



JACKSON HEART STUDY NEWS

Issue 2

JULY 1999

From the Desk Of the JHS Director

We are pleased to publish and distribute Issue 2 of Jackson Heart Study News (JHSN). By now, you may have been forwarded a copy of Jackson Heart Study News from an associate. If you would like to be sure to receive future issues, please send us your e-mail address and we will make sure you are added.

Thanks to those who responded to our e-mail request regarding JHSN distribution frequency, layout, content and contributors. Your comments and input are being utilized as the basis for producing and distributing JHSN in the future. This is the last monthly issue of JHSN. The Newsletter will be published and distributed quarterly beginning October 1999. Information for the October issue is due September 17, 1999 and should be e-mailed in Microsoft Word to cfortner@medicine.umsmed.edu

Future newsletters are likely to include reviews of research areas related to cardiovascular disease in African-Americans; also relevant research or investigation that might be of particular value to JHS hypotheses, abstracts of papers being written or presented at national meetings, updates on JHS progress, committee reports, EC, CC, and UTC updates, NHLBI news, calendar of events, announcements, birthdays and helpful health tips for healthier living such as developing good eating habits, making exercise a part of daily routine and "Help Your Heart Recipes".

NHLBI Report

The NHLBI trip to Jackson, MS is scheduled for July 28-30. Dr. Jaquish and Ms. Nelson will arrive mid afternoon on July 28th for an informal tour of the institutions. Dr. Manolio will join the team July 29th for a discussion of current and planned research. Ms. Nelson and Dr. Jaquish will stay on through the 30th to discuss aspects of protocol development and implementation. We look forward to a productive meeting.

The CC and UTC contracts are being modified to make them comparable with changes made to the EC contract. The majority of the modifications are changes in dates for deliverables, giving the Centers more time. The planned modifications will not affect deliverables prior to September, 1999. Expect to receive the modified contracts for approval within the next 30 days.

We are beginning to consider the OMB clearance process for the Full Scale Study. We will take a closer look at all the steps needed for a successful OMB clearance. By reviewing the OMB process now, we hope to avoid the same delays suffered during the OMB process for the Participant Recruitment Study. We welcome and look forward to your contributions to the draft OMB submission for the Full Scale Study.

Your grant or ancillary study to the JHS may be eligible for the NIH Research Supplements for Underrepresented Minorities Program. This program provides a continuum of support to underrepresented minority individuals pursuing careers in biomedical and behavioral research. The program enables the Institutes to administratively supplement certain research grants (i.e. R01, R03, R15, R18, R37, P01, U01 & U10) so principal investigators can hire an underrepresented minority individual to participate in the approved research project. The program provides support for minority individuals at the following levels: high school students, undergraduate students, graduate students, postdoctoral training, and research investigators. The application process is described in detail in the NHLBI Guidance to the Applicant which can be obtained by calling (301) 402-3421. Information

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JHS Coordinating Center (CC) Update

Community Mobilization (CM)

The focus of CM is the involvement of the local community members, organizations and leaders to address local problems. Mobilization activities often include developing community coalitions to address defined problems or needs, increasing the awareness and concern of the community about the need or problem, and obtaining support for activities or programs to address the needs or reduce problems. The community mobilization framework developed for the Jackson Heart Study is premised on researchers and the community sharing in the determination of goals and strategies for implementation.

CM efforts are guided by a Community Mobilization Steering Committee and Subgroup Committees to ensure that input is received from a broad range of community representatives composed of the key segments of the community such as health care providers, health departments, political and elected officials, faith community, educational institutions, media and communications, community leaders, business and industry and charitable organizations. These individuals meet on a monthly basis and assist CM staff in developing strategies to implement and evaluate community mobilization activities. The committee structure and composition is constantly evolving. Strategies are currently being developed to add individuals from outside the Jackson area to the various committees.

CM Activities

A public information booth was set up at Metro Center Mall on Saturday, June 19, 1999 from 11:00 a.m. to 2:00 p.m. JHS brochures and promotional items and other health-related literature were disseminated.

CM staff made arrangements for a number of radio speaking engagements to publicize the Jackson Heart Study. Dr. Herman Taylor was featured on WMPN 91.3 FM, WKXI 107.5 FM Sunday Morning Magazine and WMPR 90.1 "Let's Talk" hosted by Charles Evers.

CM staff is developing a graduated media campaign including billboards, TV and Radio PSAs, paid advertising and print media.

CM Director and Staff provide on-going support to a number of JHS committees to assist in meeting committee goals and objectives.

CM Staff Matters

CM staff was recently informed by the Ms. Tasha Gill, Health Education Specialist, of her resignation effective June 25, 1999. Ms. Gill left the JHS to pursue a Masters Degree in Medical Science with an emphasis in ophthalmic technology. This will prepare her to achieve her life-long dream of working in the field of vision.

We extend a warm welcome to the new CM Secretary/Receptionist, Mrs. Shirley Perkins. She joined the CM staff on July 1, 1999.

JHS Exam Center (EC) Update

Contributions to the EC update will be resumed in the first quarterly JHSN beginning with the submission of information in September for the October issue of JHSN.

JHS Undergraduate Training Center (UTC) Update

Recruitment

Ms. Beverly Kelly joined the Undergraduate Training Center (UTC) as the Administrative Assistant on June 1, 1999.

The UTC has initiated a search for the full-time Co-PI position. The announcement was sent to the American Journal of Epidemiology (for inclusion in the Job Placement Notebooks at the Society for Epidemiologic Research Meeting in Baltimore) and Epimonitor for announcement in their regular publication. JHS associates are encouraged to refer interested and qualified candidates for consideration. Advertisement will also be done in other national journals in the very near future.

High School Outreach Workshop

The four-week "Investigations In Life Sciences" High School Outreach Workshop began on June 7, 1999 and will continue through July 12, 1999. A total of 71 students registered for it. Initially, we proposed and planned to accept 32 students. However, due to great demand, we decided to increase the number for student participation to 37. The workshop is held Monday through Friday from 8.30 a.m. to 4.30 p.m.

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Students are given instruction in mathematics, language skills and laboratory skills.

The workshop got off to a good start. Student feedback indicated the students took their endeavors seriously and enjoyed the work.

Six-Day Epidemiology Course

A six-day Intensive Course in Epidemiology will be taught on the Tougaloo College Campus from July 12–17, 1999. Prof. Moyses Szklo from Johns Hopkins University is the instructor. Twenty-seven (27) applications were received. Necessary arrangements are being made to successfully accommodate the course offering. The course is open to undergraduate and graduate students and practicing health professionals. Contact Dr. Bam Mehrotra to get a status of the course offering at (601) 977-7794 or 977-7791.

NHLBI Report - Continued from page 1

NHLBI Field Site

Contributions to the quarterly JHSN will be resumed in September for inclusion the first quarterly issue of the newsletter.

Progress continues to be made in developing new manuscript proposals, presenting results at national and local meetings, developing working groups in special interest areas, and in completing several draft manuscripts.

Medical Alert

Our bodies are made for activity. But the conveniences of modern living have caused most Americans to be inactive. And that's bad for the heart!

Lack of regular physical activity is linked to coronary heart disease, high blood pressure, chronic fatigue, premature aging, poor flexibility, poor muscle tone and higher risk of death from chronic diseases.

African-Americans are at greater risk for cardiovascular diseases than any other population group; also at higher risk for high blood pressure!

Recent studies show that 30 minutes a day of moderate physical activity like walking can significantly improve your health. Finding time for walking in today's fast-paced world can seem difficult. But remember regular, brisk walking – especially with friends – is a fun and easy way to improve your health.

Eating habits can significantly impact a person's risk for obesity, heart and blood vessel disease. The message here is simple: "Less is Best." Eat foods lower in sodium, fat and cholesterol. Learning to reduce these in your cooking can reduce your cholesterol level and help you to lose weight. Watch for low-fat, heart healthy recipes in future newsletters.

This Medical Alert was adapted from the American Heart Association's "Search Your Heart" Fighting Heart Disease and Stroke Series.

about the various NHLBI minority supplement programs and other research training opportunities is available at: www.nhlbi.nih.gov/nhlbi/train/redbook/red-hmpg.htm

Birthdays

Shirley Perkins, July 3rd
Gloria Billingsley, July 12th
Cheryl Nelson, July 23rd

The JHS Recruitment and Retention staff celebrated two birthdays in June: Research Associate April Travis and Research Assistant Sembene McFarland. Sembene is from the Undergraduate Training Center at Tougaloo College.

Announcements

More than 30 JHS staff members and affiliates attended the first JHS Noon Luncheon on June 25th. Special thanks to Bart Burrow of Pfizer Labs for sponsorship. Dr. Herman A. Taylor, Jr. introduced new staff, announced birthdays and gave a brief JHS update and an overview of his vision for future JHS luncheon discussions.

Planning efforts are underway for our next JHS staff noon luncheon. We plan to involve a dietician and serve you from a healthy eating menu by using "Help Your Heart Recipes" intended to be a part of an overall healthy eating plan. These recipes will be taken from the American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition, 1997. The July JHS staff luncheon is tentatively scheduled for Friday, July 30th at 11:45 a.m.; the location to be announced via e-mail and word of mouth.

JACKSON HEART STUDY
Jackson Medical Mall
350 W. Woodrow Wilson Drive
Jackson, MS 39213
(601) 815-5060

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