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:
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:
   - Week 1: What is High Blood Pressure?
   - Week 2: What is High Blood Pressure Medication?
   - Week 3: High Blood Pressure and Stroke
   - Week 4: What is a Heart Attack?
   - Week 5: How Much Physical Activity Do I Need?
   - Week 6: Blood Pressure Measurements
   - Week 7: How Do I Follow A Healthy Diet Plan?
   - Week 8: How to Limit Salt Intake

3. Compare pre/post tests to determine understanding of the information.
   - All posttest averages will be 90-100%.
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
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

American Heart Association (2020) High blood pressure. https://www.heart.org/en/health-topics/high-blood-pressure

