




# HEARTBEAT

A PUBLICATION OF THE JACKSON HEART STUDY  SPRING 2020

## Welcome to the JHS Exam Center

The JHS Exam Center staff is excited for Exam 4! We want you to have a pleasant visit and will contact you in advance to

schedule a convenient day and time for your appointment. We hope to start contacting participants in the summer of 2020. 

## What Does JHS Visit 4 Look Like

This new exam is similar to previous JHS visits, with the addition of new measures of physical function and brain health. In Exam 4, we will measure your blood pressure, height, weight, waist circumference, ask for blood and urine samples and obtain an electrocardiogram and echocardiogram. We also plan to complete some assessments from previous exams, including a food frequency questionnaire. Physical function and brain health are important for everyday living and can be affected by heart health, so the JHS is interested in measuring them to determine how to maintain such functions with aging. We will measure this by observing you take a short walk, measuring your grip strength and interviews on your memory and thinking abilities for everyday activities. As part of Exam 4, participants will be offered a magnetic resonance imaging study of the brain, which will be scheduled for a different day.

The JHS Field Center and Coordinating Center are preparing for several ancillary studies that will also be conducted at the JHS Exam Center during the same time as Exam 4. More details about these ancillary studies will be shared with you when you are contacted about Exam 4.

### JHS Exam Center Staff

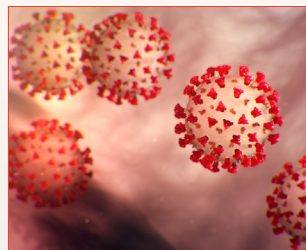


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<b>Dorothy Horton</b>	RN Clinical Research	<b>Dana Brent</b>	Certified Medical Assistant
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<b>Belinda Johnson</b>	Project Manager I	<b>Stephanie Singleton</b>	ARIC Medical Laboratory Technician


## COVID-19 Update

We are thinking of you and hope you are well and safe. Due to the COVID-19 pandemic, the Jackson Heart Study has delayed Exam 4 until further notice for the safety and health of participants and staff.

The JHS will be closely following this outbreak in our community and guidance from federal, state and local officials to determine when it might be safe to start Exam 4. When a decision is made regarding the start of Exam 4, we will



send you a letter informing you of this date. This letter will also include instructions on how you can schedule your Exam 4 appointment and information on screening procedures and precautions we will take in this pandemic environment to protect your safety and health.

In the meantime, stay healthy and be safe by following the recommendations provided by the Centers for Disease Control and Prevention and the Mississippi State Department of Health. 

# JHS highlights from the last six months

## JHS Community Engagement Center Annual Event



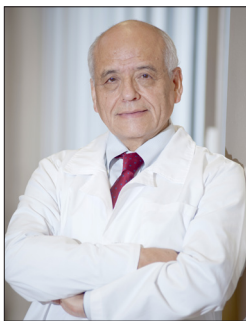
The JHS CEC held its second annual "Translating a History of African American Heart Disease into a Legacy of Health" event at the Mississippi Civil Rights Museum on February 15.

## JHS Award



The JHS received the Esprit de Corps Award during the 2020 Pillars Recognition of Service and Inclusive Excellence ceremony sponsored by the Office of Diversity and Inclusion at the University of Mississippi Medical Center in January.

## Director's Corner



Dr. Adolfo Correa,  
Director, Jackson Heart Study

I am pleased to share with you that the Jackson Heart Study is continuing to make excellent progress. With your strong support and collaboration, our surveillance team has continued to make excellent progress with annual follow-up interviews and assessments of the health status of our participants. We have continued to receive and process

an increasing number of manuscript proposals, ancillary study proposals and manuscripts for publication, underscoring the high value of the study as a resource for the scientific community. In 2019, there were over 60 scientific papers published based on the JHS data, providing new findings on high blood pressure, diabetes, and social factors that influence heart health and that we plan to share with you. One lay summary of such findings is included on page 6 of this newsletter. Our mentoring of undergraduate and graduate students has continued apace. Undergraduate and graduate

JHS scholars continue to participate and benefit from training opportunities provided by the JHS training and education centers. In addition, the community has been kept abreast of new developments in the study by the new JHS Community Engagement Center at the Mississippi State Department of Health. All this progress is possible due to your participation!

It has been an honor, privilege and a pleasure for me to be affiliated with the JHS over the past eight years in various roles and I am very grateful for this wonderful opportunity. Now, I believe that it is time for me to step down from my role as Director and PI of the study and, accordingly, have informed NHLBI of my plans. NHLBI is now working with the collaborating JHS institutions in Jackson on a national search process to identify highly qualified applicants for the position of JHS Director. As this process moves forward, NHLBI will keep you informed of the progress.

— Dr. Adolfo Correa, Director  
Jackson Heart Study



## Get to know the Annual Follow-up Interviewer: Darcel Odom



Darcel Odom

### How long have you worked as a Jackson Heart Study AFU interviewer?

I have worked for over a year as a Jackson Heart Study Annual Follow up Interviewer, but not new to the Jackson Heart Study.

I previously worked at Jackson State University's Jackson Heart Study Community Outreach Center as a Community Health Outreach Specialist.

### Describe the relationship between interviewers and participants. Share what it means to you to talk with participants.

For me it is just that: a relationship. It means I'm working to build trusting relationships with the participants. When I talk with our participants, I value their time and willingness to participate and complete the survey. I'm actually very happy to have the opportunity to be a part of such a rich group of community folk that happen to be the amazing Jackson Heart Study participants. Without them there would be no us.

### Please tell us the importance of the AFU interview.

It is important to first let the participant know that we are here thinking about them and their well-being. It is also an important way to stay connected with the participants. When we call, we are updating them on the latest news or upcoming activities, updating their health records, doctor's appointments, tests and the life events that occur with us all. So there are times when we may be laughing together or crying together. The important thing about continuing to talk with the JHS participants from year to year is that their information is valuable to the study, and our participants are valuable to us. The information retrieved helps with assessments and publishing articles on outcomes regarding health and lifestyles among our participants. This information will continue to help us in learning how we can better leave a legacy of good heart health for our families. ~~~~~

**ANNOUNCEMENT:** Two AFU interviewers, LaShondra Upkins and Belinda Johnson, no longer serve in this role. Ms. Upkins resigned from JHS and Ms. Johnson now works in the Exam Center. JHS has hired two new AFU interviewers who will be featured in a future newsletter.

## Get to know a CHAN member: Doris Gillum

### What motivated me to become a Jackson Heart Study Community Health Advisor?

First, let me say this and it will help explain why I became motivated. I was among the first participants to be recruited in the Jackson Heart Study and I am proud to say that I participated in all the studies. I also make sure that I participate in the JHS follow-up phone interviews once a year. During my initial involvement in the JHS, I was introduced to the Community Health Advisors. Once I got involved, I could write a book about what I have gained by being in the Community Health Advisors Network. From health awareness to physical activity, the CHAN has truly made me more conscious about my overall health. I have been involved in the Annual Walk for Breast Cancer sponsored by Canton Parks and

Recreation and have volunteered with In His Steps Ministries' community gardening project. I have learned to focus more on preventive health measures (watching my weight, monitoring my cholesterol and managing my blood pressure) rather than waiting until my health becomes out of control. Because of the CHAN I can honestly say that I have been able to live and be healthier and happier. ~~~~~



Doris Gillum

## New Substudy: JHS-Brain

We would like to introduce you to the JHS Brain Health Substudy (JHS-Brain). As a JHS participant, you have the opportunity to help us understand how heart health affects brain health. We know they are related, but we don't have a complete understanding yet, because there is an overall shortage of this information in African Americans. This is why JHS-Brain is important.



Your participation in the JHS has helped shed light on how diseases such as heart disease and stroke may be prevented or delayed in the African American population. Now JHS investigators would like to find out how we can prevent or delay loss of cognitive functions such as memory and thinking skills.

JHS-Brain involves completing measures of memory and thinking. We will give you a series of activities that measure thinking speed, memory and attention. This will be done at the time of your JHS Exam 4 visit. Some participants may also be offered a brain MRI to help us better understand how brain changes relate to memory or thinking changes. We will also ask you, and with your permission, someone who knows you well, some questions over the phone about your memory and day-to-day functioning. Our team will be on hand to address any questions you may have about this part of the study.

Thanks to you, the JHS can continue to make an impact to promote healthy hearts and healthy brains in our community. —

## JHS Community Engagement Center

**CEC Healthy Housing:** The Community Engagement Center's Healthy Housing Initiative, in collaboration with the Canton Housing Authority, conducted a Motivated to Live a Better Life: Chronic Disease Self-Management Program. This is a free program for caregivers and people with chronic conditions or disabilities. Held weekly from October 28-December 2, 2019 at Joe Prichard Housing Complex in Canton, the class was taught by CEC staff Marty Fortenberry, Taylor Henderson and Grace Washington. They discussed how chronic health conditions can lead to limitations at work, home and basic self-care. Attendees learned how to deal with symptoms and design their own self-management program. There were 18 attendees with 12 completing the class. Volunteers from the Canton Housing Authority and Broadmoor Baptist Church assisted by providing encouragement, refreshments and life experience. —

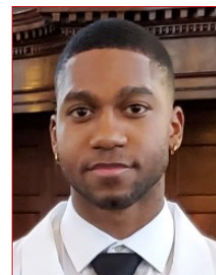


**New Raymond CHAN** - Under the direction of Honors Institute Dean Debbie McCollum and Raymond Honors Program Director Timothy Krason, the Hinds Community College (HCC) Honors Program is collaborating with the CEC to organize an HCC Health Ambassadors Club. The club will consist of Honors Program students and will adopt protocols from the Community Health Advisors Network (CHAN) to facilitate activities that prevent heart disease and its risk factors. —



## Undergraduate Training and Education Center-Tougaloo College

John Johnson, the 2019 Tougaloo College salutatorian and a first-year medical student at the Warren Alpert Medical School at Brown University, was awarded a Hearst Scholarship. This scholarship is given to outstanding underrepresented minority students who are poised to transform medical care and scientific research. As a Hearst Foundation Scholar, he is eligible for \$20,000 each year for four years. He is a native of Greenville, Mississippi and a graduate of the Mississippi School for Math and Science. —



# JHS Graduate Training and Education Centers

## Jackson State University

### Researchers find association between sleep and obesity in the JHS



Trimella Jefferson, a graduate of the Master of Public Health program at Jackson State University, published a study in the Journal of the American Osteopathic Association. She and her team of researchers found an association between sleep duration and obesity among

African Americans. Although it is known that some populations are more susceptible to becoming overweight or obese, prior studies have not focused on minorities. Jefferson and her research team reported that more sleep was associated with a lower BMI. The journal issued a press release about the article and there was coverage about her research in online news sources.

“Sleep is something most people can control, regardless of other factors, like income and education levels. Spreading that information can be very empowering, especially to communities that struggle with obesity,” Jefferson said. —

### Daniel Hale Williams Scholar of Excellence



Kia Jones is a Doctor of Public Health student at Jackson State University and an example of commitment, motivation and innovation. Her manuscript, “The role of lipid abnormalities in predicting CVD in participants with chronic disease: Findings from the Jackson Heart

Study,” was approved by the publications and presentation committee. She was named on the Mississippi Business Journal’s Top CEO and Top Non-Profits lists and as a Forbes Magazine For(bes) The Culture Minority Leader. She also received Delta Sigma Theta Sorority’s Service of Our Hearts Award, the Women Economic Forum’s Exceptional Women of Excellence Award and the Young Gifted and Empowered Awards’ Young Professionals on a Rise Award. Jones is a Mississippi State Department of Health Community Research Fellow, a Mississippi Rural Health Association student fellow, a Women’s Foundation of Mississippi legislative fellow, Alpha Kappa Mu Honor Society member and received the Laura Bassi Scholarship. —

## University of Mississippi Medical Center

The Robert Smith, M.D. Scholars completed the UMMC-GTEC mid-year meeting January 2-5, 2020 in Jackson, which focused on minority health and manuscript proposals. Lessons learned from the first summer institute and the mid-year meeting will be reinforced through webinars, communication with assigned mentors and a research institute in June 2020.



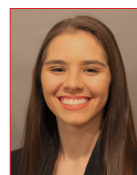
**Robert Booker** (Mississippi State University) was lead author on “Relationship between physical activity intensities and drunkorexia severity among first-year college students,” published in the Journal of American College Health, and was a co-author on “Factors

leading to discrepancies in accumulated physical activity during school hours in elementary school students,” published in the Journal of Teaching Physical Education. Booker received the Outstanding Student Research in Physical Activity Award at the American Public Health Association Meeting for his presentation, “Sedentarism among the Different Clusters of Metabolic Syndrome and Gender.” —



**Raymond Jones** (University of Southern Mississippi) was a co-author on the article, “Central cardiovascular hemodynamic response to unilateral handgrip exercise with blood flow restriction,” published in the European Journal of Applied

Physiology. He was selected for the 2020 USM Graduate Student Hall of Fame. —



**Samantha Cohen-Winans** (University of Mississippi) was invited to participate in a pre-conference symposium during the Southeast Chapter of the American College of Sports Medicine Annual Meeting in Florida. She submitted a proposal to the Dr. Raymond

A. Weiss Research Endowment Grant Program for her 6-week intervention to reduce chronic disease risk among college-aged students. —



**Kisa Harris** (UMMC) was lead author on the article, “The Jackson Heart Study: Preparing African American high school students for health careers and research,” and a co-author on a second manuscript, “The role of public health partnerships

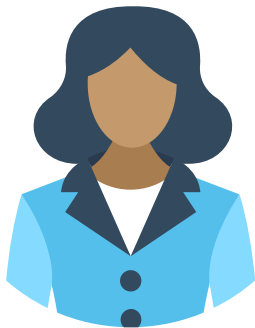
in the success of the Jackson Heart Study Undergraduate Training and Education Center.” Both of the articles were published in Ethnicity and Disease. —

## Optimism and heart health among African Americans

### Purpose of the study

Research has shown that positive thinking, or optimism, is linked to having lower rates of heart failure and heart attacks mainly among White Americans. Because African Americans have higher rates of heart disease, researchers wanted to see if positive thinking was related to ideal health goals among African Americans in the Jackson Heart Study (JHS). These ideal health goals are drawn from the American Heart Association's Life's Simple 7, which includes: normal body weight, eating a healthy diet, regular exercise, not smoking, normal blood pressure, normal blood sugar, and normal cholesterol.

### Major Findings:



**were younger**  
(average age 52 years old)  
and female

**Highly**  
**optimistic participants**



**more years of education**  
(having a college degree or higher)  
had fewer **depressive**  
symptoms



Reporting **higher levels** of optimism  
was also related to  
specific **ideal heart health** goals,  
such as getting **regular** exercise,  
eating a **healthy diet**, and **not smoking**.

### Take away message

Promoting positive thinking, through stress-reduction interventions and clinical encounters, may be an important step toward increasing the chance of reducing heart disease, and reaching American Heart Association's goal of promoting heart health among an at-risk population.

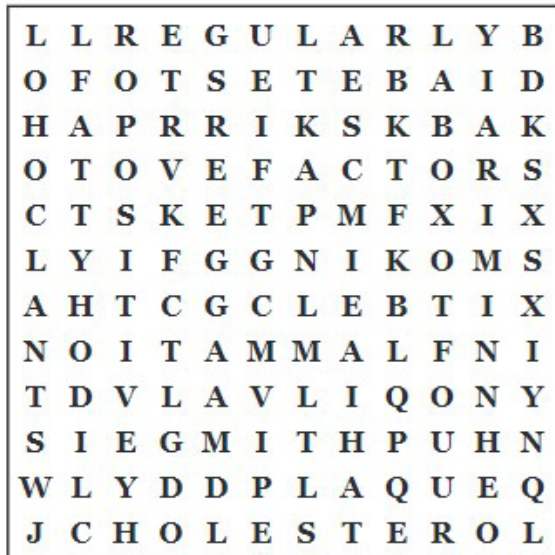
**Citation:** Sims M, Glover LM, Norwood A, Jordan C, Min Y-I, Brewer L, Kubzansky. Optimism and cardiovascular health among African Americans in the Jackson Heart Study. *Prev Med.* 2019; 129:105826. PMID: 31473218.

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## Heart health word search

**Instructions:** Fill in the blanks below and then find the words in the puzzle.



1. Key risk \_\_\_\_\_ for heart disease include high blood pressure, high cholesterol, and smoking.
2. A \_\_\_\_\_ attitude has benefits for your heart.
3. Oily fish contain healthy omega-3 \_\_\_\_\_ acids
4. Cholesterol-rich \_\_\_\_\_ may build up on artery walls.
5. Omega-3 fatty acids can lower \_\_\_\_\_, which can damage blood vessels.
6. \_\_\_\_\_, a disease that occurs when blood glucose is too high, increases a person's risk for heart disease.
7. \_\_\_\_\_ can raise blood pressure and increase your risk for heart disease.
8. Oatmeal can help you lower your levels of bad \_\_\_\_\_.
9. Exercise \_\_\_\_\_ to reduce your risk of heart disease.
10. \_\_\_\_\_ harms the heart and blood vessels, and also lowers the amount of oxygen carried by the blood.

Source: 2019 J.J. Keller & Associates, Inc.

Answer key: 1. factors, 2. positive, 3. fatty, 4. plaque, 5. inflammation, 6. Diabetes, 7. smoking, 8. cholesterol, 9. regularly, 10. Alcohol



## Blackberry Cobbler

Source: 2019 American Heart Association's "Cooking in Color."

Serves 8

### Ingredients:

- Cooking spray
- 4 cups blackberries
- 1/4 cup sugar substitute and 1/2 cup sugar substitute, divided use
- 1/4 cup water
- Juice from 1 medium lime
- 2 teaspoons ground ginger
- 1 1/3 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/16 teaspoon salt
- 1 1/4 cups fat-free milk
- 1/4 cup canola or corn oil
- 1/4 cup fat-free, plain Greek yogurt
- 1 teaspoon vanilla extract

### Directions:

1. Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.
2. In a medium bowl, gently stir together the berries, 1/4 cup sugar substitute, the water, lime juice and ginger. Let the berry mixture stand for at least 15 minutes so the juices can accumulate.
3. In a small bowl, combine the flour, baking powder, salt and the remaining 1/2 cup sugar substitute.
4. In a large bowl, whisk together the milk, oil, yogurt and vanilla.
5. Add the flour mixture to the milk mixture, stirring just until no flour is visible. Don't overmix.
6. Pour the batter into the baking pan. Using a spatula, spread the batter in the pan. The batter doesn't have to touch the edge of the pan; it will spread while baking. Top with the berry mixture.
7. Bake for 50 minutes, or until a wooden toothpick inserted in the center comes out clean.



Share your favorite healthy recipe! For a chance to have your heart healthy recipe featured in our next newsletter, email your recipe to [jhsnewsletter@umc.edu](mailto:jhsnewsletter@umc.edu) or mail it to:

**Jackson Heart Study**

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**The Jackson Heart Study Heartbeat Newsletter is published semi-annually (spring and fall) by the Jackson Heart Study Newsletter Team.**

The JHS 20th anniversary gala event to recognize the JHS participants and the community has been postponed. Be on the lookout for further details about a new celebration date.



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