



Addressing the Prevalence and Risk Factors of Hypertension Through Café Bistro



Grace Luu, Occidental College | Gabriela Rodriguez, Foothill Unity Center | Jonathan Tsou, Foothill Unity Center

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.

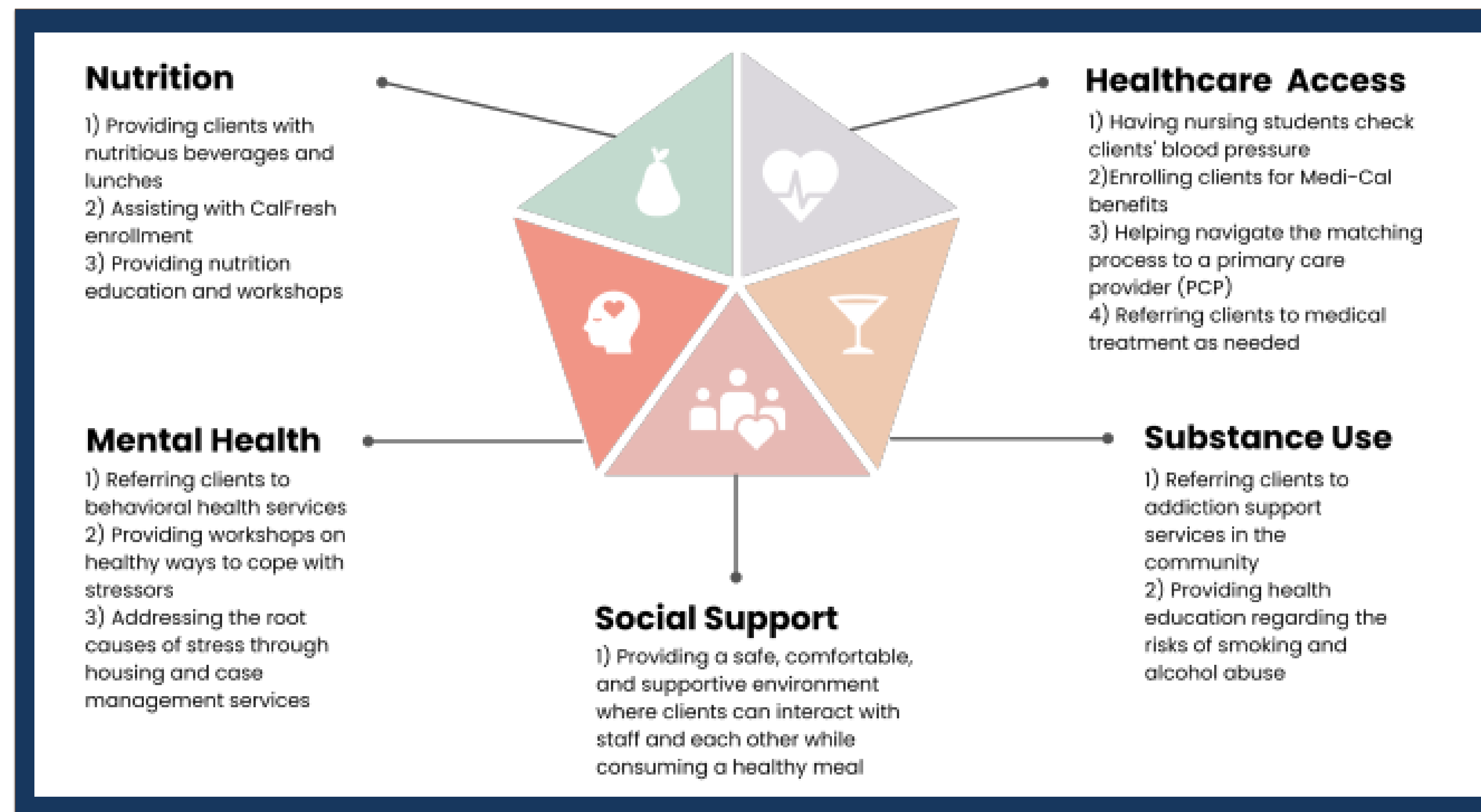
Foothill Unity Center, Inc., envisions a community where . . .

- 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.

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

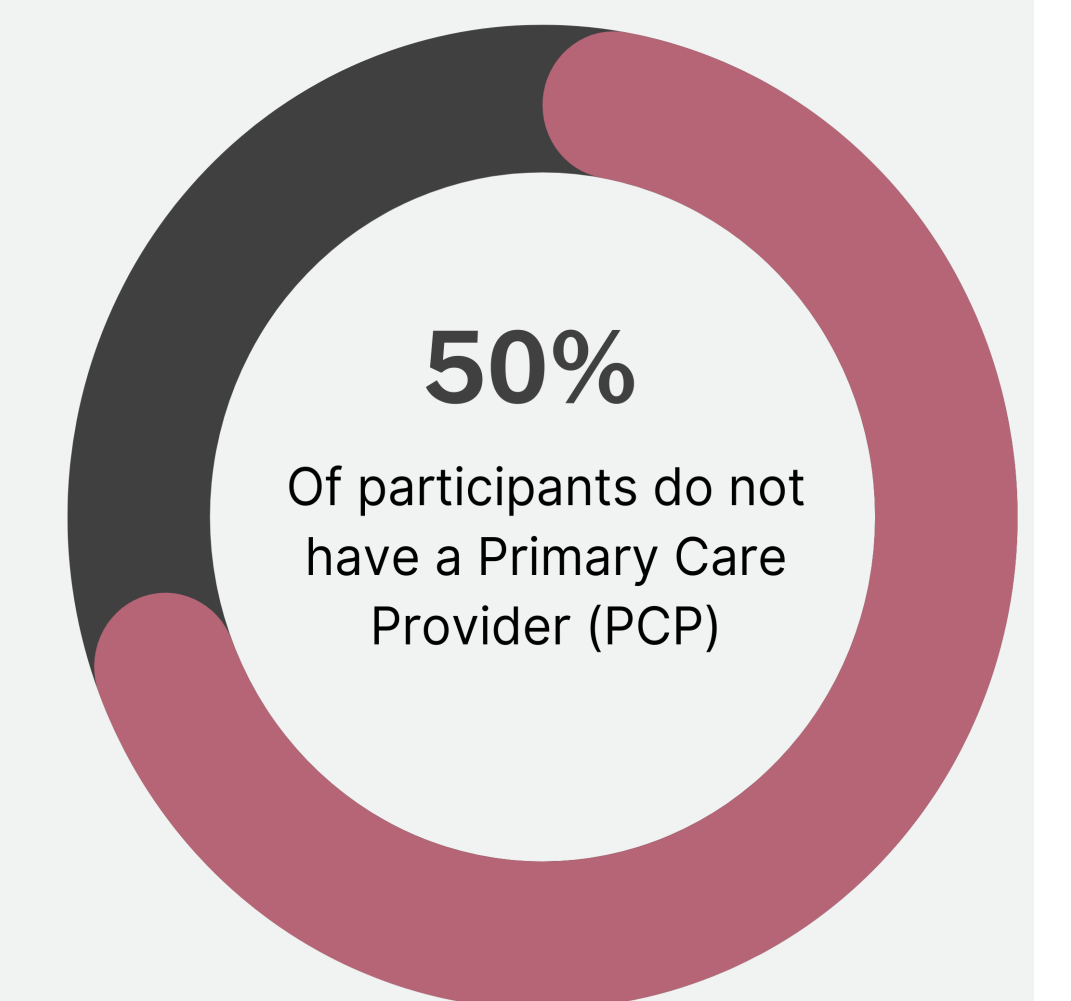
Methods



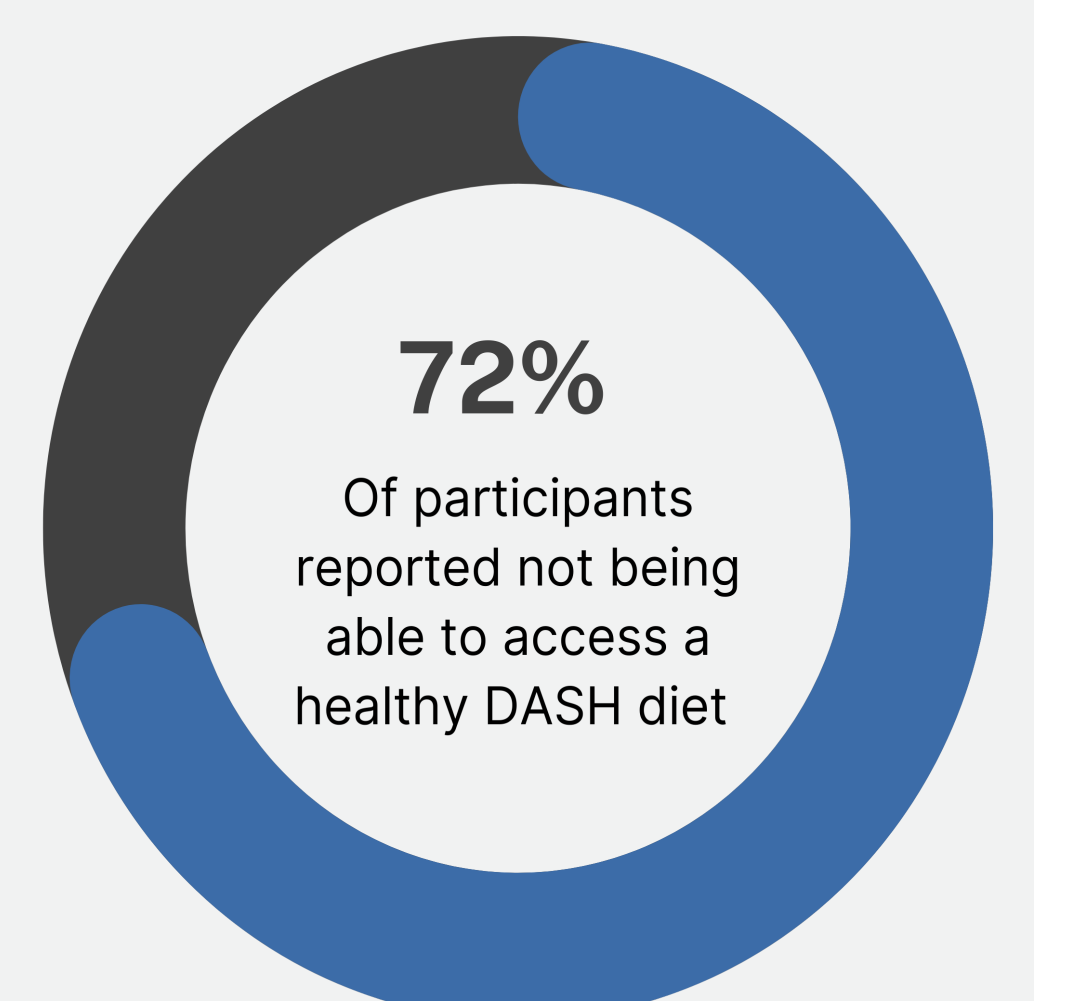
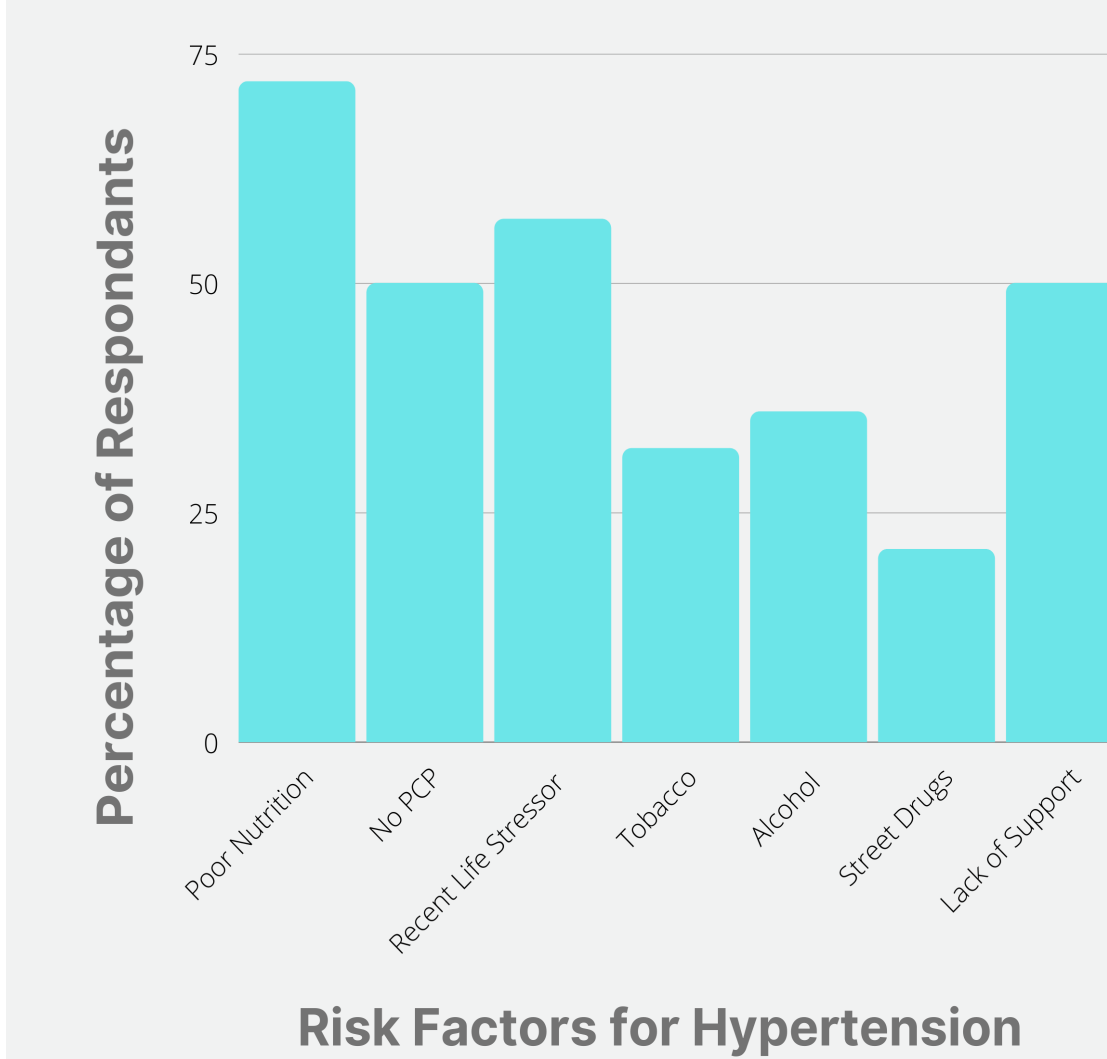
Results

87%
Found to be Hypertensive

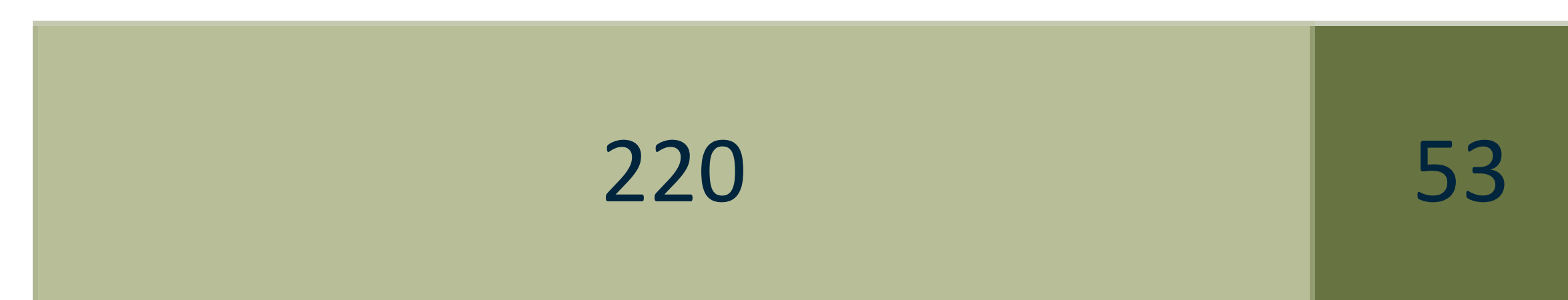
BUT ONLY
25%
Reported that they were diagnosed with hypertension



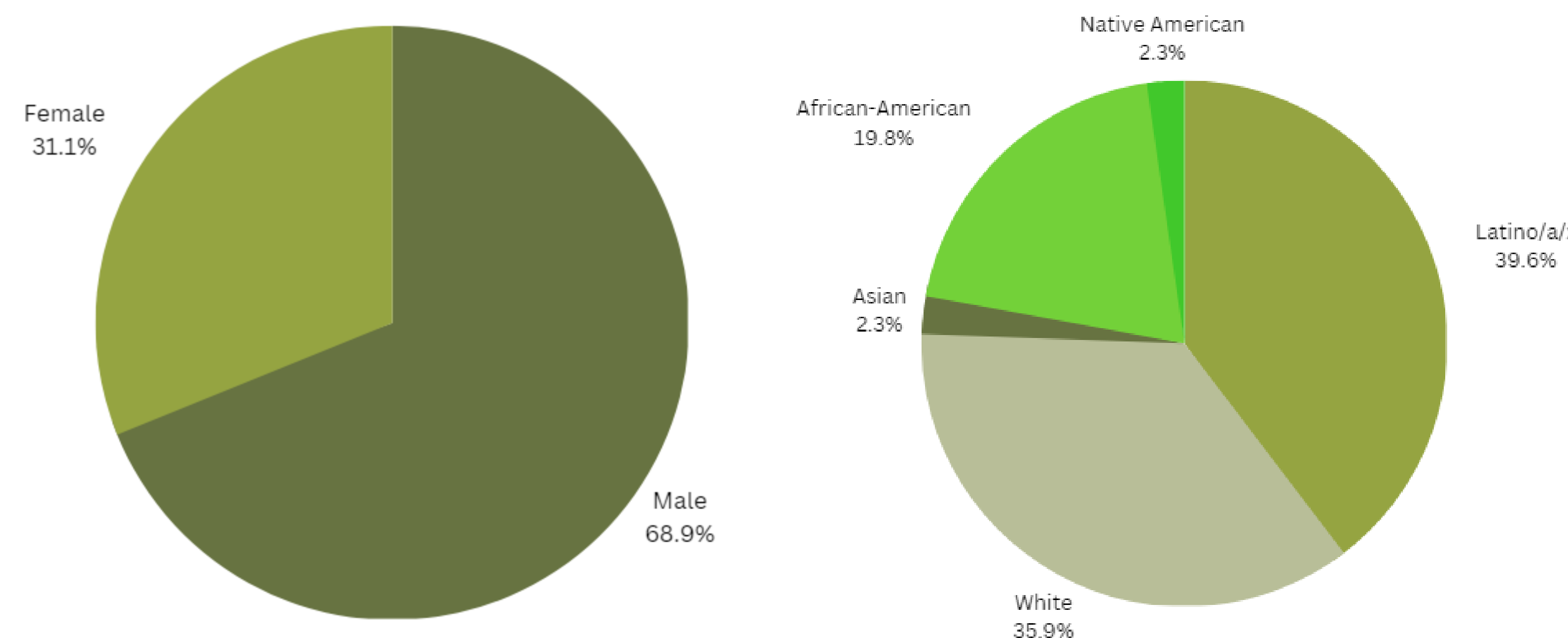
Percentage of Participants with each Non-Genetic Risk Factor for HBP



Demographics



273 Unduplicated Participants



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