Title of Intervention: Cholesterol screening with brief health care provider counseling

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To minimize cardiovascular risk factors through cholesterol screening and brief health care provider counseling

Population: Employees at a large financial services firm

Setting: Merrill Lynch & Co Inc in New York, NY; worksite-based

Partners: None mentioned

Intervention Description:
- Individual Education: Nurses conducted cholesterol screenings.
- Supportive Relationships: Nurses provided participants with a brief one-on-one education session and additional resources. Follow-up (additional cholesterol screenings and education) was provided based on the participant’s cholesterol levels.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Nurse
- Training: Not mentioned
- Technology: Computer
- Space: Space to conduct cholesterol screening, private space to conduct one-on-one session
- Budget: Not mentioned
- Evaluation: Cholesterol finger stick supplies and analyzer, sphygmomanometer, height/weight scale

Evaluation:
- Design: Non-randomized trial
- Methods and Measures:
  - Cardiovascular Risk Factor questionnaire
  - Dietary Change questionnaire
  - Vital signs (height, weight, cholesterol, blood pressure)
  - Participant self-reports on diet changes and smoking behaviors

Outcomes:
- Short Term Impact: There was a reduction in risk factors for cardiovascular disease. Those receiving frequent follow-up (cholesterol measurement and brief counseling) reported significantly greater dietary change and demonstrated a trend toward greater declines in total cholesterol compared with those receiving only one follow-up. They were also found to have statistically significant improvements to weight, blood pressure, smoking and exercise.
- Long Term Impact: Not mentioned

Maintenance: Not mentioned

Lessons Learned: Finger stick machines are a cost effective way of providing cholesterol screening and are widely available.

Citation(s):