

Healthy Hearts on the Hill  
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Community Concern:

This project seeks to address cardiovascular health and wellness among adults aged 50 and older in West Hill, a racially and ethnically diverse community in Albany, New York. West Hill is a neighborhood with reported high incidence of cardiovascular disease and poor adherence with preventive and aftercare recommendations. Previous behavioral health outreach and education programs have been highly fragmented and often initiated by providers external to the community with little to no consistency, little tailoring to the needs of community members and providing limited resources to support recommended nutritional and exercise changes.

Community Response:

Despite many difficulties, West Hill continues to show remarkable resilience and this project builds upon local strengths. ***Healthy Hearts on the Hill*** utilizes a participatory action practice model to establish a coalition of partners from the public, private and non-profit sectors focused on improving the health of aging West Hill residents and developing a community wide initiative aimed at increasing awareness and participation in heart healthy behaviors. Through this coalition and the expertise of community partners and an expanded cadre of lay advocates, the project will embed evidence-based health programs and practices in disease self-management, physical activity and nutrition into the fabric of the community.

Project Objectives:

Project work plan includes: (1) development of a community coalition to address aging and health concerns; (2) screening and education events; (3) implementation of peer led evidence-based programs targeting disease self-management, physical activity and nutrition; and (4) development of a model program targeting health issues in health disparity communities.

Project Evaluation:

Implementation of ***Healthy Hearts on the Hill*** will utilize the RE-AIM framework ([www.re-aim.org](http://www.re-aim.org)) and will be evaluated through a public health lens. In addition, the cyclical process typical of participatory action models, problem diagnosis/analysis – planning/implementation – feedback, will provide data for a case study of the community coalition and community stakeholder process aiding in the development of a translatable practice model for similar communities.

Project Outcomes:

Expected project outcomes include: (1) a sustainable coalition of community stakeholders established to address aging and health issues in the West Hill community; (2) a sustainable infrastructure for evidence-based health promotion programs; (3) Fifty residents complete one or more evidence-based health promotion programs; and (4) a fully articulated manual describing a participatory action practice model utilizing evidence-based behavior change interventions.

Please [email Lisa](#) with any questions or comments regarding this project.