**CONCLUSIONS**

While the incidence of cancer is rising, heart disease remains the number one killer of all Americans to date.

Physician’s can play a role by reminding patients to engage in behavior altering activities as well as being mindful of personal psychological, physical and cultural factors.

Events such as “Get-Up” Nashville are needed to help people understand that there are options available to help reduce the significant risk factors of heart disease regardless of life circumstances.

**RECOMMENDATIONS/FUTURE GOALS**

- Expand event to include other medical conditions that can be prevented by primary prevention such as diabetes, lung cancer etc.
- Create record of patients that attend event and those that seek care at Salt-Wagon clinic for research purposes.

**ACKNOWLEDGEMENTS**

- United Health Foundation/National Medical Fellowships Diverse Medical Scholars Program
- Saltwagon Clinic
- Meharry Medical College
- I would also like to give a special thanks to my mentor at Saltwagon Clinic, Sara Tesfatsion, for her support in this project.

**REFERENCES**

- Loud and Clear that there is a Strong Correlation Between Cardiovascular Disease (CVD) and Diabetes. [Last accessed on 2017 Jul 25]

**INTRODUCTION**

Heart Disease is one of the leading causes of death in the United States and the world. About one in two Americans has a risk factor for heart disease. The prevalence of risk factors is even higher in minority populations in the United States. There are numerous risk factors associated with heart disease, some of which are hereditary but many of which are modifiable by simple lifestyle changes. Stress, poor diet, sedentary lifestyle, hypertension, obesity, glycemic control and smoking are all risk factors for heart disease that are modifiable if approached properly and early enough. Preventive medicine is the future of medicine. The more that physicians are able to empower patients to be in the front seat of their healthcare the more likely there is to be a decrease in the incidence of heart disease. “Get-Up Nashville” was designed as a tool to help facilitate this shift towards individuals in the Nashville community being more self-aware of their health status and understanding ways to improve it. “Salt Wagon Clinic” is a student-run community clinic in Nashville, TN that provides services to indigent patients in the Nashville community who would not otherwise be able to receive care. The clinic is often involved in community projects promoting health equity and served as the headquarters for this community project.

**STUDY DESIGN**

Step-Wise Approach to planning “Get-Up Nashville II”

**FINDINGS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Reception of Events</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>“The Cold Heart Truth”</td>
<td>4.3/5</td>
<td></td>
</tr>
<tr>
<td>“Stress Level? Britney 2007!”</td>
<td>4.8/5</td>
<td></td>
</tr>
<tr>
<td>“How High?!”</td>
<td>4.8/5</td>
<td></td>
</tr>
<tr>
<td>“Summer Time Fine”</td>
<td>4.8/5</td>
<td></td>
</tr>
<tr>
<td>“Curls for the Girls” &amp; “Tris for the Guys”</td>
<td>5.0/5</td>
<td></td>
</tr>
<tr>
<td>“Living the Sweet Life”</td>
<td>4.5/5</td>
<td></td>
</tr>
</tbody>
</table>

Figure 2. This figure shows the overall reception to events as collected from evaluations completed by participants of the event. *There were 62 participants total with 55 evaluations returned. Scoring was based on a scale from 1 to 5 with 5 being the best. Averages above were based on a number of event qualities including interaction as well as the content of the event. *Incentives were provided this year for completion of evaluations.

Figure 3. The average evaluation of each event during “Get-Up Nashville” based on the qualities listed above. Each average was rounded to the nearest 1.0 increment. 62 participants total with 55 participants responding to the survey.

**REFERENCES**

- Loud and Clear that there is a Strong Correlation Between Cardiovascular Disease (CVD) and Diabetes. [Last accessed on 2017 Jul 25]