

News from **RURAL Heart and Lung Study**



The **RURAL** study promotes overall health and wellness in rural communities. This study will help us gain more knowledge and understanding about heart and lung disorders in the people that live in rural communities throughout the southeastern U.S. With your help, we hope that the findings from this study will improve the health and wellness of communities like yours.

Thank you for taking part and helping to make a difference!

A LITTLE MEANS A LOT

Come on and move something!

Did you know moving a little can help a lot? Improve your heart health by moving just a little. At least **22** minutes per day of physical activity is needed to maintain good health. Stand and sit a couple of times or move to the beat of your favorite songs at least three times a day. Let's move!

LIFE'S ESSENTIAL 8™

Healthy Sleep (7-9 hours) is one of the eight essential key measures to consider for improving and maintaining good heart health. The American Heart Association has suggestions for you to decrease the chances of heart disease, stroke, and other chronic health problems. Check out Life's Essential 8™ to learn how sleep affects your health.

REMINDER

✔ Answer the Yearly Follow-up Call. We will call you from **1-888-787-2578** each year from the date of your mobile exam unit visit.



The Operations Center is open:

Monday-Friday
8am-5pm CDT

Our toll-free number is:

1-888-RURALST
(1-888-787-2578)

Visit us at: www.theruralstudy.org

Learn Hands-Only CPR to Save a Life

When the heart suddenly stops pumping blood to all parts of the body it is called cardiac arrest.

The American Heart Association Hands-Only CPR could increase a person's survival from cardiac arrest. To learn more about the medical emergency of cardiac arrest and the lifesaving skill, Hands-Only CPR, contact your local American Heart Association.



Diabetes Risk Factors

If you are over the age of 65, there is a 50% chance that you may end up with prediabetes.

If you are age 40 or older, ask your healthcare provider to check your glucose and hemoglobin A1C.

If your parents or close blood relatives have diabetes, you are at risk too.

Include fruits, vegetables, whole grains, skinless chicken, fish, and unsalted nuts and seeds in your diet.

Schedule regular eye exams and foot exams.

Talk to your health care provider.

There is Good News! You can live a long and full life when you control diabetes.

We Want to Hear From You!

We are in the process of forming a Community Advisory Board (CAB) for the RURAL Study and want dedicated people like you to join us. The CAB will be a way for participants and researchers to share ideas about science to make research more meaningful in the lives of everyone.

If you are interested, please contact us at **1-888-787-2578** or ruralstudy@uab.edu