

Subject:

The All of Us Research Program - The Future of Health Begins With You

Narrative:

The *All of Us* Research Program is part of an effort to advance individualized health care by enrolling one million or more participants to contribute their health data over many years. The program aims to reflect the diversity of the United States and to include participants from groups that have been underrepresented in health research in the past. By taking into account individual differences in life circumstances, socioeconomic, environment, and biology, researchers may uncover paths toward delivering precision medicine – or individualized prevention, treatment, and care – for all of us.

At its core, the goal of *All of Us* is to speed up health research discoveries, enabling new kinds of individualized health care. To make this possible, the program is building one of the world's largest and most diverse databases for health research.

By working with participants across the country, collecting many types of information over time, and building a data platform that many researchers can use, *All of Us* may also shape how people do research in the future.

While researchers have seen some progress with precision medicine, which is health care that is based on you as an individual, it can take many years to understand how a unique variable is linked to a disease or treatment. It takes even more time to develop new ways to prevent and treat disease. By creating a program of the size and scope of *All of Us*, the hope is to speed up these medical breakthroughs.

At the end of the day, the longer someone participates with *All of Us*, the more they can learn about themselves and help speed up health research and medical breakthroughs. If someone decides to join *All of Us*, they will share different kinds of information over time. This includes basic information like their name and where they live, questions about health, family, home, and work. If they have an electronic health record, they could give access to the data. They could go to a local clinic for a free appointment with an *All of Us* partner to provide measurements on weight, height, hips, and waist, as well as readings on blood pressure and heart rate. Individuals can also give samples, such as blood or urine, at the appointment.

Finally, participants are ultimately in control of their journey with *All of Us*, including being able to choose how frequently they are contacted.

Importantly, *All of Us* is committed to making sure data are kept private and data are not misused. *All of Us* maintains all of the federal, state, and local law and rules, has strict policies and procedures to prevent misuse of data, and has [Certificates of Confidentiality](#) from the U.S. government, in addition to other protective measures.

Working together, *All of Us* researchers, partners, and participants aim to build a better future for health care – whether you are an individual willing to participate or a researcher interested in seeing how you can help advance precision medicine.

- Learn more by visiting allofus.nih.gov.