Implementation of The American Heart Association’s *Search Your Heart* Curriculum

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Obesity is an important secondary risk factor for stroke. Reducing obesity is one target of *Search Your Heart* (SYH) which is a faith-based program of the American Heart Association (AHA) that uses various program modules to change unhealthy lifestyles, increase heart health and prevent stroke among African-Americans. SYH has been implemented previously in church settings only, but in the current study SYH was taken into the community.

An objective of the Magic City Stoke Prevention Project (MCSPP) is to increase community awareness and adoption of healthy behaviors known to prevent hypertension and stroke. Congregations for Public Health (CPH) worked in collaboration with MCSPP to develop a pre/post test model using the SYH curriculum targeting residents who lived within one-mile radius of each of the six churches that comprise CPH. Each of the six CPH sites designed their unique, community-based educational intervention for SYH. Methods included: 1) community events/health fairs; 2) local church partnerships; 3) canvassing door-to-door; or 4) neighborhood associations/community meetings.

A total of 902 participants completed the evaluations (574 pre and 328 post surveys). Existing social support systems in churches provide a natural foundation for conducting the *Search Your Heart* Program to aid in reducing stroke risk amongst African-Americans underserved populations.