

Lifestyle, Culture, and Health Newsletter

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Research Report 2007

Clinic Visit nears Goal

Mahalo to everyone who has completed our clinic visit, including measurements, lab tests, and interview. In addition to lab results, participants receive \$150 for the visit and \$150 toward airfare if they do not live on O'ahu.

With 535 visits completed, we are approaching our goal of 550 by September 2007. If you are wondering why you were included in this study, the description on this page may be helpful. Please help us to reach our goal. Mahalo!

In the News

The project was featured in the Honolulu Star-Bulletin on March 4, 2007, a front page story by health writer Helen Altonn. She highlighted our recently published findings



Hawai'i Team
Darlene, Cris, Melody, Tom, Amy, Joan

that behavioral characteristics measured in childhood may affect health at mid-life through the lifestyle choices we make and the health behaviors we practice. Also interesting is that some characteristics, such as conscientiousness, tend to remain the same from childhood to adulthood, while others, such as emotional stability, show a pattern of change as people mature.

Greater understanding of the role of early characteristics in health-related behaviors and decisions (see page 2)



"Small Kid Times"

Your group is unique in all the world with your cultural diversity and the excellent data gathered in childhood.

Why am I in this Study?

Jack Digman, Ph.D., 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 described 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 field of investigation, and 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. 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. Your group is unique in all the world (2338 participants) with your cultural diversity and the excellent data gathered in childhood. 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 that this locally generated and managed project has been validated twice by 5-year federal grants from the National Institutes of Health. Photo HVCB/Sri Maiava Rusden

may lead to methods of directing children toward healthier pathways in life. The goal would be a better quality of life over a longer lifespan.

The Star-Bulletin article is posted for review on the newspaper website at: <http://starbulletin.com/2007/03/04/news/story01.html>.

Fourth Survey Brewing

Participants receive surveys about once a year and 74% - 84% respond with information vital to the study. People unable to attend the clinic visit can still participate via survey and receive newsletters and other project mailings. We are currently developing our fourth survey, this one dealing with health behaviors and

social activities.

Proposal News

In February 2007, reviewers from the National Institutes of Health (NIH) in Washington, DC informed us that we earned a high priority score on our proposal submitted for project years September 2007 - 2012.

While this does not guarantee funding, we are pleased that our work was validated by a high score.

We are waiting to hear about the final budget decisions by NIH. We hope to continue the project and we hope that you will journey with us in the future years of this exciting on-going study.



Oregon's Generations in Nature

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