

THE Eastern Caribbean Health Outcomes Research Network (ECHORN) Cohort Study

The ECHORN Cohort Study has 3,000 participants who are 40 years old and older. We study chronic diseases such as heart disease, high blood pressure, diabetes, and cancer. Thank you for being an important part of ECHORN!

What's now, new, and next?

- ECHORN participants come from Barbados, Puerto Rico, the U.S. Virgin Islands, and Trinidad & Tobago.
- Participants must live on-island with no plans to relocate in the next 5 years.
- You will be hearing about our new ECHORN research study on children's heart health very soon!
- We hope you will come in for your second visit when contacted by research staff!



Who is in the ECHORN Cohort Study?

Age range Average age
40–91 YRS **57 YRS**

Gender
65% F / 35% M

Average weight
81 KGS / 178 LBS

Smokers
8%

Trying to lose weight
46%



Are we eating healthy and exercising?

Eats fruit at least twice a day
7%

Eats salad and other vegetables at least twice a day
7%

Can find affordable fruits and vegetables
62%

Engages in vigorous or moderate intensity activities
40%



How supported are we in our social lives?

Satisfied with social activities and relationships
83%

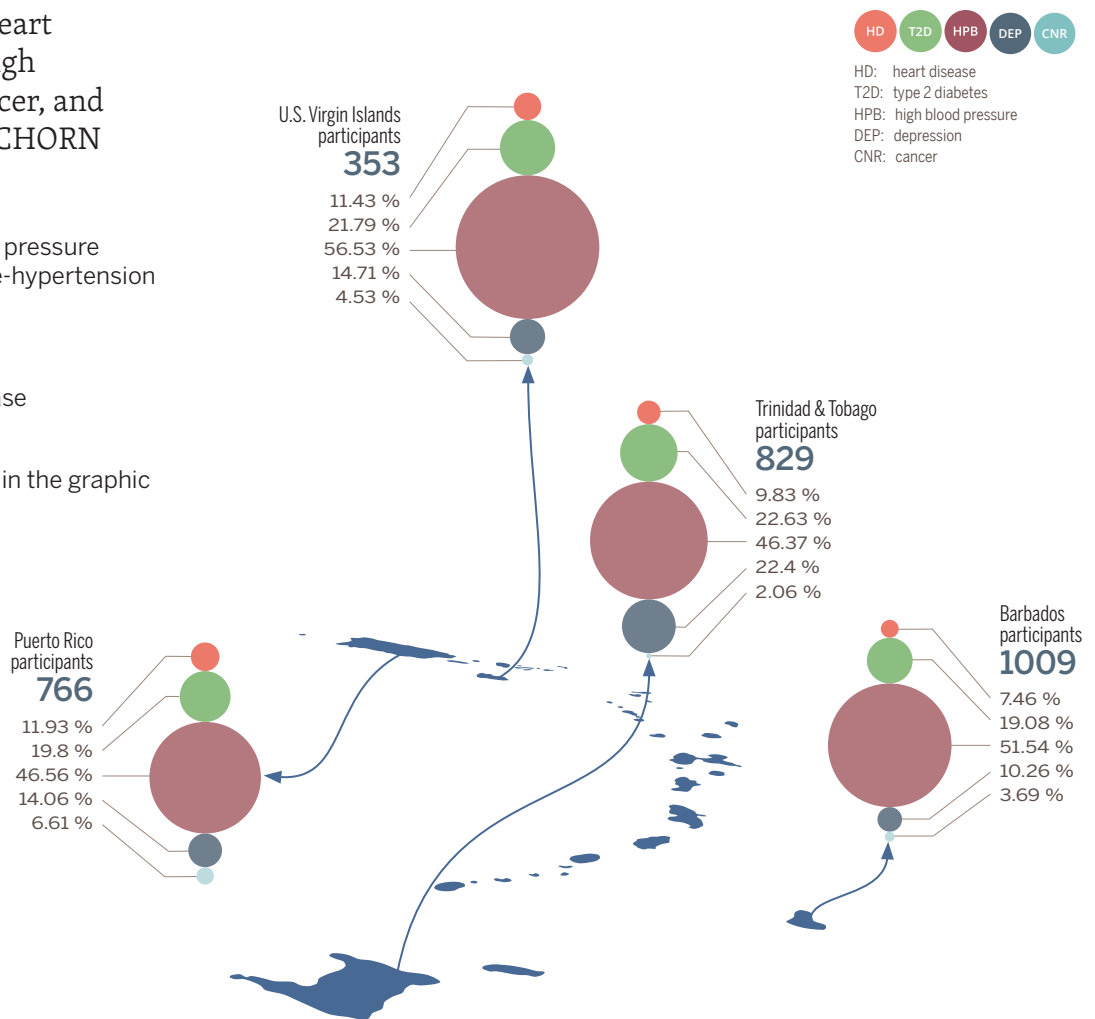
Has someone who will listen when needed
91%

Lives in a close knit neighborhood
66%

How common are heart disease, diabetes, high blood pressure, cancer, and depression in the ECHORN Cohort?

- 49% have high blood pressure (hypertension) or pre-hypertension
- 20% have diabetes
- 15% have depression
- 10% have heart disease
- 4% have cancer

Find data for your island in the graphic to the right.



Tips for healthy living

Eat the Rainbow!

A colorful plate of fruits and vegetables will ensure you are getting important micronutrients.

Grill, Bake, Broil, or Sautee

Instead of frying, grill, bake, broil or sautee using limited amounts of healthy oils like olive oil, canola oil, or coconut oil.

Choose Whole Grains

Choose brown rice, pastas, and breads more often than white or refined grains.

Eat Lean Proteins

Choose chicken, fish (e.g., grouper, yellowtail, and snapper), or beans instead of beef or pork.

Drink More Water

Water satisfies thirst and revitalizes more than sugar-sweetened beverages, coffee, or tea.

Exercise for Energy

Try getting off the bus one stop early and walking; or trace the alphabet with your feet while sitting to strengthen ankles and legs.