



# Lifestyle, Culture, and Health Newsletter



Volume 5, Issue 1

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## A New Year and New Beginnings!

We are thrilled to announce that the Lifestyle, Culture, and Health project has been funded for another five years by the National Institutes of Health! We thank you for being a part of this important study. Our plans for the next five years (2017-2022) include two goals:

**To continue to study your physical health:** We saw 410 of you for a follow-up clinic visit (about 10 years after your first clinic visit). We hope to see everyone else who hasn't come yet for the 10-year follow-up. As a thank you, you will receive \$150/\$300 (O'ahu/Non-O'ahu).

**If you've never come to a clinic visit, we welcome you to come for a first time!**

**To use annual phone interviews to learn about aging well:** We want to find out how are you doing, and an easy way to do this is by phone. We have a few questions about your health, and some exercises like you find in the newspaper and magazines that involve creativity, problem solving, and memory. They're not too hard, and you may find them entertaining (fun?). Even if you don't like these kinds of puzzles, or feel you're not too good at them, we would still really value your help. We want to hear



from everyone in the LCH study. The phone call takes about 30 minutes, maybe less, and we will find a time convenient for you. We'd like to thank you for your help by sending you \$25 for the first telephone interview, and slightly more for each one after that. If you participate four times in the next four years, you can earn up to \$130.

## Introducing our New Principal Investigator

Grant Edmonds, Ph.D., joined our team at the Oregon Research Institute in 2010. He is especially interested in the connections of personality, lifestyle, and culture, and how they can support health over the lifespan, making him a perfect match for our study. Thanks to his creativity and dedication, we were funded for another five years. Grant will lead the team during this next phase of the study.



## Look out for These Invitations!

If you haven't already made your 2nd clinic visit, watch for your invitation.

Telephone interviews are a new activity in addition to the clinic visits. If you are unable to come to the clinic, please consider joining us on the phone. If you can do both, that is even better!

More information about the telephone interviews will be mailed to you soon.

**If you have any questions or concerns, or would like to schedule an appointment, please give us a call at:**

**(808) 432-4688**

**Or the toll-free number at:**

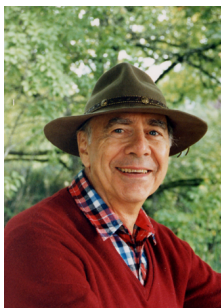
**(800) 833-5006**

Header Photos Courtesy of Joan Dubanoski

## Lifestyle, Culture & Health (LCH) Study is the First to:

- » Develop new ways to measure personality during 'small kid time', and then test how we change over the decades.
- » Use information about how we think, feel, and act as kids as a way to understand our physical health 40 years later when we are adults.
- » Look at how our personality in 'small kid time' may help us have better health habits as adults.
- » See if the way we were as children is related to the rate of aging in our bodies' cells over many years.

## Why am I in this Study?



Jack Digman, Ph.D., gathered information on your class in elementary school during the years 1959 to 1967. He obtained permission for his research at the UH Lab School, O'ahu and Kaua'i public schools, and in parochial schools on Kaua'i. Teachers described their students on

behavioral characteristics at the end of the school year. Using these descriptions, Jack Digman did pioneering work on understanding children's personalities. After 40 years at UH, Jack moved to the Oregon Research Institute. At age 73, he was funded by the National Institutes of Health to follow-up this earlier work. He planned to study personality changes from children to adults, and how childhood behavior affects adults' health. Sadly, Jack died in 1998 shortly after starting this new study. Other researchers at Oregon Research Institute have led the study ever since. Thanks to your dedication and loyalty, this amazing study continues to this day.

## How has the LCH study contributed to research today?

Researchers studying personality use a model called the Big Five. Childhood data from the LCH study was key to helping us understand the Big Five, and changed how scientists study personality.

## Why does this study look at health?

Dr. Digman wondered if the way we are as kids can affect how we think and act when we are older, and if this might be important for health. We continue this work, and we keep learning more.

## How do we change as we grow?

Imagine looking at pictures of your friends when they were young, and looking at pictures of these same friends when they are older. We all change in important ways as we grow, but you can usually recognize the same face, even after a long time has passed. We found that peoples' personalities grow and change in ways similar to this. You can often still recognize some of a person's habits and ways of thinking and acting after many years have passed. Your participation as a child and now as an adult has allowed us to learn this.

## Are there other studies like this?

There are one or two similar studies, but they are not exactly the same. When you were a child, your teachers answered certain questions about your personality. This makes the data in our study unique. **Also, no study has a group of people like you, making your participation especially important.**

## What have we learned about childhood and being healthy as an adult?

From the clinic visit, we found that people who were more careful and planned ahead as kids were more likely to have better heart health, including better cholesterol and blood pressure. How did this happen? One reason is that these kids are more likely to do more healthy things as they get older. For example, they were less likely to smoke cigarettes later in life. This is one important way to stay healthy. There is still so much to learn about aging well. Answering these important questions can **help future generations**, and we can only answer them with your help. Thank you for being part of the LCH 'Ohana.



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

Update your address and learn more about the project at:

<http://lifestyleculturehealth.ori.org/>