

## The UNC Alumni Heart Study

As a member of the Class of 1970, you may or may not recall having participated in a heart study. The University followed up with members of your class in 1986, and in 1992 their spouses were invited to join the study. The study was designed to test the hypothesis that hostility is a predictor of coronary heart disease in current college educated cohorts. Hostility was measured at ages 18, 42, 55 and 60.

We have found that hostility does change over time from ages 18-60. As we will soon have data on your health and disease from ages 60-75, we will be able to evaluate the role of hostility on heart disease in later life.

In the past 5 years, we've taken advantage of the internet to find folks who we'd lost contact with and been in touch with study members to let them know about our address changes. As a result, our numbers have changed. Since your 45<sup>th</sup> reunion 70 members of the class of 1970 have died.

The participation numbers have not changed much but have been used to send out our 2019 Newsletter. We sent the Newsletter to 57% of the members of your class in the first week of August and got back over 200 responses in the first 24 hours! The remaining 43% of the class will get theirs in September. This newsletter also asks for updates on heart disease, smoking and marital status and preference for future participation. One of the major contributions of the UNC Alumni Heart Study has been in understanding who participates in studies over the long term and who does not. Because you have been so generous in sharing your lives with us, knowing how you want to be part of the study in the future will continue to make the findings from the UNCAHS valuable in the years to come.

The chart below shows levels of participation of members of the class.

On the following pages are journal articles, including Web links, that provide more information about the study.

### Class of 1970 participation levels

Of the 2,563 total individuals who entered UNC in 09/1966 and were eligible to join the UNC Alumni Heart Study, 323 are known dead at this time and 2240 living. 1,771 class members joined the UNCAHS. While individuals may have dropped out of the study for various reasons over time, nearly 30% have completed all of our thirteen Questionnaires. The following table shows the level of participation for our "Class of 1970" friends.

Percentage of Qs completed

Percentage of the Class at this level

10%	4.8
20%	8.9
30%	5.5
40%	4.2
50%	9.8
60%	4.9
70%	5.5
80%	13.7
90%	13.4
100%	29.

Results and articles linked from the UNC Alumni Heart Study website:

<http://UNCAHS.org>