



**Lake Nona  
Life Project**

# **An Overview of the Lake Nona Life Project**

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# The Lake Nona Life Project (LNLP)

- Collaboration between the Lake Nona Institute and Johnson & Johnson
- A “Framingham-like” place-based multi-generational epidemiological cohort study
- Broad focus on biological, psychosocial, and bio-psychosocial determinants of health, well-being, longevity, quality of life, and human performance.
- Core prospective data designed to be a foundation for more targeted studies.

# Major Core LNLP Design Elements

- Annual mixed-mode web-phone survey of all adult residents and workers.
- Ongoing medical and pharmacy claims data for survey participants.
- GWAS (Harvard; Broad Institute)
- Web-based neurocognitive tracking (Harvard, Germine, TestMyBrain; <https://www.testmybrain.org>)
- Microbiome (Human and home; IHMC; <http://www.human-microbiome.org>)
- Intelligent home (Wearable tracking sensors; Embedded devices)
- Consumer retail data captured through credit card purchase data
- Social network (Yale, Christakis) and neighborhood (Harvard, Sampson) data

# A Participant-Centered Focus

- Active involvement of participants in research oversight committees
- Community member “champions” for recruitment and liaison
- Emphasis on patient-centered outcomes in focused studies
- Quarterly newsletters, biannual evening, community meetings
- Individualized feedback (e.g., health coaching materials, benchmarking reports)



# Illustrative Substantive Initiatives in the LNLP

- Social networks
- Genetic epidemiology
- Neurocognitive testing
- The atopic march
- Unpacking the sleep-energy-pain-depression-cognition nexus
- PCORNet Mood PPRN machine learning clinical decision support
- Compliance/Adherence