

**Title of Intervention:** Work-site health promotion program

**Intervention Strategies:** Group Education, Individual Education

**Purpose of the Intervention:** To reduce the risks of developing cardiovascular disease

**Population:** Employees from the Sugar Cane Growers Cooperative

**Setting:** Sugar Cane Growers Cooperative, Belle Glade, FL; worksite-based

**Partners:** Worksites, Palm Beach County Public Health Unit

**Intervention Description:**

- Group Education: Three, 1-hour group classes addressed the identification, significance and modification of cardiovascular disease risk factors (e.g., nutrition, physical activity, smoking).
- Individual Education: At screenings, employees identified as having moderate hypertension were referred for medical evaluation and/or treatment. Those with severe hypertension were referred immediately for medical care.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Education session leaders, screening staff
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting space for class sessions, screening space
- Budget: Not mentioned
- Intervention: Materials for classes and screenings
- Evaluation: Pre/post questionnaires

**Evaluation:**

- Design: Cohort
- Methods and Measures:
  - Class session attendance
  - Initial and follow-up health screenings (blood pressure, cholesterol, weight)
  - Questionnaires measured cardiovascular risk behaviors and cardiovascular risk knowledge

**Outcomes:**

- Short term Impact: Analysis of the program showed positive trends in blood pressure, cigarette use and exercise frequency. Significant improvements were found for dietary intake of fat, cholesterol and sodium. Behaviors such as reading food labels and trimming meats of excess fats increased significantly. Participants also improved knowledge scores.
- Long Term Impact: Not measured

**Maintenance:** Not mentioned

**Lessons Learned:** The researchers found that the worksite can be an effective location for achieving improvement in modifiable risk factors for cardiovascular disease.

**Citation(s):**

Masur-Levy, P., D. R. Tavis, et al. (1990). "Cardiovascular risk changes in a work-site health promotion program." J Am Diet Assoc 90(10): 1427-8.