

# Lifestyle, Culture, and Health Newsletter

Volume 8, Issue 1

Spring 2022



Photo Credit: Yannica Theda Martinez

## ***Aloha!***

It's hard to believe many of you have been in regular contact with us for over twenty years now! We have all had to learn in different ways during this pandemic. While we'd like for things to stay the same, not everything can. Some things are changing with the Lifestyle, Culture, and Health project (LCH).

The major upcoming change is that the clinic site and the Oregon Research Institute (ORI) in Eugene, Oregon will be changing the way we are working together on this study. The Hawai'i site will no longer be part of the Lifestyle, Culture, and Health Study at this time. However, ORI will continue working with you on this project - sending questionnaires, newsletters, birthday cards, and will now be contacting you directly regarding your interest in participating in a telephone interview. As always, your participation is voluntary, but we sure do appreciate your contribution!

Although this is a change, what is most important (and staying the same) is how grateful we are for all you have done to contribute to the LCH study over the last several decades. We have been able to advance science and improve health, based on what we have learned from you!

The Hawai'i staff wants to truly thank you for the time spent "talking story", sharing ono island food recommendations, dropping off local snacks for our staff, helping to locate classmates, and many other special moments over the last 20 years. Those of us at the Hawai'i clinic site will miss you! Those of us in Oregon are excited to continue this important project with you!

In this newsletter, please continue reading about the history of this amazing project, meet some of our other LCH team members, enjoy some corny jokes and brainteasers, and learn how to receive a fun gift card!

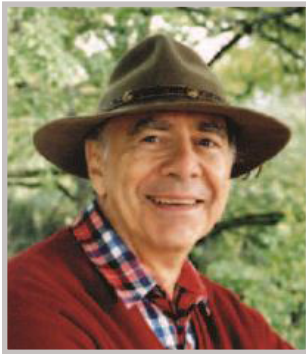
If you have any questions or concerns, please contact the Lifestyle, Culture, and Health Project, Katie Clawson toll-free 800-261-4997 or email [LCH@ori.org](mailto:LCH@ori.org). You can also visit the LCH website and contact us from there <http://lifestyleculturehealth.ori.org/>

## A Look at the Past...

## A Look to the Future

### **A Look at the Past:**

Jack Digman, PhD, 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 University of Hawai'i (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. Jack's original work bloomed into an important field of investigation. 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 Institute of Health to follow-up his earlier study.

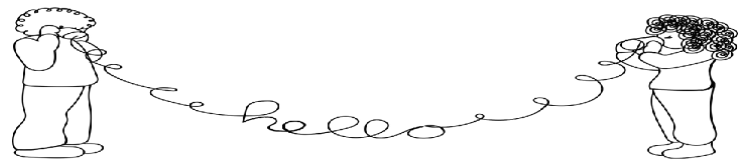


Sadly, Jack passed away in 1998. However, we cherish his legacy to this day, as we strive to continue his work. The follow up study has been running for over 20 years, and we are continuing! We deeply appreciate the contribution that each of you have made over the years, and we feel so fortunate to be your partners in this research. As we have told you before, you are our teachers regarding lifestyle and cultural effects on health and we hope that together we can continue finding important results that will benefit future generations.

### **A Look to the Future:**

While we stopped collecting data in our clinics with the onset of the Pandemic in 2020, we have continued collecting important information with our telephone interviews. Many of you have completed at least one telephone interview, and some of you have even completed all four. These interviews include a few questions about your health, and have some exercises like you find in newspapers or magazines. The exercises can be fun and entertaining and involve creativity, problem solving, and memory. They are not too hard and even if you are not a fan of puzzles, or feel like you are not good at them, we still really value your help! No one is expected to score perfectly. These interviews help us learn about how we change over time.

Answering questions like... ***Are we changing in the ways that we solve problems and remember? What do normal changes in thinking and memory look like? Does a healthy diet impact thinking and memory?*** If you have not already participated in a telephone interview already, that's okay, it's never too late! If you have already participated, that is great! We will soon be calling and scheduling more interviews!



### **Also coming to you soon:**

A new questionnaire is in the works and will be mailed to you this summer. We are also working on another newsletter that will include new interesting findings. We have really missed meeting with you in person. Your continued participation is very important to this study.

If you have any questions about your rights as a research participant, you may contact Kathryn Madden, IRB Administrator, Oregon Research Institute, Human Subjects Protection Office at 541-484-2123 or [kathryn@ori.org](mailto:kathryn@ori.org) or contact Armida Ayala, PhD, Director, KP-Hawaii Human Research Subjects Protection Office at 626-405-3665 or [armida.ayala@kp.org](mailto:armida.ayala@kp.org).

# Introductions

We would like to introduce you to some of the great people that we work with on the Lifestyle, Culture and Health Team!



**Robert Wilson, PhD** has been collaborating with our ORI team for quite a while. Dr. Wilson is a professor in the Department of Neurological Sciences and Division of Behavioral Sciences at Rush University Medical Center, where he has been on faculty since 1976. He has extensive experience with longitudinal cohort studies of late-life cognitive functioning. His research has focused on modeling late-life change in cognitive function; identifying antecedents and consequences of cognitive loss in old age; and determining whether cognitive aging, its antecedents, or its consequences vary in racial or ethnic groups or birth cohorts. Dr. Wilson is one of our favorite folks to work with, not only because he is so knowledgeable in his field, but also because he is one of the nicest humans we know. When not working hard to understand human aging, he enjoys the company of his feisty Jack Russell Terriers!



**Joanne Qina'au, MA** was recently given the opportunity to work with Drs. Grant Edmonson at ORI and Patrick Hill at Washington University in St. Louis on the paper, *"Native Hawaiian wellbeing and transdiagnostic trauma symptoms: The protective role of physical activity in dissociation,"* which is currently under review. The study uses data from the LCH project. Jo is a PhD candidate in clinical psychology working with Dr. Aki Masuda at the University of Hawai'i at Mānoa, located on Kanaka Maoli land on the island of O'ahu. Her research interests are at the intersections of equity (transformational paradigm), wellbeing (community-driven theories, mind-body connection), and trauma (historical, interpersonal, transdiagnostic symptomatology). When she's not student-ing, Jo enjoys hikes, teaching mindfulness and meditation, and training future Yoga instructors. We are so fortunate to have Joanne sharing her unique knowledge, and excitement for research, with our team!



**Jessica Liu** is no stranger to longitudinal studies. Jessica joined the ORI team in 2004, working on the ABACUS project. This project followed children from the 1st grade through their mid 20's, looking at their beliefs about substance use and how peers and parental monitoring influence their attitudes. Jessica has also been involved with multiple other projects at ORI and loves doing phone interviews. She enjoys connecting with participants and is looking forward to meeting all of you. In her time away from ORI, she enjoys hiking, and paddleboarding and spending time with her family and their adventurous dogs! You might soon get to meet Jessica because she will be calling you to schedule a telephone interview if you are eligible!

**How to get a gift card:** You can choose a gift card from Starbucks, Subway, Amazon, or Longs Drug/CVS by going to our webpage at <http://lifestyleculturehealth.ori.org> or by contacting the **Lifestyle, Culture, and Health Project** by phone: **toll-free (800) 261-4997**.





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Jokes  
What do you call a can opener that doesn't work? - A can't opener  
What do you call a magician who lost their magic? - Ian  
What do you call an empty can of Cheese Whiz? - Cheese Was.

Brain teasers  
What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?  
What do an island and the letter "T" have in common?  
(Look for the answers of these brain teasers on our website)

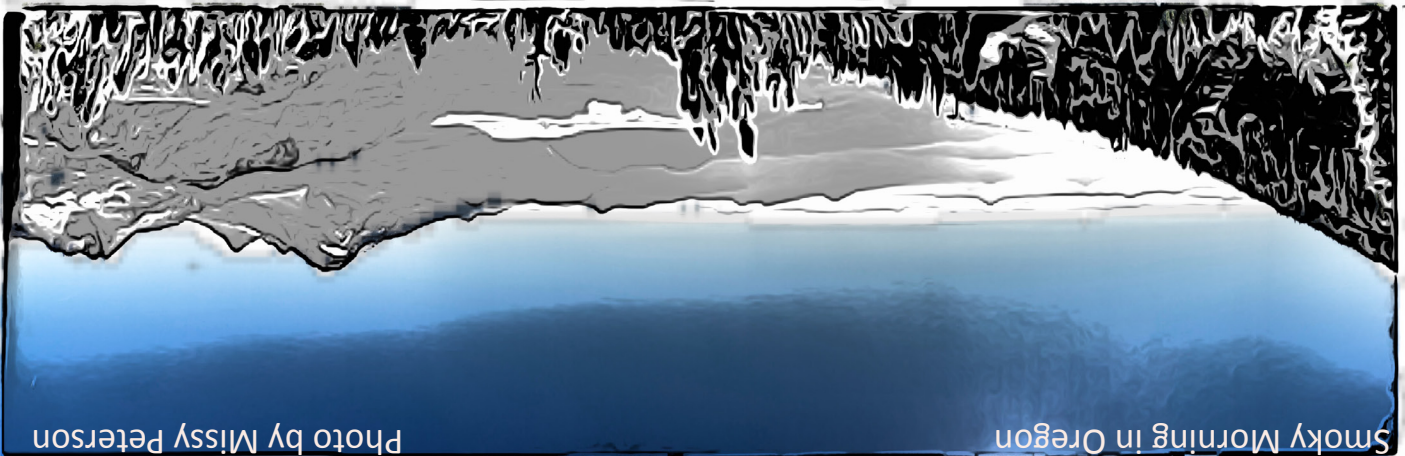


Photo by Missy Peterson

Smoky Morning in Oregon