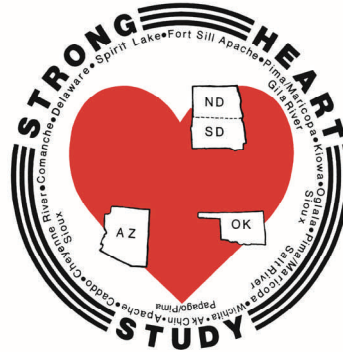


Facts about The Strong Heart Study

- The Strong Heart Study (SHS) is a study of cardiovascular disease and its risk factors among American Indians.
- The SHS has a field center in each of the following areas: Arizona, the Dakotas, and Oklahoma. SHS also has a coordinating center in Oklahoma, Penn Medical Laboratory in Washington DC, an ECG and ultrasound reading center at Weill Medical College of Cornell University in New York, and a genetics center in San Antonio, TX.
- SHS began in 1988 and has continued through five phases of study. SHS added other family members to the study in 1997.
- SHS is the largest, longest longitudinal study in the U.S. of heart disease and its risk factors in individuals with diabetes.
- SHS is a population based study and has a retention rate of 90%. This shows the extraordinary commitment of SHS participants.



Arizona

MedStar Health Research Institute
The Strong Heart Study
1616 E. Indian School Road
Suite #250
Phoenix, AZ 85016
Phone: (602) 277-0488

Dakotas

Strong Heart Study – Dakota Center
Missouri Breaks Industries Research Inc.
HCR 64, Box 52
Timber Lake, SD 57656
Phone: (605) 964-3418 or (605)-964-1260

Oklahoma

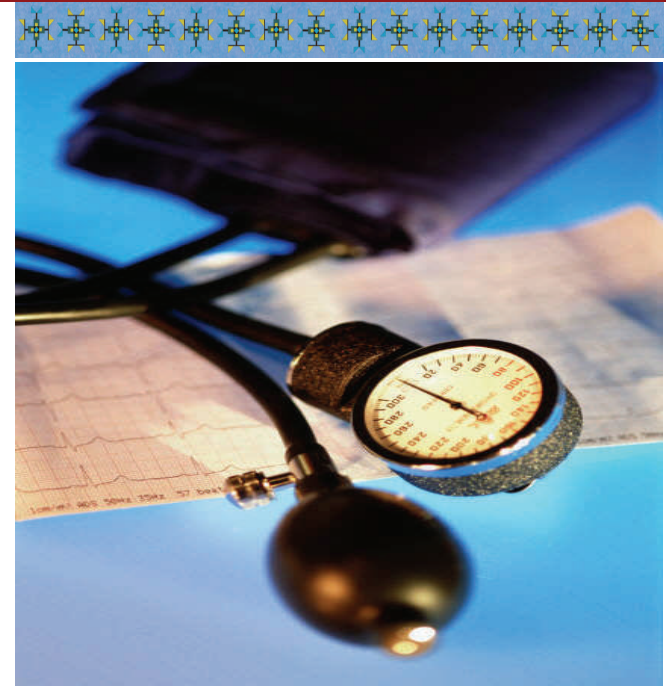
Center for American Indian Health Research
University of Oklahoma Health Sciences Center
Phone: 1-888-231-4671

Strong Heart Study Field Clinic Lawton, Oklahoma
Lawton Indian Hospital
1515 N.E. Lawrie Tatum Road
Lawton, OK 73507
Phone: (580) 248-7715

Strong Heart Study Field Clinic Anadarko, Oklahoma
Anadarko Indian Health Center
115 Northeast Old Town Drive
Anadarko, OK 73005
Phone: (405) 247-2458, ext. 8705

Visit our web site at:
<http://strongheart.ouhsc.edu>

The Strong Heart Study is supported by the National Heart, Lung, and Blood Institute, a component of the National Institutes of Health and the Department of Health and Human Services.



High Blood Pressure (Hypertension)



**RESEARCH RESULTS AND
INFORMATION FROM:
STRONG HEART
STUDY**



High Blood Pressure (Hypertension)



What is High Blood Pressure?

Blood pressure (*BP*) is a measurement of the force against the walls of your arteries as the heart pumps blood through the body. High blood pressure, also known as hypertension, is a condition in which the blood pressure stays high regularly.

High blood pressure places a strain on your heart, which has to work harder to pump blood through the body. It increases your chance of having a stroke, heart attack, heart failure, kidney disease, and damage to other organs. If you have diabetes, the risks are even higher.

Criteria for Hypertension

BP in millimeters of mercury (mmHg)

Category	Systolic (top number)	and	Diastolic (bottom number)
Normal	Less than 120	and	Less than 80
Pre-hypertension	120-139	or	80-89
Hypertension			
Stage 1	140-159	or	90-99
Stage 2	160 or higher	or	100 or higher

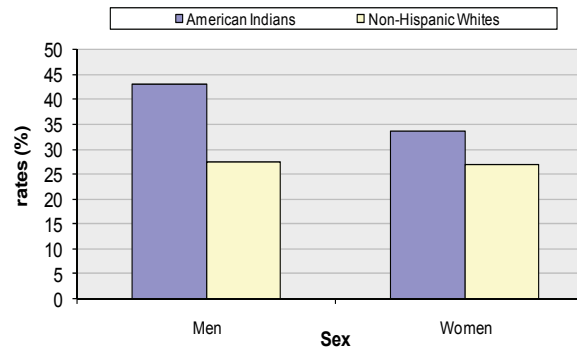
Major Causes of Hypertension

- Obesity
- Too much intake of salt
- Family history of high blood pressure
- Diabetes
- Smoking
- Alcohol
- Stress and anxiety

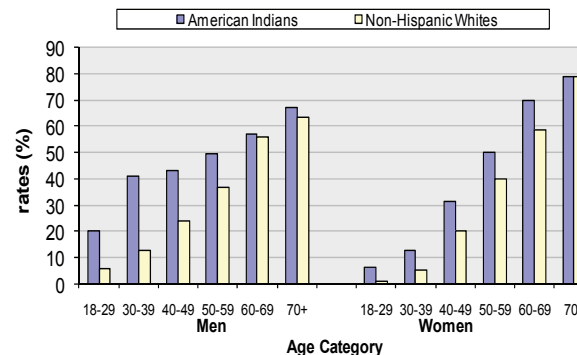
Hypertension Rates

The following charts compare hypertension rates between the American Indians and the U.S. Non-Hispanic Whites. The data were collected from the Strong Heart Study (SHS – American Indians) and from the National Health and Nutrition Examination Survey (NHANES – Non-Hispanic Whites).

Hypertension Rates in American Indians and Non-Hispanic Whites



Hypertension Rates by Age



What have we learned:

- The hypertension rate is higher among American Indians than Non-Hispanic Whites. Differences are largest in younger ages

- For American Indians of age 50 and younger, men have higher hypertension rates than women; for age 60 and older, women have higher hypertension rates than men
- Reduction of hypertension should focus on prevention, treatment and control of blood pressure, especially for young American Indians

How to Prevent Hypertension?

- Follow a healthy eating plan, and limit the amount of salt and alcohol you consume
- Lose weight if you are overweight or obese
- Be physically active at least 30 minutes/day
- Quit smoking
- Manage your exposure to stress and learn to cope with stress

How to Treat Hypertension?

For children and teens:

- Healthy eating focus on fruits and vegetables
- Be physically active for 1 – 2 hours per day
- Maintain healthy weight

For adults:

- Take all blood pressure medicines that your doctor prescribes

Remember, keeping your blood pressure normal will reduce your chance of having heart disease, stroke, and kidney disease!

