

# UNIVERSITY OF MINNESOTA

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Dr. Richard Janeway, MD  
Bowman Gray School of Medicine  
Wake Forest University  
Medical Center Boulevard  
Winston-Salem, NC 27157-1003

re: Promotion of Maurice Mittelmark

Dear Professor Janeway:

I am receiving late your December 21st letter requesting comments by January 14th regarding the promotion of Dr. Maurice Mittelmark to Full Professor. I support this recommendation with great enthusiasm based on a greater than 15 years close acquaintance with Professor Mittelmark's research, teaching and administration. I recruited him actively, immediately after his receipt of a PhD, to direct our intervention research efforts at the University of Minnesota and to head our masters and doctoral program in the Epidemiology of Health Behavior and to administer the intervention programs of the Multiple Risk Factor Intervention Trial and plans for community-wide interventions that culminated in his direction of the education component of the Minnesota Heart Health Program. Thus, I have a 10-year close collaborative experience with Dr. Mittelmark and 15-year knowledge of his career and contributions.

I can report without reservation that Dr. Mittelmark is regarded in the scientific circles concerned with research on the epidemiology of cardiovascular diseases, of health behaviors, and the design and evaluation of medical and community preventive strategies, as tops in his field. He was chosen nationally to head interventions for the MRFIT, for American Heart Association affiliates, CDC and state board of health commissions related to health behavioral issues.

He participated in the National Steering Committee for MRFIT, chaired NHLBI's education efforts coordinating community studies, served on National Cancer Institute Study Sections, consults for the CDC community programs, and is a member of the clinical liaison team for the Institute of Medicine in the National Academy of Sciences chairing a special review committee of the National Cancer Institute on community cancer prevention efforts and is on the Executive Committee of the peer group of our profession, the Council on Epidemiology and Prevention of the American Heart Association. His recent election as chairman-elect of the Program Committee of that Council puts him in a direct line for higher

office in the Heart Association.

His international reputation is attested to in his work with the International Society and Federation of Cardiology Council on Epidemiology and Prevention, advisor status to WHO, his major role in the International Conference on Preventive Cardiology Planning Committee in Oslo the past year, and his active participation in Canadian Heart Health initiatives.

Dr. Mittelmark is widely respected, admired and enjoyed by his national and international collaborators, for his wealth of ideas, his sound scholarship, his boundless energy and his generally optimistic and supportive personality, with unflinching performance and productivity.

The combination of ideas and scholarship, with the ability of a fine teacher to project his ideas, and effectiveness in action, place him among the more respected leaders in disease prevention and health promotion worldwide.

Dr. Mittelmark's scholarly and administrative contributions were central to the successful operation (independently of the less than overwhelming outcomes) of the Multiple Risk Factor Intervention Trials and the Minnesota Heart Health Program. His major contributions to the development, design and analysis of preventive interventions are manifest in his salient publications from the Cardiovascular Health Study (CHS), ARIC, CASS, MHHP, and MRFIT.

Few people in academic medicine combine as well as does Dr. Mittelmark the research, teaching and administrative skills, and the enthusiasm and effectiveness in research and health programs. It is pleasing to me to know that you are considering recognition with Full Professor status. This is, in my view, earned and appropriate and will confirm the high regard in which he is held by all his associates.

Cordially yours,

*Henry Blackburn (ny)*

Henry Blackburn, MD  
Mayo Professor of Public Health  
and Professor of Medicine