

**Title:**

Too Few to Count: Perceptions of Heart Health in Utah African Americans

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**Session Title:**

Rising Stars of Research and Scholarship Invited Student Posters

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**Keywords:**

Heart, NVivo and Qualitative

**References:**

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#### **Abstract Summary:**

Exploratory qualitative study informed by grounded theory and an ethnographic approach. interview data was coded and analyzed. Themes and categories were generated. Advocacy for improved patient centered care needs to continue, especially in minority groups.

#### **Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to discuss results from a qualitative study about perceptions of heart health through the lens of African Americans in Utah.	Discussion with the poster presenter and reading the poster.
The learner will be able to recall two participant definitions from the poster presentation.	Reading participant definitions that are on the poster.

#### **Abstract Text:**

##### **Purpose**

African Americans have higher morbidity and mortality from diseases that can affect the heart compared to White non-Hispanic Americans. This study examined perceptions of heart health among African Americans over age 40 living in Utah. African Americans living in less diverse areas where they are “super minorities” (<5% of the population) are overlooked in health research.

##### **Rationale**

The African American population in Utah is less than 2% of the overall state population. There is minimal evidence regarding how African Americans living in similar areas perceive heart health, or receive information concerning heart health.

##### **Supporting literature**

Research has focused on African Americans residing largely in urban areas with little attention focused on African Americans residing in less diverse areas. Other studies have shown lack of general knowledge of the definition of heart health.

#### Methods

Exploratory qualitative methods informed by grounded theory and an ethnographic approach were used to generate and analyze data. Semi-structured interviews were conducted with African Americans aged 40 and older (N=20) in the Salt Lake City, Utah area. Participants discussed their definition and perception of heart health, and sources that shaped or influenced these perceptions. Interviews and field notes were transcribed, coded, then categories and themes were developed and analyzed. NVivo 11 software was used for inductive and iterative data coding.

#### Findings/Results

Participants' definition of heart health was related to concrete concepts like diet, exercise, and deaths of family members. Noted was a perception of sparse messaging about heart health for African Americans in Utah, especially related to hypertension or diabetes. Coding yielded the following categories: heart health, living in Salt Lake City, and health information. Themes were developed after further review and analysis is ongoing.

#### Conclusions/Implications for APN practice

Advocacy for improved patient centered care needs to continue, especially with minority groups. The data gathered in this study can be used to develop an intervention that includes heart health education for African Americans to improve longevity and optimal health as they age.