



Impact of the Faith Community on African American Health Promotion

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INTRODUCTION

- Statistics indicate that 40.5% of African American men and 44% of African American women over 20 years of age have hypertension (HTN) based on measured high blood pressure or taking antihypertensive medications (Centers for Disease Control and Prevention [CDC], 2016; National Center for Health Statistics [NCHS], 2018).
- Data provided by the Alabama Department of Public Health (ADPH) (2019) states that more than 41% of people in the state had hypertension in 2017.
- High blood pressure is the 12th leading cause of mortality in Alabama (ADPH, 2019).



PURPOSE

- Berkley-Patton et al. (2018) found that utilizing the faith-based community to educate members about modification of lifestyle behaviors to manage hypertension is effective.
- The purpose of this quality improvement project was to show the impact that the faith community has on increasing the knowledge of the community on hypertension and its management.

OBJECTIVES AND AIMS

Objectives:

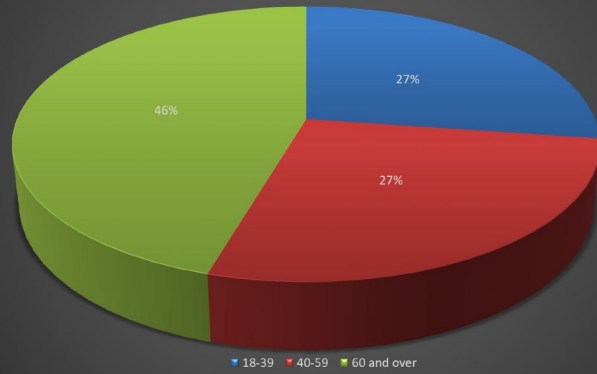
1. Partner with an African American church to recruit 20-25 participants who will participate in an 8-week hypertension educational session.
2. Develop 8 weekly educational sessions relating to hypertension. The topics included are:
 - o Week 1: What is High Blood Pressure?
 - o Week 2: What is High Blood Pressure Medication?
 - o Week 3: High Blood Pressure and Stroke
 - o Week 4: What is a Heart Attack?
 - o Week 5: How Much Physical Activity Do I Need?
 - o Week 6: Blood Pressure Measurements
 - o Week 7: How Do I Follow A Healthy Diet Plan?
 - o Week 8: How to Limit Salt Intake
3. Compare pre/post tests to determine understanding of the information.
 - o All posttest averages will be 90-100%.

METHOD

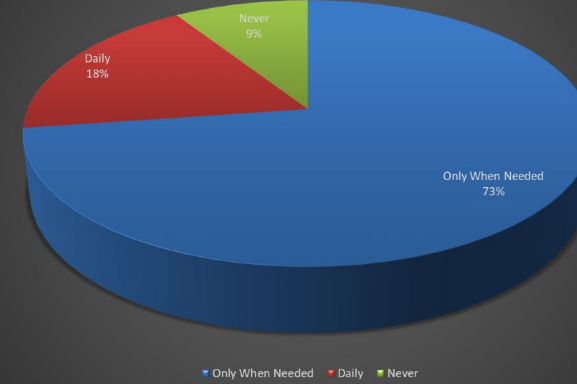
- The quality improvement project consisted of 11 participants between the ages of 24-70 years of age.
- The participants completed an 8-week educational program of different HTN topics via YouTube each week.
- The participants received a pre-test that was completed and re-submitted via email.
- The participants were given access to the link on YouTube to review the education on that topic.
- After reviewing, the participants completed and submitted a posttest.
- The pretests and posttests were evaluated for retention of knowledge.

RESULTS

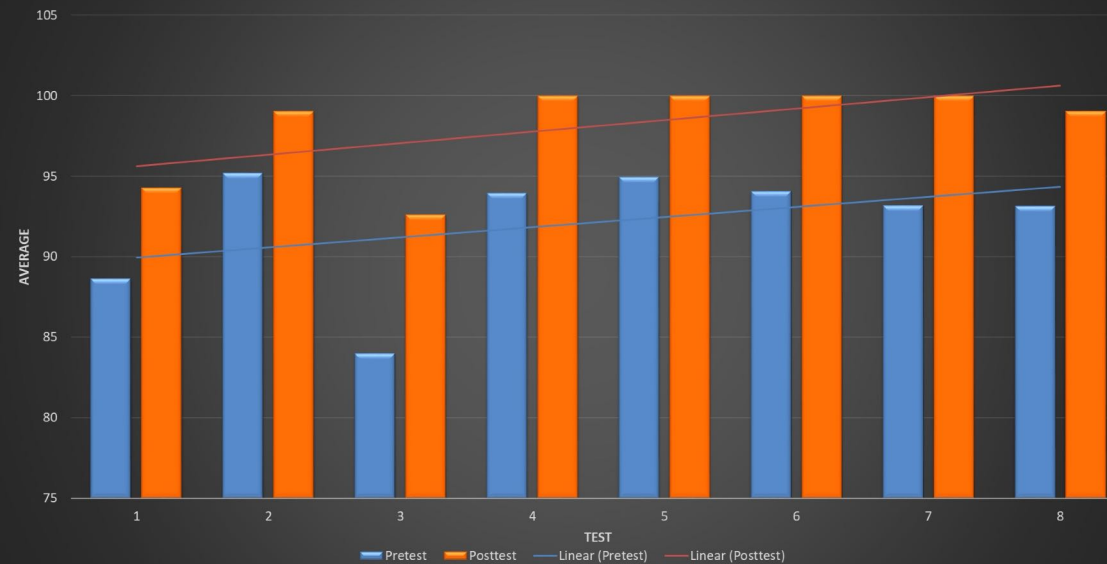
Age Group of Participants



How Often Do You Take Your Blood Pressure?



Average of the Pre/Post Tests





OUTCOMES

Objective 1: Not Met

There were 11 participants who participated in the hypertension educational sessions

Objective 2: Met

8 weekly sessions per YouTube

Objective 3: Met

The average of all post tests were 90%-100%



CONCLUSION

The conclusion is the faith-based community can have a positive impact on educating and increasing the community's knowledge on hypertension and its management.

REFERENCES

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