

Lifestyle, Culture, and Health Newsletter

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Research Report 2005

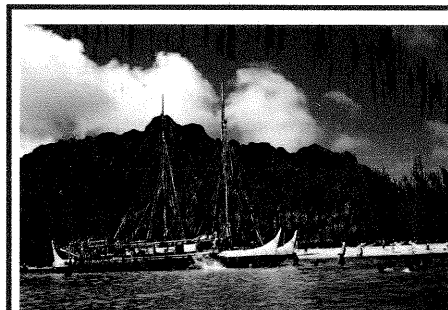
Thanks to your generous response to our initiatives, we have located 84% of your original group and 67% of those located have joined our research 'Ohana. We are continuing to locate new people and we hope to include everyone invited to join us. Because your original group from "small kid times" numbered only 2338, each person is very important to the study, its results, and the future research it will generate. Over 80% of participants continue to respond to the surveys that we send about once a year.

Since we began our clinic visits at Dole Cannery in January 2004, 249 people have attended. So far we have reached only 42% of our goal of 600 clinic visits, so please consider joining us when we contact you or when you are planning to visit O'ahu. Mahalo!

Research Results

The original behavior ratings by your teachers and your self-ratings gathered recently at mid-life result in five factors of behavioral

description. These factors have been found in many other studies completed since Jack Digman's early work. It's important to understand that Jack's work was so well done that it holds up today in light of modern research methods. In future analyses we will be linking these characteristics to health beliefs, behaviors, and outcomes. We will analyze and publish only group, never individual findings. We currently have a paper with our first results accepted for publication. When it is published we will be able to share the findings in a future newsletter.



Voyaging Canoe Hokulea

Together we are voyaging to the past, in the present, and into the future. Please join our 'Ohana for this exciting research journey.

Why am I in this Study?

Jack Digman, Ph.D., our colleague, mentor, and friend, gathered information on your group during the years 1959 to 1967. He was studying behavioral descriptions of children. He obtained permission to gather data at the UH Lab School, O'ahu and Kaua'i public schools, and in parochial schools on Kaua'i. Whole classes in participating schools were included. Teachers rated their students on behavioral characteristics at the end of the year. You will not remember participating because permissions were handled at the administrative level in those days. Jack's original work bloomed into an important research area with implications for education, industry, and health. After 40 years at UH, Jack retired to Oregon where he continued his passion for research at the Oregon Research Institute. At age 73, he was funded by the National Institutes of Health to follow-up his earlier study. Your group is unique in all the world with your cultural diversity and the excellent data gathered in childhood. Jack died in 1998. We cherish his legacy as we strive to continue his work. For this reason we deeply appreciate the contribution of each participant. We hope that everyone will accompany us on this fascinating research journey. You are our teachers regarding lifestyle and cultural effects on health and we hope that together we will create results important for future generations. If we miss this opportunity to work together as a team, we will miss entirely the chance to achieve this goal. Together we are proud of this locally generated and managed project that has been validated twice by 5-year grants from the National Institutes of Health.



Photo HVCB



Hawai'i Team

Carmen, Darlene, Cris, Joan, Melody, Tom, Amy

Clinic Visit Preliminary Results

Preliminary data from the clinic visit indicate that 129 women and 121 men have participated to date. Places of residence include Oahu 84%, Neighbor Islands 7%, mainland 9%, and foreign countries .8%. Men have significantly higher levels than women in fasting blood sugar, triglycerides, grip strength, diastolic blood pressure (when the heart is at rest), and Body Mass Index (height relative to weight). Women have significantly higher levels than men in HDLs ("good" cholesterol) and greater flexibility. Women have a significantly lower risk of heart disease than men measured by the Cholesterol/HDL Ratio (ratio of Total Cholesterol to "good" cholesterol), although both are below the average risk of heart disease rates for men and women. These data provide a baseline of lab

results for current and future analyses of factors related to lifestyle, culture, and health. All individual results have been sent to participants and participants' physicians with consent. Our interest is not only in research. Amy Stone-Murai, our nurse practitioner, has arranged appropriate follow-up care for participants with significantly out-of-range results. She also has provided helpful consultation to others with health concerns or questions.



New Proposal

In September 2005, our research team and our consultants will gather at Oregon Research Institute in Eugene, Oregon to begin planning our next proposal for continued funding from the National Institutes of Health in Washington, DC. Our present funding cycle expires in the fall of 2007.

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