

**Title:**

Heart Checks: Preventing Cardiovascular Disease in Young Adults

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**Session Title:**

Heart Checks: Preventing Cardiovascular Disease in Young Adults

**Slot:**

G 06: Monday, 30 October 2017: 1:15 PM-2:30 PM

**Scheduled Time:**

1:35 PM

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**Keywords:**

Nursing education, Student wellness and cardiovascular health promotion

**References:**

Burke, J.D., Reilly, R.A., Morrell, J.S., Lofgren, I.E. (2009). The University of New Hampshire's Young Adult Health Risk Screening Initiative. *Journal of the American Dietetic Association*, 109 (10)1751-1758.

Egan, B.M., et al. (2011). Impacting population cardiovascular health through community-based practice network: update on an ash-supported collaborative. *Journal of Clinical Hypertension*, 13 (8), 543-550.

Farley, T.A., Dalal, M.A., Mostashari, F., & Frieden, T.R. (2010). Deaths preventable in the U.S. by improvements in use of clinical preventive services. *American Journal of Preventive Medicine*, 38, 600–9.

Lloyd-Jones, Hong, et al. (2010). The American Heart Association's Strategic Impact Goal Through 2020 and Beyond. *Circulation*, 121(4), 586-613.

**Abstract Summary:**

Heart Checks are brief cardiovascular screenings that combine targeted biometric screenings with cardiovascular risk reduction counseling. The planning, execution, and evaluation processes necessary for large scale implementation of Heart Checks will be discussed.

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>
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1) The learner will describe the components of a Heart Check.	a. There will be a presentation and discussion on the biometric markers and targeted cardiovascular risk reduction counseling components of a Heart Check. b. Brief versus expanded Heart Checks will be outlined.
2) The learner will describe the planning, execution and evaluation processes of a Heart Check.	a. An eight-step planning process will be reviewed. b. An overview of large scale implementation will be detailed. c. The evaluation process will be explained.
3) The learner will understand the importance of cardiovascular screenings and education in the young adult population.	a. Current research on cardiovascular prevention in the young adult population will be presented. b. National initiatives will be reviewed.

**Abstract Text:**

**Purpose:** Despite continued attempts to improve cardiovascular population health, prevalence and incidence remain high. Risk factor profiles in young adulthood strongly predict long-term cardiovascular risk (Lloyd-Jones, Hong, et al, 2010). Early detection is critical to identify individuals at risk and to promote lifestyle changes before disease progression occurs. This presentation will detail an innovative way to screen and educate young adults on cardiovascular disease. **Methods:** Brief cardiovascular screenings and healthy lifestyle education sessions called *Heart Checks* are being conducted across a large university campus to target various populations for cardiovascular prevention efforts. *Heart Checks* are designed for the screening and education of college-aged students, with a particular emphasis on women. These mini cardiovascular screenings typically take 20-25 minutes and consist of an online survey, a body mass index calculation, a blood pressure, a heart rate, and individualized cardiovascular risk reduction counseling. In addition, high risk individuals receive a cholesterol screening. Cholesterol screenings are only completed on participants who screen positive for one or several of the following parameters: diabetes, obesity (BMI >30), hypertension, smoker, or family history of premature CAD. *Heart Checks* are typically conducted by nursing faculty and nursing students in 4-5 hour periods in locations determined to be of high traffic for the intended participant population. *Heart Checks* are used as a community health clinical site. The eight steps for conducting a Heart Check include: deciding location, determining and market to target population, developing intake survey, training personnel, ordering equipment, establishing triage protocol, determining logistics, and creating educational information. **Results:** Over four hundred college-aged students have participated in Heart Checks as of February 2017. **Conclusions:** Starting cardiovascular prevention earlier, more aggressively, and in targeted populations may be the key to lowering cardiovascular disease in later life and promoting cardiovascular population health. College campuses provide a unique opportunity to gain access to young adults and introduce healthy lifestyle behaviors before significant cardiovascular disease has occurred.