

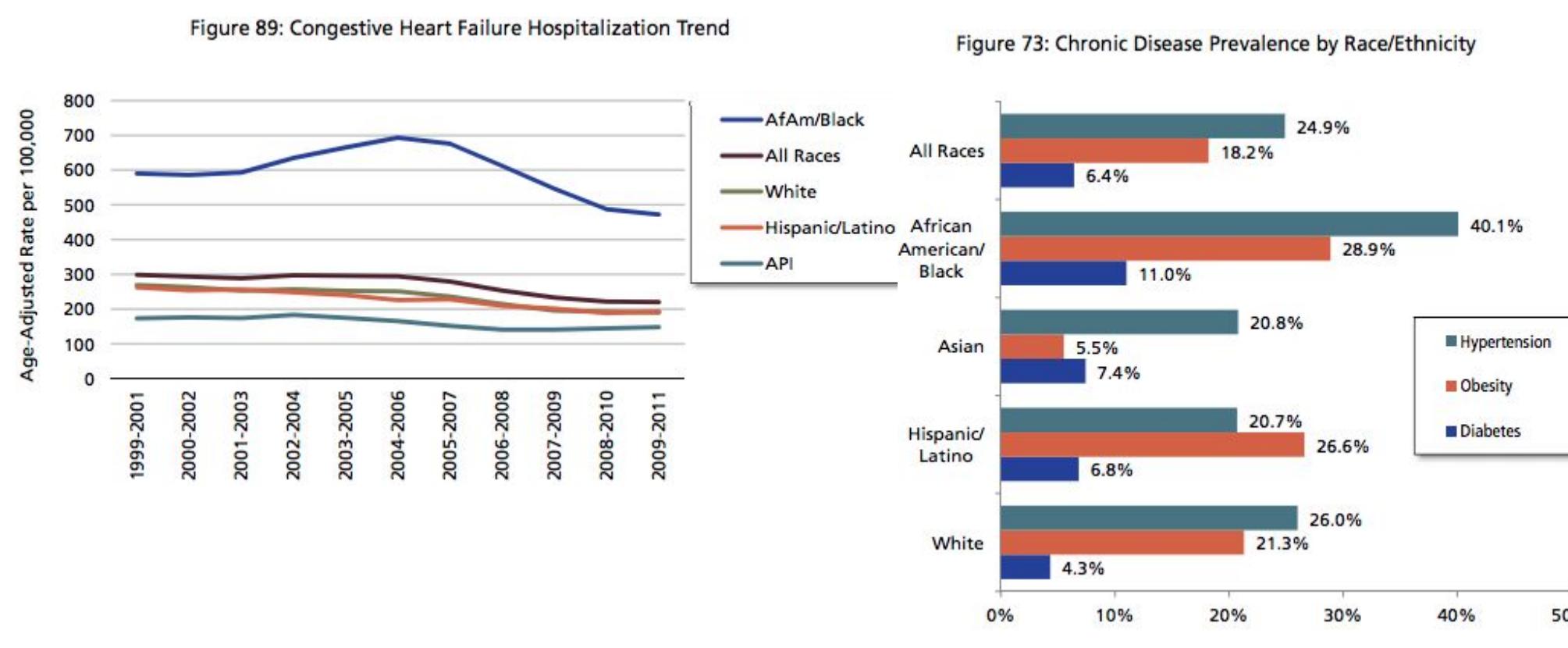


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BACKGROUND

- Heart disease is the leading cause of death in the United States (1 in 4 deaths).
- High blood pressure is a condition that increases your chances of cardiovascular disease, heart attack, stroke, dementia and heart failure, if it is not controlled.
- Hypertension screening is very important because 1 out of 3 adults in America have it.
- Some risk factors for HBP are family history, being obese, smoking or being exposed to secondhand smoke, excessive alcohol consumption, poor diet, lack of exercise, and stress.
- Hypertension can be controlled by lifestyle changes and/or medications preventing extreme heart related health conditions.



NEED

- I chose this area due to the lack of adequate resources and the unequal rates of heart disease. I understand that detecting hypertension early can reduce the chances of developing major cardiovascular conditions that can lead to death. I believe I can maximize my impact by serving this population.
- The main ethnic groups in Oakland are White, African-American, Latino, and Asian, although the neighborhood where my project takes place at is 50% African-American, 39% Latino, 6% Asian, 4% White and 2% other.
- More than 40% of families in East Oakland live below the poverty level compared to the national poverty rate of 12.3%.

OBJECTIVE

Develop a program that address the complex issue of high rates of cardiovascular disease in marginalized communities.

Target: Transient, low income, minority populations in Oakland, CA

Goal: To combat the high incidence of cardiovascular disease in vulnerable groups, by hosting hypertension screenings, fresh produce giveaways and heart healthy education sessions, in East Oakland, CA

PROJECT DESCRIPTION

- My project was divided into two components, a hypertension screening event and fresh produce drive with a healthy eating/lifestyle workshop.
- At the hypertension screening event we had three stations.
- One station where participants checked-in and completed a mini hypertension quiz to gauge their knowledge on the subject.
- Another station where participants got their blood pressure taken. There were two medical students administering blood pressure checks (each participant will get at least two readings).
- Lastly, a station for personalized consultation along with a dietary demonstration. Consultation included a conversation about blood pressure readings, referral (if needed) and an interactive nutrition demonstration that allows participants to test their knowledge of reading the nutrition facts and selecting the better option.
- Before leaving they went over their hypertension quiz, received a list of free and low cost clinics in the Bay Area (predominantly Oakland area), and received a brochure that included healthy eating tips, list of easy exercises to do on the go, outline of what hypertension is and ways to control or prevent it.



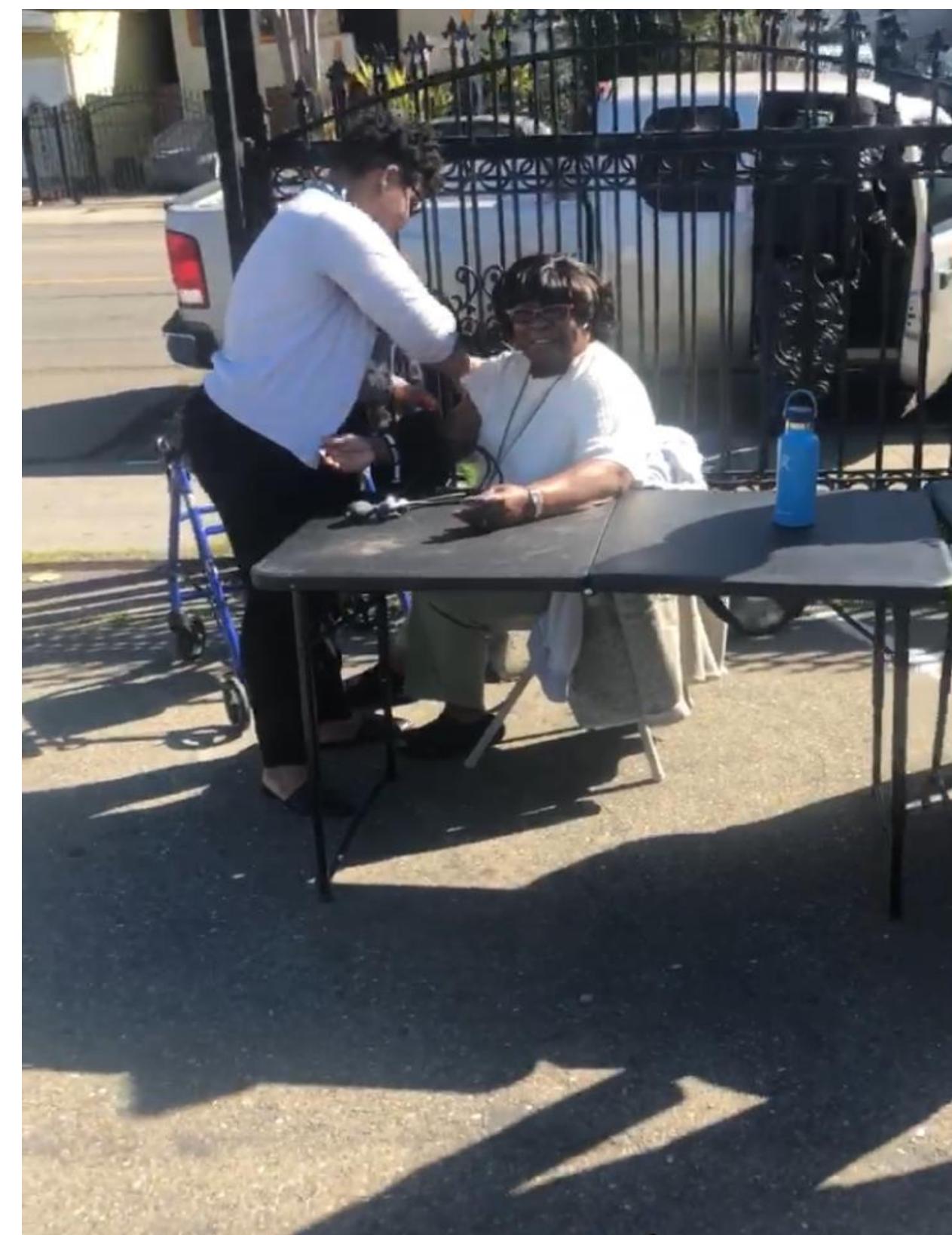
- For the healthy eating component attendees were provided with grocery bags, and access to a variety of fresh produce. They were able to get food for their families or self. Food distribution was accompanied by a demonstration on how to safely prepare food healthy meals as well as understand nutrition facts.



OUTCOMES

- 44 participants attended the healthy eating/lifestyle component
- 38 participants got their blood pressure checked
- 20 participants had hypertensive readings
- 8 participants had pre-hypertensive readings
- 23 participants had primary care providers
- 15 participants needed help finding a clinic close to them and PCP
- 14 participants said the reason their blood pressure readings were high, was because they forgot to take their BP medication. (We recommended they take medications every morning with breakfast, making it a routine. If they had a phone we helped participants set alarms on their phones to take their meds.)

My hope is that, the tools program participants received, will allow them to be empowered to stay on track, with striving towards healthy lifestyles, that promote a healthy heart.



COMMUNITY PARTNERS

- The community partners I chose to work with were, Feed My Sheep and The Black Neighborhood, along with medical students from UCLA and UCSF.
- Feed My Sheep's Mission: To create access to good, healthy food in the community. We believe that access to nutritious food is a basic human right.
- The Black Neighborhood's Mission: To provide Black men, women and children with the knowledge and resources to become productive, stable and self-sufficient members of the community. We believe we can create the change we want to see within the Black community.
- Both organizations have missions that align with my project goals and serve similar populations.



FUTURE DIRECTIONS

- Host more events in different locations
- Add a stress management component
- Expand focus—participants and community partners suggested that the program should include dentists for oral exams and fitness trainers for weight management.
- Gain funding
- Inform volunteers ahead of time to leave their white coats, just bring badges, because I don't want "white coat" induced hypertension, causing inaccurate readings.
- More medical volunteers that reflect the demographic we are serving.

THANK YOU

UCLA and UCSF Medical Students

Ms. Faye and Feed My Sheep

The Black Neighborhood

The Center of Excellence in Diversity in Medical Education

Dr. Ronald Garcia

LEAP Cohort 2018 -2019

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