Published Peer-Reviewed Research About the Heart of New Ulm

The Heart of New Ulm (HOUNU) is a community-owned health initiative being sustained through community partnership and funding. From its beginnings in 2009 through 2018, HOUNU 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)

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

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

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

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

continued
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)

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

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)

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)

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

Electronic Health Records and Data, Health Screenings

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

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

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

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

continued
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)

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

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

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)

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

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

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

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

continued
Programming and Worksites, cont.

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

The Original Research Vision


For more information on the research:

Email: info@mhif.org
Phone: Gretchen Benson, 612-863-4222
Web: mplsheart.org