

Healthy Cooking Seminars in the Lowcountry

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

Steps to Reduce Hypertension and Increase Healthy Behaviors in the African American Communities through Faith-based Activities.

Step 1. Locate four new churches and follow-up with five churches



Tabernacle Baptist

Step 2. Schedule date and caterer for healthy cooking demonstration



Tabernacle Baptist

Step 3. Check Blood Pressure



Leigha Jacobs,
Nurse - Mt. Calvary
Baptist Church, Lobeoco

Step 4. Provide healthy meal



Ernestine Scott
Mt. Calvary Baptist Church

Step 5. Healthy cooking demonstration and praise dancing.



Valerie Muehleman
Healthy Cooking Demonstration

Step 6. Collect and analyze data



Terrie Williams
Collecting Data

Step 7. Quaterly Low-country Diabetes Initiative/ Beaufort Jasper Diabetes Coordination meeting



Dr. Dawson
Quarterly Meeting Speaker



**Goal for
Blood Pressure
135/85**

**Initial to 9 mo Average Change/Individual Systolic 6.78%
Initial to 9 mo Average Change/Individual Diastolic 1.96%**