



STRONG HEART STUDY

Cardiovascular Disease in American Indians



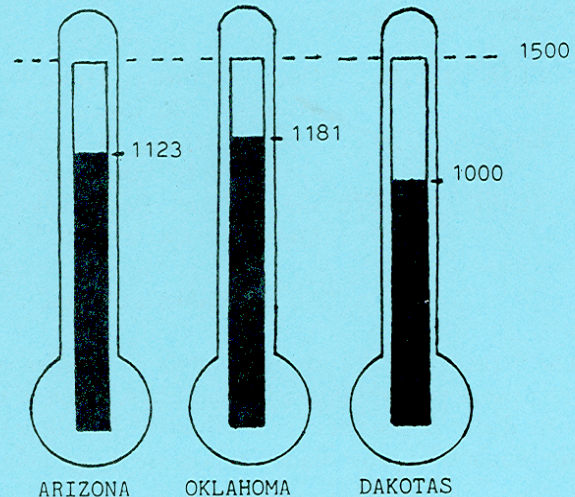
PARTICIPANT NEWSLETTER

May 1991

Volume 2, Number 2

COUNTDOWN TO 4500 GOAL BEGINS!

In the two months since our previous update, 266 examinations have been completed: 91 by the Arizona center, 94 by the Oklahoma center and 81 by the South Dakota center. This brings the respective totals of the centers to 1123, 1181 and 1000 at the end of April. With the achievement of the 1000 milestone by all three centers, some staff members may prefer to describe the next seven months in terms of the number of examinations remaining to reach the goal of 1500 for each center. The remaining examinations for the three centers include 377 for Arizona, 319 for Oklahoma and 500 for South Dakota. While the 3304 examinations completed to date represent an impressive accomplishment, there remains much work to be done by the end of November. The members of the Steering Committee remain steadfast in their commitment to meet or exceed their individual goals of 1500 as well as the combined goal of 4500.



Since the number of subjects initially examined establishes the study cohort, it represents the future of the Strong Heart Study. It is imperative that we begin with as large a cohort as possible. Commitment to achieving this goal by every staff member and tribal member is necessary if we are to attain the maximum benefit from the Strong Heart Study for the communities and the scientific investigators. **You can make a difference!** Participants, tell eligible community members about your experience with the Strong Heart Study examination and urge them to participate also. Staff members, strive to add at least one more person to each exam day. Over seven months your added efforts may be the factor that determines success for the Strong Heart Study.

COMMUNITY LEADERS SUPPORT STRONG HEART STUDY

The Strong Heart Study has received overwhelming support from community leaders in all three centers. Most prominent members of the community who were in the eligible age range have attended the exams, thus setting an important example for other community members. In addition, many community leaders of all ages have assisted in the recruiting process.

In Arizona, these included:

Governor Thomas White, Gila River Indian Community; Former Governor Donald Antone, Gila River Indian Community; Former Vice Chairman Alfretta Antone, Salt River Indian Community; Terrance Leonard, Salt River Indian Community, Special Projects Officer for Community Development Department; Harlan Bohnee, Salt River Indian Community Member and Professor at Scottsdale Community College; Bev Warne, Professor of Nursing at Mesa Community College. (Bev was recently named Arizona Public Health Nurse of the Year.)

Prominent community leaders who have participated in the Strong Heart Study in Oklahoma include:

Tony Williams, Chairman, Caddo Tribe; Elmo Clark, Former Chairman, Caddo Tribe; Edgar French, Former President of Seven Tribes and Former President of Delaware Tribe; Arthur Thomas, Former President of Delaware Tribe and Former President of Seven Tribes; Stuart Owings, Former Chairman, Wichita Tribe; Vernon Haddon, Former Chairman, Wichita Tribe; Amos Pewenofkit, Former Chairman, Apache Tribe; Billy Evans Horse, Former Chairman, Kiowa Tribe; Bernard Kahrahra, Former Chairman, Comanche Tribe.

In South Dakota, there has also been overwhelming community support. The following community leaders have participated:

- In PINE RIDGE: Donna Garnette, Tribal Board Member; Geraldine Janis, CHR Director; Lenora Waters, CHR; Robert Little Dog, Tribal Enrollment Committee Representative
- In EAGLE BUTTE: Eunice Larrabee, Elder; Orville LaPlante, Tribal Council; Frank Thompson, District #4 Councilman; Ted Knife, District #2 Councilman
- In FORT TOTTEN: Pete Belgard, Devils Lake Tribe Director; Glen Walking Eagle, Reality Owner; Mary Ann Cavanaugh, WIC Director.

EAT SMART TO TAKE CARE OF YOUR HEART

The Strong Heart Study Staff at all clinic sites is trying to provide information on a healthy lifestyle to the people who volunteer for the exam. One of the ways that this is done is by talking to people about their diet. A low fat diet is advised. Eating a low fat diet helps prevent heart disease. It is also good for people who have diabetes, because it can help weight loss. Here is a quick and easy recipe.

COFFEE MILKSHAKE

- 1/2 cup skim milk
- 1/2 cup plain low-fat yogurt
- 1 teaspoon instant decaffeinated coffee powder
- 2 packages of Equal or other sugar substitute

In blender at low speed, blend all ingredients about 30 seconds. Pour into glass. Makes 1 serving.

If any of your relatives or friends are eligible and interested in participating in the Strong Heart Study, please let us know. You may call us at the following telephone numbers:

Phoenix
(602)263-1628
Call Collect

South & North Dakota
(605)348-1900 ext 401

Oklahoma
(405)271-3090
Call Collect

Please write short story about your Strong Heart Study exam. Contact your Strong Heart Study office.

Strong Heart Study Coordinating Center
Department of Biostatistics & Epidemiology
College of Public Health
University of Oklahoma Health Sciences Center
P. O. Box 26901
Oklahoma City, OK 73190