

Celebrating Your Investment in Women's Health



Thanks to you, the WHI Dietary Study will add more to the knowledge of diet and health in postmenopausal women than any previous study in history. You are helping to answer whether eating a low-fat dietary pattern that is high in fruits, vegetables, and grains reduces the risk of breast cancer, colorectal cancer, and heart disease in postmenopausal women.

To help you celebrate your investment in women's health, we'd like to share some WHI milestones made possible by your extraordinary efforts.

Women in the Dietary Study

The women in the Dietary Study (Comparison and Dietary Change groups) reflect the diversity of women in the United States. The study made a special effort to recruit racial and ethnic minorities as well as women of a certain age — 50 to 79 when they joined WHI. Today, Dietary Study participants range in age from 57 to 89 years. About 78% of Dietary Study participants are over the age of 65. About 19% are from racial and ethnic minority groups. There are 48,835 participants in the Dietary Study. Of these participants, 19,541 are in the Dietary Change group — just like you!

Contributions of the Dietary Change Group

As a Dietary Change participant, you've given a tremendous amount of your time to the Dietary Study. You've made remarkable efforts to meet your WHI fat gram goal. You've also worked hard to eat 5 or more servings of fruits and/or vegetables and 6 or more servings of grains each day. To help make and maintain these dietary changes, you've attended Dietary Change sessions and kept track of what you ate during your time in the study. Women now and for generations to come will benefit from your generous efforts.



Have you ever wondered what the collective efforts of all women in the Dietary Change group might look like? To find out, turn the page ...

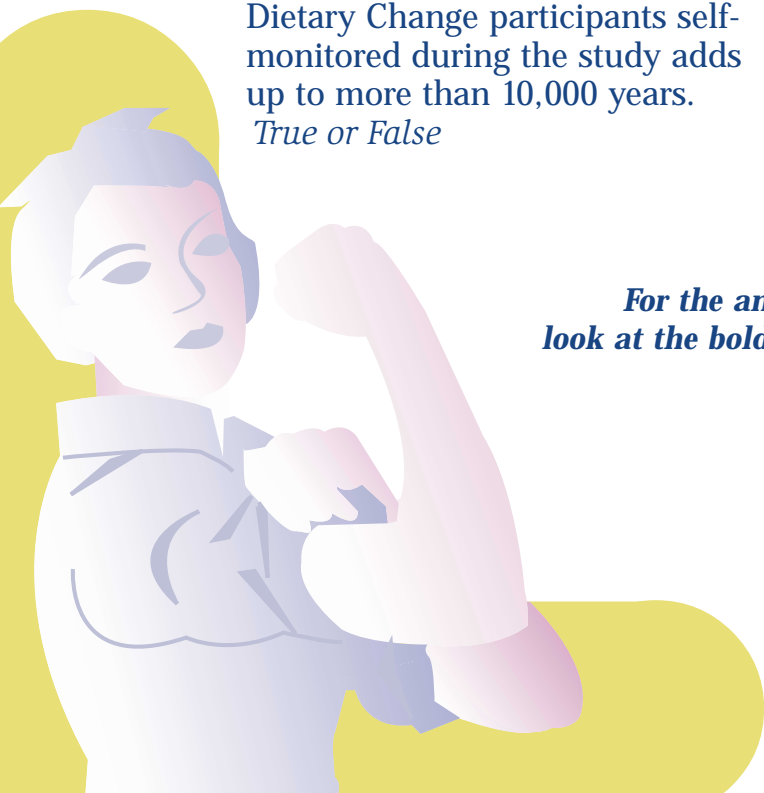
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The quiz below showcases the remarkable dedication of WHI Dietary Change participants. For each question, circle the answer you believe is correct. It's OK if you're not sure of the answers — they are listed on the next page.

WHI Dietary Change Group Fun Facts Quiz

- What does the number 68,564 represent?
 A. *the number of self-monitoring tools completed in an average week*
 B. *the number of study forms completed in one day*
 C. *the number of pencils used to complete study forms*
 D. *the number of times Dietary Change participants met together during the study*
- The total number of days all Dietary Change participants self-monitored during the study adds up to more than 10,000 years.
True or False
- On average, during the entire study, each Dietary Change participant decreased her fat intake by about ____ fat grams.
 A. 100 B. 1,000
 C. 10,000 D. 100,000
- The total number of fruit and/or vegetable servings all Dietary Change participants ate during the study adds up to about:
 A. 1 million B. 10 million
 C. 20 million D. 300 million
- The total number of grain servings all Dietary Change participants ate during the study represents more than 11 million loaves of bread.
True or False

**For the answers to the quiz,
look at the bold text on the next page.**



of Women in Health Research



The quiz answers below provide just a few of the many examples of how women working together in the Dietary Change group have made a huge contribution to the WHI Dietary Study.

1. **Answer: D.** The number 68,564 represents the number of times Dietary Change participants met together during the study. Many of these meetings were Dietary Change sessions (59,924 meetings). Other meetings were peer groups or special get-togethers (8,640). This number does not include the many times women met with each other outside of their WHI activities! Dietary Change groups met in many different places such as churches, schools, community centers, and Clinical Centers. Peer groups also met in a variety of settings such as restaurants, grocery stores, shopping malls, botanical gardens and women's homes. Currently, there are 1,176 Dietary Change groups throughout the study.

2. **Answer: True.** The total number of days all Dietary Change participants self-monitored during the study adds up to more than 10,000 years! To put this amount of time in perspective, 10,000 years ago humans were still in the Stone Age! The number of self-monitor-

ing tools completed would stack up to 6,331 feet, or five times as high as the Empire State Building!

3. **Answer: D.** During the entire study, each Dietary Change participant decreased her fat intake on average by about 100,000 fat grams. This amount of fat adds up to over 25,000 teaspoons or 220 pounds of fat for each participant!

4. **Answer: D.** The total number of fruit and/or vegetable servings all Dietary Change participants ate during the study adds up to about 300 million servings. This is about 1 million bushels of fruits and vegetables!

5. **Answer: True.** The total number of grain servings all Dietary Change participants ate during the study represents more than 11 million loaves of bread! Overall, participants reported eating more than 270 million servings of grains.





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Your Contributions to WHI

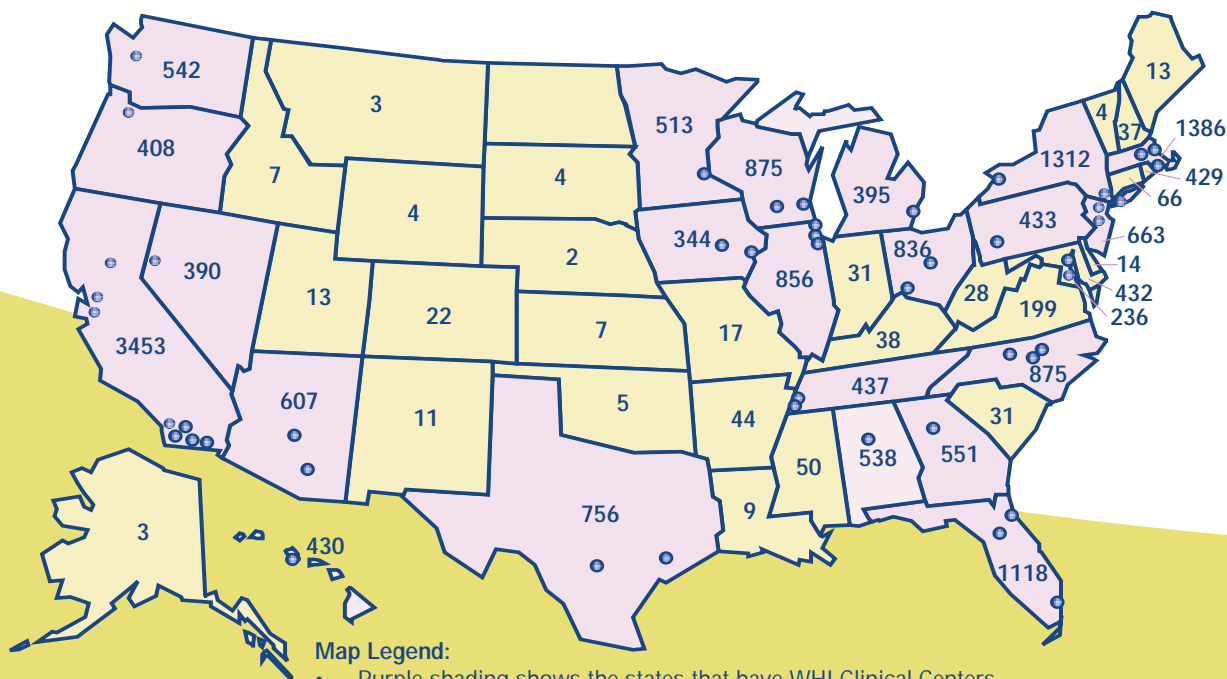


All of the staff involved in the Dietary Study over the years **thank you** for your contributions to science. Through your participation, you are leaving a legacy to all women. Each of you has had a role in helping make WHI a success.

Even though the Dietary Change sessions are ending, your important role in WHI continues. We ask you to continue following the WHI low-fat eating pattern until you complete your close-out visit. Please help us bring the study to a successful end by completing your close-out visit. At that visit, you will receive more WHI materials and information about when and how you will receive study results. Your dedication to finishing all of your WHI activities will help further research in women's health.

Be sure to visit the WHI website for up-to-date information: www.whi.org

WHI Dietary Change Participants Across the Country



Map Legend:

- Purple shading shows the states that have WHI Clinical Centers.
- Dots show the location of each WHI Clinical Center.
- Numbers show how many of the 19,541 Dietary Change participants live in each state.
- Note: More than 60 Dietary Change participants live outside the United States. The 29,294 participants in the Comparison group are not shown on this map.