

HEALTHH NEWS VOL. 1

HOW DID PEOPLE JOIN THE HEALTHH PROJECT?

According to national health statistics, Alaska Native (AN) adults have increased risk for heart disease. The HEALTHH Project aimed to address this issue. The project looked for effective ways of treating heart disease risks and tobacco use. This study was designed for AN adult men and women living in the Norton Sound Region.

What Did Participation Involve?

1st Did you have interest in the HEALTHH Project?

We would screen you to see if you were eligible. Were you eligible, **YES** or **NO**?

YES (continue)

2nd We would read you the consent form. Did you consent to join, **YES** or **NO**?

YES (continue)

3rd After consenting to be in the study you would complete a number of tasks including:

- A survey
- A blood draw for cholesterol and nicotine levels
- Measurement of height, weight, heart rate, and blood pressure
- Random assignment to Group 1 or Group 2 for counseling

Group 1 talks about:
Tobacco & physical activity

Group 2 talks about:
Blood pressure & cholesterol medications & diet

4th 3, 6, 12, & 18 months after joining, follow ups were completed to see how things may have changed.

NO
(Stop)

NO
(Stop)

**Denied
consent**

**Ineligible to
participate**

PARTNERS

The HEALTHH Project was a collaborative effort between:

- Norton Sound Health Corporation
- Alaska Native Tribal Health Consortium
- Stanford University & the University of California San Francisco
- Our funders, the National Institutes of Health