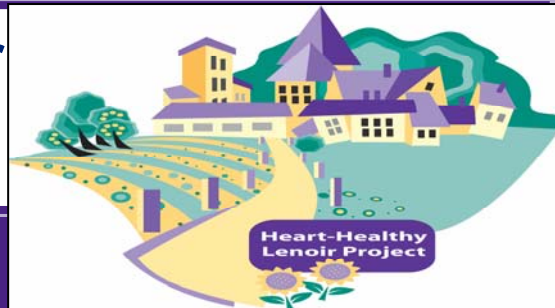


Heart Healthy Lenoir Project



FINAL STUDY RESULTS

From the UNC–CH Study Director:

We are writing to provide the results from the Genomics Study (see other side of newsletter). Once again, we would like to thank everyone in the Lenoir County community who contributed to or took part in the Heart Healthy Lenoir Project. We are grateful to you for letting us be a part of your community. From the Lenoir County Health Assessments, we know that addressing obesity and high blood pressure are health priorities for the county. We hope that this project has helped your community identify ways to tackle these health issues. The research team wishes you well and hopes to partner with you in the future to promote good health!

What did we do?

We conducted 3 studies to test whether or not the **Heart Healthy Lenoir Program** helped Lenoir County residents lower their heart disease risk.

How did we do it?

We offered 3 studies:

- A Lifestyle Study
- A High Blood Pressure Study
- A Genomics Study

Who participated?

664 community members in the Lenoir County area. Average age was 57 years, 72% were female, 60% Black and 39% White.

Community-wide Efforts to Promote Healthy Lifestyles



BBQ Festival



Living the Good Life Expo



Lenoir Co Childhood Obesity Prevention



Restaurant Project

Funding provided by the National Institutes of Health, Grant #P50HL105184, to the UNC Center for Health Promotion and Disease Prevention (a CDC Prevention Research Center). UNC IRB #10-0395.

Lifestyle Study – This study lasted 2 years. During the first 6 months, everyone worked on improving their eating and physical activity habits. After that, about half also decided to work on weight loss.



Did it work?

YES

Overall, diet quality improved quite a bit! Those in the study started eating more healthy foods like nuts, vegetable oils, and fruits and veggies. They also drank less sugar-sweetened drinks like soda.

Blood pressure decreased a lot! Systolic (the top number) went down by 6 mm Hg and diastolic (the bottom number) went down by about 4 mm Hg.

Many lost quite a bit of weight! About a quarter of those who worked on weight loss lost more than 5% of body weight (about 10 pounds or more). This amount of weight loss is similar to what is seen in most weight loss programs.

Almost all said they enjoyed taking part in this study!

High Blood Pressure Study – This study lasted 2 years. Everyone worked with a phone coach and used a home blood pressure monitor to track their pressure. We also worked with your doctors and their staff to enhance care delivery for all of their patients with high blood pressure.



Did it work?

YES

Overall systolic blood pressure (the top number) went down by 6 mm Hg! Black participants decreased their systolic blood pressure by 6 mm Hg while White participants decreased their systolic blood pressure by 7 mm Hg.

Genomics Study – Why did we do this study? Some people gave blood to help us learn more about how DNA affects the way your body responds to healthy eating and efforts to better control blood pressure. The goal was to find out if some parts of our DNA were different in people that were more successful in either the Lifestyle or High Blood Pressure study.

Our results? We did find DNA differences in study participants with greater improvement in blood pressure. We also found DNA differences in study participants that ate more green vegetables.



What does it mean? We are using this information to help understand why some people respond better to blood pressure treatments and how our DNA affects taste. Both of these results may help doctors in the future with the best recommendations for high blood pressure and diets.