**Methods**

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Mental Health</th>
<th>Social Support</th>
<th>Healthcare Access</th>
<th>Substance Use</th>
</tr>
</thead>
</table>
| 1) Providing clients with nutritious beverages and lunches  
2) Assisting with QM checklist enrollment  
3) Providing nutrition education and workshops | 1) Referring clients to behavioral health services  
2) Providing workshops on healthy ways to cope with stressors  
3) Addressing the root causes of stress through housing and case management services | 1) Providing a safe, comfortable, and supportive environment where clients can interact with staff and each other while consuming a healthy meal | 1) Having nursing students check clients’ blood pressure  
2) Referring clients for Medi-Cal benefits  
3) Helping navigate the matching process to a primary care provider (PCP)  
4) Referring clients to medical treatment as needed | 1) Referring clients to addiction support services in the community  
2) Providing mental health education regarding the risks of smoking and alcohol abuse |

**Demographics**

- **273 Unduplicated Participants**

- **Gender**
  - Female: 220 (77%)
  - Male: 53 (23%)

- **Risk Factors for Hypertension**
  - 87% Found to be Hypertensive (50% of participants do not have a Primary Care Provider (PCP))
  - 25% Reported that they were diagnosed with hypertension

**Our Mission & Vision**

We help neighbors in crisis attain self-sufficiency by partnering with the community and using our resources wisely to provide vital support services with love and dignity.

-Foothill Unity Center, Inc., envisions a community where...
- All have their basic needs met, including the need to give
- All get the necessary support to become self-sufficient
- All are treated with love and dignity... all the time.

**Addressing the Prevalence and Risk Factors of Hypertension Through Café Bistro**

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**Introduction**

- **Hypertension**: Commonly referred to as high blood pressure; is defined by having a systolic (upper) blood pressure over 130 or a diastolic (lower) blood pressure over 80
- Hypertension is one of the most common chronic health condition among unhoused adults
- High Blood Pressure is a leading risk factor for heart attacks and other cardiovascular complications
- Unhoused populations face several risk factors for hypertension, including Poor Nutrition, lack of access to health care, frequent life stressors, a lack of social support, and tobacco/alcohol/street drug use
- Although good nutrition has been shown to have a protective effect against HBP, the unhoused face many obstacles to nutrition, including insufficient funds for food, lack of transportation, lack of kitchen/storage, limited healthy choices in local restaurants/stores, and lack of exposure to nutrition education

**Results**

- **Conclusions**
  - The prevalence of hypertension among adults in the San Gabriel Valley may be severely underestimated
  - Addressing high blood pressure among the unhoused requires a multidisciplinary approach that addresses the social determinants of health
  - Café Bistro is an effective program for detecting hypertension in unhoused adults and connecting them with resources to get their blood pressure under control