Follow-up Winner! Don’t forget to submit your Follow-up Form because you could be our big winner.

Congratulations to our latest Follow-Up Raffle winner, Evelyn Smith (pictured here)! Ms. Smith is a Kannapolis native who now lives in Concord. She was a member of the first graduating class of A.L. Brown High School in Kannapolis, and she was the first woman to be married in Trinity United Methodist Church. In her spare time, she enjoys swimming and traveling. She has one son, one grandson, and two dogs. For her Follow-Up Raffle prize, Ms. Smith chose a $150 gift card to Walmart. Remember to fill out your Annual Follow-Up Form, and you could be the next winner!

Refer at least one person who joins the MURDOCK Study and you’ll be entered into the Refer-a-Friend Raffle!

Yard Signs Now Available!

We need your help spreading the word about the MURDOCK Study. If you are interested in posting a MURDOCK Study yard sign in your front yard, please contact Perla Nunes at (704) 250-5858 or perla.nunes@duke.edu.

Table 1: Annual Follow-up Response Rate by Year (as of 2/20/2014)

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We hope you are enjoying your 2014 coupon card, good for use throughout the year for discounts at local businesses and restaurants.

Follow-up is vital to the MURDOCK Study as it captures new information about you, your health, and changes to your information over the previous 12 months. We now have five years of follow-up data collected for many of our volunteers.

Table 1 (below) provides a snapshot of current MURDOCK Study follow-up data collected to date. The completion rate represents how many of the total Annual Follow-Up Forms have been received.

If you have completed and returned your Annual Follow-Up Form, we thank you for taking the time to do so. Everyone’s contributions to the MURDOCK Study are extremely valuable.

If you have been in the study for at least 12 months and have not yet completed your Annual Follow-Up Form, please do so.

Call the office at (704) 250-5861 to request a new form or to complete the form by phone. A web-based form will be available soon.

Now that 2014 is underway and the MURDOCK Study has reached another critical milestone—more than 10,000 participants—it is important to remember that the study’s long-term success depends on follow-up data. Follow-up is vital to the MURDOCK Study as it captures new information about you, your health, and changes to your information over the previous 12 months. We now have five years of follow-up data collected for many of our volunteers.

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New Enrollment Site—Tell Your Friends

The MURDOCK Study team is happy to announce the newest addition to our enrollment site network, the Logan Health Center, located at 298 Lincoln Street SW, Concord, North Carolina 28025. The Logan Health Center is part of Cabarrus Rowan Community Health Centers, Inc., a network of federally qualified health centers that provide care to low-income, indigent, and uninsured patients who may not receive care elsewhere. Its partner clinics include McGill Family Medicine and China Grove Family Medicine.

Building a Representative Sample

The current pilot study of a random sampling of households kicked off in early March 2013 and will be concentrated in two communities of the 28027 zip code. Neighborhood ambassadors—individuals who are already enrolled in the MURDOCK Study and who live within a short distance of this targeted area—will again serve as liaisons and study advocates to their neighbors.

The TAPS Study is Coming Soon

The Duke-MURDOCK staff is recruiting for the Tobacco, Alcohol, Prescription medications and other Substance (TAPS) Study in collaboration with several other study locations in the United States. The Duke-MURDOCK office, where the MURDOCK Study is based, will serve as a recruitment site for the TAPS Study under the National Institute on Drug Abuse (NIDA) of the National Institutes of Health (NIH). This study aims to develop and validate a tool to screen and assess primary care patients for tobacco, alcohol, prescription drug, and illicit substance use and related problems. Dr. Li-Tzy Wu (pictured here), of the Duke Department of Psychiatry and Behavioral Sciences, serves as one of the study’s principal investigators and as a co-lead investigator. To mimic the environment in which the TAPS tool will be implemented, the study team will recruit 800 participants from primary care sites. Participation consists of one study visit, lasting approximately 30 minutes. The information participants provide for the study cannot be linked back to them, and their doctors will not see any information collected for this study. If you receive health care at Cabarrus Health Alliance or Kannapolis Family Medicine, please consider joining this exciting study. Compensation will be provided to those who join.

Don’t forget that friends and family who name you as their referral source during their study enrollment visit help you become eligible to WIN! All participants who refer a friend or family member will be mailed a special token of our gratitude for your contribution to growing the MURDOCK Study Community Registry and Biorepository so that we can reach our 50,000-person goal. These tokens of appreciation will be provided in addition to our quarterly Refer-a-Friend Raffle drawing, in which you are eligible to win a $50 gift card to a business of your choice.

Interested in Joining the Physical Performance Study? Now You Can!

We are pleased to announce the recent expansion of the MURDOCK Physical Performance Study (also known as the Healthy Aging Study). We are now recruiting current MURDOCK Study participants who have not yet joined the Physical Performance Study. Led by Dr. Miriam Morey, professor of medicine at the Duke University School of Medicine and co-director of the Duke Older Americans Independence Center, the goal of the Physical Performance Study is to recruit individuals (age 30 years and older) to help researchers understand how physical and cognitive abilities are affected by physical, lifestyle, and genetic factors during the course of one’s lifespan.

As you may recall from when you joined the MURDOCK Study, you consented to being contacted each year thereafter to complete a short follow-up questionnaire. You may have already received a follow-up questionnaire if you joined more than 12 months ago, this should have arrived by mail 11 months after you enrolled. For example, if you enrolled in the MURDOCK Study during January 2013, you should have received your first follow-up questionnaire in December 2013. In coordination with your “anniversary of enrollment,” a MURDOCK Study team member may contact you within 30 days of your follow-up month to invite you to participate in the Physical Performance Study.

*Individuals age 70 years and older will be contacted first to assess interest in participating in this study opportunity.

Study Requirements: All Physical Performance Study participants must complete a one-page questionnaire and brief physical and cognitive assessment and donate a small amount of blood. In the 7 days following enrollment, some participants will be asked to wear an accelerometer—a small device that measures the number of steps taken—around their waist to record activity level. Two years later, each participant is scheduled for a follow-up visit, at which time the same activities from the first visit are repeated. Each participant receives a $10 gift card per visit.

Please contact MURDOCK Study Clinical Research Coordinator Christy Flynn with questions about participating in the Physical Performance Study.

Phone: (704) 250-5854 or (704) 250-5861
Email: christy.flynn@duke.edu

You are eligible if you meet all of the following criteria:

1. You are age 30 or older
2. You have the ability to understand and provide written consent
3. You have not been diagnosed or treated with any of the following conditions in the past six months: heart attack, congestive heart failure, angina, or fluid in the lungs
4. You are able to walk 30 feet without human assistance (assistive devices are allowed)

Walk with a Doc

In partnership with the physicians at Sanger Heart & Vascular Institute, the MURDOCK Study has co-sponsored Walk with a Doc at Les Myers Park in Concord. Each month, a new topic is discussed for 10 minutes or so before the walk. The next Walk with a Doc is scheduled for April 5, 2014 at 9:00 AM.

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Please email us at murdock-study@duke.edu with what YOU would like to see in our next edition of Horizons, this quarterly newsletter.