Health Disparities and Community Colleges: How Can We Be Part of the Solution?

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NHLBI CVD EDUC

• National Heart, Lung, & Blood Institute (NHLBI)

• Cardiovascular Disease Enhanced Dissemination & Utilization Centers (CVD EDUC)
Healthy People 2010

2 Overarching Goals
- Increase quality and years of healthy life
- Eliminate health disparities

HP 2010 Heart Disease & Stroke Goal
- Prevent Development of Risk Factors
- Detect & Treat Risk Factors
- Early recognition and treatment of acute coronary syndromes
- Prevent recurrence & complications of cardiovascular disease
EDUCS Awardees

EDUCS I
1. Dan River Regional Cardiovascular Health Initiative Program (DRchip)
2. Delta Health Education Center, University of Arkansas for Medical Sciences
3. St. Mary's Hospital
4. The University of North Texas, Health Science Center
5. Wake Forest University School of Medicine
6. West Virginia Health Right, Inc.

EDUCS II
1. Creighton Heart Education Center
2. Housing Authority of Baltimore City
3. Penrose-St. Francis Health Services
4. Toledo Hospital
5. Wake Forest University School of Medicine
6. Wright State University School of Medicine
The Toledo Hospital EDUC

HEALTH EDUCATION ACTIVITIES & RESOURCES FOR TOLEDOANS
National Heart, Lung, & Blood Institute

The Toledo Hospital

Member of ProMedica Health System
Better health for life.
Ottawa Coalition Area

- 5-square mile radius
- Population of 30,000+
- 10 distinct residential neighborhoods
- Area encompasses central city to upper class areas of Toledo
- Diverse Community
HEART Program Objectives

✓ Multi-faceted Community Based Programming

✓ Primary objective: Reduce prevalence and risk of CVD in underserved residents of the Ottawa Coalition & Lucas County Area.
CVD In Lucas County

• Target Population: Ottawa Coalition
  – HSA 25th among top 100 areas nationwide for CVD mortality & morbidity
  – State death rate for Heart Disease 63.3%
  – Lucas County death rate 71%
Owens Community College
School of Health Sciences

HEART Program Participants
- Dental Hygiene
- Dietetic Technician
- Registered Nursing
- Occupational Therapy Assistant
- Physical Therapist Assistant
Registered Nursing

- Cardiovascular Health Screening
  - Blood pressure
  - Blood lipids
  - Self-reported risk factors
- Client Education
- Train the Trainer: Blood Pressure
Community Health Forums
Women’s Heart Advantage

Accomplishments

➢ Participation
  ➢ ~350 attendance
  ➢ ~20 students
  ➢ 2 faculty
➢ Screened: 271 participants
Community Health Forums
Women’s Heart Advantage

Screening Results

✓ 63% Pre- or hypertensive
✓ 53% Not being treated
✓ 56% Borderline or high total cholesterol
✓ 41% Family history of CVD
Dental Hygiene

✓ Table Clinics
  ✓ Dental Hygiene and Cardiovascular Health
  ✓ Tobacco Cessation and Use Prevention
Dietetic Technician

✓ Grocery Store Tours
✓ Cooking for One
Occupational Therapy Assistant

✓ Getting the Most from What You’ve Got
Physical Therapist Assistant

- Fitness Walks
- Aerobic Exercise
- Exercise Video
The Experience

- Promotes clinical reasoning skills to transmit the values and beliefs that enable ethical practice.
- Helps develop professionalism and competence.
- Encourages students to see themselves in a broader role in society.