

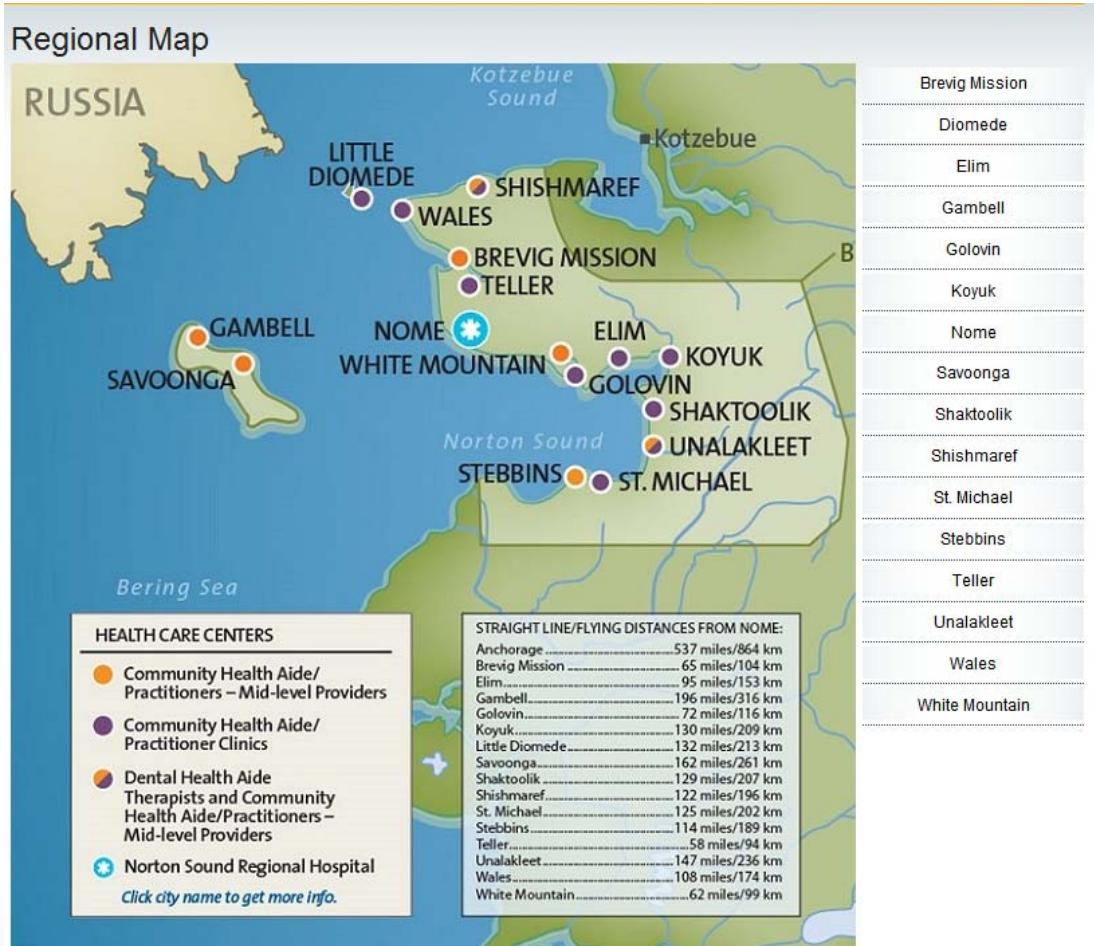
# Healing and Empowering Alaskan Lives Towards Healthy Hearts

PIs: Dr. Judith Prochaska &  
Dr. Neal Benowitz &  
Dr. Matt Schnealbacher

# Alaska



# Bering Strait Region: NSHC



- 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

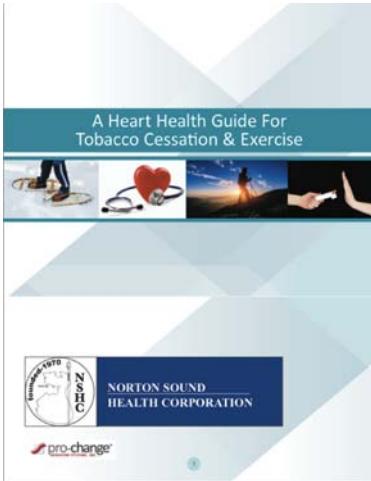
# Computerized Interventions

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

# Study Materials

## Tobacco/Physical Activity

### Tobacco/PA Manual



### Pedometer

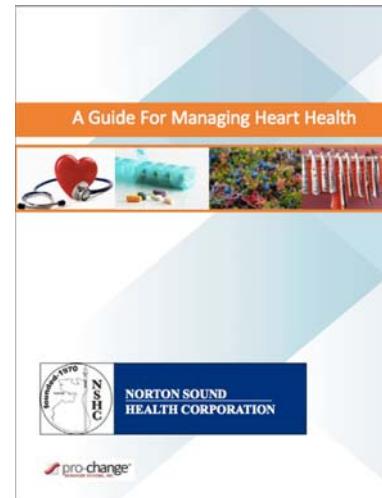


### NRT voucher for gum, patch or lozenge

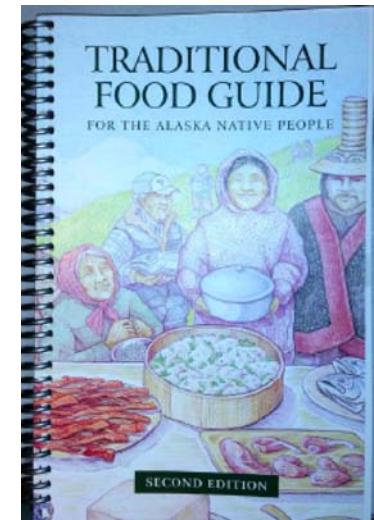


## Medication Adherence/Nutrition

### Med Adherence/Nutrition Manual



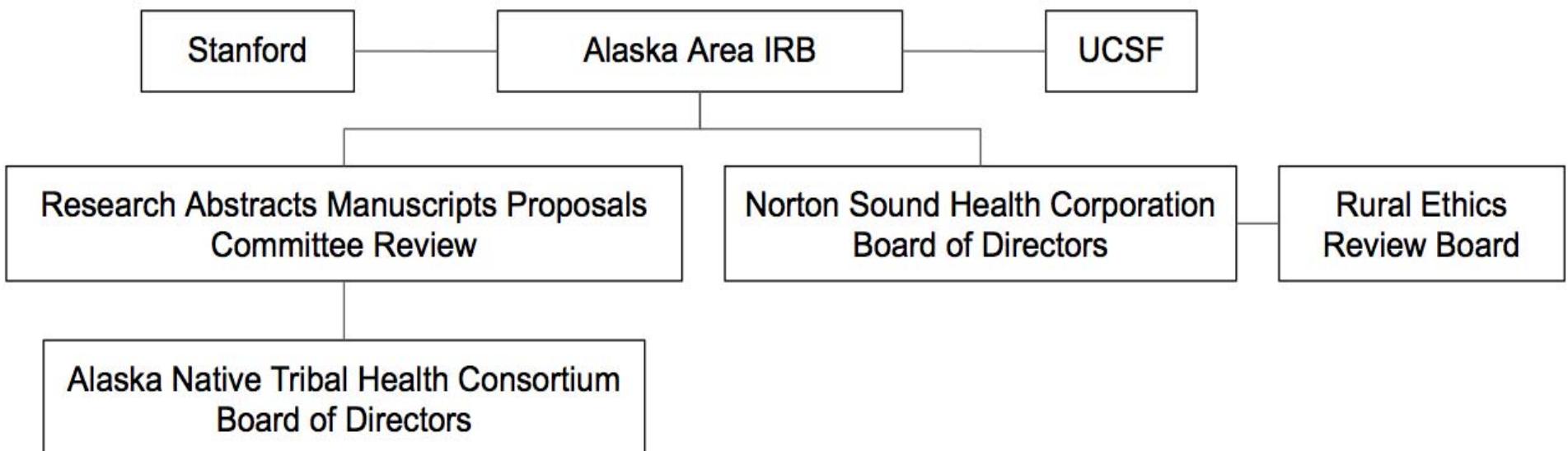
### Traditional Food Guide



### 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