

CH STRONG

Project Update Issue 2

About CH STRONG

Thank you for participating in CH STRONG, the Congenital Heart Survey To Recognize Outcomes, Needs, and well-beinG. Since 2016, five teams have worked together to gather information to improve the lives of people living with heart defects.

More than 1,600 individuals born with heart defects in Arizona, Arkansas, and Georgia participated in CH STRONG. The first results of the project were published in the *American Heart Journal*. This publication describes the methods used to survey people with heart defects and the characteristics of people who took the survey. Adults with heart defects, parents of children with heart defects, and health care providers may benefit from CH STRONG findings.

The next topics we will explore are health-related quality of life, disability, access to health care, education and work history, reproductive health, and physical and mental health.

On the next page, you'll find more highlights from CH STRONG.



Inside This Issue:

Findings from "Rationale and design of CH STRONG: Congenital Heart Survey To Recognize Outcomes, Needs, and well-beinG" published in the *American Heart Journal*

Site Leads

Sherry Farr, PhD, MSPH

Centers for Disease Control and Prevention, Atlanta, Georgia

Scott Klewer, MD

University of Arizona College of Medicine, Tucson, Arizona

Wendy Nembhard, PhD, MPH

Arkansas Center for Birth Defects Research and Prevention, Little Rock, Arkansas

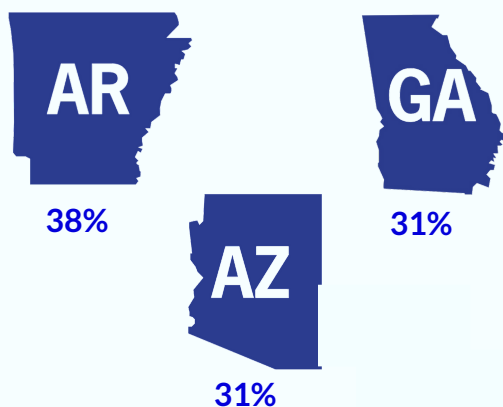
University of Arkansas for Medical Sciences, Little Rock, Arkansas

Lisa Waddell, MD, MPH

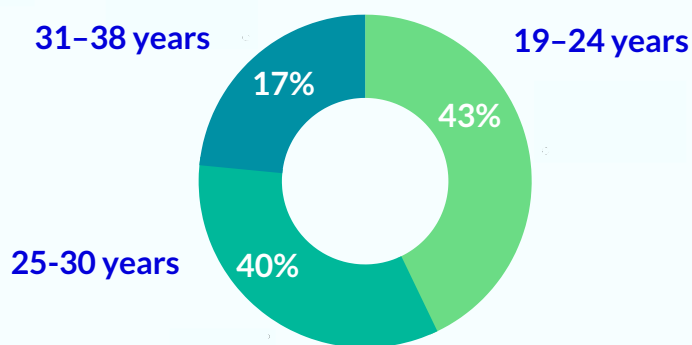
March of Dimes, Arlington, Virginia

CH STRONG Participants

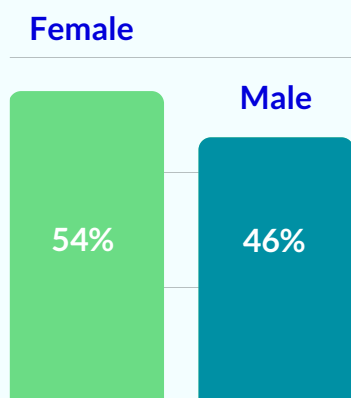
A total of 1,656 young adults with heart defects born in three states participated in CH STRONG. Below are characteristics of individuals who took the survey. These findings were published in the *American Heart Journal* in March 2020.



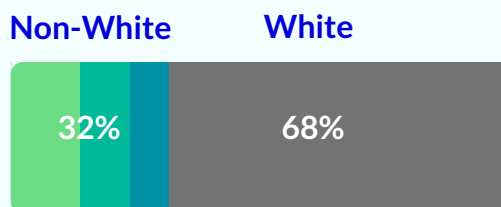
Participants were born in Arkansas, Arizona, and Georgia



Most participants were 19-24 and 25-30 years old



More participants were female



Nearly 1 in 3 participants were Black, Hispanic, or another Race



1 in 3 participants have a severe heart defect, defined as a heart defect requiring surgery or other procedures in the first year of life

THANK YOU!

We would like to thank you for participating in CH STRONG. We appreciate the time you spent to complete the survey and make this project a success! We plan to send additional newsletters as more information is available. For more information about CH STRONG, please visit www.chstrong.org.