

Lifestyle, Culture, and Health Newsletter

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Mahalo, Dr. Joan Dubanoski!

We would like to wish a happy life to Dr. Joan Dubanoski who retired in May 2015.



About 17 years ago, Joan joined the original team of researchers on a quest to locate the elementary school children nearly 40 years later who were now adults. Through her perseverance, dedication, and genuine care for the study, we continue to maintain a study lifeline of 1389 participants.

Joan has always expressed that each Lifestyle, Culture, and Health (LCH) participant is a part of something bigger. You are helping future generations prosper and live long, healthy lives.

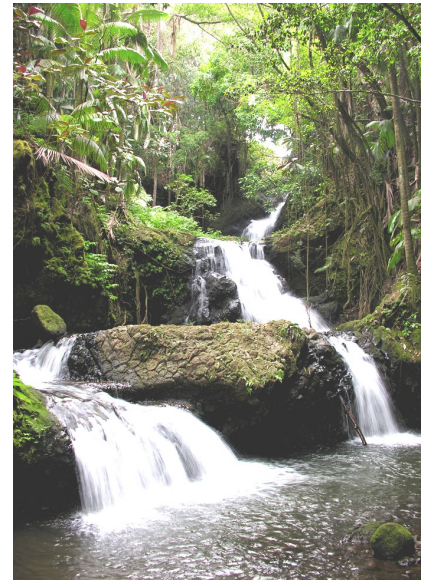
We are grateful to have had such an amazing colleague and researcher and would like to thank her for the tremendous contributions as Hawaii site Principal Investigator for the LCH study.

As a sure part of her next chapter in life, Joan plans to travel to far away places and spend lots of time with her family and grandchildren.

We will miss you Joan and wish you all the best! On to your next journey!



We are delighted to introduce Dr. Caryn Oshiro, our new site Principal Investigator. She has worked at the Center for Health Research Hawaii (CHRH) since 2007, and she has been on the LCH team for the past 3 years. She worked closely with Joan this past year to learn about the many pieces of the job. Caryn has a Ph.D. in Epidemiology and her research interests include nutrition and chronic disease prevention. We are thrilled to have Caryn lead the LCH team at CHRH.



Onomea Falls, Big Island

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: Joan Pabst Dubanoski

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 200 people have joined us for this visit, prompting continuing celebration by our team! These participants represent 50% 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).

Results of Survey 7

Mahalo to over 700 members who completed the seventh survey (17% online). Your survey information helps us to better understand how health evolves over time. If you haven't received a copy of Survey 7, please contact Chris Arthun at (800) 261-4997, x 2113. He will be happy to mail one to you or provide instructions on how to complete the survey online.



Research Staff
Amy, Cris, Jonathan,
Valentina, Darlene, Caryn

Recent Research Results

With every new survey, the LCH study gets more and more valuable. We recently published two articles reporting results taken from all of the first six surveys. Based on information about histories of smoking, exercise, and eating habits, we were able to measure how much health-damaging behavior a person has experienced over their lives. In one article, we reported that men and women who experienced more lifetime health-damaging behaviors were less healthy on several measures taken at the clinic exam. Men and women who were rated by their teachers as less conscientious when they were children tended to have fewer years of education and more health-damaging behaviors, leading to poorer physical health at age 50.

In another article, we used this same measure of lifetime health-damaging behaviors to explain differences in self-rated health. On every survey, we ask about your health. We looked at how self-reported health changed over the 6 surveys completed over the past 14 years, and divided people into groups with similar patterns. Most people's reports remained stable across the surveys but differed in how healthy they felt (stable fair, stable good, and stable excellent health), but some people reported their health getting worse over this period. The group that reported decreasing health also had higher levels of lifetime health-damaging behaviors, and was less conscientious as children than the other groups.

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



Welcome to your 10-year visit at Dole



Jonathan Lai, R.D., C.D.E., has joined us as a Project Manager/Interviewer. Jonathan brings a wealth of research and practical

experience working with child and adult populations. Jonathan comes from working in a clinical setting as a Registered Dietitian and Certified Diabetes Educator. We are so happy to have Jonathan on board and as a part of our LCH team.



Cris Yamabe, B.S., retired in April 2015. Cris worked as a Research Assistant and has been with this study since 2002. Many of you have met or spoken with

her over the phone. She has made a significant impact on our study with her genuine care and respect for participants. We are sad to see Cris leave though she is now enjoying this new chapter in her life. We miss you, Cris!

Lifestyle, Culture, and Health Project

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

Oregon Research Institute
www.ori.org

Toll-free (800) 261-4997, x 2113