypertensive Urgency: 0.6%
- Hypertensive Emergency: 0.2%

Blood Pressure Among Male Participants

- Normal: 29.6%
- Pre Hypertension: 39.9%
- Hypertension Stage 1: 5.3%
- Hypertension Stage 2: 4.3%
- Hypertensive Urgency: 0.8%
- Hypertensive Emergency: 0.3%
PERCENT OF BLOOD PRESSURE SCREENINGS BY SITE TYPE

- Clinics, Medical Facilities and Hospitals: 22%
- Public Sector Worksites: 23%
- Community or Civic Centers: 9%
- Retail: 9%
- Family Resource Centers: 9%
- Wellness Centers: 6%
- Library: 7%
- Private Sector Worksite: 3%
- Public Health Centers: 3%
- Colleges or Universities: 3%
- Senior Centers: 2%
- Life Guard Tower: 2%
- Primary and Secondary Schools: 1%
- Fire Stations: 1%
- Parks and Beaches: 0%
6 of every 10 participants in North Central, Central and East Regions had elevated blood pressure levels.

Nearly half of participants in North Coastal, North Inland, and South Regions had elevated blood pressure levels.
6,543 participants at a Love Your Heart site reported a zip code of residence in San Diego County

- **2 out of every 5** participants living in San Diego County were from either South or Central Regions.

- **7 of 10** residents of Alpine and Palomar-Julian who were screened were likely to have an elevated blood pressure.

- Residents of the sub-regional areas of Coastal, Laguna-Pine Valley or Peninsula were more likely to have a normal blood pressure.

- Laguna-Pine Valley had the highest percent of residents with normal blood pressure (57%).
There were 3,610 participants with a reported blood pressure who responded to a question about use of blood pressure medications.

♥ Of these, 19.2% said they were using blood pressure medication.

♥ Of those who stated they used medication, 77.3% had an elevated blood pressure.
AMA TU CORAZÓN
RESULTS
## AMA TU CORAZÓN BLOOD PRESSURE SCREENINGS BY STATE/SITE IN MEXICO

<table>
<thead>
<tr>
<th>State/Site</th>
<th>Total Screenings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
</tr>
<tr>
<td>Baja California (Total)</td>
<td>17,369</td>
</tr>
<tr>
<td>Sonora</td>
<td>944</td>
</tr>
<tr>
<td>Chihuahua</td>
<td>4,800</td>
</tr>
<tr>
<td>Coahuila</td>
<td>1,955</td>
</tr>
<tr>
<td>Nuevo Leon</td>
<td>1,610</td>
</tr>
<tr>
<td>Tamaulipas</td>
<td>3,010</td>
</tr>
<tr>
<td>Ventanillas de Salud</td>
<td>2,410</td>
</tr>
<tr>
<td><strong>GRAND TOTAL</strong></td>
<td>32,098</td>
</tr>
</tbody>
</table>
LOVE YOUR HEART 2017: AMA TU CORAZÓN

NUMBER OF SCREENINGS BY BLOOD PRESSURE STAGE REPORTED FOR MEXICO

- Normal: 11,871
- Pre Hypertension: 6,934
- Hypertension Stage 1: 3,096
- Hypertension Stage 2: 697
- Hypertensive Urgency: 188
- Hypertensive Emergency: 32

♥ Nearly 1 out of 2 participants had an elevated blood pressure.

♥ 220 participants screened at Mexico sites had an urgent or emergent blood pressure requiring immediate medical referral.
PERCENT OF SCREENINGS BY BLOOD PRESSURE STAGE REPORTED FOR MEXICO

- Normal: 52.0%
- Pre Hypertension: 30.4%
- Hypertension Stage 1: 13.6%
- Hypertension Stage 2: 3.1%
- Hypertensive Urgency: 0.8%
- Hypertensive Emergency: 0.1%
THANK YOU!

For more information on Love Your Heart:

http://loveyourheartsd.org

For more information on hypertension, heart disease and stroke:

http://www.sdhealthstatistics.com