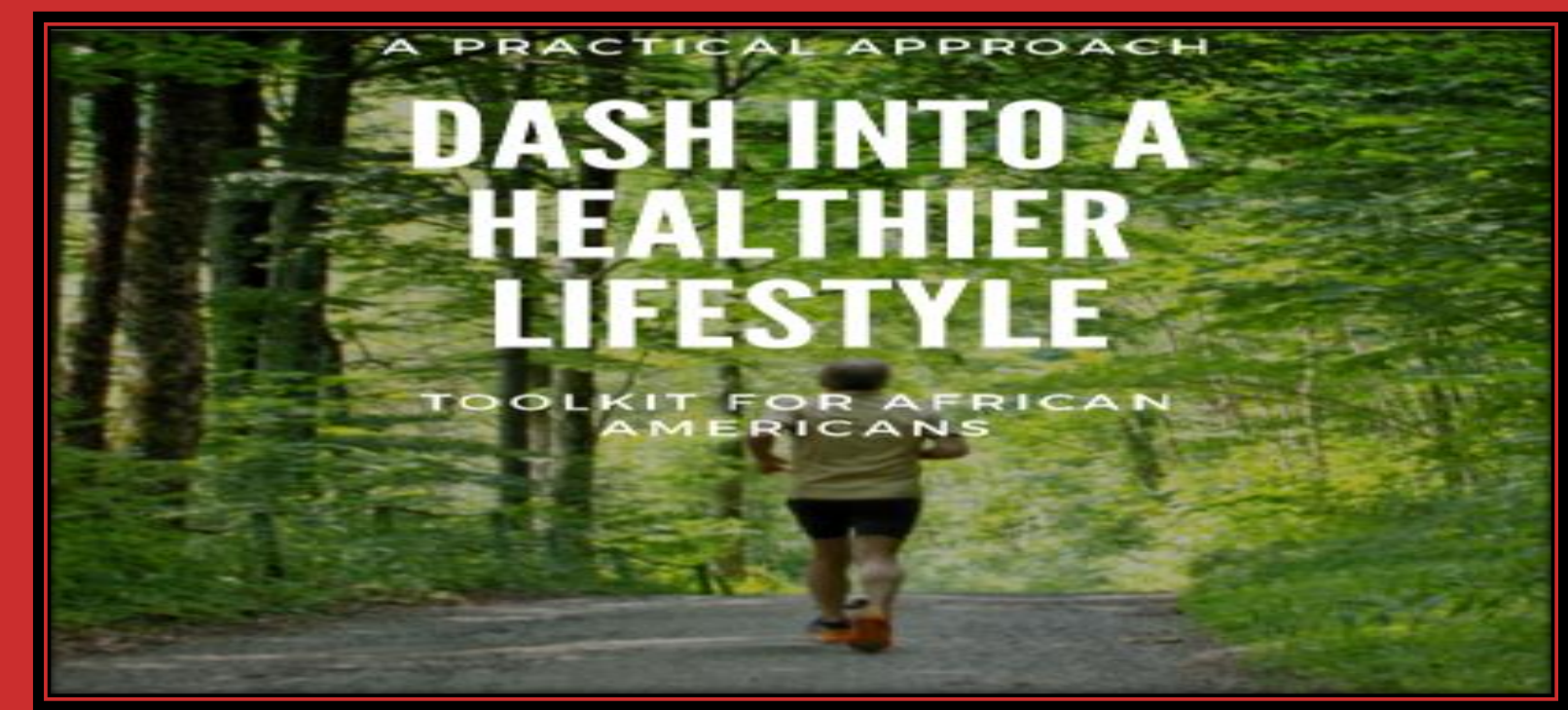


# DASH into a Healthier Lifestyle

## A Practical Approach Toolkit for African Americans

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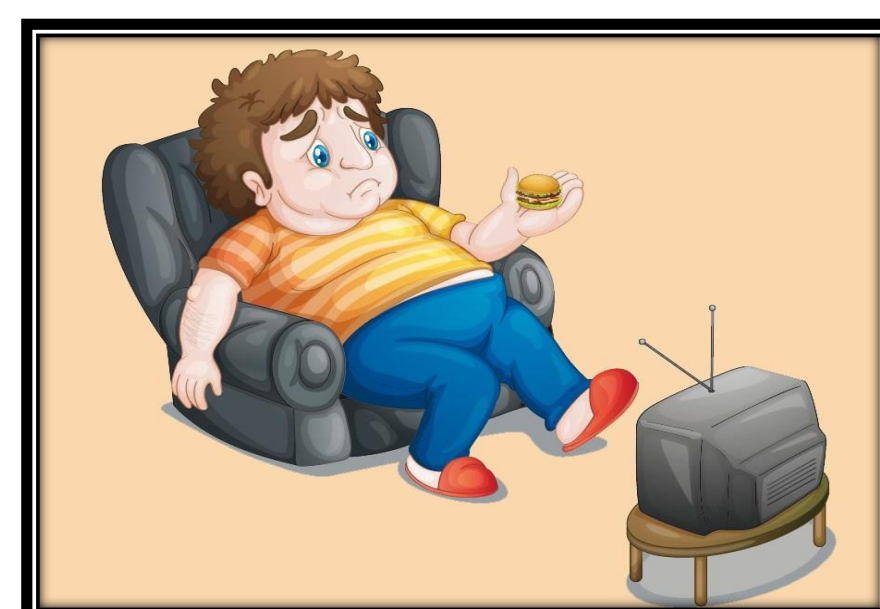
### Purpose

- 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



### Problem

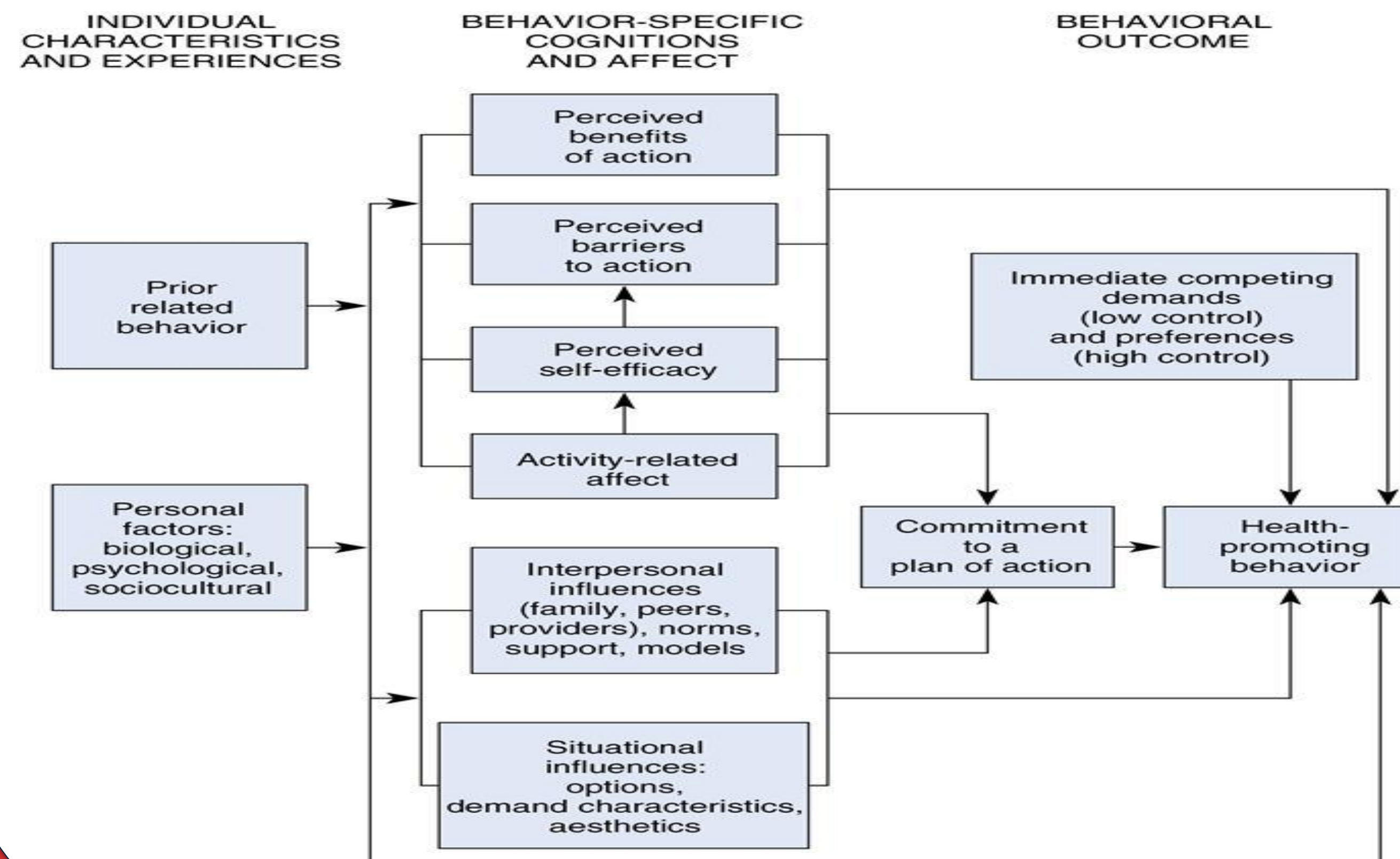
- Research has shown African Americans are the highest at risk in developing cardiovascular disease because of uncontrolled high blood pressure leading to hypertension
- In African Americans, there is a great difference in cardiovascular disease disparities of morbidity and mortality
- Obesity and inactivity 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



References Available Upon Request

### Theoretical Framework

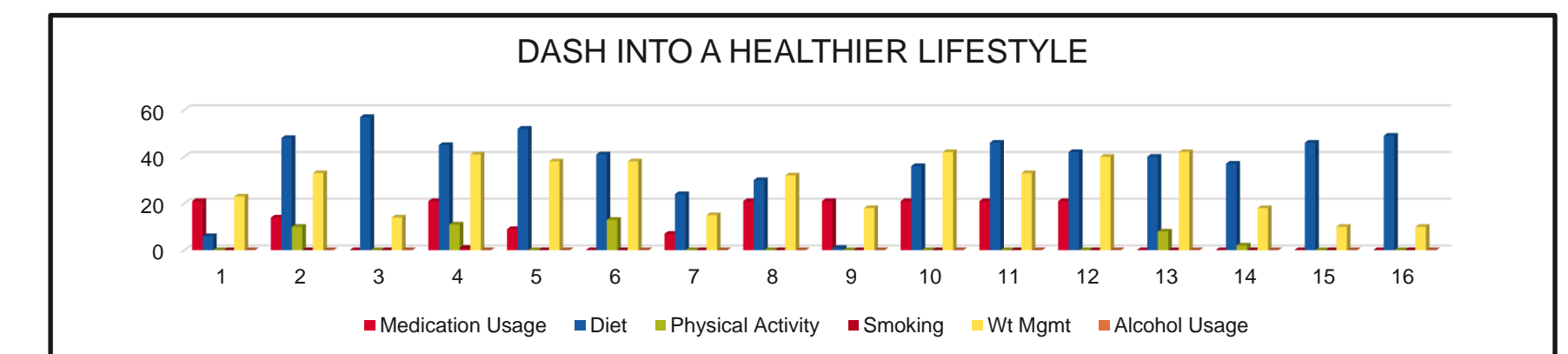
#### HEALTH PROMOTION BY NOLA PENDER



### Results / Evaluation Findings

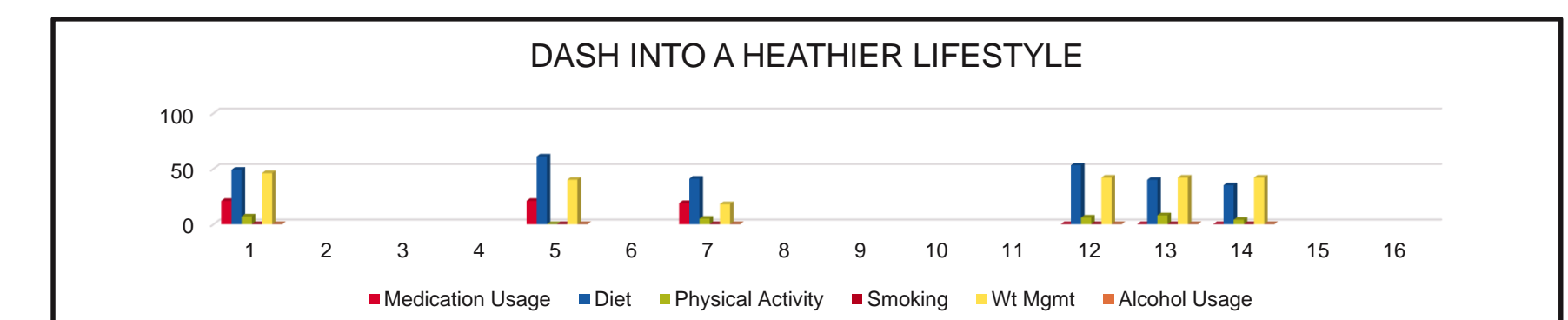
#### 1<sup>st</sup> Session

- 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



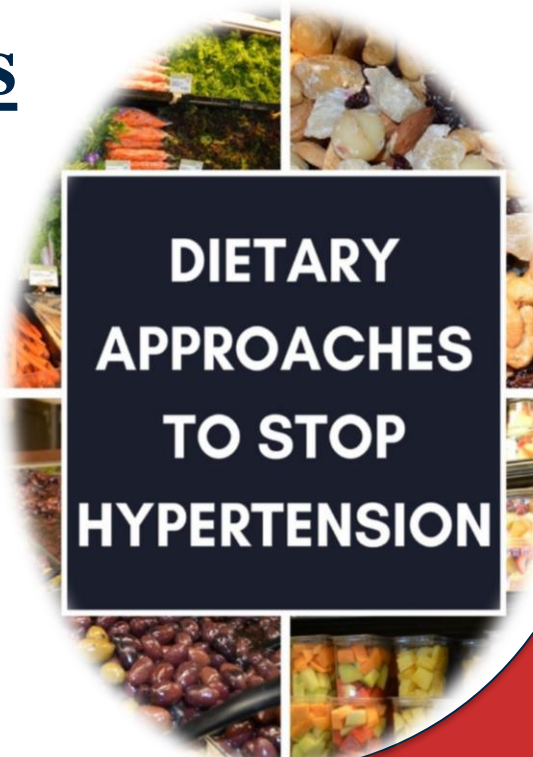
#### 2<sup>nd</sup> Session

- 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



#### Characteristics & Experience

- Pre-Session:** Participants from a rural church enlisted in a Dietary Approach to Stop Hypertension (DASH)
  - Unhealthy behaviors
  - Age, education, genetics, obesity

#### Cognitions & Affects

- 1<sup>st</sup> Session:** Participants were provided a Toolkit to foster improved healthier behaviors
  - Guided by the AHA Diet and Lifestyle Recommendations regarding the DASH diet.
  - Assessment data obtained: blood pressure, weight, demographic & Pre-Test Hypertension Self Care Activity Surveys

#### Behavior Outcomes

- 2<sup>nd</sup> Session:** Participants weight, blood pressure, and post-test surveys collected to determine the effectiveness of the Toolkit
  - Decrease in blood pressure
  - Decrease in weight
  - Management, Reduction and Prevention of Hypertension with learned lifestyle modifications