

## Heart Disease, Stroke and Hypertension



Changing Health Care for Good.

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

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

Source: www.nefloridacounts.org

## Baptist Health South

### FY13-14-15 Community Benefit

#### 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:

- Offer blood pressure and cholesterol screening at local churches through faith based partnerships.
- Provide heart health education, blood pressure, cholesterol, weight, and BMI screening through the Women's Heart Connection event.
- Work with the American Heart Association to promote awareness of the impact of heart disease.
- Offer Enhancing Heart Health for Seniors through senior centers, our faith partners, and other community organizations.
- Provide stroke education for the underserved.
- Provide education and information on how to access low cost or free medication for the uninsured and underinsured.

#### Program Results:

##### FY13

- Five community events offered blood cholesterol and blood pressure screening and health information on cardiovascular disease to 282 people
- 203 people received blood cholesterol screening, of which 46 people (23%) were identified as having abnormally high results
- 282 people received blood pressure screening, of which 76 people (27%) were identified as having abnormally high results

##### FY14

- Seven community events provided health information to 760 people, 406 people received blood pressure screenings
- 81 persons attended health education sessions on heart disease, stroke and/or hypertension
- Provided heart health screenings for 94 people. The screenings included 94 for glucose (17% abnormal), 23 for cholesterol (24% abnormal), 64 for blood pressure (16% abnormal), 35 for Body Mass Index (38% abnormal), and counseling with a nurse to review results

##### FY15

- Seven community events provided health information to 989 people

- 40 persons attended health education sessions on heart disease, stroke and/or hypertension. 95% of attendees reported that they gained new knowledge.
- 281 people received heart health screenings and counseling with a nurse to review results. Follow up calls were made to individuals with abnormal screening results to answer questions and encourage visits to primary care providers
- 261 people received blood pressure screening, 48 (18%) were identified as having abnormally high results
- 179 people received blood cholesterol screening, 24 (13%) were identified as having abnormally high results

**Strategic Investments:**

**FY13**

- The Way Free Medical Clinic added a medical provider to expand access to care to over 150 people
- We Care provided access to health care and increased availability to specialists

**FY14**

- The Way Free Medical Clinic received a Strategic Investment grant to provide primary health care services to the low-income, and medically underserved of Clay County

**FY15**

- The Way Free Medical Clinic received a Strategic Investment grant to provide primary health care, including treatment for hypertension to the low-income and medically underserved in Clay County.

**Partners:**

American Heart Association  
 Brooks Bartram Lakes Assisted Living  
 Church of Argyle  
 First Baptist Mandarin Church  
 The Way Free Medical Clinic, Inc.  
 We Care