

SARVER HEART CENTER MINORITY OUTREACH NEWSLETTER 2023



It's a slam dunk success

By Cheryl Alli

For the third time in as many years, the University of Arizona College of Medicine – Tucson Sarver Heart Center's Community Coalition for Heart Health Education Committee and the American Heart Association partnered to bring the Self-Monitoring Blood Pressure (SMBP) Program to the Tucson community.

Persons of color, generally, and African American men in particular, have a high incidence of uncontrolled hypertension. For that reason, the coalition drew men from across the city to participate in the three-month program. Participants learned how to recognize high blood pressure and become their own health advocates. Members of local chapters of Black fraternities (Kappa Psi, Alpha Phi Alpha, and Phi Beta Sigma), Arizona Christian Men's Fellowship, area churches, and Tommie's Barbershop were teamed up to compete for heart health education and improvement.

This year's program culminated with a celebratory luncheon that was an actual "Slam Dunk" for the more than 150 plus men who championed blood pressure control and heart health. The men, along with their families, celebrated their success in creating awareness of the number one killer of minority men in the U.S. and took measures to combat the threat. Attendees were blessed by a prayer from Trehon Coleman, encouraged by MC Coach John Court of UArizona Gymnastic, and treated to a keynote address by speaker Dr. Ike Chinyere, exploring the effects of sleep, diet, and exercise on heart health. Teams received special recognition for commitment, attendance, and overall organization.



100 plus men register for luncheon



Trehon Coleman

Coach John Court

Dr. Ike Chinyere
Keynote speaker

Sarver Heart Minority Outreach Program awards \$15,000 to Dr. Palmer for CAPES research

By Dr. Kelly Palmer

The Community Settings Approach to Prevention, Education, and Screening (CAPES) Research Program seeks to understand sociocultural influences of health behavior and to design and implement culturally informed interventions to achieve health equity for groups that have been made vulnerable. CAPES explores strategies to better engage these populations— particularly Black Americans— in cardiometabolic risk-reduction interventions. CAPES work is centered on the experiences and perspectives of historically marginalized groups using community settings and asset-based approaches.

Dr. Palmer, a member of the Sarver Heart Minority Outreach Committee, is currently conducting research to develop and evaluate the feasibility of prediabetes screening and a diabetes prevention referral program in hair salons for Black women. We are also planning a research study to determine if exposure to endocrine disrupting compounds, which are commonly found in hair care products marketed to women of color, are associated with cardiometabolic disease characteristics among hairdressers and to assess how results report-back changes stylists' knowledge, attitudes, and behaviors related to those salon chemical exposures. In the most simplistic expression, our passion through CAPES is to help others live happy, healthy lives.



Wanda F Moore presents \$15,000 check to Dr. Palmer from the committee



Elder Michael Bryson, LPC, NCC

Participant spotlight: Elder Michael Bryson

By Dr. Latefa Duhart

Michael Bryson, LPC, NCC, elder and leader at Thriving, devoted husband, father of six children (three under the age of 10), employed in a stressful position as a licensed professional counselor at a corrections facility, and an African American man, had no idea he was going through his daily activities carrying the additional burden of high blood pressure. If it had not been for the Community Coalition for Heart Health Education and the Sarver Heart Minority Outreach Self-Monitoring Blood Pressure (SMBP) program, Bryson would not have known about the underlying “silent” condition affecting his heart. He credits the program for bringing awareness to the unchecked high blood pressure that threatened his health.

At the beginning of the three-month program, Bryson was motivated. He fully expected to exemplify good health to the congregation to which he belongs. He ate relatively healthy, had been known to frequent the gym, and projected a picture of health. However, as the self-monitored blood pressure results accumulated, he saw undeniable proof he was not the picture of health he thought himself to be. Although his cooperation with the program decreased, his interest in his personal health increased. He made an appointment with his doctor, developed better eating habits, and dedicated himself to being more consistent with his activity level.

After implementing changes, his enthusiasm for the program returned. He began collecting results and was pleased with his progress, but wanted to take an even more drastic step to ensure his ability to be around to enjoy life with his wife and children: He made the decision to consume an entirely plant-based diet. He professes to feeling healthier, and visits with his doctor confirm a healthier outlook with blood pressure levels consistently within the normal range.

Facts that justify why we advocate for minority men's heart health

According to the American Heart Association and the Centers for Disease Control:

- Heart disease is the leading cause of death for men in the United States, killing 384,886 men in 2021, representing 1 every 4 male deaths.
- About 8.8 million men alive today have coronary heart disease, of these 5 million have a history of heart attack.
- Heart disease doesn't discriminate among men. Nearly half of all African American adults—48% of women and 46% of men— have some form of cardiovascular disease.
- Rates of high blood pressure among African Americans is among the highest of any population in the world— 45% of African American men, 33% of white men and 30% of Hispanic men—have high blood pressure.
- As a nation, we consume too many calories, fueling the prevalence of obesity in the U.S., which is estimated at 205 million men and 297 million women.
- Only 24.9% of adult men met the 2008 Federal Physical Activity Guidelines in 2011.
- Of the estimated 8.2 million Americans with undiagnosed diabetes, about 5.3 million, or roughly 65%, are men.
- Despite higher taxes and smoke-free laws, 20% of men are still smoking. It is the leading preventable cause of death in the U.S. and a major risk factor for heart disease.



Dr. Ike Chinyere



Self-monitoring blood pressure is for men, too

By Barney Hilton Murray

The Arizona Christian Men's Fellowship

The Arizona Christian Men's Fellowship is a network of faith-based men's ministries based in Tucson, Arizona. On the first Saturday of each month, we meet for breakfast hosted at a different church on a rotating basis. As the president, I felt this would be a great opportunity and venue to launch a general health awareness initiative. Many factors affect how a man feels about his personal health, with varying levels of concern or the lack thereof. Psychological boundaries must be overcome before physical care is even considered. When you factor in cultural, ethnic and socio-economic variables, ownership and responsibility for one's health may be a low priority or non-issue. That said, when the UArizona Sarver Heart Minority Outreach program invited us to participate in the Self-Monitoring Blood Pressure (SMBP) study, I felt it was a great entry-level opportunity to increase awareness and influence lifestyle changes for better health in our membership.

The program was packaged to appeal to men. Blood pressure cuffs were provided, instructions were clear and concise, and the data collection was self-contained and easy to use. The expectations and timeframe were long enough to get meaningful data, but short enough to commit to. The SMBP program was a positive experience. It was informative and empowering to take control and ownership of one's health and wellbeing. Most men said they formed new habits and they are grateful for that. "The life you save might be your own." Were my encouraging words, and I look forward to increased participation and programming in the near future.



Wanda F Moore presents award to Dr. Duhart along with Dr. Elizabeth Juneman interim Director of the Sarver Heart Center.

Dr. Latefa Duhart receives the 2023 Mary Anne Faye Heart Health Advocate of the Year Award

By Wanda F Moore

Congratulations to Dr. Latefa Duhart, recipient of the 2023 Mary Anne Faye Heart Health Advocate of the Year Award and co-chair of the Sarver Heart Minority Outreach Program. Dr. Duhart was honored at the 100 Plus Men Monitoring Their Blood Pressure Luncheon.

This award is given annually to recognize those who share Mary Anne's dedication, vision, and leadership in advancing women's heart health. Dr. Duhart exemplifies these characteristics in her work and dedication to the Sarver Heart Minority Outreach program. Her dedication, commitment, and leadership in educating the community about cardiovascular disease and heart health has been exemplary. Her focus on minorities and underserved populations through the Community Coalition for Heart Health (CCHHE) has made a significant community impact. She serves as a highly credible and motivational spokesperson for the Minority Outreach Program. Her work with the committee epitomizes the vision of the award and the committee.



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Community partnerships assist in delivering great social change

By Barbara Lewis

A special thanks to the American Heart Association and the Walmart Neighborhood Stores #4603 for their support in the 2023 “Slam Dunk” Self-Monitoring Blood Pressure Luncheon. We strive and are committed to making a difference in the health and wellness of our community with the support of our community partners! We are convinced that if our community is provided the health education and access to resources to assist in changing their lifestyle, they will in turn positively affect the health and wellness of our Tucson community.



Minority Outreach members receive check from Walmart Neighborhood Market Store # 4603

With the continued support of our community partners, the American Heart Association and Walmart Neighborhood Store #4603, we are providing heart health education, advocacy, research, and greater access to healthcare education for those in need. Our partnerships are strengthening and developing our shared community, creating opportunities, and advancing sustainability for our programs. Together we deliver greater social impact in our minority and underserved communities, including all who are in need of access to quality healthcare.

Visit <http://heart.arizona.edu/giving> for Sarver Heart Center giving opportunities. Go to “Make a Gift Online,” then under “Make a Gift - Sarver Heart Center,” select “Women of Color Research Endowment” or “Other” in the dropdown menu and type in “WOC-ED 20-10-2020.”

