

New Study Opportunity for *All of Us* Participants: Nutrition for Precision Health

This spring, the National Institutes of Health launched the **Nutrition for Precision Health (NPH) study**. NPH is one of the first opportunities for participants to take part in other research activities connected with the *All of Us* Research Program. *All of Us* participants from Alabama, California, Illinois, Louisiana, Massachusetts, and North Carolina may be eligible to join. Participants will answer surveys about what they eat. They will also give samples and eat a test meal so that researchers can study how their bodies process food. The data may help researchers in the future make food plans that are based on people's unique needs. And the data will become part of the *All of Us* database to support other research.



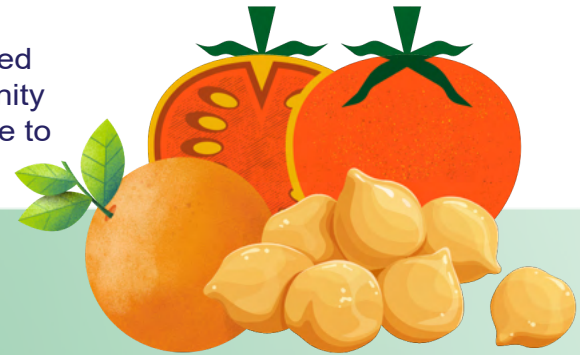
Nutrition for Precision Health

Powered by the *All of Us*
Research Program, part of the
National Institutes of Health

To learn more about NPH and how you can participate, visit: nutritionforprecisionhealth.org.

All of Us New England Community Recipes

Speaking of nutrition and healthy meals...in past issues, we have asked for your favorite healthy recipes so that we can build our own community cookbook. In celebration of the launch of the NPH study, we would like to share a recipe submitted by one of our participants!



Greek Style Braised Chickpeas with Tomatoes and Oranges



Contributor: Ellen
Time: 45 mins
Serves: 4

Ingredients

- ¼ cup extra-virgin olive oil
- 2 tablespoons tomato paste
- 2 tablespoons honey
- (3) 15 oz cans chickpeas, drained, reserve ¼ cup liquid from the cans
- 28 oz can diced tomatoes
- 1 medium red onion (thinly sliced)
- 3 medium garlic cloves (thinly sliced)
- 5 bay leaves
- 1 sprig fresh rosemary
- 1 teaspoon grated orange zest, plus ¼ cup orange juice
- Kosher salt and fresh ground black pepper
- 1 tablespoon fresh oregano (chopped)
- ½ cup tightly packed fresh parsley (chopped)

Directions

1. In a large pot over medium heat, combine oil, tomato paste and honey. Cook, stirring often, until the tomato begins to brown; 6-7 minutes.
2. Stir in the chickpeas and then tomatoes with their juices. Bring to a simmer and cook, stirring occasionally until liquid has evaporated; 10-12 minutes.
3. Stir in the onion, garlic, bay leaves, rosemary, orange juice, 1 ½ teaspoon each salt and pepper, and reserved chickpea liquid. Bring to a simmer, cover, and cook, stirring occasionally until the onion has softened; 12-15 minutes.
4. Remove from heat, taste, and season with salt and pepper as needed. Stir in the orange zest and oregano. Transfer to serving dish or individual bowls, and scatter parsley all over. Add additional oil if you wish.

If you have a favorite healthy recipe that you'd like to share with the *All of Us* New England community, we would love to hear from you! Scan the QR code or visit: <https://bit.ly/3vKYdDz> to submit your recipe.



Meet the *All of Us* New England Team

All of Us New England is made possible through the help of our research assistants, managers, communications and operations teams, clinician champions, investigators, and Community Advisory Panel (CAP) members. Each team member plays an important role in engaging, recruiting, and building relationships with participants. We would like to introduce you to two of our amazing team members!

Meet Nori Cabello

Research Enrollment Coordinator at Brigham and Women's Hospital



Nori has been working for *All of Us* New England since 2021. During this time, Nori has also been working on completing her Master of Public Health degree at Northeastern University. Throughout her time at *All of Us*, she has learned about the role of the social factors of health and how they affect healthcare outcomes, and the importance of diversity in health research. She is also learning how effective patient-centered care can be in treating patients, and how personalized medicine can provide patients with tools to address their health concerns at an individual level. Working for *All of Us* has also helped Nori develop the skill of analyzing data by using the *All of Us* Research Hub to explore Coronary Heart Disease among *All of Us* participants.

In the future, Nori hopes to apply for a PhD program in prevention sciences and community health and clinical psychology. Working for *All of Us* is inspiring Nori to take a more clinical approach to her career, and she plans to apply to Physician Assistant programs as well.

Meet Robert David

All of Us New England CAP Member



Bob joined the Community Advisory Panel (CAP) at Boston Medical Center because he believes the *All of Us* Research Program is truly valuable. He sees this as another way he might be able to contribute to the program. In addition to being a participant, Bob has managed the Cancer & Sickle Cell Support Programs at Boston Medical Center since 2008. This initiative runs ongoing support activities, special programs, and events where hundreds of survivors and patients take part and find social and emotional support.

Bob appreciates that input from all CAP members is heard and valued. Bob says, “it makes me feel a part of something big and that such an attitude of openness reflects the values of the whole program.”

To Bob, the *All of Us* Research Program makes sense. He is highly impressed with its mission. What better way to gain critical medical information than to be able to look at the health conditions and treatment of large numbers of diverse patients? Bob knows that it takes special effort to enroll people from diverse communities who reflect the people of the entire country. He applauds those who came up with the idea of *All of Us* and who worked to organize and implement such a massive undertaking.

Community Research Spotlight: MGH Chelsea Research Program

All of Us New England is pleased to partner with MGH Chelsea HealthCare Center's Community Research Program to share information about *All of Us* and give back to the community of Chelsea-based employees and residents. The Community Research Program began in 2013 based on a desire to bring together MGH Chelsea staff interested and engaged in community-based research. The Community Research Program was founded by Amy Izen, MS, CCC-SLP, a pediatric speech-language pathologist.

The Community Research Program is dedicated to the Chelsea community. They encourage and support MGH staff to conduct or participate in community-based research and partner with local programs including non-profit organizations, other health care professionals, Chelsea Public Schools, and community members through a Community-Based Participatory Research (CBPR) approach.

In May, members of the MGH Chelsea Community Research Program supported the Chelsea Community Research Festival held at Chelsea High School. The second annual Research Festival was led by Chelsea resident, Sarah Neville. High school students, community leaders, academics, and clinicians presented their research to the public. This led to lively and collaborative discussions about Chelsea and inspired new and seasoned researchers to dive deeper in their work for a healthier, happier Chelsea.

Through their dedication to inclusivity, innovation, and community impact, the Community Research Program at MGH Chelsea HealthCare Center is driving positive change and CBPR. *All of Us* New England is proud to collaborate and support events with the MGH Chelsea Community Research Program.

For more information about how to get involved, visit massgeneral.org/locations/chelsea/research.com.



We Launched a Podcast!

The "Conversations with *All of Us*" podcast explores the evolving world of health research, and the role we can have in creating a healthier future for generations to come. Each month, two guests join our host Cheryl McCloud, Communications and Community Engagement Manager for *All of Us* New England at Boston Medical Center, to discuss topics related to health research, health equity, and community engagement.

Listen to the first few episodes at mgb.JoinAllOfUs.org/en/podcast.

WE HEARD YOU!

Thanks to your responses to our recent surveys, we learned about topics that you want to learn about in our newsletter and podcast. Your suggestions included mental health, research successes, and nutrition around vegan diets. We will continue to cover these topics and more in upcoming newsletters and podcast episodes.

Tell us what topics you want to learn about in the newsletter and podcast by scanning the QR code, visiting <https://bit.ly/3hECh6k>, leaving a message at (617) 768-8300, or sending an email to AllOfUsNEcommunity@bmc.org.



Complete New Surveys on Mental Health and Well-Being

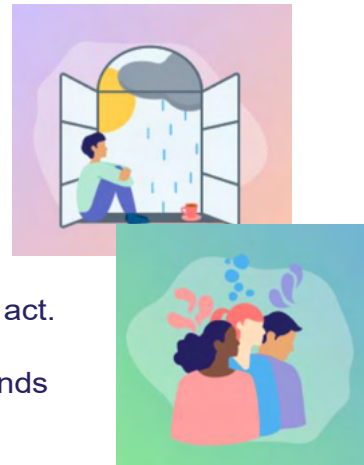
This summer, *All of Us* launched new surveys to participants about mental health and well-being. Mental health is an important part of overall health and well-being. Taking care of our mental health is just as important as taking care of our physical health.

***All of Us* needs your help.** By completing the mental health and well-being surveys, you'll help researchers explore how to treat mental health conditions so more people can live healthier lives. This will also help us learn more about how to support mental health and overall well-being, which affects how we think, feel, and act.

All of Us is working to advance research that can help everyone. Here are some kinds of questions the program may help answer:

- How are mental illnesses linked to other health conditions?
- What makes one person more likely than others to have a mental illness?
- What are some of the early risk factors for mental illnesses?
- How can we prevent mental illnesses or keep them from getting worse?
- Why do some people respond to certain treatments and others don't?
- How can we find ways to develop and improve diagnosis of and treatments for mental illnesses?
- How can we help improve access to mental health treatment for everyone?

Log in to your *All of Us* account at JoinAllofUs.org to see if these new surveys are available in your participant portal.



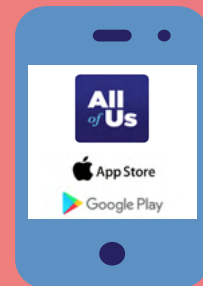
You May Help Future Generations by Completing *All of Us* Surveys Today

A research program works by gathering lots of information over time. The more you contribute, the more we understand about ideal health for people who look and live like you. **Please log in to your *All of Us* account to complete surveys today.**

Go to JoinAllofUs.org or log in through 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. As always, your answers are secure and confidential.

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 App Store or Google Play.



Can't log in? No worries! We can help you reset your password or access your surveys over the phone. We can also schedule an appointment to help you complete your surveys in person. Contact us any time at one of the locations below.

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

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



Mass General Brigham



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