



## PROJECT BRIEF

# Family Intervention in the Spirit of Motivational Interviewing (FITSMI)

**PARTNERSHIPS**  
for NATIVE HEALTH

Washington State University

### BACKGROUND:

American Indians have a high prevalence of stroke risk factors, including hypertension, smoking, obesity, and Type 2 diabetes. We will implement FITSMI, a household-based intervention that encourages Native participants of all ages to set goals that will reduce the stroke risk of household members. The study facilitator will use a talking circle format to elicit household goals. Text messages will reinforce these goals during the intervention period.

### OBJECTIVES:

Participating households will be randomized to receive either FITSMI or a control condition (educational brochures only). We will determine the effectiveness of FITSMI by comparing the two randomized groups with regard to 1) reductions in stroke risk factors among household members aged 45 years and older and 2) reductions in blood pressure and smoking among household members aged 11 to 44 years.

**FUNDING AGENCY:** National Heart, Lung, and Blood Institute

**PROJECT NAME:** Innovative Multigenerational Household Intervention to Reduce Stroke and CVD (R01HL122148)

**PROJECT YEARS:** 2014 – 2018

**PRINCIPAL INVESTIGATOR:** Dedra Buchwald

**PROJECT LEAD:** Lonnie Nelson

**PARTNERS:** Three tribal communities in the Southwest and Midwest

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### Our Mission

Conduct community-centered research, training, education, and outreach to improve the health and quality of life of American Indian and Alaska Native populations