## **Projects Funded by the NIH** (National Institutes of Health)

The GoodNEWS Trial
(Genes, Nutrition, Exercise, Wellness, and Spiritual Growth)

The GoodNEWS (Genes, Nutrition, Exercise, Wellness, and Spiritual Growth) Program has been active in Dallas, Texas congregations since 2002 and has been pilot tested in African-American congregations throughout South Dallas. The present study builds on the success of the existing GoodNEWS collaboration, by expanding the program's community-based health maintenance component and connecting it more closely with the medical community. The GoodNEWS Trial was initiated in 2007 with the following aims: to assess the effect of a health promotion program combined with a maintenance intervention in African-American congregations, on increasing levels of physical activity and dietary change compared to the health promotion program alone, determine the effect of the health promotion program and maintenance intervention on modifiable cardiovascular risk factors compared to the health promotion program alone and identify individual and group sociodemographic factors associated with increasing and decreasing levels of physical activity and dietary change. We are gathering evidence to see if it is possible to reduce or prevent disease, through combining faith and health in a collaborative way and supporting one another in creating healthy individuals, congregations, and communities. (PI: M DeHaven; Funded by: NIH/NHLBI Grant # R01 HL087768)

## Projects Funded by Foundations, Industry, and Private Donations

## <u>Vitamin D Deficiency among North Texas</u> <u>Asian Indians</u>

This study will provide much needed data on the Asian Indian subpopulation, specifically pertaining to whether Vitamin D plays a role in the health disparities of hypertension and insulin resistance seen in this group. This information will then be used to develop interventions (such as programs to prevent and/or correct Vitamin D deficiency, increase physical activity and sunlight exposure, and decrease stress levels and sun avoidance). designed to decrease the incidence of Coronary Artery Disease (CAD). It will involve clinical as well as laboratory measures and participants will be recruited from NorTex. Potential participants will be screened for eligibility (self identified Asian Indian, age >30, Hypertension or not) and separated into two groups: hypertensive and nonhypertensive. Clinical measures include demographics, BMI, waist/hip ratio, blood pressure, and survey items covering dietary Vitamin D intake, life stress, sun exposure and physical activity.

Twelve participants have currently been recruited, with a goal of 50. Gross inspection of results currently reveals the majority of participants with Vitamin D deficiency. Correlation with other laboratory and clinical markers will be conducted at a later date. (PI: T Sattar; Funded by: American Academy of Family Physicians Foundation).

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