

IN-SHAPE Project:

Population-Based Intervention
Strategies in Ethnic Minority Population:
Multidisciplinary Approaches

IN-SHAPE- Who Are We?

- **University Faculty/ Students**
 - University of South Florida College of Medicine
 - Includes Medical Students & Undergraduate Students
 - Florida A&M University College of Pharmacy
 - FIU/ USF Colleges of Public Health
- **Community/ Professional Partnerships**
 - CHAP (Community Health Advocacy Partnership)
 - Pfizer, Inc.
 - American Heart Association, Tampa/ Puerto Rico Division
 - Hillsborough County Department of Health
 - FAMU Pharmacy Alumni

IN-SHAPE- How does it Work?

Objective One

- To assess the level of knowledge of study subjects within their defined populations, each subject shall complete a self-reported survey designed to determine their knowledge of cardiovascular risks



Participant Demographic Information

(Please shade in the response that describes you)



Shade Circles Like This--> ●
Not Like This--> ⊗ ⊙

Gender:

- Female Male

Age:

- 35-40 46-55 56-65 >=65

Race:

- Black Caucasian Hispanic Asian / Pacific Islander Other

First Language:

- English Spanish Other

Highest degree held:

- Grade / Middle School
 Vocational / Trade Certificate
 Bachelors Degree
 High School Diploma
 Associate Degree
 Graduate Degree or Higher

Please mark all that apply:

- I have health insurance
 I have prescription insurance
 I have an established primary doctor
 It's difficult to get transportation to the doctor

I have been diagnosed with the following medical condition(s): (Choose all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Anxiety Disorder |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Heart Failure / Disease |
| <input type="checkbox"/> Chronic Pain | <input type="checkbox"/> Arthritis / Rheumatism |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Migranes | |
| <input type="checkbox"/> Rhinitis / Hay Fever | |
| <input type="checkbox"/> COPD / Asthma / Bronchitis / Emphysema | |

Are You A Current Smoker?:

- Yes No

When was the last time you had a physical exam performed by a Physician or Nurse Practitioner or Physician Assistant?

- Less than 1 year ago
 1 to 5 years ago
 Greater than >5 years ago
 Never

DO YOU KNOW THESE FACTS ABOUT HEART DISEASE?

Heart Disease is the leading cause of death in the United States.

Yes No Not Sure

Heart Disease is linked to many risk factors, some of them controllable (such as diet and exercise), others uncontrollable (such as age and gender).

Yes No Not Sure

Smoking increases my risk of heart disease.

Yes No Not Sure

Women should be just as concerned about their risk of heart disease as they are about their husbands', fathers', and sons' risk of heart disease.

Yes No Not Sure

IN-SHAPE- How does it Work?

Objective Two

- Develop community-based interventions designed to improve the cardiovascular risk profiles of at-risk populations.
- Will come back to each location with a team to educate the church members, and begin behavioral lifestyle modifications

IN-SHAPE- How does it Work?

Objective Three

- Assess the barriers to adequate health resources and good health outcomes that minority populations may encounter.
- Involvement from AHA, CHAP, Social worker etc.

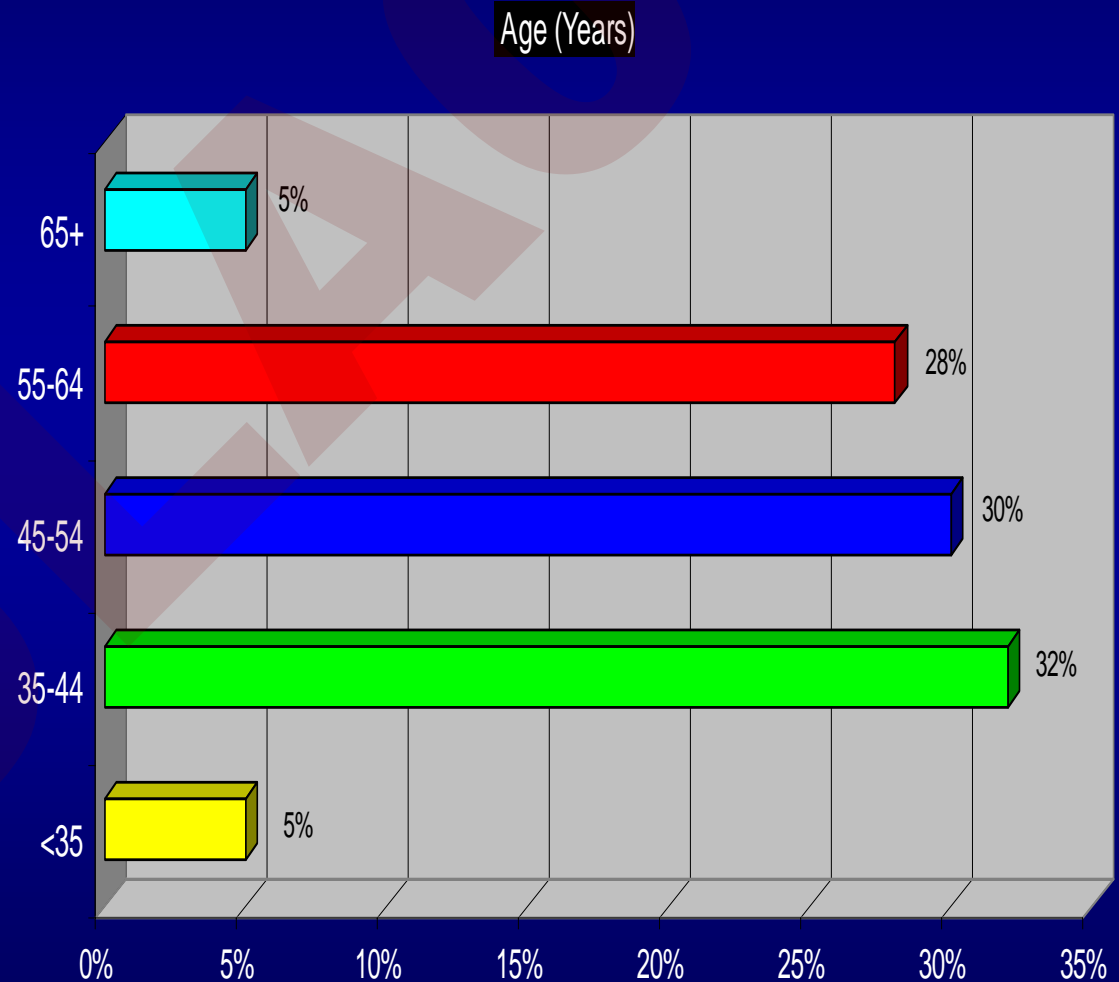
IN-SHAPE- How does it Work?

Objective Four

- Specifically promote inclusion of professional and graduate students in the implementation of the project for the purpose of mentoring them in a community project that addresses health disparities of ethnic populations.

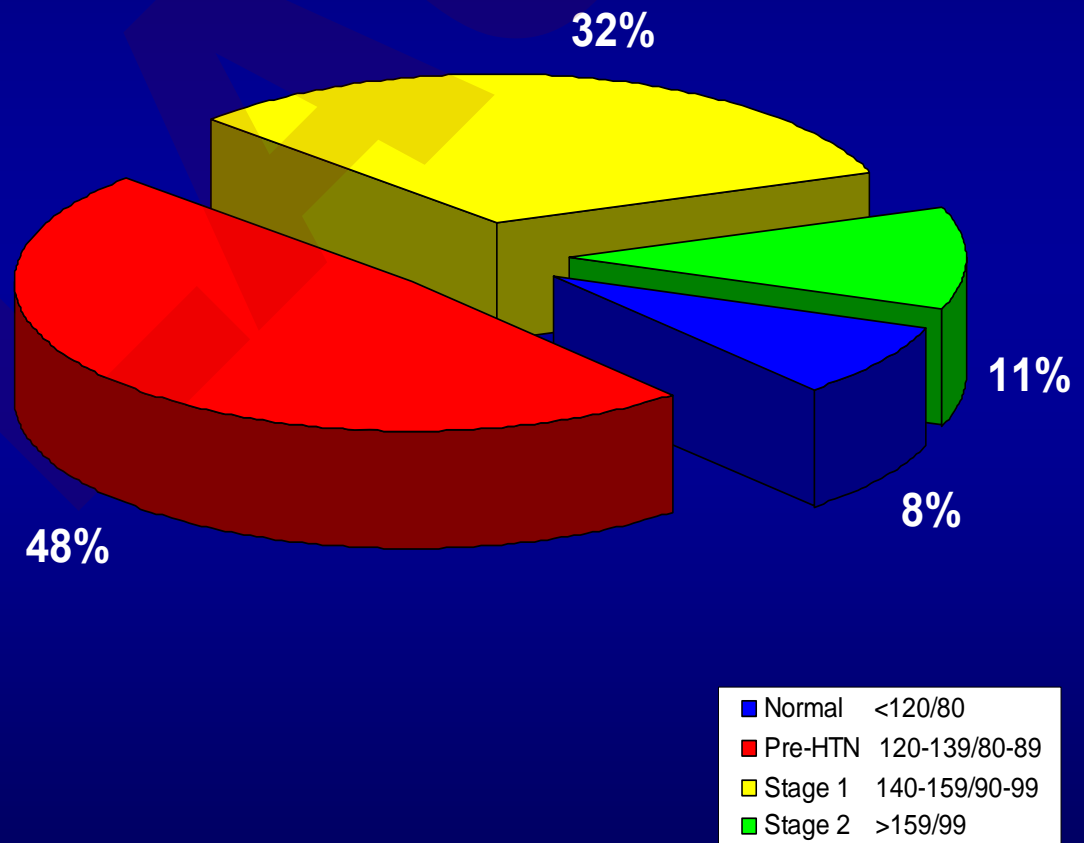
Participant Demographics

- N = 201 participants from 4 Churches/Communities
- Average age:
 - 49 ± 10 years
- Gender
 - Male: 28% (56/198)
 - Female: 72% (142/198)



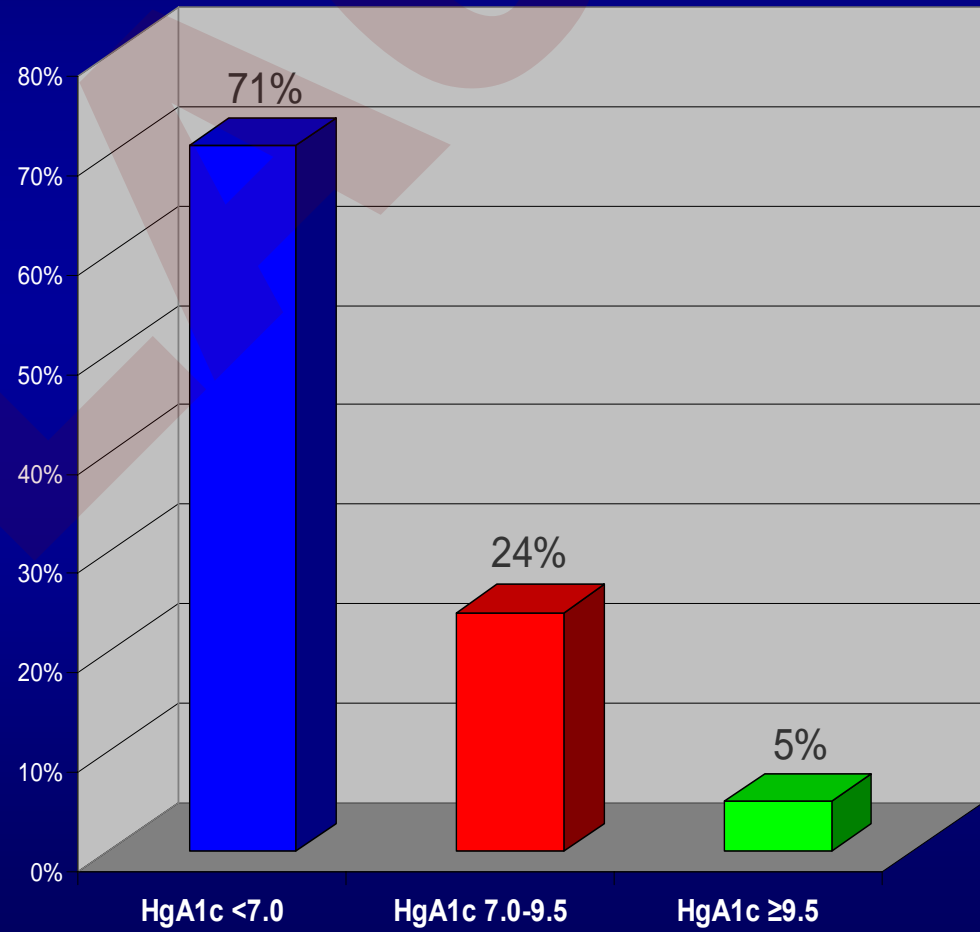
Participant Blood Pressure Values

- Average BP:
 - 134/82
- 44% (85/195) of screened participants had a defined category of HTN
- 48% (94/195) of screened participants are at risk of developing HTN



Participant Report of Diabetes

- Average BG: 105 ± 46 mg/dL
- Average A1c: $6.7 \pm 1.3\%$
- 6% (12/201) reported a diagnosis of diabetes
- 36% (27/74) stated no diagnosis of diabetes, but screened positive for at least pre- diabetes



IN-SHAPE- What Next?



What is "IN-SHAPE"

IN-SHAPE stands for the Inter-collaborative Student's Health Assessment Project and Evaluation, and comprises students, faculty and staff from:

1. University of South Florida College of Medicine- Division of Clinical Pharmacy
2. Florida A&M University College of Pharmacy
3. Florida International University
4. University of South Florida – MPSS (Undergraduate Students)
5. CHAP (Community Health Advocacy Partnership)
6. AHA (American Heart Association)
- 7.

What is our goal?

Our goal is to promote cardiovascular health and wellness throughout the cities of Tampa and St. Petersburg by partnership with area churches.

What can I do?

Throughout the year, we would like for everyone to participate in the various cardiovascular health-related projects designed to achieve optimal health in our communities.

Come Join Us!!! IN-SHAPE Members will be available to:

- Give Informational Seminars about **Heart Attack** and **Stroke Prevention**
- Discuss options for Prevention and Treatment of **Heart Attack** and **Stroke**
- Provide a Brown Bag Discussion for Questions concerning medication management

Contact Your Church Health Ministry or Clergy for Details!!!



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DO YOU KNOW...

African-Americans are...

- 1.5 times more likely to die from heart disease
- 1.8 times more likely to have a fatal stroke
- 2 times more likely to have diabetes
- More likely to have high blood pressure and high cholesterol
- 2.2 times as likely to die from diabetes

Hispanics/ Latinos are...

- 2 times more likely to have been diagnosed with diabetes (Mexican-Americans)
- 1.5 times as likely to start treatment for kidney disease related to diabetes
- Hispanics were 1.5 times as likely to die from diabetes.

Come Join Us!!! Let's all get IN-SHAPE!!!

Healthy Hearts lead to Healthy Communities!!!

Contact Your Church Health Ministry or Clergy for Details!!!

"DO YOU KNOW" health education facts presented by Public Health Students from FIU and USF
IN-SHAPE is a research-based community health project sponsored by
Dr. Kevin B. Sneed, USF Health/ Division of Clinical Pharmacy, Principle Investigator

Community-Based Collaboration



IN-SCHAPE Project Teams

	Church 1	Church 2	Church 3 (Latino)	Church 4	Church 5	Church 6
Pharmacy	Vickey Parker	Karen Wheeler	Chris Wray	Regina Graham	Chris Wray	Regina Graham
Medicine	Lisa Moody	Janese Latimer	Ricardo Santayana	TBA	Ricardo Santayana	TBA
Public Health	Renee Brown	USF 1	FAMU 1	Renee Brown	FAMU 1	Renee Brown
Social Work	TBA	TBA	TBA	TBA	TBA	TBA
AHA 1	TBA	TBA	TBA	TBA	TBA	TBA
AHA 2	TBA	TBA	TBA	TBA	TBA	TBA
Student 1	Wayne Wilson	Jenny Lafontant	TBA	TBA	TBA	TBA
Community 1	Moses Allen	Onyema Ezeanya	TBA	TBA	TBA	TBA

Community-Based Collaboration

- What is Needed for Sustainability?
 - Political Advocacy
 - State/ City/ County Recognition/ Partnership
 - Research Outcomes Component
 - ALWAYS Collect Data
 - Community Acceptance/ Involvement
 - Churches
 - Civic Organizations
 - “Cultural Centers”
 - Barber Shops
 - Hair Salons

Kevin B. Sneed, Pharm.D

