

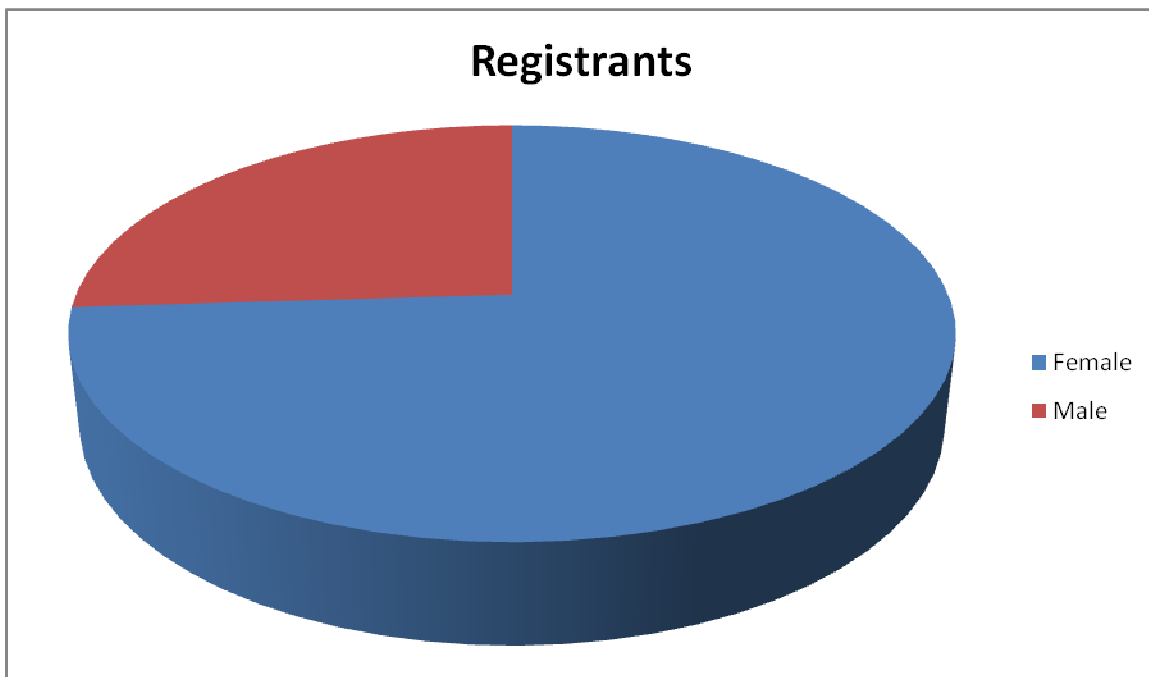
“Health and Spirituality: A day of Awareness”

Prepared by Provident Clinical Society

On November 4, 2007 historic Antioch Baptist Church (Bedford-Stuyvesant, Brooklyn), Provident Clinical Society and NAACP Brooklyn Branch presented a community program entitled “Health and Spirituality: A Day of Awareness”. The program was supported in part by Pfizer Inc.

The objective of the program was to educate the Brooklyn community about matters of health that tend to afflict this community disproportionately compared to the larger society. The program followed a special church service where celebrity guests, noted elected officials as well as community leaders were present. Health information was disseminated and screenings were carried out for obesity, hypertension, diabetes and hyperlipidemia. Glaucoma screening, flu vaccination as well as HIV education and testing were also made available. This report describes various characteristics of those who participated in the screening program.

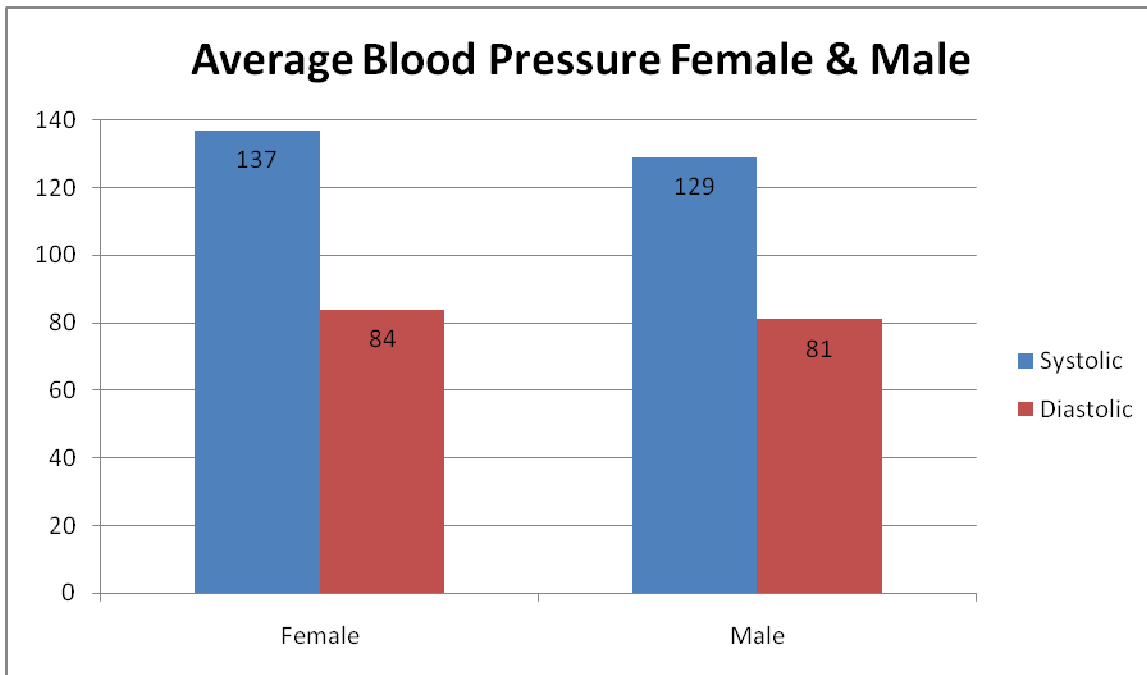
Of the over five hundred guests who attended the program three hundred eight (308) registered for screening, 228 females and 80 males.



The average age of the female population was 47.8 years (range 10 years to 96 years) and 39.5 years for males (range 8 years to 69 years).

In the female population 39% had elevated systolic blood pressure (>139 mmHg) and 31% had elevated diastolic blood pressure (>89mmHg). Among males 43% had elevated systolic blood pressures and 31% had elevated diastolic blood pressures. This sample represented an admixture of those who were being treated for hypertension as well as those who were, until then, unaware of blood pressure elevations.

On a whole, the female population had higher systolic and diastolic blood pressures compared to males, 137/84 vs. 129/81, respectively.



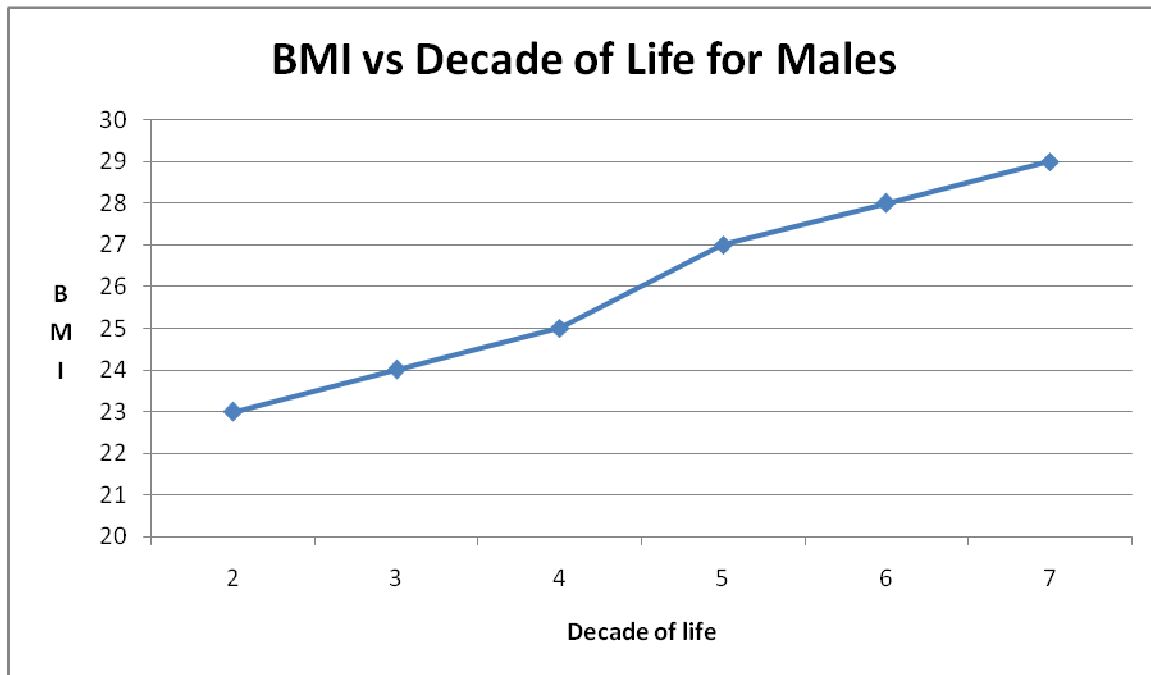
The average body weight of males exceeded that of average female 175lbs vs. 167lbs; however, females on average had a higher body mass index (29) compared to males (28) owing to taller average stature in males (66 ins) vs. females (64 ins).

Males on average had higher blood lipids compared to females, except for HDL which was identical. The most striking difference was observed in average male triglyceride level (290 mg/dl) vs. average female triglyceride level (184 mg/dl). However, both exceeded recommended maximum levels of 150 mg/dl. Both groups also exceeded recommended maximum LDL cholesterol level of 100 mg/dl. LDL cholesterol ranged in males from 42mg/dl to 244 mg/dl and in females from 46 mg/dl to 204 mg/dl.

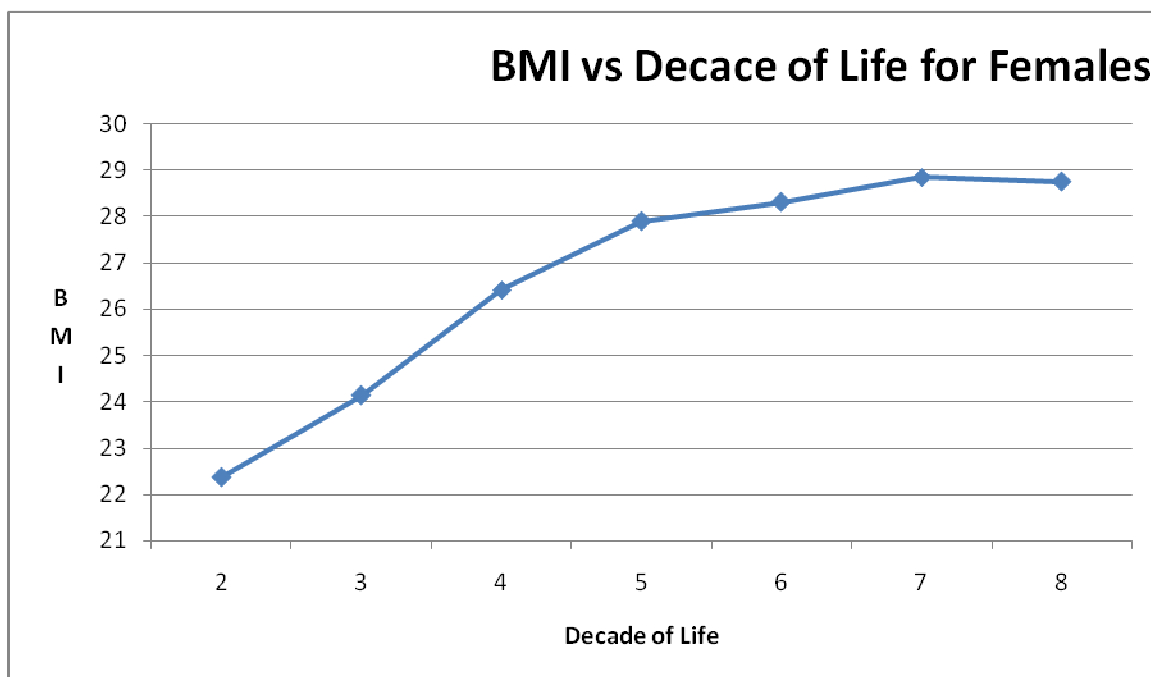
Average blood glucose levels were almost identical for males and females, 109 mg/dl and 108 mg/dl, respectively. Seventy-five percent (75%) of the 155 registrants who underwent blood sugar screening had values >100 mg/dl and 34% had values >126 mg/dl. Twenty-six percent (26%) has blood glucose values >=140 mg/dl.

Sex	Total Cholesterol	HDL	Triglyceride	LDL	Glucose
Female	167	45	184	135	108
Male	224	45	290	139	109

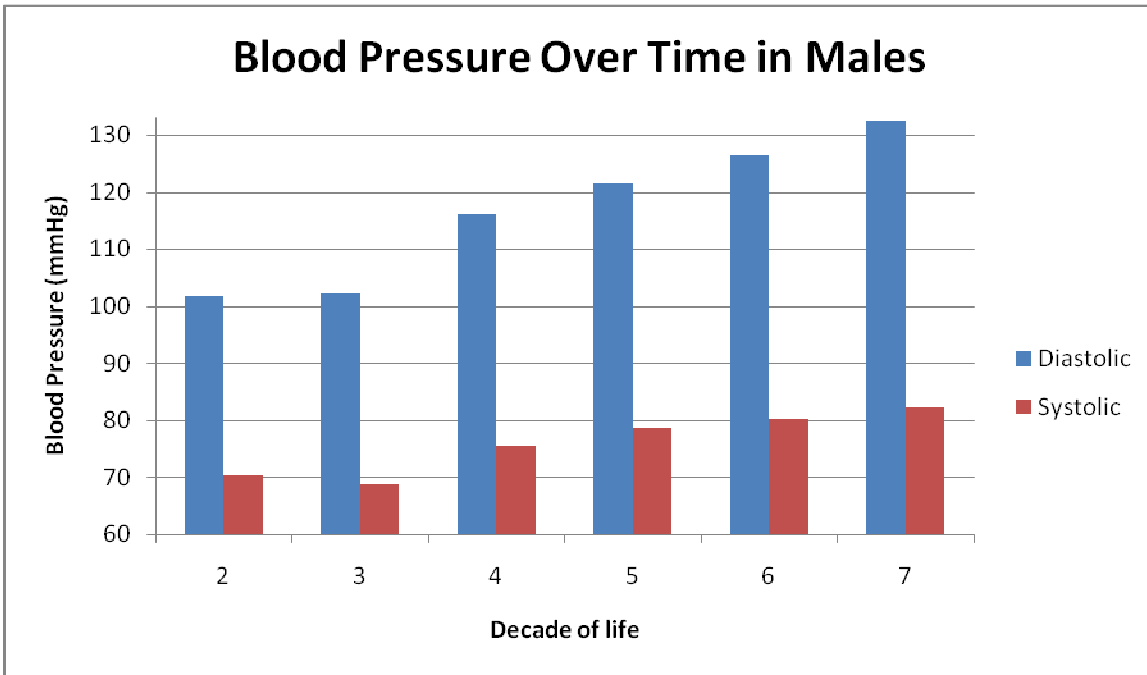
The data was also examined for trends according to age-group expressed as decade of life. For males a direct correlation was observed between advancing age and body mass index (BMI). Males became overweight (BMI>25) by the end of the second decade and BMI continued to increase in a linear fashion over subsequent decades. Since no males beyond the 7th decade were screened it could not be ascertained whether the curve would have plateaued, as in the case for females below.



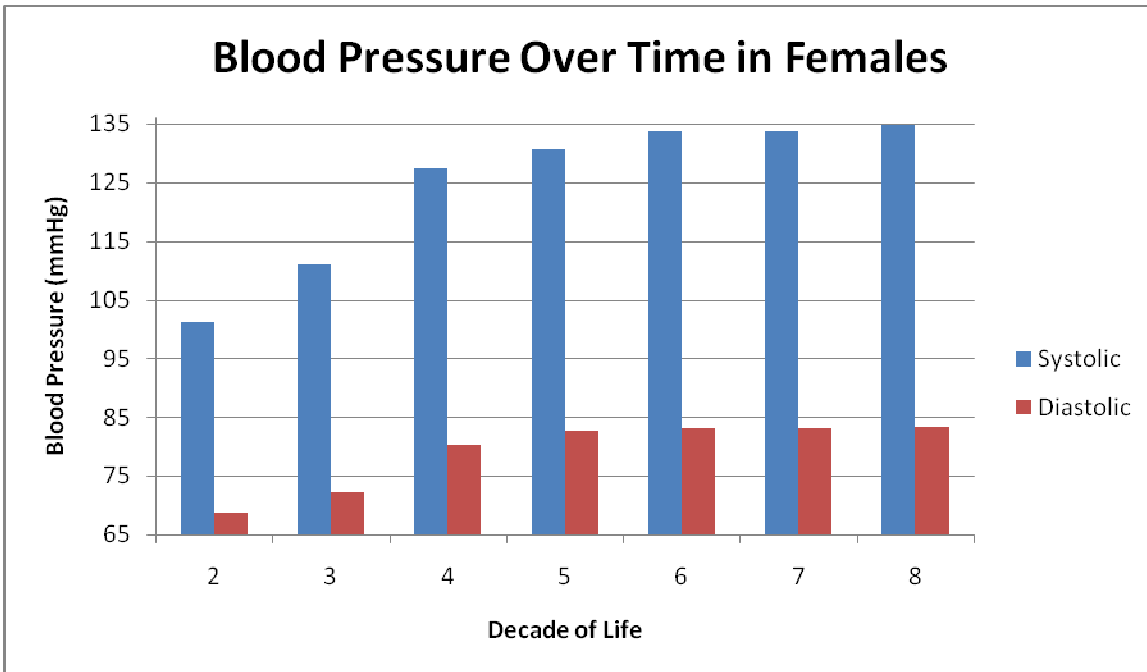
Female body weight gain over time displayed a zero order curve where overweight occurred within the 3rd decade, increasing linearly until the 5th decade then decelerates to a plateau after the 7th decade and beyond.



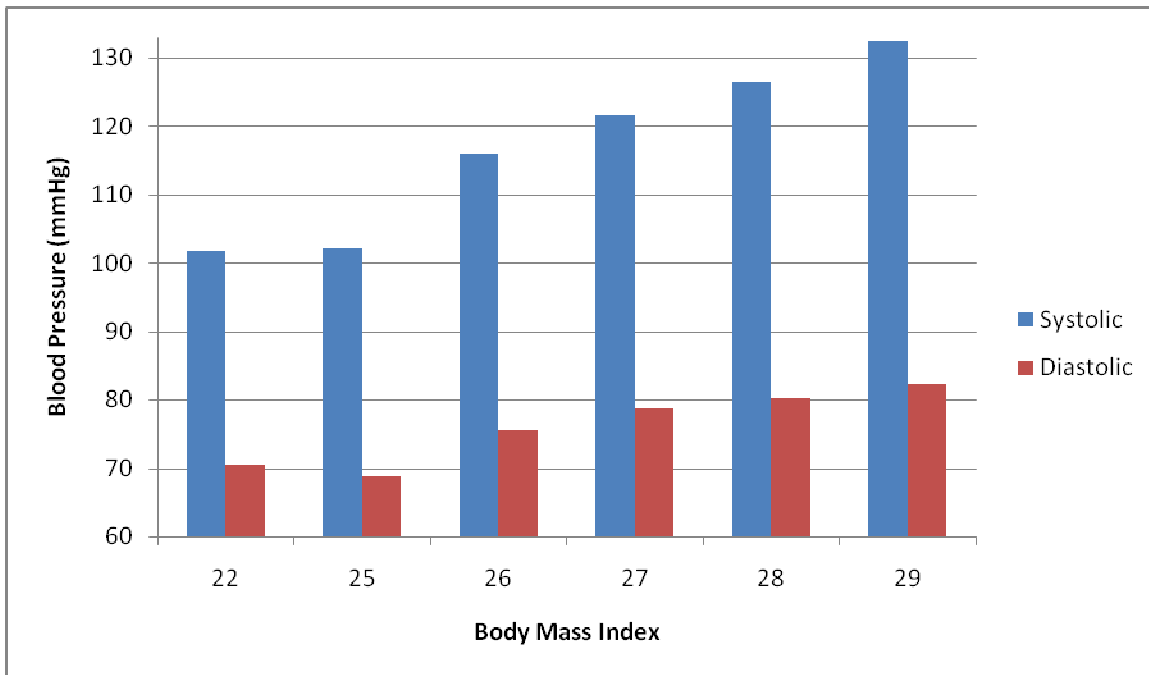
In males, both systolic as well as diastolic blood pressures showed a general increase with advancing age.



At any decade of life the average blood pressure for females exceeded that for males. In both males and females it appears that diastolic blood pressure plateaus in time; however, in males systolic blood pressure appears to continue to rise, at least up to the 7th decade, while in females systolic blood pressure appears to plateau by the 6th decade.



Examining the relationship between BMI and blood pressure in males demonstrates linear increases in blood pressure as BMI increases.



In females, a positive correlation was demonstrated between BMI and both systolic and diastolic blood pressures up to a BMI of about 28 after which blood pressure increases only marginally with further increases BMI.

