

Title of Intervention: Promoting Heart Health in Women Municipal Workers

Intervention Strategies: Group Education

Purpose of the Intervention: To improve women's knowledge of and perceived susceptibility to heart disease

Population: Female municipal workers with sedentary jobs and at least one known heart disease risk factor

Setting: City Hall of the urban city of Birmingham, Alabama; worksite-based

Partners: University of Alabama School of Nursing

Intervention Description:

- Group Education: Participants went to five 1-hour group sessions over five weeks. The sessions were led by a female staff. All sessions were held over work lunch hours in city hall. A healthy, low-fat lunch and snacks were provided.
 - Week 1: "The Heart Truth" presentation was part of a national campaign message developed by the National Heart, Lung, and Blood Institute. The presentation was designed to give an overview of heart disease in women and a "wake-up call" about the prevalence of heart disease in women. The nurse explained why women need to know risk factors and encouraged them to reduce their risk factors.
 - Week 2: Participants viewed a presentation on modifiable and non-modifiable heart disease risk factors. Blood pressure and cholesterol were emphasized. The presentation was led by a cardiologist.
 - Week 3: A nutritionist led a heart-healthy eating habits presentation. Topics included understanding the food pyramid, reading food labels, reducing sodium and modifying cholesterol and saturated fat.
 - Week 4: A physical exercise trainer presented information on physical activity and weight management. The trainer helped the women identify ways to control their weight, promote movement and exercise at their desks.
 - Week 5: An employee assistance counselor presented information about stress management. Topics included signs and symptoms of stress and the relationship between stress and heart disease. Participants learned three methods of relaxation and stress reduction. Information was provided about how to get help with stress through Birmingham's Employee Assistance Program.

Theory: Health Belief Model

Resources Required:

- Staff/Volunteers: Nurse, cardiologist, nutritionist, physical exercise trainer, employee assistance counselor
- Training: Not mentioned
- Technology: Presentation capabilities
- Space: Space for classes in worksite
- Budget: Not mentioned
- Intervention: Recruitment letters, flyers and advertisement, presentation materials such as "The Heart Truth", healthy lunches and snacks
- Evaluation: Heart disease knowledge questionnaire, visual analog scale to measure knowledge and perceived susceptibility

Evaluation:

- Design: Quasi-experimental
- Methods and Measures:
 - Attendance rates
 - Pre and post questionnaire measured heart disease knowledge

- Visual analog scale assessed knowledge and perceived susceptibility

Outcomes:

- Short term Impact: The average knowledge score increased slightly. The majority of participants increased their knowledge. The average perceived susceptibility score increase. No relationship between changes in susceptibility and changes in knowledge was found.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Women who know they possess a risk factor for heart disease still may not perceive themselves to be susceptible to heart disease. Workplace interventions should focus on increasing perceived susceptibility as well as knowledge. Perceived susceptibility was related to educational attainment rather than knowledge of heart disease.

Citation(s):

Jones, D. E., Weaver, M.T., et al. (2007). "Promoting Heart Health in Women: A Workplace Intervention to Improve Knowledge and Perceptions of Susceptibility to Heart Disease." AAOHN J 55(7): 271-6.