

February 2024

# The RURAL Heart & Lung Study Kentucky Core Bulletin

A Network of Neighbors and Partners Taking a Stand for the Health of Your Community



*February was American Heart Month.*

*We can continue our heart health journey by completing the following tips in March!*

## 12 DAYS TOWARD A HEALTHY HEART

**TRY ONE OF THESE TIPS EACH DAY, THEN KEEP UP THE MOMENTUM AND MAKE YOUR FAVORITES PART OF YOUR REGULAR ROUTINE.**

**CHECK OFF THE TIPS AS YOU GO, AND TRY TO COMPLETE THEM ALL!**

<input type="checkbox"/> MARCH 1ST SCHEDULE YOUR ANNUAL PHYSICAL. DISCUSS YOUR HEART HEALTH GOALS WITH YOUR DOCTOR	<input type="checkbox"/> MARCH 2ND MAKE TODAY A SALT-FREE DAY. USE HERBS FOR FLAVOR INSTEAD OF SALT	<input type="checkbox"/> MARCH 3RD HEAD TO BED WITH ENOUGH TIME TO GET A FULL 7-8 HOURS OF SLEEP	<input type="checkbox"/> MARCH 4TH TAKE THE FIRST STEP TO QUIT SMOKING VISIT <a href="http://SMOKEFREE.GOV">SMOKEFREE.GOV</a>
<input type="checkbox"/> MARCH 5TH TAKE A MINUTE INBETWEEN MEETINGS TO STRETCH YOUR LEGS	<input type="checkbox"/> MARCH 6TH GIVE THE ELEVATOR A DAY OFF AND TAKE THE STAIRS	<input type="checkbox"/> MARCH 7TH AVOID CAFFEINATED & ALCOHOLIC DRINKS AT LEAST 6 HOURS BEFORE BED	<input type="checkbox"/> MARCH 8TH FILL HALF OF YOUR LUNCH AND DINNER PLATES WITH VEGETABLES
<input type="checkbox"/> MARCH 9TH PLAN YOUR MENU FOR THE WEEK WITH HEART-HEALTHY RECIPES	<input type="checkbox"/> MARCH 10TH SWAP DESSERT FOR A PIECE OF FRUIT AFTER DINNER	<input type="checkbox"/> MARCH 11TH WALK FOR AT LEAST 15 MINUTES TODAY ON YOUR LUNCH BREAK	<input type="checkbox"/> MARCH 12TH PRACTICE MEDITATION OR RELAXATION TECHNIQUES SUCH AS JOURNALING

[NHLBI.NIH.GOV/HEARTMONTH](http://NHLBI.NIH.GOV/HEARTMONTH)

## ***Kentucky Activities***

To kick off the new year, our Kentucky Core Team hosted CAB meetings for all four counties. These meetings allowed us to gain insight for identifying hard-to-reach populations in both areas and provided guidance for which advertising methods would be the most efficient in all counties. To review the meeting minutes, click here: [Perry/Breathitt](#) or [Boyle/Garrard](#).

On January 23rd, Dr. Stephanie Boone and Caleb Williams presented at the Hazard Chamber of Commerce meeting in Perry County to give an overview of the study and to provide recruitment updates. Stephie attended a Lunch & Learn event this month, hosted by the UK Extension Office in Garrard County where she introduced the study to the county residents. It was a great opportunity to meet with residents from different parts of the county.

On February 14th, Caleb handed out RURAL swag items and discussed the study with attendees of the Center of Excellence in Rural Health's "Give Your Heart Some Love this Valentine's Day!" event. This event also featured free health screenings, American Heart Month information, and heart healthy snacks.

## ***Upcoming Events***

We look forward to returning this year to connect with residents of Boyle, Breathitt, Garrard, and Perry Counties and to spread the word of about getting close to recruitment and enrollment in Kentucky. We are taking time in March to focus on future community engagement plans, options for advertising, and logistical planning for the arrival of the mobile unit in Kentucky. If you know of any upcoming events, please let us know!

## ***A Word from Stephie Abraham (Research Coordinator):***

As a researcher who is passionate about gaining a better understanding of health disparities in rural areas, I am privileged to be part of this landmark study. One of the highlights of the RURAL Study is that the community is the heart of this project. Over the past year, we have had several opportunities to attend local events and converse with residents and officials. I appreciate the fact that everyone has been inviting and willing to share their story with us. Our Community Advisory Boards have also been an integral part of this journey and our team is grateful for their time and contribution to the study thus far. As we prepare for the mobile unit to arrive in Kentucky, I am excited to get more involved and promote the study.



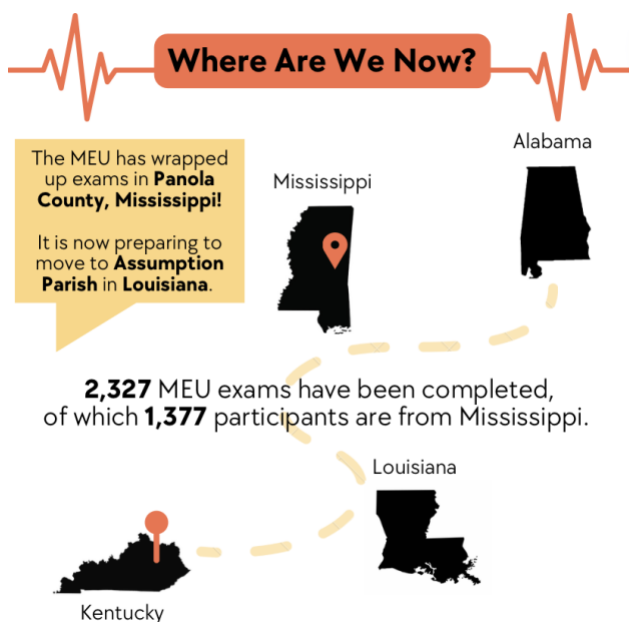
## *CAB Member Spotlight: Terry Dunn, Boyle County, KY Resident*

As the Boyle County Community Outreach Coordinator, I work diligently with all populations within the community. With a social work background in healthcare, I have seen firsthand the health disparities that exist within our rural communities.

On April 19th 2007, my father Rev. Herbert Dunn Jr, Pastor of 2nd Street Christian Church, passed away at the early age of 58. While he had several medical issues, heart disease was among the contributing factors, which ultimately led to his passing. Since then, I have learned that being proactive instead of reactive about our own personal health is key to each individual's survival. Getting the proper screening and testing performed in the early stages can be critical in helping to save lives.



The Rural Heart and Lung study will assist in addressing critical gaps in heart and lung disorders within our community and gain valuable knowledge which can be utilized for many years to come. The mobile exam unit, through testing, will offer valuable information which individuals may use to consult with their own healthcare professionals. I am grateful to be a part of the Community Advisory Board for Boyle County and look forward to serving with our community partners.



### *Where Are We Now?*

We have completed enrollment in Mississippi! The MEU is preparing to move to Assumption Parish in Louisiana in March. Following this, the MEU will move through Franklin Parish in Louisiana before making its way to Kentucky.

So far, 2,327 participants have completed their baseline exam in Alabama and Mississippi.

## ***Recruiting CAB Members***

We are still searching for 2 members from Perry County, and 2 from Breathitt County. If you know someone interested in joining our CAB, we would love to send them additional information about the study and the impact that can be made with their help. You may contact Stephie Abraham, Research Coordinator for the RURAL Study, via email or phone: [stephie.abraham@louisville.edu](mailto:stephie.abraham@louisville.edu) or (502) 852-3992.

## ***Keep Up-to-Date with RURAL***



[Click here](#) to like and follow the RURAL Heart & Lung Study Facebook page. Our page provides information on upcoming events that we will be attending, ways to promote health, updates on the MEU's status, and more.

Check out the main study website for updates on all things RURAL at [www.theruralstudy.org](http://www.theruralstudy.org) and the KY Community Engagement webpage at <https://theruralstudy.org/kentucky/>.