

Caribbean Village Motel
Jampa, FL.
2522 No. Dale Mabry (U.S. 92)

Sun Mar 9
Tues Mar 11

Air Special

February 24, 1975

Send PC to Tampa
Hold for arrival.

Professor Ansel Keys
"Minnelea"
84060 Pioppi (Salerno)
ITALY

Dear Ansel:

We are overspending by 10 to 15% our MRFIT contract but I hope to make economies in the next period and I'm anxious that you feel a part of the program to the extent that you have time and interest. I would like to put you on a retainer at the rate of \$150.00 per month for the next year dating from the time of your next return to the Laboratory in March, if this meets with your approval and of any calculations concerning Social Security and taxes.

All we would expect would be for you to counsel with Ramona and Nedra from time to time on the MRFIT Program and make suggestions concerning implementation which as you surmised, has been far short of attaining its targets in cholesterol lowering, locally and nationally. It would be very useful for you and/or Margaret to be professional staff members to carry through a few groups a year, which involves one evening meeting a week, for an eight week period, when your schedule here permits it.

sps?

I would like for you to sit in on at least one routine intervention group planning meeting which takes place Monday mornings, weekly, to get a feeling at your return in March for our problems and how we are attempting to attack them. In addition to continued emphasis on the type of fat and serving size, we are now instigating special efforts in weight reduction. In terms of motivation, we are now supplying blood pressure and cholesterol measurements to wives of MRFIT participants who have to date felt themselves MSFITs. We are hoping these recent efforts, plus more personal counseling will improve the experience and it is clear that they group process has not been an outstanding success anywhere in the program. We will therefore be emphasizing more personal counseling, and will require another full time nutritional counselor. With her contribution, plus that of Nedra on her return in mid-March, and our existing staff, we remain optimistic of improving the situation.

Cordially,

Henry Blackburn, M.D.

HB/kn

BC- HKT Nedra
DS Ramona