



## HeartLinks to Heart Health Program



### HEARTLINKS PROGRAM AWARENESS SITE PROFILE – TOLEDO (OH)

#### Program Information

Link Chapter/Program Site: Toledo (OH)

Link Chapter President: Adrienne Green

Link Program Coordinator: Patricia A. Hogue

Link Program Co-Coordinators: Vallie Bowman-English  
& Deborah Barnett

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#### Program Management

- **Program Team Structure/Roles:** Link Program Coordinator, Link Program Co-Coordinators & Link Chapter Members
- **Challenges/Resolutions:** Data collection – the program originally was designed to capture blood pressure and weight weekly. This was impossible to do with two individuals collecting the data of 50-60 participants. Collecting data created a delay in starting the program the first week. Each participant received a card that they punched in addition to signing in for each class that they attended. This process also delayed the start of the exercise sessions. The team decided to not collect the weight and blood pressure each week but would collect data Week 1 and Week 12. We decided to provide the instructors with the puncher and the participants were instructed that an honor system of punching would occur.

#### Participant Recruitment

- **Number of Participants:** 55-60
- **Challenges/Resolutions:** We had participants sign up and provide their email addresses – the handwriting was difficult to interpret on 10-11 of the participants. Because we recruited for 3 weeks in the Narthex of the church, we were able to identify those individuals with illegible writing either asking church members or individuals were known by the recruiting Link church members to rectify the errors.

#### Educational Sessions

- **Course Instructors/Facilitators:** Physician Assistant, Family Medicine Physician, Minority Health Commissioner, Health Counselor, Public Health Educator; Conducted Knowledge Is Power: Know Your Risk for Heart Disease, Help Your Heart: Control Your High Blood Pressure, Embrace Your Health! Aim for a Healthy Weight & Make Heart Healthy Eating an Everyday Family Reunion
- **Challenges/Resolutions:** Attendance for the educational session was not as robust as for the exercise classes.
- **Community Health Partnerships:** List the total number of partners recruited: 3 – Friendship Baptist Church and congregants; Toledo/Lucas County Minority Health Department; University of Toledo, College of Medicine/Life Sciences
- **Partner Contribution and Activities:** Meeting venue, session facilitators, gift bag items, printing, promotion, culminating event cinch bags & ink pens

#### Products

- **Materials/Merchandise Produced:** Promotional advertisement in the Sojourner Truth Newspaper, T-shirts & Culminating Program awards