

COMMUNITY COLLABORATION MEANS BETTER HEALTH FOR GUAM RESIDENTS

Identifying residents at risk for chronic disease and assuring preventive care

Public Health Problem

- Many Guam residents have difficulty accessing screening services to help them identify health problems and enable them to take preventive steps.
- Heart disease, stroke and diabetes are among the most preventable diseases in America, yet almost half the Guam adults identified through testing as having high blood pressure did not know they had it. Other data show that only about two thirds of adults on Guam have had their blood cholesterol checked in the past five years, as recommended.

Program

- The Chronic Disease Prevention and Control Program of the Guam Department of Public Health and Social Services collaborated closely with the Office of the Lieutenant Governor, public health nurses, government agencies and private organizations to expand free health screening services to additional settings including those in depressed areas of the community and in worksites.
- The screenings gave individuals access to assessments of blood pressure, blood cholesterol, blood sugar and body mass index (a measure of body fatness related to obesity assessment), as well as one-on-one health education by registered nurses to explain the results and advise participants on steps to prevent the development of heart disease, diabetes, stroke and other chronic diseases.

Impact

This program effectively met a community need and:

- Identified over a hundred adults who were unaware that they had high blood pressure
- Identified over a hundred adults who were unaware that they had high blood sugar
- Tested blood cholesterol levels of five hundred adults, identifying almost a hundred with high or borderline high levels
- Referred many participants to medical providers including ninety who are now receiving medical care for the identified conditions and forty participants who made changes in diet or began a recommended physical activity plan.

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