

A Message From the 100 Black Men Health Challenge Leadership

Dr. William Alexander's charge to the participants of this Healthy Lifestyle Project.

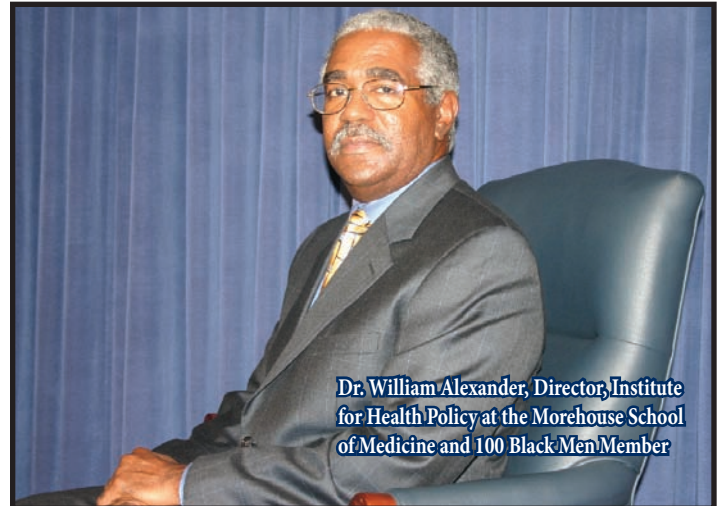
The 100 Black Men Health Challenge is a program aimed at improving healthy lifestyle attitudes and behaviors of the Atlanta chapter members. In addition, The Challenge studied the characteristics and attitudes within the Atlanta chapter that enable and/or promote adherence to healthy lifestyle behaviors. The goal is to promote role modeling to chapter membership, Project Success students, and Collegiate 100. The Challenge builds on the organization's commitment to health and wellness.

The Atlanta chapter's ability to promote healthy lifestyles was determined by assessing study participants' level of physical activity, fruit and vegetable consumption, smoking behavior, relationship with a primary care or personal physician, perceptions of the impact of a healthy lifestyle on quality of life, and ability to role model healthy lifestyle behaviors. "The growing health concerns regarding African-Americans are among the most pressing survival issues we face," said John T. Grant, Jr., Chief

Executive Officer, 100 Black Men of Atlanta. "The 100 Health Challenge was a charter step for our organization to meet these issues head on, while demonstrating that education along with the appropriate action can, indeed, make a critical difference."

Working with the Challenge study nurse, each participant was encouraged to eat at least 9 servings of fruits and vegetables/day, increase physical activity to 10,000 steps/day and avoid tobacco use. The health analysis of the participants measured blood pressure, cholesterol, blood glucose, prostate specific antigen and body mass index. Phase I of the Challenge recently concluded after two years.

The 100 Black Men Health Challenge was initially characterized by low member

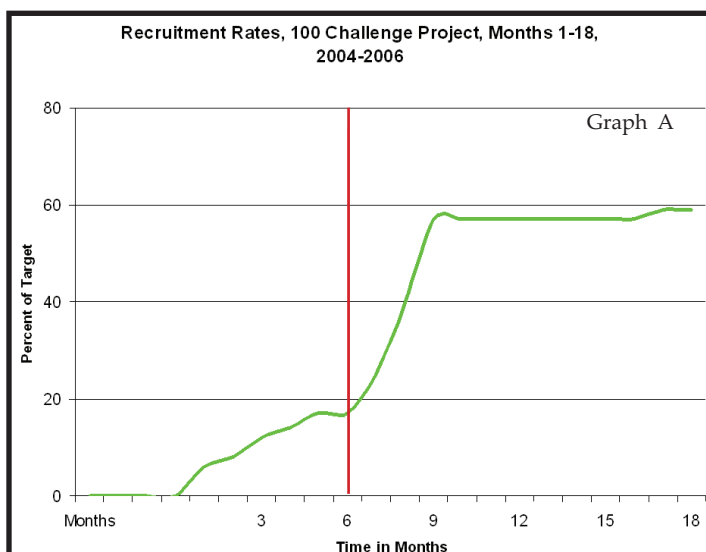


Dr. William Alexander, Director, Institute for Health Policy at the Morehouse School of Medicine and 100 Black Men Member

develop an action plan to increase the member participation rate. The additional interventions increased the member participation rate to 57% of goal by the ninth month of the study (see graph A). "The 100 Black Men of Atlanta has joined with the Morehouse School of Medicine to lead health initiatives for African American men, women, and children through health screenings, nutrition monitoring, and advocating healthy lifestyles.

Our members have benefited from our involvement and we also will involve the children in Project Success, our cornerstone program, in this important health and wellness initiative," states Darryl Fitzgerald, President and Chairman of the Board of the 100 Black Men of Atlanta. At the study's conclusion on June 30, one out of three Atlanta chapter members participated in the Challenge.

Average fruit and vegetable consumption per participant increased from 2-3 servings per day at the beginning of the



participation. The initial goal was to enroll 100 Atlanta chapter members. Only 17% of the goal was achieved six months into the study. The Morehouse School of Medicine worked with the 100 Black Men of Atlanta leadership to

The Numbers Behind the 100 Challenge Health Study

100 Challenge Study Findings

Table A	Beginning of study	After 12 months	End of Study
Average fruit and vegetable consumption	2-3 servings/day	6-7 servings/day	6-7 servings/day
Average physical activity	2-3 days/week	3-4 days/week	3-4 days/week

100 Challenge Study Findings

Health Measure	Baseline Average	Range	End of Study Average	Range	Change
Blood Sugar	107	76-303	104	45-252	-3 pts
Total Cholesterol	219	136-350	210	150-307	-10 pts
Systolic blood pressure	131	100-190	127	108-150	-4 pts
Diastolic blood pressure	84	60-120	83	68-106	-1 pt
Weight	208	145-305	214	152-303	+6 pts
Body Mass Index	30	23-44	30	23-41	0 pts

Table B

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study to 6-7 servings per day at the study's end. Similarly average physical activity per participant increased from 2-3 days per week at the beginning of the study to 3-4 days per week at the end of the study (see table A).

The health analysis revealed at the beginning of the study that 25% of participants had elevated blood pressure (greater than 140/90 mm Hg). 53% were overweight (body mass index 25-29.9) and 40% were obese (body mass index 30 and greater).

The health analysis was repeated during follow-up visits. Table B summarizes the participants' average results at baseline or the beginning of the study and at the end of the study. The average blood pressure at baseline was in the pre-hypertensive range, the average cholesterol was above normal, the average blood glucose was high normal, and prostate specific

antigen was in the normal range. The average body mass index was in the overweight range. At the end of the study all measures positively decreased except body mass index. 91% of participants had a primary care physician at the beginning of the study. This percentage increased to 94% at study's end. 51% of the participants reported visits with their primary care physician within the last 12 months. Each participant received his individual results at the last follow-up visit or by mail. The Challenge study demonstrated that it is possible to improve healthy lifestyle attitudes and behaviors in a subset of the members of the 100 Black Men of Atlanta and ultimately impact the healthy lifestyles of our youth. "The Health Challenge is significant for us as an organization as we expand our mentoring services to include promoting healthy lifestyles for African Americans, in particular or youth," writes Dr. Willie

Clemons, one of the founding members of the 100 Black Men of Atlanta and Associate Vice-President at the Morehouse School of Medicine.

We must encourage more members to see their primary care physician annually and participants should share their study results with their primary care physicians. Collectively, we can work to increase consumption of fruits and vegetables to at least nine servings/day and physical activity to at least 5 days/week.

It is time to role model our healthy lifestyle attitudes and behaviors for our families, Project Success students, and the Collegiate 100.

Together we can improve the health of our community. We thank those of you who participated in the Challenge and look forward to your comments about Healthy Living to Reach 100 as well as various health issues that impact the African American community.