

# Bless Your Heart Pilot Project

7-7-2015

**OBJECTIVE:** Bless Your Heart (BYH) stems from the national Million Hearts Initiative to prevent 1 million heart attacks and strokes by 2017. African Americans are disproportionately affected by these preventable diseases and are less likely to seek needed care. BYH reaches out to this population by partnering with local churches. African American churches have long been the centers of communities and instruments of empowerment for its congregations. Our objective was to design a program unique to each participating church that encourages its members to live a heart healthy lifestyle. We piloted this program at two churches with the intent to expand to other congregations in the future.

**MEASURES:** A Health and Wellness survey was completed. This survey garnered program interest, health concerns, and assisted in creating an individualized program unique to each church. Baseline biometric screenings were done and included: blood pressure, weight, waist circumference, BMI, blood glucose, triglycerides, LDH, HDL, and total cholesterol. Post survey and biometric screenings will be repeated at the completion of the project in 6 months to determine outcomes.

**OUTCOMES/DISSEMINATION:** If successful, we are going to replicate the program at additional churches. Number of churches will depend on available manpower. Findings will be disseminated thorough our local board of health, ministerial association, local newspaper, Hardin County Educational TV, Kentucky Department for Public Health and the Kentucky Health Department Association.