A New Nation-wide Cohort of Seventh-day Adventists (AHS-2)

A diet-cancer study capitalizing on the attributes of this special population.
Generalizability of Findings

Special populations can often find associations between exposure and disease with extra clarity and statistical power.

These results can usually be generalized as pathophysiology does not differ.
Goals of the Research

1. Effect of consuming soy products on risk of colon, breast and prostate cancers.

2. Effect of dietary and supplemental calcium on risk of these cancers.

3. Effect of meat and fat consumption on risk of these cancers.

4. Particular focus on African-Americans as a minority.
Methods

1. To enroll 80,000 White and 45,000 Black Adventists.
2. Recruitment church-by-church (3500 churches) across the U.S.
3. Also National promotional campaigns using church media.
4. Enrollment over a 4-year period.
Enrollment simply requires completion of the questionnaire

- Past medical history
- Diet
- Physical activity
- Female questions
- Demographic questions
- Tear-off section for personal information
ADVENTIST HEALTH STUDY - 2

Connecting Lifestyle to Disease and Longevity

- a continuation of previous research on Adventists

Please return to:

Adventist Health Study - 2
Loma Linda University
Evans Hall - Room 203
Loma Linda, CA 92350

IT'S NOT AS LONG AS IT LOOKS!
See note on next page
Total Enrollment Response

- **Members Enrolled**
- **Quest. Returned**

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<thead>
<tr>
<th></th>
<th>Black</th>
<th>White</th>
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Calibration/Validation Study

Purpose:

To provide reference dietary (repeated 24-hour recall) and biological data on 1000 randomly selected participants.

To

• Evaluate accuracy of food frequency data.
• Adjust relative risks for measurement errors.
CALIBRATION STUDY TIMELINE

Months

Questionnaire Returns completed

0 1 2 3 4 5 6 7 8

3 - 24-hr DIETARY recalls

1 week PHYSICAL ACTIVITY recall

Clinic

Additional FFQ

Incentive $75 + Health Appraisal

3 - 24-hr DIETARY recalls

1 week PHYSICAL ACTIVITY recall
The Calibration Study Clinic

1. Blood
   - Serum
   - Plasma
   - Buffy Coat
   - RBC

2. Subcutaneous fat aspirate

3. Blood Pressure, Weight, Height
Surveillance for Cancers

• Ideally match with all 50 state tumor registries.
• The next presentation will discuss this in much more detail.
• Match with National Death Index.
Back up Surveillance for Cancers

Request records of hospitalizations for cancers reported by subjects.

- Incomplete
- Costly
- HIPAA
Summary

• A cancer-diet study in a special population whose results can be generalized.

• Participants enroll from across the U.S.

• Opportunity to use registry data in a uniform manner to greatly enhance validity and efficiency of this important research.
4 steps you can take now

1. Enroll in the study
   - Fill out the attached enrollment card
   - Call 1-877-780-7077
   - Go to the website: www.adventisthealthstudy.org

2. Complete your questionnaire and encourage your friends to do so.

3. Check the Adventist Health Study-2 website from time to time for updates on the study (www.adventisthealthstudy.org).

4. Pray that this scientific research will result in the blessing of increased health—not only for Adventists, but for the whole world.

For more information
Write: Adventist Health Study-2
      Evans Hall, Room 7103
      Loma Linda University
      Loma Linda, CA 92350

Call: Adventist Health Study-2 (toll-free) 1-888-688-3777

Email: sgs@gsph.llu.edu

Website: www.adventisthealthstudy.org
Have you heard about our new health study?

Health experts say that as much as 40 percent of cancer could be prevented through better dietary choices. But these choices are not well understood.

Adventist Health Study-2 aims to discover the best foods and lifestyle to prevent cancers, heart disease, and other serious illnesses.

Good studies of diet and cancer need very large numbers of people with all types of lifestyle and all states of health. That's why we need you.

The study:
- Will involve 125,000 Adventists in the U.S. who complete a questionnaire
- Is based at Loma Linda University, in partnership with Oakwood College
- Is supported by a major grant from the prestigious National Institutes of Health
- Is endorsed by the North American Division of Seventh-day Adventists

What we want to discover

Scientific research has already shown that Adventists live five years longer than the general population and have much less cancer and heart disease. (See www.adventisthealthstudy.org)

Now, researchers, the community, and church members want answers to questions like these:
- What specific foods enhance quality of life?
- Which nuts most protect against heart attack?
- Do soy products really help prevent breast and prostate cancer?
- What foods help prevent cancer, diabetes, arthritis and Alzheimer's?
- Heredity or lifestyle—what is more important?
- Does faith contribute to a healthier life?...

Join in the discovery.

If you are 35 or older (30 or older if you’re African-American/Black), we need you to complete a questionnaire. It doesn't matter what your current lifestyle or health may be.

We need:
- Non-vegetarians and vegetarians
  Those who love broccoli and those who prefer fries and triple-thick shakes
- Those who attend church every week and those who don’t attend at all
- Those who run marathons and those who only run to the refrigerator during commercials
- Those dealing with serious illness and those in good health

We need all Adventists in the U.S. who are 35 and older for this groundbreaking study.

"I participated in AHSS-2 as a self-checkup. I found that I didn't eat as many vegetables as I thought I did. And that was important for me to find out."
Keiton Rhoads, California