

Yaw Adu

What is the Barbershop Blood Pressure Association?

0:06

The Barbershop Blood Pressure Association is a student driven organization that is dedicated to providing cardiovascular health awareness to the Lubbock community. We currently go to around 10 barber shops, and we give out free blood pressure checks and also provide general health education on various topics such as diabetes.

Can you talk about the groups involved with this association?

0:27

One of the most unique things about our organization is that it's a collaborative effort between the various schools at the Texas Tech University Health Sciences Center. We are primarily medical student driven, but we also have nursing students, graduate students, and different students from the various schools come out to help.

Why is it important to reach out to minority communities about health care like this?

0:45

Our organization is dedicated towards uplifting the cardiovascular health of all demographics within the Lubbock community. We do pay a primary focus on African American, Hispanic and uninsured populations, because they are more at risk of developing hypertension, and having hypertension can lead to increased risk of various heart diseases such as congestive heart failure, heart attacks, or even strokes.

Why are barbershops a great way to reach people that otherwise may not be accessible to provide health care education about preventative care?

1:10

Barbershops are a great location to provide free blood pressure checks, because it's a comfortable environment where a diverse group of people go to regularly. And this is just a great opportunity to bring healthcare awareness to the people.

What have you personally learned from this experience?

1:27

One thing that I've learned from this experience is just how important preventative care is. Through the various events that we've had, I've seen individuals who have not had the opportunity to have a blood pressure check in years, some don't have insurance and some don't have the funds to get a blood pressure cuff. That's why it's so important for us as current and future health care professionals to go out to the members of our communities and provide free health care screenings.

Yaw Adu

How will it impact the kind of physician you hope to be?

1:54

This organization has impacted me to where I now know just how important it is for me to become a physician that is a proactive member in his community. I plan to be the type of physician who goes out and gets free health care screenings and free health education to anyone who needs it. I'm looking forward to become a physician who is an advocate for his patients and community members so that they in turn may become advocates for themselves and for their health.