

Thank you from *All of Us*!

Thanks to participants like you who are helping to create a healthier future by joining the *All of Us* Research Program – we had quite a year in 2021!

New participants joined *All of Us* in New England in 2021!

In 2021, 4,454 new participants joined *All of Us* in New England. Just like you, they understand the importance of participating in health research and representing their communities to help improve healthcare for everyone. We hope they follow your lead and continue to stay involved with *All of Us* for many years by completing new surveys and activities.

4,454+

Participants

This figure represents participants who joined *All of Us* New England during 2021, have consented to join the program and those who have given consent to share electronic health record data and provided biosamples to the program.

3,536+

Participants who have completed initial steps of the program

Our local community events were a **HUGE** success!

Thanks to the COVID-19 vaccine becoming available, we were able to safely participate in in-person community events.

28 In-person events
32 Virtual events
8,232 registrants
1,392 attendees
594 opted-in for more information

In 2021, we hosted or participated in over 60 local community events. Our community events are an important way for us to share information about the program, and to provide educational discussions about topics that are important to participants like you. As a participant, you help to shape the future of *All of Us*. But you also drive these important conversations by letting us know what you want to learn about. We listened to your feedback and ideas and that's how we developed events like our discussions to address your frequently asked questions (FAQs) about the COVID-19 vaccines and live demonstrations to talk about how nutrition impacts your health.

In March, we partnered with DotHouse Health and Grace Church of All Nations, together with Dr. Paulette Chandler, and Dr. Julien Dedier, to co-host a special event to address COVID-19 vaccine FAQs. If you'd like to see a recording of this event, please visit <https://youtu.be/WlonMzWrcNM>.

In September, we hosted a virtual cooking demonstration with our partners at the Lupus Foundation, Boston Medical Center Teaching Kitchen, and Create a Cook. The chefs prepared a healthy, easy, and affordable recipe to demonstrate how meal planning and healthy eating can be easy and fun. Our guest nutritionist talked about the amazing properties of the ingredients we used, how to substitute them according to your diet preferences, and most importantly how these ingredients can benefit our physical and mental health.

Help us create a community cookbook!

Do you have a healthy recipe that you'd like to share with the *All of Us* New England community? Scan the QR code or visit: <https://bit.ly/3vKYdDz> to submit your favorite healthy recipe and we'll share it as part of our community cookbook project.

Join our free events in 2022! Follow us on Facebook, Instagram or Twitter @AllofUsNE to get all the details.



New England Researchers Help to Advance Health Research

These **local researchers** helped *All of Us* to design important studies to better understand how mental health and social environment impact our overall health, well-being, and quality of life.

All of Us COPE survey sheds light on the pandemic's effects on physical and mental health

Dr. Jordan Smoller, Principal Investigator for *All of Us* New England and Associate Chief for Research in the Department of Psychiatry at Massachusetts General Hospital, helped lead a research team that designed the COVID-19 Participant Experience (COPE) Survey. The survey was created to help researchers understand changes in participants' daily life, health, and well-being throughout the pandemic. Between May 2020 and February 2021, a total of six COPE surveys were released to *All of Us* participants, and over 99,000 participants responded to the surveys.

To learn more about this important study, please visit <https://www.researchallofus.org/spotlight/cope-survey>



All of Us is helping researchers study links between social environments and health



Dr. Cheryl Clark is a Principal Investigator for *All of Us* New England and Associate Chief in the Division of General Internal Medicine and Primary Care at Brigham and Women's Hospital. Dr. Clark is a co-chair of the *All of Us* Research Program Social Determinants of Health Task Force and helped to design the new *All of Us* Social Determinants of Health survey. Social determinants of health (SDOH) are the conditions in which we are born, live, learn, work, play, and age that can affect our health and quality of life. This new survey asks participants about their communities, their support systems, whether they feel safe in their environment, and other things. *All of Us* hopes that participants' responses will help researchers explore what social and environmental factors contribute to overall health and well-being.

Have you completed the *All of Us* SDOH Survey?

See page 4 for more details on how to complete the survey today.

We want to hear from you!

Thanks to participants like you who answered our recent surveys, we found out about topics that you want to see in our newsletter and learn about at upcoming events.

Tell us what you want to see by scanning the QR code on the right or visiting: <https://bit.ly/3hECh6k>



News from the *All of Us* Research Program

All of Us Launches a New Study on Precision Nutrition

The new study *Nutrition for Precision Health*, powered by the *All of Us* Research Program (NPH) will recruit a diverse pool of 10,000 participants who are part of the *All of Us* Research Program to inform more personalized nutrition recommendations. *All of Us* has a mission to help develop more individualized healthcare, making the program a perfect partner for the NPH study. *All of Us* will contribute existing data from participants who agree to participate in the NPH study, including genomics, health records, and data, such as information on daily life experiences, family health, and more. NPH will also collect new data and samples from these participants. *All of Us* New England will be partnering with the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University and the Gastroenterology Division at Massachusetts General Hospital to recruit 2,000 patients to join the study in New England.



Nutrition for Precision Health

This is an exciting opportunity to help researchers collect much-needed data to move away from one-size-fits-all diet recommendations. The study may help researchers and doctors create customized diet plans for people based on individual differences, such as their metabolism, nutritional status, and genetics. Plans for this study are still in development. Enrollment is expected to begin in 2023.

To learn more about this study visit: <https://bit.ly/3AAgmg6>

Return of Health-Related DNA Results

The *All of Us* Research Program plans to start returning health-related DNA results to participants in 2022. Results will be shared with participants who responded "yes" to the "Consent to Get DNA Results". We plan to look at specific genes and tell you what we see. At this time, *All of Us* plans to return two types of health-related DNA results reports:

- A report with information about your risk for certain hereditary health conditions.
- A report with information about how certain genes may affect how your body processes certain medicines.



We know that getting health-related DNA results is something that many participants are looking forward to.

If you decide you want your DNA results from *All of Us*, there are a few steps you need to take. Log in to your *All of Us* account to see what you have already completed:

- The “Consent to Join the *All of Us* Research Program” to participate in the program.
- Program activities that you see on your *All of Us* Dashboard. Depending on when you joined the program, this could include:
 - Reviewing or signing updated information about DNA and *All of Us*.
 - Agreeing to share your electronic health records (EHRs) with *All of Us*.
 - Completing the “Consent to Get DNA Results” and tell us you want your DNA results.
 - Completing at “The Basics” survey.
 - Providing your blood, urine, and/or saliva when invited to do so.



For more information on DNA and *All of Us*, please visit: <https://www.joinallofus.org/genomics>

Take the new *All of Us* SDOH Survey

Your input is valuable!



- This survey is about SDOH. Not all medical treatments and medicines work the same for everyone. That's because our genes, lifestyle, and environment each affect our health in different ways. How these things are linked is complicated. Researchers need all three pieces to put the picture together. That's why we're asking you to take the SDOH survey today.
- This survey asks about your everyday experiences and what it's like where you live.
- The survey will take about 10 minutes to complete and is available in both English and Spanish.

You May Help Future Generations by Completing *All of Us* Surveys Today

Log in to your *All of Us* account to complete the SDOH survey and other surveys.

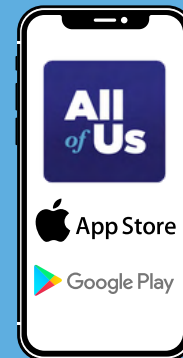
Your survey answers are important for two big reasons: They tell us about your health experiences, and they may help researchers understand more about why people get sick or stay healthy.

- Please go online at JoinAllofUs.org or use the *All of Us* Research Program app on your mobile device.
- Log in to your account by entering the email or mobile phone number and the password you used to create your account.
- All surveys are available in both English and Spanish, and as always, your answers are secure and confidential.
- You can view your program information, including previous survey answers, and compare them to people like you from all over the country.

Did you know there is a free *All of Us* Research Program app?

Download the app today:

- Open the camera app on your smartphone.
- Hold the device's camera up to the QR code on the right.
- No need to hit the shutter button, your smartphone will automatically recognize the QR code and provide you with an on-screen notification.
- Tap the notification to be taken to the Apple AppStore or Google Play.



Can't log in? No worries! Our team can help. We are happy to help reset your password with our new tool that allows us to assist you over the phone.

Need help in person? We can schedule an appointment with you to help complete your surveys. Surveys can be completed at one of our hospitals or health centers in person or over the phone. Contact us anytime at one of the locations below.

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allofus@partners.org

Boston Medical Center
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All of Us
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Mass General Brigham

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Follow us and learn more about future events: [@AllofUsNE](https://twitter.com/AllofUsNE)   

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