

# 2019 Community Engagement Conference

Partnering for a Resilient and Sustainable Future

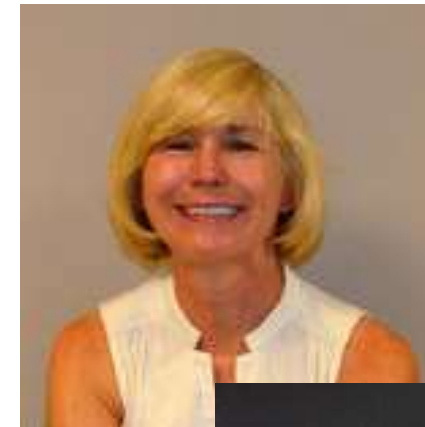


# IGNITE

January 23 and 24, 2019

## Barbers and Beauticians Who Care: Continuing the Journey to Reduce Health Disparities

- **Presenters: Elizabeth Fitzgerald** – associate professor of clinical nursing, Ohio State College of Nursing
- **Deborah Dawson** – clinical instructor of practice, Ohio State College of Nursing



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# Barbers and Beauticians Who Care

Elizabeth Fitzgerald, EdD, APRN-CNS, PMHCNS-BC, Associate  
Professor of Clinical Nursing

Deborah Dawson, RN, MS, Instructor of Practice



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# Background

- Barbers and Beauticians Who Care is an annual event that is a community partnership between the College of Nursing Ask a Buckeye Nurse and Making a Difference, Inc.
- The inaugural event was held in 2016 and funded by the Ohio Commission on Minority Health.



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# The Mt. Vernon Area of the Near East Side



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# Al's Cut Above the Rest Barber Shop in The Mt. Vernon Community

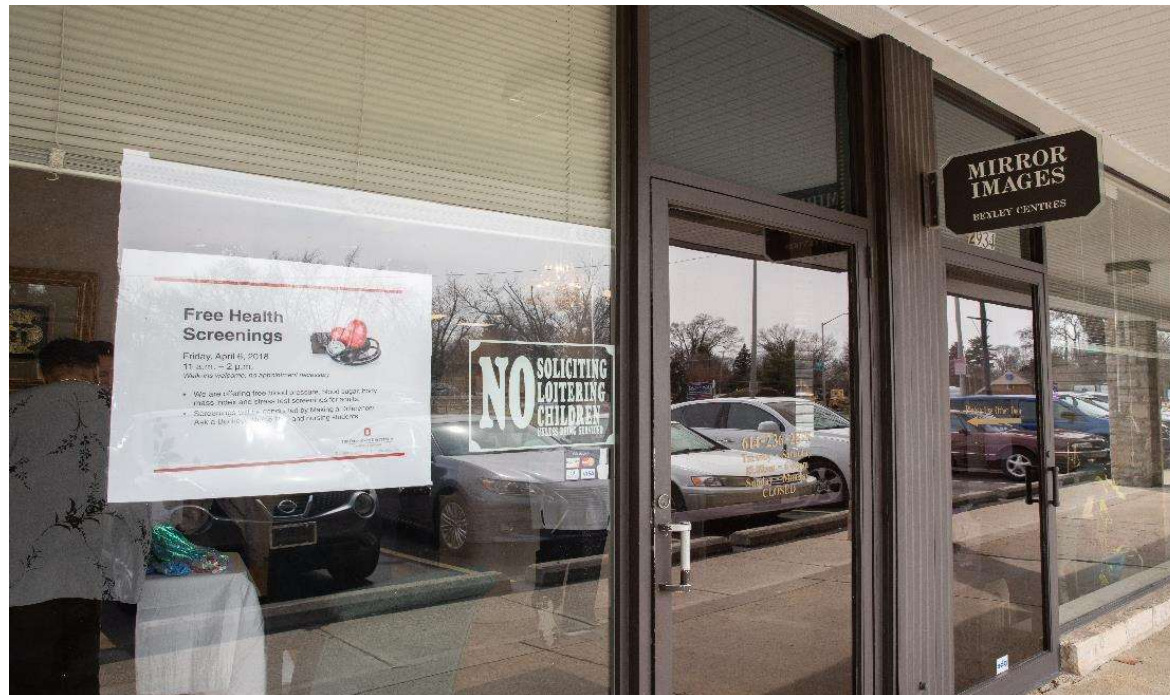


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# Barber and Beauty Shops are seen as trusted places of business in African American Communities



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# High Blood Pressure

- The prevalence of [high blood pressure](https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer/high-blood-pressure-and-african-americans) (HBP or hypertension) in African-Americans in the United States is among the highest in the world. More than 40 percent of non-Hispanic African-American men and women have high blood pressure. For African-Americans, high blood pressure also develops earlier in life and is usually more severe.
  - <https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer/high-blood-pressure-and-african-americans>



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# African Americans are at higher risk for Hypertension



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# Blood Pressure Screening



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# Incidence of Diabetes

- In the U.S., African American adults are nearly twice as likely as white adults to develop type 2 diabetes. This racial disparity has been rising over the last 30 years
  - <https://www.nih.gov/news-events/nih-research-matters/factors-contributing-higher-incidence-diabetes-black-americans>



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# African Americans have higher incidence of Diabetes



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# Screening for high blood sugar only takes a few minutes



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# Immediate Results



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# Body Mass Index (BMI)



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# Getting the Weight



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# The Role of Stress



## MAYO CLINIC PROCEEDINGS

### Disparate Cardiovascular Disease Rates in African Americans: The Role of Stress Related to Self-Reported Racial Discrimination

*Of all the forms of inequality, injustice in health is the most shocking and inhuman.*

Dr Martin Luther King, Jr, at the second annual convention of the Medical Committee for Human Rights, Chicago, Illinois, March 25, 1966

mechanistic pathway for discrimination to impact cardiovascular risk factors, as previously reported, without worsening long-term outcomes.

In this editorial, we examine the disproportionate CVD burden in African Americans and critically consider factors impacting the

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See also page 699



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# Health Impact of Stress



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# Stress Management



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# Nutrition Information



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# How You Can Get Involved

- Help us find sources of funding support for continued expansion of health screenings
- We are seeking additional OSU and community partners in the Near East Side
- For more information, please contact:
  - Elizabeth “Lizzie” Fitzgerald, [fitzgerald.118@osu.edu](mailto:fitzgerald.118@osu.edu)
  - Deborah Dawson, [dawson.190@osu.edu](mailto:dawson.190@osu.edu)



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# References

- American Heart Association (nd). High Blood Pressure and African Americans. Retrieved from: <https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer/high-blood-pressure-and-african-americans>
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