Cardiovascular Collaborative  
November 30, 2017

The Challenge

1 in 3 people has high blood pressure.

How It Began*
The Sioux Falls Hypertension Initiative

Growing the Partnership

- American Heart Association
- Avera Health
- City of Sioux Falls
- DAKOTACARE
- Lewis Drug
- Novartis
- Sanford Health
- Sioux Falls Fire Rescue
- Walgreens
Collecting Data

The Big Squeeze Screening Form

- Age: 
- Gender: M or F
- Zip Code:

- Name: [ ] American Indian and Alaska Native - [ ] Asian - [ ] Black or African American - [ ] Native Hawaiian or other Pacific Islander - [ ] White - [ ] Other

- Are you of Hispanic or Latino Origin? [ ] Yes or [ ] No

- Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? [ ] Yes or [ ] No

- If you have been diagnosed with high blood pressure, are you currently on medication to control it? [ ] Yes or [ ] No

- If so, then:

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>Husband/Partner</th>
<th>Wife/Partner</th>
<th>Other Family Member</th>
</tr>
</thead>
</table>

- Do you have a family history of heart disease? [ ] Yes or [ ] No

- If you are on blood pressure medication, do you take it as prescribed? [ ] Yes or [ ] No

- If your waist circumference measures:

- Level 1: Normal (110 or less and 79 or less)
- Level 2: At Risk (110-159 or 80-109)
- Level 3: High Risk (140-179 or 90-109)
- Level 4: Critically High Risk (180 or greater or 110 or greater)

- Location:

- Comments:

Engaging Student Volunteers

- Augustana University
- National American University
- South Dakota State University
- University of Sioux Falls

Taking an Accurate BPI!!

- Auscultatory method with a calibrated instrument is preferred.

- Client should sit for 5 minutes so they are calm & quiet with feet flat on the floor.

- Arm should be at the level of the heart.

- Place the cuff on a bare arm about 1 inch above the elbow.

Note: Calibrate equipment at least annually.
Where to Screen? Anywhere!

Health Event for School District Staff

Local University

Retirement Community

www.thebigsqueezesf.org
Have Fun…Keep in Fresh

1 in 3 people has high blood pressure. Could it be you?
Get screened. Know your numbers.

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Data Collection

<table>
<thead>
<tr>
<th>Participant Data</th>
<th>Screen:</th>
<th>Live Well</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>Previous Big Squeeze?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Height</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Race</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you of Hispanic or Latino Origin?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Blood Pressure (Systolic)</td>
<td>Blood Pressure (Diastolic)</td>
<td></td>
</tr>
<tr>
<td>Waist Circumference in inches (optional)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Risk Factor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community (500 characters maximum)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Data Collection**

**Big Squeeze Results**

<table>
<thead>
<tr>
<th>Year</th>
<th>Normal</th>
<th>Elevated</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017*</td>
<td>35%</td>
<td>45%</td>
<td>21%</td>
</tr>
<tr>
<td>2016</td>
<td>34%</td>
<td>45%</td>
<td>21%</td>
</tr>
<tr>
<td>2015</td>
<td>40%</td>
<td>41%</td>
<td>19%</td>
</tr>
<tr>
<td>2014</td>
<td>35%</td>
<td>45%</td>
<td>19%</td>
</tr>
<tr>
<td>2013</td>
<td>36%</td>
<td>41%</td>
<td>23%</td>
</tr>
<tr>
<td>2012</td>
<td>35%</td>
<td>48%</td>
<td>17%</td>
</tr>
<tr>
<td>2011</td>
<td>41%</td>
<td>41%</td>
<td>17%</td>
</tr>
</tbody>
</table>

*2017 numbers are 101% due to rounding
2017 Results

- 34.6% Normal
- 44.7% At-Risk
- 20.7% High

*Numbers equal 101% due to rounding
*Critical BP = <1%

2017 Results Under New Guidelines

- 35% Normal
- 17% Elevated
- 28% Stage 1
- 21% Stage 2

49%

*Numbers equal 101% due to rounding
*Critical BP = <1%