





Cardiovascular disease includes conditions that impact the heart and vascular system. Conditions may include heart disease, stroke, high blood cholesterol and high blood pressure. Hypertension (high blood pressure) is a condition associated with cardiovascular disease. Duval County has the highest rate of hypertension for Black residents, while Putnam County has the highest affected White population.

Additionally, in all counties and throughout the state of Florida, men have higher rates of hypertension than women.

Putnam County is the only county in the region to see an increase in the rate of coronary heart disease from 2008-2010. Overall, rates of coronary heart disease are higher for Black individuals than for White or Hispanic residents. In most counties, the 2010 rate for stroke is higher than the state level of 29.8 per 100,000. However, most counties have seen a decrease since 2008. Black residents have higher levels of stroke than their White and Hispanic counterparts. Stroke incidence across gender varies by county. In Duval and Clay Counties, female percentages are higher than males.

Source: Community Health Needs Assessment, 2012

Coronary Heart Disease Age-Adjusted Death Rate per 100,000 Persons (2012-2014)

Location	Rate	Status
County : Clay		
2012	103.8	
2014	82.6	
County : Duval		
2012	113.8	
2014	107.0	
County : Nassau		
2012	93.6	
2014	109.1	
County : St. Johns		
2012	78.0	
2014	89.4	

## Heart Disease/Stroke/Hypertension

The Healthy People 2020 national health targets are to reduce the death rate from heart disease to below 103.4 per 100,000 persons, and for stroke to below 34.8 per 100,000 persons.

### Programs:

- Preventive screenings
- Health education, community outreach and prevention awareness events
- Strategic investments

### Strategies:

1. Offer BP and cholesterol screening through faith partnerships.
2. With American Heart Association promote awareness of heart disease.
3. Offer Enhancing Heart Health for Seniors through senior centers, our faith partners, and other community organizations.
4. Provide stroke education for the underserved.
5. Provide education and information on how to access low cost or free medication for the uninsured and underinsured.

### Program Results:

#### FY13

- 146 people attended four community events, received information/education on heart disease, stroke and hypertension
- 136 people received blood pressure and blood cholesterol screening

#### FY14

- 310 people attended health education sessions on heart disease, stroke and hypertension
- 221 people received blood pressure and/or blood cholesterol screening. Conducted follow-up on those with high BP
- Over 500 people received information and education at community health fairs

#### FY15

- 20 community events offered screenings and health information on cardiovascular disease
- 1061 people attended health education sessions on heart disease and stroke
- Over 468 heart health screenings were offered (234 people received blood pressure and blood cholesterol screenings). 18 people were identified as having abnormally high results (8%)
- Follow up calls were made to individuals with abnormal results to answer questions and encourage visits to primary care providers

### Strategic Investments:

#### FY13

- Mission House Free Clinic increased patients by 22%, provided primary care health services and prescription medications
- Sulzbacher Clinic Beaches Healthcare Center provided primary care services to over 2,400 persons, and screened, treated and educated people with heart disease, stroke and hypertension
- We Care provided access to health care and increased availability to specialists
- BEAM provided organic produce for food pantry clients. Offered nutrition education

**FY14**

- Mission House Free Clinic provided health care for low-income and homeless individuals, including prescription medications
- At the Sulzbacher Clinic Beaches Community Healthcare Center (FQHC), over 3,000 individuals received primary care visits including screening and treating 275 people for heart disease and stroke, 738 for hypertension
- We Care screened 168 clients for heart disease and stroke, screened 290 for hypertension

**FY15**

- BEAM provided general nutrition education to 44 clients; 100% reported learning something new and planning to make at least 1 lifestyle change
- BEAM provided nutrition counseling to 74 clients; 26% lost weight, and 18% lowered blood pressure to within normal limits
- Supported Dial-A-Ride to provide transportation for seniors to attend medical appointments
- Sulzbacher Beaches Clinic provided 8,660 patient visits to 2,850 patients. 359 patients were screened for heart disease and stroke with all patients receiving treatment and education, and 52 patients were diagnosed with heart disease. 1019 patients were screened for hypertension, and 211 were newly diagnosed with hypertension. 421 Sulzbacher patients received services for hypertension; 70% reached a blood pressure of 140/90.
- Add mission house

**Partners:**

American Heart Association  
Beaches Business Association  
City of Jacksonville Beach  
Cypress Village  
Dial-A-Ride  
Fleet Landing  
Jacksonville Chamber  
Mayport City Mission

Mission House Free Clinic  
Newcomers Club  
Ocean Park Baptist Church  
Pablo Towers Plantation  
St. John's County Chamber  
Sulzbacher Clinic Beaches  
We Care