

THE WBAI HYPERTENSION-DIABETES INITIATIVE

Program Outline

A WBAI community service program to focus on the pandemics of hypertension (high blood pressure) and diabetes the following five goals:

1. A well-structured and ongoing radio program of education for the general WBAI community;
2. Development and implementation of a Study Protocol with well-defined goals;
3. Close monitoring of the Study Protocol and assessment of the program outcome by a WBAI working group composed of WBAI producers, staff, and volunteers;
4. Collation, organization, and presentation of the study data to WBAI community and the general academic community; and
5. Enhancement of the program for future community service and formal extended studies.

Table of Organization

Program Directors: Majid Ali, M.D. and Bernard White

WBAI REVIEW GROUP

| | |
|------------------------|---------------------|
| Byrd, Gary | Coleman, Janet |
| Davis, Kathy | DiMele, Armand |
| Fayemi, Alfred, M.D. | Furnari, Corrine |
| Michael Gihaskin | Kokayi, Kamua, M.D. |
| Lewis, Karen | Resende, Shara |
| Rev. Johnny Youngblood | Angela Walters, RN |

Administration Liaison

Indira Hardat, Rebecca Miles

Four Study Group Leaders

Kamau Kokayi, M.D.

Corinne Furnari

Kathy David

Majid Ali, M.D.

16 Volunteer Study Team Leaders

LETTER OF UNDERSTANDING
(To be Read, Understood, and Signed by the Study Participants)

I understand that I am participating in the WBAI radio program for education, motivation, and guidance in areas of diet, exercise, and stress reduction.

I understand that it is my choice and/or responsibility to inform my doctor about my participation in this program.

I understand specifically that I will continue to closely follow my treatment plans prescribed my doctors during the duration of the study.

I understand that any education I might receive from any of the physicians involved in the WBAI study will not establish a doctor-patient relationship with any of those doctors.

I understand that I have the option to continue to take any nutrient supplements or herbal remedies which I have been taking prior to entering the study or may wish to begin taking during the study period.

I understand that I the WBAI program of motivation and education about stress control, exercise, and diet is not being offered to me as medical advice for any medical conditions I might have.

Signed _____

Address: _____

Phone _____

TRAINING OF STUDY PARTICIPANTS

1. Meetings to be organized by team leaders and their assistants
2. Weekly meetings in the first month
3. Twice monthly meetings in the second and third month of study
4. Place and time of meetings (to be selected by team leaders)
5. Record of meetings and study documentation to be maintained by team leaders
6. Feed-back during the study
7. Response to questions during the study period / Additional information (beyond study hand-outs)
8. Meetings moderated by team members in rotation
9. Tape-recording the meeting (optional)

Alphabetical List of Group/Team Leaders

| Name | Location | Phone | E-mail |
|---------------------|-----------------|-------------------------------------|---|
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| Challenger, Graceon | | 212-568-2717 | h2ba@juno.com |
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| Hurdle, Ricky | Queens | 718-977-1539 | yawo531@gmail.com |
| Kokayi, Kamau | NYC | 212-792-6010 | drkokayi@yahoo.com |
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| Mincy, Mary | NY | 718-465-0352 | mrybelton3@aol.com |
| Niemann, Donna | NYC | 917-514-1566 | dniemann@hodgsonruss.com eniemann@nyc.rr.com |
| Resende, Shara | | 212-873-2444 | SharaFischer@aol.com |
| Royall, Jackie | Bronx | 914-906-5336 | jrroyall@optonline.net |
| Runcie, Karl | Queens / LI | 516-358-7358 cell 516-984-4645 | t3rdmed@hotmail.com |
| Sanford, Keith | Bronx | 917-930-4062 | iyakka@verizon.net |
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| Weinstein, Terri | Westfield,NJ | 908-232-5751 cell:973-338-6299 | terriweinstein@yahoo.com |
| White, Bernard | | | Burnardwhite@aol.com |