

2026 Davee Foundation Lecture and Resident Research Day

Abstract

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Title: Exploring Barbershop-Based health Education Through a CBPR Framework

Background: Black men continue to face disproportionate rates of chronic diseases such as hypertension, diabetes, cardiovascular disease, and prostate cancer. Traditional health education and healthcare delivery models often fail to reach this population effectively due to systemic inequities, mistrust, and cultural disconnects.

Objective: This project aimed to systematically review existing literature on barbershop-based community health interventions targeting Black men and to contextualize these findings through *Cuts, Care, and Culture*, a local initiative that applies these evidence-based strategies in Chicago barbershops.

Methods: A systematic search of PubMed, MEDLINE, Scopus, Google Scholar, and the Cochrane Library was conducted for studies published between 2000 and 2025. Eligible studies included community or barbershop-based interventions addressing chronic disease prevention or management among Black men. Data was extracted and analyzed qualitatively to identify common strategies, outcomes, and lessons learned.

Results: Fifteen studies met inclusion criteria. Interventions most frequently addressed hypertension (60%), prostate cancer (20%), and diabetes (13%). Most programs utilized health education, blood pressure screenings, and referral pathways facilitated by barbers or healthcare professionals. Reported outcomes included increased health knowledge, improved screening behaviors, and measurable reductions in blood pressure. Common success factors were trust, cultural resonance, and sustained engagement.

Conclusion: Barbershops represent effective, trusted spaces for health promotion among Black men. The *Cuts, Care, and Culture* initiative exemplifies the translation of these evidence-based models into a locally driven, culturally relevant community engagement program.