

Summary of Combined Program Outcomes for Healthy Hair and Dodge the Punch

Fall 2015 Evaluation Results

Client Health Status – Why These Programs are Needed

- **36%** of clients are already dealing with a chronic disease, and **12%** have more than one disease
 - **65%** of clients have 3 or more risk factors for high blood pressure, with **40%** having 5 or more risk factors
 - **38%** of clients are at moderate risk for developing diabetes, with **11%** at high risk
 - **75%** have a family history of diabetes (28%) or high blood pressure (47%), making them more vulnerable to these diseases
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Program Reach – How We Are Addressing the Need

- Participating stylists and barbers reached a total of **1,465** clients during the past fiscal year, **1,369** in Healthy Hair and **96** in Dodge the Punch
 - Among those who reported gender across both programs, **56% were women** and **44% were men**
 - **52 hair professionals** from **32 unique shops** conducted health chats with their clients
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Behavioral Outcomes – How Clients Responded to the Health Chats (based on a random sample of all surveys)

- **46%** of clients not previously diagnosed with a disease saw, or made an appointment to see, a doctor between Chat 1 and Chat 2 – and **73%** of these individuals discussed diabetes, high blood pressure, or kidney disease with the doctor
- **81%** of clients not previously diagnosed with a disease were tested for diabetes, high blood pressure, and or kidney disease; **14%** of these individuals were diagnosed with diabetes and/or high blood pressure
- **66%** of clients started a new healthy activity between Chat 1 and Chat 2:
 - ❖ **23%** increased daily servings of fruits
 - ❖ **22%** increased daily servings of vegetables
 - ❖ **20%** increased daily servings of whole grain foods
 - ❖ **20%** increased daily servings of low-fat or fat-free dairy products
 - ❖ **44%** began limiting salt intake
 - ❖ **32%** began “usually” choosing foods low in fat
 - ❖ **28%** increased days of exercise per week
 - ❖ **14%** stopped smoking and **20%** called the MI Tobacco Quitline

You Have Made a Difference in the Health of Your Community!