

August 26, 1977

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Dear Brian:

The material we have sent you about our laboratory activities is a couple of years outdated. I will be revising it this fall. Of interest since that listing is the following:

- 1) Application for a joint training program in cardiovascular risk behavior with the School of Pharmacy Behavioral group. (enclosed is the meat from that that a applisiation).
- 2) Grant received for the ~~study of physical activity on metabolic responses~~ in mild diabetics.
- 3) ~~Grant~~ grant received for study of life style physical characteristics and their modification in school aged children for "prevention" of adult hypertension.
- 4) A modest grant to evaluate the Evans anti-tobacco program in local suburban schools.
- 5) Completion of a controlled, cross-over, randomized trial of the relaxation response with regard to change in blood pressure, serum lipid levels and behavior patterns.
- 6) Initiation of studies on the perception of high risk and its relationship to risk factor modification.
- 7) Completion of a randomized, controlled, cross-over trial of hygienic interventions on cardiac excitability and extra heart beats (VPB).
- 8) Completion of a study of technician coding of voice characteristics as a valid and repeatable measure of Type A-B behavioral interview classification.
- 9) Submission of a major proposal to monitor throughout the state of Minnesota simultaneous changes in health behavior, risk factor levels, morbidity and mortality.

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- 10) Preparation of a major proposal to combine mass media, community organization and face-to-face intervention in medium sized Minnesota towns, and related communications research questions.

This laboratory may or may not ever become a major center of behavioral research. We will continue to try to develop active collaboration with existing skills in behavioral science on this campus. This is progressing in a very substantial and happy way. We would very likely move much faster in the area of behavioral science if we had some bright young people who could make progress in the methodology of measuring behavior and its change, and in changing behavior!

In general, we provide an environment with academic freedom and the ability to exchange and share skills with individuals having considerable experience in population and community studies. We maintain our tie between physiological and nutritional studies and the testing of hypotheses at the population level. We continue to remain research - rather than program - oriented. Joint appointments in psychology and with the behavioral group in Pharmacy are clearly possible.

I am grateful for your continued interest.

Cordially,

Henry Blackburn, M.D.

HB:lmb  
Enclosures