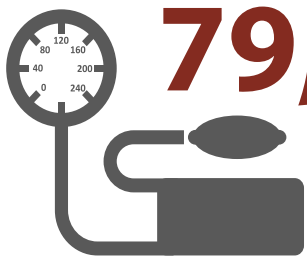


LOVE YOUR HEART

2026 Annual Impact Report

Overview

The 15th annual Love Your Heart - Ama Tu Corazón blood pressure screening event took place February 9-14, 2026 in honor of heart health month. The event brought together communities across the U.S. and Mexico to increase awareness about heart disease and stroke prevention, and empower the community to know their numbers and learn what they mean.

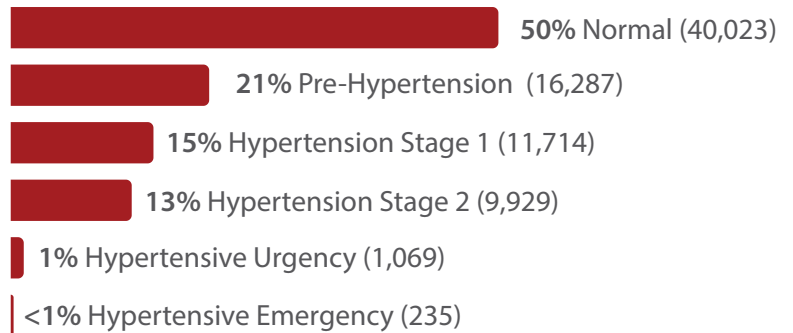


79,257

Total Blood Pressure Screenings In-Person and Online at 504 Sites Across the U.S. and Mexico

Screenings by Blood Pressure Level

Percent of total screenings at blood pressure level (number of individuals)



**Hypertensive Urgency and Emergency levels are considered crises that need medical attention.*

In the Community

60+

Community Partners Participated in the 2026 Love Your Heart - Ama Tu Corazón Event

Partners in action for heart health!



"Screening events spark meaningful conversations about heart health. We were thrilled that Live Well provided free blood pressure monitors, enabling attendees to continue these conversations at home!"

Madeline Lascola-Hutcherson
Goodwill Industries of San Diego County

LoveYourHeartSD.org



LIVE WELL
SAN DIEGO

KNOW THE NUMBERS

79,257 Total Blood Pressure Screenings Online and In-Person at 504 Sites Across the U.S. and Mexico.

1,304 Total Screenings at Hypertensive Crises Levels



51% Percent of Screenings with a Blood Pressure Level Above Normal

AMA  CORAZÓN

76,819



Total Blood Pressure Screenings at 372 Ama tu Corazón Sites Across Mexico in February 2026

2,438

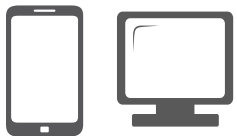


Total Blood Pressure Screenings at 130 Sites Across San Diego County Between February 10-14, 2026

2 additional sites were located outside of the county

1,330

Total Blood Pressure Monitors Distributed Across San Diego County



49,881

Total Views from Digital Promotion Efforts

Social media and Google advertisements



3,410

Unique Visitors in February to LoveYourHeartSD.org and subpages