



**The future
of health
begins
with you**



**National Institutes
of Health**

All of Us, the All of Us logo, and "The Future of Health Begins with You" are service marks of the U.S. Department of Health and Human Services.

What is precision medicine?

Precision medicine is an emerging approach for disease treatment and prevention that takes into account individual variability in **lifestyle**, **socioeconomics**, **environment**, and **biology**.

**precision
medicine:**

**the right treatment
for the right person
at the right time**

Precision medicine is health care that is based on each person.

It is made up of three factors:



Environment

Like where
you live

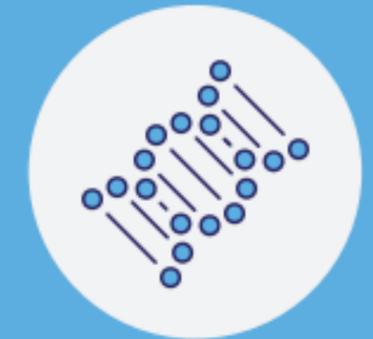
+



Lifestyle

Like what
you eat

+



Biology

Your genes and
family history

What is the NIH *All of Us* Research Program?

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You

The *All of Us* Research Program is a historic, longitudinal effort to **gather collect and study data from one million or more people** living in the United States **to accelerate research and improve health**. By taking into account individual differences in **lifestyle, socioeconomic, environment, and biology**, researchers will uncover paths toward delivering **precision medicine – or individualized prevention, treatment, and care – for all of us**.



“All of Us is among the most ambitious research efforts that our nation has undertaken!”

NIH Director Francis Collins, M.D., Ph.D.

The *All of Us* Research Program is part of the broader Precision Medicine Initiative.

Mission and Objectives

Nurture relationships

with one million or more participant partners, from all walks of life, for decades

Catalyze a robust ecosystem

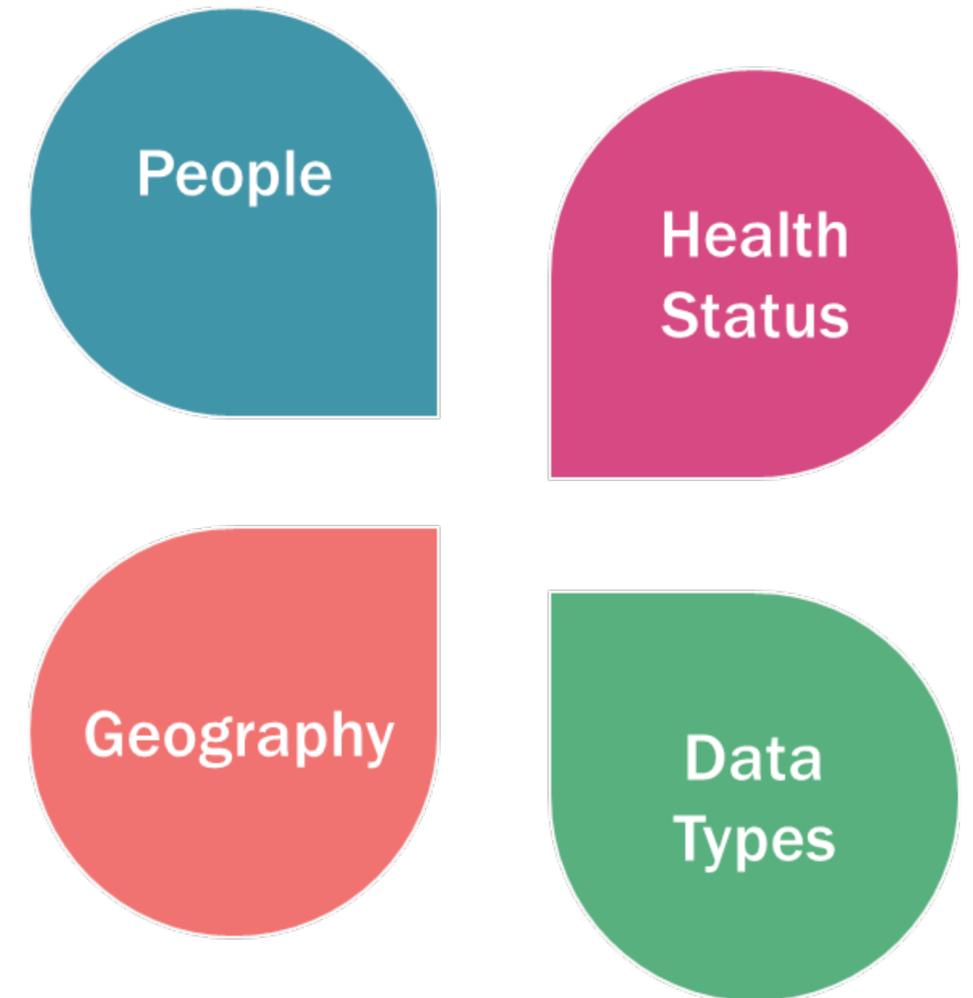
of researchers and funders hungry to use and support it



Deliver the largest, richest biomedical resource ever, making it as easy, safe, and free to use as possible

Innovative Aspects of *All of Us*

- ◉ **Diversity at the scale of 1 million people:** demographically, geographically, medically, and especially those underrepresented in biomedical research
- ◉ **Diversity of data types collected longitudinally:** clinical, environmental, genetic, behavioral, socioeconomic
- ◉ **Focus on participants as partners:** included in governance, invited to co-invent systems and give input into the science, choice to receive all data and information back
- ◉ **National, open resource for all:** open to the public and all researchers, open source software & tools



All of Us learns from and partners with other large research programs; sharing knowledge and data is key!

Kinds of Questions this Resource May Help Answer

How can we prevent the chronic pain that affects more than 100 million people across the U.S. each year?

Or develop better pain medicines that aren't addictive?

Or develop better treatments for diabetes, which affects almost 10% of Americans—or prevent diabetes altogether?

Or slow or even stop different kinds of dementia?

Or develop more cancer cures that will work the first time, so we can skip painful trial-and-error chemotherapy?

Or drive local disparities interventions that work sustainably?

What are the potential activities asked of participants in the current protocol?



Enroll, Consent and Authorize EHR

- Recruiting 18+ years old initially; plan to include children later
- Online, interactive consent
- Includes authorization to share Electronic Health Record (EHR) data



Answering Surveys

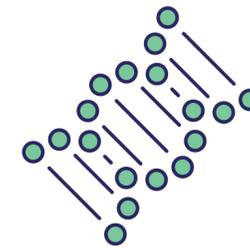
- Six initial surveys: The Basics, Overall Health, Personal Habits, Health Care Access & Utilization, Family Medical History, Personal Health History
- Additional surveys will be released on an ongoing basis.



Physical Measurements*

- Blood pressure
- BMI
- Heart rate
- Height
- Hip circumference
- Waist circumference
- Weight

**Based on diverse sampling and capacity*



Provide Biosamples*

- Blood (or saliva, if blood draw is unsuccessful)
- Urine specimen
- Biosamples will be stored at the program's biobank

**Based on diverse sampling and capacity*

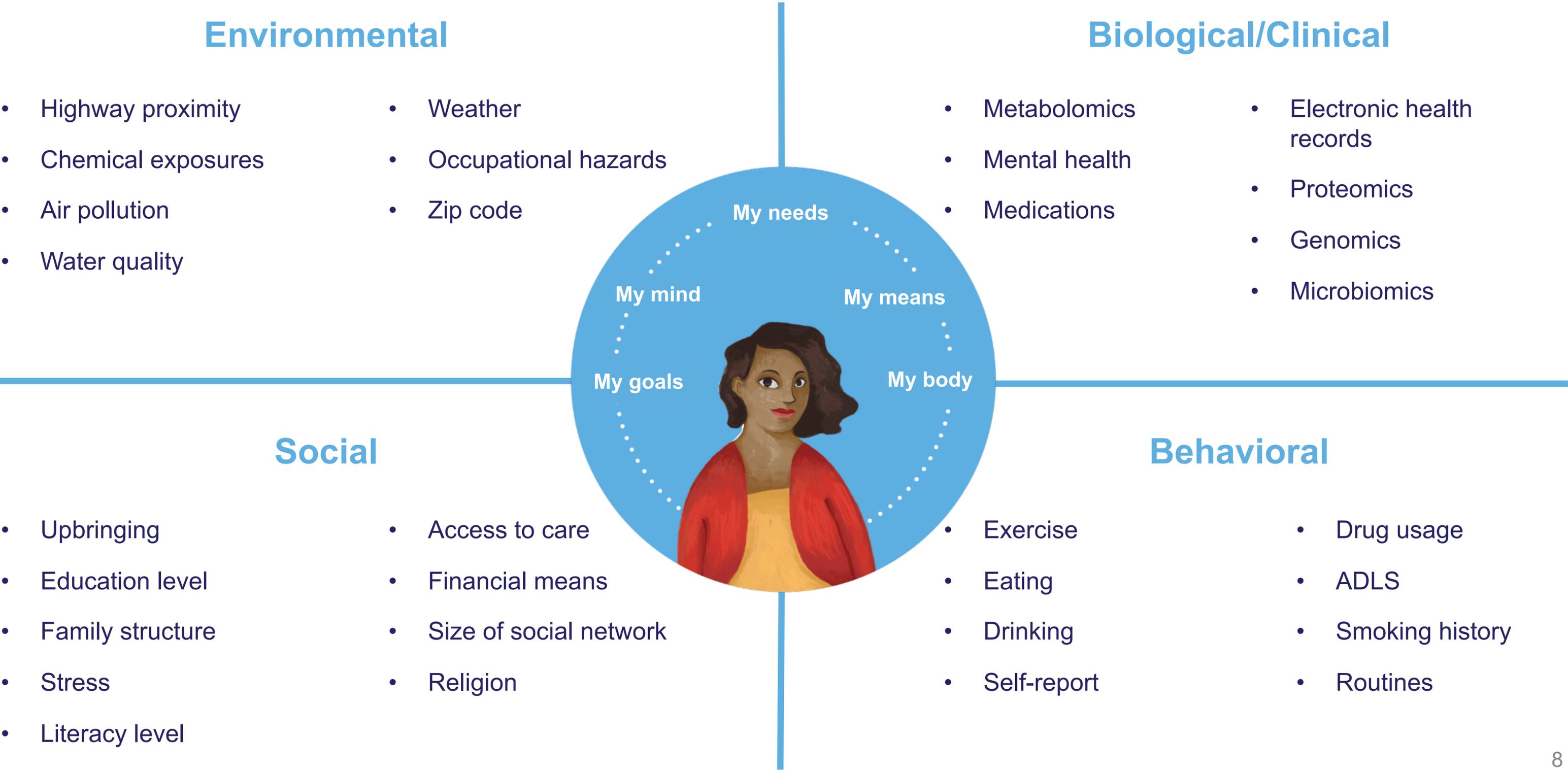


Wearables and Digital Apps

- Share data from wearable fitness devices, starting with FitBit
- Share data, such as cardio-respiratory fitness, through integrated apps (coming soon)
- More integrations under development

Pilots under development: richer EHR data, health apps, fitness wearables, and return of genetic info

Understand the whole person: example data types that *All of Us* may collect



How will *All of Us* lead to discoveries?

Participants Share Data

Participants share health data online. This data includes health surveys and electronic health records. Participants also may be asked to share physical measurements and blood and urine samples.



Researchers Study Data

In the future, approved researchers will use this data to conduct studies. By finding patterns in the data, they may make the next big medical breakthroughs.

Researchers Share Discoveries

Research may help in many ways. It may help find the best ways for people to stay healthy. It may also help create better tests and find the treatments that will work best for different people.

Data Is Protected

Personal information, like your name, address, and other things that easily identify participants will be removed from all data. Samples—also without any names on them—are stored in a secure biobank.

Participants Get Information

Participants will get information back about the data they provide, which may help them learn more about their health.

All of Us Community and Provider Partner Network



Asian Engagement and Recruitment Core (ARC)

- ◉ The Asian Health Coalition is one of five *All of Us* Community Engagement Partners that serve diverse communities and help people join and stay in the program. Some also engage and educate health care professionals about the program.



- ◉ The ARC is a proactive network of dynamic partnerships that represents Asian American, Native Hawaiian, and Pacific Islander populations across the U.S .
- ◉ The goal of the ARC is to shape and implement the *All of Us* Research Program strategy and roadmap to create culturally appropriate, cost-effective, and scalable education and outreach for Asian Americans, Native Hawaiians, and Pacific Islanders.

Asian Engagement and Recruitment Core (ARC)

- ◉ The ARC is composed of seven community-based organizations with the Asian Health Coalition as the lead and two national organizations.
- ◉ The Asian Health Coalition will train its fellow ARC partners, lead community discussions, and provide input on *All of Us* engagement strategies and educational materials.



Community-Based Organizations



National Organizations





“We all want our kids to live healthier lives than we did.”

—Steffinie



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The *All of Us* Research Program's mission is to speed up health research breakthroughs.

People from all walks of life will share their health information. Health data from diverse people will help fill gaps in knowledge about why people get sick or stay healthy. The data could help researchers develop new and better treatments that benefit all of us.

Why is diversity important to the *All of Us* Research Program?

All of Us is asking lots of people to join. Participants are from different races and ethnicities, age groups, and regions of the country. They are also diverse in gender identity, sexual orientation, and health status.

Diversity in a research program is important for several reasons. First, where we live, how we live, and our background can all affect our health. Second, many groups of people have been left out of research in the past. This means we know less about their health.

By studying data from a diverse group of people, researchers can learn more about what makes people sick or keeps them healthy. What researchers learn could lead to better treatment and disease prevention for all of us.

Data from *All of Us* could someday help researchers:

- Identify what makes people more likely to develop a disease.
- Find out how environment, lifestyle, and genes can impact health.
- Build better tools for detecting a health condition and encouraging healthy habits.

Why have some communities not been part of research?

There are different reasons. For example, some communities have not been invited to take part in research. Or, they were invited but were not told what was involved. For these reasons, we know very little about them.



The *All of Us* Research Program has learned from this history. We want to be sure we do things right, so many different groups of people can join. We will tell you what we are doing. We will share results. And we will protect your data.

Why is the Asian American community important to *All of Us*?

Asian Americans, like many other groups, have often been left out of research. As a result, we know less about their health and ways to provide them with the best care. The *All of Us* Research Program wants to change this. By joining *All of Us*, Asian Americans can help ensure their community is included in health studies. These studies could help researchers understand health conditions that are more common in the Asian American community. What they learn could lead to more tailored approaches to preventing and treating those conditions.

All of Us is working with community partners to educate Asian Americans about the program and how research has potential benefits for their families and future generations.

***All of Us* Core Values**

- Participation is open to all.
- Participants reflect the rich diversity of the United States.
- Participants are partners.
- Trust will be earned through transparency.
- Participants have access to their information.
- Data will be accessed broadly for research purposes.
- Security and privacy will be of highest importance.
- The program will be a catalyst for positive change in research.

Why is the Asian American community important to *All of Us*?

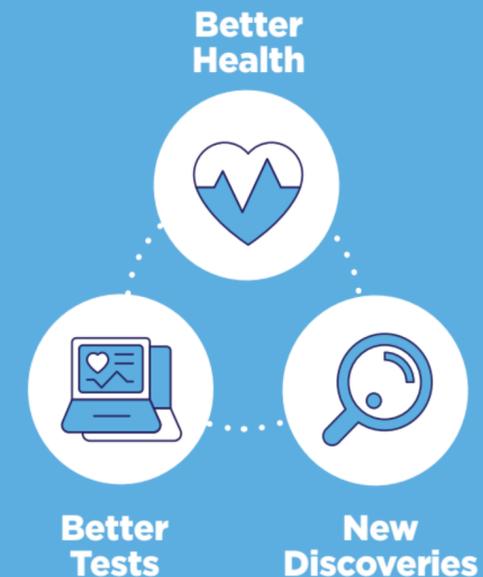
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Why should I join?

Research may help:

- Find the best ways for people to stay healthy.
- Create better tests to see if people are sick or at risk of getting sick.
- Make new discoveries that could advance precision medicine.



(844) 842-2855



help@joinallofus.org



JoinAllofUs.org



Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) are among many minority groups that have often been left out of clinical trials and biomedical research. The [All of Us Research Program](#) – an effort led by National Institutes of Health (NIH) – seeks to change this by gathering data from one million or more diverse individuals living in the United States.

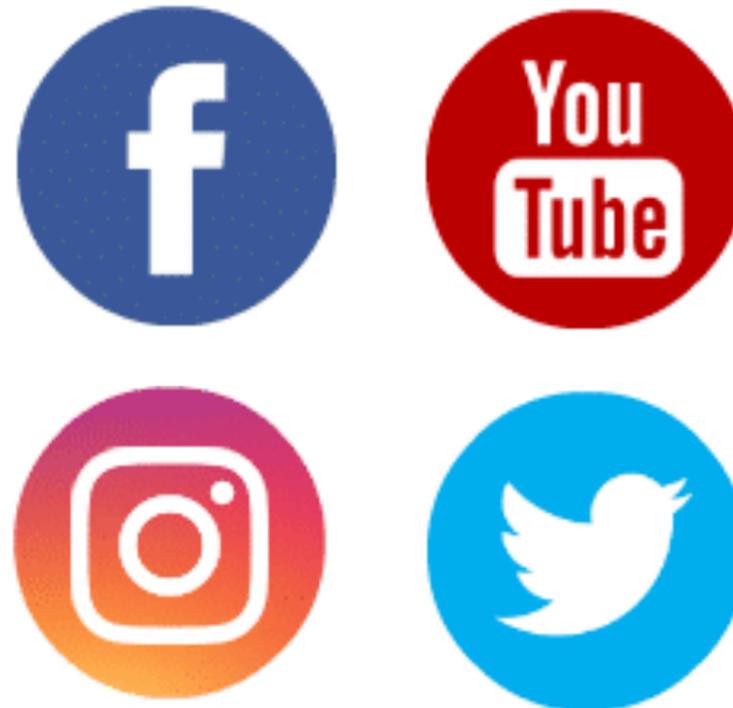
By joining All of Us, AANHPIs can help ensure they are represented in health studies that may help researchers understand health conditions that are more common among their specific communities, such as hepatitis B. What researchers learn from data collected through All of Us could lead to more tailored approaches to preventing and treating those conditions, as well as better treatment and disease prevention for all of us.



Thank You!



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