Research & Community Collaboration in the Time of COVID: The Bogalusa Experience

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No disclosures
BOGALUSA

- Population 12,761
- Average life expectancy 73 years
- Major employer International Paper
- 47.4% African American
- 49.9% in civilian labor force
- 9.7% Bachelor’s Degree or higher
- 18.6% living with a disability <65 years

Source: US Census Data v2017
CORONAVIRUS Stay-at-home orders

- First case in LA March 9th
- Began March 16th
- Ended May 15th
BOGALUSA STRONG

Collaborative partnership of community members, leaders, businesses and organizations working together to improve quality of life

- **Vision**: Creating a healthier community together where all people thrive
- **Mission**: Empowering people to create healthy environments and lead healthy lives
- **Purpose**: To improve the quality of life in our local community by removing barriers to good health and by promoting physical, emotional and environmental health where we live, learn, work, pray and play.
COMMUNITY ORGANIZATION UPDATES

Working Together for a Healthier Community
National Rural Health Day 2018 Community Stars Award
Working Together to Respond to COVID
Working Together to Stay Healthy during COVID
We want to feature you! Make a 30 second clip introducing yourself and your organization/business and send to us. We will put together the clips into a virtual open house to showcase our community.

In the clip we ask that you pass a white coffee cup from right to left. Join us as we host a virtual coffee talk.

Drive thru community health fair
Friday, November 20
11am-1pm
Bogalusa First Church
15020 Hwy 21, Bogalusa

Drive thru flu shots
Free health screenings
Health education
Door prizes

MASK UP LOUISIANA
When you wear a mask, YOU PROTECT OTHERS.
When others wear a mask, THEY PROTECT YOU.
The Bogalusa Heart Study

- Founded by Dr. Gerald Berenson, a Bogalusa native and pediatric cardiologist
- Began in 1973 with examination in Bogalusa City Schools
- In 2013, celebrated 40 years
The Bogalusa Heart Study | Timeline

Establishment
1972, Franklinton pilot study

**1972-74**
- SCOR-A
  - 1973 The Bogalusa Heart Study began - only 2 centers were awarded by the NIH - one of them was Bogalusa.

**1975-78**
- Blood Pressure Studies, High School Follow-ups
  - 1975
- Dietary Studies
  - 1976 Initial Dietary Recalls
- Special Lipid Studies
  - 1977
- Autopsies
  - 1978
- EKG Studies
  - 1981
- First Family Studies/Genetic Studies
  - 1982

**1980-88**
- Ambulatory Blood Pressure
  - 1988
- ECHOCARDIOGRAM
  - 1981
- Dental Studies
  - 1987

3-18 age of population

19-32 age of population
The Bogalusa Heart Study | Timeline

**Post High School Follow-ups**
1992-1996

**ECHOCARDIOGRAPHIC FOLLOW-UPS**
CAROTID ULTRASOUND
1998

**1992-99**

**Echodense**
CAROTID ULTRASOUND
1998

**2001-10**

**EVOLUTION OF CARDIOVASCULAR RISK WITH NORMAL AGING STUDIES**

**ECHOCARDIOGRAM**
CAROTID ULTRASOUND
NON-INVASIVE VASCULAR STUDIES

**Genetic/Genomic Association Studies**

**2012-17**

**Cognitive / Physical Function**

**Epigenetics**

**2019**

**MRI / PET**

**Microbiome**

**2012 exam**

n=1,298
65% white
35% black
60/40 F/M
45.3 ± 4.5 yrs

**19-35 age of population**

**36-55 age of population**
Community-Research Partnerships
Improving Nutrition

Eat More Fruits and Veggies

Learn more from your LSU AgCenter Extension rep. Visit LSUAgCenter.com/SNAP-Ed

BoGAULA HEART STUDY

OUR LADY OF THE ANGELS
Barbershop Screening Program Partners

- Well-Ahead Louisiana
- Our Lady of Angels
- Bogalusa Heart Study
- Healthy Bogalusa Coalition
- American Heart Association
- Omni Health Group
- Insurance providers
First Martin Luther King Day Health Fair

- Working with local pastors
- LSU Rural Family Medicine Residency
- Our Lady of Angels Hospital
- LSU Agricultural Center
- Tulane Student National Medical Association Chapter
- Humana population health
- Mary Bird Perkins Cancer Center
Physical Activity Signs in Parks
Built Environment & Physical Activity in Rural Areas

Each colored dot indicates mean score on the Rural Active Living Assessment tool for overall (Panel a), path features score (Panel b), and aesthetic features (Panel c) with darker colors indicating a higher score.
Cross-sectional associations between the neighborhood built environment and physical activity in a rural setting: the Bogalusa Heart Study

Saskia K. Busst, Christopher E. Kravitz, Jennifer M. Chiu-Wang, Valerie E. Walker, Stephanie T. Boylan, and Niki A. Bagnulo

Abstract

Background: Physical activity (PA) is a common health and well-being concern in rural populations. Prior studies have reported relationships between the built environment and PA in rural settings, and community policies that affect PA. This study aimed to promote PA through built environment interventions, primarily based on evidence from urban studies.

Methods: Participants in the Bogalusa Heart Study, a longitudinal study in rural Louisiana with International Physical Activity Questionnaire data from 2012 to 2013, and a valid residential address (N = 1200) were included. PA was assessed using the Modified Physical Activity Questionnaire (PASE) minutes of sleep, transportation, and leisure PA. The Rural Active Living Measurement (RAML) was used to categorize the built environment into residents. PA scores for street environment and built environment factors were used to predict PA in participants aged 18 to 65 years of age. Additional questions included PA minutes per week, fitbit usage, and geographic area.

Results: Participants reported lower levels of PA, with a mean of 22.9 minutes per week, compared to a baseline of 49 minutes per week. A one-point increase in the built environment score was associated with a 0.05 additional weekly minutes of physical activity (95% CI: 0.00 to 0.10), with a 10-point increase in the built environment score being associated with a 0.50 additional weekly minutes of physical activity (95% CI: 0.40 to 0.60), with a 1.00-point increase in the built environment score being associated with a 5.00 additional weekly minutes of physical activity (95% CI: 4.00 to 6.00), with a 1.00-point increase in the built environment score being associated with a 10.00 additional weekly minutes of physical activity (95% CI: 9.00 to 11.00). In the model, the effect of the built environment score was associated with a 0.01 increase in leisure-time PA per mile, all geographic units from 2221 to 3871 minutes per week when divided for individual respondents, but was attenuated and only significant for the segment of the residence site accounting for other neighborhood characteristics.

Continued in the next page.
• Supplement to assess the health impact of sudden changes to diet, physical activity (PA), and CV risk factors caused by COVID restrictions.
When using RFPM, the SmartIntake app captures images of participants' foods and beverages. A reference card is used for sealing portion size. A description is included.

Description: "Plain bagel and strawberries"
Upcoming Research & Community Initiatives

- Second annual MLK day health fair planning for January 2021

- DECIPHeR: Community-engaged participatory research to reduce disparities in heart, lung, blood, and sleep disorders

- Community needs assessment to begin in partnership with the Our Lady of the Angels
Health Disparities Intervention

- Christian Way Ministries
- Kingdom of God Church
- Mt. Moriah M.B.C. of Bogalusa, Inc.
- St. Paul A.M.E. Church
- Fully Committed Ministry
- Greater Salter Chapel AME Church
- Love Outreach Family Worship
- Bethlehem Baptist Church
- True Gospel Missionary Baptist Church
- Apostolic Faith, U.P.C
- MT. Carmel Baptist Church
- New Triumph M.B. Church