

## THE OHIO STATE UNIVERSITY

#### COLLEGE OF MEDICINE

# LIFE'S SIMPLE 7: SAVING BLACK MEN'S LIVES

# THE NATIONAL AFRICAN AMERICAN MELLNESS WALK INITIATIVE







#### Dr. Darrell Gray II, MD, MPH Assistant Professor, Division of Gastroenterology, Hepatology and Nutrition Medical Director, Endoscopy and Gastroenterology Services, UHE Campus Deputy Director, Center for Cancer Health Equity, OSU Comprehensive Cancer Center





# INTRODUCTION

**DMGrayMD** 







#### Dr. Mark White, MD, Internal Medicine Gateway Health and Wellness Center

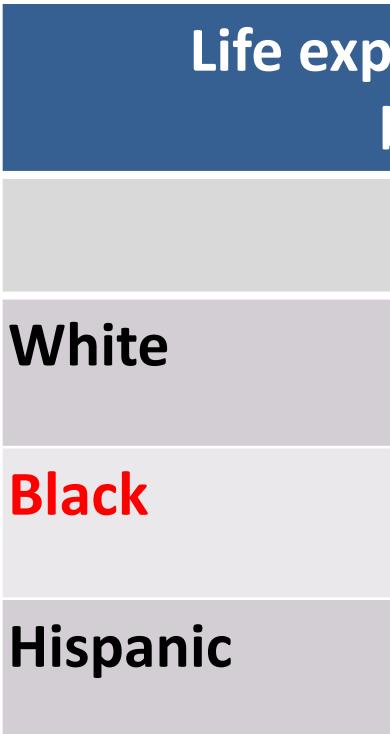


# THE OBJECTIVE



# **LIFE EXPECTANCY**

#### African Americans are more likely to die at early ages from all causes, compared to White and Hispanic populations.

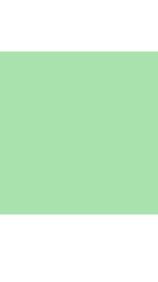






bectancy in the United States by Race and Ethnicity			
	Men	Women	
	76.5	81.1	
	72.0	78.1	
	79.2	84.0	

#### Sources: NCHS, CDC, 2016



# SOCIAL DETERMINANTS

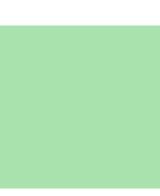
#### Social determinants of health (SDOH) are inextricably linked to poorer outcomes among African American males







Source: healthypeople.gov





# **CARDIO METABOLIC DISEASE**

cardiometabolic diseases and cancer.

#### **Prevalence of car**

#### **Non-Hispanic** Whites

#### African Americans





The leading causes of death among African American males are

diometabolic diseases in the United States			
Diabetes	Obesity	Hypertension	
7%	36%	29%	
<b>13%</b>	<b>48%</b>	<b>41%</b>	



# AA MALE ARE DISENGAGED

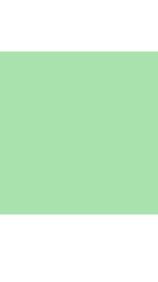
care system

- ► Mistrust
- ► High cost
- ► Limited access
- Seeking primary care is a not a top priority



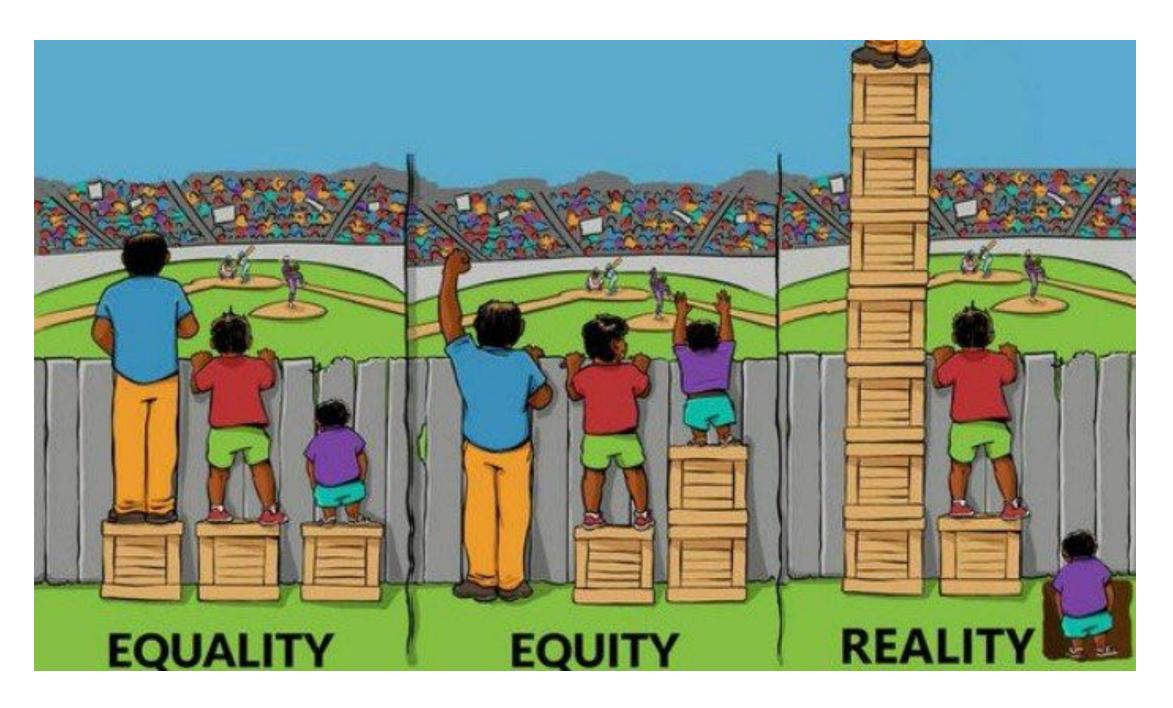


#### Many African American men are disengaged from the health



# EQUALITY • EQUITY • REALITY

- African American males have not had a fair and just opportunity to be healthy, but this can be overcome.
- The African American Male Wellness Walk Initiative was started to advance health equity.







Interaction Institute for Social Change | Artist: Angus Maguire





# WHY ARE WE HERE?

.....

#### Mr. John H. Gregory Founder, African American Male health Walk Initiative





*@AAWalkNation* 





# WHY ARE WE HERE?



Mr. John H. Gregory Founder, African American Male Wellnesss Walk Initiative







# HEALTH SCREENINGS

#### Ms. LaTasha Parks BSN, RN-BC Nurse Manager University Hospital East, Tower 8





# HEALTH SCREENINGS MATTER

#### Men Only

The five main screenings

- Blood Glucose
- Cholesterol
- Blood Pressure
- Weight
- BMI





#### Additional Screenings

- Not limited too, the below
  - HIV/STI's
  - Prostate
  - Mental Health
  - Dental
  - Oral
  - Vision
  - Children Vaccines
  - Smoking Cessation



## **CHECK POINTS**

Time for screenings

#### Check Point #1

**Registration:** Participant registers at the AAMWW registration table (7am)

#### **Results Docu** results form collected at to city coord

	Health Scre	eening Conse	nt Form	AFR		
	PRINT - FILL OUT	COMPLETELY - V	WRITE FIRMLY	AME M		
nt Name (First)	t)(Last)			WELLNESS	WELLNESS WALK INITIATIVE	
lress		City/St		Zin		
	Phone					
B//	Age Student	_ Employed	Unemployed	Retir	red	
hest Education Level Co	ompleted	An	nual Income \$			
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#### ck Point #3

litional Screenings

HIV/STI's

Prostate

Mental Health

Dental

Oral

Vision

Children Vaccines

Smoking Cessation

participant il, forms are articipant, one

## **CHECK POINTS**

Time for screenings

#### Check Point #1

**Registration:** Participant registers at the AAMWW registration table (7am)

#### Check Point #2 (MUST)

Screenings:

- Blood Glucose
- Cholesterol
- Blood Pressure
- Body Mass Index
- Weight

Results Documentation: Health Screener completes the participant results form/health screening registration form in detail, forms are collected at the T-shirt table, one copy is provided to participant, one to city coordinator, one to corporate;

- Runner Escort: Participant is escorted by Health Walk Runner to complete below Medical

#### Check Point #3

#### Additional Screenings

- HIV/STI's
- Prostate
- Mental Health
- Dental
- Oral
- Vision
- Children Vaccines
- Smoking Cessation

## CHECK POINTS CONT...

#### **Check Point # 4**

#### **Medical Review:**

The participant is then escorted to the Volunteer Physicians to review the results of the screenings. The registration form details recommended medical instructions for abnormal results; Physician referral is available for all participants

#### **Check Point #5**

Attention:

# The Fire Department

Ambulances are on-site and available for immediate escort to local hospitals for immediate medical attention. Additionally, the event has Emergency plan with The American Red Cross.

## **Emergency Medical**

#### **Check Point #6**

Participants proceeds to

T-shirt table

Health Screening Complete





# THE WALK SAVED MY LIFE





The Willis Family

.....







#### ..... Joshua J. Joseph, MD & James Odei, PhD

The National African American Male Wellness Walk Initiative The Ohio State University Wexner Medical Center The Ohio State University College of Public Health





# THE DATA

*joshuajosephmd* 



#### THE AMERICAN HEART ASSOCIATION'S STRATEGIC IMPACT GOAL THROUGH 2020 AND BEYOND

"To improve the cardiovascular health of all Americans by 20% while reducing deaths from cardiovascular diseases and stroke by 20%"

Defining and Setting National Goals for Cardiovascular Health Promotion and Disease Reduction





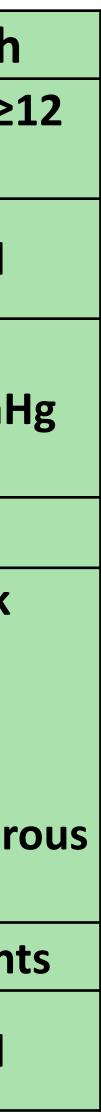


## LIFE'S SIMPLE 7: POOR, INTERMEDIATE, AND IDEAL HEALTH

Goal/Metric	Poor health	Intermediate health	Ideal health
Current smoking	Yes	Former ≤ 12 months	Never or quit ≥2 months
Total cholesterol	≥ 240 mg/dl	200-239 mg/dl or treated to goal	<200 mg/dl
	SBP ≥140	SBP 120-139	
Blood pressure	or	or DBP 80-89 mmHg	<120/<80 mm⊦
	DBP ≥90 mmHg	or treated to goal	
Body mass index	≥30 kg/m²	25-29.9 kg/m <sup>2</sup>	<25 kg/m <sup>2</sup>
Physical activity	<b>None</b>	1–149 min/wk moderate intensity or 1–74 min/wk vigorous intensity	150 min/wk moderate intensity or 75 min/wk vigore intensity
Healthy diet score	0-1 components	2-3 components	4-5 component
Fasting glucose	≥126 mg/dl	100-125 mg/dl or treated to goal	<100 mg/dl







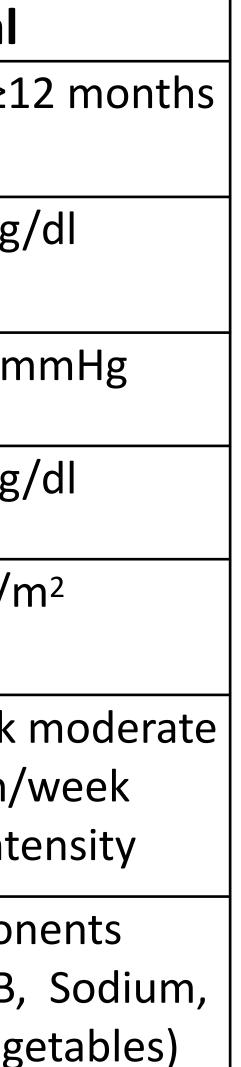
## LIFE'S SIMPLE 7 AND CARDIOVASCULAR DISEASE

Metric	Ideal
Current	Never or quit ≥2
smoking	
Total	<200 mg
cholesterol	
Blood pressure	<120/<80 r
Fasting glucose	<100 mg
Body mass index	<25 kg/
Physical activity	≥150 min/week or ≥75 min/ vigorous int
Healthy diet score	4-5 compo (Fiber, fish, SSB Fruits and Veg

Dong et al. *Circulation*, 2012







Norther	rn Manhattan S 1993-2011	Study
	Non-Hispanic White	African American
Attainment of ≥ 4 Life's	20 70/	10 50/
Simple 7	<b>29.7%</b>	19.5%
Metrics		

#### **Epidemiology and Prevention**

#### **Ideal Cardiovascular Health Predicts Lower Risks of** Myocardial Infarction, Stroke, and Vascular Death Across Whites, Blacks, and Hispanics

The Northern Manhattan Study

Chuanhui Dong, PhD; Tatjana Rundek, MD, PhD; Clinton B. Wright, MD, MS; Zane Anwar; Mitchell S.V. Elkind, MD, MS; Ralph L. Sacco, MD, MS

Background-Evidence of the relationship of cardiovascular health (CVH), defined by the American Heart Association, and specific cardiovascular outcomes is lacking, particularly among Hispanics. This study sought to evaluate the relationship between the number of ideal CVH metrics and cardiovascular risk, overall and by event subtype, in a multiethnic community-based prospective cohort.

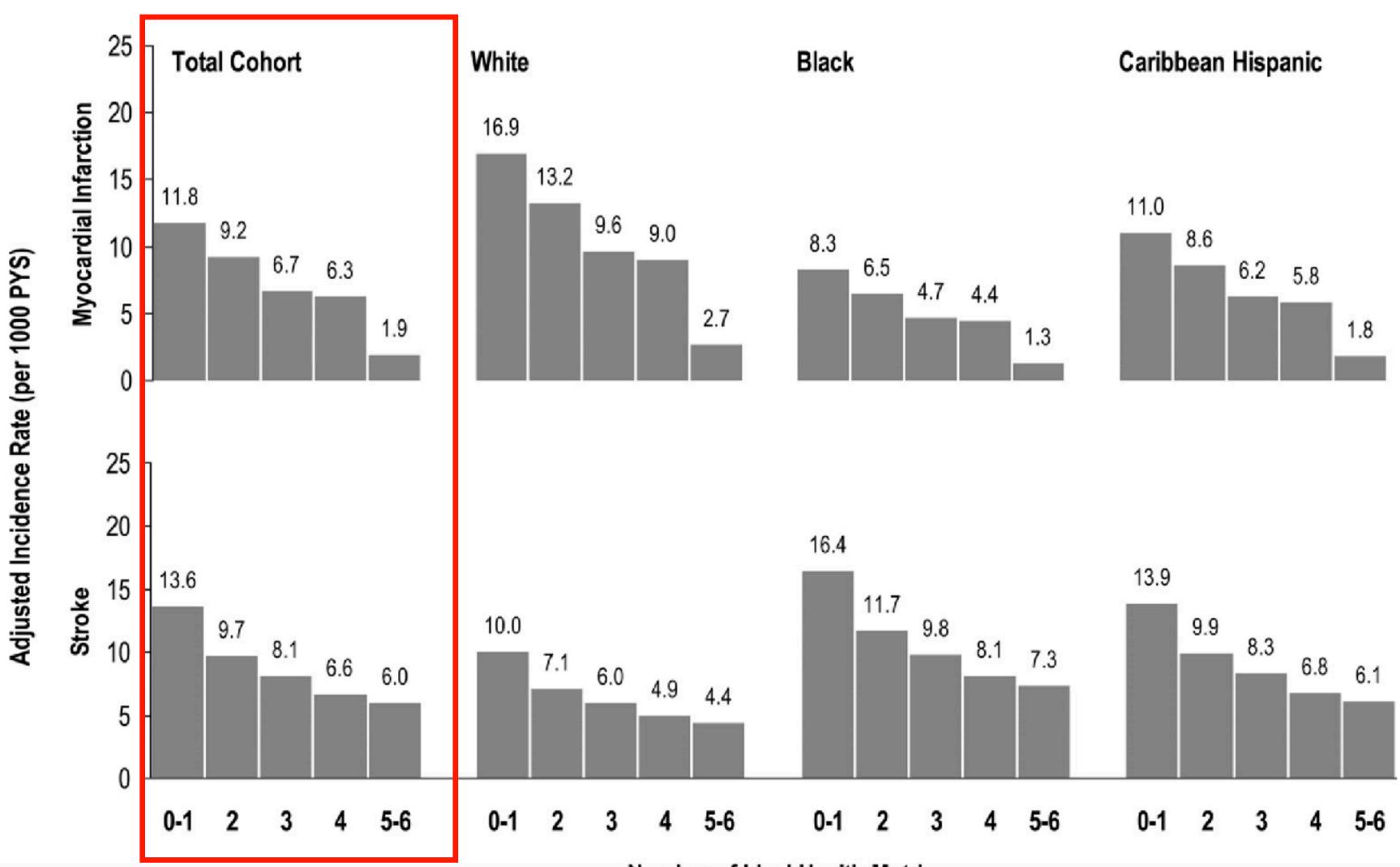
Methods and Results—A total of 2981 subjects (mean age, 69±10 years; 54% Caribbean Hispanic, 25% black, 21% white) free of myocardial infarction and stroke at baseline in the Northern Manhattan Study were prospectively followed up (median follow-up, 11 years). The relationship between the number of ideal CVH metrics and the risk of cardiovascular







### LIFE'S SIMPLE 7 LOWERS RISK OF CARDIOVASCULAR DISEASE







Number of Ideal Health Metrics



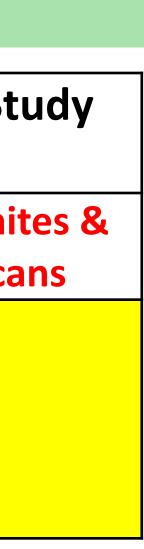
# LIFE'S SIMPLE 7 LOWERS RISK OF CANCER

Metric	Ideal	The Atherosclerosis Risk in Communities Study	
Current smoking	Never or quit ≥12 months	1987-2006	
	- 		Non-Hispanic Whites & African Americans
Total cholesterol	<200 mg/dl	Attainment of $\geq 4$	
Blood pressure	<120/<80 mmHg	Life's Simple 7	<b>29.7%</b>
Fasting glucose	<100 mg/dl	Metrics	
		Epidemiology and	d Prevention
Body mass index	<25 kg/m²	Ideal Cardiovascular Health Is Incident C	•
Physical activity	≥150 min/week moderate		
	or ≥75 min/week vigorous intensity		drich, MD, PhD; Jennifer A. Nettleton, PhD;
Healthy diet score	4-5 components (Fiber, fish, SSB, Sodium, Fruits and Vegetables)	<ul> <li>Judith G. Abramson, MD, MSCI; Christopher A. Friedrich, MD, PhD; Jennifer A. Nettleton, Ph Anna E. Prizment, PhD, MPH; Aaron R. Folsom, MD, MPH</li> <li><i>Background</i>—The American Heart Association (AHA) has defined the concept of ideal cardiovascular health in proto of the 2020 Strategic Impact Goals. We examined whether adherence to ideal levels of the 7 AHA cardiovascular metrics was associated with incident cancers in the Atherosclerosis Risk In Communities (ARIC) study over 17 years of follow-up.</li> <li><i>Methods and Results</i>—After exclusions for missing data and prevalent cancer, 13 253 ARIC participants were include analysis. Baseline measurements were used to classify participants according to 7 AHA cardiovascular health m Combined cancer incidence (excluding nonmelanoma skin cancers) from 1987 to 2006 was captured using registries and hospital surveillance; 2880 incident cancer cases occurred over follow-up. Cox regression was used calculate hazard ratios for incident cancer. There was a significant (<i>P</i> trend &lt;0.0001), graded, inverse association be the number of ideal cardiovascular health metrics at baseline and cancer incidence. Participants meeting goals for the number of ideal cardiovascular health metrics at baseline and cancer incidence.</li> </ul>	

Rasmussen-Torvik et al. *Circulation*, 2013



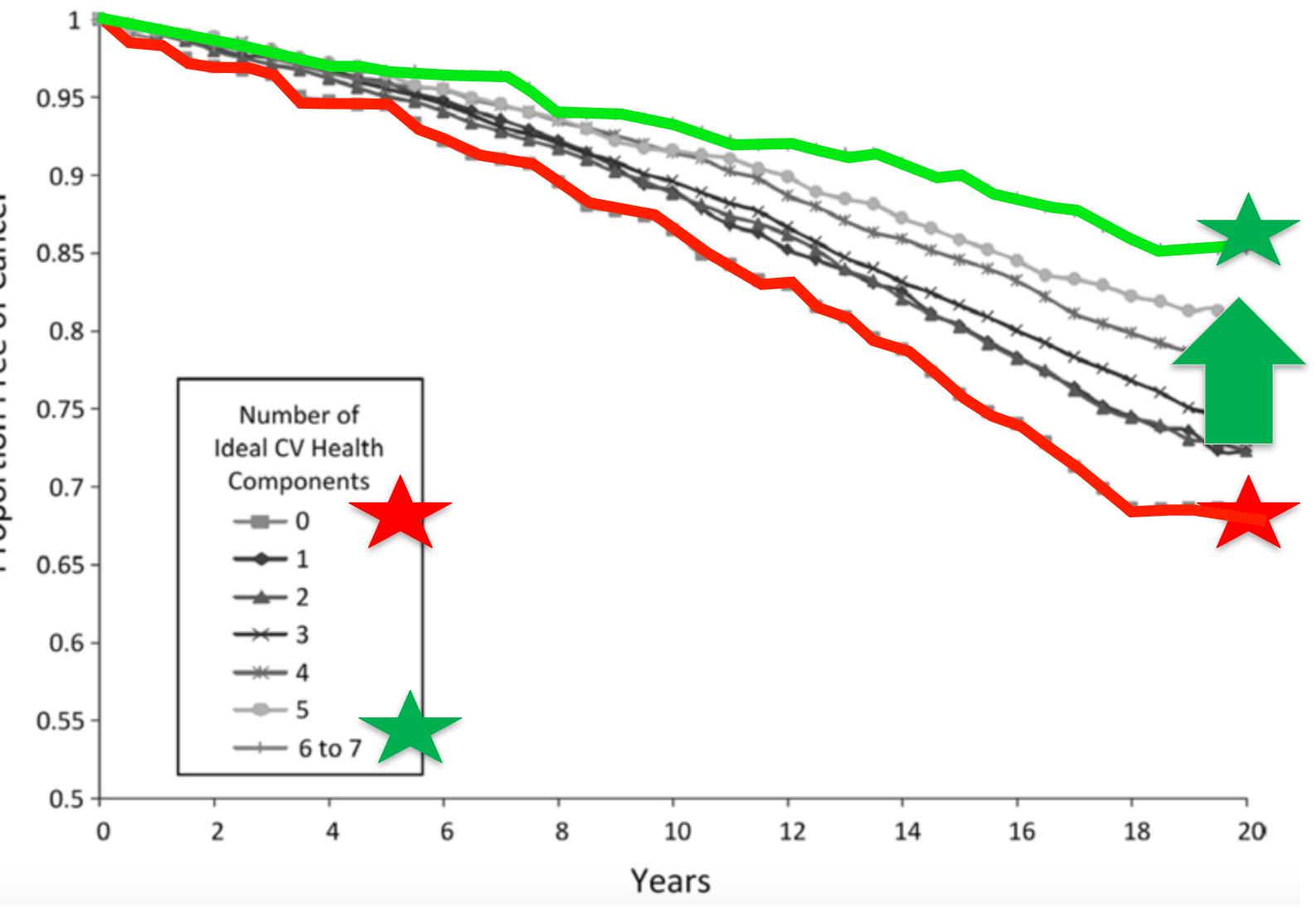








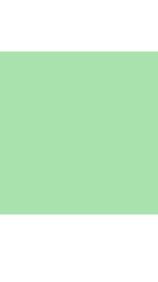
#### Cancer Rates from 1987 – 2006 By Number of Life's Simple 7 Ideal Metrics



Proportion Free of Cancer

**D THE OHIO STATE UNIVERSITY** COLLEGE OF MEDICINE





## LIFE'S SIMPLE 7 LOWERS RISK OF DIABETES

		1	
Metric	Ideal	Multi-Ethnic Study of Atherosclero	
Current	Never or quit ≥12	(2000-201	2)
smoking	months		
Total	<200 mg/dl	Diabetes Risk with $\geq 4$	75% Lower F
cholesterol		Life's Simple 7 Metrics	
Blood pressure	<120/<80 mmHg		
Fasting glucose	<100 mg/dl	Attainment of $\geq$ 4 Life's	
Body mass	<25 kg/m <sup>2</sup>	Simple 7 Metrics	23%
index			
Physical	≥150 min/week		
activity	moderate or ≥75 min/		
	week		
	vigorous intensity		
Healthy diet	4-5 components		
score	(Fiber, fish, Soda, Salt		
	Intake, Fruits and		
	Vegetables)		

Joseph et al. *Diabetologia*, 2016







#### **Total Cholesterol**

#### **Blood Pressure**

Fasting Plasma Glucose

**Body-mass Index** 

#### **Physical Activity**

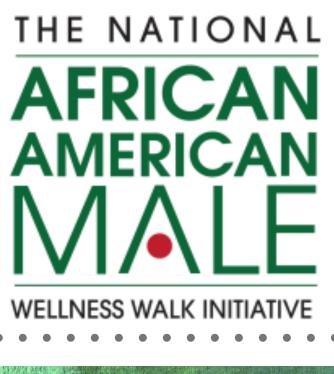
#### Nutrition/Diet





COLLEGE OF MEDICINE

The African American Male Wellness Walk Initiative



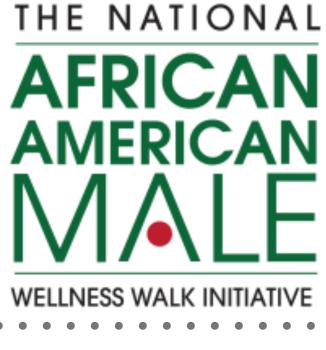


# What are the levels of "Life's Simple 7" among African American Male participants in the African American Male Wellness Walk Initiative?



COLLEGE OF MEDICINE



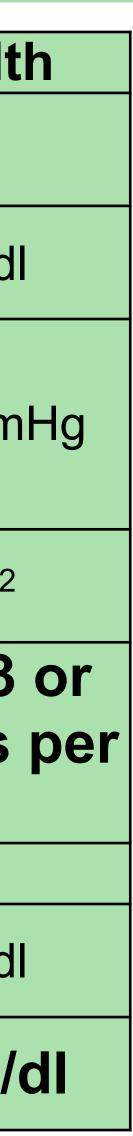


# LIFE'S SIMPLE 7: POOR, INTERMEDIATE, AND IDEAL HEALTH

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Blood pressure	SBP ≥140 or DBP ≥90 mmHg	SBP 120-139 or DBP 80-89 mmHg or treated to goal	<120/<80 mm
Body mass index	≥30 kg/m²	25-29.9 kg/m <sup>2</sup>	<25 kg/m <sup>2</sup>
Physical activity	Exercise < 3 times per week		Exercise 3 more times week
Healthy diet			
Fasting glucose	≥126 mg/dl	100-125 mg/dl or treated to goal	<100 mg/dl
Random glucose	≥200 mg/dl	140-199 mg/dl	< 140 mg/







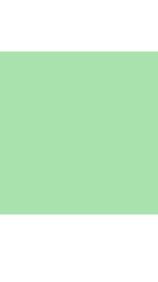


# AAMWWI HEALTH SCREENINGS

# 562 Participants in 2015707 Participants in 2016859 Participants in 2017







# **AAMWWI HEALTH SCREENINGS** 2015: 47 [18-81] Years of Age 2016: 48 [18-85] Years of Age 2017: 49 [18-85] Years of Age











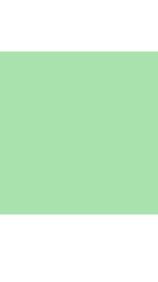
# **AAMWWI HEALTH SCREENINGS**

# 23 New Diabetes Cases in 2016 59 New Diabetes Cases in 2017



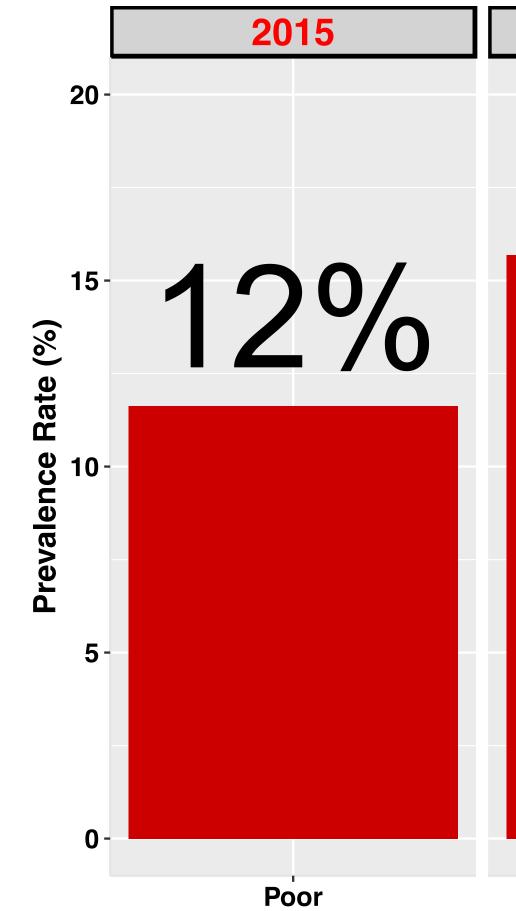


273 New Hypertension Cases in 2017



# SMOKING

UPIUMIU				
Life's Simple 7	Poor health	Intermediate hea	lth	Ideal health
Current smoking	Yes			None
20 15 10 10 5 0 Por Por			Smoking	



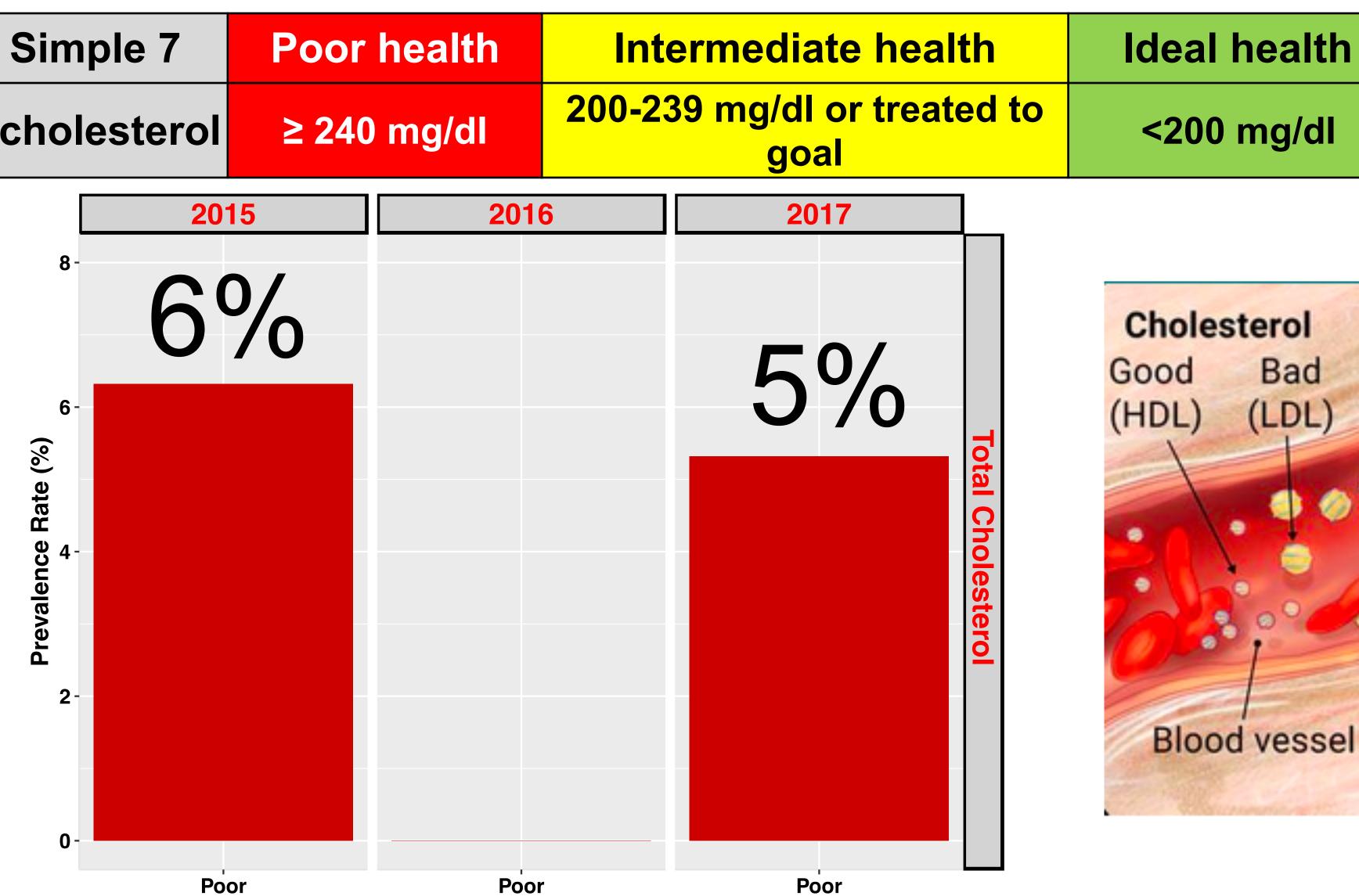






# **TOTAL CHOLESTEROL**

Life's Simple 7	Poor h
Total cholesterol	≥ 240 ı

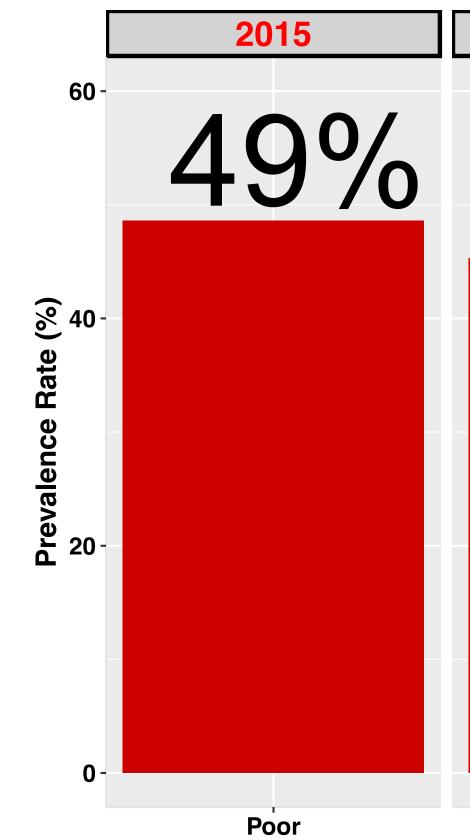






# **BLOOD PRESSURE**

Life's Simple 7	Poor health	Intermediate health	Ideal health
Blood pressure	SBP ≥140 or DBP ≥90 mmHg	SBP 120-139 or DBP 80-89 mmHg or treated to goal	<120/<80 mmł
60- 40- 20- 20- 0-	2016 9% 4.5°	0% 54% 20 Av Bl	<section-header></section-header>







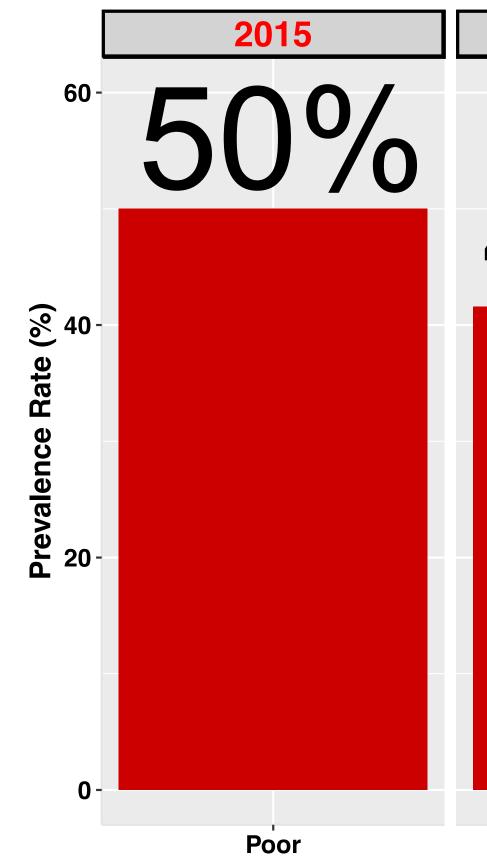






# **BODY MASS INDEX**

Life's Simple	7 <b>Poo</b>	r health	Intern	nediate h	ealth	Ideal health
Body mass index	≥30	0 kg/m²	25	-29.9 kg/m	ן <sup>2</sup>	<25 kg/m²
60- 60) (%) 40- 20- 20-					Body Mass Index	I7: Average dy Mass Inc 1 kg/m <sup>2</sup>
	Poor	Poor		Poor		









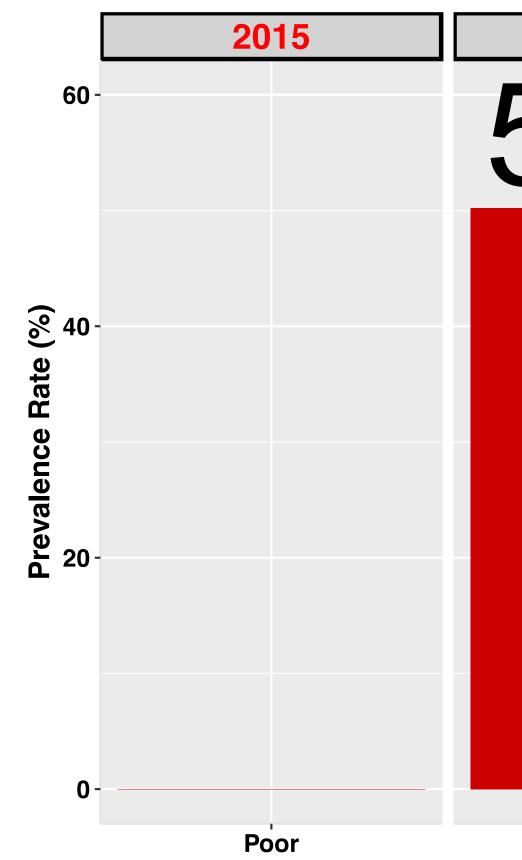
# in





# PHYSICAL ACTIVITY

Life's Simple 7	Poor health	Intermediate health	Ideal health
Physical activity	Exercise < 3 times per week		Exercise 3 or mo times per week
0- 0- 0- 0- 0-		<text></text>	<image/>





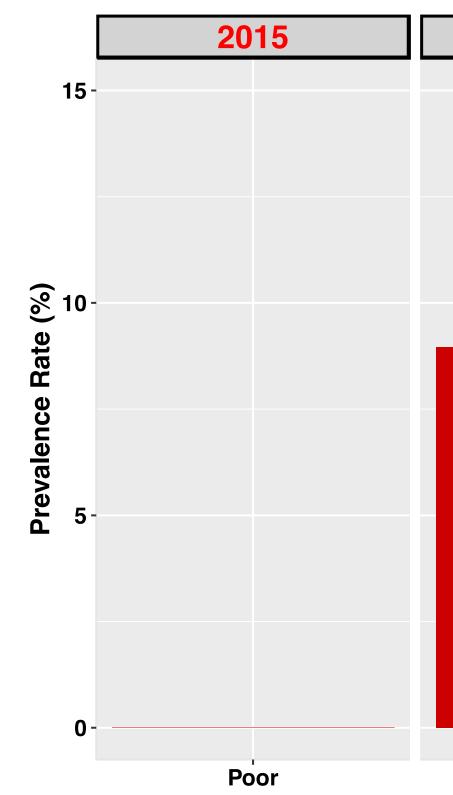
Poor





# GLUCOSE

Life's Simple 7	Poor health	Intermediate health	Ideal heal
Fasting glucose	≥126 mg/dl	100-125 mg/dl or treated to goal	<100 mg/c
Random glucose	≥200 mg/dl	140-199 mg/dl	< 140 mg/c





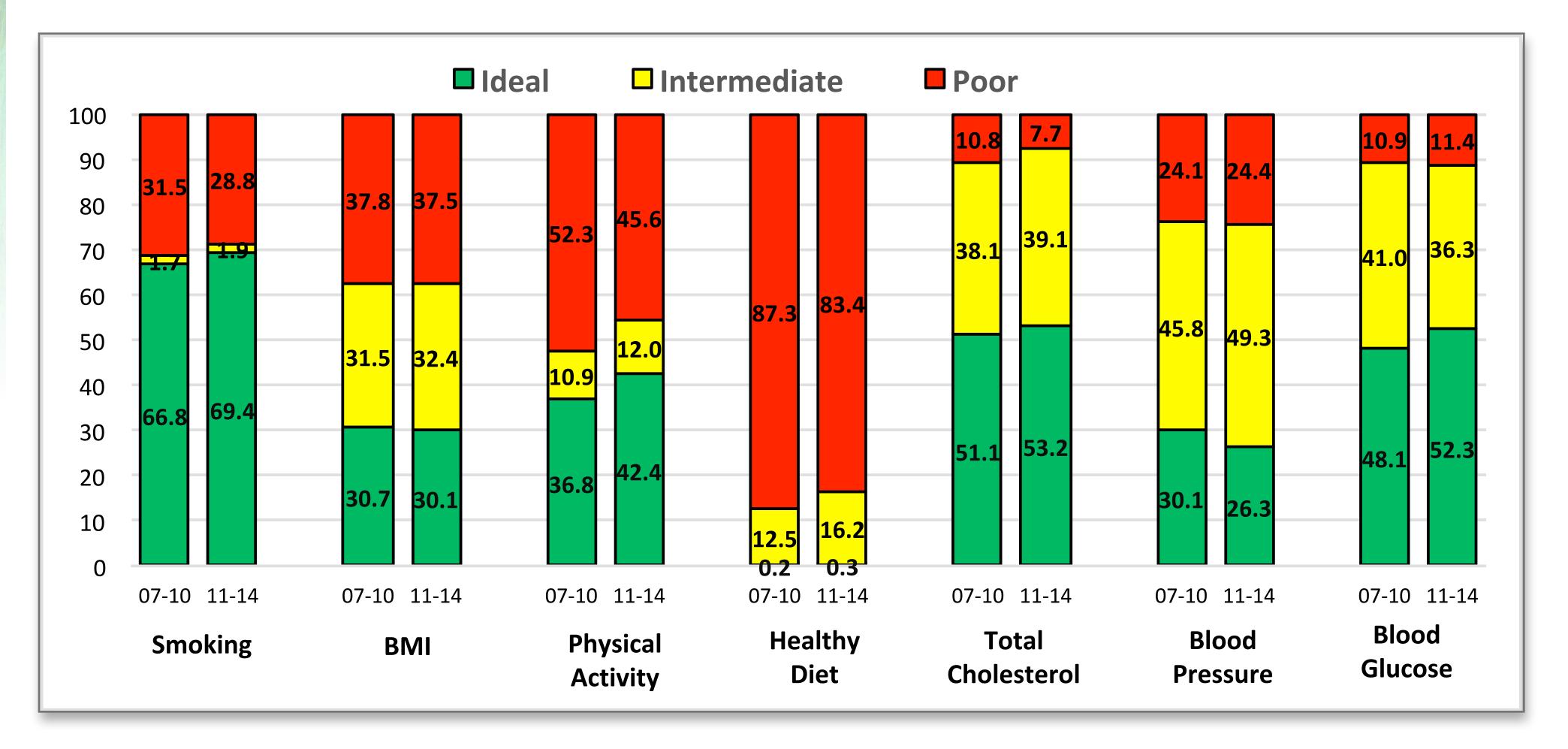


<section-header></section-header>		Glucose	<section-header></section-header>
Poor	Poor		





### **BODY MASS INDEX**







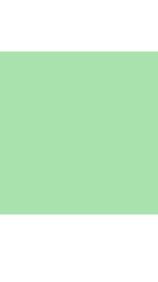


### **BODY MASS INDEX**

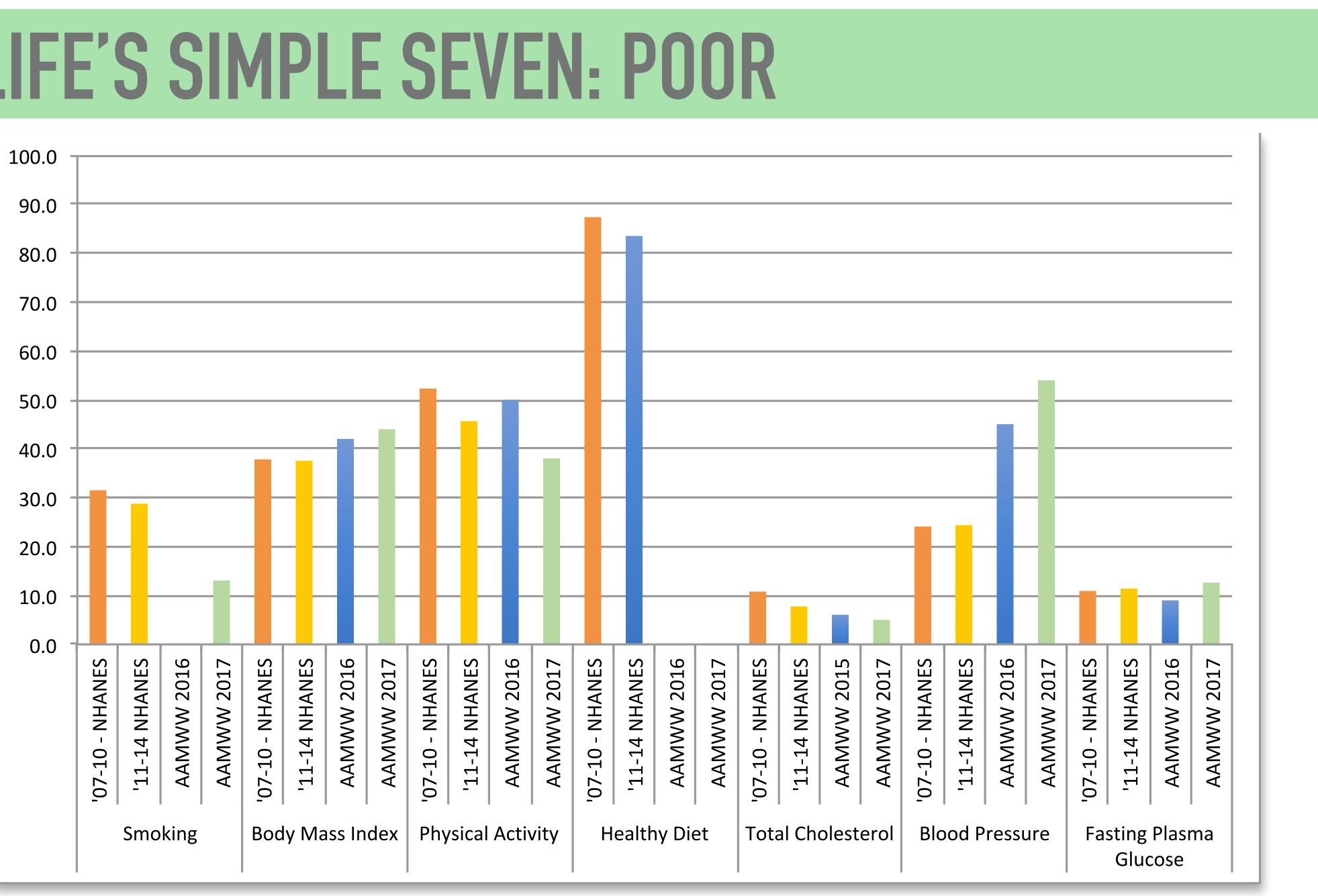
ETHNIC	Cycle	Poor Inte	rmediate	Ideal
Smoking	07-10	31.5	1.7	66.8
	11-14	28.8	1.9	69.4
BMI	07-10	37.8	31.5	30.7
	11-14	37.5	32.4	30.1
PA	07-10	52.3	10.9	36.8
	11-14	45.6	12.0	42.4
Diet	07-10	87.3	12.5	0.2
	11-14	83.4	16.2	0.3
TC	07-10	10.8	38.1	51.1
	11-14	7.7	39.1	53.2
BP	07-10	24.1	45.8	30.1
	11-14	24.4	49.3	26.3
FPG	07-10	10.9	41.0	48.1
	11-14	11.4	36.3	52.3







## **IFE'S SIMPLE SEVEN: POOR**

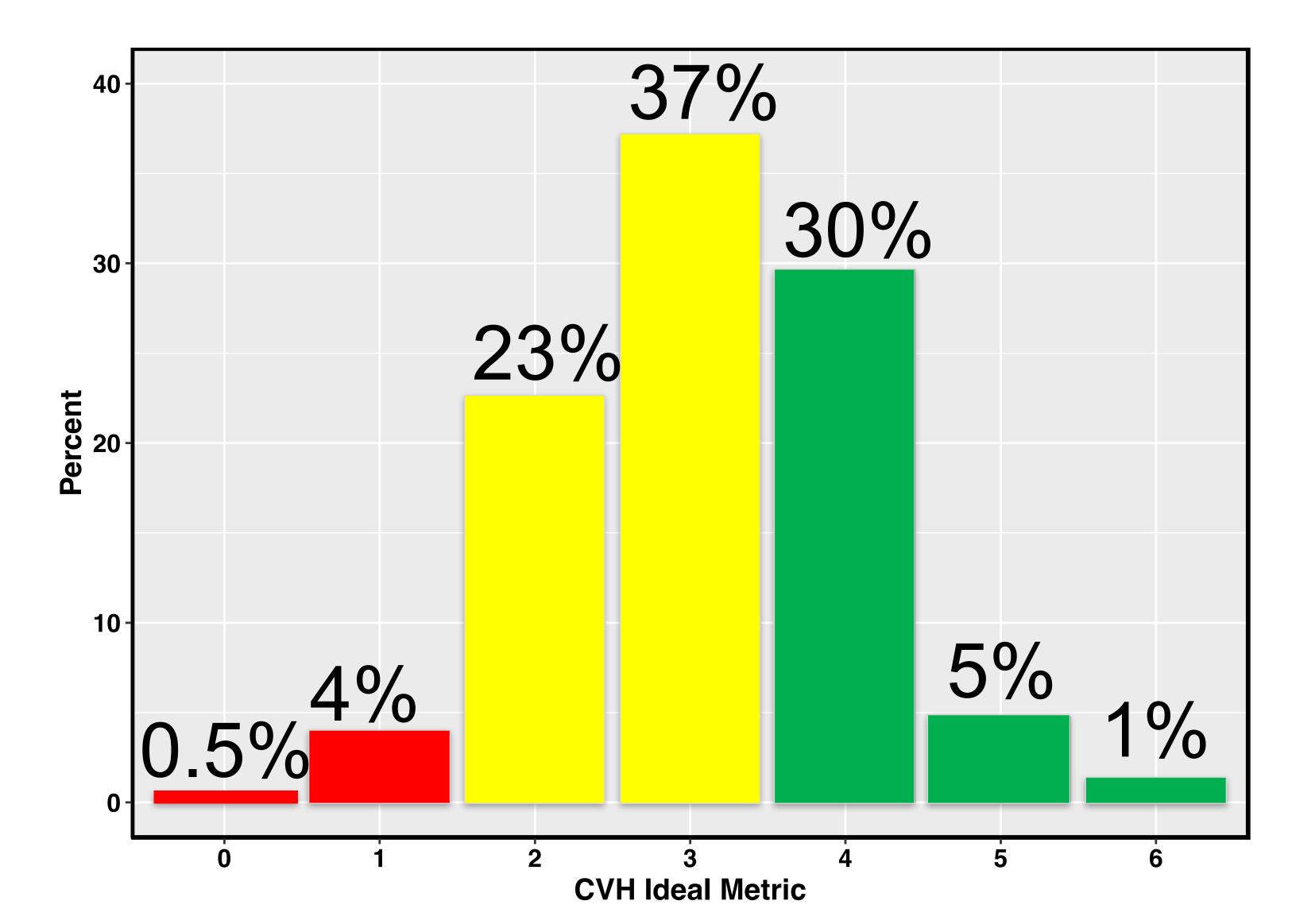






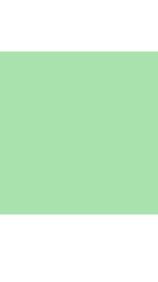


### **2017: NUMBER OF LIFE'S SIMPLE 7 METRICS**









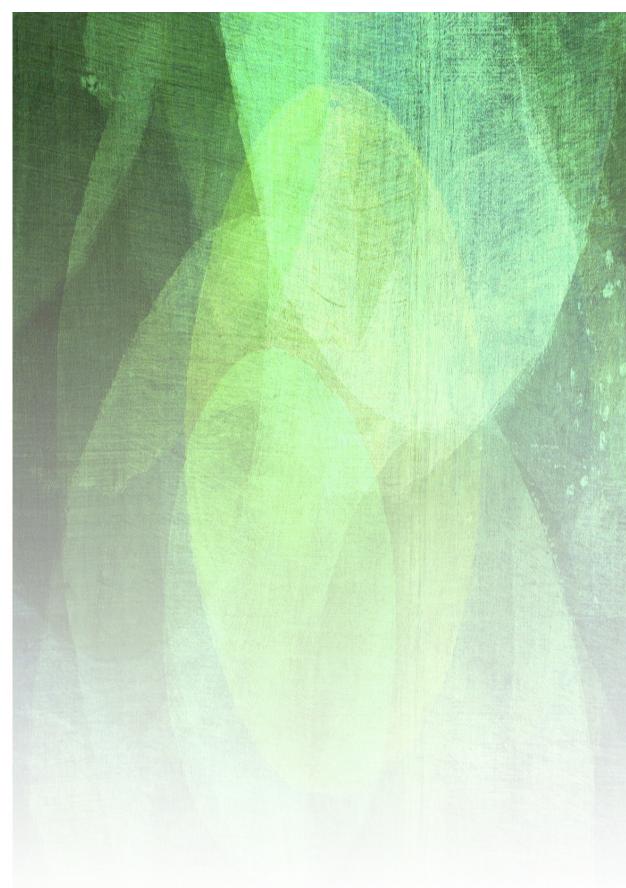
## THE ASSOCIATION OF LIFE'S SIMPLE 7 WITH PERCEPTION OF HEALTH

The odds of self-reported excellent health versus a combination of poor, fair and good health were 17-fold greater for those with 4-6 ideal Life's Simple 7 metrics compared to 0 Life's Simple 7 metrics.











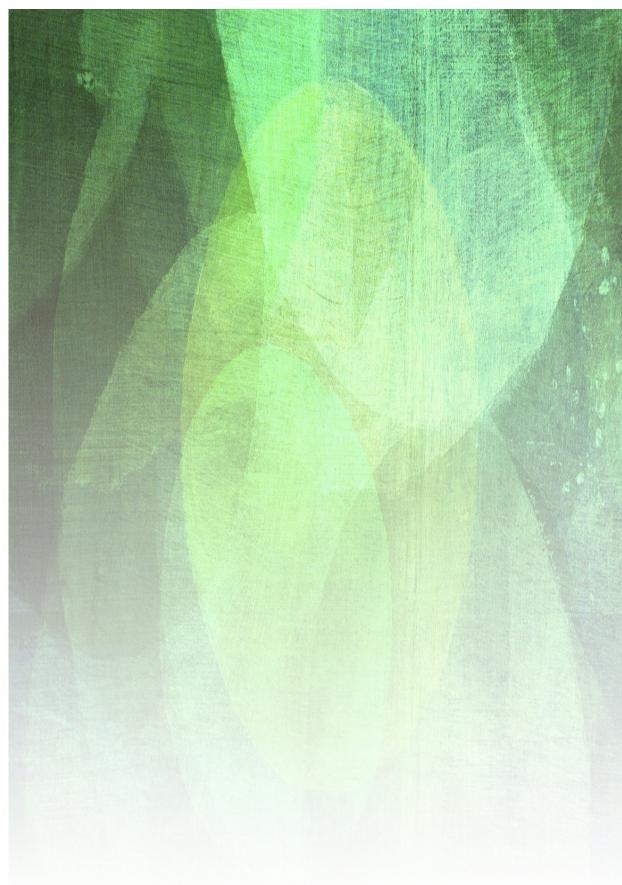


### THE ASSOCIATION OF IDEAL CARDIOVASCULAR HEALTH WITH PREVALENT DIABETES

Participants with 4+ Ideal Life's Simple 7 metrics compared to 0-1 Ideal Life's Simple 7 Metrics were 98% less likely to have diabetes.



### THE OHIO STATE UNIVERSITY





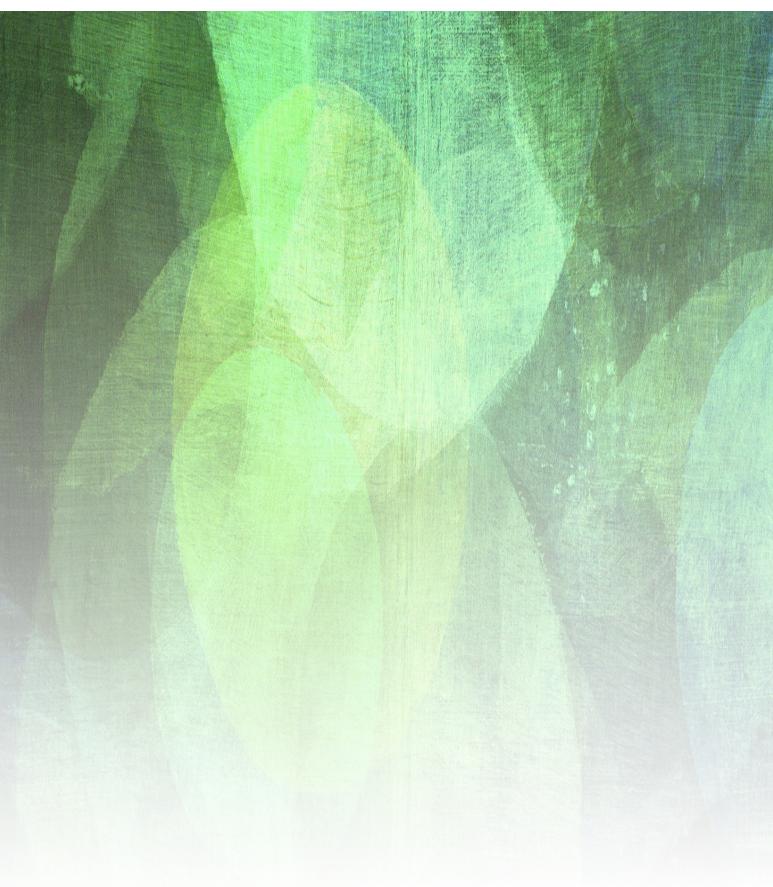


### THE ASSOCIATION OF IDEAL CARDIOVASCULAR HEALTH WITH BODY FAT PERCENTAGE

Participants with 4-5 Ideal Life's Simple 7 metrics had an absolute 10% lower body fat percentage compared to participants with 0-1 Ideal Life's Simple 7 metrics among the 517 participants with body fat measurements.

- ► 0-1 ideal metrics Body Fat Percentage 30%
- ► 4-6 ideal metrics Body Fat Percentage 20%





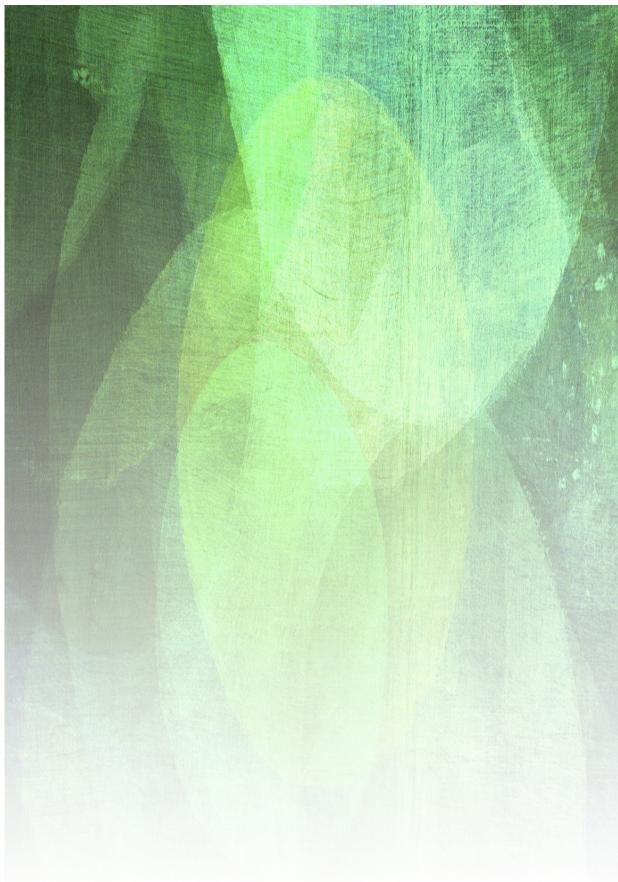


### THE ASSOCIATION OF FAMILY HISTORY OF **DIABETES WITH IDEAL CARDIOVASCULAR HEALTH**

► A family history of diabetes was associated with a 50% lower odds of 4-6 Ideal Life's Simple 7 metrics compared to 0-3 Ideal Life's Simple 7 metrics.

Genes and environment are also important factors

















### My Life Check - Life's





7 small steps

# WHAT CAN YOU DO?



LOCAL INFO				
f 💟 🚟 8 <sup>+</sup> Search				
SUPPORT PROFESSIONAL RESEARCH EDUCATOR CPR & ECC				
Congenital Defects Children Heart Attack Heart Failure High Blood & Adults				
s Simple 7				
Tweet G+ Share 5K Updated:Oct 5,2017				
to big changes.				





# WHAT CAN YOU DO?







614.754.7511 or www.aawalk.org







### Mr. Chad Anderson Executive Director African American Male Wellness Walk Initiative





# OUR FUTURE

@AAWalkNation



## THE FUTURE

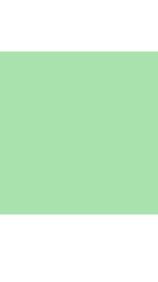
- > Why the information is important

  - ► Research
  - Prevention/Intervention and support
  - ► Health Education
- ► Medical Clinic
- Sponsoring Partnerships





### Using the data to determine our next steps





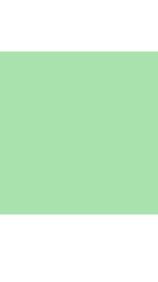
## WHAT YOU CAN DO

- ► How you help
  - ► Passion Teams
  - ► Donate
  - ► Volunteer
  - ► Outreach
  - Start a walk in your City
  - ► Be an Example
  - ► Sponsorship











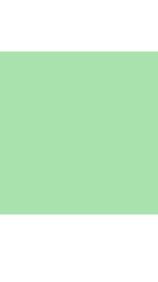
### OUTREACH

Video
Events
Social Media
Mass Media









## **INITIATIVE TO SUPPORT HEALTH**



JUNE













SATURDAY AUGUST 11th 5K WALK & RUN @ LIVINGSTON PARK

MAY 24th

MARCH 8th





## **INITIATIVE TO SUPPORT HEALTH**



JUNE 23rd



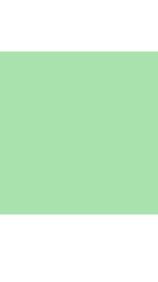




JULY



AUGUST 9th









### SATURDAY AUGUST 11th 5K WALK & RUN @ LIVINGSTON PARK











Dr. Darrell Gray

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# DISCUSSIONS

