

# Lifestyle, Culture, and Health Newsletter

Volume 2, Issue 2

November 2008

## Our Research 'Ohana Grows

Our research 'Ohana is growing in a perfect blend of participants from every island, the mainland, foreign countries, and every walk of life.

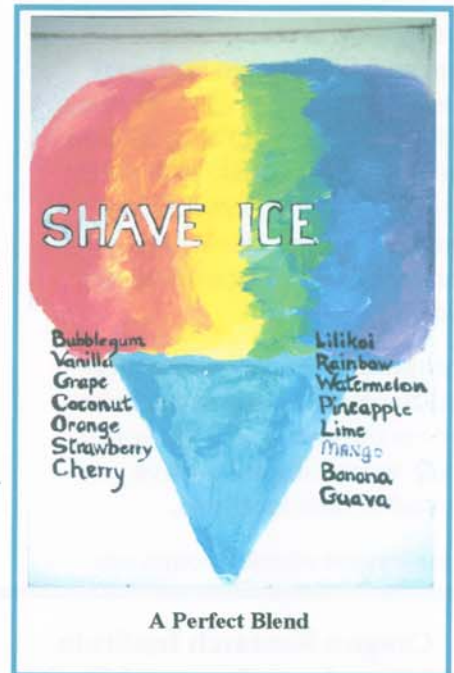
Thanks to your help, we have located 83% of your original group from over 40 years ago. And thanks to your commitment, 70% of those located have joined our current study.

Working together with you as a team has resulted in 1323 people filling out surveys and 630 coming in for the clinic visit. Our long-range goal is 810 visits by 2012, so we need your help to reach this objective. If you haven't come in yet for a clinic visit, please arrange a time convenient for you. Our contact information is on page 2 and our grant still provides payment for all activities (\$150 - \$300 for the

clinic visit and \$10 - \$50 for surveys).

### Research Team Meeting

Early in 2008, the Hawai'i/Oregon research team and consultants met in Honolulu to plan the next five years of work funded by the National Institutes of Health. We will be including many aspects of lifestyle and health, especially emphasizing factors leading to chronic diseases such as diabetes. Our website highlights the meeting at: [www.lifestyle.hawaii.edu](http://www.lifestyle.hawaii.edu).



## 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. You are our teachers regarding lifestyle and cultural effects on health and we hope that together we will create results important for future generations. Your group is unique in all the world (2338 participants) with your cultural diversity and the excellent data gathered in childhood. 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.



Hawaii and Oregon Team Meeting in Honolulu  
Planning for the Project Years 2008 - 2012

Photo O'ahu Visitors Bureau

## Who is in Our Group?

Participants have been asking for more information about the study group — “who are we, where are we living, which cultural groups are in the study?” We decided to devote this page to these interesting questions.

Your group is comprised of 696 men and 627 women and your present age range is 50 - 58 years. 48% are living on O’ahu, 25% on the neighbor islands, 27% on the mainland, and .6% in foreign countries. These classmates live in Canada, China, England, Japan, and Fiji.

Comparing childhood and present residence, 69% continue to live on the island of their youth, while remaining folks have moved to new locations.

Your largest ethnic groups are

Japanese, Hawaiian, and Caucasian, with smaller groups of Chinese, Korean, Filipino, Okinawan, Pacific Islanders, and Others. Although 29% identified very much with their ethnic group, 80% also considered themselves “local”, as the term is understood in Hawai’i.

Only 13% rate their health as fair/poor with 18% reporting that health interfered with normal work in the past year. Over 90% are working - the largest fields are customer service, management, education, clerical, and labor/trades. Although 73% report being physically active, 45% admit to some “couch potato” behavior after age 40.

As participants and researchers we are linked in discovery, each contributing uniquely as flowers create a lei; together we are creating knowledge related to a long and healthy lifespan.



The Successful Linkage of Individuals

### Contact Us

**Lifestyle, Culture, and Health Project**  
On O’ahu (808) 432-4781  
Elsewhere toll-free  
(800) 833-5006

Update your address and learn more about the project at:  
[www.lifestyle.hawaii.edu](http://www.lifestyle.hawaii.edu)

**Oregon Research Institute**  
[www.ori.org](http://www.ori.org)  
Toll-free (800) 261-4997,  
ext. 2113

**Oregon Research Institute**  
**Lifestyle, Culture and Health Project**  
1715 Franklin Blvd.  
Eugene, OR 97403-1983  
U.S.A.

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