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service volunteering

**Precision
Medicine**
UCD

**Physical
Therapy**
Sac State

Gerontology
Sac State



precision medicine

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All of Us

RESEARCH PROGRAM

The *All of Us* Research Program



National Institutes
of Health

Presented by: Lizbeth Cuevas

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



The *All of Us* Research Program is a historic, longitudinal effort to **gather 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, socioeconomics, 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.

Innovative Aspects of *All of Us*

National Network of Inaugural Partners

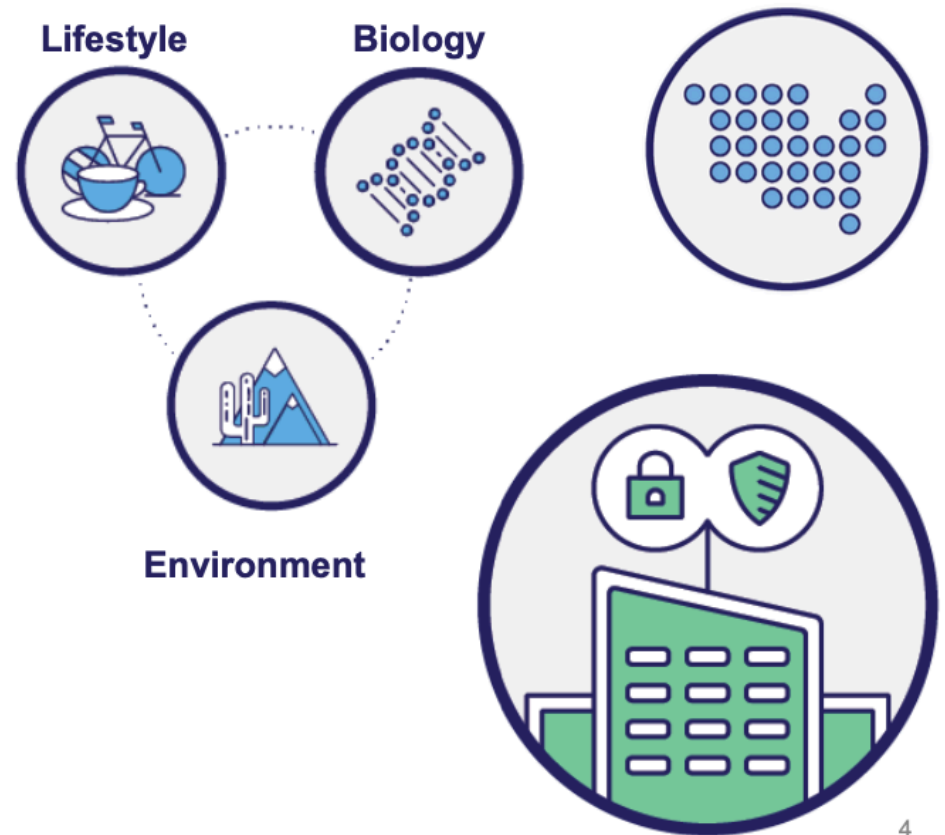


***All of Us* learns from and partners with other large research programs; sharing knowledge and data is key!**

What is precision medicine?

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

It is a radical shift in how each of us can receive the best care possible based on our unique makeup



Mission and Objectives

Nurture relationships



Our mission
To accelerate health research
and medical breakthroughs,
enabling individualized
prevention, treatment,
and care for all of us

**Deliver the largest,
richest biomedical
resource ever**



**Catalyze a
robust ecosystem**



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 slow or even stop different kinds of dementia?

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

Or drive sustainable interventions that support health equity?

A Transformational Approach

Participation

Participants in the All of Us Research Program will be true partners—not patients, not subjects—in the research process

Data Access

Data sharing will be a priority to both researchers and participants

Diversity

Include communities historically underrepresented in biomedical research



Participant Eligibility

- **Inclusion Criteria:**
 - Adults 18 years of age or older
 - Must have decisional capacity to consent
 - Must reside in the United States
- **Exclusion Criteria:**
 - Adults unable to consent
 - Children (<18 years old)
 - Prisoners **at time of enrollment**
- **No cost** to participants
- Participants **do not** need health insurance
- **Information is de identified**
- **\$25 Target or Amazon gift card**



This is a long-term relationship and the value to participants (and researchers) will grow over time.

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



Enrollment and Consents

- Available in English and Spanish
 - Can be **read** (5th grade reading level)
 - **Watched** video format



Answering Surveys

- Available in English or Spanish
- Ask general questions about health
- Participants **choose** what they want to share
 - Doesn't stop them from participating



Physical Measurements + Biospecimens

- Height
- Weight
- 3 Blood Pressure Measurements
- Hips Circumference
- Waist circumference
- Blood Sample
- *Saliva*
- Urine Sample



Time Commitment

- Full enrollment takes approximately **30-60 minutes** per participant.
- Program is expected to be **10 years or more.**
- Participants are able to **withdraw, "quit"** the program at any time.



After Their Visit

- Specimens are sent to Mayo Clinic
- Data from surveys is put in database
- New surveys sent periodically
- Test results will become available in a few years
- Participants may need to return in a few years

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

Additional ways you can help

- Partner with us to create awareness
- Collaborate on an educational event



Invite us to your event!

Thank you!



JoinAllofUs.org/ucdavis
ResearchAllofUs.org
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[#JoinAllofUs](https://twitter.com/AllofUsResearch)



National Institutes
of Health

AllofUs.nih.gov

physical therapy

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Sac State**





SACRAMENTO
STATE

Sacramento State Doctor of Physical Therapy (DPT) Program

Selected activities related to
older adults

Academic year 2020-2021

Redefine the Possible™

Contact information

- CSUS DPT website:
<https://www.csus.edu/college/health-human-services/physical-therapy/>

Background

- Sacramento State has a Doctor of Physical Therapy program
- One of only a few doctoral-level offerings of the University
- Folsom Hall




List of activities related to older adults

- **Fall 2020:** Interaction with our DPT students
 - Part of a course in geriatrics in the program
 - Coordinated with course content; 45 minute discussion with you on topics covered in class
 - 10 sessions within the Fall semester, phone or Zoom
 - **CURRENTLY ACCEPTING VOLUNTEERS**




List of activities related to older adults

- **Fall 2020:** Virtual Balance Assessments
 - Initiative from the National Council on Aging (NCOA)
 - Updated on balance and fall risk assessments on the website
 - One Zoom session (1-2 hours)
 - **LOOKING FOR VOLUNTEERS**

 **ncoa**
National Council on Aging

Find an Evidence-Based Falls Prevention Program in Your Area

- Area Agencies on Aging
- State Falls Prevention Coalitions
- ADL State and Tribal Evidence-Based Falls Prevention Program Grantees



Evidence-based falls prevention programs have been proven to help older adults reduce their risk of falling. Use the links below to find a program in your area.

List of activities related to older adults

- **Fall 2020:** Pilot of Community Learning Series
 - 45-minute Zoom presentations by second year DPT students
 - Complete list to follow; initial topics include
 - Fall risk reduction
 - Bone health
 - Wellness



Spring/ Summer 2021 plans (tentative)

- Probono clinics
 - Orthopedic
 - Neurologic
 - Balance and Falls



Spring/ Summer 2021 plans (tentative)

- Class activities
 - Annual Physical Therapy check-up (Spring)
 - Annual wellness screenings (Summer)



Spring/ Summer 2021 plans (tentative)

- Research studies
 - Hip and knee osteoarthritis
 - Modified Otago exercise program (balance and falls)



gerontology

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