



National Institutes of Health  
National Cancer Institute  
Bethesda, Maryland 20892

Xxxxxx xxxxxxxx  
Xxxx StreetXXXXX  
XXXXstreetXXXX  
City State, zip

Dear Diet and Health Study Participant:

It is now almost 12 years since you responded to the first National Institutes of Health (NIH)-AARP Diet and Health Study questionnaire and I thank you for your participation in the study. Your response and those of over 500,000 other AARP members have made this the largest study of diet and health every conducted! Based on the information you and your fellow cohort members contributed, we will be able to provide the public with valuable information on the health effects of diet and other lifestyle factors.

About one month ago we sent you a letter containing this 2-page questionnaire asking you to provide information on a few of your lifestyle factors as well as your health status. Please take about four minutes to complete the enclosed questionnaire and return it in the enclosed postage-paid envelope. Your ongoing participation in this study is critical to its success.

Please be assured that your response will be held in strictest professional confidence; names and other identifiers will be separated from information provided and will not appear in any report of the study. All reported results will be summaries of the data, and no individual data will be reported. We would like to remind you that your participation in this study is voluntary. Be assured that there will be no consequences to you if you decide not to respond.

You may also find additional information about this study, including new discoveries and current research projects, at our website: [www.dietandhealth.cancer.gov](http://www.dietandhealth.cancer.gov).

Through the NIH-AARP Diet and Health Study, we are beginning to learn more about the prevention of cancer and other chronic illnesses. I am very grateful for your critical contribution toward this important goal.

Sincerely,

Arthur Schatzkin, M.D., Dr.P.H.  
Study Director, NIH-AARP Diet and Health Study