



[HOP website](#)

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## The Next Phase of the HOP Study is Here

As a participant in the Healthy Oregon Project (HOP), you are one of about 50,000 individuals contributing to research that benefits the entire state. By joining new studies and completing new surveys available in your HOP account, you help shape the future of initiatives aimed at creating a healthier Oregon as a HOP Public Navigator.

In this next phase, our HOP Public Navigators—participants with activated HOP accounts—will be invited to complete new surveys and enroll in bio-data studies addressing health issues that affect Oregonians. Your contributions will inform scientists about the current health challenges Oregonians face today and can lead to significant advancements in health care research. HOP is dedicated to sharing valuable health information with participants in the new studies and surveys you complete!

Upcoming studies and surveys will cover a variety of topics, including the effects of wildfire smoke, noise pollution, cancer screening language, and more. As a HOP Public Navigator, you can participate in as many studies as you choose through your HOP account. We hope your involvement in the HOP study continues for years, shaping Oregon’s health landscape for generations. If you haven’t already, please download and log in to the [new HOP app](#) or visit the [new website](#) to activate your HOP account. To stay updated on new surveys and studies, enable push notifications in your HOP account for real-time updates!

**Attention HOP participants:** Update your account profile to avoid missing upcoming surveys! Activate your account via the [HOP app](#) or [website](#).

New surveys may be tailored to specific counties or demographics, enhancing the value of your lived experiences for future research.



### Meet Wesley Stoller

Healthy Oregon Project Data Project Manager

Wesley plays a crucial role in managing data for the HOP study. He ensures that participant information is secure by collaborating with the OHSU Institutional Review Board (IRB). This collaboration guarantees that only researchers who meet the OHSU ethics committee requirements can access the data necessary for their research. Additionally, Wesley contributes to the project’s success by accurately storing participant information and ensuring that the new research studies and surveys offered on the HOP platform significantly advance health outcomes.



"It feels great knowing my behind-the-scenes work helps turn what participants share into real health benefits for our communities."

## FAQ: How Do I Update My Contact Information?



HOP participants from diverse backgrounds and regions in the state may soon be invited to participate in unique surveys and studies. **To ensure you don't miss out, please confirm that your contact information is up to date.**

You can update your preferred name, date of birth, mailing address, and phone number in the "Account" tab of your platform today.

To update your profile information, use the new HOP app available for both [Android](#) and [iPhone](#) devices. Simply download the latest version of the app or log in through the [website](#). If it's your first time on the new platform, you'll need to reset your password by clicking "Forgot Password" on the Log In page. Enter the email address connected to your account and follow the prompt to log in. You'll then have access to all the new surveys and activities that HOP offers!

## OHSU Clinical Studies

At OHSU, there are **hundreds of clinical trials open** and looking for **participants** to help answer big scientific questions. **You** can be part of helping doctors find new ways to **improve health and treat diseases** beyond the Healthy Oregon Project (HOP) with [OHSU Clinical Trials](#).

[Explore the wide range of study topics](#), including nutrition, mental health, respiratory systems, head and neck, and more. Enrollment in OHSU Clinical Trial studies is voluntary.



## Cancer and Chronic Disease Prevention and Early Detection Resources and Education



If you have trouble sleeping and prediabetes, you may be eligible to participate in [Sleep for Health](#). [Kaiser Permanente's Center for Health Research](#) aims to study whether treating insomnia can help people with prediabetes. To learn about the study, visit [the website](#) today.



OHSU Knight Cancer Institute's [Oregon Pancreas Tissue Registry](#) is recruiting participants to help build a resource to help in the care and study of individuals at increased risk of developing pancreatic cancer, and for early detection. Learn more about the study at the website [here](#).

Find us online at [HealthyOregonProject.com](http://HealthyOregonProject.com) or our social media



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