

The Black in cardio Movement

Black In Cardio (<https://blackincardio.com/>) is a unique professional development program highlighting Black contributions to Cardiovascular science and related fields organized by and for STEM graduate students and postdocs both here in the UK and in the US. This year, we have chosen the week of October 19th to 25th to highlight careers, research topics, provide mentorship, and share resources to encourage the success and enlistment of Black scientists in Cardiovascular research. Additionally, to raise awareness on cardiovascular disease, we are organizing a Black in cardio does cardio challenge. The will consist of doing a 30 min exercise (adapted to all level) design by a Wellness coach. The cardio workout challenge will be held over from Oct 16th to Oct 23th and participants will be able to share proof of their exercises. Participants who will be consistent with the challenge, will enter a lottery with the opportunity to win prizes.

To guarantee our success, we are seeking contributions to aid in securing resources, and compensating speakers and panellists. Currently, our program requires a budget of around \$20,000. We are currently in talks with various organisations such as American Heart association (AHA) and American association for the advancement of science (AAAS), Chan and Zuckerberg Biohub, and the Cardiovascular division at the Stanford School of Medicine who are partnering with us to advance our cause.

Black in Cardio Co-organizers (<https://blackincardio.com/organizers/>)

Our social media

- Instagram: @blackincardio
- Twitter: @BlackInCardio
- Facebook: BlackInCardiovascular (Black In Cardio)
- Website: blackincardio.com

Below is the description of our Black in cardio Week
Week before -> BlackInCardioDoesCardio

- 7 day cardio challenge (October 16th- October 23th)
 - Video of the team (including wellness coach) to be posted on the 10th of October
 - Social media giveaway (prize drawing)

Live Webinars : 9AM-10AM PST (12PM-1PM EST and 5PM - 6pm GMT)

Date	Overview of Twitter conversation	Content needed
Monday Oct 19	Roll call Hashtags <ul style="list-style-type: none">- #BlackInCardioRollCall- #BlackInCardioWeek- #BlackCardioInHistory	<ol style="list-style-type: none">1) Video of the team (pre-recorded)2) Career development panel (webinar form through Zoom and Youtube Live): 4 to 6 panelists

	<p>Black Cardio trailblazers (scientists, cardiologists, etc.)</p>	<ul style="list-style-type: none"> - Plan for the week (possible post on the sunday and also on the monday) - Black cardio scientists in history (1 per day throughout the week)
<p>Tuesday Oct 20</p>	<p>Experience of working with the heart</p> <ul style="list-style-type: none"> - Why you fell in love with the field - Explain your science - Favourite article - Journey of a black scientist working on the heart <ul style="list-style-type: none"> - Challenge and victory - How can we inspire the next generation - Challenging racist narrative around the cause of heart disease <p>#BlackInCardioTheWHOLEHeart #BlackInCardioWeek #BlackHeartToHeart</p>	<ul style="list-style-type: none"> - Live Webinar (Heart to Heart) (Zoom and Youtube Live) Host from the team and possibly interview two Stanley and Catherine professionals/clinicians/scientists depending on interests and timing to suit both the UK and US (12:00PM-01:00PM EST?) - IG and twitter poll (post) : Fav side of the heart? - Contact research in the field to participate if possible to the IG live
<p>Wednesd ay Oct 21</p>	<p>Vasculature</p> <ul style="list-style-type: none"> - Highlight blood vessel diseases - Focus on stroke → burden in the Black community - Atherosclerosis - Challenging racist narratives around the causes of CVD (mainly hypertension and stroke) in the Black community - Working on the blood vessels: Challenge and victory - What is the big challenge that an aspiring, Black scientist will face along the way <p>#BlackInCardioVasculature #BlackInCardioWeek #FavoriteVessel #FavouriteVessel</p>	<ul style="list-style-type: none"> - What is your favourite vessel? (poll): Twitter and IG poll (post) - British vs American pronunciation poll (Twitter and IG post) <ul style="list-style-type: none"> - Ischemic or Ischaemic? - Hemorrhage or Haemorrhage - Hemoglobin or Haemoglobin - Live webinar (Zoom and Youtube Live) : Host from the team and possibly interview Jase and Deborah two professional/clinicians/scientists depending on interests and timing to suit both the UK and US (12:00PM-01:00PM EST?) - Contact research in the field to participate if possible to the IG live
<p>Thursday Oct 22</p>	<p>Cardiometabolic</p> <ul style="list-style-type: none"> - Cholesterol - Stress, diabetes, obesity and inflammation within Black communities (stress, diabetes 	<ul style="list-style-type: none"> - Quiz (Twitter and Instagram polls to boost engagement) - Live Webinar(Zoom and Youtube Live) Host from the team and possibly

	<p>and obesity)</p> <ul style="list-style-type: none"> - Social determinants of health and biomarkers - Challenging racist narratives around the causes of cardiometabolic disorders (particularly obesity and diabetes) - What are the challenges that an aspiring Black scientist will face along the way - Diet and lifestyle <p>#BlackInCardioMetabolic #BlackInCardioWeek</p>	<p>interview Chichi and Deborah two professionals/clinicians/scientists depending on interest and timing to suit both the UK and US (12:00PM-01:00PM EST?)</p> <ul style="list-style-type: none"> - Zoom live recording Edna Lewis → started the healthy diet trend (to highlight on twitter) - Contact research in the field to participate if possible to the IG live
<p>Friday Oct 23</p>	<p>Health Professionals</p> <ul style="list-style-type: none"> - How diagnosis plays a part - Nurses, doctors, physiologists. Radiologists, echocardiographers, science communicators - AHA can help get the word out to attract these health professionals to the panel events for Friday <p>#BlackInCardioProfessionals #BlackInCardioWeek</p>	<ul style="list-style-type: none"> - Quiz (Twitter and Instagram polls to boost engagement) - Panel 1: Main Narrative in cardiovascular science (Nutritionist, Chef, Personal Trainer, Scientist, Cardiologist, Science Communicator) <ul style="list-style-type: none"> - How can we leverage our common knowledge from all these different cardiovascular fields to help improve cardiovascular health in the Black community - Need to build question themes - Panel 2: Changing harmful and racist narratives around CV health for the Black community - outreach themed - Panel 3: The future of CV research (black excellence and where is the field going) - cardiovascular research themed
<p>Saturday and Sunday</p>	<p>What do we do outside of science ?</p> <ul style="list-style-type: none"> - Inspirational podcast on how to achieve personal and professional goals - Makeup and Black Hair 	<ul style="list-style-type: none"> - Makeup tutorial/discuss cardiovascular science (Chi/Adama) - Live podcast with Jase (Jase/Dan/Adama) - Afrobeat live section (Debora)

	<ul style="list-style-type: none">- Singing- Cooking <p>#BlackInCardioWeekend #WorkLifeBalance #BlackInCardioArt</p>	<ul style="list-style-type: none">- Conversation around CV genetic while baking bread (Alexis/Catherine)