



EARLY LESSONS LEARNED: THE JACKSON HEART KIDS STUDY

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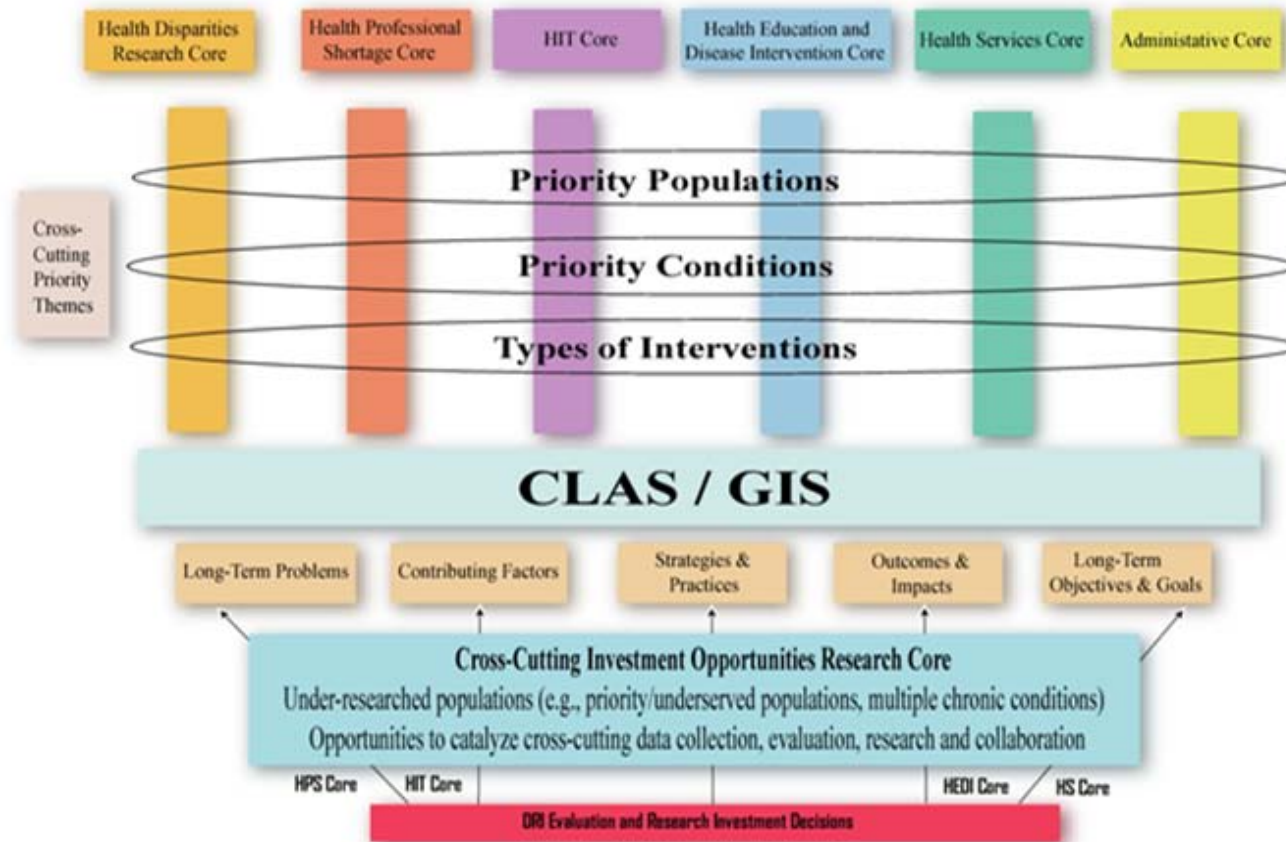
University of Mississippi Medical Center

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OVERVIEW

- Brief Overview of MIGMH/DRI
- Obesity prevalence rates in Mississippi
- Brief background of the Jackson Heart Study
- Overview of the JHS KIDS Study
 - Funding partnership for the KIDS Study
 - Organizational structure
- Top Ten Lessons Learned (to date)
- Questions and Discussion

OVERVIEW OF THE DELTA REGIONAL INSTITUTE

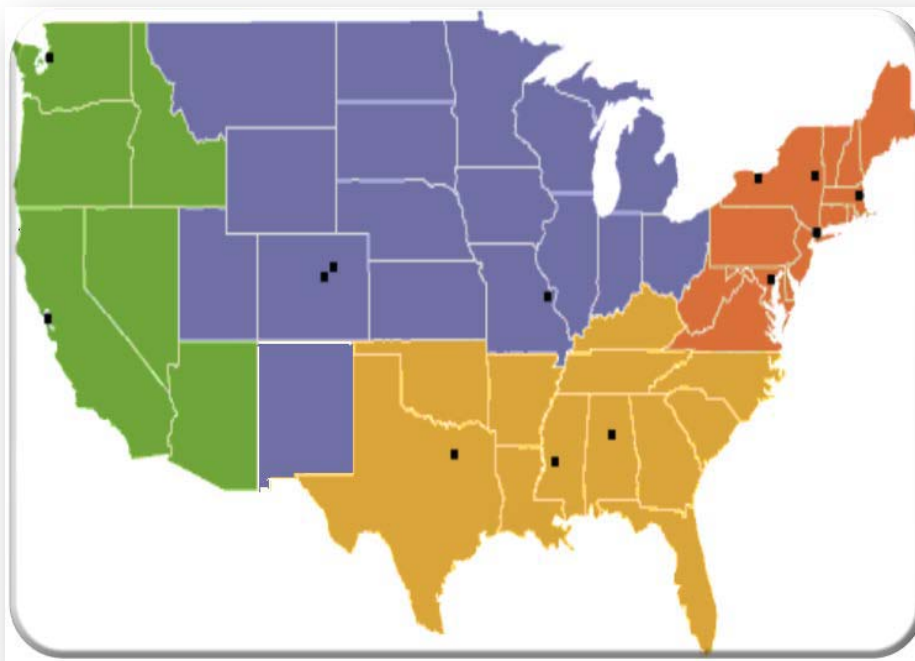


MISSISSIPPI STD/HIV PREVENTION TRAINING CENTER (MSPTC)

Goals

Increase the knowledge and skills of health professionals in the areas of sexual and reproductive health

State-of-the-art educational opportunities, including experiential learning with an emphasis on prevention



Funded by the Centers for Disease Control

SNAPSHOT OF OBESITY AND RELATED DISEASES IN MISSISSIPPI

- 34.9% of adults in Mississippi (MS) are obese - compared to 20.7% in Colorado
 - 42.6% of AA adults obese/30.4% White adults
 - Combined obese/overweight rate in MS
 - 54.3% - 15 years ago
 - 61.1% - 10 years ago
 - 68.8% - 2011
- Diabetes prevalence rates in MS
 - 6.5% - 1995
 - 34.8% - 2011
- Hypertension prevalence rates in MS
 - 29.9% - 15 years ago
 - 34.8% - 2011

F as in Fat 2012. Trust for America's Health



CHILDHOOD OBESITY RATES IN MS

- 40% of children/adolescents in MS overweight/obese
 - 21.9% obese
 - Highest childhood obesity prevalence rate in the US

PROGRESS, NOT JUST PROBLEMS IN MISSISSIPPI

- School meal standards that are stricter than the U.S. Department of Agriculture (USDA) requirements.
- Limitations when and where competitive foods (foods and beverages sold outside of the formal meal programs, through à la carte lines, vending machines and school stores) may be sold beyond federal requirements.
- MS Healthy Student's Act 2007
 - Minimum health and physical activity education standards
 - Physical activity coordinator
 - Local school health counselors

THE JACKSON HEART STUDY

The Jackson Heart Study (JHS) is a single-site, longitudinal cohort study of the risk factors and causes of heart diseases and other hypertension-related diseases in African American adults. The JHS built upon some of the successes of the ARIC study with a focus on a specific community of African Americans.



JHS OVERALL STUDY DESIGN

- 5,301 African Americans residing in the three counties surrounding Jackson, MS were recruited and examined at baseline between 2000-2004.
 - Participants are between 21-84 years of age
 - Women make up 65% of participants
- Baseline examination had three components:
 - At home interview
 - Self-administered questionnaires
 - Clinic visit
- Clinic visits and interviews occurred approximately every 3 years

ANCILLARY STUDY OF THE JACKSON HEART STUDY JHS KIDS

Specific Aims:

- Consent, recruit and enroll 200 12-19 year old offspring (children and grandchildren) adult participants in the JHS.
- Collect behavioral and psychosocial measures (dietary intake, physical activity, sleep, stress), anthropometric measures (height, weight, and waist circumference), and biologic measures (non-fasting blood glucose) to estimate the prevalence of specific lifestyle factors which may influence risk for cardiovascular disease.
- Use the resultant data from this pilot study to determine the practicability of, and to estimate the parameters required to size, a prospective, longitudinal cohort study of African American youth.

STUDY MEASURES COLLECTED

- Anthropometry (ht, wt, waist circumference)
- Blood pressure
- Blood glucose (10% of the sample)
- Psychosocial questions
 - Dietary intake/SSB intake/F&V
 - Sleep
 - Internet experiences/cyber-bulling
 - TV viewing/eating while watching TV
 - Religiosity
 - Stress

DRI FUNDING IN SUPPORT OF JHS KIDS (CPIMP091054-03)

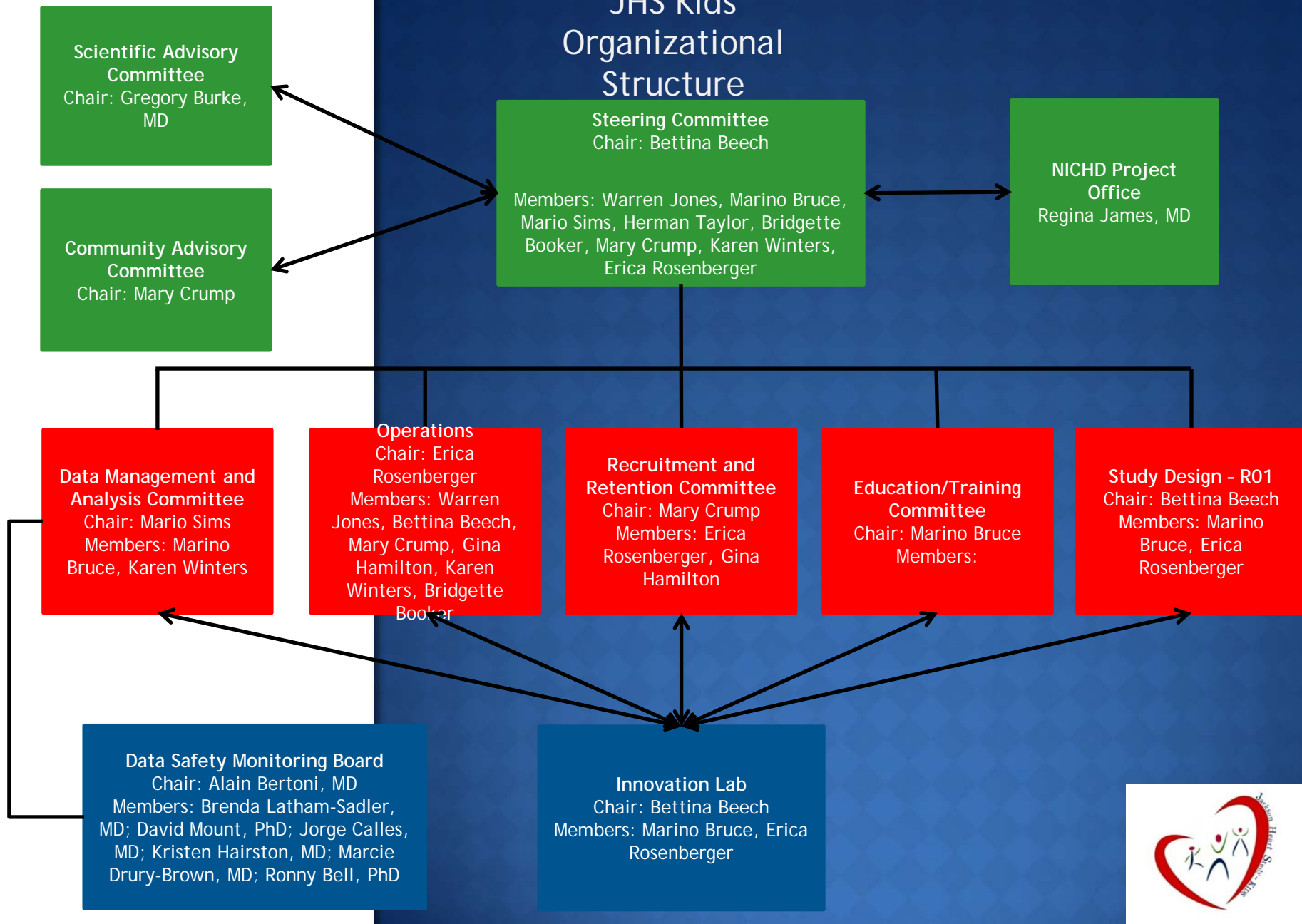
- Unique, new partnerships
 - Funding:
 - NICHD and Office of Minority Health
 - Research:
 - University of Mississippi Medical Center
 - Mississippi Institute for the Improvement of Geographic Minority Health (MIGMH)
 - Delta Regional Institute (DRI)
 - Mississippi Prevention Training Center
 - Jackson Heart Study (JHS)
 - Wake Forest School of Medicine



TIMELINE

- Grant funded - 12/11
- IRB approved
 - Wake - 1/27/12
 - UMMC - 2/20/12
- Recruitment letters sent - 2/27/12
- First participant visit - 3/7/12

JHS Kids Organizational Structure

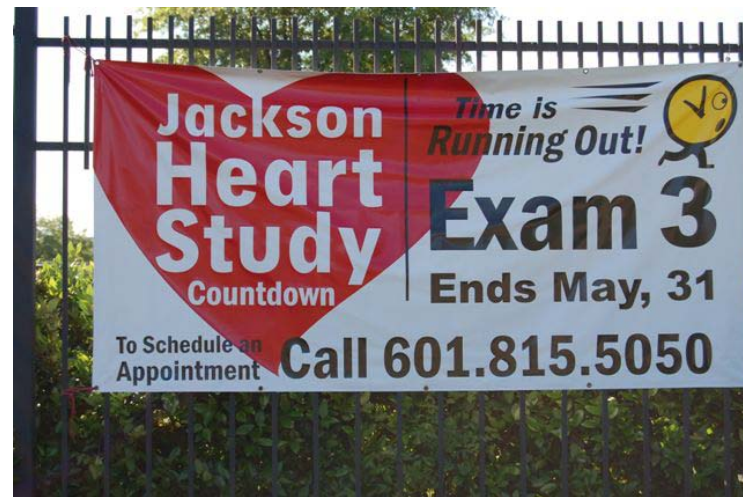


TOP 10 LESSONS LEARNED



#10-CHALLENGES ARE MADE TO BE OVERCOME

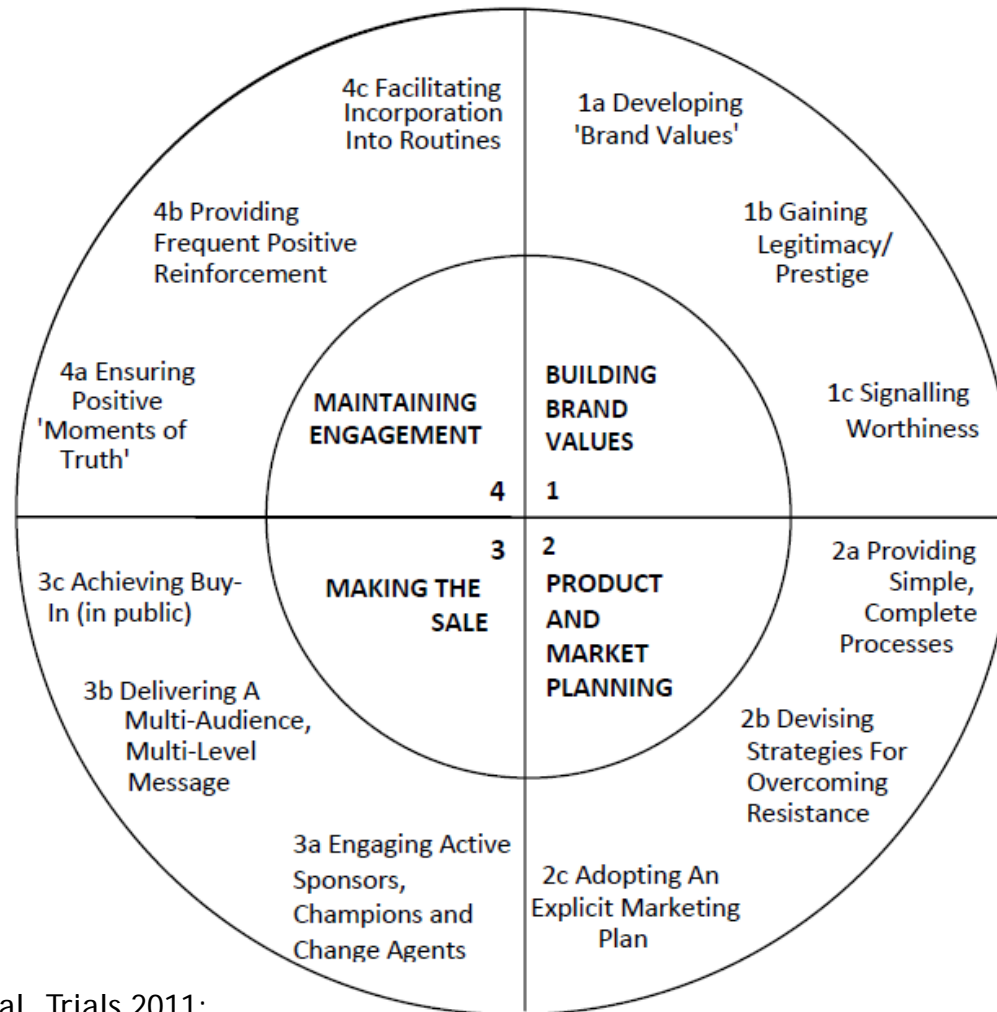
- Stage of the Jackson Heart Study
 - Exam 3 ending during recruitment for the KIDS Study
 - Community confusion
- Extending adult study, to a family study
- Creating a virtual team



RECRUITMENT STRATEGIES FOR PILOT STUDY

- Recruitment Strategies
 - Letters mailed to JHS participants
 - Word-of-mouth
 - Community Advisory Board
 - Study Ambassadors
 - Flyers
 - Church announcements
 - Baptist Convention

MARKETING MODEL FOR CLINICAL TRIAL RECRUITMENT



#9 - TECHNOLOGIC ADVANCES SOMETIMES CREATE SETBACKS

- New electronic IRB submission system implemented at UMMC
 - Challenges with the new system
 - Mandatory training before system could be used
 - Review delays because of the new system

#8 -COLLABORATION IS AN ACTION, NOT JUST A SIGNED AGREEMENT

- Virtual team to functional team
 - Research team largely unfamiliar with each other
 - Needed to quickly establish working relationships
 - Tools used
 - Face-to-face meetings
 - Conference calls
 - DropBox
- Community Advisory Board
 - 7 members
 - Chair: Rev. Thadeus Williams
 - Monthly meetings (Saturdays - 1.5-2 hrs)
 - Extremely active group

COMMUNITY ADVISORY BOARD

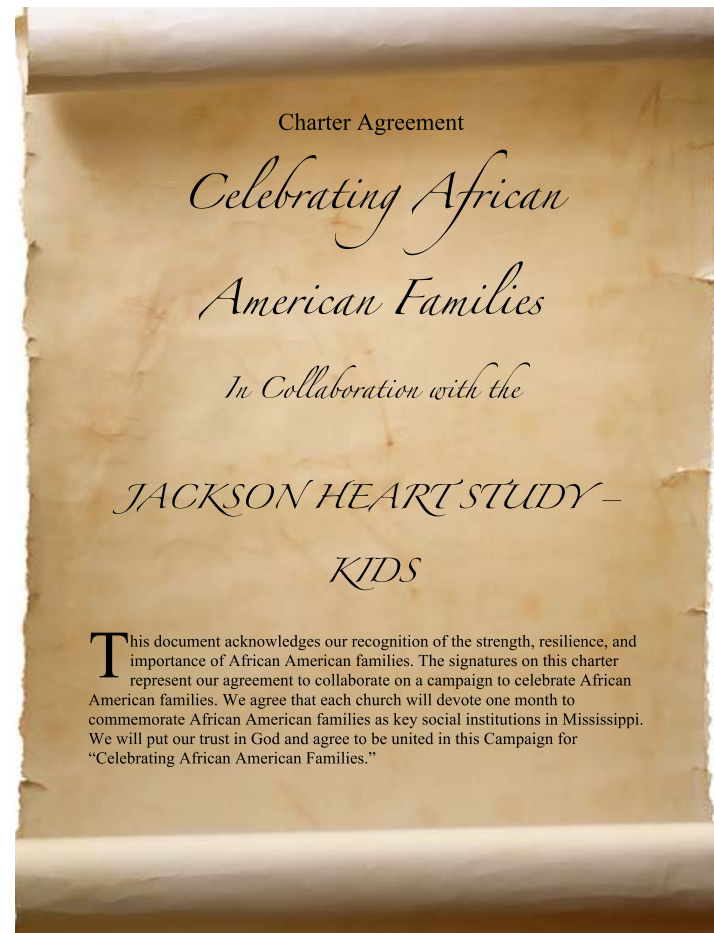


#7 - COMMUNITY INVESTMENT CAN ENHANCE COMMUNITY ENGAGEMENT

- Community engagement –
 - “Process of inclusive participation that supports mutual respect of values, strategies, and actions” (Community Engagement at NIH)
- Community investment –
 - Extends engagement by:
 - “Stopping by when you don’t want something”
 - Acknowledging the mutuality of “community”
 - Potential “ripple effect” extended to community members indirectly engaged through activities

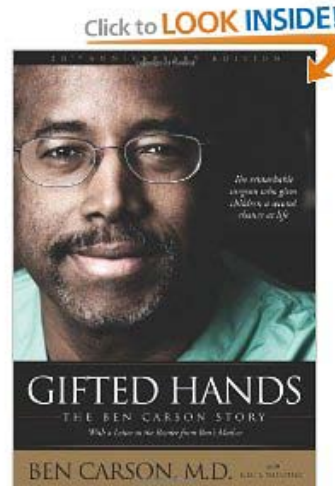
COMMUNITY INVESTMENT ACTIVITIES

- Celebrating African American Families
 - Collaboration with 20 African American churches
 - Each church selects a month to celebrate
 - Photos sent to the KIDS team to create calendar
- Dinner held with the Pastors
- Public signing ceremony held at the Jackson Medical Mall



COMMUNITY INVESTMENT ACTIVITIES (CONTINUED)

- Read Well Campaign
 - Goal: Increase family reading
 - Rationale:
 - Literacy levels in MS
 - Importance of reading to research participation
 - Partner with schools to encourage parents to read assigned books with their children



COMMUNITY INVESTMENT ACTIVITIES (CONTINUED)

- Family Health Fair - July 15, 2012
 - 25 vendors
 - Approximately 300 people attended
 - Exercise for Seniors
 - Mall wall for children
 - Exercise for children
 - Sign-up tables for KIDS Study
 - Covert signing for Pastors
 - Raffle drawings
 - Kick-off of Read-Well Campaign
 - Media Coverage
 - Jackson Advocate
 - Local NPR station interview
 - TV interviews



YOU'RE INVITED TO THE...

FAMILY-A-FAIR

Kick-Off Event!



Wednesday, July 25, 2012 | 10am - 2pm

Jackson Medical Mall | 350 West Woodrow Wilson, Jackson, MS

Join the **Jackson Heart Study – Kids** in launching two new campaigns: “Celebrating African American Families” and “Reading for Wellness”.



Health Equity, Health Literacy, & Wellness is a Family-A-Fair!

Free food & beverages

Freebies and live entertainment

Free health screenings & information

Raffle prizes

Fun activities for the family

**For more
information**

Call 601.815.9003



FAMILY -A-FAIR



#6 - CREATIVITY IS THE MOTHER OF INVENTION

- Staffing Challenges
 - Created Student Research Team (SRT)
 - 5 graduate students at Jackson State University
- Created Field Methods course (CJ 580)
 - Year-long course (didactic and interactive)
 - Taught by Dr. Marino Bruce
 - Trained in:
 - Applied Research Methods
 - Development of research protocols
 - IRB submissions
 - Responsible Conduct of Research
 - Data collection - Certified in measures below
 - Anthropometrics
 - Blood pressure
 - Psychosocial measures
 - Pre-course assessment on Research Self-Efficacy (12/15/11)

STUDENT RESEARCH TEAM

- 5 students all committed to careers in CJ
 - Two are planning to apply for doctoral programs health-related fields
- APHA Student Memberships provided
 - Personal, not grant dollars used
- Two abstract submissions
 - APHA - abstract wait listed
 - NIH Disparities Conference - abstract accepted
 - Primary data collection study
 - Perception of research participation of Millennials
 - IRB submission process, data collection, data entry, and analysis (Epi Info)
 - Manuscript in progress

STUDENT RESEARCH TEAM



ADDITIONAL STUDENTS INVOLVED IN JHS KIDS

- Emily Fowler – MPH Student (Lenoir-Rhyne College)
- Kim Garza – MS/PhD Student (University of Illinois-Chicago)
 - Contacted through NIH study announcement
 - Obtained funding through the Provost's Office to come to Wake and work on study for the summer
 - Planning Master's thesis related to JHS KIDS
- Connor TeVault
 - Was a high school student – senior practicum
 - Developed an APP for the KIDS study
 - Now college freshman – Elon College

#5 - “MEET THE PEOPLE WHERE THEY ARE” (PAULO FRIERE)

- Importance of the medical mall
 - Trusted community location
 - Tenets (selected)
 - MIGMH/DRI
 - KIDS Study Office
 - Hinds County Health Department
 - Jackson Heart Study
 - Jackson State University College of Public Service
 - UMMC Cancer Center
- Mobile Clinic Plans (full study)
 - Temporary KIDS Study clinics in community locations (e.g. Churches)
 - Able to bring clinic to homes and other convenient locations

#4 - YOU WILL ALWAYS BE A CHILD TO YOUR PARENTS

- Grandparents were our most important recruiters!
 - Typically first point of contact
- Used an intergenerational approach that spanned households
 - Initial contact with grandparents required additional follow-up with parents
 - 15% of appointments had to be rescheduled

#3 - THERE IS NO “I” IN TEAM

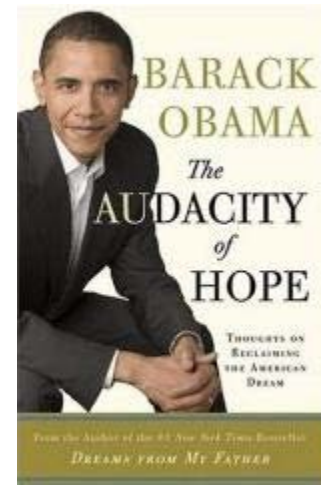
- Using the principle of “doing life together” helped to build a strong team
 - Recognition of birthdays, anniversaries, births, accomplishments, health challenges, etc.
 - Demonstrated commitment to overall academic development of students
 - “The Great Debaters”
 - Conscious creation of “community” within the study

#2 - PILOT GRANTS CAN LIGHT A FLAME

- Participant Enrollment to date
 - 101 children/adolescents completed baseline assessments
 - 23 (additional) - scheduled for visits
 - 25 (additional) - called and waiting to be scheduled
 - 23 grandparents/55 parents
 - 58 finger sticks (28 fasting; 30 non-fasting)
- Study is on-going (seeking no-cost extension)
 - Early demographics
 - Mean age - 15.1
 - Gender - 52% males
 - Mean BMI - 25.3 (kids)/35.3 parents/34.9 grandparents)
- Calls from interested participants continue!
- Community interest in opening study to non-JHS participants
 - JHS PI invited to every event
 - Community Advisory Board - strong recommendation
 - Interest demonstrated at Family-A-Fair
 - JHS has a waiting list

#1 - “THE AUDACITY OF HOPE”

- Planned full-scale R01 application 2013
 - Inclusion of families within and outside of the JHS
 - Overall goal:
 - To analyze the intertwined biological, behavioral, and social transmission of obesity and obesity-related risk factors across generations and to test inter-generational, exposure-disease associations by linking data from JHS and JHS-KIDS data.



JHS KIDS RESEARCH TEAM

- Bridgette Booker, PhD
- Marino Bruce, PhD, MSRC, MDiv
- Shirley Collins, BS (SRT)
- Mary Crump, RN, MS
- Brittany Fells, BS (SRT)
- Erica Hale, MS
- Gina Hamilton, BS (SRT)
- Katrena Harris, BS (SRT)
- Regina James, MD (Project Officer)
- Mario Sims, PhD
- Herman Taylor, MD, MPH
- Robert Wentworth, BS (SRT)

THANK YOU!

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