



## *HeartLinks* to Heart Health Program



### **HEARTLINKS PROGRAM INTERVENTION SITE PROFILE – NASHVILLE (TN)**

#### **Program Information**

Link Chapter/Program Site: Nashville (TN)

Link Chapter President: Tracy Hardin

Link Program Coordinator: Dr. Katherine Y. Brown

Link Program Co-Coordinator: N/A

Contact Information: [drkatherineandassociates@yahoo.com](mailto:drkatherineandassociates@yahoo.com) or 312.623.2433

#### **PROGRAM MANAGEMENT**

- **Program Team Structure:** Links Program Coordinator, Link Chapter President, Links National Trends & Services Chair, Links Health & Human Services Chair, Co-Chair, & Committee Members, & Link Chapter Volunteers

#### **PARTICIPANT RECRUITMENT & RETENTION**

- **Number of Sites Recruited/Retained:** 2/
- **Number of Participants Recruited/Retained:** 54/50
- **Recruitment/Retention Strategies:** Local health fairs, church pastor & church health ministry, informational flyers, radio advertisement, email, Eventbrite, social media (Facebook, Twitter), church bulletin & announcements, keepsake item, personal chef for cooking demonstration, personal trainer at each session, incentives, such as workbook with handouts, water bottles, tote bags with educational materials & T-shirt
- **Number Screened (Pre/Post):** 51/50

#### **EDUCATIONAL SESSIONS**

- **Course Schedule:** Wednesdays 5:00–7:00 p.m. from December 2015–March 2016
- **Course Instructors/Facilitators:** Physician, occupational therapist/CPR instructor, dentist (high blood pressure), diabetes expert, personal chef & personal trainer
- **Participant Involvement:** Recorded attendance, conducted session reviews & made reminder calls & texts to fellow participants

#### **COMMUNITY HEALTH PARTNERSHIPS**

- **Number of Partners:** 12
- **Community Event/Number Screened:** Community Health Fair/151
- **Red Event/Number Attended:** Red Dress Luncheon/100+
- **Partner Contribution:** Participant recruitment, meeting venue, screenings & heart health educational materials for health bags

#### **PRODUCTS**

- **Materials/Merchandise Produced:** Promotional flyers, water bottles, T-shirts & tote bags
- **Sustained Activities:** *HeartLinks* participants & church members are planning to begin a walking program & host a health fair & “GoRed” Sunday