Congratulations and thank you to the 10 newest members of the Follow-Up Hall of Fame! These MURDOCK participants were randomly chosen from among the hundreds who marked five years of completing Annual Follow-Up Forms as of the previous quarter. Be sure to fill out your Annual Follow-Up Form each year for a chance to have your name listed in the Hall of Fame.

Quarter 2 Follow-Up Raffle Winner!
Baxter Shelton of Kannapolis is the second quarter Follow-Up Raffle winner! He has been a part of the MURDOCK Study from the very beginning, enrolling in 2009, the year the study was launched.

Baxter, now retired, worked as a real estate broker in Cabarrus County for 27 years. He likes to spend his time playing golf and fishing, and has two grandchildren who live in Raleigh.

He believes that MURDOCK Study participants should complete their Annual Follow-Up Forms, as he does every year.

“It’s what keeps the study going,” Shelton said. “It’s the whole reason in doing this, and the only way to track the long-term health in the population.”

He chose a $150 gift card to Belk and plans to give it to his wife. How sweet! Congratulations, Baxter!

How to Enroll in the Project Baseline Study

Project Baseline
People who are eligible to build a Baseline Profile and be considered for the study:

• Are at least 18 years old
• Are a resident of the United States
• Speak and read English or Spanish
• Don’t have a severe allergy to nickel or metal jewelry
• Don’t work on Project Baseline

Those eligible can build a Baseline Profile by visiting www.projectbaseline.com. Questions? Call toll-free 855-5-BASELINE (855-527-3541), Monday through Friday from 8 a.m. to 11 p.m. or Saturday 10 a.m. to 7 p.m. Eastern time.

What to Do When You See Blue
When your Project Blue envelope arrives in the mail, you’ll receive two things: first, Happy Anniversary! You’re celebrating another year in the MURDOCK Study. Second, grab a pen or click the link in your email, because it’s time to fill out your Annual Follow-Up Form. Researchers depend on your health data to help them better understand health and disease. Even if your health hasn’t changed in the past year, it’s important to let us know that, too. Thank you.

The Duke Dash 5K & Healthfest in September celebrated our wonderful community and promoted health and wellness. Thank you to the hundreds of people who attended.

See you next year!

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500 East Cameron Avenue, Suite 800
Durham, NC 27705
www.murdock-study.org
murdock-study@duke.edu—(704) 250-5861—www.murdock-study.org

Duke Clinical and Translational Science Institute/MURDOCK Study
PO Box 7
Kannapolis, NC 28082
Electronic Service Requested

A newsletter for MURDOCK Study participants

Greeting MURDOCK Study participants,
I wanted to announce an exciting news study opportunity in Kannapolis at the Duke Clinical and Translational Science Institute (CTSI) on the North Carolina Research Campus. The Project Blue baseline study is a ground-breaking collaboration between Duke, Google, and the CTSI. The MURDOCK Study will provide the way for new initiatives in Kannapolis like the Project Blue baseline study. The very first person enrolled into Duke’s study is also a MURDOCK Study participant!

With the MURDOCK Study as the foundation, Duke’s work in Kannapolis began with the Transformational Health Research Award, or ThrAwards. It continues to grow. As we like to say, Duke’s Kannapolis office is MURDOCKed!Are you interested in being part of the Project Blue study? Each participant will receive a well-defined “baseline” of human health. It starts with contributions from approximately 100,000 individuals who will be followed for at least four years.

Going green in 2018!
MURDOCK Study will go paperless for most participants next year
A new year means a new way to communicate. Starting in 2018, the MURDOCK Study will go green and send the following items by email instead of paper to participants who have an email address:

• Annual Follow-Up Form – i.e. Project Blue
• Horizons Newsletter
• Happy Birthday Card

Help save a tree! Please email us at murdock-study@duke.edu to update your email address. Switching from paper to email will conserve resources and improve the speed and ease of communication with our participants.

Participants without an email address will continue to receive these items on paper. If you have an email address but prefer to stick with paper, please contact our office at (704) 250-5861 or murdock-study@duke.edu to let us know!

Thank you!
Duke University School of Medicine launched the Project Baseline study in North Carolina with the enrollment of Duke’s first participant in Kannapolis on June 27, 2017. The study is the first initiative of Project Baseline, an ambitious effort to develop a well-defined “baseline” of human health and a rich data platform to help researchers better understand health and disease and the transitions between the two.

Saying he wanted to contribute to a more profound knowledge of human health, Estep became his constant companion.

Quarter 1 2017 Follow-Up Raffle Wrap-Up

Cynthia Allison, 56, grew up in Concord and attended Kannapolis High School. She plans on buying a nice paper shredder with her $150 Walmart gift card.

How to Enroll in the MURDOCK COPD Study

Visit www.murdock-study.org/copd, email murdock-study@duke.edu or call 855-250-5861

People who might qualify for this study:
• Are at least 18 years old
• Are current or former heavy smokers

MURDOCK Study Principal Investigator

Dr. Kristin Newby

A Note From Your Principal Investigator

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This ambitious study aims to:
• Better understand the transition from health to disease
• Identify risk factors for disease
• Harnessed technology’s full power to collect, visualize and understand health data
• Help people live longer, healthier lives

How to enter the MURDOCK COPD Study:

Please visit www.murdock-study.org/copd or call 855-250-5861.

People who might qualify for this study:
• Are at least 18 years old
• Are current or former heavy smokers
• May or may not have COPD or emphysema

How to enter the MURDOCK COPD Study:

Please visit www.murdock-study.org/copd or call 855-250-5861.

People who might qualify for this study:
• Are at least 18 years old
• Are current or former heavy smokers

MURDOCK Study participates represented a greater weight on their latest follow-up form than they did on their enrollment form!