OVERVIEW OF LOVE YOUR HEART 2019

WHY LOVE YOUR HEART?

LOVE YOUR HEART RESULTS

AMA TU CORAZÓN

LOVE YOUR HEART PARTNER STORIES
TODAY’S SPEAKERS

Jennifer Tuteur, MD
Deputy Chief Medical Officer Medical Care Services Division County of San Diego Health And Human Services Agency

Barbara Jiménez, MPH
Director Central and South Regions County of San Diego Health and Human Services Agency

Melissa Machado, MD
Coordinator for the Baja California Outreach Office, US-Mexico Order Health Commission, Mexico Section

Cecilia Rosales, MD, MS
Associate Dean of Phoenix Programs & Professor of Public Health, University of Arizona Mel and Enid Zuckerman College of Public Health

Hala Madanat, PhD
Director & Professor, School of Public Health core Investigator, Institute for Behavioral and Community Health San Diego State University

Bishop William A. Benson
Founder of Total Deliverance Worship Center located in Spring Valley
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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 **eighth** 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 375 Love Your Heart screening sites in collaboration with partners in the US and Mexico.
Despite an extreme winter storm site workers and volunteers stayed in high spirits and encouraged participants to get their blood pressure checked.
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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.

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.
# Blood Pressure Categories

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (Upper Number)</th>
<th>Diastolic mm Hg (Lower Number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120</td>
<td>and</td>
</tr>
<tr>
<td>Elevated</td>
<td>120 – 129</td>
<td>and</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>130 – 139</td>
<td>or</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>140 or higher</td>
<td>or</td>
</tr>
<tr>
<td>Hypertensive Crisis (consult your doctor immediately)</td>
<td>Higher than 180</td>
<td>and/or</td>
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</tbody>
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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 blood pressure categories:
  ♥ Normal, Elevated, Hypertension Stage 1, Hypertension Stage 2, Hypertensive Urgency, & Hypertensive Emergency

*Question not included for County employees
How did we collect the data?

SurveyMonkey!
KNOW OUR 2019 NUMBERS

- **43,524** Total Blood Pressure Screenings at 375 Sites
- **13,168** Screenings at 190 Sites in San Diego
- **28,722** BP Screenings at 152 Sites in Mexico
- **319** Screenings at 5 Faith-Based Sites

- **61%** Of San Diego County Participants had a High Blood Pressure Level
- **101** Hypertensive Crises Recorded in San Diego County
- **38%** Of Participants 18 - 24 Years Old had a High Blood Pressure in San Diego County

- **13,319** People Reached Through Love Your Heart Facebook Posts and 4 Live Videos
- **1.7 Million** People Reached with ABC10 Love Your Heart Partnership
- **141** Volunteers Supported Screening Sites
SCREENINGS PERFORMED BY YEAR 2012-2019

523 TOTAL urgent or emergent BP*

*Urgent/emergent screenings reported for San Diego County sites only
3,876 participants responded to a question about the use of BP medications.

21.6% said they were using BP meds. Of those who use BP meds, 82.6% had high BP.

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

For more information on Love Your Heart:

www.loveyourheartsd.org

For more information on hypertension, heart disease and stroke:

www.sdhealthstatistics.com

For more information on Live Well San Diego:

www.livewellsd.org
 LOVE YOUR HEART