

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
- Intervention: Cholesterol Information Sheet, "The American Heart Association Diet" Brochure, "So You Have High Blood Cholesterol..." Booklet
- 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):

Gemson, D. H., R. P. Sloan, et al. (1990). "A public health model for cardiovascular risk reduction. Impact of cholesterol screening with brief nonphysician counseling." *Arch Intern Med* 150(5): 985-9.

