

Health Post



Contents

- Your DNA Could Unlock Doors to Better Health 1
- Notice of Annual Meeting and Proxy..... 3
- 1800Flowers.com Member Benefit 4
- Delving Into Devices: Children and Screen Time..... 5

Your DNA Could Unlock Doors to Better Health

(BPT) - Did you know that all human beings are 99.9% identical in their genetic makeup? The remaining 0.1% of your DNA can tell an important story - like why your hair is curly or straight, whether you love or hate the taste of cilantro, and your genetic ancestry and origins.

Most importantly, your DNA can offer clues on whether certain health conditions might run in your family or your personal risk for certain diseases.

Whether driven by curiosity or concern, a growing number of people are using DNA testing to learn about themselves. The National Institutes of Health's All of Us Research Program offers people a way to participate in research while providing a way to learn about themselves, including what their DNA can tell them about their ancestry, traits and health.

Typical research studies enroll "subjects" who are studied by researchers. All of Us turns research into a two-way street. As a benefit of enrolling and privately sharing health data with researchers, All of Us offers participants an opportunity to access their genetic information and more.

Michael Miller, an All of Us participant ambassador, joined the research program because he wanted to ensure that African Americans were represented in this groundbreaking research initiative.

"The African American community has long been apprehensive of the research and medical establishment due to past wrongs. That means we've been invisible to researchers and there is less information about how well different medical treatments work for us," said Miller. "My goal is to change the negative perception of research in the Black community. It starts with me talking to my family, friends, neighbors, church members

and co-workers to help ensure African Americans are included in health studies. These studies could help researchers understand health conditions that are more common in African Americans.”

The program is working to sign up one million participants from across the country. Already more than 435,000 have joined and contributed data and samples. By sharing their data, participants like Miller are helping to build one of the largest, most diverse databases of its kind.

What’s the program’s goal?

“By studying the unique genetic codes of people, and combining that with other types of data about our health, environment and life circumstances, researchers can look for patterns to better understand what affects people’s health,” said Stephanie Devaney, Ph.D., Chief Operating Officer of All of Us.

“But we don’t just take the data people donate without offering something in return. We’re designed to give personal health information to participants, so we’re sharing what we learn with those who are stepping up to support research that can benefit their family and community.”

Thousands of program participants have already started receiving information about their genetic ancestry and personal traits, based on their DNA. In the next phases of the program, participants will have the opportunity to receive health-related results, such as their risk for certain diseases, or medications that might impact them differently, if they would like that information.

Participants like Miller take part in the program in different ways. Over time, there are opportunities to answer surveys on different topics, share their electronic health records and contribute blood, urine or saliva. The health information that participants share with All of Us goes into a secure database and is made available only to approved researchers.

“Our genes don’t predict our future. But our DNA can provide important information to share with our families and health care providers and inform the decisions we make,” said Devaney. “Our research program offers the double benefit of helping individuals learn about themselves and helping researchers improve health overall.”

Everyone has a health story. Explore how you can learn more about yours by visiting JoinAllOfUs.org.



NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Peoples Benefit Alliance will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri, on Wednesday, April 20, 2022 at 11:00 a.m. for election of Directors and for the transaction of such other business as may properly come before the meeting of any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

Peoples Benefit Alliance

April 20, 2022 Annual Meeting of Members

THIS PROXY IS SOLICITED ON BEHALF OF
PEOPLES BENEFIT ALLIANCE

The undersigned member of Peoples Benefit Alliance does hereby constitute and appoint the President of Peoples Benefit Alliance, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Peoples Benefit Alliance and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Jay Delsing, John Perles and Ron Kotowski
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2022

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri, 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
March 14, 2022



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- Anniversary
- Birthday
- Congratulations
- Just Because

Log in to peoplesbenefitalliance.com for more information



Delving Into Devices Children and Screen Time

“Screen time” used to mean sitting around and watching TV. For kids, too much time in front of the TV is linked to obesity, as well as trouble in school. But screen time doesn’t refer just to television anymore. Smartphones, tablets, and other handheld devices are now everywhere.

These new screens pose new challenges for parents, says Dr. Jenny Radesky, a pediatrician at the University of Michigan. “There’s so much content available now on something a child can carry from room to room,” she explains.

Almost all this new technology was designed for adults, not children, Radesky says. For example, a recent study by her team analyzed ads on YouTube channels marketed to kids. They found that more than half featured some age inappropriate ads, such as those for violent video games.

Parents may find it hard to know how much time their kids really spend on handheld devices. Another study

from Radesky’s team found that young children who had their own tablets used them almost two hours a day. But only about a third of their parents accurately guessed that amount.

Researchers are exploring how this type of media use affects kids’ developing brains. They’re interested in whether the use of phones and tablets alters the brain’s executive functioning, Radesky explains. That’s the ability to focus on important tasks, resist distractions, and use self-control.

“Devices like tablets give you lots of stuff that’s really exciting, all at once, with no waiting,” Radesky says. Researchers want to know: Does that get in the way of kids doing harder tasks that help them build life skills?

Studies have already shown that too much media use can affect other aspects of kids’ health, including mental health and physical activity.

“And sleep is a major one,” adds Radesky. “A lot of studies have shown that the more kids use media,

especially around bedtime, the worse their sleep is.”

But some uses of handheld devices can have benefits. Kids can use video chat to talk with relatives who live far away. Some educational apps and programs designed especially for children can help them in school. So how can parents find a balance?

“There are ways to set some limits about how much time they can spend on devices,” Radesky says. You can set timers. Some apps let you stop content from continuing to play automatically.

It can be hard for parents to track what their children are doing on portable screens. But adults can model thinking critically about what they see when watching TV or other media with their kids. You can talk about what you like and don’t like about a show or ad. You can point out when and why you think something is false or misleading. This can help kids learn these skills and use them on their own.

“From an early age, make it a norm that you can talk about what’s on devices,” says Radesky. “You want kids to come to you if they see something creepy, or if they’re just confused, because they know you can help them understand it.”

Setting Screen Time Boundaries

- Set a good example. Be a role model and limit your own screen time.
- Create a house rule that limits screen time and enforce it.
- Don’t allow screens during meals or homework.
- Give your kids alternatives to screen time. Suggest playing outside, finding a new hobby, or learning a sport.
- Do other activities together, such as family board games, puzzles, or going for a walk.
- Don’t put a TV or computer in your child’s bedroom or let them go to bed with a portable device.

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Peoples Benefit Alliance

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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting any exercise program.

