



## **NBNA Men's Health Committee 2019 – 2020 Men's Health Tool Kit**

**TOPIC:** Cardiovascular Health amongst Black Men

**NBNA Subject Matter Expert:**

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**Abstract / Background:**

According to the Center for Disease Control (CDC), in 2013 heart disease was the leading cause of death amongst black men ages 35-44, 45-54, and 65 years and older (CDC, 2013). It was also the third leading cause of death amongst Black men ages 25-34, and second leading cause of death in ages 55-64. In addition to this, 42.6% of Black men age 20 and older have high blood pressure. In 2009 the death rate from high blood pressure amongst Black men was 51.6, while the overall high blood pressure death rate amongst white men were 18.5 (AHA, 2013). Black men also have disproportionately high lipid levels. 38.6% of Black men age 20 and older have a total blood cholesterol level of 200mg/dl or higher, while 33.1% of them have above 130mg/dl LDLs (AHA, 2013). According to the AHA "Blacks have a first ever stroke rate that is almost twice that of whites" (2013), obesity affects 68.2% of all Americans age 20 and older (AHA,2013). Black men have a substantially higher risk of fatal Cardiovascular disease events compared to White men and its increased with co-morbidities. Interventions that target high risk Black men could substantially decrease cardiovascular events amongst Black men (Lu et al, 2016).

Interventions that can decrease cardiovascular events include but are not limited to, increased physical activity such as walking and exercise, weight loss, primary care provider appointment adherence, increased self-knowledge, and support systems (Zmora et al, 2019). People who engage in increased physical activity have a decreased risk of heart disease and increased life expectancy, regardless of cardiovascular disease (Zmora et al 2019).

**Educational Topical Outline:**

- 150 minutes of Moderate to Vigorous Physical Activity every week.
- Can be broken up into difference sessions (25 min/day, 30 min/day x 5 days, 60 min/day x 2 days and 1 day of 30 minutes, etc.)
- No more than 2 days in a row of no physical activity
- Walking a minimum of 10 minutes per day. So park further away, or take the stairs once or twice a day.
- Embracing easy to use social apps to educate, track, and train

**Nutrition**

- Avoid fast food, fried food, pre packaged food
- Pre-packaged food is anything you can cook by putting it in a microwave
- Saturated fats are good/healthy! Unsaturated fats are bad/not healthy
- Eat whole fruits, vegetables,
- A glass (literally 1 glass, not 1 bottle, not ½ bottle or multiple glasses) of red wine a day is not bad for your heart health
- Creating stress relieving activities and adhering to them.

## Reference List:

- CDC
- 2008 physical activity guidelines for Americans
- Physical activity types and life expectancy with and without cardiovascular disease: the Rotterdam Study Klodian Dhana<sup>1,2†</sup>, Chantal M. Koolhaas<sup>1†</sup>, Mathilde A. Berghout<sup>3</sup>, Anna Peeters<sup>4</sup>, M. Arfan Ikram<sup>1</sup>, Henning Tiemeier<sup>1,5</sup>, Albert Hofman<sup>1,6</sup>, Wilma Nusselder<sup>7</sup>, Oscar H. Franco<sup>1</sup>; *Journal of Public Health*; vol 39 issue 4; pg 209-218; 2016.
- Zmora, R., Schreiner, P. J., Appiah, D., Lloyd-Jones, D. M., Rana, J. S., & Lewis, C. E. (2019). Racial and sex differences in biological and chronological heart age in the Coronary Artery Risk Development in Young Adults study. *Annals of Epidemiology*, 33, 24–29. doi: 10.1016/j.annepidem.2019.02.009
- Lu, Y., Ezzati, M., Rimm, E., Hajifathalian, K., Ueda, P., Danaei, G. (2016). Sick populations and sick subpopulations; Reducing Disparities in cardiovascular disease between blacks and whites in the United States.

## Discussion:

- 1) Why do Black men put off going to see their Doctors?
- 2) Why do Black men ignore health care advice from health care professionals?
- 3) What are some work out routines that can fit into your schedule?
- 4) What are incentives that will keep you adhering to your work out schedules?
- 5) What are 3 things you can do to reduce stress in your life on a daily/weekly basis?
- 6) What do you want from Health care providers that you feel will be beneficial to you?