



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 ten 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 560,000 other AARP members have made this the largest study of diet and health ever 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.

We would greatly appreciate it if you would provide information on your health status and lifestyle factors since you completed our last questionnaire. Please return your questionnaire in the enclosed postage-paid envelope. Your continued 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 discover new ways to prevent 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



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Dear Diet and Health Study Participant:

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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.

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About eight weeks ago we first 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. We sent you a reminder letter and questionnaire about one month ago. We would very much appreciate it if you could take about four minutes to answer the questions that are on both sides of the enclosed sheet. You can return it in the enclosed postage-paid envelope. Your ongoing participation in this study is critical to its success.

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Over two months ago we first 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. We have sent you two reminders since that time with the hope you would be able to complete it. If you have not been able to complete the questionnaire yet, we ask you to take about four minutes to do so now. You may return the questionnaire in the enclosed postage-paid envelope. Your ongoing participation in this study is very important in order to understand more about cancer and other health conditions over time.

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.

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