



ABSTRACT

This project was developed to educate African American students who attend an historically black college/university in the Nashville, Tennessee area or any individual 18 years and older about heart disease. Since African Americans are disproportionately affected by heart disease and are 20% more likely to die than non-Hispanic whites from the disease, prevention is essential. Thus, the intent of this project is to provide preventative information to hopefully prevent participants from contracting the disease.

PURPOSE AND BACKGROUND

The objective of this study is to provide education on the dangers of heart disease, highlight specifically the cardiovascular health in African Americans, as well as how to reduce the chances of being affected to undergraduate students who attend a historically black institution.

The term “heart disease” refers to several types of heart conditions. Coronary artery disease (CDA), affects the blood flow to the heart which can eventually lead to a heart attack. Heart disease is also known to be a “silent killer” due to high blood pressure and diabetes. A person can go undiagnosed until experiencing signs or symptoms of a heart attack, heart failure, or arrhythmia. About 655,000 Americans die from heart disease every year - that is 1 in every 4 deaths, however, African Americans are 20% more likely to die from heart disease than non-Hispanic whites.

The burden of cardiovascular disease in the African American community remains high and is a primary cause of disparities in life expectancy between African Americans and whites. (Center for Disease Control, 2020) High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. 47% of Americans have at least one of these three risk factors. Hypertension is arguably the most potent risk to the cardiovascular health of African Americans, as well as the greatest area of opportunity for the prevention of disease if effectively managed. (American Heart Association, 2017)

SIGNIFICANCE OF STUDY

Hosting a heart disease educational intervention will help hopefully increase the knowledge, attitudes, and eventually the behaviors of participants. In turn, with any luck, heart disease statistics will decrease amongst participants.

METHODS AND PROCEDURES

Participants were recruited through various methods. These methods included but are not limited to, social media posts, word of mouth, and flyers via campus websites/email list. Due to COVID-19 restrictions this event took place virtually via Zoom. The event was moderated by the Student Health Ambassador. First, participants were asked to complete a pre-test upon arrival. A link was placed in the “chat box” for individuals to use. Next, the feature presentation was given by physician, Dr. Damita Bryant. Earnestly, throughout the talk, she covered the importance of prevention as well as control methods for heart disease.

After the presentation and question period, participants were asked to complete a post-test using the same method as the pre-test. Both instruments were administered via Google Forms. All individuals that completed the pre and post-test were eligible to participate in a raffle for a monetary gift card. Finally, to ensure that the pre and post surveys were properly matched, but, refrain from collecting identifying information, individuals were asked to type their initials (first, middle, and last) and the numeric portion of their street address on both surveys.

OUTCOMES

The expected outcome of this educational intervention was an increased base knowledge of heart disease and to raise awareness of preventative methods to African Americans.

After the intervention the data was recorded which indicated 100% of participants knew what the classic symptoms of a heart attack and why the risk of heart disease increased in relation to BMI. There was a clear measurable difference in the increase of knowledge. It is hoped and expected that by attendance of the presentation there is an increase of awareness for heart disease and now the necessary precaution measures will be taken.

HEART DISEASE PREVENTION

REFERENCES

About Heart Disease. (2020, September 08). Retrieved December 05, 2020, from <https://www.cdc.gov/heartdisease/about.htm>

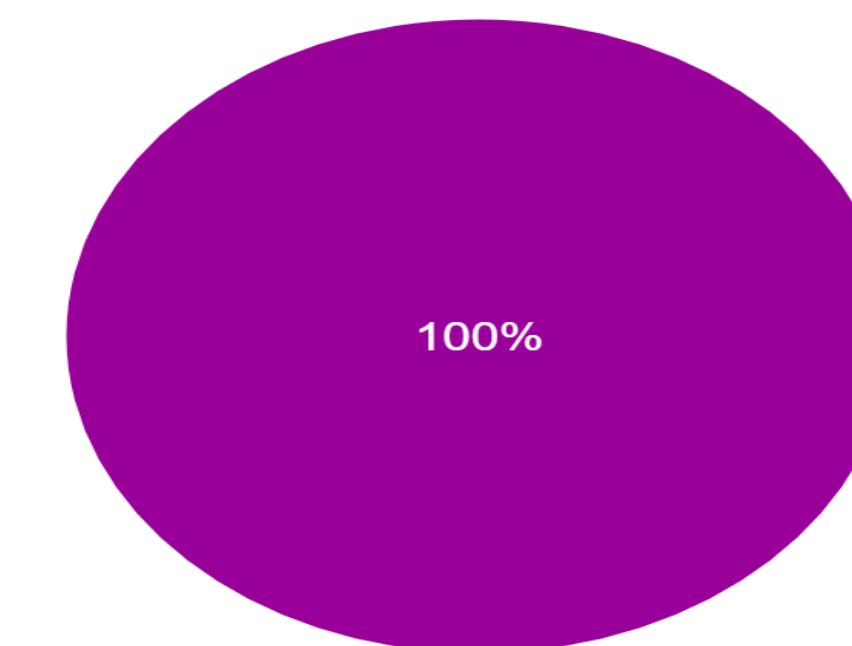
Carnethon, M. R., Pu, J., Howard, G., Albert, M. A., Anderson, C. A., Bertoni, A. G., . . . Yancy, C. W. (2017). Cardiovascular Health in African Americans: A Scientific Statement From the American Heart Association. *Circulation*, 136(21). doi:10.1161/cir.0000000000000534

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Which of these is a classic symptom of a heart attack?

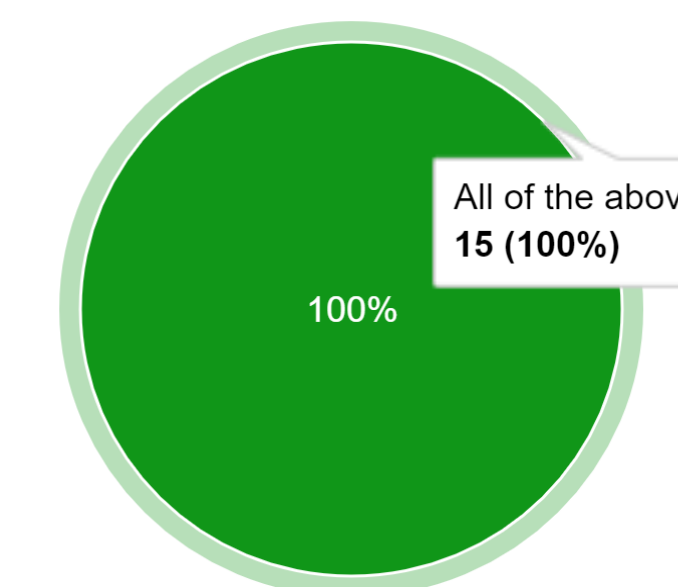
15 responses



- Crushing pain in the chest accompanied by sweating
- Pain that spreads from the chest to the shoulders, neck, jaw or arms
- Indigestion or heartburn, nausea and vomiting
- Difficulty breathing
- All of the above

Your risk for heart disease rises if your body mass index (BMI) is more than 24.9. Why?

15 responses



- It can increase blood pressure
- It can increase triglycerides and lower HDL cholesterol levels
- It can increase the risk for diabetes
- All of the above

Post-test results