



*Presentation created for City of North Lauderdale Board of City Commissioners*

# OUR VISION

Better health outcomes for City of North Lauderdale residents

Increased CVD awareness and prevention

Promotion of Food Nutrition



Heart Disease is the leading cause of death for African American women in the United States, due to the ***disparities in health care*** services among people of color.

85% of CVD, stroke, and heart failure cases among African Americans ***ARE PREVENTABLE !!***

***HEART HEALTH*** is a Public Health issue in our community.



- ☑ Under-served & Under-represented areas
- ☑ Historically marginalized populations
- ☑ Minority Women
  - ☑ Systemic Racism
  - ☑ Sexism
  - ☑ Health Inequities
  - ☑ Social Determinants of Health

**Better health outcomes for women,  
people of color and other  
minorities**



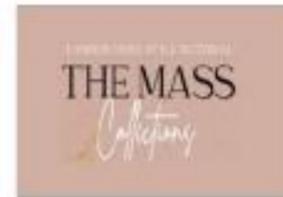
# Heart Sistas

- ☑ Making a commitment to staying healthy
- ☑ Getting linked (or re-liked) to their care team

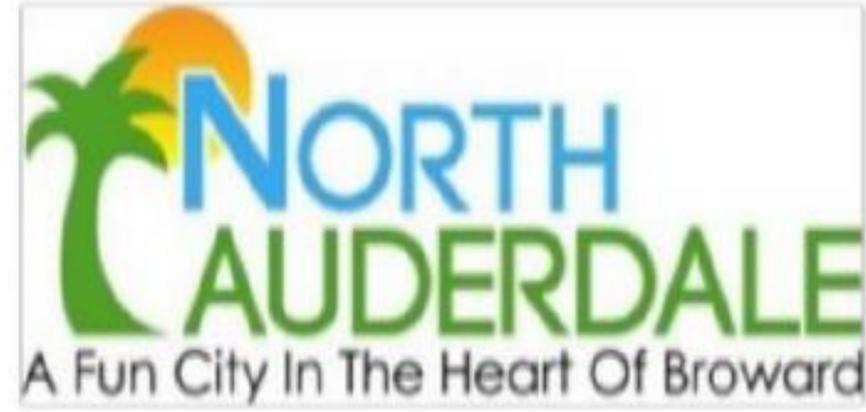
## OUR MISSION

To empower our community to live healthier, longer and more fulfilling lives by bridging access to adequate Health Health resources to the residents of North Lauderdale





CREATIVE DESIGNS BY CAROLYN



# Heart Sistas

- ☑ Engaging its strong ties to local CBOs
- ☑ Connecting residents to local patient assistance programs

## OUR PARTNERSHIP

Church Health & Outreach Ministries

Patient Advocacy Organizations

other Voluntary Health Agencies



# COMMUNITY LIFESTYLE EMPOWERMENT PROGRAM

- ☑ Lecture Demonstrations & Speaker Series
- ☑ Gardening & Cooking Workshops
- ☑ Wellness & Exercise
- ☑ Community Support Groups
- ☑ Community Engagement Opportunities
- ☑ Special Events



# COMMUNITY LIFESTYLE EMPOWERMENT PROGRAM

**Lecture  
Demonstrations  
& Speaker Series**

*Each month  
(Feb-Oct)*



# COMMUNITY LIFESTYLE EMPOWERMENT PROGRAM

**Gardening &  
Cooking  
Workshops**

*Each month  
(Feb-Oct)*



# COMMUNITY LIFESTYLE EMPOWERMENT PROGRAM

**Wellness  
& Exercise  
Activities**

*Every  
Saturday*



# COMMUNITY LIFESTYLE EMPOWERMENT PROGRAM

**Community  
Support  
Groups**

*Every  
2 weeks*



# COMMUNITY LIFESTYLE EMPOWERMENT PROGRAM

**Community  
Engagement  
& Special  
Events**



# MOBILE FOOD PANTRY INITIATIVE

- ☑ Reach low-income individuals and families
- ☑ Combat food insecurity, malnutrition
- ☑ Donated foods
- ☑ Shared meals & Food tasting
- ☑ Nutritional information



# COMMUNITY LIFESTYLE EMPOWERMENT PROGRAM

<i>Activity</i>	<i>frequency</i>	<i>2023 # of events</i>	<i># of families (new)</i>	<i>families impacted</i>	<i># of families (new)</i>	<i>Total # of families</i>
Lecture Demonstrations	1/month	12	20	240	15	135
Gardening & Cooking Workshops	1/month	12	10	120	12	216
"Wellness Walk"	2/month	24	3	72	4	72
Yoga & Exercise	2/month	6	2	12	4	72
Community Support Group	2/month	12	6	72	20	360
Special Community Events	annual	5	50	250	100	600
<b>TOTAL # of families impacted in 2023 =</b>				<b>766</b>		
<i>In 2023, 60% of our scope were City of North Lauderdale residents</i>		<b>Estimated # of families impacted in 2023 =</b>				<b>1455</b>



# Hyvelle Ferguson-Davis



Long-time resident of North Lauderdale



Founder of Heart Sistas Inc.



National Ambassador for  
Know Diabetes By Heart



Quantum Leap Lifetime Achievement  
Award Recipient





# Global Patient Partnership Summit 2023









HEART SISTAS

*Guarding our hearts*



Thank you