

Motivational Interviewing to Reduce the Risk of Kidney Disease in African American Men

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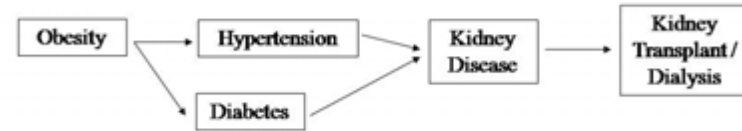
Background

In our present work, *Barbershop Conversations: Clean Cut and to the Point*, we are using motivational interviewing (MI) to promote change talk and increase awareness of the need for organ donors for African Americans. The barbers and the conversations they have with their clients form the basis of the intervention being tested. Our proposal extends this work to the prevention of unhealthy behaviors related to diabetes, high blood pressure and obesity. The purpose of the study is to measure (1) the effectiveness of motivational interviewing in preventing unhealthy behaviors related to diabetes, high blood pressure, and obesity and (2) the acceptability of MI in barbershops, or natural settings.



Barbershop Conversations is a community-based outreach with African-American barbers serving as trusted messengers. The project seeks to promote health and increase the number of men who register to be organ donors. Like many communities nationwide, the Twin Cities' African American community experiences a disparity in health and organ transplantation. The goal of this project is to eliminate these disparities.

The Link Between Obesity, Hypertension, Diabetes and Kidney Disease



Men Recruited for Barbershop Conversations

12.7 % diabetes
38.2 % hypertension
44.0 % overweight
2.2% kidney disease

Characteristics of Clients Recruited for the Barbershop Conversations Project and Eligible for the Health Disparities Planning Grant.

	N	%
Age Group (in years)		
18 to 29 years of age	17	34.7%
30 to 49 years of age	26	53.1%
50 years of age or older	6	12.2%
Highest Level of Formal Education		
Grade 8 or a less (Elementary)	1	2.0%
Grades 9 through 11 (Some high school)	2	4.0%
Grade 12 or GED (High school graduate)	22	44.0%
College 1 year to 3 years (Some college or technical school)	18	36.0%
College 4 years or more (College graduate)	7	14.0%
Classification of Overweight and Obesity		
Normal - BMI 18.5 - 24.9 kg/m ²	11	22.0%
Overweight - BMI 25.0 - 29.9 kg/m ²	17	34.0%
Obesity Class I - BMI 30.0 - 34.9 kg/m ²	13	26.0%
Obesity Class II - BMI 35.0 - 39.9 kg/m ²	5	10.0%
Obesity Class III - BMI > or = 40 kg/m ²	4	8.0%
Has Health Care Coverage	33	77.70%
Doctor told client that he had...		
Diabetes	7	14.90%
High Blood Pressure	17	36.20%
Kidney Disease or Kidney Failure	1	2.20%
Eligible for the Health Disparities Planning Grant	20	40.00%

Conclusions

Barbershop clients recruited for *Barbershop Conversations* are at high risk for kidney disease despite their relatively young age. Aggressive outreach activities in the community and in the barbershops are needed to screen for African American men at risk for predisposing conditions of hypertension, diabetes and obesity and promote a awareness health conditions that lead to kidney failure, renal dialysis and kidney transplantation.