

Cardiovascular Disease: Improving Cardiovascular Health in Geriatric Patients in Cody, Wyoming Through Diet and Resistance Training

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Hypothesis: Increased resistance training can be used to reduce diabetes and increase overall cardiovascular fitness in geriatric individuals

Background

- Cody, Wyoming, in Park County has a population of 9,836 residents, and has a primary industry of Tourism
- In Park County, individuals over 65 comprise 23.1% of the population compared to 15.0% in the state overall
- Cardiovascular disease per 1000 individuals is at a rate of 72.9 for the County compared to 64.9 for the state.
- Park County Library in Cody has a large portion of patrons over 65
- Challenges in the community revolve around awareness of cardiovascular risk and the age of the population

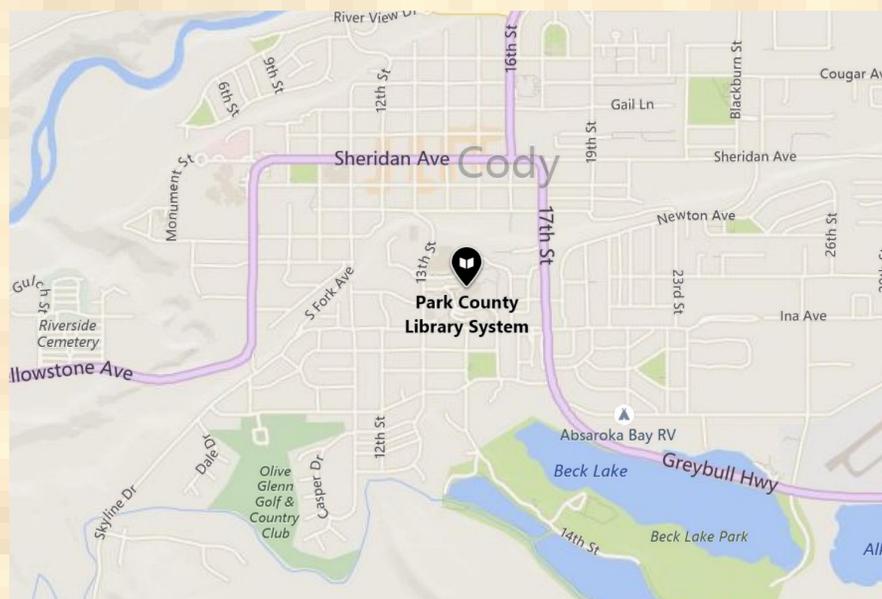


Image 1: Location of Park County Public Library

Literature Review

- Literature reviews have shown the effects diet and exercise can have on cardiovascular disease
- Multiple literature reviews have cited the Mediterranean diet as the most effective in improving cardiovascular health
- Resistance training is a key piece of exercise that can be used to improve cardiovascular health
- Patients with cardiovascular conditions well controlled on medication are still candidates for education on diet and exercise which are key to cardiovascular health

Community Health Project Design

- Provide two main pieces to achieve improved cardiovascular fitness in Cody
- Providing access to materials on what to eat and how to exercise
- We worked to provide an interactive location to learn good habits and to provide a location for support



Image 2: Display Booth in Park County Library

Deliverables to the Community

- Community partner received literature review, demographic analysis, Cardiovascular disease and Pamphlet
- Worked with Marge Buchholz to provide a table in the library entrance to provide websites and books as well as a question board to spur interaction



Image 3: Park County Public Library Main Entrance

Next Steps

- Community walk twice a week with the library providing a place to walk inside
- Using a conference room to teach different weight training exercises that can be done at home
- Working with Bill Crampton in Public Health to seek grants to promote access to exercise facilities and equipment