A Study for Healthy Aging Reaches a New Milestone
April 15, 2014

News Contact:
Christy Flynn, Study Coordinator
(704) 250-5854 (office)
(919) 407-1700 (cell)
christy.flynn@duke.edu

Kannapolis, North Carolina: The person sitting next to you on the airplane jumped up out of her seat when the pilot signaled that it was safe to get up. The man at the weekly bingo game found his winning numbers faster than anyone at your table. These ‘abilities’ represent physical and mental functions that change as individuals age.

In the Duke-MURDOCK Physical Performance Study (commonly referred to as the "Healthy Aging" Study), individuals from across the Kannapolis/Cabarrus County, North Carolina catchment area are being recruited. The 500th volunteer, Ms. Sandy Retort (pictured here), joined the study at the Lake Norman Community Health Center in Huntersville, NC; her enrollment represents an exciting milestone of these diligent efforts to recruit a total of 1000 individuals.

Ms. Retort noted her motivation for joining this important study: “I wanted to help researchers better understand the physical and mental changes that take place as we age. This
will be of benefit for all people to help maintain good health and quality of life as we age.”

Under the leadership of Dr. Miriam Morey, professor of medicine in the Duke Department of Medicine and co-director of the Duke Older Americans Independence (Pepper) Center, the Kannapolis-based study team is collecting information from volunteers (age 30 and older) for Dr. Morey and her colleagues to better understand what factors associated with physical condition, lifestyle, and genetics contribute to changes in physical and mental abilities as individuals grow older.

Interested individuals are asked for approximately 90 minutes of your time to complete:

(1) the MURDOCK Study Community Registry and Biorepository Questionnaire (all participants joining the Physical Performance Study also join the MURDOCK Study); individuals who have already joined the MURDOCK Study are also eligible during the month of their follow-up anniversary;

(2) a short questionnaire on your own physical performance and abilities;

(3) brief physical and cognitive testing, such as a 4-meter walk, 30-second chair stand, single leg stance, and 6-minute walk test;

(4) donation of a small amount of blood and urine;

(5) You are then sent home with an “accelerometer” to wear on your waist— an accelerometer is a small device worn on one’s belt— that will record your activity level over the next 7 days, e.g. the number of steps you take over the course of a day.

In two years, you will be asked to return for a second study visit during which time you will undergo the same brief physical and cognitive tests that you completed during your first visit and donate another small sample of blood.

In return to thank you for your participation, you may receive a total of $30 in gift cards ($10 when joining the MURDOCK Study, $10 after your first visit and $10 after your follow-up visit).
You are eligible if: You are at least 30 years old and live in Cabarrus County or one of the study’s other qualifying zip codes (see Figure 1) at the time of enrollment. Because of an excellent response to study efforts, the Duke-MURDOCK Study team is recruiting men 30 years and older and women 80 years and older.

You have not been diagnosed or treated for any of the following conditions in the past six months; heart attack, congestive heart failure, angina, or fluid in the lungs.

You are not pregnant.

You can walk at least 30 feet without human assistance (assistive devices are allowed).

"It is gratifying to see how the people of Kannapolis and surrounding areas have given their time for this very important study," Dr. Morey said, "We are facing a huge growth in the number of people who are expected to survive longer than ever before. This study will help us develop approaches to

![Dr. Miriam C. Morey is the Principal Investigator of the Physical Performance Study under the MURDOCK Study.](image-url)
optimize healthy aging."

Be one of the next 500! This is an exciting opportunity for our local community to help our researchers better understand aging. To learn more about the Physical Performance Study and/or the MURDOCK Study efforts, visit www.murdock-study.org or call (704) 250-5861. Convenient study enrollment sites are located across the catchment region.