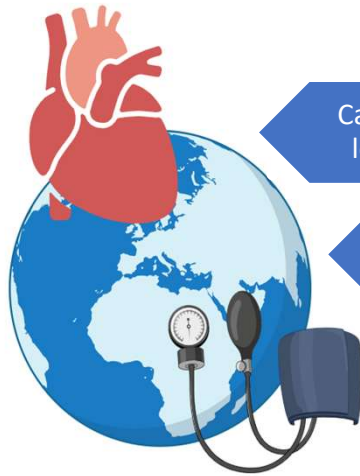


6-Week D.A.S.H Diet Intervention To Reduce Blood Pressure Among University Staff



Cardiovascular disease (CVD) is the leading cause of global mortality

Hypertension is a prominent risk factor for CVD

64% of Irish adults over 50 have hypertension

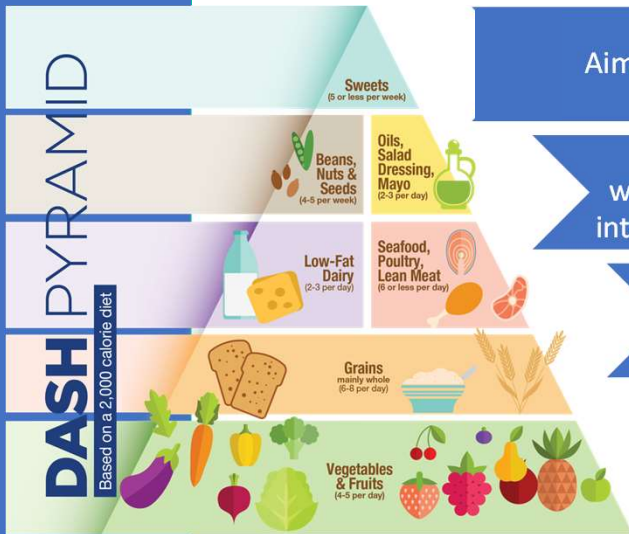
Methodology		
Week 1- Baseline	Intervention	Week 6- Results
N=111 to clinic room	Provide information on hypertension and tailored DASH diet advice	N=66 to clinic room
Anthropometric data		Anthropometric data
Dietary Evaluation		Dietary Evaluation

	Baseline	Reduction	Result
Systolic blood pressure (mmhg)	133	-6.8	126.2
Diastolic blood pressure (mmhg)	86.9	-4.6	83.8

A reduction of 5mmhg of SBP may reduce risk of cardiovascular events by 10%

A workplace intervention can provide clinical and statistically significant results in lowering blood pressure

DASH PYRAMID
Based on a 2,000 calorie diet



Aims

In a workplace intervention

Use DASH Diet intervention

To reduce blood pressure

Hypertension= High blood pressure

76% of participants had elevated blood pressure (>120/80) mmHg at baseline

How to Complete an Awesome Final Year Project



My biggest advice on doing a final year project is to-

Set out a clear project timeline with your supervisor,
Check in and ask questions regularly

Thank you for listening!
Good Luck

Gantt Chart

Task Name	Q1 2019			Q2 2019		Q3 2019
	Jan 19	Feb 19	Mar 19	Apr 19	Jun 19	Jul 19
Planning		■	■			
Research		■	■			
Design			■	■		
Implementation				■	■	■
Follow up						■

