

Lifestyle, Culture, and Health Newsletter

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Project Receives New Grant

We are pleased to announce that the National Institutes of Health have awarded 5 years of new funding to the Lifestyle, Culture and Health Project, 2007 - 2012. In September we began our 10th year of greeting members of your group!

So far, 1310 of you completed surveys and 560 attended clinic visits. We even were able to reach our goal of 550 by September 1st, thanks to your help. Mahalo to everyone for the generous gift of your time, effort, and support for this important work.

It's Not Too Late

It's not too late to join the study! Please visit our website and contact us (see page 2) to arrange a clinic visit at a time convenient for you. We also

invite you to complete one survey a year. Our grant provides payment for all activities (\$150 - \$300 for the clinic visit and \$10 - \$50 for surveys). Please help us to reach our goal of 55 clinic visits this year.

In the next phase of the study, we will be looking at many factors that help to create good health at mid-life and others that place us at risk for chronic illness. Together we will learn many things that may benefit us and the next generation, leading to healthier and longer life.



The Next Generation

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 three times by federal grants from the National Institutes of Health. Photo HVCB/Ron Dahlquist



Hawaii Team

Back: Afeli, Cris, Melody — Front: Darlene, Joan, Amy

Research Results

From the surveys you've completed, we are learning about lifespan pathways that lead to health or illness at different stages of life. For example, in a recent article (cited below), we discovered that childhood personality, education, and health habits all affect health at mid-life.

Childhood personality features contribute to our educational choices and to our health habits such as smoking, physical activity, and eating. Amount of education has additional influence on our health habits and our health status, as you reported in surveys when you marked your health status as poor to excellent.

Now we are looking at your clinic visits to see if the measurements, lab results, and interview data help us understand more about the pathways to health or illness. We will report these results to you.

The factors leading to good health and those leading to diabetes, cancer, and other chronic diseases at mid-life are complex and challenge current knowledge. New results will be important for everyone in the study group, as well as for the next generation. Greater understanding can lead to prevention studies aimed at a healthier lifespan in the future.

Hampson, SE, Goldberg, LR, Vogt, TM, & Dubanoski, JP. (2007). Mechanisms by which childhood personality traits influence adult health status: Educational attainment and healthy behaviors. *Health Psychology, 26*, 121-125.



Striding toward the Future, Floras Lake, OR

Contact Us

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