

Healing and Empowering Alaskan Lives Towards Healthy Hearts

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Alaska



Bering Strait Region: NSHC

Regional Map



Brevig Mission
Diomed
Elim
Gambell
Golovin
Koyuk
Nome
Savoonga
Shaktolik
Shishmaref
St. Michael
Stebbins
Teller
Unalakleet
Wales
White Mountain

- NSHC located in Nome
- Clinic facilities in 15 villages surrounding Nome

Inclusion Criteria

- Alaska Native heritage
- Live in Bering Strait Region
- Adult smoker
- High BP/cholesterol; meds
- BMI 50 or below
- Not pregnant
- Not in cessation program

HEALTHH

- Telemedicine, multibehavioral randomized control trial in the Bering Strait Region of Alaska
- Targets tobacco use and physical activity (Group 1) and medication adherence and nutritional change (Group 2)
- N = 300

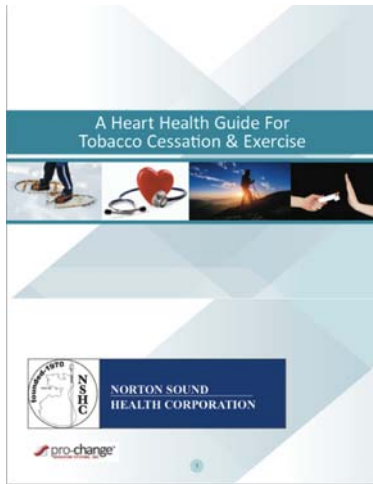
Computerized Interventions

- Baseline, 3, 6, 12, & 18 months
- Counseling & Prochange
 - TTM
 - Reports
 - Workbook
- Telephone

Study Materials

Tobacco/Physical Activity

Tobacco/PA Manual



Pedometer

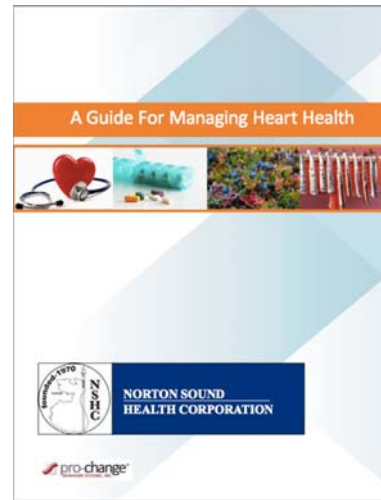


NRT voucher for gum, patch or lozenge

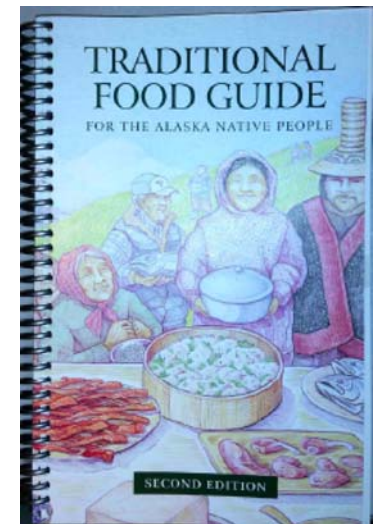


Medication Adherence/Nutrition

Med Adherence/Nutrition Manual



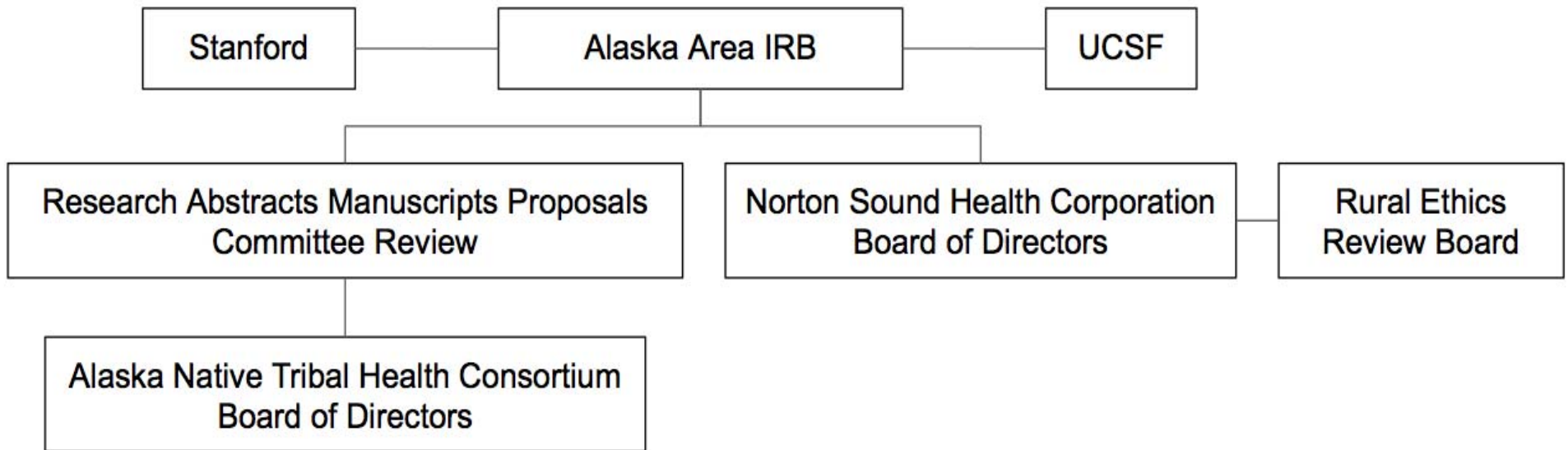
Traditional Food Guide



Medication Bag



Layers of Approval



HEALTHH Challenges & Successes

- Loss of initial community site
- Expectation to meet NIH recruitment milestones
- Recent history of research concerns in the community
- IT connections disrupted with weather and capacity
- 175 enrolled (over 115 this past year)
- Meeting and surpassing milestones
- Having desirable intervention materials & styles
- Embedded in community; staff participation
- Engaging diverse community members into the study