

rHeART



Overview:

Paul Chantler, PhD, assistant professor at the West Virginia University School of Medicine along with Roane County Family Health Care, RCFHC, partnered with the Mid Ohio Valley Health Department, MOVHD, the West Virginia School of Osteopathic Medicine, WVSOM, and the West Virginia Practice-Based Research Network, WVPBRN, on a research study design to reduce the risk of cardiovascular disease in adults by using a community-based research model.

Study:

The rHeart 10-week program ran from September through November 2014. The sessions were developed by the WVSOM and delivered by the MOVHD staff to patients recruited by the RCFHC. This project received funding from the Claude Worthington Benedum Foundation and the West Virginia Clinical and Translational Science Institute.

Seventeen participants completed an educational program that included incorporating the DASH diet into daily food choices as well as additional information regarding quitting smoking, less stress, physical activity, and social support. Heart disease tests and participant satisfaction survey data were collected.

Main Point:

Addressing the various lifestyle components in a single health promotion program with community-based strategies is feasible to improve cardiovascular health in rural communities. Health programs that adapt to each community can show results and participant satisfaction.

Key Results:

- Participants saw a 37% increase in meters walked during the 6 minute walk test.
- Participants sitting time during weekdays decreased from 375 to 293 minutes (22%).
- Behavior change due to the provided educational materials was reported by 59% of participants.
- A community-based approach is an effective way to address local level health behavior change.
- Patient overall satisfaction scored a 4.3 out of 5 (86%).

If you have any comments, questions, or suggestions, please contact:

Paul Chantler: 304-293-0646 or
pchantler@hsc.wvu.edu



