

August 23, 1977

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Dear Dick:

You might enjoy the sections on pro- and anti-cholesterol forces in the enclosed. Of course, Bob Levy and Basil Rifkind will insist that I clean up the language considerably, before they publish it in their "scholarly" volume, but we will see.

With regard to the suggestions about prevention legislation, I would like to keep in touch with your ideas. We are drafting with Mickey Stunkard in Pennsylvania and Jack Farquhar in California, community approaches to eating patterns, obesity and smoking habits. We are certain that a significant research and demonstration project in these areas will continue to need funding. The community model needs to be tested by people from our "rigorous" disciplines. The face-to-face intervention models and medical models will obviously have funds enough under normal circumstances, but the community programs may not. You might want to get Mickey Stunkard's ideas about community preventive approaches, as well as Jack Farquhar's incorporated in any legislation and all of us would be happy to justify or submit proposals or affidavits, I'm sure.

Finally, there is that "in the crack" area of applied research in physiology, exercise, and nutrition, which is essential for the translation of information on mechanisms to clinical and public health needs. These sorts of studies such as our approach to diabetes with systematic exercise and studies of the effect of alcohol on lipid fractions and the relative effect of salt and weight reduction and exercise on blood pressure and so on, through a whole series of physiological and metabolic studies is an area that is considered much "too unscientific" by the basic scientists. How to work that into legislation so that these sorts of studies can have their own peer review does not give this sort of study sufficient priority to ever get off the ground. I happen to regard these studies

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as tying together the major medical disciplines as well as leading to applications of physiological hygiene, and I personally would enjoy the rest of my life in an institution based on such small, intellectually satisfying needed projects. It is clear that we would not survive with this orientation.

It was good to see you in Vermont. I thought we had some very mellow moments and much enjoyed the occasion.

Cordially,

Henry Blackburn, M.D.
Professor and Director

HB/as

enclosure : *Levy Ms.*