

# Save Our Sons Program Outcomes

## Project Overview

The Lorain County Branch of the National Urban League in partnership with Community Voices: Health Care for the Underserved at Morehouse School of Medicine and Pfizer hosted a series of free educational workshops. Targeting African American men ages 18 and up, the workshops focused on ways to incorporate healthy eating and exercise in an effort to reduce diabetes rates and maintain a healthy lifestyle. The Save Our Sons project had two overarching goals: 1). To develop, implement, and evaluate a health education model aimed at reducing diabetes and obesity among African American men, and 2). To improve access to primary healthcare services for African-American men.

## Project Activities

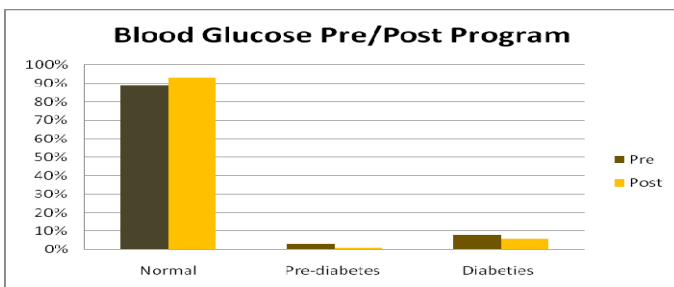
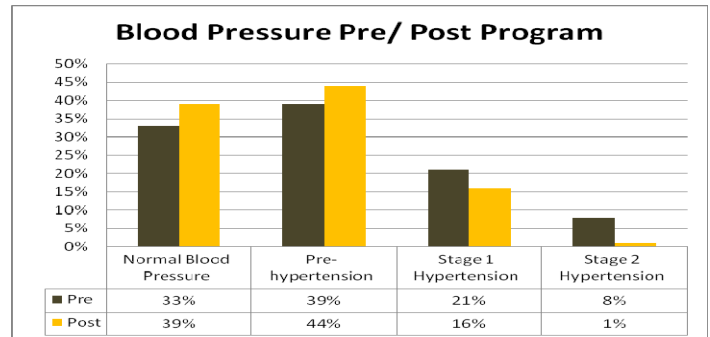
Workshop sessions included:

- Six session curriculum intervention for program participants
- Exercise education and opportunities for program participants
- Collected medical screening and weight loss data for program participants
- Connected program participants with social services to meet their individual needs



## Outcomes

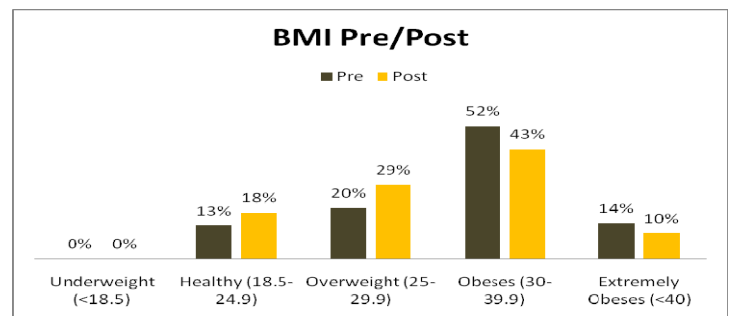
At the start of the program, the overwhelming majority of Participants (68%) suffered from some level of hypertension with 8% be classified as Stage 2 hypertensive. These levels were higher than the estimated 27% of Lorain county residents who suffer from hypertension according to the most recent BRFSS survey. At the conclusion of the program, Stage 2 hypertension decrease from 8% to 1%; Stage 1 hypertension decreased by 5%. Pre-hypertensive and normal ranges saw increases of 5% and 6% respectively as a result of a decrease of participants unhealthy in the blood pressure status



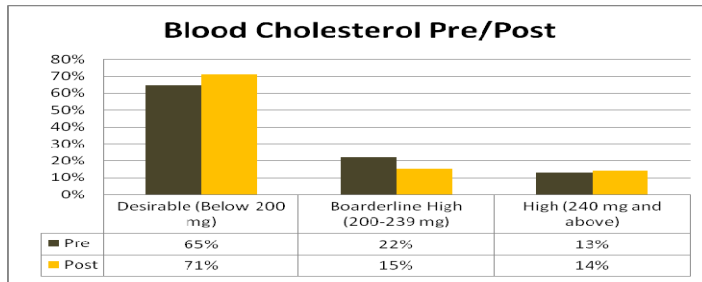
At the start of the program, 66% of the participants were classified as obese or extremely obese in comparison to the 26% obesity rating of Lorain County. Given the obesity status of the men in the program, a strong focus was placed on both physical activity and proper nutrition.

Post program achieved results with a 4% decrease in the extremely obese status and a 9% decrease in the obese status. There was a 9% increase for those

It is estimated by the Lorain County Health Department that 7% of the county residents are diabetic. At the start of the program 44% of the participants were classified as either diabetic or pre-diabetic. At the conclusion of the program the rate of pre-diabetes from 3% to only 1% and the rate of diabetes dropped from 8% to 6%. Of the participants who were still classified as diabetic, their blood glucose levels dropped and average 7 points during the intervention.



who were originally obese due to weight loss. The healthy range saw a remarkable 5% increase. Through this program, significant weight loss was achieved with the (n=132) participants losing on average 8.5 pounds during the intervention.



35% of the program participants initially suffered from unhealthy cholesterol levels based on pre-screening information. A few participants (n=3) were currently taking prescription medication to control their cholesterol levels.

At the conclusion of the program, the desirable range increased by 6%; the borderline high range achieved a 7% decrease. The high range saw a 1% increase which is attributed to a participant

with high cholesterol who was no longer able to afford his medication.

### About National Urban League

Established in 1910, The Urban League is the nation's oldest and largest community-based movement devoted to empowering African Americans to enter the economic and social mainstream. Today, the National Urban League, headquartered in New York City, spearheads the non-partisan efforts of its local affiliates. There are over 100 local affiliates of the National Urban League located in 35 states and the District of Columbia providing direct services to more than 2 million people nationwide through programs, advocacy and research. The mission of the Urban League movement is to enable African Americans to secure economic self-reliance, parity, power and civil rights.

### About Community Voices

Community Voices' mission is to increase enrollment of eligible people into public programs and to improve health care access and quality for the underserved by providing models for change and improvement. Program outcomes must include a greater focus on primary care and prevention, preservation and strengthening of the community health care safety net, implementation of a stronger health care delivery system, and development of best practices for communities to adapt to unique circumstances. Community Voices believes it is not enough to implement programs without establishing a framework for how they operate an evaluation process, and methods to document those findings so that adjustments can be made.

### About Pfizer

Founded in 1849, Pfizer is the world's largest research-based pharmaceutical company. Pfizer is taking new approaches to advancing better health as it discovers, develops, manufactures and delivers quality, safe and effective prescription medicines to treat and help prevent disease for both people and animals. Pfizer also partners with healthcare providers, governments and local communities around the world to expand access to medicines and to provide better quality health care and health system support. At Pfizer, approximately 85,000 colleagues in more than 90 countries work every day to help people stay happier and healthier longer and to reduce the human and economic burden of disease worldwide

### For More Information:

For more information on this project, or to learn how to participate please contact Starla H. Blanks, Community Voices at Morehouse School of Medicine at (404) 752-1977/sblanks@msm.edu.