Using the Classroom as a Pilot Public Health Education Project

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WHAT?

- Classroom-level Observation
- Health Literacy Levels
- "Too Much Information"
- Misconceptions

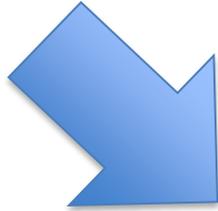- Population: Diversity of Hispanic subgroups and age groups

WHY?

- Hispanics face several challenges to health care (Rodríguez, n.d.)
  - ❖Language
  - ❖Culture
  - ❖Knowledge of US health care system
  - ❖Quality of Information
  - ❖Family Orientation

HOW?

RESEARCH

KNOWLEDGE/AWARENESS

ACTION

PROBLEM

- Disconnect between research, awareness, and action
- Many factors affecting this flow:
  - ➢ Misconceptions
  - ➢ Medical culture
  - ➢ Misunderstanding of what is diversity
  - ➢ Mode of Messaging

Role of Educator

- How do I get from research to knowledge/awareness?

- How do I get from awareness to action?

- How do I engage my audience?

- How do I empower my students to educate others?

The Idea

- HESC 360: Statistics for Health Sciences
- Target: Heart Disease
- When: February 2016
- Who: Nursing students & Faculty
- Task: Students had to search for articles that presented statistics related to heart disease or cardiovascular health

Step One: From Research to Knowledge/Awareness

- Use of statistics from credible sources
- Use of plain language (no technical words)
- Variety of topics within cardiovascular health:
  - Diet/exercise
  - Cost
  - Risk Factors
  - Stress
  - Hispanics and heart disease
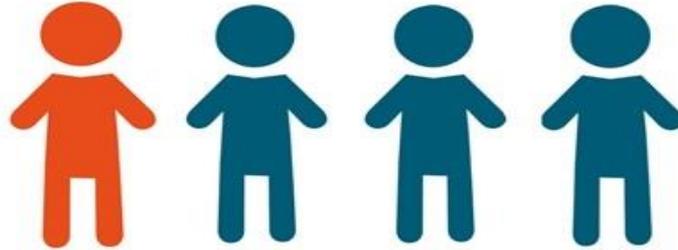
MY HEART, YOUR HEART, OUR HEARTS...
IN NUMBERS

A COLLABORATIVE EFFORT FROM THE STUDENTS OF HESC 360 (STATISTICS FOR NURSING)

Did you know?

- **Heart disease is the #1 cause of death worldwide**
- **About 610,000 people in the U.S. die from heart disease every year…That's 1 in 4 deaths! (CDC, 2016)**

- **Coronary heart disease is the most common type of heart disease (CDC, 2016)**
- **715,000 Americans have a heart attack every year**
- **15% of people that have a heart attack will die from it**

People with high cholesterol are two times more likely to develop heart disease

People with diabetes are twice as likely to develop heart disease

People with depression are 25-40% more likely to die from heart disease

The estimated cost of heart disease in the United States is...

$313 billion!!

- **Married men and women have less risk of heart attacks, and among those who suffered a heart attack, the risk of death was higher for unmarried men (56%) and unmarried women (43%) (NYU Langone Medical Center, 2013)**

- **Older women in unhappy marriages are more prone to heart problems**

- **Older couples in bad marriages, especially the wives, have a higher risk of heart disease than those who were happily wed (Michigan State University, 2014)**

Summary of Step One

- Raising awareness
- Sharing acquired knowledge with classmates and other SUAGM students
- Understanding research as an important component of their job
- "Statistics are more than numbers"
- Thinking how to translate numbers into possible public health interventions

Step Two: From Awareness to Action

- "Direct Social Communication Model" suggested by Evans-Lacko et al. (2012)
- Nursing Department Faculty
  - Blood Pressure Screening
  - BMI
  - One-on-One Consultation
- Nursing Students
  - Address concerns
  - Refer to nursing faculty

Findings from Intervention

- Misconceptions regarding heart disease
- Perception of being overweight as the main factor
- Some participants didn't make the connection between smoking and heart disease
- Very little knowledge on stress management
- Medication adherence issue
- Concern about being reprimanded by health professional

Recommendations and Next Steps

- Continue these direct interventions for other health topics:
  - Sun exposure and skin cancer
  - Diabetes prevention and management
  - Stress management
- Diversity Training for Health Professionals
- Promote a benefits appeal rather than using fear
- Utilize different strategies to disseminate knowledge

Thank you for your time!!

Questions?

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