

HELP CONFERENCE · UC RIVERSIDE

Building Healthy Heart Communities

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A Tale of Two Car Rides

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THE COUNTY'S OWN FINDING

Health inequalities *by race are less severe* in Riverside County than the national average. *Inequalities by place* of residence are *more severe*.

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*Why do some communities
live sicker and die sooner?*

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I thought I knew the answer

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I thought I knew the answer

More procedures
More access to medications
More access to testing

But all three happen *after* something has already gone wrong.



I realized

20%

of health is produced inside physician offices and hospitals.
That is where I spent twenty years, and where I pointed every
solution I had.

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*The real answer
lies in...*

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80%

The community. Where health is actually made.



Community

Stress = Demands – Resources

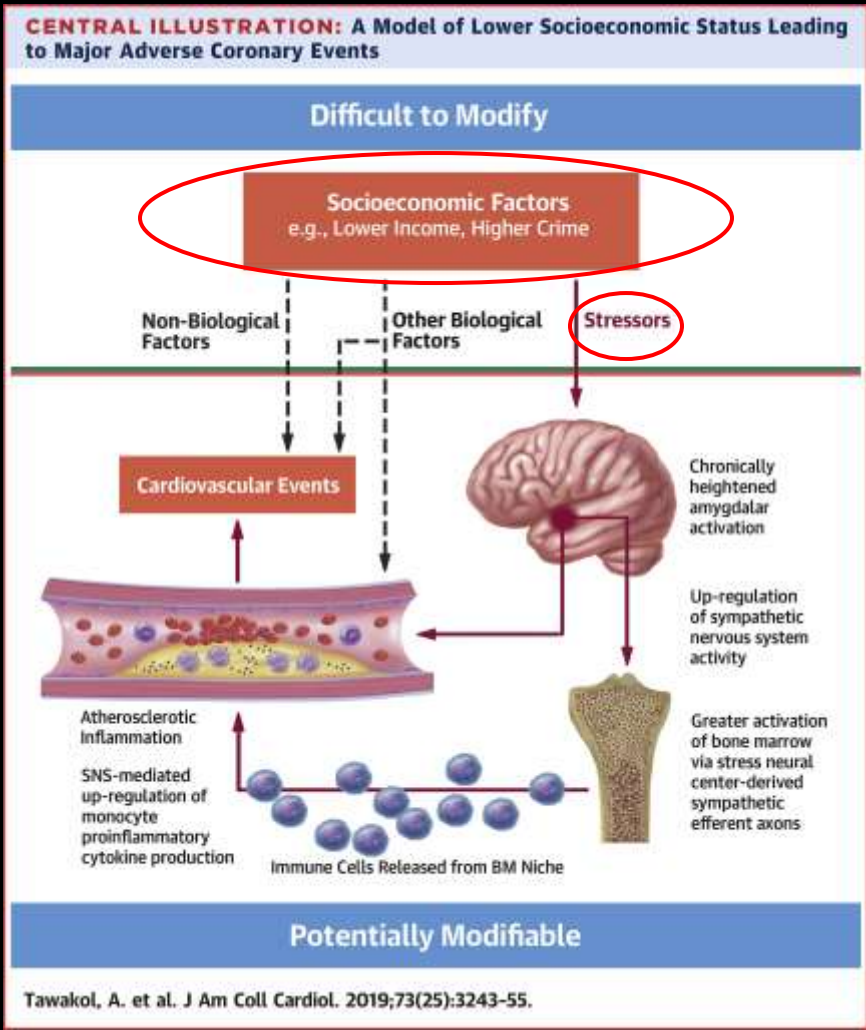
What's left over when what a place asks of you is more than what that place gives you to meet it.

The stressors never stop



Understanding Stress and Heart Health

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Health = Resiliency/Stress

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DNA is not your *destiny*.

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RISK FACTORS MOVED

Repeated contact *changed risk.*

from 18%

43%

Blood pressure controlled

First four years of the program

from 0.4%

29%

Cholesterol controlled

1986 – 2010

from 49%

70%

Power of Community

Research reveals the profound impact of community social cohesion on biological aging, particularly in the face of discrimination.

Vulnerability

Neighborhoods with **low social cohesion** and **high discrimination exposure** show significantly **faster telomere shortening**.

Protection

In contrast, communities with **high social cohesion** do not exhibit this association with

1% BETTER: BUTTER ON BREAD

<5%

DOWN FROM 90% OF THE POPULATION

Not a nutrition lecture. A *total cultural pivot* — the default changed.

Puska P, Jains P. Am J Lifestyle Med

