

**Center on Better Health and Life for Underserved Populations  
Florida State University**

**Health for Hearts United Projects**

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**Research Team**

Penny Ralston, Ph.D., Principal Investigator  
K.A.S. Wickrama, Ph.D., Co-Investigator, University of Georgia (UGA)  
Arrie Battle, Community Co-Investigator  
Cynthia M. Harris, Ph.D., DABT, Collaborator, Florida A&M University (FAMU)  
Jasminka Ilich-Ernst, Ph.D., Collaborator, Florida State University (FSU)  
Catherine Coccia, Ph.D., Collaborator, Florida International University (FIU)  
Jennifer Lemacks, Ph.D., Collaborator, University of Southern Mississippi (USM)  
Iris Young-Clark, Ph.D., FSU Project Coordinator  
Celeste Brickler-Hart, M.D., Medical Advisor

**Reducing Cardiovascular Risk of Mid-life and Older African Americans, 2008-2013**

**Overall Goal:** Determine the effectiveness of a church-based intervention by increasing consumption of fruits, vegetables, and calcium-rich foods; decreasing consumption of fat, sugar, and sodium; increasing physical activity; and improving health status (blood pressure, body weight, blood sugar, cholesterol, among others).

**Methods & Key Findings:** Six churches (three treatment, three comparison) were identified to participate in the project from Gadsden and Leon counties. The three treatment churches developed the 18-month Health for Hearts United (HHU) intervention. Treatment participants received the HHU intervention and comparison participants received a comparable intervention on a delayed basis. Data were collected from mid-life and older African Americans (n=257,  $\geq 45$  years of age; n=104, clinical subsample), using questionnaires and clinical sessions in four phases (baseline, 6, 18 and 24 mo.). The intervention included **three components** (awareness building, clinical learning, and efficacy development), **four key messages** (eat better, move around more, reduce stress and take charge of your health), and **three implementation strategies** (church-initiated, staff-initiated, joint-staff programming).

**Outcomes:**

- **Retention rate**-89.5% (overall sample), 72.9% (clinical subsample)
- **Daily fruit/vegetable servings**- increased across all four phases for treatment and comparison participants
- **Fat consumption**- decreased across all four phases for treatment and comparison participants
- **Physical activity**- increase in daily or weekly exercise for treatment and comparison participants, with significant increases for the treatment participants receiving HHU ( $p < .05$ )
- **Total cholesterol**- treatment participants had significant decreases ( $p < .001$ )
- **Total cholesterol/HDL ratio**- treatment participants had significantly lower ratios ( $p < .05$ )
- **Waist**- both treatment and comparison participants decreased
- **Waist/hip ratio**- both treatment and comparison participants decreased
- No significant findings for BMI, SBP, DBP, and hip and abdomen circumferences

**Health for Hearts United Leadership Institute, 2013-2017**

**Overall Goal:** The overall goal of this program was to disseminate the best practices of the Reducing CVD Risk Project by implementing and evaluating the **Health for Hearts United Leadership Institute (HHU Lead)** using a three-phase model: **training**, **planning** and **delivery**.

**Methods & Key Findings:** Participants included pastors and health leaders (n=168) from 30 churches in Gadsden and Leon counties who delivered CVD awareness events to 586 outreach participants.

**Preliminary Outcomes:**

- **Retention rate**-95%
- **Program completion**-100%
- **Daily fruit/vegetable servings**- significant increase between pre- and post-test (p=.005)
- **Abdomen**-significant decreases (p<.09) and systolic blood pressure (p<.10)
- **Trends**- increases in daily minutes of physical activity, decreases in fat consumption, waist and hip circumferences, and decreases in diastolic blood pressure
- **Outreach populations**-significantly increased CVD knowledge (p<.001)

**Participating Churches**

**Inaugural Churches in the Reducing CVD Project**

Antioch Missionary Baptist Church (Quincy)  
St James AME Church (Quincy)  
New Jerusalem Missionary Baptist Church (Havana)  
Old Jerusalem Missionary Baptist Church (Havana)  
Greater Mt. Pleasant Missionary Baptist Church (Tallahassee)  
Tabernacle Missionary Baptist Church (Tallahassee)

**Churches in Health for Hearts United Leadership Institute Project**

**Cohort 1 (Tallahassee)**

Higher Calling Christian Fellowship  
Kingdom Word Ministries  
Macedonia Missionary Baptist Church (Quincy)  
Spring Hill Missionary Baptist Church  
Union Branch Missionary Baptist Church

**Cohort 2 (Quincy)**

Mount Moriah First Missionary Baptist Church  
Mount Pilgrim Primitive Baptist Church  
Shiloh Primitive Baptist Church

**Cohort 3 (Quincy)**

New Bethel AME Church  
St. John AME Church  
St. John Church of God in Christ

**Cohort 4 (Havana)**

Citadel of Praise Church of God in Christ  
Metropolitan Cathedral of Truth  
Mount Zion AME Church  
Rich Bay AME Church

**Cohort 5 (Quincy)**

Bostick Temple Christian Center  
Elizabeth AME Church  
Quincy and Community Deliverance Church of God in Christ  
Springfield AME Church  
Tabernacle of Praise Deliverance Church

**Cohort 6 (Tallahassee)**

Cathedral of Faith Ministries Church of God in Christ  
Celebrate New Life Tabernacle  
Flipper Chapel AME Church  
Friendship Primitive Baptist Church  
Greater Love Church of God in Christ  
New Harvest Christian Center

**Cohort 7 (Havana)**

Mayflower AME Church  
New Bethel Primitive Baptist Church  
New St John AME Church  
New St. Mary Missionary Baptist Church

For more information about this project, please contact: Penny A. Ralston, Ph.D. (850) 841-0407 cell (preferred), (850) 645-8110 work, (850) 645-8109 fax, [pralston@fsu.edu](mailto:pralston@fsu.edu), [www.bhlcenter.fsu.edu](http://www.bhlcenter.fsu.edu)