



## Lake Nona Life Project (LNLP)

<b>Overview</b>	The Lake Nona Life Project
<b>Mission</b>	To understand the links between health, wellness, longevity, and quality of life
<b>Lake Nona Medical City Residents and Partners</b>	
Wellness & Prevention, Inc., a Johnson & Johnson Company ( <a href="http://wellnessandpreventioninc.com/">http://wellnessandpreventioninc.com/</a> )	
Lake Nona Institute ( <a href="http://www.lakenonainstitute.org/">http://www.lakenonainstitute.org/</a> )	
Cisco Health Systems	
G Healthcare	
University of Central Florida	
University of Florida	
Florida Blue	
Sanford Burnham Medical Research Institute	
Nemours Children’s Hospital	
Orlando VAMC	
<b>Programs/Campaigns</b>	
<ul style="list-style-type: none"> <li>• The Lake Nona Life Project is a registry study that will be open to all members of the Lake Nona, FL, community, including residents, students, and employees that live, study, and work within the Lake Nona community.</li> <li>• The Lake Nona Life Project will be a naturalistic prospective community epidemiologic study that evaluates the health and wellness of participants over the course of multiple years, focusing on the links of life experiences with health, wellness, longevity, quality of life, and human performance. The data gathered through this valuable naturalistic community research will provide a rich foundation for additional studies that might subsequently be developed in the population to learn about interventions that can influence the health and well-being of future generations.</li> <li>• The study will have at its core an annual de-identified self-report community survey. Consenting respondents will also have their de-identified survey data linked to de-identified medical and pharmacy claims data obtained based on signed informed consent from their health plan.</li> <li>• Although there will be no payment to respondents for participating in the study, we plan to offer a number of thank-you gifts to respondents as a way of helping build and maintain rapport. Three types of gifts are currently envisioned, although others may be added over time. The first will be exclusive access to the <i>members-only</i> part of the Lake Nona Life Project website, which will contain diverse kinds of health-related information that participants might find valuable. The second will be the HealthMedia snapshot of the individual’s health status and Digital Health Coaching programs to help people change their behaviors (e.g., exercise, weight reduction, smoking cessation). The third will be a series of TBD tests, free medical tests, and monitoring systems, the results of which we will make available to the individual and/or to the individual’s physician. Although no final determination has yet been made, included here might be pedometers, smart wrist bands that monitor heart rate and sleep, and possibly even basic blood and urine tests.</li> <li>• The overarching goal of the research is to gather information that can be used by researchers to help optimize the health and well-being on people in the general population.</li> </ul>	

<b>Impact</b>	<p>Questions to be assessed include such areas as :</p> <ul style="list-style-type: none"> <li>• Sociodemographics and roles</li> <li>• Life experiences (ongoing role experiences, life events)</li> <li>• Personality and lifestyle preferences and behaviors (e.g., religiosity, physical activity, smoking)</li> <li>• Symptom-based physical and behavioral health problems (e.g., insomnia, migraine, depression)</li> <li>• Role performance and quality of life</li> </ul> <p>Research questions will include investigations of such topics as:</p> <ul style="list-style-type: none"> <li>• The associations between life experiences and health</li> <li>• The effects of specific health problems on role performance and quality of life</li> <li>• The extent to which the adverse effects of health problems are mitigated by personality, lifestyle preferences, and lifestyle behaviors.</li> </ul>
<b>Expected launch</b>	Q2 2014
<b>Scientific Advisory Board Members</b>	<p>Gloria Caulfield, Lake Nona Institute  Thomas S. Ells, Ph.D., Johnson &amp; Johnson Consumer  Steve Gardell, Ph.D., Sanford Burnham Medical Research Institute  Kenneth Goldberg, M.D., Orlando VA Medical Center  Ronald Kessler, Ph.D., Harvard Medical School  Jim Loehr, Ph.D., Human Performance Institute and Wellness &amp; Prevention, Inc.  Shawn Mason, Ph.D., Wellness &amp; Prevention, Inc.  Velma Monteiro-Tribble, Blue Cross Blue Shield of Florida Foundation  Christopher Mosunic, Ph.D., Wellness &amp; Prevention, Inc.  Marco Pahor, M.D., University of Florida  Surendra Saxena, MBA, Cisco Systems  Jim Roycroft, Homeowners Association of North Lake Park, Lake Nona  Carmella Sebastian, M.D., Blue Cross Blue Shield of Florida  Peter Serpentino, Ph.D., GE Global Research – GE Healthcare  Thaddeus Seymour, Jr., Ph.D., Lake Nona Institute  Paul Stang, Ph.D., Janssen Pharmaceuticals  Kimberly Thompson, Sc.D., University of Central Florida  Edward Urdaneta, M.D., McNeil Consumer Healthcare  Lloyd Werk, M.D., M.P.H., Nemours Children’s Hospital  Ben Wiegand, Ph.D., Johnson &amp; Johnson Consumer</p>
<b>Social Media Sites</b>	N/A
<b>Website and Contact Information</b>	<p><a href="http://lakenonalifeproject.com/">http://lakenonalifeproject.com/</a>  <b>Principal investigator:</b>  Shawn Mason, Ph.D.  Wellness &amp; Prevention, Inc.  130 South First Street, Ann Arbor, MI 48104  734 369-9047; <a href="mailto:Smason5@its.jnj.com">Smason5@its.jnj.com</a></p>