

INTRODUCTION

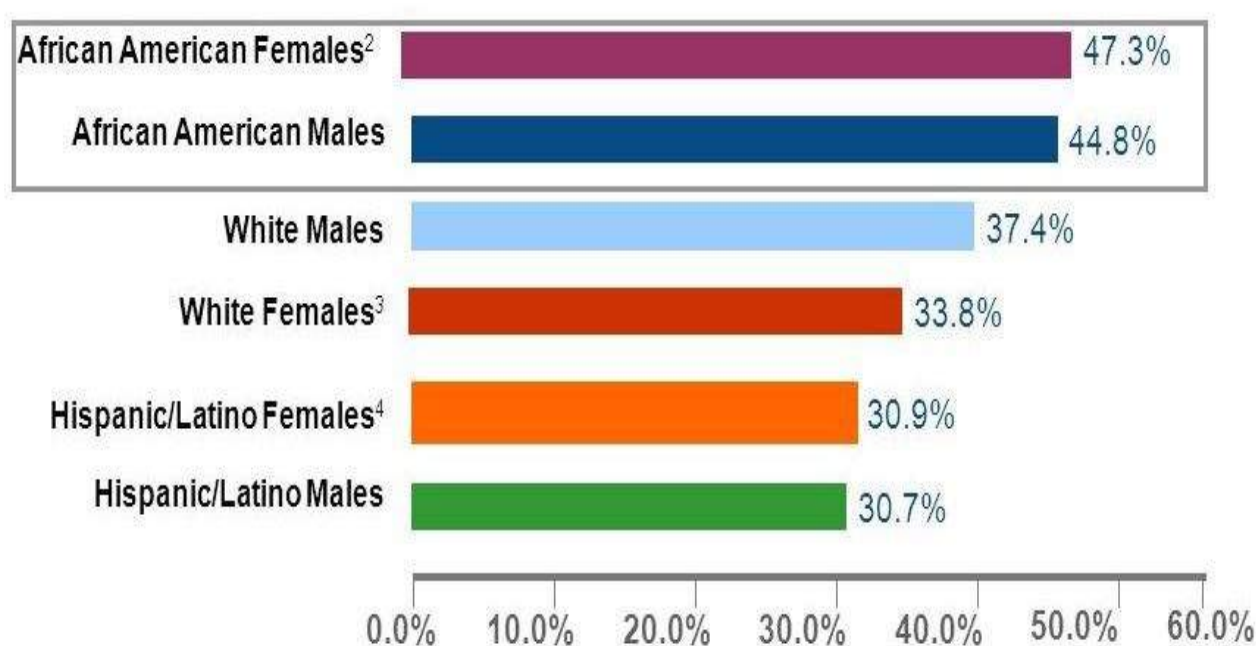
- African Americans remain the leading racial group that is most affected by cardiovascular disease.
- Social determinants of health are factors that contribute to an increased risk of CVD within this population. Some of these factors include: joblessness, poverty, educational attainment, housing quality, environmental pollution, availability of nutritious foods, neighborhood safety, access to green spaces, and social connectedness.

PICO Question: Within the African American community, can implementation of an educational program be an effective intervention to increase this population's knowledge and willingness to seek heart disease preventative treatment?

The Heart of the Matter

Heart disease is the leading cause of death for women and men, regardless of race and ethnicity

82.6 Million American Adults Have Heart Disease¹



LITERATURE SEARCH

Databases: CINAHL, MEDLINE, ProQuest, NBCI

Keywords: Health disparities, African American, heart disease, racial disparities, educational program, race education in healthcare, benefits of education programming

EDUCATION PLAN

Place: Virtual; Forest Park, OH

Presented to: Hamilton County's Public Health WeTHRIVE! Initiative

Overall Purpose: To educate leaders of Hamilton County's Public Health's WeTHRIVE! Initiative on the importance of implementing a cardiovascular disease education program within the community in which they serve, as well as strategies for implementation, and examples of successful programs.

CURRENT EVIDENCE

- African Americans make up about 47% of the population affected by Heart disease.
- The lack of educational programs within the community of Forest Park is inadequate for a community that is dominantly African American, and the community leaders from the WeTHRIVE! initiative want to now implement a CVD educational program due to the positive impact it can have.
- Social determinants of health play a huge role in the possible development of CVD. It is important to educate community members on these determinants so that they can be avoided. These include:
 - Joblessness
 - Poverty
 - Educational attainment
 - Housing quality
 - Environmental pollution
 - Availability of nutritious foods
 - Neighborhood safety
 - Access to green spaces
 - Social connectedness
- Evidence shows that the location of meeting within the community can influence the members that participate. This is why it's important to educate multiple community leaders on how to teach an educational program as such at different location. Different possible locations this can be carried out at include:
 - Churches
 - Barbershops
 - High schools/Universities
 - Local Markets/Community gathering spaces
 - Electronically on state/local health department websites.



IMPLEMENTATION & FEEDBACK

Target Audience & Location:

- 03/17/2021
- Virtual meeting held on WebEx
- WeTHRIVE! community leaders: educators, nurses, firemen, police officers, and nurses

Virtual Presentation:

- 10-minute visual presentation & post discussion
- 12 participants in the virtual meeting

Survey:

- Pre and post surveys completed
- Post survey yielded a low response rate: further evaluation is necessary
- Likert scale: Strongly agree, agree, slightly agree, slightly disagree, disagree, strongly agree

Questions Asked	Responses
How much knowledge do you have about how the African American community is affected by heart disease?	0% - Minimal 66.67% - Basic 33.33% - Advanced
Based on your own personal experience/educational background, do you think that cardiovascular disease is a pertinent issue within the community in which you serve?	66.67% - Strongly agree 33.33% - Agree
Can you identify the risk factors that predispose African Americans to cardiovascular disease?	100% - Agree
After receiving this education, how interested are you in implementing these interventions into the WeTHRIVE movement?	66.67% - Extremely interested 33.33% - Very interested
Did this presentation help enhance your knowledge on cardiovascular disease amongst Black communities?	33.33% - Strongly agree 66.67% - Agree

Feedback

- Positive feedback from community members was given post presentation
- There was participation and involvement throughout the meeting

EDUCATIONAL PROGRAMS

Moyo Health Network: Moyo Health Network brings scientific professionals such as physicians, engineers, and public health scientists into partnership with African Americans affected by cardiovascular disease. Moyo is a mobile platform that examines factors that contribute to the development of disparities and spread information of preventative measures. The purposes is to reduce the risk of heart disease by empowering young adults to embrace behaviors that can increase their cardiovascular health.

The FAITH! Program: The FAITH! Program is a 16-week educational program implemented within the church setting. Educational programs on nutrition, physical activity, health topics and resources were given biweekly at the church. This program's purpose was to improve overall knowledge on cardiovascular health and ways to prevent or further be evaluated to achieve a healthy heart in African Americas.

LESSONS LEARNED

- Send a follow-up email to participants providing the post survey link in addition to an announcement at the end of the presentation to increase number of responses.
- Further research of a wider variety of educational programs to ensure our interventions can be implemented by community leaders in the area.
- Include a section for written feedback from participants in the post survey. This can provide us with more strategies for implementation or possible issues that may arise during implementation.
- Education can be presented to a program that is aimed only for the African American community to ensure our interventions can be carried out.

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