



Jackson Heart Study Participant Newsletter

Jackson Heart Study-The Legacy

Welcome to the Jackson Heart Study!

The Jackson Heart Study (JHS) will examine the factors that influence the development of heart 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.

Frequently Asked Questions

What are some of the ways that I can be a part of the Jackson Heart Study?

The persons who are selected to participate in the examination phase of the study will be selected randomly (unless you were an ARIC participant) from African Americans ages 35-84 who reside in Hinds, Madison or Rankin counties. Other people may also contribute at many levels of participation as a "Friend of the Jackson Heart Study" volunteer. Anyone who wants to become involved has a place with the Jackson Heart Study.

How much does it cost to participate in the examination phase of the Jackson Heart Study and how much time does

The planners, researchers, and staff employed to execute the mission of JHS include 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 conduct this study.

The Jackson Heart Study will begin recruiting participants in September 2000. The potential participants will be randomly selected.

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 and will be called during their scheduled anniversary month.

Mississippi is honored to have a landmark project, such as the Jackson Heart Study, conducted locally. Although everyone will not have an opportunity to participate in the examination phase there are many more ways to be involved. Call 982-1133 to find out how to become a "Friend of the Jackson Heart Study" volunteer.

"Most illnesses and premature death are caused by human habits of living that people choose for themselves"
"Health Affairs", John K. Iglehart (1990, 4)

Spring 2000 Reading List

"30 Undermining, Self-Defeating, Time-Consuming, Soul-Destroying Habits to Break", Debreana Jackson Gandy, *Essence*, May, 2000, pp. 184

Natural Health for African Americans: Lifestyle and Prescription-Free Remedies for Hypertension..., Walker, Marcellus A. & Kenneth Singleton

Taking Dollars & Making Sense: A Wealth Building Guide for African Americans, Brooke M. Stephens

***The total time commitment over 5 years is 7 hours**

A Newsletter for the Jackson Heart Study

**Jackson Medical Mall
350 W. Woodrow Wilson
Drive, Suite #701
Jackson, MS 39213**

**For more information,
please call
(601) 982-1133**

**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 their efforts to determine why African-Americans overall, and particularly those who live in Mississippi, have a higher rate of death than any other group.

**Herman Taylor, MD
Jackson Heart Study
Director**

Heart-Healthy Fitness Tips

You are as Young as You are Active

“Studies have shown that exercise may be the closest thing to a fountain of youth. Regular exercise combats the effects of aging by lowering blood pressure, and cholesterol levels, stimulating circulation and reducing the risks of heart attack, heart disease and stroke. It strengthens bones, tones muscles, fosters weight loss, relieves stress and boosts your mood, all of which helps you look and feel younger.”

Jet Magazine, April 24, 2000, pg. 54

Organ Donation

Over 90% of the Mississippians waiting for an Organ transplant are African Americans

The need is great, however African Americans have a tragically low donation rate.

African Americans accounted for less than 10% of all Mississippi organ donors during the past year.

In Mississippi, African American families are 3 times less likely to donate organs than Caucasians

• *Why are African Americans Hesitant?*

“There are five primary reasons why African Americans do not agree to donate lifesaving organs as frequently as the majority of the population.”

- Lack of awareness of the current status of organ transplantation and the urgent need for organs from African American donors
- Religious beliefs, myths and misconceptions that keep from donating
- Distrust of medical professionals
- A signed donor card is often perceived as a death wish which might influence hospital staff to withhold all lifesaving medical treatment

For more info contact:
Mississippi Organ Recovery

“The fundamental conditions and resources for health are peace, shelter, education, food, income, a stable ecosystem, sustainable resources, social justice and equity. Improvement in health requires a secure foundation in these basic prerequisites.”

American Public Health Association

“Friends of the Jackson Heart Study”

The Jackson Heart Study encourages and supports community contributions at various levels. Below are some of the capacities that you may Improve Heart Health as a “Friend of the Jackson Heart Study”

- Serve as a JHS Ambassador to help spread the word
- Attend community forums, education activities
- Serve on a committee
- Help with Information Booths
- Help plan special events

Healthy Heart Nutrition

“Better food habits can help you reduce one of the major risk factors for heart attack-high blood cholesterol. This will also indirectly help reduce your risk of stroke, because heart disease is a major risk factor for stroke.”

According to the American Heart Association, the best way to help lower your blood cholesterol level is to eat less saturated fat and cholesterol, control your weight and walk or do another physical activity for at least 30 minutes each day. This plan is based on the following dietary guidelines:

- Total calories should be adjusted to reach and maintain a healthy weight.
- Saturated fat intake should be 8 to 10 percent of calories (or less).
- Polyunsaturated fat intake should be up to 10 percent of calories.
- Monounsaturated fat can be up to 15 percent of total calories.
- Total fat intake should be 30 percent or less of total calories.
- Cholesterol intake should be less than 300 milligrams per day
- Sodium intake should be less than 2,400 milligrams per day, which is about 1 1/4 teaspoons of sodium chloride (table salt).

“An Eating Plan for Healthy Americans”,
American Heart Association



A Heart Healthy Recipe
Spaghetti with Turkey Meat Sauce

- 1 lb ground turkey
- 1 28-oz can tomatoes, cut up
- 1 cup finely chopped sweet green pepper
- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1 tsp dried oregano, crushed
- 1 tsp black pepper
- 1 lb spaghetti

Nonstick cooking coating

Spray a large skillet with nonstick spray coating. Preheat over high heat. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat.

Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boil; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.

Remove cover; simmer for 15 minutes more. Cook spaghetti according to package directions; drain well. Serve sauce over spaghetti with your favorite crusty, whole grain bread.

Makes 6 servings
Per serving:

Calories: 330	Sodium: 280 mg
Total fat: 5g	Dietary Fiber: 2.7g
Saturated fat: 1.3g	Carbohydrates: 42g
Cholesterol: 60mg	Protein: 29g

“Down Home Healthy-Family Recipes of Black Chefs” Leah Chase and Johnny Rivers, National Institutes of Health, National Cancer Institute.