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HEART OF THE FAMILY STUDY

EMILY CRAVENS, MPH

# “Heart of the Family” Study Could Help You Reduce Risk of Heart Disease, Diabetes

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Heart disease and type 2 diabetes are often preventable, but Kentucky has the nation’s ninth-highest rate of heart disease and the fifth-highest rate of diabetes. Plus, many Kentuckians have pre-diabetes but don’t know it.

A team at the University of Kentucky (UK) is leading a health study called “Heart of the Family” to help people learn to reduce their risk for these illnesses, and they’re inviting participants to join!

# Origin Story

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- Lexington/Fayette Spanish speakers

- Expanded to rural/Appalachian only

- Spanish speaking rural success

(where resources are harder to come by)

- Challenges and success of recruiting English speakers in rural/Appalachian Kentucky



# Heart of the Family

You are invited to participate in a study to reduce risk for cardiovascular disease and type 2 diabetes

## Who is invited?

Adults who:

- ♥ Are at risk for heart disease or type 2 diabetes (For example, do not eat healthily or exercise; have high blood pressure or cholesterol; or are depressed or stressed)
- ♥ Do not already have heart disease or diabetes
- ♥ Are 18 years of age or older
- ♥ Speak English or Spanish
- ♥ Have internet access

*Some participants will be invited to participate with a member of their family. Therefore, you will need a family member who also wants to participate and:*

- ♥ Is 18 years of age or older
- ♥ May or may not have heart disease or type 2 diabetes
- ♥ May or may not be at risk for these diseases

## As part of the study

- ♥ We will gather information about lifestyle and other health information
- ♥ We will conduct some health-related assessments such as checking your blood pressure and cholesterol levels
- ♥ We will provide educational sessions about healthy lifestyles via Zoom

Everyone in the study will receive an incentive for participating

### **For more information contact.**

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Program Director

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# What do participants get?

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- Eight one-on-one, personalized health education sessions based on their risk factors and health. The sessions are over Zoom—no out of county travel required.
- Free screenings to check health measurements such as blood pressure, A1C, and cholesterol. Screenings can be done in your home community (we'll come to you!) or at an off-campus UK office.
- Gift card incentives. (\$35, \$35, \$50)

# Who can join?

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At least 18 years old.

Do not have heart disease or diabetes.

Live in one of these Kentucky counties: Anderson, Bath, Bourbon, Boyle, Casey, Clark, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Marion, Mercer, Montgomery, Pulaski, Rowan, Scott, Woodford (and several others)

Have two or more risk factors: Family history of heart disease or diabetes, personal history of gestational diabetes or polycystic ovarian syndrome (PCOS), little or no exercise, unhealthy diet, high blood pressure, high cholesterol, elevated blood sugar, stress, depression, overweight, tobacco user

# Individual vs Buddy system

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Some participants will be asked to have a friend or family member join with them as a “study buddy,” so make sure you have someone willing to participate with you.

They can participate even if they have diabetes or heart disease. Study buddies will receive the same benefits/experience.

# What is required of participants?

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- Participants should be willing to complete eight virtual health education sessions, share health information with the study team, and have blood drawn.
- All your information will be kept completely confidential, just like in regular medical care.
- Must have access to internet
- Must be able to get to local library/extension office a few times
- One year commitment: estimated less than 20 hours over the year

# How do we recruit?

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-Presentations

-Health fairs

-Festivals

-Set up in libraries, health departments, farmers markets, etc.

-Leaving flyers

-Word of mouth

-Referrals

-Interagency meetings

\*Please let me know if you would like us to set up or contact a specific resource/person

# How can I get involved?

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If you're interested in learning more or joining, contact:

Emily Cravens, MPH

[emcravens@uky.edu](mailto:emcravens@uky.edu)

Leave voicemail at: 859-218-6827

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Learn more about participating in research at [UKClinicalResearch.com](http://UKClinicalResearch.com)

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