

October 13, 1975

MEMORANDUM

TO: All MRFIT Personnel

FROM: Henry Blackburn

Coordinating Center results were released on October 9 for Intervention results and something over 1200 MRFIT participants at the time of the Annual exam with approximately equal numbers in Usual and Special Care. The serum cholesterol results revealed a difference in the mean change of 3.1% for Minnesota and a national average of 3.0%. We are, therefore, no longer to be considered in the lower part of MRFIT clinic performance in this regard, but right on the average. Only two Centers have a clearly superior performance and I am suggesting that we consider visiting them; these are Baltimore with 6% and Chicago-St. Joseph's with 6%. With regard to diastolic blood pressure, the difference in mean change Special Care minus Usual Care was 2.5% vs. the national average of 3.3%. Minnesota is, therefore, in the lower half of clinics for blood pressure response and only Baltimore, Chicago-Northwestern, Portland and Philadelphia can be considered to be definitely better than ours. But it means that we have something to shoot for and I'm sure that we'll get there. Mean change in cigarettes per day was 6.3% in Minneapolis compared to a national average of 8.5%. Baltimore, New York, Chicago-Northwestern and Dayton are clearly ahead of us in this figure. This is not broken down in terms of number of smokers quit, in which case I do believe we are not inferior to the others. This remains to be seen. With regard to participants not seen at 4-month, 8-month and Annual visit, Minneapolis with 2.6% at 4 months has performed significantly better than most clinics with a national average of 4.6%. At 8 months, Minneapolis with 1.9% not seen was far superior to other clinics with 6.9% not seen, and Minneapolis at the Annual exam with 3.3% is far superior to the national Annual <sup>not</sup> seen of 9.2%.

My overall evaluation is that Minnesota is an above average clinic and everyone should be congratulated for helping us get through this difficult year. We excel in number of call-backs. Nowhere in the Intervention do we excel, but we are performing creditably which is grounds for us all to take satisfaction and, of course, ground for harder work and innovation in improving our Intervention picture.

HB:jp