

# Published Peer-Reviewed Research About the Heart of New Ulm

The Heart of New Ulm (HONU) is a community-owned health initiative being sustained through community partnership and funding. From its beginnings in 2009 through 2018, HONU was a population health research project conducted by the Minneapolis Heart Institute Foundation® (MHIF). MHIF designed the award-winning initiative in partnership with key community partners, including New Ulm Medical Center, as a 10-year demonstration project to identify and deliver the best interventions to reduce heart disease at a population level.



The findings and successes from the 10-year research phase of the project have been published in 24 scientific articles in prestigious peer-reviewed journals.



## Risk Factors for Cardiovascular Disease

### The Impact of a Population-based Prevention Program on Cardiovascular Events: Findings from The Heart of New Ulm Project (2021)

Abbey C. Sidebottom, Michael D. Miedema, Gretchen Benson, Marc Vacquier, Jeffrey J. VanWormer, Arthur Sillah, Rebecca Lindberg, Jackie L. Boucher, Steven M. Bradley. *American Heart Journal*. [doi.org/10.1016/j.ahj.2021.04.010](https://doi.org/10.1016/j.ahj.2021.04.010)

### Population-Level Reach of Cardiovascular Disease Prevention Interventions in a Rural Community: Findings from the Heart of New Ulm Project (2020)

Abbey C. Sidebottom, Gretchen Benson, Marc Vacquier, Raquel Pereira, Joy Hayes, Peter Boersma, Jackie L. Boucher, Rebecca Lindberg, Barbara Pribyl, Jeffrey J. VanWormer. *Population Health Management*. [doi.org/10.1089/pop.2019.0196](https://doi.org/10.1089/pop.2019.0196)

### Population-level Changes in Lifestyle Risk Factors for Cardiovascular Disease in the Heart of New Ulm Project (2019)

Gretchen Benson, Abbey C. Sidebottom, Arthur Sillah, David M. Vock, Marc C. Vacquier, Michael D. Miedema, Jeffrey J. VanWormer. *Preventive Medicine Reports*. [doi.org/10.1016/j.pmedr.2019.01.018](https://doi.org/10.1016/j.pmedr.2019.01.018)

### Assessing the Impact of The Heart of New Ulm Project on Cardiovascular Disease Risk Factors: A Population-based Program to Reduce Cardiovascular Disease (2018)

Abbey C. Sidebottom, Arthur Sillah, David M. Vock, Michael D. Miedema, Raquel Pereira, Gretchen Benson, Rebecca Lindberg, Jackie L. Boucher, Thomas Knickelbine, Jeffrey J. VanWormer. *Preventive Medicine*. [doi.org/10.1016/j.ypmed.2018.04.016](https://doi.org/10.1016/j.ypmed.2018.04.016)

### Lifestyle Changes and Prevention of Metabolic Syndrome in the Heart of New Ulm Project (2017)

VanWormer JJ, Boucher JB, Sidebottom AC, Sillah A, Knickelbine T. *Preventive Medicine Reports*, 6: 242-245. [doi.org/10.1016/j.pmedr.2017.03.018](https://doi.org/10.1016/j.pmedr.2017.03.018)



## Risk Factors for Cardiovascular Disease, cont.

Clinical Implications of the American College of Cardiology/American Heart Association Guidelines for the Treatment of Blood Cholesterol for a Rural Community: Data From the Heart of New Ulm Project (2017)

Miedema MD, Sidebottom AC, Sillah A, Benson G, Knickelbine T, VanWormer JJ. *Journal of Clinical Lipidology*, 11(1): 94-101. [doi.org/10.1016/j.jacl.2016.10.006](https://doi.org/10.1016/j.jacl.2016.10.006)

Changes in Cardiovascular Risk Factors After 5 Years of Implementation of a Population-Based Program to Reduce Cardiovascular Disease: The Heart of New Ulm Project (2016)

Abbey C. Sidebottom, MPH; Arthur Sillah, MPH; Michael D. Miedema, MD, MPH; David M. Vock, PhD; Raquel Pereira, MS; Gretchen Benson, BA; Jackie L. Boucher, MS; Thomas Knickelbine, MD; Rebecca Lindberg, MPH; Jeffrey J. VanWormer, PhD. *American Heart Journal*. [doi.org/10.1016/j.ahj.2016.02.006](https://doi.org/10.1016/j.ahj.2016.02.006)

Prevalence of the American Heart Association's "Ideal Cardiovascular Health" Metrics in a Rural, Cross-Sectional, Community-Based Study: The Heart of New Ulm Project (2013)

Kim JL, Sillah A, Boucher JL, Sidebottom AC, Knickelbine T. *Journal of the American Heart Association*, April 2013. [doi.org/10.1161/JAHA.113.000058](https://doi.org/10.1161/JAHA.113.000058)



## Food Environment

Changing the Food Environment to Improve Cardiovascular Health in a Rural Community: Implementation and Evaluation of the Heart of New Ulm Restaurant Programme (2018)

Lindberg, R., Sidebottom, A., McCool, B., Pereira, R., Sillah, A., & Boucher, J. *Public Health Nutrition*, 1-10. [doi.org/10.1017/S1368980017003585](https://doi.org/10.1017/S1368980017003585)

Assessing the Food Environment of a Rural Community: Baseline Findings From the Heart of New Ulm Project (2014)

Pereira RF, Sidebottom AC, Boucher, JL, Lindberg R, Fliszar R. *Preventing Chronic Disease*. [doi.org/10.5888/pcd11.130291](https://doi.org/10.5888/pcd11.130291)



## Electronic Health Records and Data, Health Screenings

Exploring Electronic Health Records as a Population Health Surveillance Tool of Cardiovascular Disease Risk Factors (2014)

Sidebottom AC, Johnson PJ, VanWormer JJ, Sillah A, Winden TJ, Boucher JL. *Population Health Management*. 2015; 18 (2): 79-85. [doi.org/10.1089/pop.2014.0058](https://doi.org/10.1089/pop.2014.0058)

The Heart of New Ulm Project: Using Community-Based Cardiometabolic Risk Factor Screenings in a Rural Population Health Improvement Initiative (2012)

VanWormer JJ, Johnson PJ, Pereira RF, Boucher JL, Britt HR, Stephens CW, Thygeson NM, Graham KJ. *Population Health Management*. June 2012; 15(3): 135-143. [doi.org/10.1089/pop.2011.0027](https://doi.org/10.1089/pop.2011.0027)

Cardiovascular Risk Factor Screening Satisfaction in the Heart of New Ulm Project (2012)

Bekwelem W, VanWormer JJ, Boucher JL, Pereira RF. *Clinical Medicine & Research*, 2012. 10(1): 1-6. [doi.org/10.3121/cm.2011.1011](https://doi.org/10.3121/cm.2011.1011)

Methods of Using Electronic Health Records for Population-Level Surveillance of Coronary Heart Disease Risk in the Heart of New Ulm Project (2010)

VanWormer JJ. *Diabetes Spectrum*. July 2010; 23(3): 161-165. [doi.org/10.2337/diaspect.23.3.161](https://doi.org/10.2337/diaspect.23.3.161)



## Health Care and Telemedicine

### Impact of ENHANCED (diEtitiaNs Helping pAtieNts CarE for Diabetes) Telemedicine Randomized Controlled Trial on Diabetes Optimal Care Outcomes in Patients with Type 2 Diabetes (2019)

Gretchen A. Benson, Abbey Sidebottom, Joy Hayes, Michael D. Miedema, Jackie Boucher, Marc Vacquier, Arthur Sillah, Safa Gamam, Jeff J. VanWormer. *Journal of the Academy of Nutrition and Dietetics*. [doi.org/10.1016/j.jand.2018.11.013](https://doi.org/10.1016/j.jand.2018.11.013)

### Reach and Effectiveness of the HeartBeat Connections Telemedicine Pilot Program (2017)

Gretchen A Benson, Abbey Sidebottom, Arthur Sillah, Jackie L Boucher, Michael D Miedema, Thomas Knickelbine, Jeffrey J VanWormer. *Journal of Telemedicine and Telecare*, February 2017. [doi.org/10.1177/1357633X17692723](https://doi.org/10.1177/1357633X17692723)

### HeartBeat Connections: A Rural Community of Solution for Cardiovascular Health (2013)

Benson GA, Sidebottom A, VanWormer JJ, Boucher JL, Stephens C, Krikava J. *Journal of the American Board of Family Medicine*. 2013; 26:299-310. [doi.org/10.3122/jabfm.2013.03.120240](https://doi.org/10.3122/jabfm.2013.03.120240)



## Programming and Worksites

### Population-Level Reach of Cardiovascular Disease Prevention Interventions in a Rural Community: Findings from The Heart of New Ulm Project (2020; in press)

Abbey C. Sidebottom, Gretchen Benson, Marc Vacquier, Raquel Pereira, Joy Hayes, Peter Boersma, Jackie L. Boucher, Rebecca Lindberg, Barbara Pribyl, Jeffrey J. VanWormer. *Population Health Management*. 2020

### Adult Weight Management Across the Community: Population-Level Impact of the LOSE IT to WIN IT Challenge (2018)

VanWormer, J. J., Pereira, R. F., Sillah, A., Sidebottom, A. C., Benson, G. A., Lindberg, R., Winters, C., and Boucher, J. L. *Obesity Science & Practice*, [doi.org/10.1002/osp4.152](https://doi.org/10.1002/osp4.152)

### Two-Year Impact of Lifestyle Changes on Workplace Productivity Loss in the Heart of New Ulm Project (2015)

VanWormer JJ, Boucher JL, Sidebottom AC. *Occupational Environmental Medicine* 2015; 0:1-3. [doi.org/10.1136/oemed-2014-102620](https://doi.org/10.1136/oemed-2014-102620)

### Program Participation and Blood Pressure Improvement Over 2 Years in the Heart of New Ulm Project (2014)

Sillah A, Sidebottom AC, Boucher JL, Pereira RF, VanWormer JJ. *Preventing Chronic Disease*. 2014; 11: E48. [doi.org/10.5888/pcd11.130205](https://doi.org/10.5888/pcd11.130205)

### Perceptions on How Technology Can Support Individual and Community Efforts to Lead Heart-Healthy Lifestyles (2012)

Kleckner, VL, Boucher JL, Benson GA. *Topics in Clinical Nutrition*. April/June, 2012: 27(2):156-163. [doi.org/10.1097/TIN.0b013e318254243a](https://doi.org/10.1097/TIN.0b013e318254243a)



## **Programming and Worksites, cont.**

### **Stress and Workplace Productivity Loss in the Heart of New Ulm Project (2011)**

VanWormer JJ, Fyfe-Johnson AL, Boucher JL, Johnson PJ, Britt HR, Thygeson NM, Dusek JA. October, 2011; *Journal of Occupational and Environmental Medicine*. October, 2011; 53(10): 1106-1109. [doi.org/10.1097/JOM.0b013e318229ab18](https://doi.org/10.1097/JOM.0b013e318229ab18)



## **The Original Research Vision**

### **The Heart of New Ulm: A Vision for the Future (2008)**

Boucher, J.L., Pereira, R.F., Graham, K.J. et al. *Journal of Cardiovascular Translational Research* (2008) 1: 310. [doi.org/10.1007/s12265-008-9077-2](https://doi.org/10.1007/s12265-008-9077-2)

**For more information on the research:**

**Email:** [info@mhif.org](mailto:info@mhif.org)

**Phone:** Gretchen Benson, 612-863-4222

**Web:** [mplsheart.org](http://mplsheart.org)



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920 East 28th Street, Suite 100, Minneapolis, MN 55407