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):