

Nutrition and *All of Us* - Part 2

Thanks to participants like you who answered our recent survey, we learned about topics that you want to see in our newsletter! You want to learn about nutrition, plant-based diets and research using *All of Us* data. So, in this edition, we focus on nutrition and COVID-19, and how *All of Us* data is being used in COVID-19 research and other health studies.

Tell us what you want to see in the next newsletter by scanning the QR code on the right or visiting: <https://bit.ly/3hECh6k>



Nutrition and COVID-19

Researchers at Massachusetts General Hospital ran a new study that shows that eating a healthy, plant-based diet may lower the risk of getting sick from COVID-19 or lower the risk of having serious symptoms of COVID-19 if infected.¹

Researchers asked participants about what kind of food they ate before the pandemic. They measured the quality of participants' diets based on how much healthy plant foods they ate, like fruits and vegetables. Participants who ate lots of healthy plant foods had higher plant food diet scores, and those who ate less healthy plant foods had lower scores.

Higher plant food diet score



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Low COVID-19 infection & serious symptoms risk



Out of the 592,571 participants that were studied between March 24, 2020, and December 2, 2020, 31,831 got COVID-19. Researchers found that participants who had higher plant food diet scores had a 9% lower risk of getting COVID-19, and 41% lower risk of serious COVID-19 symptoms.

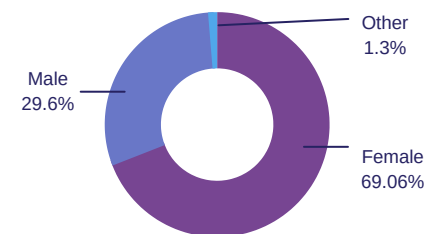
This information suggests another way to protect ourselves from COVID-19. Of course, vaccines, social distancing, masks and regular handwashing are still the most important ways to protect ourselves from COVID-19. This is especially true if we have a health condition that puts us at a higher risk of getting the disease.



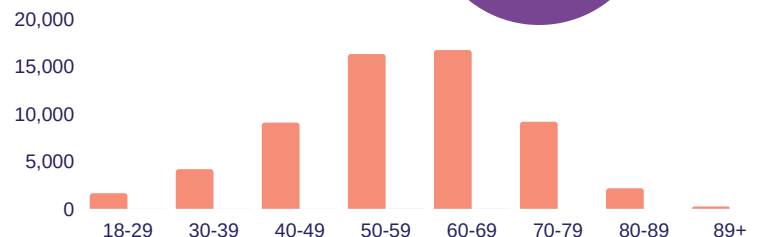
Did you know?

Health conditions like obesity and Type 2 diabetes have been connected to an increased risk of getting COVID-19, as well as a higher risk of getting serious symptoms. However, we have learned from this study that a healthy diet can help to lower the risk of getting COVID-19 or getting serious symptoms.

56,460 *All of Us* participants with Electronic Health Record (EHR) data experience obesity, which is an unusual or excessive fat buildup that presents a risk to health.² And, of those 56,460 participants, 69.06 percent had Female as sex assigned at birth, 29.64 percent had Male as sex assigned at birth, and 1.30 percent as other.³



EHR data also shows that 40,040 *All of Us* participants experience Type 2 diabetes. The age range when this condition first occurs is wide, but according to EHR data, it is most common in the 50-59 and 60-69 age groups.³



1. "Diet may affect risk and severity of COVID-19," The Harvard Gazette, accessed November 2, 2021, <https://news.harvard.edu/gazette/story/2021/09/diet-could-affect-coronavirus-risk-according-to-mgh-study/>

2. "Obesity," World Health Organization, accessed November 2, 2021, <https://www.who.int/health-topics/obesity>

3. Data from November 2nd, 2021. To see the latest data please visit: <https://databrowser.researchallofus.org>

Try Your Own Plant-based Meal Today!

It's easy to prepare plant-based meals at home to help keep you and your family happy and healthy this season and beyond. Try this easy, plant-based recipe from one of our own *All of Us* New England partners, Paulette D. Chandler, M.D., M.P.H. from Brigham and Women's Hospital.

Carrot & Sweet Potato Soup

Prep time: 10 minutes **Total time:** 30 min **Servings:** 4

Ingredients:

- 1 onion (diced)
- 2 garlic cloves (minced)
- 3 cups carrots (chopped)
- 1 cup peeled sweet potatoes (diced)
- 2 red peppers (chopped)
- ¼ cup parsley (chopped)
- 1½ cups vegetable broth or water
- 1 cup canned lite coconut milk (or 1 cup of nuts like almonds, or cashews, or sunflower seeds) blended with 1 cup of water or milk
- 3 tablespoons grated ginger
- 1 teaspoon turmeric powder
- 1 teaspoon curry powder
- Garnish: cilantro, croutons, roasted pumpkin seeds, lime wedges



Directions:

1. In a medium pot, heat 1-2 tbsp of water (or broth) and add the onion and garlic. Sauté for 4-5 minutes until softened.
2. Add the carrots, peppers, sweet potato, parsley, vegetable broth and salt. Bring to a boil, then turn the heat down to medium low, and simmer for about 20 minutes, until the carrots are soft. Add 1 cup canned lite coconut milk.
3. Using an immersion blender, purée the soup until smooth. Alternately, you can carefully transfer the soup to a blender. Purée and return to the pot. A blender will make a smoother soup than the immersion blender, but you may prefer the little bits of texture that remain.

Garnish:

1. For croutons: cut your favorite bread into cubes and toss with olive oil and Italian seasoning herbs. Then toast in the oven at 350 degrees for 5-10 minutes.
2. For toasted pumpkin seeds: place raw pumpkin seeds on parchment and roast in the oven at 350 degrees for 2-5 minutes.



Meet Paulette

Paulette D. Chandler, M.D., M.P.H. is the Medical Advisor and Nutrition Director at Brigham and Women's Hospital Center for Community Wellness. She also works in the Division of Preventative Medicine as a primary care physician and a cancer epidemiologist, which means she studies the patterns and causes of cancer. Her research focuses on nutrition and how it might be used to prevent cancer. She is also trying to understand how we can use DNA technology to improve screening and early detection of cancer.

Help us create a community cookbook!

Do you have your own healthy recipe that you'd like to share with the *All of Us* New England community? Scan the QR code or visit: <https://bit.ly/3vKYdDz> to submit your favorite healthy recipe and we'll share as part of our community cookbook project.



All of Us Data Helps to Fuel Health Research

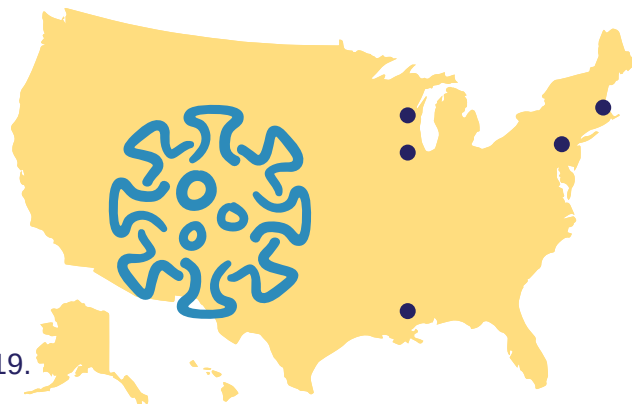
These recent studies show how *All of Us* data are useful for important health research.

Antibody testing for COVID-19 research

Researchers want to learn more about when and where COVID-19 first spread in the United States.

People who join *All of Us* allowed the program to do research on the samples and information they share. So, when the COVID-19 pandemic began, the program already had thousands of samples on hand. And because of this, we were able to help with this important research.

All of Us researchers, including Elizabeth W. Karlson, M.D., M.S. from Brigham and Women's Hospital, tested blood samples collected during the time when the virus first started to appear in the U.S. The tests looked for antibodies against the virus that causes COVID-19.



The study confirmed COVID-19 infections in five states weeks earlier than had first been reported, including Illinois, Massachusetts, Wisconsin, Pennsylvania and Mississippi. This shows that the virus that causes COVID-19 may have been in the U.S. earlier than we initially thought. It also may have spread to different parts of the country earlier than we thought. These results may help researchers learn more about the virus, how it spreads and its impact.

We are grateful to our participants for making this study possible! To learn more about this study, please visit: <https://bit.ly/3jzzSvz>

Hypertension research

Researchers from *All of Us* New England, including Paulette D. Chandler, M.D., M.P.H., Elizabeth W. Karlson, M.D., M.S. and Cheryl Clark, M.D., Sc.D., used *All of Us* participant data to look at hypertension, or high blood pressure, among *All of Us* participants. They compared *All of Us* data to national studies, like the National Health and Nutrition Examination Survey, to try to understand the risks of heart-related diseases in diverse populations.

They found that 27.9 percent of *All of Us* participants had high blood pressure. This was similar to the result of the national study, that showed high blood pressure occurred in 29.6 percent of the U.S. population. Of the participants that showed high blood pressure, the occurrence of this condition by race and ethnicity was similar between both studies as well.



This study shows us that *All of Us* data shows similar results to national studies, making it reliable for health research. This means that *All of Us* data may help researchers understand what factors, like lifestyle and where someone lives, contribute to high blood pressure. It may also help them find better ways to prevent and treat high blood pressure in diverse groups of people.

All of Us Social Determinants of Health Survey



New Survey Alert!

- You may qualify to complete a new *All of Us* survey. This new survey is about social determinants of health.
- Where you were born, where you live, or where you work can affect your health. These are sometimes referred to as social factors, or the “social determinants,” of health. Help us learn more by completing this survey about your neighborhood, social life, stress, and feelings about your everyday life.
- The information you share could provide researchers with key data they need to better understand how various factors of our social environment impact our overall health and well-being.
- The survey will take about 10 minutes to complete and is available in both English and Spanish.

You May Help Future Generations by Completing *All of Us* Surveys Today

Log in to your *All of Us* account to complete the Social Determinants of Health Survey and other surveys.

Your survey answers are important for two big reasons: They tell us about your health experiences, and they may help researchers understand more about why people get sick or stay healthy.

- Please go online at JoinAllofUs.org or use the *All of Us* Research Program app on your mobile device.
- Log in to your account by entering the email or mobile phone number and the password you used to create your account.
- All surveys are available in both English and Spanish, and as always, your answers are secure and confidential.
- You can view your program information, including previous survey answers, and compare them to people like you from all over the country.

Did you know there is a free *All of Us* Research Program app?

Download the app today:

- Open the camera app on your smartphone.
- Hold the device's camera up to the QR code on the right.
- No need to hit the shutter button, your smartphone will automatically recognize the QR code and provide you with an on-screen notification.
- Tap the notification to be taken to the Apple AppStore or Google Play.



Can't log in? No worries! Our team can help. We are happy to help reset your password with our new tool that allows us to assist you over the phone.

Need help in-person? We can schedule an appointment with you to help complete your surveys. Surveys can be completed at one of our hospitals or health centers in-person or over the phone. Contact us anytime at one of the locations below.

Mass General Brigham
(617) 768-8300
allofus@partners.org

Boston Medical Center
(617) 414-3300
allofus@bmc.org



Mass General Brigham



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