



Add Health

The National Longitudinal Study of Adolescent to Adult Health

Update
your contact
info **HERE!**

PARTICIPANT NEWSLETTER NO. 3

A letter from Kathie Harris, Director of Add Health

I am pleased to announce that data collection for wave V of Add Health is finished! Everyone on the Add Health team – including my dog, Sampson – is so grateful to each participant for taking time out of your busy lives to be a part of the study. Your responses are essential in helping us understand the experiences of people like you across the United States, especially as you change and grow over time. In my own research, I'm excited to understand more about how social connections promote health. In this newsletter, you'll hear from other people who collect and use the Add Health data and learn why the study is so important to them. From all of us on the Add Health team – thank you!



We want it to be easy for you to participate in Add Health in the future, so we will continue to send out these Participant Newsletters. Our goal with these newsletters is to let you know what's happening with Add Health, including information about the next wave and all future study opportunities. To make it simple for us to stay in touch, I encourage you to keep your contact information up-to-date.

Thank you and Happy Independence Day!

Kathleen Hullan Harris

UPDATE FOR A CHANCE TO WIN!

You could win one of five gift cards
worth \$75 just by updating your
contact information



Even if your information hasn't changed recently, you can still provide your current contact information to qualify for the drawing. The deadline for updating your information for the drawing is August 1, 2019. See Page 2 for instructions on updating your contact information.





Your responses are one of a kind!

Add Health is a nationally representative longitudinal study. That means that Add Health follows a group of individuals (you!) over time that have similar characteristics to the whole population (the U.S.). Since high school we have asked you to complete 5 surveys about your life and lifestyle and then provide an anonymous version of that information to our researchers. Researchers have published over 3,500 articles using Add Health data to learn about how the health of individuals in the U.S might be affected by different lifestyles. So when Forbes published an article on a research study that showed “sports helped kids overcome childhood trauma,” that was done with your help! To thank you, a few researchers wanted to let you know how important your efforts are to them.

“ I am grateful for every Add Health participant, as your contributions to science have enabled me to complete my PhD while exploring a research area I am passionate about: How can we improve lifetime health among those who have experienced trauma early in life?”

“ As a contract coordinator for the Add Health study... I am amazed at the variety of research efforts that rely on Add Health Data to spearhead their studies. I am thankful for the opportunity to link researchers from all over the world with the data we gather from our participants



“ Your dedication to the study has created a rich and unmatched dataset that has provided me the opportunity to hone my analytic skills and answer research questions I believe are important to developing effective public health interventions. Thank you.



Keep in Touch to Win

Even though Wave V is completed, we still want to keep in touch! By updating your contact information, we will be able to keep you updated on the newest Add Health research, when future surveys are happening, and other research opportunities within Add Health. See below on how to update your contact information.

Visit us online

@

addhealth.rti.org

OR

By Phone at 1 (866) 382-3814

By email at addhealth@rti.org