

MESA Cohort

- Ask and original question
- Get hands on and assisted experience in data analysis.



MESA Cohort

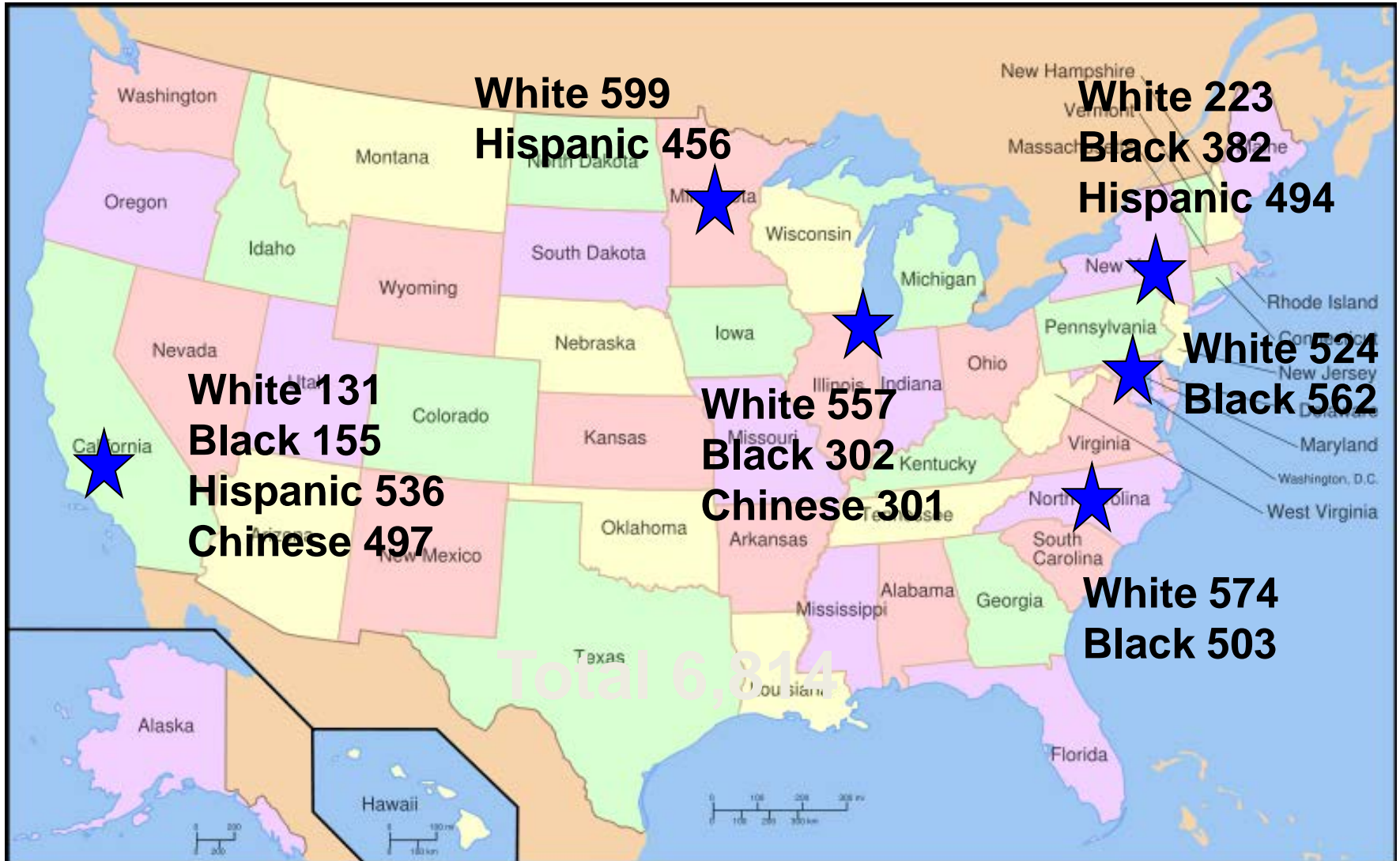
- A cardiovascular disease cohort
- Michelle Averill and Chris Delaney are both MESA investigators
- The same coordinating center also has other cohorts that might be options
 - Older adults (CHS) and HIV-infected (STTR)



MESA Cohort

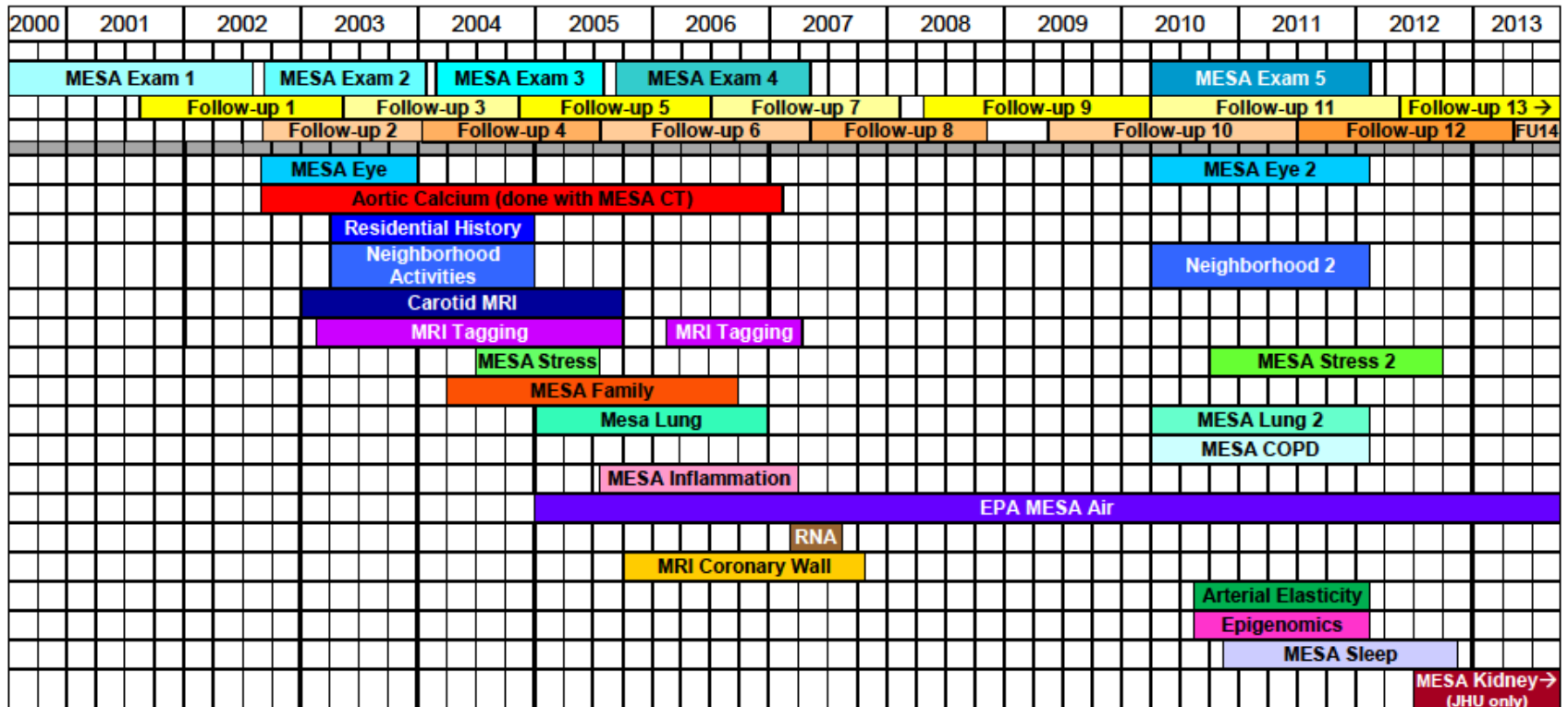
- 6,814 Participants
 - Race/Ethnicity
 - 38% European-American
 - 12% Chinese-American
 - 28% African-American
 - 22% Hispanic-American
 - Female 53%
 - Age
 - Exam1 45-84 years (mean 62 yrs)
 - Exam5 53-94 years (mean 70 yrs)

Distribution of participants by MESA Field Centers and Ethnicity



Exams, Follow Up, & Ancillary Studies

MESA Calendar of Exams, Follow Up Calls, and Ancillary Studies



MESA Questionnaires by Exam

	Exam 1 Jul00-Aug02 (24 months)	Exam 2 Sep02-Feb04 (18 Months)	Exam 3 Mar04-Sep05 (18 Months)	Exam 4 Sep05-May07 (21 Months)	Exam 5 Apr10-Dec11 (21 Months)
	N=6814	N=6232	N=5939	N=5704	N=4651
Questionnaires					
Personal Hx	X	X	X	X	X
Medical Hx	X	X	X	X	X
Medications	X	X	X	X	X
Family Hx		X			
Sleep Hx		X		X	A ₂₅₀₀
Neighborhood		X			
Psycho-Social	X	X	X	X	X
Occupation	X	X	X		
Phys Activity	X	X	X		X
Food Freq	X				X

Some other measures in MESA

- Subclinical atherosclerosis
 - CT scans of coronary arteries
 - IMT scans of carotid arteries
 - MRI scans of the heart
- Cardiovascular events
- Blood and urine biomarkers
- Genetics
- Cognitive function

Beverages are one interesting topic

- Beverages (sugar sweetened and not)
 - Soda, juice, coffee, tea, milk, water
- Possible health outcomes in MESA
 - Heart structure (early signs of heart failure)
 - Cognition (measured at year 5)
 - Body Mass Index/Fasting Glucose
 - Osteoporosis

Policy implications

- Sugar sweetened beverages have a lot of potential policy implications
 - Assisted living and hospital menus
 - Nutritional counseling
 - Food deserts with a lack of health options

Next steps

- Standard mentoring plan typically involves Michelle and Chris working as close partners
- You can also ask Chris questions
 - jacd@uw.edu
- Michelle's contact info
 - carrots@uw.edu