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

Joshua Henry | RUOP iii-3 | 2018 | University of Washington School of Medicine

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.

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.

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.

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.