

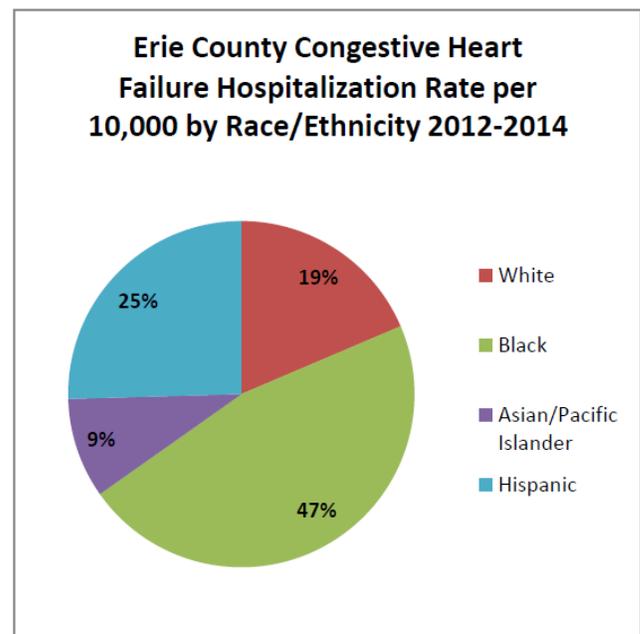
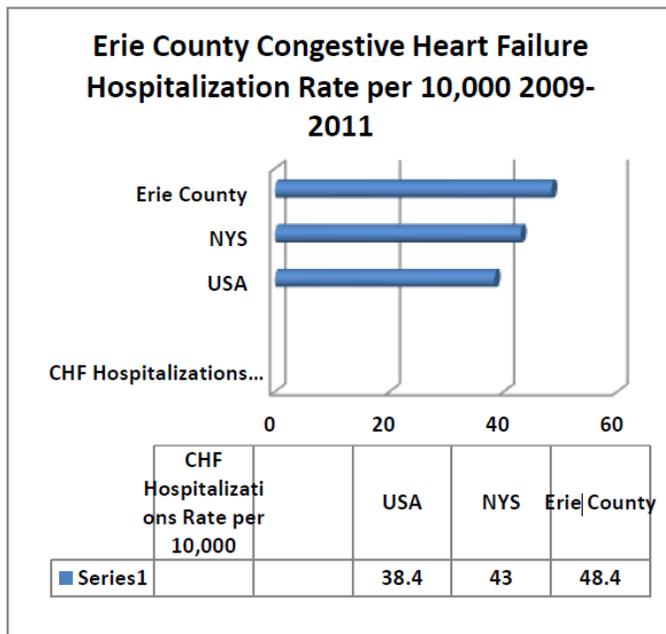
Mercy Hospital of Buffalo Collaboration with Erie County Department of Motor Vehicles to offer free Blood Pressure Screenings

Background

Cardiovascular Disease is the leading cause of death in Erie County and the No.1 cause of death in the United States. About 2,200 Americans die of cardiovascular disease each day, an average of 1 death every 40 seconds. Cardiovascular Disease claims more lives each year than all forms of Cancer and Chronic Lower Respiratory Disease combined.

The rate of stroke death in this region is higher than the national rate and nearly 60% higher than the aggregate New York State Range. Erie County residents experience 33% more heart disease death than the average US citizen. Risk factors that can contribute to stroke and heart disease, such as blood pressure and overweight/obesity, are seen at elevated rates in this region. Only 58% of Buffalo and surrounding area residents report visiting their doctors routinely to have their blood pressure and cholesterol checked, compared to 75% nationally. This means more people in this region are going undiagnosed with dangerous conditions such as high blood pressure.

The rates of congestive heart failure hospitalization are higher in Erie County than New York State and the nation. See charts below showing Erie County rates vs. NYS and USA and a breakdown by ethnicity in this region.



In November 2017, the American Heart Association and the American College of Cardiology issued new guidelines that change how high blood pressure, or hypertension, is diagnosed. Previously, it wasn't until an adult's blood pressure reached 140 mmHg or higher systolic or 90 mmHg diastolic or higher that high blood pressure was diagnosed. According to the new parameters, high blood pressure should be treated at 130/80 rather than 140/90, as that is the point when our risk for heart attack, stroke, and other consequences for hypertension almost doubles.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

As a result, the American Heart Association has implemented an Impact Goal for 2020, to improve the cardiovascular health of all Americans by 20 percent and reduce deaths from cardiovascular disease and stroke by 20 percent by the year 2020. In addition, Erie County has chosen Cardiovascular Disease as one of the focus areas of our Community Health Improvement Plan.

Schedule

As part of American Heart Month in February, the Erie County Clerk’s office and Mercy Hospital of Buffalo teamed up to offer free blood pressure screenings from 10am to 2pm at 5 out of the 10 auto bureaus throughout Erie County. The goal of the “Heart Healthy” auto Bureau Blood Pressure Screenings was to go into a non-traditional setting to promote healthier lives and help prevent heart disease and stroke in our community.

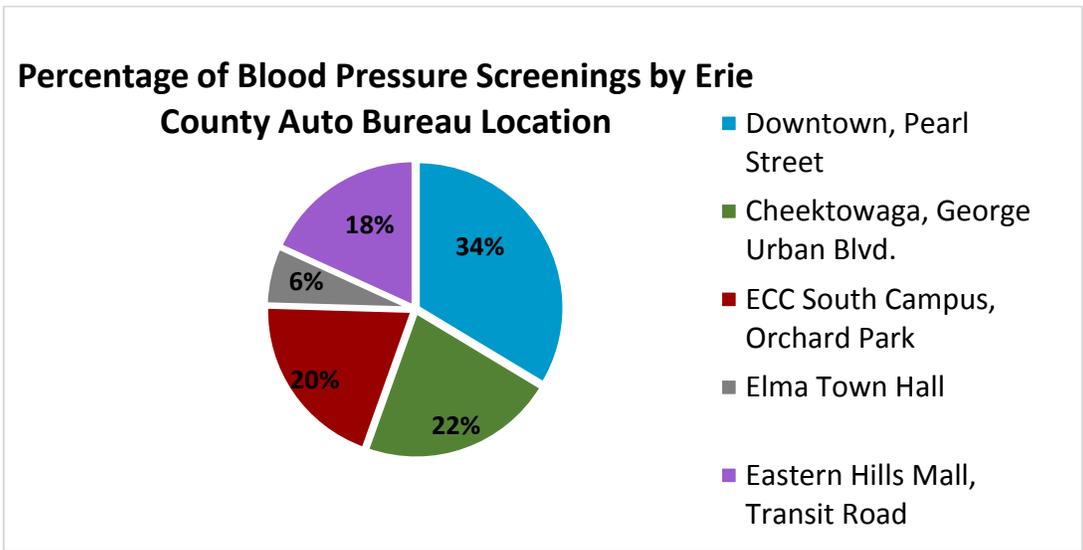
Screenings kicked off on Thursday, February 1st at the Downtown Buffalo Auto Bureau location and continued as follows:

- February 2nd Downtown Buffalo Auto Bureau
- February 6th, 7th and 8th Eastern Hills Auto Bureau, Transit Road
- February 13th and 14th Erie Community College South Campus Auto Bureau
- February 21st, 22nd and 23rd Cheektowaga Auto Bureau
- February 27th Elma Town Hall Auto Bureau



Volume

The Downtown Buffalo Auto Bureau location had the most volume.



Results

Throughout the 10 day event, 40 hours were spent conducting 220 blood pressure screenings. On average each blood pressure screening took approximately 5 minutes and 6 screenings were conducted each hour. Out of the 220 participants 84 participants or 38% had high blood pressure at the time of their screening. The highest blood pressure reading or hypertension was recorded at 200/101 while the lowest blood pressure reading or hypotension was recorded at 106/58. Again the new parameters issued by the American Heart Association and the American College of Cardiology state high blood pressure should be treated at 130/80.

Average Blood Pressure Results by Erie County Auto Bureau Location

Transit Road, Eastern Hills Mall		Cheektowaga		ECC, Orchard Park		Pearl Street, Buffalo		Elma Town Hall	
<i>Systolic</i>	<i>Diastolic</i>	<i>Systolic</i>	<i>Diastolic</i>	<i>Systolic</i>	<i>Diastolic</i>	<i>Systolic</i>	<i>Diastolic</i>	<i>Systolic</i>	<i>Diastolic</i>
127	77	133	78	132	80	126	79	138	81

Conclusion

Mercy Hospital of Buffalo is committed to meeting the health needs of our community. Over a 100 hours were submitted to Mercy’s Community Benefit, as each employee who participated in the event was eligible to record their hours. Community benefits are programs and services designed to improve health in communities and increase access to health care. They are integral to Catholic Health’s mission and are the basis of tax exemption. For nearly 20 years, Catholic Health Association has been a leader in the community benefit field, helping not for profit health care organizations fulfill their community benefit mission.

The cost associated with staffing the event was approximately \$2,883.82.

Mercy Hospital of Buffalo, as with other hospitals across the country, is going beyond the traditional role of caring for the sick and beginning to focus more on keeping people healthy through collaborative efforts with other community organizations. Mercy Hospital continues concentrating on the underserved populations as community health needs are present. Through this collaboration community awareness and involvement concerning Cardiovascular Disease were promoted. In addition, this collaboration allowed Mercy Hospital of Buffalo and the Erie County Clerk’s Office to connect with the community to provide additional healthcare resources.