

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.

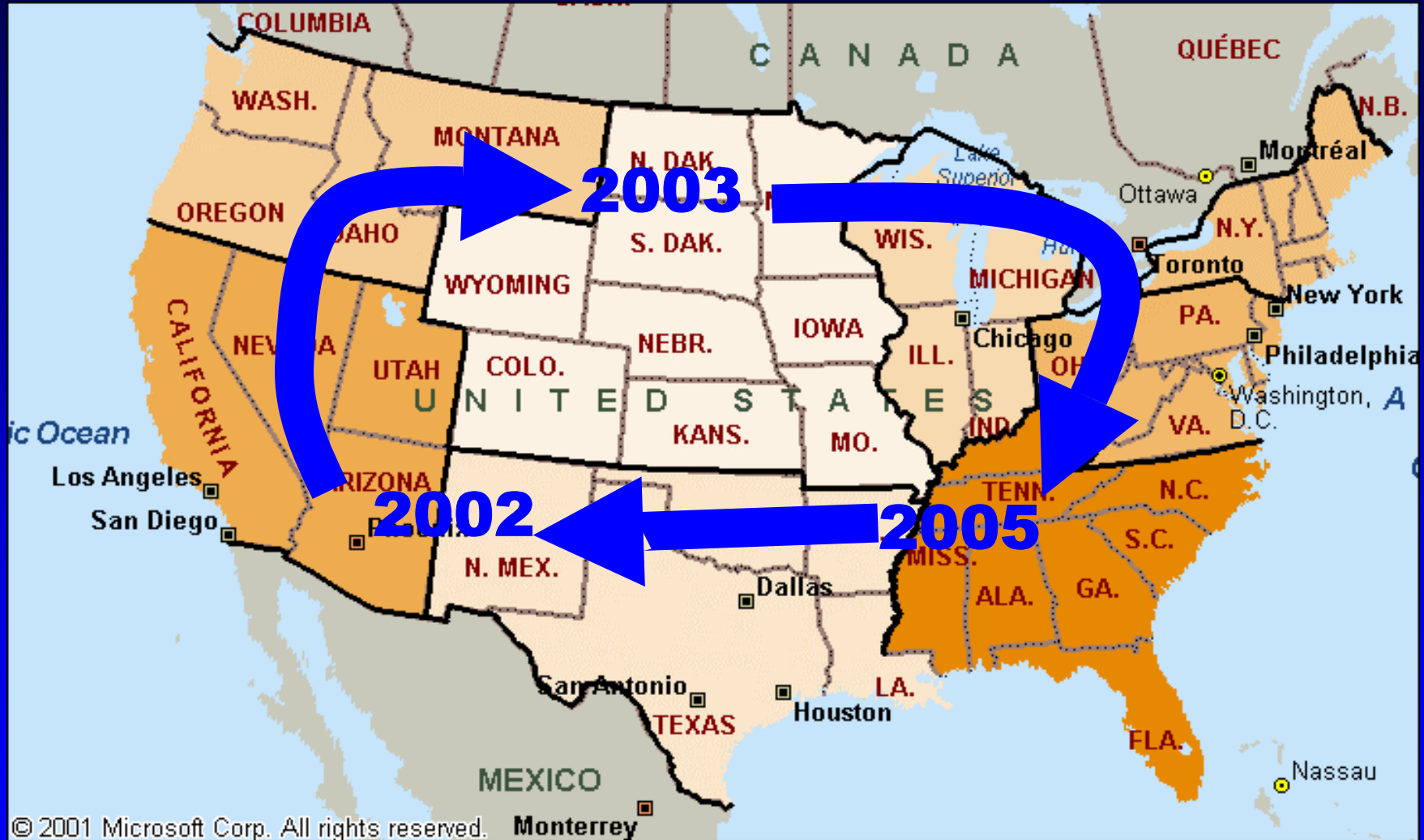
These results can usually be generalized as pathophysiology does not differ.

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

AHS-2



ADVENTIST HEALTH STUDY - 2

Connecting Lifestyle to Disease and Longevity

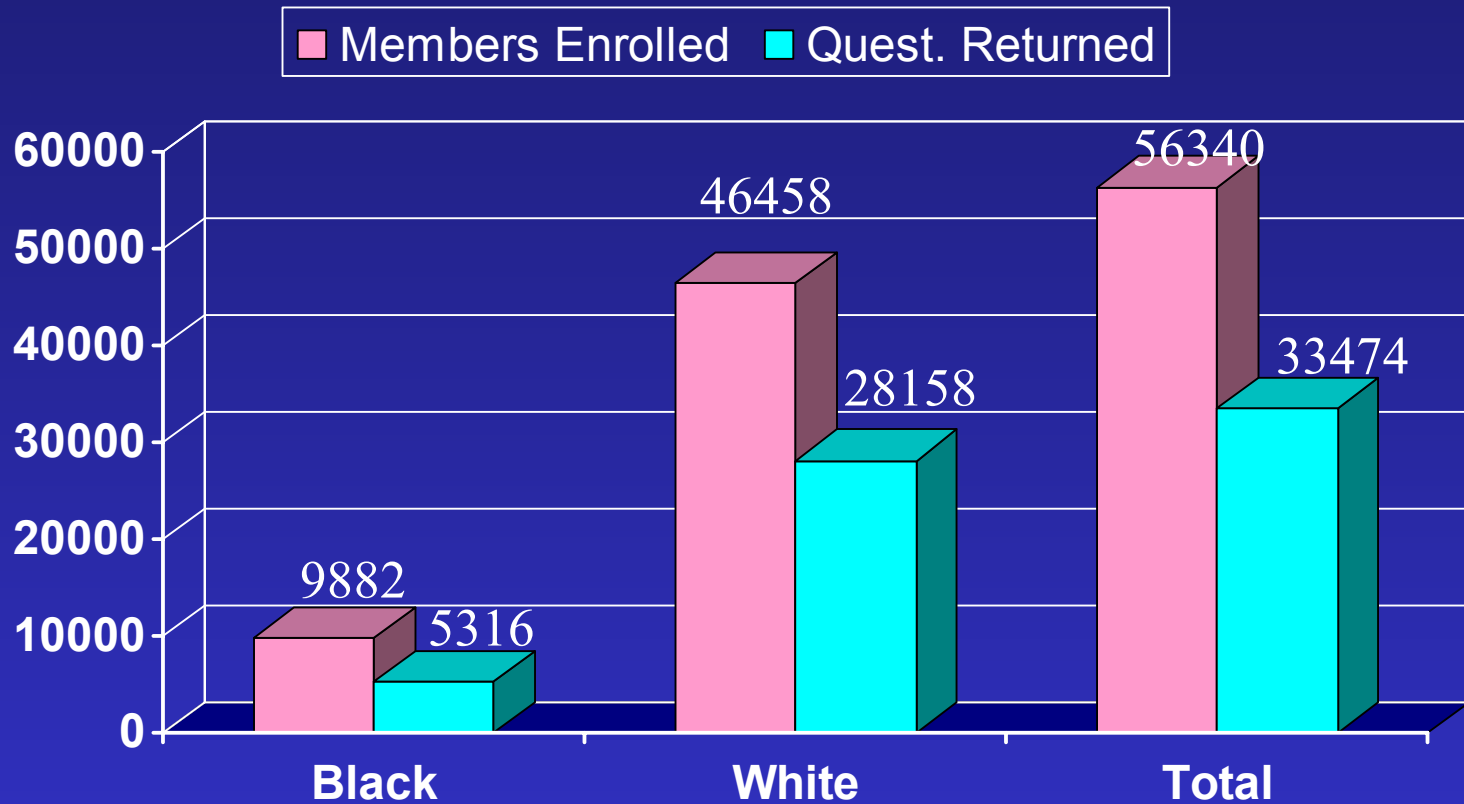
- a continuation of previous research on Adventists

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



Calibration/Validation Study

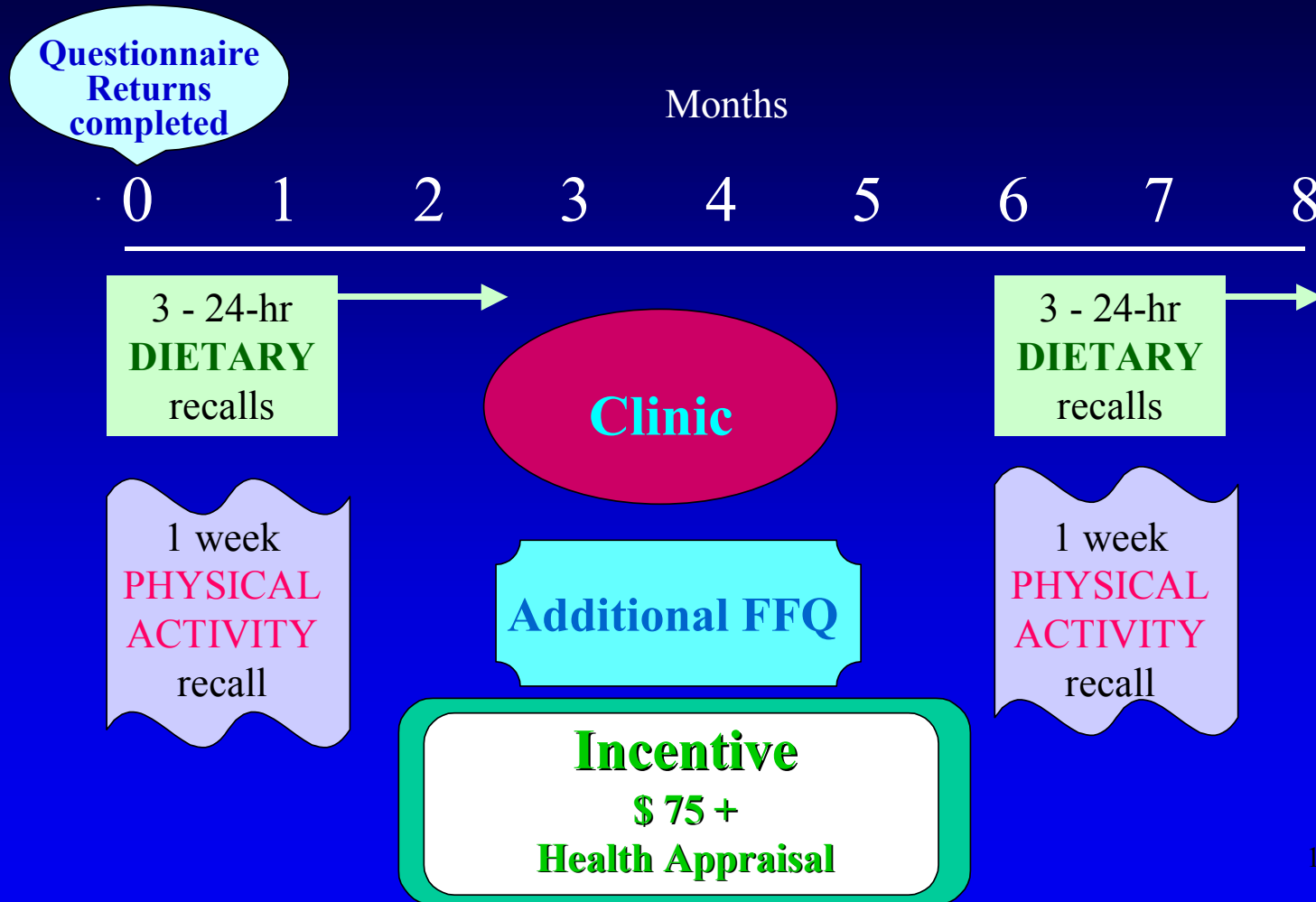
Purpose:

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



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

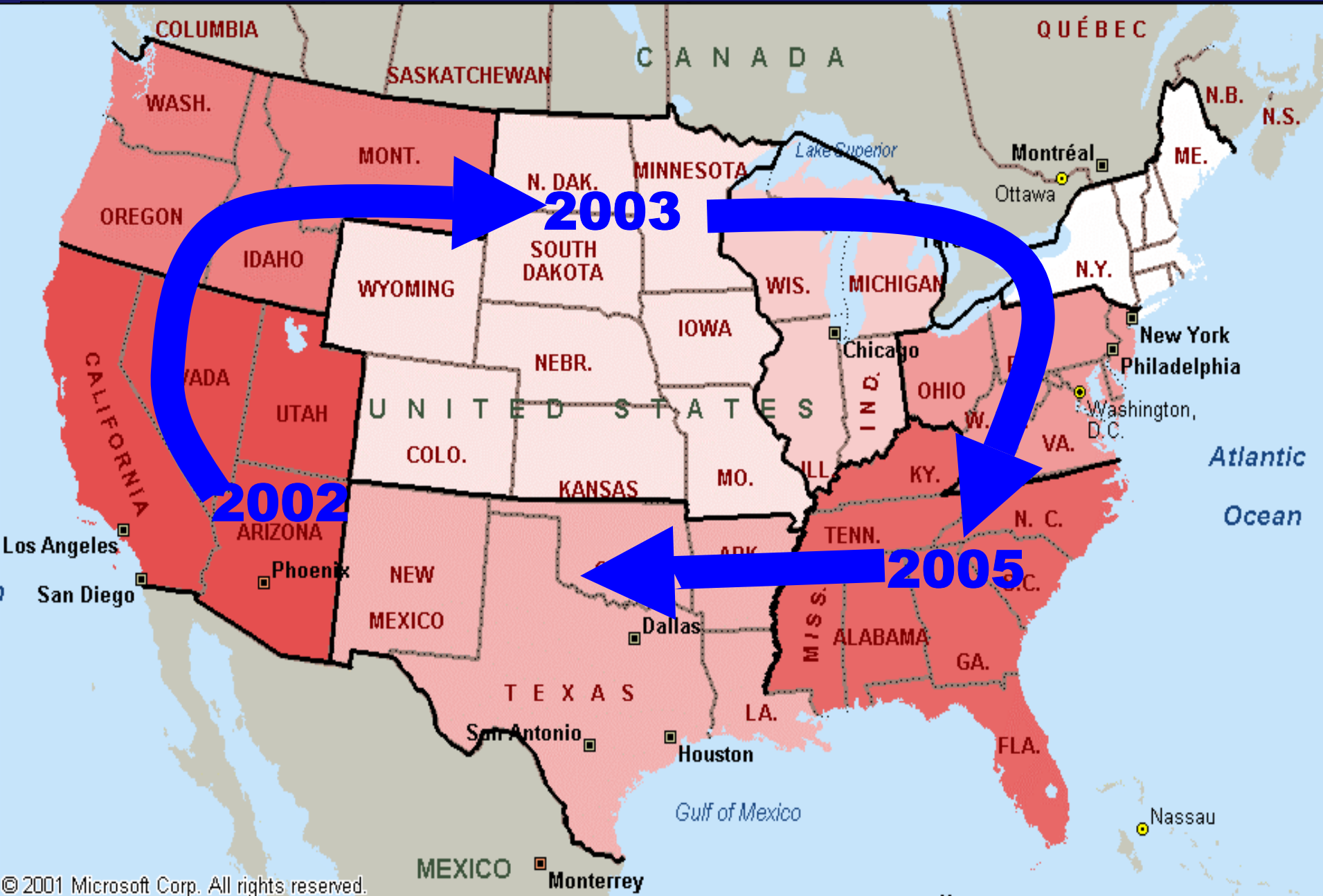
Request records of hospitalizations for cancers reported by subjects.

- 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.

Schedule for Recruitment



4 steps you can take now

- 1** Enroll in the study
 - Fill out the attached enrollment card
 - or
 - Call 1 (877) 700-7077
 - or
 - 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 web site 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 2103
Loma Linda University
Loma Linda, CA 92350

Call: Adventist Health Studies
toll-free 1-866-658-6263

Email: ahs2@sph.llu.edu

Website: www.adventisthealthstudy.org

Adventist
Health Study 2

better
health for
everyone!

Join in the discovery!



LOMA LINDA UNIVERSITY
SCHOOL OF PUBLIC HEALTH
In partnership with Ochsner Medical Center and the
Seventh-day Adventist Churches of North America

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



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.

What we want to discover

Scientific research has already shown that Adventists live 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— which is more important?
- Does faith contribute to a healthier life?...



"I participated in AHS-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."

Kelton Rhoads, California

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