The Center for Health Equity Research (CHER) brings together collaborative, multidisciplinary teams of scholars and community members to improve health in underserved communities through a shared commitment to health equity, innovation, and translational research.

Heart Matters

Heart Matters is a research project developed by Project GRACE to reduce heart disease risk among African Americans in Edgecombe and Nash counties. Heart Matters uses a comprehensive lifestyle program to promote a heart healthy lifestyle: physical activity, healthy eating, blood pressure control, weight loss, and smoking cessation. The Heart Matters program was developed based on programs proven to result in weight loss, better fitness, and better blood pressure control.

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