

[khandle@kp.org](mailto:khandle@kp.org)

(866) 204-8976

# Newsletter

Dear Study Participants,

On behalf of the KHANDLE team we want to thank you for being part of this important study. You are our VIP's – Very Important Participants – and we are grateful for your time and efforts to meet with us at your first study visit. This study would not be possible without you! We hope the results from this research will help us learn more about changes in behavior and thinking as people age, and we are off to an excellent start thanks to your contributions.

The KHANDLE Study is special because people from many different backgrounds have joined. Our participants reflect the rich cultural, racial, and ethnic diversity of Northern California. Because of the diversity of our participant cohort, we hope that information from our study will assist researchers and doctors in helping people from all communities live healthier lives.

As of August 2018, we have been carrying out our study for almost 1 ½ years. Our interviewers have been traveling all across the Bay Area to meet with all of you. To date, 1390 long-term Kaiser Permanente members have joined our study. Most of our participants have been Kaiser Permanente members for over 60 years, having joined Kaiser in the 1940's and 1950's.

By November 2018 our goal is to have 1700 first study visits. In addition to the first interviews, 386 participants have also completed a clinical evaluation and/or brain scans at UC Davis. This is a great start!

During your first interview we asked you questions regarding your sleep quality, social support network, and physical activity. Being physically active, participating in leisure or social activities, and getting quality sleep are examples of things people can do that are good for their brain health. Every participant reported doing at least 1 leisure time activity each week. The most popular activities were reading and talking with friends or family.

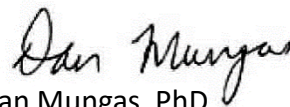
We are getting ready to begin our first follow-up visits. These next visits will be shorter than your first visit. You can expect to spend about 2 hours updating your health status questions and playing a few of the same thinking games that you completed at your first visit. You will be contacted for this next visit about 16 months following your first visit.

We are so excited to partner with you on this project. Thank you again for your help and continued support.

Sincerely,



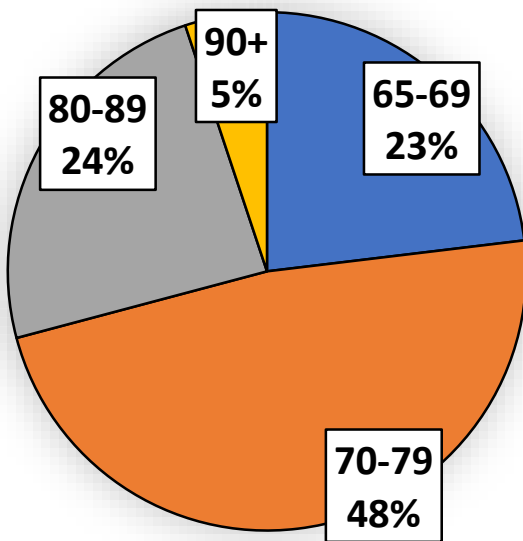
Rachel Whitmer, PhD  
KHANDLE Study-Principal Investigator  
Kaiser Permanente Division of Research



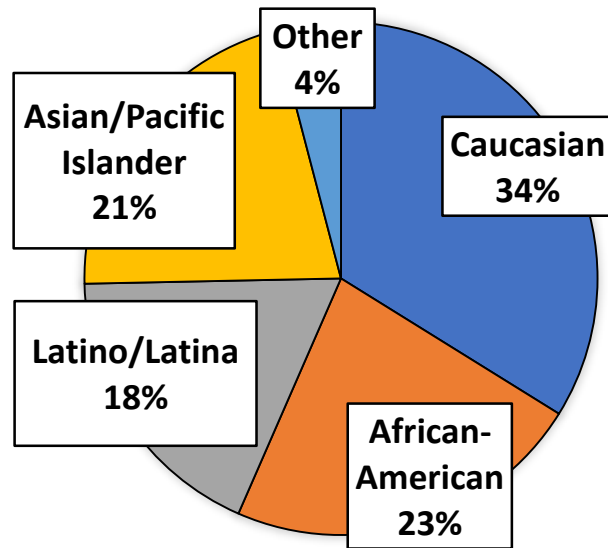
Dan Mungas, PhD  
KHANDLE Study Co-Investigator  
University of California, Davis

# Snapshot

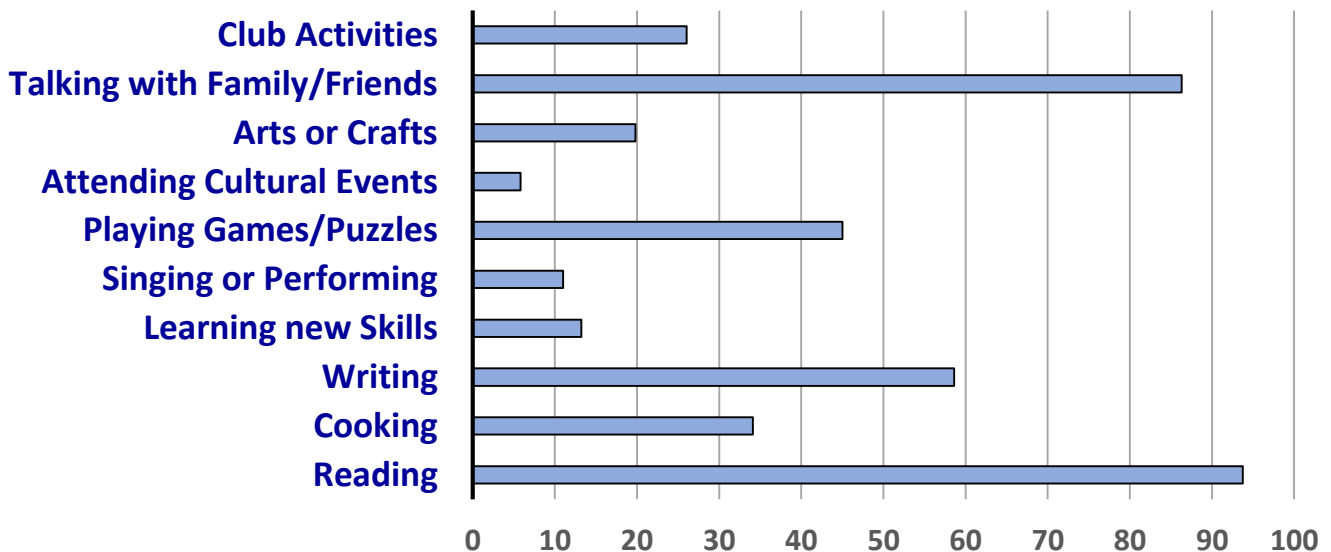
**Age at First Interview**



**Participant Cohort Race/Ethnicity**



**Weekly Leisure Time Activities  
(Percent Participation)**



# Who We Are

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## Kaiser Permanente Division of Research



**RACHEL WHITMER, PhD PRINCIPAL INVESTIGATOR** is an Adjunct Senior Research Scientist at the Kaiser Permanente Northern California Division of Research. She is also a Professor of Public Health Sciences and Chief of the Division of Epidemiology at the UC Davis School of Medicine. Dr. Whitmer's research team aims to understand healthy aging and how to maintain physical and brain health in diverse populations.



**DAN MUNGAS, PhD CO-INVESTIGATOR** is a Professor of Neurology at the UC Davis Department of Neurology. His research interests are in measuring brain health in diverse older populations, and in studying what factors influence brain health as people age.

## University of California Davis (UC Davis)



**NIHAAL BHULANI, MD** is the KHANDLE study physician, and conducts all in-home clinical evaluations for the UC Davis sub-study. She is also an Assistant Clinical Professor at the UC Davis Department of Neurology.

## Kaiser Permanente Research Staff

Ashley Richards, Study Manager.

Study Interviewers: Freddie Alves; Melissa Lee, PhD; Marion Leon; Amarpreet Mann; Adriana Martinez; Jess Rigelhaupt, PhD; Audri Smith.

## UC Davis Research Staff

Hector Hernandez Saucedo, Study Manager.

Study Interviewers: Michael Hahn; Silvana Garcia.

## Questions You May Have

**I'm no longer a Kaiser Permanente member. Can I still participate in the study?**

**Yes!** Your participation continues to be extremely valuable to us whether you are a Kaiser Permanente member or not. Please do keep us informed if you move or change phone numbers so that we can continue to be in contact.

**Will you notify me when it's time for my next interview?**

**Yes!** You will receive a letter and a phone call from us when it's time to schedule your second interview.

**I've moved since the last interview. Can I continue to participate?**

**Yes!** As long as you still live in the Greater Bay Area of Northern California you can continue your participation. Please do keep us updated if you move or change phone numbers.

## What's Next for KHANDLE Participants?

- About 16 months after your first interview you will receive another letter in the mail letting you know it's time for your second interview.
- Your assigned interviewer will call you to set up a time and location for your next interview, and will answer any questions you may have at that time.

***Thank you again for your continued support.  
We look forward to seeing you in the coming months.***



*In the event of a move, please contact us with your new address and phone number by calling our study line at 866-204-8976 or emailing us at [khandle@kp.org](mailto:khandle@kp.org).*

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