



COMMUNITY MOBILIZATION BULLETIN

A JACKSON HEART STUDY NEWSLETTER

Jackson Heart Study-The Legacy

A Community Mobilization Newsletter for the Jackson Heart Study

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**JHS Web-site address:
WWW.JSUMS.edu/~JHS**

The Jackson Heart Study 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 overall, and particularly those who live in Mississippi, have a higher rate of death than any other group.

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Welcome to the second edition of the Jackson Heart Study-Community Mobilization (CM) Bulletin.

This bulletin, which is produced once quarterly, is a contribution to the community from the Jackson Heart Study and serves to update the community on the progress of this collaborative research mission. This bulletin also provides health wellness tips and other community related information significant to African-Americans in the tri-county area.

The Jackson Heart Study(JHS) will examine the factors that influence the development of cardiovascular disease in African-American men and women. These results will significantly impact, not only African-Americans in Mississippi, but African-Americans throughout the United States, as well as enhance

our overall knowledge of cardiovascular health.

Several institutions have invested significant resources to ensure that JHS, and all persons involved, uphold the highest degree of integrity, confidentiality, and sincerity to the African-American community.

The planners, researchers, and staff employed to execute the mission of JHS includes many African-Americans who have a vested interest in the success of this project. The National Heart, Lung and Blood Institute and the Office of Research on Minority Health, both divisions of the National Institutes of Health, have provided funding to Tougaloo College, Jackson State University and the University of Mississippi Medical Center to administer the study's process.

This mission is important because it provides an opportunity for African-Americans to leave health guidelines for future generations.

The Jackson Heart Study will begin recruiting participants the summer of 2000. The potential participants will be randomly selected from the Mississippi Driver's License and State Identification Registry so make sure that the address and telephone number on your Driver's License, or State ID are updated. If the information is not correct, another person will be selected to participate.

ARIC participants who received at least one physical examination will automatically be given a chance to participate in the examination phase of the Jackson Heart Study.

Frequently Asked Questions

How are the people who will be involved in the examination phase of the Jackson Heart Study selected?

There is no monetary fee to participate. The time commitment includes the following:

ARIC participants who received at least one physical examination will have an opportunity to participate in the examination phase of the study. The other participants will be selected randomly from the Mississippi Driver's License and Identification Card Registry and a roster from Medicare. All selected participants must still live in Hinds, Madison or Rankin.

•A one-time in-home interview that will last 30-45 minutes

•A 4 to 4 1/2 hour clinic visit

•24 hour blood pressure monitoring, urine collections and a short take-home questionnaire which will be picked up the next day from your home

•Yearly follow-up telephone interviews that will last 25 minutes

How much does it cost to participate in the examination phase of the Jackson Heart Study and how long will it take?

•The total time commitment over 5 years is 7 hours

Your Body IS a Temple BE HEALTHY

"Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?... therefore glorify God in your Body, and in the spirit, which are God's"
I Corinthians 6:19-20

Winter 2000 Reading List

***Faith in the Valley**

Iyanla Vinzant

***Miseducation of the Negro**

Carter G. Woodson

***How to Make Money in Stock**

William J. O'Neil

***Stress, Diet & Your Heart**

Dean Ornish

***Weightloss for African-Americans**

Charles "Wsir" Johnson

"I had to make my own opportunity...Don't sit down and wait for the opportunities to come; you'll have to get up and make them". Madam C. J. Walker

Heart-Healthy Fitness Tips

- Move around while you watch TV
- Take the stairs
- Clean your house
- Walk around while you are talk on the telephone
- Park far away from the building and walk

A Little Information About Diabetes (Sugar)

Diabetes is a disease that occurs when the body is not able to use sugar as it should. The body needs sugar for growth and energy for daily activities. It gets sugar when it changes food into glucose (a form of sugar). A hormone called insulin is needed for the glucose to be taken up and used by the body. Diabetes occurs when the body cannot make use of the glucose in the blood for energy because either the pancreas is not able to make enough insulin or the insulin that is available is not effective.

There are two main types of diabetes mellitus: insulin-dependent (Type I) and noninsulin-dependent (Type II). In insulin-dependent diabetes, the pancreas makes little or no insulin because the insulin-producing beta cells have been destroyed. This type usually appears suddenly and most commonly in persons under 30 years of age.

In noninsulin-dependent diabetes (NIDDM), the pancreas makes insulin, sometimes too much. The insulin, however, is not effective.

The signs of diabetes include: having to urinate often, losing weight, getting very thirsty, and being hungry all of the time.

African Americans, especially in Mississippi are at high risk for developing diabetes mellitus because of lifestyle behaviors.

For more information, call the Mississippi State Department of Health

"The fundamental conditions and resources for health are peace, shelter, education, food, income, a stable eco-system, sustainable resources, social justice and equity. Improvement in health requires a secure foundation in these basic prerequisites."
American Public Health Association

UPCOMING EVENTS

February is Jackson Heart Study Month

"Health Walk 2000", Saturday, February 26, 2000, 10:00am-11:00am, Jackson Medical Mall (indoors), Free

"Taste of UMC", February 26, 2000, Agricultural Museum, For more info, call 984-2068

"Mini Med School", Tuesday evenings in March at UMC, Free and open to the public, For more info, call 984-1100

Cardiovascular Disease

Did you know that heart disease is the #1 killer of Americans? African-Americans have an even higher rate of heart disease than any other racial group. The following are different types of conditions related to heart disease:

- High Blood Pressure
- Rheumatic Heart Disease
- Congestive Heart Failure
- Congenital Heart Disease
- Angina Pectoris
- Stroke
- Heart Attacks
- Atherosclerosis

People with diabetes are at a high risk of developing heart disease.

There are several things that can be done to decrease the risk of developing heart disease. They are:

- controlling high blood pressure
- controlling diabetes (if you have them)
- exercising regularly
- eating a healthy, low fat diet
- not smoking
- reducing or coping with stress



A Heart Healthy Recipe VEGETABLE STEW

3 cups	water
1 cube	vegetable bouillon, low sodium
2 cups	white potatoes, cut in 2-inch strips
2 cups	carrots, sliced
4 cups	summer squash, cut in 1-inch squares
1 cup	summer squash, cut in 4 chunks
1-15oz can	sweet corn, rinsed and drained (or 2 ears fresh corn, 1 1/2 cups)
1 tsp	thyme
2 cloves	garlic, minced
1 stalk	scallion, chopped
1/2 small	hot pepper, chopped
1 cup	onion, coarsely chopped
1 cup	tomatoes, diced

Add other favorite vegetables such as broccoli, cauliflower, etc.

1. Heat water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and puree in blender
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for 10 minutes to allow to stew.

Heart-Healthy Home Cooking African-American Style, National Institutes of Health, September 1997, p 11.

TELL SOMEONE 'THANK YOU' TODAY

With Today's busy schedules and ongoing commitments, it is easy to take those who we care about for granted.

Take the time to say thank you to your:

Parents, children, spouse, friends, siblings, staff, supervisor, grocery store cashier, waiter, postman, and your GOD!

