

# Impact of Health Education and Exercise on Blood Pressure and Weight during a Spanish Speaking and Non Spanish-Speaking Free Wellness Program

Erica Freeman MS, CHES

Baptist Memorial Health Care | Memphis, TN

## INTRODUCTION

Health promotion efforts to improve the quality of life of an individual is important in improving the overall health of a community.

- As a corporate responsibility of Baptist Memorial Health Care (BMHCC) in Memphis, TN, improving the health of the community served by the organization is key.
- In Memphis, where the city continually ranks as one of the fattest in the nation, the city has an obesity rate of 33.4%, that's more than the U.S., which has an obesity rate of 21.6%, according to 2014 Community Health Needs Assessment from the Shelby County Health Department.
- As part of the corporate responsibility of BMHCC, the organization implements several free wellness programs in the community for areas in most need of the efforts. Those areas were identified as having a high rate of minorities whom are impacted disproportionately by health disparities.



## OBJECTIVES

- To increase adherence of healthy behaviors by 25%
- To positively impact blood pressure by 5%
- To decrease weight by 5%
- To decrease waist circumference by 5%

## MATERIALS AND METHODS

### Participants

- There were 35 participants, 3 male and 27 female ages 18-65.
- Two Spanish speaking families participated with 5 children total in grades 1-5, 1 male and 4 female.
- All participants received the same health education information, however it was tailored to the specific groups. For instance, the families with children received the information in Spanish, geared towards families.

### Materials

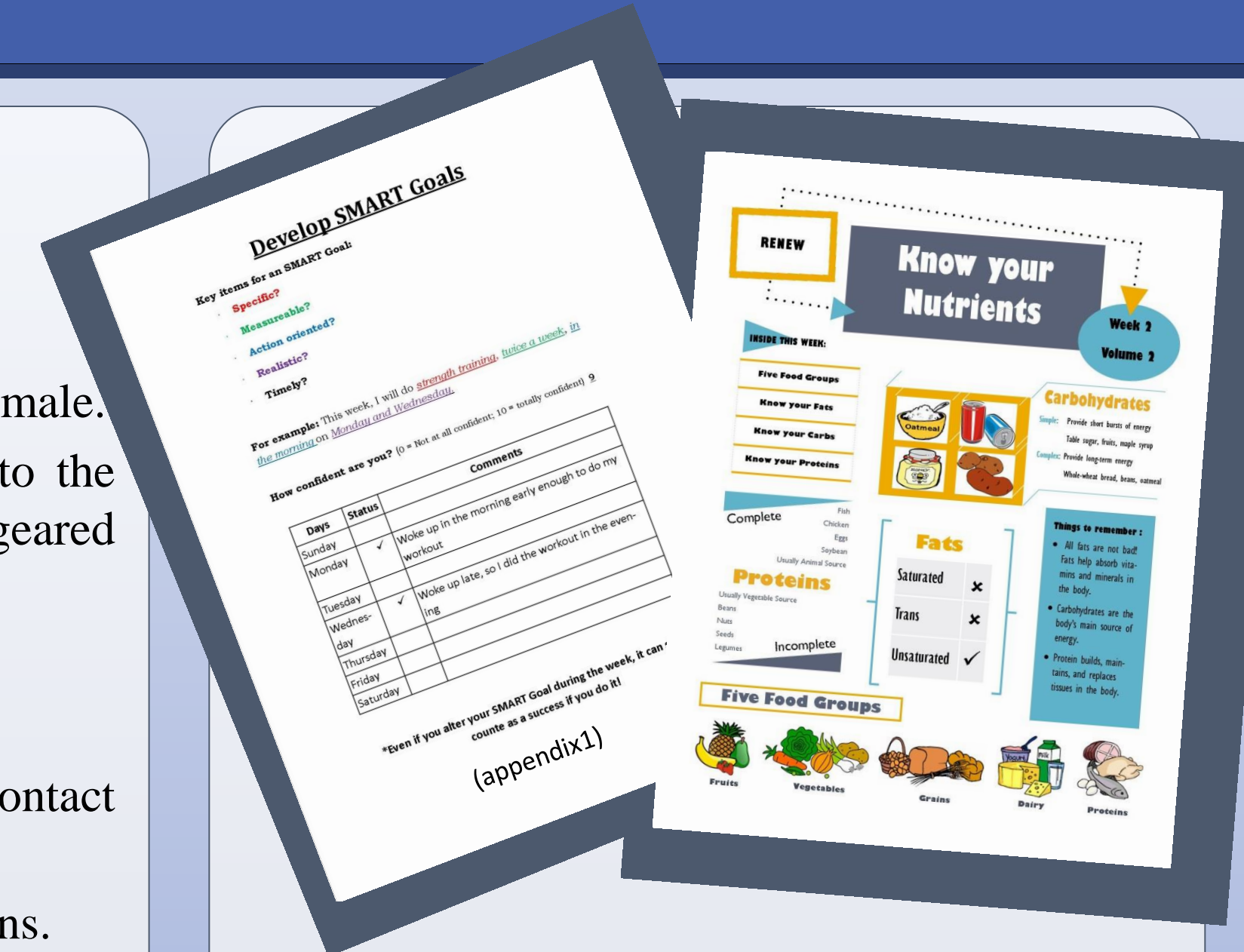
- Registration forms: Consent form, media release waiver, agreement, physician release and contact information.
- Self-reported survey. The survey included six self-reported nutrition and overall health questions.
- Participants received a 10 week program booklet, which included weekly a SMART goal sheet (see appendix1).

### Methods

- The research design of this study was non-experimental and correlational as it studied the relationship between the presence of health education and exercise efforts and biometrics like blood pressure, waist circumference and weight.
- After obtaining registration paperwork, each participant was weighed and their blood pressure and waist measurements were taken by the instructors. During each session, participants received 45 minutes of health education and 45 minutes of exercise. Each weekly session, participants were weighed, blood pressure and waist measurements were not taken at each session. At the conclusion of the program, all participants were weighed and had their blood pressure and waist measurements taken.

## RESULTS

- A 10 week intervention focused on health education and exercise may impact blood pressure, waist circumference and weight.
- A 10 week intervention focused on health education and exercise may impact the frequency of healthy behaviors such as an increase in the consumption of fruits and vegetables and exercise.
- Of the two groups, families and adults, both group lost more than 60 pounds combined.



## CONCLUSION

By including health education and exercise within a wellness program, a positive impact, in biometrics and self-reported healthy behaviors, is possible.

## REFERENCES

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## ACKNOWLEDGEMENT | CONTACT

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For more information contact:  
Erica.Freeman@bmhcc.org