

Title of Intervention: Community-based multiple risk factor intervention

Intervention Strategies: Group Education, Supportive Relationships, Environments and Policies

Purpose of the Intervention: To reduce the risk of coronary heart disease by using community intervention strategies

Population: Siblings of African American individuals with coronary heart disease

Setting: Baltimore; community-based intervention

Partners: YMCA

Intervention Description:

- Group Education: Free exercise classes were provided at the local YMCA.
- Supportive Relationships: A nurse practitioner and community health worker provided dietary counseling, smoking cessation and exercise counseling over the phone.
- Environments and Policies: A pharmacy service allowed participants to obtain free risk factor therapies and prescriptions.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Fitness instructor, nurse practitioner, community health workers and pharmacists
- Training: Community health workers must be trained
- Technology: Computer
- Space: Gym space
- Budget: Not mentioned
- Intervention: Counseling aids, telephones, exercise class materials
- Evaluation: Questionnaires, expired carbon dioxide test, physicians' scale

Evaluation:

- Design: Randomized trial
- Methods and Measures:
 - Diet was assessed by using the Block Food Frequency Questionnaire
 - Physical activity was assessed by the Stanford 7-Day recall
 - Smoking status was assessed by self-report and validated expired carbon dioxide test
 - Risk for developing total coronary heart disease events was assessed by Framingham sex-specific risk scoring
 - Weight, height, blood pressure and serum cholesterol levels were measured

Outcomes:

- Short Term Impact: Significant improvements were made in decreasing LDL cholesterol levels and decreasing blood pressure. There was a significant decrease in smoking.
- Long Term Impact: Not measured.

Maintenance: Not mentioned

Lessons Learned: Community health workers served as culturally sensitive navigators through the systems needed to alter risk factors. They may have mediated some of the successes in this intervention.

Citation(s):

Becker, D. M., L. R. Yanek, et al. (2005). "Impact of a community-based multiple risk factor intervention on cardiovascular risk in black families with a history of premature coronary disease." *Circulation* 111(10): 1298-304.