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Corresp- Kelly

12/14
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John J. Kelly, Jr., M.D., F.A.C.C.
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Lancaster Avenue at City Line
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Dear John:

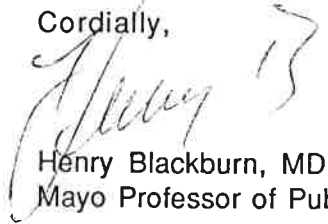
Two months ago I stepped down as Department Head and am beginning to clear out correspondence long set aside. In it I found your very kind June 6th, 1989 comment on our NEJM editorial on physical activity.

In regard to your questions on physical activity and CHD risk, I think you ought to chat with Ralph Paffenbarger. You are aware of the nature of his rather skimpy questionnaire with which he has made such excellent and far-reaching analyses. I am sure you are aware also that he found no association between athletics performed in college and later risk of coronary disease, which was rather dependent on the ongoing current activity level. The effect of current walking and moderate level activity was confirmed in Leon's study in MRFIT.

Paff would also be the one to ask about body types. I think Sheldonian body classifications were largely abandoned in the late '50s in favor of skeletal ratios and, more recently, in respect to fat distribution between waist and hips. You really should correspond with Ancel Keys on this. Can you image that at age 86 he is still here writing on 40-year follow-up of the CVD men in the Twin Cities, on the relationship of body build to cardiovascular and all-causes mortality and survival. He was among the first to "punch holes" in the classic body type characteristics when he found that semi-starvation reduced everybody to similar body type!

I am sorry to have been so long unresponsive and am grateful for your correspondence.

Cordially,


Henry Blackburn, MD
Mayo Professor of Public Health