

MISSION STATEMENTS

Carter Burden Network promotes the well-being of seniors 60 and older through a continuum of services, advocacy, arts and culture, and volunteer programs, all oriented to individual, family and community needs. For more information visit <http://www.carterburdennetwork.org/>

The **Rockefeller University Hospital**, founded in 1910, has been the site of important scientific and medical discoveries, including many that have led to Nobel Prizes. In 2006, The Rockefeller University Hospital received a Clinical and Translational Science Award from the National Institutes of Health, which helps to support the Center for Clinical and Translational Science (CCTS).

The mission of the **Rockefeller University Hospital Center for Clinical and Translational Science (CCTS)** is to accelerate the discovery of new knowledge about human health and disease and to translate those discoveries into health practices that help people.

For more information about pioneering discoveries at The Rockefeller University visit www.rockefeller.edu

Clinical Directors Network, Inc. (CDN) is a not-for-profit clinician membership organization, practice-based research network (PBRN), and clinician training organization, founded to provide peer-initiated activities for clinicians practicing in low income, minority, and other underserved communities. CDN's overall goal is to translate clinical research into clinical practice for the enhancement of health equity and improvement of public health. For more information visit www.cdnetwork.org

Healthy Eating: Healthy Heart ♥ will take place at two locations:

Carter Burden/Leonard Covello
312 East 109th St, New York, NY 10029

Carter Burden Luncheon Club & Senior Program
351 East 74th St, New York, NY 10021



Healthy Eating: Healthy Heart ♥

Dietary Approaches to Stop Hypertension (DASH)

Learn about DASH and how it is good for you!

This project is supported by the Administration for Community Living grant # HHS-2018-ACL-AOA-INNU00300, and in part by grant # UL1 TR001866 and #UL1 TR000043 from the National Center for Advancing Translational Sciences (NCATS, National Institutes of Health (NIH) Clinical and Translational Science Award (CTSA) program)

What is the DASH Eating Plan?

The DASH (Dietary Approaches to Stop Hypertension) diet has been tested by two major studies by the National Institute of Health and showed the ability to reduce blood pressure in as little as **14 days**. The plan has not been tested in seniors receiving group meals.

What is the DASH Project?

The DASH project will test whether changes to the menus at the Carter Burden/Leonard Covello Senior Program and the 74th Street Luncheon Club, combined with education and blood pressure monitoring, can lower blood pressure among seniors at Carter Burden Network.

The menu changes are small, like adding an additional serving of fruits or vegetables to the meal, replacing salt with other spices, and using more olive oil than butter.

We will offer workshops on blood pressure and medication management and nutrition. Participants will also receive Bluetooth enabled blood pressure monitoring devices and will be trained on how to use them.

What is involved?

Study participation includes:

- 5 study visits (surveys; we can help you)
- 3-4 classes (nutrition, blood pressure, etc.)
- Free blood pressure and pulse checks
- Free blood pressure monitor and training
- You check your blood pressure at home
- Cash and raffles!



Who can participate?

You may be eligible if you:

- Are at least 60 years of age
- If you eat at least 4 meals/week at the Carter Burden Network Leonard Covello Senior Program and/or the 74th Street Luncheon Club for at least 3 months
- Can attend educational sessions and workshops or watch make up videos

Participants will be informed about hypertension and how to prevent it by eating a healthy diet. This will be encouraged at two senior centers, Leonard Covello Senior Program in East Harlem and the Carter Burden Luncheon Club & Senior Program on the Upper East Side to control heart disease.



What are the outcomes of the DASH eating plan?

We hope participants will have improved:

- Blood pressure
- Dietary habits
- Ability to monitor and track their own blood pressure
- Health and nutrition knowledge

We encourage you to participate and learn about your heart health! Participation is voluntary and your decision to participate or not will not affect your relationship with Leonard Covello Senior Center Program or the Carter Burden Luncheon Club & Senior Program.

Want more details?

Covello: Call 212-423-9665 extension 445
Luncheon Club: 212- 535-5235

Open to English and Spanish Speakers!