

Background

- 2015 - 2016: Prevalence of hypertension (HTN) in the U.S. among adults 18 years and older was 29%
- HTN is a risk factor for cardiovascular disease, the leading cause of death among adults in the U.S.
- In young adulthood (18-30), development of HTN is more common in former inmates than in those without incarceration history (12% vs. 7%, OR=1.7)
- HTN knowledge is lower among those disproportionately impacted by incarceration (non-Hispanic black men and women, less education, lower income)
- There is a lack of HTN health education programs tailored for formerly incarcerated persons
- Community-based health education should include:
 - Community health workers
 - Interactive education
 - Familiar, community settings

Methods

Blood Pressure Understanding & Management Program (BUMP)

Population: Formerly incarcerated persons in the Health Matters class at the Institute for Community Justice (ICJ)

Setting: Institute for Community Justice

Evaluation: Pre-post knowledge assessments and anonymous participant ratings

Week 1: Introduction to Blood Pressure

- Key medical terms
- Understanding blood pressure readings

Week 2: Causes and Complications

- Causes, risk factors, and complications of HBP
- HBP and cardiovascular disease

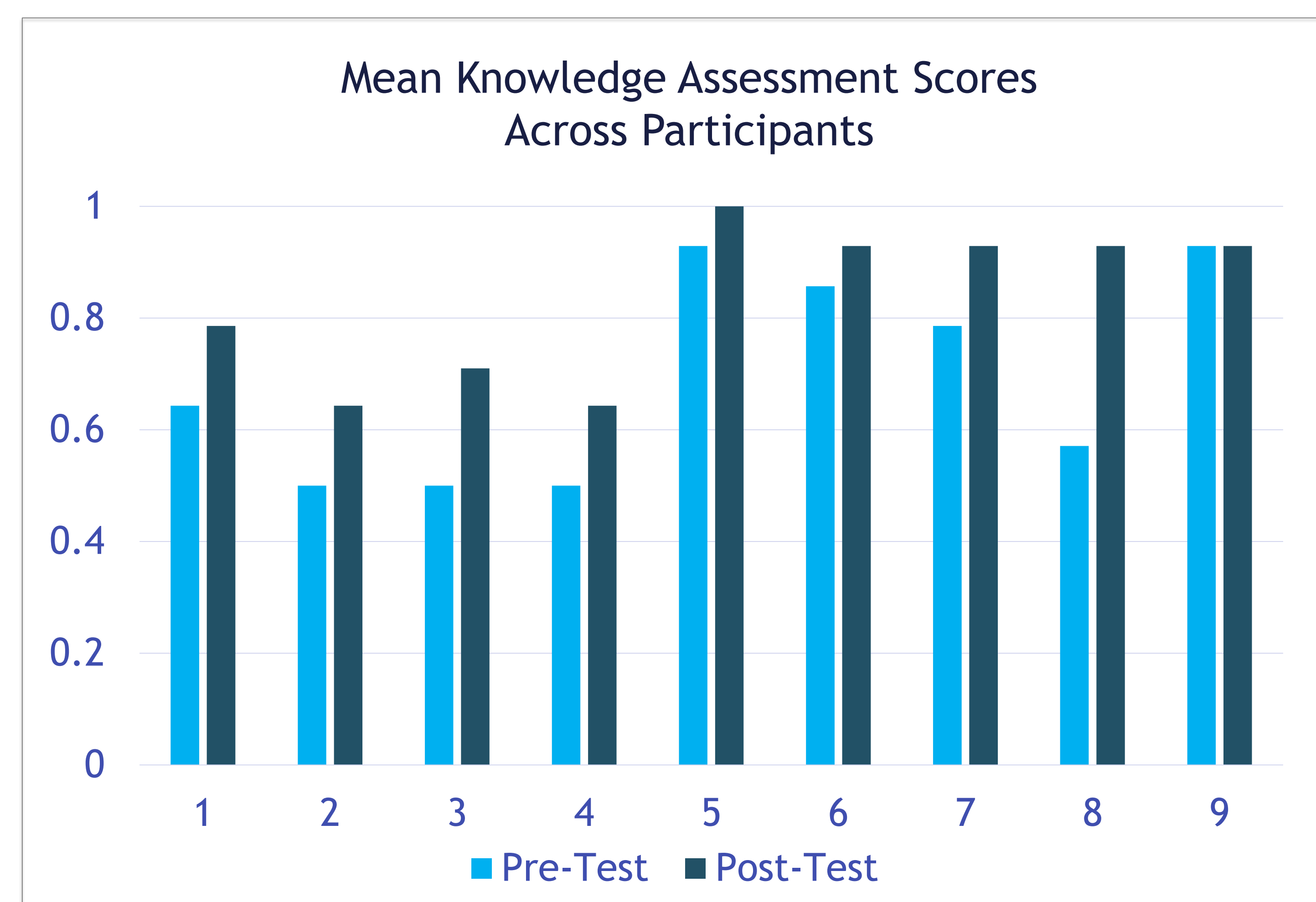
Week 3: Choose Your Food Wisely

- Relationship between diet and blood pressure
- Understanding and using food labels

Week 4: Healthy Lifestyle Changes

- Lifestyle modifications to lower/control blood pressure
- Communicating with health professionals

Results



	N	Mean Score	Std. Dev.
Pre-Test	9	69.1%	0.1857
Post-Test	9	83.3%	0.1384

Question	(1) Strongly disagree	(2) Disagree	(3) Undecided	(4) Agree	(5) Strongly agree
I learned new information				5	4
Satisfied with instructor(s)		1		3	5
Would recommend program		1		3	5
Can use information in daily life		1		3	5
Should be repeated for new members		1	1	2	5

Results (cont.)

- There was a significant improvement (20.7%) in mean knowledge assessment scores (t=4.24 , p=.003)
 - 8 of 9 students' scores improved
 - 1 student remained the same
- Correct responses (%) improved on 11 of 14 assessment questions
 - 2 questions remained the same
 - 1 question declined
- Overall, the program was rated favorably by students
 - Mean ratings ranged from 4.22 to 4.44 across the five questions

Discussion, Limitations & Recommendations

- Community-based educational programs may effectively improve HTN knowledge among formerly incarcerated persons.
- Limitations:
 - Small sample size (n = 9)
 - Tested at only one community reentry site
 - Curriculum could only be delivered to, and assessed among, English-speaking participants
- Recommendations for Future Research:
 - Conduct program with a larger sample
 - Include materials and support for non-English speakers
 - Examine how improvement in knowledge relates to changes in health behaviors and outcomes

Acknowledgments

Thank you to everyone who contributed to this project, especially:

- Dr. John McAna
- Dr. Rosemary Frasso
- Jay Adams, Community Health Worker
- The entire staff at the Institute for Community Justice