

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

Janell Lang, Ed.S.

Dean, School of Health Sciences

Owens Community College

Toledo & Findlay, Ohio

American Association of Community Colleges

Annual Conference

Boston, MA

April 11 2005

# 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

# EDUC 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

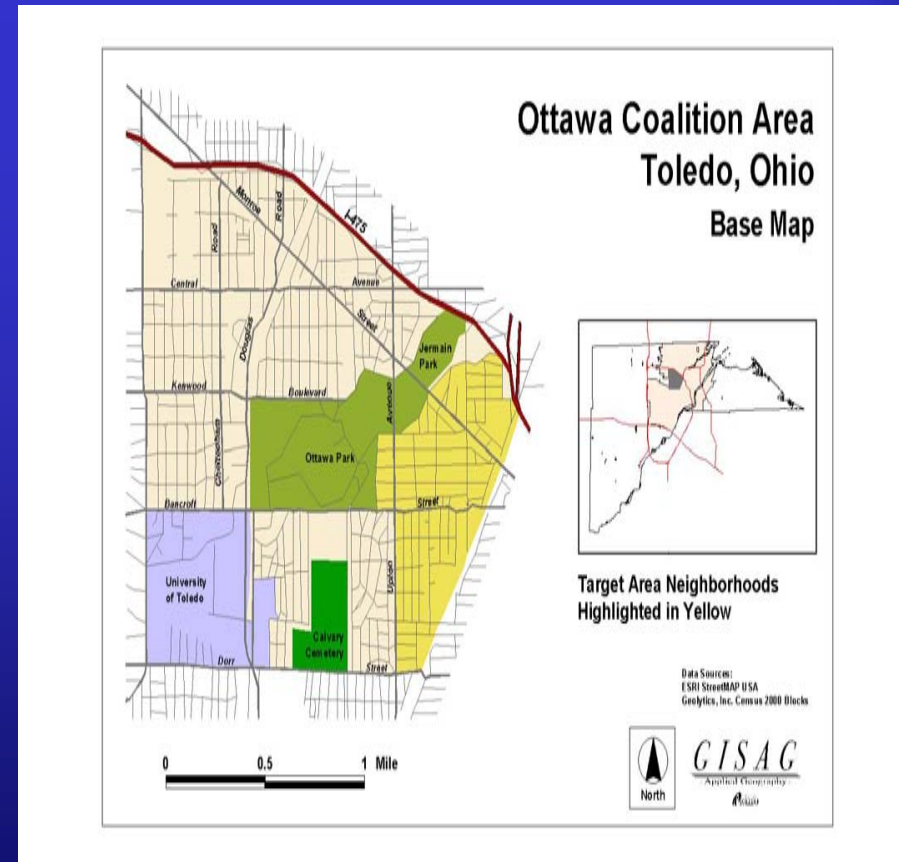


# The Toledo Hospital EDUC



# 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.

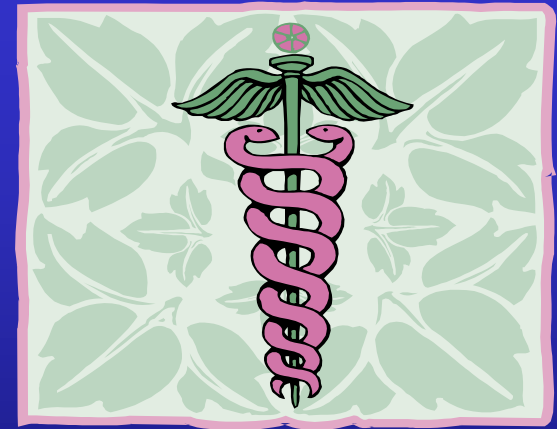
# CVD In Lucas County

- Target Population: Ottawa Coalition
  - HSA 25<sup>th</sup> 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

## W men's Heart Advantage

### Accomplishments

#### ➤ Participation

➤ ~350 attendance

➤ ~20 students

➤ 2 faculty

➤ Screened: 271  
participants

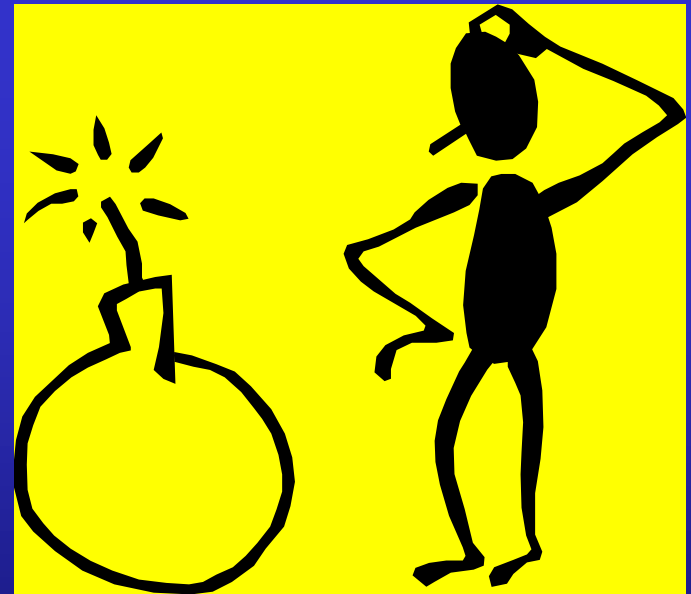


# Community Health Forums

## W men'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**



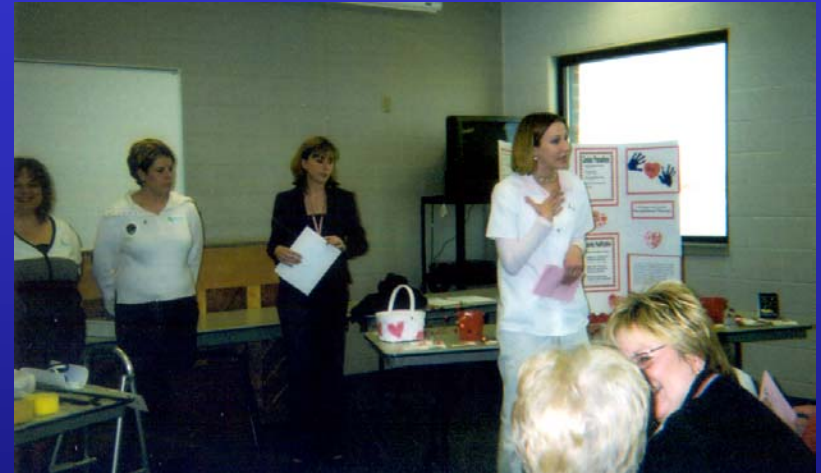
# Dietetic Technician

- ✓ 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.