

# Lifestyle, Culture, and Health Newsletter

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## Success on O'ahu, Kaua'i - on to Wai'anae

Thanks to your generous contributions of time and participation, our clinic visit numbers are growing. Over 50 participants joined us on Kaua'i at Aloha Medical Center, and we continue to welcome people on O'ahu and Kaua'i. Your response has been so encouraging that we are now offering clinic visits at Kaiser Permanente Nanaieola Clinic in Wai'anae. We're glad that Leeward folks may find this location easier to reach than Dole and we hope that everyone will join us there!

We still need your help to reach the project goal of 810 visits - our total now is 780.

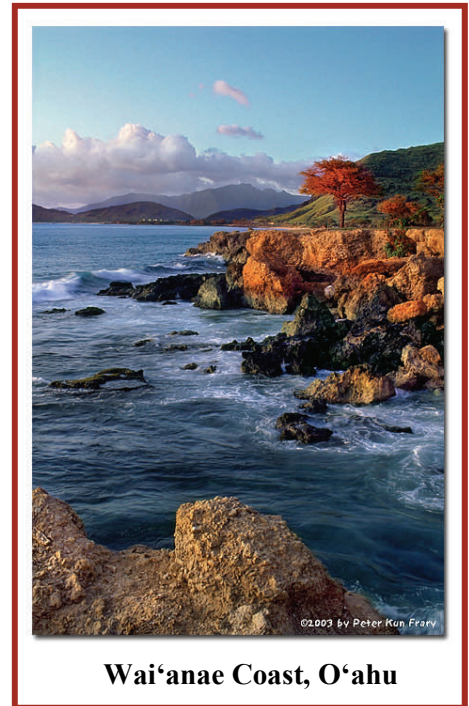
**If you haven't completed a clinic visit since we began to see folks in 2003, please schedule a convenient appointment at Dole, on Kaua'i, or in Wai'anae. Our grant provides payment of \$150-\$300. We look forward to greeting you (contact numbers, p. 2)!**



Research Staff at Nanaieola Clinic, Melody, Cris, Matt, Darlene, Amy

## News of your Group

Half of your classmates in the study are now living on Oahu, while 22% have chosen the neighbor islands, 27% the mainland, and just under 1% (12 people) are living in foreign countries. Overall, 57% have attended our clinic visit and 72% have completed surveys. These are amazing numbers for a study of this size covering such a long span of time. With your help we have now located 84% of your original group from 45 years ago. We are grateful for your support and loyalty over the years, so vital to the validity of the research results. Mahalo nui loa!



Wai'anae Coast, O'ahu

## 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 (2418 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.

Photos: Peter Kun Frary

## Personality Results

Does our personality remain the same throughout life or do we change after childhood? This question often has been asked and often studied. Our study has unique qualities that help us explore this question.

For example, we have excellent teacher ratings of behavior covering aspects of personality in childhood. We have equally excellent ratings in midlife because some members agreed to have their clinic visit interviews videotaped. Also, your many ethnic groups and walks of life are important in testing all research ideas.

Careful behavior ratings of the videos were compared to the childhood findings (the videos are listed by number; names are never attached). Because the ratings were done by different people in different places over a 40 years apart, we weren't sure if the results would be helpful. Therefore, it was amazing to discover that some important childhood qualities also appear at midlife.

Talkative children were observed to express ideas well, show intelligence, and try to control the situation as adults. Impulsive children as adults spoke in a loud voice, and had a wide range of interests with high levels of energy and enthusiasm. Early adaptability was related to cheerful behavior and good social skills in adults. Humble children, who minimized their own importance, showed humility as adults and expressed guilt and insecurity.

Our conclusion is that across times and places, the personality within us continues to interact with life experiences through our behavior.

## Our Newest Members: Parents!

After completing the clinic visit, a group of study members agreed to ask their parents if they would be willing to receive a survey from us. The survey was designed to learn more about members' growth and development in the years before and after they were included in the study as a child. Only parents or someone who has raised a child can provide this information and 131 parents have responded.

In a lifespan study, it is important to understand influences on health over time, so we are grateful for these important parent contributions. We hope to include additional people as we receive permission from willing members and their parents. A mailing with more information about this activity is planned for the spring.

## New Proposal Brewing

We are now writing a proposal for the National Institutes of Health (NIH) to extend our work from 2012—2017. Our Oregon and Hawai'i teams will meet in March and work together at the Kaiser Permanente Center for Health Research in Honolulu. The focus for our future research will be on factors related to continued good health and those related to chronic disease outcomes.

The age range of your group will be from 54-60 in 2012 as we begin the next study phase. If funded, this will be the fourth five-year grant from NIH, underscoring the importance of this research and the quality of information you, as our teachers, have so generously given us.



Kayaks at Sunset

## Welcome to New Team Members



**Grant Edmunds, PhD**, has joined us as a research associate with our Oregon Research Institute team. He is especially interested

in personality and health over the lifespan and completed his doctoral work at the University of Illinois. Grant is busy with development for our new proposal.



**Matt Ota, PA-C**, is contributing his medical expertise as a physician assistant and his interviewing skills to the Hawai'i

team. He is also active in emergency medicine. Matt's range of experience and generous sharing of knowledge benefit our project work greatly.

### Lifestyle, Culture, and Health Project

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

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