

A decorative white floral border with intricate scrollwork and leaf patterns surrounds the central text on a dark background.

NBNA

NATIONAL BLACK NURSES ASSOCIATION, INC.

CARDIOVASCULAR
DISEASE

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HEART DISEASE

- ❖ Leading cause of death for Black Men 35-54; 65+
- ❖ >42% of Black men age 20 and older have high blood pressure.
- ❖ Death rate from High B/P among Black men was 51.6 compared to 18.5 in white men.
- ❖ Nearly 40% of Black men age 20 & older have High cholesterol.

CARDIOVASCULAR DISEASE

- ❖ Black men have a first-time stroke rate greater than 2x of White men.
- ❖ Black men have a significantly higher rate of fatal Cardiovascular disease events compared to White men.
- ❖ Interventions aimed at reducing Cardiovascular events in Black men can significantly reduced these disparities.



ACTIVITIES TO REDUCE CARDIOVASCULAR DISEASE



- ❖ Exercise
- ❖ Physical Activity including walking
- ❖ Avoid fast food, pre packaged food, fried food
- ❖ Creating Stress Relieving Activities
- ❖ VISITING YOUR PRIMARY CARE PROVIDER

EXERCISE

- ❖ 150 Minutes of moderate to vigorous physical activity every week.
- ❖ Can be broken up into different sessions (25 min/day x 6 days; 30 min/day x 5 days; 60 min/day x 2 days with 1 day x 30min)
- ❖ No more than 2 days in a row of no physical activity
- ❖ Walking a minimum of 10 minutes per day, stairs 1-2x per day.
- ❖ Utilizing smart phone apps to track progress.



NUTRITION/DIET

- ❖ Pre-packaged food includes anything that you can cook by putting in a microwave.
- ❖ Saturated fats are good/health! Unsaturated fats are bad/unhealthy!
- ❖ Eat whole fruits, vegetables
- ❖ 1 glass (not a bottle, not 1/2 bottle) of red wine a night is good.

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PRIMARY CARE PROVIDER VISITS

- ❖ See your Primary Care Provider
- ❖ Engage in conversation with health care provider to create joint decisions about your health.
- ❖ Reach out to members of NBNA's Men's committee about your cardiovascular health concerns for more information and updates.



QUESTIONS

- ❖ Why do you think some Black men put off going to see their primary care providers?
- ❖ Why do you think some Black men ignore health care advice from health care professionals and their significant others?



QUESTIONS???

- ❖ What are some work out routines that you can fit into your schedule?
- ❖ What are some incentives that will make you stay adherent to your work out schedule?



QUESTIONS???

- ❖ What are 3 things you can do to reduce stress in your everyday life?
- ❖ How can health care providers help you from your perspective?



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