

Adventist Health Study 2

Better
health for
everyone!

A Legacy for Life

Annual Newsletter, Fall 2003, Issue 1

Over 40,000 Enrolled in AHS-2



Dear Member,

As co-investigator of the Adventist Health Study-2 and director for Black/African

American recruitment, I would like to thank you who have already become a part of this monumental study. It will become a Legacy for Life for the Black Adventist community. So far, you are one of about 40,000 people (7,000 Blacks) across the U.S. who have completed the questionnaire. Collectively your efforts represent at least 100,000 hours of time. We are grateful for your time and are confident that the knowledge gained and shared with you about diet and cancer will be of benefit to you and your family. If you have not completed and sent in your questionnaire, it is not too late. Complete it, and mail it in today. If

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Diabetes: The Silent Killer of Black/African-Americans

What is diabetes?

Diabetes is a chronic disease in which the pancreas fails to produce enough insulin to control blood sugar levels in the body, or the body cells fail to use the produced insulin efficiently. It shows up by high levels of sugar in the blood. It may also show up in the urine because the kidneys try to get rid of the excessive amounts of sugar in the body. There are 2 types of diabetes: Type 1 (or insulin-dependent diabetes) which mostly appears in childhood, teen years, or early adulthood. Type 2 (also referred to as adult on-set diabetes) usually occurs some time in adulthood, although the rate of Type 2 diabetes among children is rising alarmingly due to the increase in childhood obesity. This new study will provide us with more answers.

What causes diabetes?

The experts are not sure about what causes diabetes, but in nearly one in four cases there is a family history of diabetes. What they do know is that there are some things you can do to lower your risk of getting diabetes, including: 1) Maintaining normal weight; 2) Getting plenty of physical activity; 3) Eating a well balanced diet of at least five servings of fruits and vegetables a day; and 4) Seeing your doctor regularly and having a blood test done with each annual visit. If your doctor does not tell you what your glucose test shows, be proactive and ask.



I have diabetes—so what can I do to manage my diabetes and lower my risk of complications?

- Reach and stay at a reasonable weight
- Avoid skipping meals
- Eat about 30 minutes after taking your diabetic medication.
- Treat low blood sugar reactions properly and immediately if you are taking diabetic medication.
- Increase your daily activity to help lower your blood sugar and your weight.
- Eat a balanced diet every day, using the basic food groups as your guide.
- Eat less fat
- Eat more high-fiber foods
- Eat less sugar
- Use less salt

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LOMA LINDA UNIVERSITY SCHOOL OF PUBLIC HEALTH
Oakwood College, and Seventh-day
Adventist Churches of North America



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you have completed the questionnaire, you might be wondering what's next. All of you will receive a short questionnaire in the next few months asking you whether you have experienced any new cancer or heart attacks. Also, if we can combine your questionnaire with the results of blood, urine or other tests that may relate to diet (e.g., blood vitamin levels) we can make the dietary information more accurate. So, a few of you will be asked to represent the whole group and attend a brief clinic at your church, and we hope you will participate if you are asked.

Our funding for this project comes in five-year blocks. Hopefully, we will have reached our enrollment goal of 125,000 (including 45,000 Blacks) by the end of the first five years (still three years to go). However this is just the beginning. A study like this should last for decades potentially as we continue to follow your health experiences and find answers. So what you and Loma Linda have started is quite a big endeavor that should be thriving for many years to come. I hope that you will find this a positive and satisfying experience, and I look forward to our partnership with you in this research over the next several years. Thanks for making a difference.

Warm regards,



Patti Herring, PhD, RN
Co-Investigator,
Adventist Health Study - 2

A Legacy for Life

Adventist Health Study - 2
Annual Newsletter

Editor; Patti Herring

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Salute to ... Georgia Crain

93% Questionnaire Return In Three Weeks

Meet Georgia Crain of the Faith Temple Seventh-day Adventist Church of Dallas, Texas. As the consultant in a 674 member church, she succeeded in returning 93 percent of her goal of questionnaires in three weeks. The staff at Adventist Health Study- 2 was so impressed that we decided to ask her what methods she used to get such a great return. This is what she said:

Q How did you feel about being chosen by your pastor to lead out with the study?

A *I really didn't know what the study was all about at first.*

Q Were you enthusiastic or interested? What were your expectations?

A *I was very interested and willing to do anything that would help the church.*

Q Do you believe in the study and why?

A *I believe in the study for our Black people. What ever I can do I want to help out.*

Q How did you prepare for leading out with the study? Did you study the materials sent and get a feel for what you were to do?

A *I studied the material that was sent to me and my niece. It really helped me to understand and prepare. She kept me on top of things. Having someone to help is a good thing.*

Q What do you feel contributed to your success in making your goal?

A *I felt that taking the questionnaires home would not work for my church members because we procrastinate. I personally gave the members a one-on-one invitation as I passed out the weekly flyer information and asked them whether they were coming to our study dinner. We prepared dinner on the day of the celebration. We passed out the salads first and asked them to fill out their enrollment cards. When the enrollment cards were handed in they were then served the main meal. The members did not have to get up to get anything. We served them. I even brought in nice comfortable chairs for sitting long hours and also decorated the church so that it was pleasant for the participants. I really feel it was a team effort from the members who I asked to help that also led to the success.*

I thanked Georgia Crain for her candid account of her success and bid her goodbye. The next day I received an email that read: *"Thanks for considering our church for your magazine. It is a blessing to be a part of this survey for health. It has sparked a new interest in health practices for all who participated. Since speaking to you I realized I hadn't answered how Faith Temple was able to accomplish the completion of the health survey in a timely manner. I wanted you to know this task was blessed by God through much fasting and prayer prior to the luncheon held at the church."*

Meet Our Staff ...

Black Recruitment Team

The people below are the faces behind the voices you hear over the phone and the manpower behind the correspondences you receive in the mail. They are the ones who keep this study going full steam. They are some of the individuals whose efforts make this study a success. Colwick Wilson, PhD, is a co-investigator and assistant director for Black Recruitment. He is also a professor at Loma Linda University in the Graduate School, Department of Counseling and Family Sciences.



Colwick Wilson, PhD



**Research assistants left to right:
Julie Boney, Phyllip Baker II, Beverly Johnson,
Baron Sovory, and Karen Watson**



Donna Richards



Glynis Pierre-Louis

- **Julie Boney, MS**, is an experienced technical writer and was the lead consultant at her church in Minnesota before relocating to California.
- **Phyllip Baker II, BBA**, is a recent graduate of Southwestern Adventist University with a major in Management Information Systems
- **Beverly Johnson, AA**, is the church clerk at Del Rosa SDA Church in San Bernardino, CA, and holds numerous church offices.
- **Baron Sovory, BA**, was the youth pastor at Kansas Avenue SDA Church in Riverside, CA for three years. He is a new student at the seminary at Andrews University where he will be working part time for the study.
- **Karen Watson** earned two AA degrees and has a wide range of administrative and computer skills. She is also a licensed life insurance agent and notary public. She is a consultant trainer and travels extensively for the Study.
- **Donna Richards, BA**, has a marketing background and was the lead consultant at Kansas Avenue SDA Church in Riverside, CA. She is the lead trainer and travels extensively for the study.
- **Glynis Pierre-Louis, BS**, is an experienced health facilities administrator and health claims examiner. She has a business background and office management experience.

Distinguished International Consultants

The AHS-2 Black recruitment team is fortunate to have 10 distinguished individuals from well-known institutions serving as consultants for the study. They bring to the table a wide range of expertise, research, and personal experiences while helping us in various advisory capacities. They meet with us once a year to review our progress and make recommendations.

Gwen Foster, MPH, CHES, is the Health Czar for the City of Philadelphia, PA; Margaret Hargreaves, PhD, is on faculty at Meharry Medical College in the School of Medicine; Alfred Haynes, MD, is President Emeritus, Drew Post-Graduate Medical School; James Kyle, MD, is pastor of the Breath of Life SDA Church in Los Angeles and CEO of Genesis Health Care; Susanne Montgomery, PhD, is professor of Public Health at Loma Linda University; Leslie Pollard, PhD, is Vice President for Diversity at Loma Linda University Health Science Center; Susan Preston-Martin, PhD, is a professor at University of Southern California and the Norris Comprehensive Cancer Center; David Williams, PhD, is Director of the Institute for Social Research at the University of Michigan; Toni Yancey, MD, MPH, is on faculty at the University of California, Los Angeles; Andy Lampkin, PhD, is on faculty in the Religion Department at Oakwood College.

Thanks to the following Oakwood College students who recruited for the study during their break:

Allaceea Lewis, George Young, Antoine Germany, Trevor Barnes, Jr., Lelis Simmons, Amos Nkata, Jennifer Rugless, Ashley Artis, Danielle Davis, Jennifer Williams, Helen Williams, William White, Lynet Winfrey, Alicia Trusty, and Holly Small.

**For more information
visit our website:
www.adventisthealthstudy.org**

Answers to Some of Your Questions About the Study

Q What if I haven't returned my questionnaire?

A It is not too late to return your questionnaire, even if you have had it for months. You are very important, and the information that only you can supply is unique. If you threw away your questionnaire or lost it, please complete the attached enrollment card and send it in today.

There are at least 10,000 missing questionnaires out there waiting to be completed and returned. Please take the time today to get yours in so that you'll be a part of this ground-breaking study.



Q I am concerned about my privacy. I don't want people knowing certain things about me. What assurance do I have that the information I supply on the questionnaire will not be shared with anyone?

A To help us protect and guard your privacy, the National Institute of Health (NIH) has given AHS-2 a Certificate of Confidentiality. This means that we (researchers) cannot be forced by anyone (not even the government) to give anyone any information about you or anyone else who enrolls in the study. This is our guarantee to you. Only you, by written permission, can direct us to give your personal information to someone else or to another institution. Besides never sharing personal information with any other group or persons, we are further committed to your privacy in the following ways:

- The last page of the questionnaire that has your personal information (such as your social security number, birth date, address, etc.) is stored in a locked file cabinet.
- The rest of the questionnaire (which does not have your name on it) is stored somewhere else. It is also stored in a locked cabinet.
- After the pages are separated, you become a number among many numbers.
- Only two senior researchers can match these numbers to names.
- All data files (containing your questionnaire information) are kept on a private computer network, which cannot be accessed or hacked into from the Internet.
- Thousands of people have sent in completed questionnaires. Your questionnaire becomes one of thousands, which are analyzed together in large numbers.

Call the office if you would like a copy of the Certificate of Confidentiality, which guarantees your privacy.

Q A few months ago, I completed an enrollment form which I found in the Adventist Review. A few weeks later, I received a questionnaire in the mail. I completed it and sent it in. Do I need to enroll and complete another questionnaire?

A No, once you enroll and complete one questionnaire, you have done your part. We thank you for taking the time to do so. Please do not send in another enrollment card or complete another questionnaire.

Q I understand this is a long research study, and it could last for many years. Will I be asked to do anything else at a later time?

A Yes, small number of you will be asked to take part in a Support Sub-Study. This sub-study will help us to better understand some of the findings from the questionnaire and make the dietary information more accurate.

Another small group of you will be asked to attend a clinic at your church or somewhere close by. This pilot clinic will help us to discover the best ways to extend the clinic to everyone who participated in the larger questionnaire study.

In addition, every two years we will send you a very short questionnaire (much shorter than the first one). It will ask you about any changes in your health and if you have been in the hospital.



Obesity and Diabetes

In his newly released book Diet, Life Expectancy, and Chronic Disease, Dr. Gary Fraser (principle investigator for AHS-2) reported that non-vegetarian Adventists have twice the risk of developing diabetes as compared to vegetarian Adventists. This is partly due to the fact that more non-vegetarians are over weight. Basically vegetarians are thinner which has positive affects on diabetes and blood pressure.

Findings from Adventist Health Study - 1

The Adventist Health Study-1 was the first to discover that...

- Eating nuts five or more time a week can reduce your chance of a heart attack by 50 percent.
- Eating whole wheat bread reduces the risk of heart disease.
- Eating beans on a regular basis can reduce your risk of bowel and colon cancer.
- Drinking one to two glasses of soymilk may reduce your risk of prostate and breast cancers.
- Drinking five to six glasses of water a day may reduce your risk of a fatal heart attack by 50 percent.
- Drinking one glass of water before you go to bed at night can reduce your risk of a fatal stroke by 50 percent.

Tips To Live By

Laughter and Living Longer

Laughter has been called “inner jogging”. That’s because you get a real work-out when you laugh. When you laugh, the muscles in your abdomen, chest, and shoulders contract. So, for a short time your heart rate goes up, your breathing speeds up, and your blood pressure goes up. After laughing, the muscles are more relaxed, and the heart rate and blood pressure drop below normal.

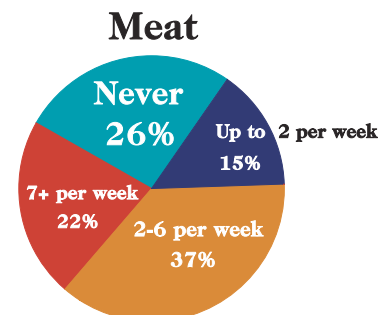
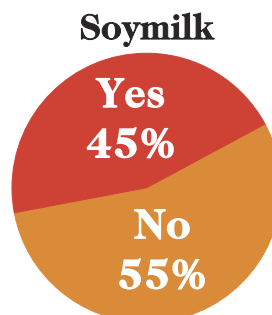
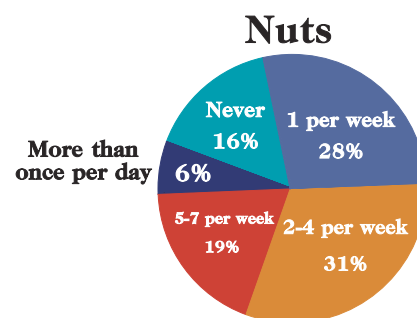
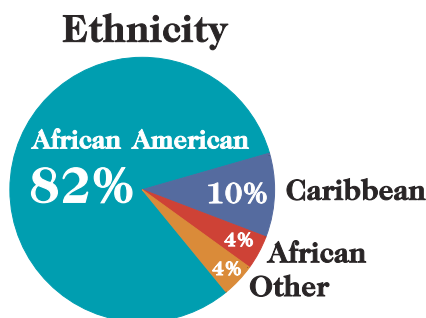
Laughing also stimulates your body to produce brain chemicals called endorphins. These are natural pain relievers. They can also cause what is called “runner’s high”, which some people call “laughter’s high”.

For these reasons, laughter may cut stress, help with depression, lower your blood pressure, and lower your chances of a heart attack and stroke. Recent studies have found that laughter can be as good in cutting stress as biofeedback. Yet laughter requires no special training or equipment. All it requires is a “funny bone”, which we all have.



Preliminary Reports for AHS - 2

Here are some recent findings from Adventist Health Study - 2, including the ethnicity of people who’ve responded and the types of foods they typically include in their diet.





Physical activity can reduce your risk of diabetes. And if you do have diabetes, it could help you control your blood sugar.



People who exercise live longer

Findings from the first Adventist Health Study showed that people who exercised 3 times a week for at least 15 minutes each time, lived longer than those who did not exercise at all. Men on average experienced 2.7 years of extra life, and women 1.9 years of extra life. Don't be a part of the sedentary group - start moving. Take the stairs instead of the elevator. Park far away from your destination, walk the extra distance to the entrance to the shopping center or your workplace.

Did You Know ...?

Can getting married be hazardous to your health?

A recent study published in Obesity Research found that women gained six to eight pounds within two years of getting married. Researchers say the gain may be due to their eating more and exercising less. So, avoid the post-honeymoon fat. Ladies, don't try to keep up with him as he can eat more than you can and not gain. Also get into a romantic after-supper walking routine together.



Stress is a Killer

No matter what the source of your stress is, it is very important to take a relaxation break at least one time every day. Take time for yourself, calm down, and do what makes you happy. Stop putting off your wellness. Just 15 minutes a day can make you feel like smiling again.

Ways to Relax & Lower Your Stress

- *Get moving.* Physical activity is the first key. A 30-minute workout three times a week sends more oxygen to your brain, rids your body of toxins, and gives you a way to get rid of stored-up emotions.
- *Pet a cat or dog.* It's been medically proven that stroking your pet's fur lowers your blood pressure.
- *Dig in the dirt.* Gardening, whether on a grand scale or in a few pots on your porch, brings a sense of peace and well-being.
- *Float away.* A 15-minute float in the pool can be meditative, almost spiritual. This also works in a tub if a pool is unavailable.
- *Snooze.* A 15-minute nap can be a lifesaver. Listen to your body.



The Study

- Will involve 125,000 (45,000 Black) Adventists in the U.S. who complete a questionnaire
- Is based at Loma Linda University, in partnership with Oakwood College
- Is supported by a major grant from the prestigious National Institutes of Health
- Is endorsed by the North American Division of Seventh-day Adventists

Adventist Recruitment Goals by Year

Year	Number of Subjects	
	<i>Blacks</i>	<i>White</i>
2002	3,000	10,000
2003	11,250	35,000
2004	11,250	35,000
2005	19,500	0
Totals	45,000	80,000

“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war, that the bright daybreak of peace and brotherhood can never become a reality I believe that unarmed truth and unconditional love will have the final word.”

Martin Luther King, Jr.

Hats Off To ...

Churches That Have Met Their Goal (As of August 2003)

Here are the churches who have already reached their goal of returned questionnaires. Congratulations and many thanks to the pastors, local consultants, and members.

Churches by Conference	Percentages	Pastors
Central States Conference		
Claremont	100%	Bryan W. Mann
Covenant	106%	Roosevelt Williams
Shiloh Leavenworth	120%	Gabe Taylor, Jr.
South 18th	100%	Andre Trofort
Lake Region Conference		
Altgeld Gardens	108%	J.D. Parker
Bethany Chapel	200%	Phillip Jenkins
Calvin Center	106%	Richard Sylvester
Cornerstone – Jeffersonville	100%	Paul Bryant
Emmanuel – Indianapolis	120%	Tunde Ojewde
Ephesus – Marion	116%	Earl Peters
Faith Fellowship	110%	Keith Paschal
Haughville	105%	Lawrence Logan
London	113%	Donald Morris
Metropolitan – Evansville	110%	Paul Bryant
New Life – Chicago	110%	Robert Robinson
Nigerian	120%	Lawrence Oladini
Southside – Pontiac	129%	Keynal Cadet
Summit	142%	Phillip C. Willis, Jr.
Wood Street	125%	Richard Washington
Northern California Conference		
Market & E Street – Stockton	102%	William Penick
Southern California Conference		
Sun Village	129%	Stephen Lewis
Southeastern California Conference		
Del Rosa	129%	Clyde Cassimy
Perris Fifth Street	114%	Royal Harrison
Rainbow Community	329%	Nosakhere Thomas
Central California Conference		
Westside – Modesto	100%	Earl Canson
Southwest Region Conference		
Camden	112%	Junious Ivory
Casalita Drive	100%	Truman Bryant
Dallas Fellowship	147%	Melvyn Warfield, Sr.
Faith Temple – Dallas	128%	Billy Wright
First – Natchitoches	100%	Robert Davis
First – Tallulah	100%	Tony Brown
Friendship	120%	Hardden Weech
Glad Tidings	100%	Helvis Moody
Kenner	121%	Carl M. Bailey, Jr.
Love's Chapel	120%	Hardden Weech
New Life – New Orleans	111%	Rodney Draggon
Philadelphia – Enid	100%	Joe Ellis
Philathea	100%	Raynell Smith
Present Truth	113%	Tony Brown
Rayville	100%	Lawrence Smith
Shiloh – Little Rock	114%	Terrell McCoy, Sr.
Upper Columbia Conference		
East Central Spokane	116%	Colin Dunbar

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Why should Black /African American Adventists enroll in the Adventist Health Study - 2?



Norman Miles, President
Lake Region Conference,
Seventh-day Adventists

*"Everything in life
that is worthwhile
takes time and
effort. This makes
sense, this is good
for you."*

Resources for Pastors

Video/DVD, CD, and PowerPoint presentations
Pastors contact: 1-866-558-6267



Gus Cheatham helping his mother, Laura, age 100, complete the Adventist Health Study - 2 questionnaire. If she can do it, you can too!

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