DASH into a Healthier Lifestyle
A Practical Approach Toolkit for African Americans
Demetric Osborn DNP, MSN/Ed, RN

Problem
- Research has shown African Americans are the highest at risk in developing cardiovascular disease because of uncontrolled high blood pressure leading to hypertension
- In African Americans, there is a great difference in cardiovascular disease disparities of morbidity and mortality
- Obesity and inactivity are health risks affecting African Americans at younger ages leading to hypertension
- American Heart Association (AHA) suggest a healthier diet and lifestyle changes to combat cardiovascular disease for an improved quality of life
- Statistics have shown high blood pressure and obesity are some of the common conditions increasing the risk of cardiovascular disease

Purpose
- To implement strategies encouraged in the Toolkit to promote healthier lifestyle changes
- To improve lifestyle behaviors in African Americans to address the problem of inactivity and obesity leading to a higher prevalence in hypertension, cardiovascular disease and stroke

Theoretical Framework
HEALTH PROMOTION BY NOLA PENDER

Results / Evaluation Findings
1st Session
- A total of 16 participants signed up for the event
- Age range 33 - 82 years old
- 19% males and 31% were not diagnosed with hypertension
- 44% adherent to prescribed anti-hypertensive meds
- 6% was nonadherent to anti-hypertensive meds
- 75% medium quality diet, 19% low quality diet, and 6% adherent quality as associated with the DASH diet
- 25% of participants adherent to physical activity recommendations
- 25% of participants adherent to good weight mgmt. practices

2nd Session
- A total of 6 participants were present
- The others withdrew, sick, or had other engagements and could not be present
- 19% of participants met the recommended weight loss goal of 5 lbs. or more within 4 weeks
- 25% of participants blood pressure managed
- All 6 participants showed an increase in implementing healthier behaviors in the areas of hypertension self care activity: medication usage, diet, physical activity, weight management as encouraged in the Toolkit associated with the DASH dietary plan and the AHA lifestyle recommendations.

Practice Implications / Discussions
- Participants eager to learn
- Participants efforts to implement healthier strategies to live a healthier life
- Participants have a better understanding of healthier lifestyle and quality life
- Participants will utilize the Toolkit for healthier choices

References Available Upon Request