

Project AsPIRE Study Description

Note to Data Collector: These are scripts you can use when describing the study:

Purpose of the Study:

- Project AsPIRE is a health initiative administered by the NYU Center for the Study of Asian American Health and Kalusugan Coalition. This project connects community members to the healthcare system, provides education and support in living a healthier lifestyle, and documents the health needs of the community so we can advocate for additional resources to improve their health.
- You are being asked to volunteer in a research study. We received funding to develop a Community Health Worker program to address heart health among Filipinos in NY and see how effective it is in helping community members become healthier.
- You are being asked to participate in this study because you are a Filipino American (FA) between the ages of 25-75 years.

Description of the Research:

We are collecting data to see if a community health worker and health education sessions will help you control and reduce your blood pressure.

You will be screened to see if this study is right for you. Questions will be asked about your ethnicity, language, age, and past and current medical history. Your blood pressure will also be measured. If the results of the screening show that you are eligible to participate in the study you will be followed up by a Community Health Worker.

Data collection

To collect that data, the following will be completed:

1. **Consent form**
2. **Screening tool:** Screening tool will determine your eligibility to be enrolled into the program. If you are not eligible to participate, you may still volunteer and take part in AsPIRE's programs.
3. **Height and weight:** Height is measured using a portable height rod, and weight is measured with a weight scale. You will be asked to remove your shoes before stepping onto the scale.
4. **Body mass index:** Project AsPIRE will use the standard BMI measurements.
5. **Waist-to-hip circumference (ratio):** Calculated by dividing the waist measurement by hip measurement.
6. **Blood pressure screening:** Measured using an Omron automatic blood pressure monitor. Three blood pressure readings will be taken; the second and third will be averaged.
7. **Cholesterol:** Measured using CardioChek blood testing devices and tips.
8. **Glucose:** Measures using a Control glucometer and glucose strips.

Confidentiality:

Your records will be kept private by being stored in a locked cabinet that only the Primary Investigator and the research team will have access to. The database that holds your information will also not be shared with anyone outside the authorized personnel. Your name and personal information will be kept separately from the other information you share with us which will only be linked to a unique code number.

Voluntary participation:

If during the course of this study you decide that you do not wish to continue your participation, you may withdraw at any time.

Benefits:

This research study includes educational information and resources that may help you manage your high blood pressure however, you may receive no benefit at all. We hope knowledge gained will be of benefit to you. It is also hoped the knowledge gained can benefit others in the future.