The Barbershop/Salon Program just keeps rolling. We continue to visit the shops every Saturday. In 2012 we started at Wright’s Barbershop and they continue to be one of our active shops. We now have a total of 15 shops in Denver and Aurora. Three of the shops were added near the end of last year. We initially developed the program for barbershops, but added salons when we recognized there was a need. We have some great champions at the shops. These owner/operators are really supportive of the program. Our volunteers continue to come out to be engaged in this community effort. Our volunteers range from high school age to seniors. We are still recruiting and training new volunteers.

This type of program is so important because we are meeting people where they are to address health. Cardiovascular disease/heart disease is a leading cause of death for all Americans, but especially Black men. High blood pressure is one of the significant risk factors for heart disease. Men often do not visit the doctor. So, the Colorado Black Health Collaborative is bringing the “clinic” to the shops. We are screening and educating men and women about high blood pressure primarily, but also screening for diabetes. We are finding that about 30% of the people we screen have readings in the high blood pressure range. We encourage the participants with elevated blood pressure to adopt healthy lifestyle practices and see their doctor. If they don’t have insurance, we refer them to Inner City Health Center, 3800 York Street.
CBHC BARBERSHOP/SALON PROGRAM

March 2018

Reported On NBC News

Cutting hair and blood pressure: How black barbershops can save lives

Experiment shows new ways to treat African-American men, the group most at risk from high blood pressure

https://www.nbcnews.com/health/heart-health/cutting-hair-blood-pressure-how-black-barbershops-can-save-lives

“[This is] a trial to see if measuring and treating blood pressure in barbershops could help African-American men. The experiment, reported in the New England Journal of Medicine and presented to a meeting of the American College of Cardiology, was a resounding success and provides strong evidence that taking medicine to the people — in the places they go regularly, with people they trust — can achieve remarkable results.”

Barbershop News Hot off the Press

We have received several emails over the past month about various barbershop programs across the country that have been reported in the news. The people sending the emails know of the work we have been doing. We were not featured.

“You all were ahead of your time!”

“Thanks for all the amazing work you do!”

“CBHC is doing this type of program in Colorado.”

“Hey, what about CBHC!”

“Did they contact you?”

“Thanks for all you are doing to promote blood pressure management amongst our community.”

An article about Kaiser Permanente’s efforts to control high blood pressure in African Americans was released this month. Barbershop/Salon efforts were mentioned.

https://share.kaiserpermanente.org/article/kaiser-permanente-named-first-cms-health-equity-award-recipient/

Dr. Victor’s article in the New England Journal of Medicine, received a great deal of press.


Study Conclusion: Among black male barbershop patrons with uncontrolled hypertension, health promotion by barbers resulted in larger blood-pressure reduction when coupled with medication management in barbershops by specialty-trained pharmacists

Other articles about this study:


https://www.statnews.com/2018/03/12/blood-pressure-black-men-barbershop/
Donations to the Barbershop/Salon Program

Rocky Vista University (RVU), the Doctor of Osteopathy school in Parker, medical students have been working with our program for a couple of years. We have gone out to the school in Parker and trained the students. They have taken time out of their busy schedules to come to the shops on Saturdays to participate in the program.

Additionally, one of their programs, the RVU rotary Community Corps emphasizes service and community involvement. They heard about our program and the student involvement, so they decided to donate some equipment to our program. They donated blood pressure cuffs, glucometers and strips, as well as other necessary supplies. Amelia Sneve, the vice president of the Corps, delivered the goods. The shop crew was appreciative of the supplies.

Read this story from the AHA.
When a college hoops star died of a heart attack, his family got in the game
https://news.heart.org/college-hoops-star-died-heart-attack-family-got-game/
Just for the HEALTH of it!

GET OFF THE COUCH, SHAKE AND BAKE

Remember to eat healthy snacks (vegetables, baked wings, etc.), shoot a few hoops with the family, walk at half times, and cheer during March Madness. Don’t stress. This is good for your health.

CBHC quest: to be the healthiest Black folks in America!!!
Be a part of the GAME, start getting healthy today.

Colorado Black Health Collaborative
www.coloradoblackhealth.org
info@coloradobhc@yahoo.com

Know your numbers!

Contact us if you know a barbershop or salon that would like us to serve them.
Contact us if you would like to volunteer.
Contact us if you would like to donate.

Just for the HEALTH of it!