



Duke University hosts event to thank MURDOCK Study participants, community

KANNAPOLIS, N.C.—Nov. 9, 2015—Community members who turned out for the 2nd annual MURDOCK Study Appreciation Event on Oct. 31 enjoyed a wonderful morning of walking, dancing, costume contests, door prizes and more.

Duke University hosted the event to thank the nearly 12,000 MURDOCK Study participants for contributing to research based in Kannapolis that has the potential to impact people around the world.

Zumba and line dancing kept people moving on a chilly morning. Victoria Christian, chief operating officer for the Duke Translational Research Institute and operational founder for the MURDOCK Study, led the crowd in a dance that she choreographed to the song “Worth It” by Fifth Harmony.

“The dance was perfect, because our participants are definitely worth it!” said Perla Nunes, who leads community engagement for the MURDOCK Study. “With their dedication, the MURDOCK Study has become one of the largest and most unique studies of its kind.”

The appreciation event at the North Carolina Research Campus started with the MURDOCK Mile, a spin on the popular Walk With A Doc, which takes place the first Saturday of every month. Walkers get heart health tips from local physicians and then take a stroll together.

To join the MURDOCK Study, participants donate about 3 tablespoons of blood and 3 tablespoons of urine once and fill out a health questionnaire each year. Duke researchers and their collaborators are using the biological samples, which are stored in Kannapolis, to better understand diseases like multiple sclerosis and diabetes and ultimately come up with more effective treatments.

People who live in Cabarrus County, Kannapolis and portions of Rowan, Stanly and Mecklenburg counties are eligible to enroll. The study especially needs men and African Americans.

Duke University launched the MURDOCK Study in 2007 with a \$35 million gift from David H. Murdock, founder and developer of the North Carolina Research Campus. The study’s name stands for Measurement to Understand the Reclassification of Disease Of Cabarrus/Kannapolis.

Mark your calendars! The Duke Dash 5K & Healthfest — the 3rd annual MURDOCK Study Appreciation Event — is set for Sept. 24, 2016.