

# DATABASE SPOTLIGHT


**STRONG HEART STUDY**

<https://strongheartstudy.org/>


# WHAT IS THE STRONG HEART STUDY?

The Strong Heart Study (SHS) is a study of cardiovascular disease and its risk factors among American Indian men and women supported by the National Heart, Lung, and Blood Institute (NHLBI).

13 American Indian tribes and communities near Phoenix, Arizona, southwest Oklahoma and western and central North and South Dakota



Began in 1988 and is currently in Phase VII of the study



Largest, longest longitudinal study in the U.S. of heart disease and its risk factors in individuals with diabetes

# STRONG HEART STUDY PROCESS....

- Propose a paper or thesis
- Reviewed by SHS and Publications and Presentations Committee
- Once approved, submit a request for SHS data (with Data Use Request)
- SHS analyst creates de-identified dataset
- Once data is analyzed and manuscript is written – IHS IRB and tribal health boards approval is required

# STRONG HEART STUDY IN ACTION:

Rising tide of cardiovascular disease in American Indians. The Strong Heart Study

<https://pubmed.ncbi.nlm.nih.gov/10318659/>

Diet Quality and Depressive Symptoms in a Cohort of American Indians: the Strong Heart Family Study.

<https://pubmed.ncbi.nlm.nih.gov/36178749/>

# HELPFUL RESOURCES:

- Research Overview:  
<https://strongheartstudy.org/Research/Research-Overview>
- Propose a paper:  
<https://strongheartstudy.org/Research/Papers-and-Abstracts/Propose-a-Paper-or-Thesis-Topic>
- Data request:  
<https://strongheartstudy.org/Research/Study-Data-and-Study-Samples/Study-Data>
- Abstract policy:  
<https://strongheartstudy.org/Research/Papers-and-Abstracts/Abstract-Policy>

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THE STRONG HEART STUDY, PLEASE CONTACT KENT RIPPLINGER AT [kent.p.rippinger.2@und.edu](mailto:kent.p.rippinger.2@und.edu)