



### Study Activities

This is a two year study. At the beginning of the study all participants will have the following.

- Carotid Ultrasound
- Cognitive testing
- Health questionnaire
- Blood sample

Group 1 study participants will participate with health coaches throughout the entire two year study. Some Group 1 study participants will also have a visit in the middle of the study (in between year 1 and year 2) which will include the following:

- Carotid Ultrasound
- Cognitive testing
- Health questionnaire



### Department of Neurological Surgery

UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

**Phone numbers to call for more  
information on this study:**

**University of Wisconsin – Madison**

**Department of Neurological  
Surgery**

**608-263-1410**



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## Stroke Prevention in the Wisconsin Native American Population Study

Funding for this study is provided by Wisconsin  
Partnership Program (WPP)



### **Invitation to Participate in a Research Study**

We invite you to take part in a research study about stroke prevention. We are inviting you because you completed a health fair screening to find out your risk of having a stroke.

### **Why are Researchers doing this Study?**

The purpose of this research study is to identify what risk factors put Native Americans at higher risk for stroke and to find out what activities work best to lower those risks.

We are doing this research because stroke and premature dementia are two of the greatest causes of disability and death in the Native American population. This study will look for new information (called a biomarker) that doctors can use in the future to better assess the risk for stroke or premature dementia in Native American Population. This study will also find out if using health coaching along with standard medical care can help individuals make changes in their lifestyle and reduce the risk for stroke and dementia. "Health coaching" helps people learn new recipes (eat healthier), develop an exercise routine (to increase their physical activity) and helps them manage their weight and quit smoking.

This study is being done at the University of Wisconsin-Madison (UW-Madison) in partnership with the Oneida Nation. A total of 120 members of the Oneida Nation will participate in this study and will be enrolled locally in the Oneida Comprehensive Health Division in Oneida, Wisconsin. All study analysis will take place at UW-Madison.

### **What will happen in this study?**

If you decide to participate in this research study, you will be assigned to one of three groups. If your screening test showed that you are at higher risk of having a stroke, you will be in Group 1 or Group 2. If your screening test showed that you are at a low risk of having a stroke, you will be in Group 3.

All study participants will complete a carotid ultrasound, health and family history, cognitive testing and a blood draw at the beginning and the end of the study. These are the only study activities for Group 3.

If you are in Group 1 or Group 2, your risk factors will be reviewed by a study team doctor. The doctor will provide advice and educational documents on how to reduce your risk factors.

If you are in Group 1, you will work with health coaches to set goals to reduce your stroke risk factors. The health coaches will meet with you face-to-face in the Oneida Comprehensive Health Division at least quarterly and communicate with you weekly either face-to-face, by phone or by email. The health coaches will help you work toward achieving your goals. Some participants in Group 1 will have an additional reassessment at Year 1.