

## FY13-15 Community Benefit





### Heart Disease/Stroke/Hypertension

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	

Source: [www.nefloridacounts.org](http://www.nefloridacounts.org)

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 and health education
- Community outreach and prevention awareness events
- Strategic Investments

**Strategies:**

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

**Program Results:**

**FY13**

- The Nassau Council on Aging Senior Expo offered blood cholesterol and BP screening and health information
- 58 people received blood cholesterol screening, 9 people (15.5%) were identified as having abnormally high results
- 60 people received BP screening, 27 people (45%) were identified as having abnormally high results
- 5 people attended a nutrition education session

**FY14**

- Over 550 persons received information and education on cardiovascular health
- 143 people received heart health screening, which includes blood cholesterol screening, 38 people (27%) were identified as having abnormally high results
- 144 people participated in BMI screenings, 51 people (35%) were identified as having abnormally high results
- 156 persons received blood pressure screening, 19 people (12%) were identified as having abnormally high results

**FY15**

- Over 450 persons received information and education on cardiovascular health
- 167 people received heart health screenings, which includes blood cholesterol screening, 36 people (22%) were identified as having abnormally high results
- 155 people participated in BMI screenings, 82 people (52%) were identified as having abnormally high results
- 183 people received blood pressure screening, 51 people (28%) were identified as having abnormally high results
- 22 people attended a heart health education session

**Strategic Investments:**

**FY13**

- Barnabas Health Center transitioned from urgent care to primary care services
- Nassau County Council on Aging provided transportation for low-income and indigent individuals who needed to reach medical appointments

**FY14**

- Barnabas Health Center opened a primary care clinic 24 hours/week. Treated 207 patients, 517 visits. Patients received screening and treatment for cardiovascular disease
- Nassau County Council on Aging provided transportation for low-income and indigent individuals who needed to reach medical appointments

**FY15**

- Nassau County Council on Aging provided transportation for 503 low-income and indigent individuals who needed to reach medical appointments
- Barnabas Health Center provided medical services to 520 patients for a total of 1,766 visits; 71% of adults with hypertension improved and stabilized their blood pressure levels

**Partners:**

American Heart Association  
Barnabas Health Center  
Christ Walk Church  
ElderSource  
Fernandina Church of Christ  
First Missionary Baptist Church  
Nassau Council on Aging