

Lifestyle, Culture, and Health Newsletter

Volume 3, Issue 1

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Let's Keep Celebrating - Phase Four!

We are now in Phase Four of continuous funding from the National Institutes of Health since 1997, thanks to your generous contributions through clinic visits and your completion of six surveys over the years.

10-Year Clinic Visits

If you completed your first clinic visit during the years 2002-2007, **at your 10-year anniversary** we will be inviting you back for a follow-up clinic visit. Already 100 people have joined us for this visit, prompting continuing celebration by our team! These participants represent 25% of our goal of 400 for this research phase. Please respond when you receive your invitation, as your kokua is truly needed.

Good News

We will continue to welcome members joining us for their **first clinic visit**. Both first-time and follow-up visitors will receive \$150/\$300 (O'ahu/Non-O'ahu).



Research Staff

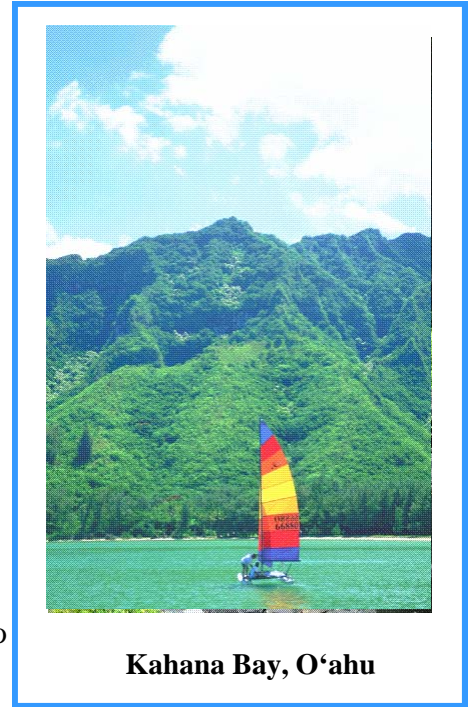
Valentyna, Darlene, Joan, Cris, Amy, and Caryn

Sarah Hampson on YouTube

Our principal investigator, Dr. Sarah Hampson, talks about the background and meaning of our study. View her video at www.ori.org. On the left side of the home page you will see a picture of Sarah. Click on "How Personality Traits Predict Health Outcomes."

Results of Survey 6

Mahalo to 837 members who completed the sixth survey. Your survey information helps us to better understand how health evolves over time. If you haven't received a copy of Survey 6, please contact Chris Arthun at (800) 1261-4997, x 2113. He will be happy to mail one to you.



Kahana Bay, 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 four times over twenty years by federal grants from the National Institutes of Health.



Photo: Brett Uprichard

Research Results

Members are interested in study results, especially after participating for many years. In each newsletter we will highlight recently published papers and books. Many more findings can be accessed on our website, www.lifestyle.hawaii.edu under results/ publications. Please visit our site to learn more.

The following papers use data collected at the first clinic visit and show how this valuable information helps us understand lifestyle, culture and health. Data gathered at the 10-year follow-up clinic visit will provide underlying clues that may help us to design strategies to achieve better health throughout life.

Hampson S. et al., 2013. Health Psychology

Does our personality in childhood set us on a life pathway that affects our physical health? The LCH study is in a unique position to answer this question because we have teachers' assessments of personality in elementary school, and health measured at the clinic examination some 40 years later. We have found that one aspect of childhood personality is linked to a person's health all that time later. Participants who as children were more conscientious (persevering, painstaking, thorough) tended to have better health as adults. For example they had lower blood pressure and blood sugar, better cholesterol levels, and were less overweight. In this paper, we did not investigate why more conscientious children should grow up to be healthier adults. However, we suspect it is partly due to patterns of health habits that develop in childhood and adulthood. Compared to less conscientious children, those who were more conscientious may grow up to take better care of their health, for example by eating

a healthy diet and going to the doctor regularly. Decades living a more healthful lifestyle probably is one reason why these people are in better overall health at midlife.

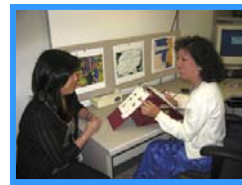
Edmonds G. et al., 2013. Journal of Research in Personality

Do our personalities remain the same from childhood to adulthood, or do we change? The LCH study provides a rare opportunity to answer this question because we can relate the teacher assessments in childhood to assessments of adult personality as much as 40 years later. The answer to this question, at least for participants in the LCH study, seems to be that it depends on which aspect of personality we are talking about. Extraversion (outgoing, sociable, talkative) seems to remain fairly stable from childhood to adulthood, whereas emotional stability seems not to remain stable at all. In adulthood, our study collected self-ratings of personality items on questionnaires, and interviewer ratings at the clinic visit through a personality interview. We expected to find some aspects of personality would be more stable from childhood to adulthood when we used the interviewer ratings in adulthood than when we used the participant self-ratings.

We found this to be the case for one aspect of personality called "open to experience." That is, the degree to which a person is curious, interested in new ideas, and imaginative. The interviewers' assessments were more similar to the teacher assessments of this aspect in childhood than were the self-ratings. This finding suggests that observers are better judges of our "openness to experience" than we are. We may not do such a good job for ourselves because we may have less information about how we compare to others.



Welcome to your 10-year visit at Dole



Welcome Caryn



Caryn E.S. Oshiro, Ph.D., R.D. has joined us as Project Manager. Her expertise in epidemiology and nutrition is contributing important dimensions to our research. Caryn is busy organizing our activities and we are grateful for the fine skills that she brings to the project. She is also an excellent team member with her respectful approach to everyone.

Welcome Valentyna



Valentyna S. Pishchalenko, B.S., has joined us as Research Analyst/Programmer III. She has made significant changes in our data entry process and in our data organization. Valentyna brings a great spirit to our team with her insightful observations about our work, her kind patience with us, and her immediate response to our requests for her rescue skills.

Lifestyle, Culture, and Health Project

On O'ahu (808) 432-4681
Elsewhere toll-free
(800) 833-5006

Update your address and learn more about the project at:
www.lifestyle.hawaii.edu

Oregon Research Institute

www.ori.org
Toll-free (800) 261-4997, x 2113