

Healthy Cooking Seminars in the Lowcountry

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From the Lowcountry Diabetes Initiative and Beaufort Jasper Hampton Comprehensive Health Services, Inc.

To reduce hypertension and increase healthy behaviors in the African American Communities through faith based activities.

1. Locate interested churches and schedule Healthy Cooking Seminar.

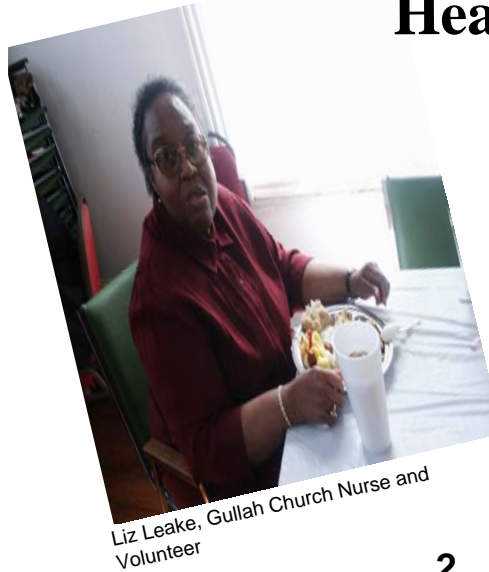
2. Schedule Caterer.

3. At event, check blood pressure before meal.

4. Have participants indulge in healthy catered meal.

5. Praise Dancing

6. Discuss and demonstrate healthy cooking methods. Such as Shrimp Gumbo.



Liz Leake, Gullah Church Nurse and Volunteer



Grace AME Chapel Church



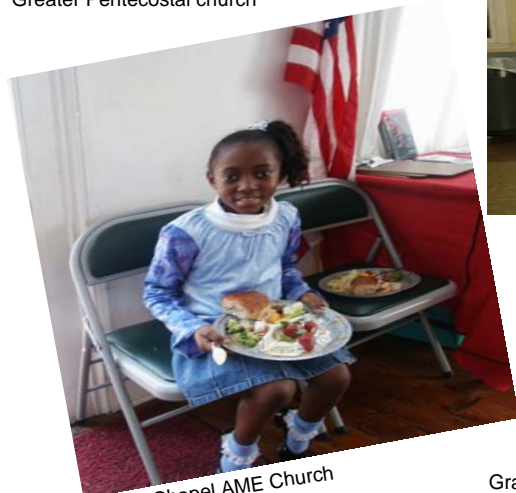
Dr. Ferguson, Medical Director at Tabernacle Baptist Church



Chef from Steve Brown Catering. Greater Pentecostal church



St. Peter's Catholic Church



Grace Chapel AME Church

High Blood Pressure reduced 10 to 18 % on follow up visits to local churches. Mean Blood pressures improves 6.6 mm/hg to 9.79mm/hg.

Grace

Grace Chapel AE Church
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Melissa O'Quinn, Nutritionist with Margarita Medrano from St. Peters Catholic Church