

CARDIOVASCULAR HEALTH STUDY TIMELINE

Population: A total of 5,201 men and women aged 65+ (approximately 1,300 in each of four communities) recruited at baseline, and an additional 687 African-Americans (approximately 230 in each of three of the communities) recruited at the third follow-up examination.

<u>Study Year</u>	<u>Calendar Year</u>	<u>Activity</u>
1	1988-89	Write protocol and pilot test
2	1989-90	Baseline Examination to assess: Risk factors Medical history (CHD, stroke, related diagnoses, medical care, medications) Physical examination Blood pressure, pulse, postural changes Height, weight, distribution of body fat Carotid ultrasonography Hemostasis: coagulation, fibrinolysis Lipids, lipoproteins Fasting blood insulin, glucose, chemistries, (stored blood) Glucose tolerance test Hematology: hematocrit, WBC, platelet count Echocardiography Electrocardiogram (resting and ambulatory) Pulmonary function testing Education, smoking, physical activity Physical function testing
3-4	1990-92	Surveillance contacts with study participants at 6-month intervals (three phone contacts, two brief clinic or home interviews)
5	1992-93	Follow-up examination Repeat baseline components: Risk factors Interim medical history (CHD, stroke, related diagnoses, medical care, medications) Physical examination Blood pressure, pulse, postural changes

Height, weight, distribution of body fat
Carotid ultrasonography
Hemostasis: coagulation, fibrinolysis
Lipids, lipoproteins
Fasting blood insulin, glucose, chemistries
(stored blood)
Hematology: Hematocrit, WBC
Electrocardiogram (resting and ambulatory)
Education, smoking, physical activity
Physical function testing

New Components:

Cerebral magnetic resonance imaging (MRI), first
half of cohort
Aortic ultrasonography
Hospital records
Death certificates and investigations for cause of
death

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1993-4

Surveillance Contacts with study participants at 6-month
intervals (one phone contact, one clinical
examination)

Repeat baseline components:

Risk Factors
Interim medical history (CHD, Stroke, related
diagnoses, medical care, medications)
Physical examination
Blood pressure, pulse, postural changes
Height, weight, distribution of body fat
Cholesterol
Electrocardiogram (resting and ambulatory)
Education, smoking physical activity
Physical function testing
Pulmonary function testing

New components:

Cerebral magnetic resonance imaging (MRI),
second half cohort
Peak-flow testing
Oximetry
Hospital records
Death certificates and investigations for cause of death

7	1994-5	<p>Surveillance Contacts with study participants at 6-month intervals (one phone contact, one clinic examination)</p> <p>Repeat baseline components:</p> <ul style="list-style-type: none"> Risk factors Interim medical history (CHD, stroke, related diagnoses, medical care, medications) Physical examination Blood pressure, pulse, postural changes Height, weight, distribution of body fat Cholesterol Electrocardiogram (resting and ambulatory) Education, smoking, physical activity Physical function testing Echocardiography First half of cohort Ambulatory electrocardiography Repeat on one-third of cohort <p>New component</p> <ul style="list-style-type: none"> Bone Density <p>Hospital records</p> <p>Death certificates and investigations for cause of death</p>
8	1995-96	<p>Surveillance Contacts with study participants at 6-month intervals (one phone contact, one clinic examination)</p> <p>Repeat baseline components:</p> <ul style="list-style-type: none"> Risk factors Interim medical history (CHD, stroke, related diagnoses, medical care, medications) Physical examination Blood pressure, pulse, postural changes Height, weight, distribution of body fat Cholesterol Electrocardiogram (resting and ambulatory) Education, smoking, physical activity Physical function testing Nutrition Echocardiography <p>Second half of cohort</p> <ul style="list-style-type: none"> Hospital records <p>Death certificates and investigations for cause of death</p>
9	1996-7	<p>Surveillance Contacts with study participants at 6-month intervals (one phone contact, one clinic examination)</p>

Repeat baseline components:
 Risk factors
 Interim medical history (CHD, stroke, related diagnoses, medical care, medications)
 Physical examination
 Blood pressure, pulse, postural changes
 Height, weight, distribution of body fat
 Cholesterol
 Electrocardiogram (resting and ambulatory)
 Education, smoking, physical activity
 Physical function testing
 Physical activity
 Hemostasis: coagulation, fibrinolysis
 Lipids, lipoproteins
 Fasting blood insulin, glucose, chemistries
 Hematology: Hematocrit, WBC
 Supine Ankle-Arm Blood Pressure
 Carotid and Aortic Ultrasound
 Ambulatory electrocardiography
 repeat on one-third of cohort
 Hospital records
 Death certificates and investigation for cause of death

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1997-8

Surveillance Contacts with study participants at 6 month intervals (two phone contact, one clinic examination)

Repeat baseline components:

Risk factors
 Interim medical history (CHD, stroke, related diagnoses, medical care, medications)
 Physical examination
 Blood pressure, pulse, postural changes
 Height, weight, distribution of body fat
 Cholesterol

Electrocardiogram (resting and

ambulatory)

Education, smoking, physical activity
 Physical function testing
 Orthostatic Blood Pressure
 Pulmonary function testing
 Cerebral MRI (first half of cohort)

Spot Urine Collection

Hospital records

Death certificates and investigations for

cause of death

11	1198-9	Surveillance Contacts with study participant at 6-month intervals (two phone contacts, one clinic examination) Repeat baseline components: Risk factors Interim medical history (CHD, stroke, related diagnoses, medical care, medications) Physical examination Blood pressure, pulse, postural changes Height, weight Cholesterol Hemostasis: coagulation, fibrinolysis Lipids, lipoproteins Fasting blood insulin, glucose, chemistries Hematology: Hematocrit, WBC Supine Ankle-Arm Blood Pressure Electrocardiogram (resting and ambulatory) Education, smoking, physical activity Physical function testing Carotid and Aortic Ultrasound Cerebral MRI (second half of cohort) Retinal photography Six-minute walk with oximetry Hearing Test Hemodynamic Reactivity Trails A & B Grooved Pegboard Hospital records Death certificates and investigation for cause of death
12-19*	1999-2008	Surveillance Contacts with study participants at 6-month intervals (semi-annual phone contacts) Hospital records Death certificates and investigations for cause of death analyses

* For Years 18-19 (2007-2008), surveillance contacts are conducted under the CHS contract only at the Pittsburgh site; surveillance contacts at other sites are supported by investigator-initiated grant funding.

