CARDIOVASCULAR DISEASE

Dr. Julius Johnson, DNP, RN, FNP-BC
HEART DISEASE

- Leading cause of death for Black Men 35-54; 65+
- >42% of Black men age 20 and older have high blood pressure.
- Death rate from High B/P among Black men was 51.6 compared to 18.5 in white men.
- Nearly 40% of Black men age 20 & older have High cholesterol.
CARDIOVASCULAR DISEASE

- Black men have a first-time stroke rate greater than 2x of White men.
- Black men have a significantly higher rate of fatal Cardiovascular disease events compared to White men.
- Interventions aimed at reducing Cardiovascular events in Black men can significantly reduced these disparities.
ACTIVITIES TO REDUCE CARDIOVASCULAR DISEASE

- Exercise
- Physical Activity including walking
- Avoid fast food, pre packaged food, fried food
- Creating Stress Relieving Activities
- VISITING YOUR PRIMARY CARE PROVIDER
EXERCISE

- 150 Minutes of moderate to vigorous physical activity every week.
- Can be broken up into different sessions (25 min/day x 6 days; 30 min/day x 5 days; 60 min/day x 2 days with 1 day x 30min)
- No more than 2 days in a row of no physical activity
- Walking a minimum of 10 minutes per day, stairs 1-2x per day.
- Utilizing smart phone apps to track progress.
NUTRITION/DIET

- Pre-packaged food includes anything that you can cook by putting in a microwave.
- Saturated fats are good/health! Unsaturated fats are bad/unhealthy!
- Eat whole fruits, vegetables
- 1 glass (not a bottle, not ½ bottle) of red wine a night is good.
PRIMARY CARE PROVIDER VISITS

- See your Primary Care Provider
- Engage in conversation with health care provider to create joint decisions about your health.
- Reach out to members of NBNA’s Men’s committee about your cardiovascular health concerns for more information and updates.
QUESTIONS

- Why do you think some Black men put off going to see their primary care providers?
- Why do you think some Black men ignore health care advice from health care professionals and their significant others?
QUESTIONS???

- What are some work out routines that you can fit into your schedule?
- What are some incentives that will make you stay adherent to your work out schedule?
QUESTIONS???

- What are 3 things you can do to reduce stress in your everyday life?
- How can health care providers help you from your perspective?