

HEARTLINKS PROGRAM SITE PROFILE – SACRAMENTO, CA

Program Information

Link Chapter/Program Site: Sacramento, CA
Link Program Coordinator: Delores Covington

Link Chapter President: Thomaysa Glover
Link Program Co-Coordinator: Barbara Smith-Nash

PROGRAM MANAGEMENT

- **Program Team Structure:** Link Program Coordinator, Link Co-Coordinator & Link Chapter Volunteers

PARTICIPANT RECRUITMENT & RETENTION

- **Number of Sites Recruited/Retained:** 1/1 (representing participants from churches, sororities, a church nurses ministry, a community center & women's improvement center)
- **Number of Participants Recruited/Retained:** 45/39
- **Recruitment/Retention Strategies:** Interest meetings & *HeartLinks* Healthy Brunch Informational Orientation with community partners & prospective participants; recruitment letters; e-blasts with electronic magazine & flyers; press releases; cable TV interview to promote program; announcements at women's organizations & churches; attendance prizes; Participation- & "Keep on Steppin' Progress Awards; & physical activities & healthy nutritional snacks provided at each session
- **Number Screened:** 26

EDUCATIONAL SESSIONS

- **Course Schedule:** Every 2nd & 4th Saturday from 10:00 a.m. – 12:00 p.m. from January to May
- **Course Instructors/Facilitators:** Chapter Links; physicians; acupuncturist; a representative from the Network for a Healthy California - African American Campaign; & certified physical fitness instructor
- **Participant Involvement:** Tested recipes & tips from heart healthy cookbooks; delivered presentations to produce the "Recommended Recipes from The Heart Cookbook;" & presented relevant experiences, current articles, anecdotes, affirmations & pledges

COMMUNITY HEALTH PARTNERSHIPS

- **Number of Partners:** 31
- **Community Event/Number Screened:** "A Grateful Heart is a Thankful Heart" Health Fair/140
- **Red Event/Number Attended:** Preventing-High-risk Diseases (PHD) Links/*HeartLinks* partnered with the University of California – Davis Women's Annual Cardiovascular Medicine Program's Community Education & Awareness Forum at the Radisson Hotel/250
- **Partner Contribution:** Screenings; venue for Screening Event & *HeartLinks* sessions; give-aways; healthy soul food cookbooks; Red Dress pins; glucometers; bags; & scales

PRODUCTS

- **Materials/Merchandise Produced:** PowerPoint presentations of *HeartLinks* educational instructions; "Recommended Recipes from the Heart Cookbook" (with tips & tested rankings); PHD T-Shirts; & Fitness Playground (12 fitness activities comprising an endurance course developed for *HeartLinks* participants by Fitness Trainer)