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Representative Henry Waxman
D-California
Chairman, House Commerce Health Subcommittee
Longworth House Office Building
Room 1721
Washington, D.C. 20515

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RC*

Dear Representative Waxman:

Congratulations for your holding Health Subcommittee hearings on research needs in chronic disease prevention and health promotion. Immediate needs include carefully controlled and evaluated demonstration programs in communities to provide the knowledge, skills, training and intellectual activities required for cost-effective future public health strategies. Effective and generalizable ways to encourage change in health behavior across the whole community require 3 to 5 national models, at a cost of about 5 million dollars annually.

At the conclusion of major existing NHLBI cardiovascular prevention trials in the early 1980's the equivalent of 10-15% of NIH individual institute budgets is desirable to apply on primary prevention researches in the decade following to provide balance to NIH current priority for genetic, drug, surgical, technological, and disease-oriented researches. The potential is great for population reduction in premature coronary disease, hypertension, stroke, adult diabetes and lung cancer. Attention is urgently needed on mechanisms for review and funding of researches in prevention and health promotion which now compete for "basic" research monies.

My testimony will summarize the opportunities of such researches on prevention and health promotion in Minnesota and nationally.

Needed prevention researches include community and laboratory approaches listed below:

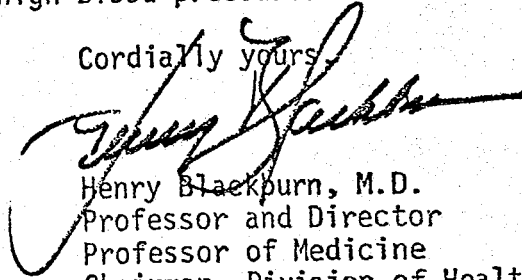
Community Studies:

1. Systematically controlled and evaluated community demonstration projects in health education are needed to develop and test prevention strategies to find the most effective approaches generalizable to many communities.
2. A "new epidemiology" is needed to monitor simultaneously community trends in disease rates along with known risk factors and change in health-related behaviors such as eating, exercise and smoking patterns. Only in this way can we begin to explain and predict major national trends in chronic diseases, now quite unexplained.

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1. The influence of parents on children's health behavior (and vice versa).
2. The influence of economic inducements to improved health behavior.
3. Minimal cost, self-managed strategies for smoking cessation.
4. Psycho-social factors in high blood pressure.

Cordially yours,



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Professor and Director
Professor of Medicine
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HB/sa