



# Leaving a Legacy of Health

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Jackson Medical Mall  
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**The Jackson Heart Study (JHS) is a landmark federally funded partnership among Jackson State University, Tougaloo College and the University of Mississippi Medical Center to study cardiovascular disease in African-Americans.**

**Participation in the study will assist researchers in finding out why African Americans, particularly those who live in Mississippi have a higher rate of death from cardiovascular disease than any other group.**

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## JHS has first annual community monitoring board meeting

**By: Donna Antoine-LaVigne, MPH, MSEd**

The spirit of the season was very evident on December 19, 2001, for the Jackson Heart Study. On this date, the Partnership Office of the JHS celebrated its first annual Community Monitoring Board meeting. The atmosphere crackled with excitement, from the holiday food adorning the festive tables, to the up-tempo music provided by the quintessential jazz ensemble, "In A Minute", led by percussionist, Adib Owens-Sabir, celebrated local musician and former Tougaloo first son. Canton native Jessie Primer, III, notable performer in his own right, regaled the audience with his mellow saxophone sounds.

Over one hundred community supporters joined the staff of the JHS in the University of Mississippi Conference Center Auditorium to hear an update on its activities. The purpose of the Community Monitoring Board Meeting is to provide an opportunity for interaction between the community and JHS staff, as well as, present its achievements and challenges.

It is modeled after the JHS National Monitoring Board meeting that is held once a year. The purpose of the National Monitoring Board (NMB) meeting is to monitor the study progress and to make recommendations regarding appropriate protocol and operational changes. Thus, the NMB assures quality research. The board is comprised of experts in the field of cardiovascular disease research and epidemiology.

Dr. Herman Taylor, Director of the JHS welcomed the community visitors and provided an overview of the Study to date. He expressed his pleasure at seeing so many present and thanked them for their continued demonstrated commitment to the JHS. Dr. Taylor reminded them of the significance of the role of the community to the success of this landmark research project. He further shared that as of December 8, 2001, the Jackson Heart Study had conducted 1461 interviews and completed 1207 exams. Dr. Taylor closed his remarks by inviting individuals to call or visit the JHS when their time permitted.



Special guest, Ms. Cheryl Nelson, Jackson Heart Study Project Officer, National Heart, Lung, and Blood Institute (NHLBI), brought greetings to the community from the Institutes leadership. She expressed her pleasure in being able to attend this first Community Monitoring Board meeting, and anticipates returning for others in the upcoming years. Ms. Nelson encouraged their continued participation and support.

Donna Antoine-LaVigne shared with the audience that "The community, in an informal, yet very significant way serves in an external advisory capacity to the JHS. We take very seriously the support, concerns and recommendations of our target community. Its input and continued commitment and support are critical to the true

-continued on page 2



## 'A Celebration of Life'

By Ed Inman

Approximately 200 Canton residents participated in a community health screening program Saturday at Nichols Middle School. Called "A Celebration of Life," the event was sponsored by the Jackson Heart Study and offered free glucose, cholesterol, blood pressure and other health evaluations. The Heart Study, which continues through March 2004, is designed to research the causes of heart disease among African Americans between the ages of 35 and 84, as well as provide community resources to disseminate health information, according to Dr. Herman Taylor, director of the study. Other participants during an opening ceremony Saturday included Donna Antoine-LaVigne, Mayor Alice Scott, Alderman-at-Large Dr. William Truly, Carmen Poston-Farmer and Dr. Evelyn Walker of the National Heart, Lung and Blood Institute. An invocation was provided by the Rev. Cleotha Williams. Music was provided by Jesse Primer III and "Just Right." Dr. W. L. Johnson provided the benediction.

*Reprint from the Madison County Herald*

## Jacqueline King-Dawson - Biography

**Graduate Student, Intern  
Partnership Office**

Jacqueline King-Dawson, a native of Magee Mississippi is the new graduate student intern for the Partnership Office. She is currently working towards a Master of Public Health degree at Jackson State University. She shared "I anticipate completing work for the Master of Public Health degree this fall (2002)." When asked why she chose the Jackson Heart Study (JHS) as her intern site, she replied, "I have a real interest in cardiovascular disease and women, therefore, any information that I learn regarding women and CVD will be beneficial to me in my future endeavors. I am very excited and humbled about the opportunities and challenges ahead of me during my time at the JHS."

Jacqueline is the mother of two sons, Terrence, 22, a senior at Middle Tennessee State University and Teriq Romaine, 15, a freshman at Magee High School. She is a member of Word of Life Church in Jackson.

*From the Department of Recruitment*

## "Where Are We Now?"

The Recruitment Department, simply put, is responsible for inviting people into the Jackson Heart Study (JHS) and maintaining their interest throughout the Study. The department will be celebrating its 2nd anniversary this year in September, and it is our hope that we will mirror the Framingham Study (our sister study) that will celebrate her 54th birthday in the same month.

After our participants have completed their clinic examination, we maintain contact with birthday cards and holiday greetings.

Recruitment began with five recruiters who were to make contact with selected invitees by conducting home visits. As a result of the difficulties faced in predicting when the contact would be home, we soon realized that this challenge outweighed the team, so changes were made to the recruitment process. We now have ten active recruiters whose focus is contacting individuals about participating in the JHS—most of whom receive an initial phone call. As we work toward our goal of 6,500 participants, we have divided our efforts between the participants of the ARIC program, family study members, and random community

volunteers.

The Atherosclerosis Risks in Communities (ARIC) program has been ongoing since 1987 in Jackson, Mississippi. The JHS, through its recruitment, has invited all of these participants to become a part of this study. They should account for about 2,000 of the total recruited. Family Study members stem from JHS participants who have large immediate family units in the area who are eligible to participate. We hope to recruit all members of this group. The remaining 2,500 will be randomly selected from the African American community in Hinds, Rankin, and Madison counties or from the volunteer pool.

Recruitment's outreach efforts has greatly improved since the inception of the JHS in September 2000.

Although it's a tough job and the challenges are great, recruitment for the JHS is truly a labor of love. Love for the community we serve, as well as awe of the far-reaching implications of a study such as the "Jackson Heart Study". So, feel the love and say "Yes" when a JHS recruiter contacts you.

## ... annual community board meeting

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spirit, process and ultimate success of this participatory research project."

One community member stated, "This type of open forum is very good because the atmosphere is comfortable and inviting. It allows us, the non-scientific community, the opportunity to voice our questions, share our concerns, and express our continued support for the JHS. I hope that this event becomes a permanent one." Another attendee shared, "This event is really appreciated by the community, because it keeps us informed about what is really going on with the JHS. Dr. Richard T. Middleton, III, a retired educator, who serves on the JHS Partnership for Community Awareness and Health Education (PCAHE) and the

Publications Committee stated, "The meeting was very productive. I believe that the representative from NHLBI, Ms. Cheryl Nelson, was most attentive to my concerns on the possibility of recruiting volunteers as participants for the JHS. I especially liked the delivery of her presentation in that it was easily understood by the lay public. I left the meeting with the impression that she would deliver our concerns to the leadership of NHLBL."

The next Community Monitoring Board meeting will be in December 2002.



# Making the Commitment to Add Years and Health to Your Life

**By: Dr. Clifton C. Addison**

The Jackson Heart Study is interested not only in studying and discovering factors that contribute to the development of cardiovascular diseases, but also in the overall health of all of the participants and all people in general. A major objective is to eliminate or reduce much of the premature sickness and death that is associated with our communities. Most people would readily state that they want to live a long life and they also want to enjoy a healthy life. Everyone wants to add years to his/her life and everyone wants to add good health to those years. Research has shown that individual behaviors and environmental factors are responsible for about 70 percent of all premature deaths in the United States.

Two areas of life that deserve special attention are nutrition and physical activity. Last year in Mississippi, approximately 3,500 people died from illnesses that were related to poor dietary practices. At the same time, another 3,500 died from illnesses associated with inadequate physical activity. That means that about 7,000 people

died unnecessarily—7,000 people who would have been alive today, if they had decided earlier to adopt healthy nutrition and physical activity practices. That really is a waste of good lives. In addition to that, there are thousands of others who did not die, but who are now saddled with intense suffering and disability caused by illnesses. Such illnesses not only cost the economy billions of dollars in lost productivity, they also place undue burdens and financial hardships on families, creating the additional expense of hospital bills, doctors visits, and prescription drugs, thereby leaving less resources to enjoy the finer things in life.

Understanding these influences and how they affect the quality of your life is critical to taking the necessary steps to developing a plan to combat sickness and death. Each individual must plan his own prevention agenda to ensure that he can live healthier and longer. If you are unsure of what to do or where to go, talk to someone who can help and who knows the value of changing negative practices to healthier ones, as well as provide options for you to

make behavior improvements.

There is no reason why a child born today in the year 2002 should not live well into the next century. It is highly possible. But it will not happen unless we begin immediately (today) the process of changing our practices in relation to diet and exercise. This is one of those situations where the individual has all the power. Only you have control over what you put into your body and what you do with your life. People can talk and lecture to you, but nothing will happen until you choose to accept the responsibility for your own life and what it will become, and make the move to change negative practices and behaviors. The time has come to take charge of your life and design the kind of life you want to live, because you more than anyone else have the ultimate power to make healthy living a reality.

## SUMMER BREEZES SMOOTHIE

This is a healthy way to quench your thirst on a hot humid Mississippi day.

- |          |                                     |
|----------|-------------------------------------|
| 1 cup    | yogurt, plain nonfat                |
| 6 medium | strawberries                        |
| 1 cup    | pineapple, crushed, canned in juice |
| 1 medium | banana                              |
| 1 tsp    | vanilla extract                     |
| 4        | ice cubes                           |

### DIRECTIONS

1. Place all ingredients in a blender and puree until smooth.
2. Serve in a frosted glass.

Makes 3 servings

Serving size: 1 cup

Calorie: 121

Fat: less than 1 g

Saturated Fat: less than 1 g

Cholesterol: 1 mg

Sodium: 64 mg

Source: *Heart-Healthy Home Cooking: African American Style*  
National Institutes of Health, National Heart, Lung, and Blood Institute, p. 23.

## Safety tips for surviving the summer heat

- Drink Plenty of Water
- Wear Loose-fitting Clothing
- Pace yourself when walking or doing outside chores (start slow and increase intensity gradually)
- Stay Cool Indoors (air-conditioned area, electric fan, cool shower or bath)
- Restrict outdoor activities to early morning or late afternoon
- Check on the Elderly regularly
- Don't Leave Children unattended in un-cooled or unventilated environments
- Make sure pets are kept in cool environments
- Use sunscreen lotion whenever you go outside
- Never look directly at the sun



# How long will it take to burn off those calories, if I eat.....?

By: Darrell Jordan, MPH

Well, the summer is here and we all want to look and feel great. It is hard to cut back on desserts, especially when we travel or have barbecues. We love great sweets in the summer like strawberry cheesecake, apple pie a la mode, and garden fresh lus-

cious fruit. Only the strong-willed, health enthusiast can resist...yeah, right!

In an article by Jeanie Davis, on MSN health, Chris Rosenbloom, PhD, chair of nutrition at Georgia State University in Atlanta and spokesperson for the American Dietetic Association, states, "I never deny

myself any foods when I travel, but I also never gain weight," she says. "That's because I'm walking all day, every day."

Keeping busy is an effective way to burn those summer calories. She alludes to moderation and appreciation by saying, "Don't eat rich desserts and pastries every day. Just enjoy them. And share them with someone else. You don't have to have the whole thing."

Also, she adds, "Europeans serve more normal portions [than U.S. restaurants do], so there's less to worry about there."

Here is a way to gauge how much activity you should engage in to burn the calories from eating a medium sized dessert.

Also, remember that sugar-free drinks and water should always be on hand when tackling this summer heat.

Dessert 8-9 oz	Walk (hr:min)	Take a Nap	Mow the Lawn	Garden	Jog	Bicycle
Truffles	5:36	10:23	3:28	3:28	1:29	2:28
Banana Split	4:39	8:37	2:52	2:52	1:14	1:55
Chocolate Cake	4:13	7:48	2:36	2:36	1:07	1:44
Apple Pie	2:44	5:03	1:41	1:41	0:43	1:07
Jell-O Cube	0:59	1:50	0:37	0:37	0:16	0:24
Fruit Salad	0:21	0:39	0:13	0:13	0:06	0:09

- data in chart generated from MSN's Dessert Wizard

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