

The **Native-CHART** Webinar Series presents

Engaging Native Hawaiians & Pacific Islanders and Activating Communities to Take Steps (ENACTS)

Tuesday
April 2nd
11-12pm PST

[Register here](#)



Dr. Ka'imi Sinclair
Assistant Professor
Washington State University
Co-Director
Partnerships for Native Health

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Hypertension, or high blood pressure, is one of the most important risk factors for cardiovascular disease and stroke. Compared to Whites, Native Hawaiians and Pacific Islanders are 3 to 4 times more likely to develop these conditions. While medication can help control blood pressure, it is often not enough. Eating foods low in sodium/salt and high in potassium can help lower blood pressure. The goal of the ENACTS study is to teach Native Hawaiians and Pacific Islanders how to better manage their blood pressure by choosing and eating foods lower in sodium/salt and higher in potassium.

Dr. Ka'imi Sinclair will discuss the ENACTS study, including how its educational curriculum was developed and how participants were recruited.

Ka'imi Sinclair, PhD, MPH (Western Cherokee), works with underserved communities to reduce cardiometabolic disparities. For more than 2 decades, Dr. Sinclair has developed, implemented, and evaluated culturally adapted interventions to promote health and prevent disease with several health disparity populations, including American Indians across the US, African Americans and Latinos in Detroit, and Native Hawaiians and Pacific Islanders in Hawaii and Washington. For Native-CHART she leads ENACTS as well as the Pacific Northwest Satellite Center. For more information about ENACTS visit: nchart.wsu.edu.



Native-CHART aims to improve control of blood pressure and other risk factors for cardiovascular disease in American Indians, Alaska Natives, Native Hawaiians, and Pacific Islanders with diagnosed hypertension.

Questions? Contact native.chart@wsu.edu.