

Healthy Aging in Neighborhoods of Diversity across the Life Span

HANDLS Update

handls.nih.gov 1-866-207-8363

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES • NATIONAL INSTITUTES OF HEALTH • NATIONAL INSTITUTE ON AGING

We have good news to report. As of September 15, 2008, 3566 participants from the neighborhoods of Baltimore City have participated in the HANDLS study. We are only 434 participants away from obtaining our goal of enrolling 4000 participants in the study.

In October 2000, the HANDLS pilot study was launched on Laurens Street in Bolton Hill and Madison Park neighborhoods. HANDLS began the main population study (we call it Wave 1) in August 2004 in South Baltimore. We have now visited Reservoir Hill, Cherry Hill, Govans, Forest Park, Highlandtown, Morrell Park, Curtis Bay, Park Heights, Pimlico, and the Frankford neighborhoods of the city. Recruitment is currently ongoing in the Penrose and South Hilton neighborhoods. At this point, we have recruited approximately 90% of the planned group of participants for the study. We plan to finish recruitment by the spring of 2009.

Wave 2 of HANDLS began in June 2006. It is designed as a telephone interview about 18 months after the first visit to the mobile medical

research vehicles. We wanted to have a way to stay connected with our participants, and to gain important information regarding their health, between visits to the medical research vehicles.

The third wave of HANDLS will begin in summer 2009. The third wave will consist of another visit to the mobile medical research vehicles for a health examination at least 3 years after the first. In between the first and second visits to the medical research vehicles, we will be calling participants to take part in the wave 2 telephone interview.

HANDLS is designed as a community-based examination of health and aging in America's 18th largest city. HANDLS is a long-term study that follows city residents to see how their health changes as they age. This unique study examines health changes as people grow older by studying the same people repeatedly over many years. This study will give us information about why some people are healthier than others as they get older. We hope the study will help us understand the causes of good health with

aging, then we might find the cures for some of the diseases related to aging.

We are grateful to each of you for your support in this groundbreaking study. We believe that HANDLS will grow in scientific importance as time passes. Our continued contact with you is a vital part of the success of the HANDLS study. If you have moved since your last HANDLS visit or are planning to move, you can always reach us toll-free at 1-866-207-8363 (option 7) and we will take your change of address and information over the phone. If you prefer, you may complete the change of address form attached and mail it to us. We look forward to speaking with you soon.

If you prefer, you may complete the change of address form and mail it to us at:

HANDLS Study Change of Address National Institute on Aging Gerontology Research Center 5600 Nathan Shock Drive-Box 6 Baltimore, MD 21224

Or fax the change of address form: 410-558-8067

Our continuing contact with you is the key to the HANDLS study. Thank you so much for taking time to let us know how to stay in touch with you.

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1	HANDLS Change of Address
 Name 	
Old address	
New address	
Old area code &	k phone number
New area code	& phone number
MRV location a	t last visit