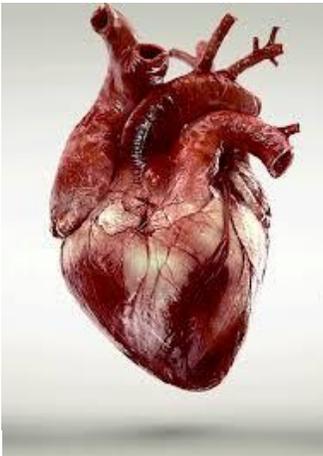


A Desire to Help Men in our Community: **The MEN 4 HEART Program**

Heart Disease Facts in Black Men

- 44% of adult (20 and older) Black men have a form of **cardiovascular disease or CVD** (coronary heart disease, stroke, or other form of disease)
- Almost **1 out of every 3** Black men died from cardiovascular disease in 2009
- Blacks are almost **twice** as likely to suffer a first-ever stroke than whites
- About 43% of Black men have high blood pressure (**Hypertension**)
- About 36% of Black men are **pre-diabetic** and 13% are diagnosed diabetic
- Blacks are more likely to **sleep less than 6 hours** a night, increasing risk for heart disease



Risk Factors for Heart Disease

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About **half of Americans** (49%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Excessive alcohol use
- Poor diet
- Overweight and obesity
- Physical inactivity

What is the MEN 4 HEART Program?

Motivational Encouragement Networks for Healthy Eating Activity Rest Together

(MEN4HEART)! This program is a way to promote healthy behaviors among Black men. Funding from a grant, allows Dr. Larrell Wilkinson to offer **health coaching** to Black men who are overweight or obese and have a desire to become healthier. In addition, this grant facilitates the leadership of health advisors within male groups and peer-to-peer cohesion to support overall health among men.

This program aims to:

- Promote a more **active lifestyle** among Black men
- Promote a **healthier diet** among Black men
- Promote **stress management** and **resting** among Black men

Certified by The Cooper Institute, Dr. Wilkinson's health coaching approach embraces a philosophy of placing the **individual first** and weight management second. This means, in order to help someone, he must first know who they are and what is important to them. Then he helps the individual focus on solutions that are appropriate to that individual. The hope of the **MEN4HEART Program** is to unite African American men in solidarity to help one another improve their health, improve their quality of life, and take the lead on health issues in their families.



A Desire to Help Men in our Community: **The MEN 4 HEART Program**

Is there a cost for the HEART Matters Program?

There is **no financial cost** to be involved. It will require some time, some energy, a commitment to improving your health, and a commitment to helping your brothers.

How does HEART Matters work?

Black men ages **45 – 75** can join the HEART Matters Program. After an initial survey and weight measurement, men will have regular communication (i.e. phone, email, text messages) with Dr. Wilkinson and his team to receive **health coaching**. Dr. Wilkinson and his team will **coach and facilitate peer support** with male groupings for 120 days (4 months) and then reassess men's health through a survey and weight measurement.

The **MEN 4 HEART Program** is looking for **30** Black Men to step up to the **challenge!** We hope you will consider participating in the free program.

Participants who successfully meet their fitness goals may be asked to become Health MENTORS. MENTORS will be trained to help their friends and other men improve their health through setting and meeting fitness goals. Overall, our goal is to help **Black men** improve their health and wellness through men **working** together. Are you interested in losing weight or want to improve your health? If so, please contact Dr. Larrell Wilkinson at (205) 975-1295 or email him at LARRELLW@UAB.EDU.

What You Can Do to Improve Your Health

Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure.

Eat a healthy diet. Be sure to eat plenty of fresh fruits and vegetables, increase fiber, and lower cholesterol.

Get adequate sleep. Most adults need 7 – 9 hours of sleep each night.

Do not smoke. Cigarette smoking greatly increases your risk for heart disease. If you do smoke, quitting will lower your risk for heart disease.

Limit alcohol use. Avoid drinking too much alcohol, which causes high blood pressure.

