

CHERISH NEWS

July 2022



Church-based Health Intervention to Eliminate
Racial Inequalities in Cardiovascular Health

CHERISH 2022 GOALS

- Ongoing CHERISH health events at Churches
- Zoom presentation of survey results
- Develop program with Church wellness leaders
- Partner with 42 Churches in the greater New Orleans area



Go to [kidney.org](https://www.kidney.org) for more information
<https://www.kidney.org/atoz/content/about-chronic-kidney-disease>

**TULANE SCHOOL OF PUBLIC HEALTH AND
TROPICAL MEDICINE
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CHRONIC KIDNEY DISEASE (CKD)

- 37 million American adults have CKD, and many others are at risk.
- CKD includes conditions that damage your kidneys and decrease their ability to keep you healthy by filtering wastes from your blood.
- CKD can lead to end stage kidney disease requiring dialysis or transplantation.
- Controlling blood pressure, cholesterol and blood sugar will reduce your risk for CKD.
- Increasing physical activity, eating a healthy diet, losing weight and quitting smoking can help reduce your risk for CKD.
- Early detection can help prevent the progression of CKD and complications.

CHERISH INVESTIGATOR SPOTLIGHT



Dr. Flor Alvarado is currently an Assistant Professor of Medicine in the Section of Nephrology and Hypertension at Tulane University, and a co-investigator in the CHERISH study.

Her interests include identifying and intervening on social risk factors influencing health outcomes while improving the clinical outcomes of her patients. Her goal as a researcher is to enhance social support, self-efficacy, patient empowerment, etc. She hopes her research leads to the implementation of successful health interventions and the empowerment of patient/research participants in underserved communities, including African American and Latinx communities.

In her spare time she enjoys yoga, zumba, dancing, and gardening.

CONTACT INFORMATION

Please email the CHERISH Team or go to our website to partner with CHERISH.

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 <https://cherish-study.org/>

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