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*Let's
KR - gather
together
7 countries
re-organise
letters from
P. Punsar,
Kuopio,
memo to
E my letter*

March 3, 1980

Dear Henry,

Thank you for your encouraging comments on our North Karelia project report.

I write you, however, referring to your letter of February 1, 1980 concerning possible continuation of the Seven Countries Study. I discussed today the matter with Dr. S. Punsar and we agreed that we would be interested to participate here in Finland as a joint activity of our research group and Dr. Punsar under the administrative facilities of the epidemiological research unit of the Finnish Public Health Laboratory. We need, however, to develop clear and practical plans and ensure the financial resources.

As far as the plans are concerned we thought that two specific lines would be useful

- (1) follow-up of the old cohort: majority of them would be dead, and the focus could be on identifying the "risk factors" of health and longevity
- (2) cross-sectional study of men aged 40-59 in the areas using methods comparative to those in the study in 1959: this would show the changes in risk factors during the last 20 years.

Both those surveys would take place in spring 1982. I want to inform you that as part of our other activities we have from Ilo-mantsi data on the risk factors of 13-15 years old children. We also do have community-based register data on AMI and stroke incidence in Ilo-mantsi since 1972 and hopefully long in the future we also plan to establish similar register in the West area.

As far as the financial resources are concerned, we would need help in personnel costs. Laboratory etc. facilities are pretty good. For the first 12 month period we would especially need money to employ an investigator and secretary for planning the work. This

would mean appr. 35.000 US\$ per year. There would be the costs also for the following years, plus in 1982 the field work would need as salaries of field assistants appr. 40.000 US\$ and travel costs appr. 20.000 US\$.

This is a preliminary note. I hope to discuss all this with you in April in Minneapolis (April 17th).

With best personal regards,

Yours sincerely,



Pekka Puska, prof.
Director of the Epid. Research Unit
Public Health Laboratory

copy to

Dr. S. Punsar