



A Word From *All of Us*

Hello!

It's been an exciting summer at the *All of Us* Research Program. Since we opened enrollment widely across the country, many thousands of people have joined our community from all 50 states! A big thank-you to all of our participants for your time, commitment, and trust. In addition to being the director of this amazing program, I am also a cancer survivor and have very personal reasons for wanting to drive research to find the right treatments for the right person at the right time.

We've also expanded our newsletter, sent to you every 2 months, to give you more information about the program and health topics that might be of interest to you.

I hope you enjoy your participation in *All of Us* and encourage others to join, too!

In good health,
Eric Dishman

And the Survey Says...



Why Participant Insights From Surveys Are Vital to *All of Us*

Our lifestyle, biology, and environment all affect our health. That's why *All of Us* wants to hear from you.

One way you can share information with *All of Us* is by answering surveys. Some of the surveys ask about your

All of Us
RESEARCH PROGRAM

BY THE NUMBERS

As of the week of August 13, 2018



of participants registered

1 0 0 , 0 0 0



of full participants enrolled

5 0 , 0 0 0



of vials of blood collected in the blood bank

3 6 0 , 0 0 0



of online surveys completed by participants

2 0 0 , 0 0 0

Why Participant Insights from Surveys are Vital to *All of Us*
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overall health. Others ask about eating habits, exercise, and other activities that can affect health. All of the surveys are available in both English and Spanish.

Filling out surveys is simple, and they can give researchers accurate information on many different topics. Combined with a lot of other health information that you and other participants provide, surveys help researchers identify patterns about how our lifestyle and background affect our health. They may also help researchers answer questions about how to prevent and treat a variety of health conditions.

Many participants have already taken surveys. If you've signed up for *All of Us*, but have not taken surveys yet, you can find them by logging in to the Participant Portal. You can log in through the web or the *All of Us* app for iOS and Android devices.

You can complete some surveys as soon as you sign up for the program. Others will show up after some time has passed or after you've completed certain surveys. These include two new surveys we just added. They focus on family health history and experiences with health providers and health care.

We will add new surveys regularly. New surveys give you the chance to share information about more areas of your health and life or how your health changes over time.

The information you choose to share in the surveys will provide great value to the program and strengthen the findings researchers can make with them. ●

All of Us Events

**Explore Our Tour
Across America**



**Hispanic Federation &
NAHH Food truck Rodeo -
Kissimmee**

Friday September 7
6-9 p.m.

Kissimmee Lakefront Park
201 Lakeview Drive
Kissimmee, FL 34741



**Hispanic Federation &
NAHH 2018 Tunnel to
Towers 5K Run & Walk -
Altamonte Springs**

Saturday, September 8
7:30-10:30 a.m.

Cranes Roost Park
274 Cranes Roost Blvd
Altamonte Springs, FL 32701

See all upcoming events at
JoinAllofUs.org/en/events

Coming Soon: New Ways to Share Information With *All of Us*



All of Us is always looking for new ways for participants to share information.

“One of the promises of the program is to allow people to contribute data in different ways,” says James McClain, Ph.D., program director for the *All of Us* Research Program’s Participant Technology Systems Center.

“Participants will see new features added frequently that will make the experience richer.”

Participants will soon be able to share information from a Fitbit fitness tracker. As part of a pilot project, some participants will receive Fitbits to monitor their steps and health for research. Other fitness trackers and wearable devices will be able to share data with *All of Us* in the future. ●

Exploring Health



Stress and Anxiety

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Many factors play a role in mental health: age, biology, environment, and even what we eat and drink.

People experience stress as they encounter changes in life. Long-term stress may contribute to or worsen other health problems like digestive disorders, headaches, and sleep disorders. Stress may worsen asthma and has been linked to depression, anxiety, and other mental illnesses.

This fall, *All of Us* will release a new tool that will let participants share information about their thoughts and feelings. It will also let participants track their mood for 2 weeks. By doing this, participants can help researchers learn more about the factors related to mental health. ●

**Frequently Asked Questions
From All of Us Participants**



Will you be studying my disease or condition?

Researchers will use the data collected by the *All of Us* Research Program to study many different diseases and conditions. It is up to each researcher to decide what they study. You can learn more about the research being done at our website, JoinAllofUs.org.

Explore the FAQs at
JoinAllofUs.org/en/FAQ

All of Us in the News



WBRC-TV (Birmingham, AL)
June 14, 2018

WBRC Alabama speaks with Betty Key, Ed.D., M.S.N., RN, and Mercy Mumba, Ph.D., RN, *All of Us* researchers at the University of Alabama.

Read the article at
WBRC.com/story/38430218/all-of-us-research-program-looks-to-diversify-research-pool

STAT

STAT News
June 13, 2018

All of Us Research Program Director Eric Dishman provides clarification of the steps *All of Us* is taking to protect the health data of its participants.

Read his editorial at
JoinAllofUs.org/en/in-the-news/i-handed-over-my-genetic-data-nih-heres-why-you-should-too



Chicago Tribune
June 11, 2018

The *Chicago Tribune* interviews Joyce Ho, Ph.D., of Northwestern University on her work with the *All of Us* Research Program.

Read the interview at
JoinAllofUs.org/en/in-the-news/nationwide-program-seeks-1-million-volunteers-medical-research-heres-why

View more news articles at
JoinAllofUs.org/en/in-the-news