

Let's Get Healthy!

www.octri.org/letsgethealthy



What is *Let's Get Healthy!*?

Let's Get Healthy! is a popular interactive education and research exhibit.

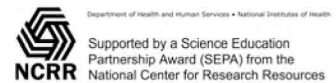
Developed by Oregon Health & Science University (OHSU) scientists, *Let's Get Healthy!* (originally titled Nutrition World) debuted at Portland's Oregon Museum of Science & Industry (OMSI) in summer 2007. The exhibit was hugely popular; over 3,000 individuals lined up to participate during the week and a half of the exhibit.

As part of the interactive exhibit, attendees can enroll as research participants where they learn about the research process and the quality of their own diet and body composition. Participants can consent to have their anonymous data become part of population database for use by researchers studying the relationships between eating habits, body composition, genetics and chronic disease.

About *Let's Get Healthy!* Partners

OHSU was recently awarded two grants by the National Institutes of Health (NIH) to take *Let's Get Healthy!* to rural Oregon communities.

These grants support community engagement, NIH research and health education by joining the efforts of our partners in rural clinics, research institutions, museums, schools and educational programs.



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Bringing *Let's Get Healthy!* to your Community

Let's Get Healthy! health fairs are typically held on Saturdays, free to the public and open to the entire community. Local middle school teachers partner with OHSU organizers to choose the fair date and location. Then, OHSU contacts local health organizations to bring the experts to your community's fair. These medical experts staff the stations at the health fair to give participants tailored feedback about their diet and body composition as part of the interactive *Let's Get Healthy!* exhibit.

For more information about *Let's Get Healthy!*, contact:

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| <p>What does it mean to be a research participant?</p> <p>Attendees can enroll as research participants and experience clinical research first-hand.</p> <p>All data collected is anonymous. The <i>Let's Get Healthy!</i> exhibit consists of an entry kiosk and 4 data collection stations. Participants can choose to complete any or all of the following research options.</p> <p>Volunteers and medical experts are on hand to assist in the collection of data and answer questions at all stations.</p> | <p>Sign up</p> <p>Enter your non-identifiable information (year of birth, gender, race and ethnicity) and get a barcoded wristband that is scanned at each chosen research station to link all of your data anonymously.</p> | <p>Diet Assessment</p> <p>Complete a brief online touch-screen assessment of diet and physical activity and receive immediate, tailored feedback.</p> | <p>Body Measurements</p> <p>Get body measurements taken of your height, weight, hip and waist circumference and percent body fat.</p> |
| | <p>DNA Swish</p> <p>Provide a DNA sample by swishing with mouthwash for future research on genetic variation and body composition. For individuals age 10 and over.</p> | <p>Blood Measures</p> <p>Have blood pressure taken and obtain finger prick measures of cholesterol and glucose with immediate feedback. For individuals age 18 and over.</p> | <p>Finished!</p> <p>Data collection is complete!</p> <p>Evaluate your research experience by completing a brief survey.</p> |

What happens to my *Let's Get Healthy!* data?

All participant information is collected anonymously. The data become part of a research database that scientists can use to study the relationship between diet, body composition, blood levels and genetics. For example, if a scientist studying a metabolic disease wants to know if cholesterol levels in a normal population are the same as those observed in patients with the disease, the scientist could look at the *Let's Get Healthy!* database to compare the cholesterol levels measured from thousands of volunteers to answer this question.

Access to the database is tightly controlled and only researchers with approved projects can access the database. OHSU and rural medical professionals meet with community contacts after *Let's Get Healthy!* to review findings about local health issues. These discussions are intended to help to promote education and implement health programs in local communities.

What is the benefit for me and my community?

The Oregon legislature identified obesity as its number one public health problem. *Let's Get Healthy!* seeks to address this problem by allowing the public to examine their own diet and body composition as part of an NIH-funded research study. Participants receive tailored feedback from medical experts that they can use to alter their lifestyle choices and eating habits.

Local schools also benefit from *Let's Get Healthy!* as the program can help schools meet state health standards promoting exercise and healthy eating. Middle school teachers and educational coordinators have helped implement these standards in our program.



Dr. Jon Purnell scans the barcode on an anonymous participant's wristband. The barcode allows scientists to link all of the data while maintaining the participant's anonymity.