



A Partnership with Veterans

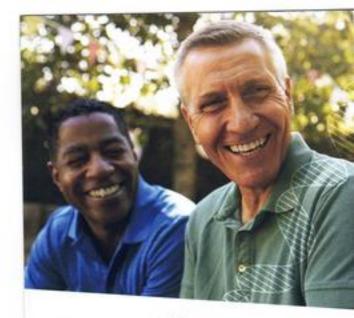






U.S. Department of Veterans Affairs

DISCOVERY INNOVATION * ADVANCEMENT



What is the Million Veteran Program?

The Department of Veterans Affairs' Million Veteran Program (MVP) is a national, voluntary research program. MVP is designed to help researchers better understand how genes affect health and illness, with the goal of improving healthcare for Veterans.

What will MVP study?

MVP is one of the largest research programs on genes and health in the United States. With an expected enrollment of at least one million individuals, MVP provides an important opportunity to understand genes and health. An increasingly common way to gain knowledge in this area is to collect genetic samples and health information from large groups of people. Researchers use this information to learn how genes, lifestyle, and military experiences affect health and disease.



Participation in MVP is entirely voluntary and will not in any way affect Veterans' access to health care or benefits.

What is involved in MVP participation?

Participation includes:

- Filling out surveys to help us understand more about you that we cannot learn from your health record or DNA.
- Completing a one-time visit to provide a blood sample for genetic and other analysis at participating MVP locations.
- Permitting authorized MVP staff and researchers to have access to information from your health records on an ongoing basis.
- Agreeing to future contact by MVP for additional research opportunities.

The MVP visit takes about 20 minutes. For your convenience, MVP visits may be scheduled on the same day as other healthcare appointments at participating MVP locations.

What are the potential benefits of MVP?

Research findings based on MVP may lead to new ways of preventing and treating illnesses in Veterans and all Americans. This research may help answer questions like:

- Why does a treatment work well for some Veterans but not for others?
- Why are some Veterans at a greater risk for developing an illness?
- How can we prevent certain illnesses in the first place?

While your participation may not directly benefit you, over time what we learn from MVP will benefit all Veterans and the population at large.

Are there any risks in participating?

- The risks of a blood draw include pain, bleeding, bruising, or infection.
- Filling out the survey may result in distress if you discover family health conditions of which you were not aware.
- There is a slight risk of a breach of confidentiality. The section below describes how VA will minimize this risk.

What confidentiality and privacy protections are in place?

Patient safety and information security are the top priorities in MVP and all VA research. If you participate in MVP, your privacy and confidentiality are protected in the following ways:

- All samples will be stored in secure VA biorepositories.
- All samples and health information will be coded. Only select authorized MVP staff will have the ability to link the coded information to your identity.
- Researchers who are approved access to analyze samples and data will not receive name, date of birth, contact information, or social security number of participating Veterans.







Million Veteran Program Baseline Survey

The following questions ask general information about you. Any information you provide us about you or your family members will be kept **confidential** and **secure** according to VA policy. The survey has a code instead of your name to maintain confidentiality. We will not attempt to contact your family members.

Please complete and return this survey in the postage-paid envelope. By answering all or some of these questions, you are 1) voluntarily consenting to complete this survey and 2) agreeing to have a **one-time MVP visit** scheduled.

During this visit, MVP staff will review how to join MVP and ask you to **provide a blood sample**. This sample will be stored and used for future research on health, disease, illness, or condition.

How to Schedule an MVP Visit

To schedule your MVP visit, please "X" ALL day(s) and time(s) you are available. Every effort will be made to provide you with a convenient appointment. If possible, we will schedule a visit on the same day as another VA appointment. Please provide your best phone number so that we may reach you if needed. After you return your MVP Baseline Survey, we will send you a letter with the date, time, and location of your MVP visit.

You can also visit mvp.va.gov to schedule your visit, complete this survey, and even join MVP!

Morning Afternoon	Monday	Tuesday	Wednesday	Thursday	Friday	
		I am available	e all these days	and times		
Best Phone N	umber:					
Comments	:		TOTAL STATE			

If you have any questions, please call the MVP Info Center toll-free at 866-441-6075

Thank you for your help!



S	ection A: Demographics	7.		at is						vel c	of
1.	What is today's date?		San Tile	Less High		15.0000			D		
	mm dd vyyy			Some						7	
	7777			Asso	ciate'	s deg	ree (e.g.,	AA, A	AS)	
2.	What is your date of birth?			Bach						0000	
	mm / dd / yyyy			Maste Profe							A)
3.	What is your gender?	8.	Wh	at is	your	curr	ent n	narita	l sta	tus?	
	☐ Male			Marrie	ed						
	☐ Female			Civil	comm	nitme	nt				
3		1		Cohal	bitati	ng					
4.	Are you Spanish, Hispanic, or Latino?			Separ	rated						
	No, not Spanish, Hispanic, Latino			Divor	ced						
	☐ Yes, Mexican, Mexican American, Chicano ☐ Yes, Puerto Rican			Widov	wed						
	Yes, Cuban			Never	mar	ried					
	Yes, other Spanish, Hispanic, Latino	9.		uding							
5.	What is your race? (Mark all that apply)	100	Guii	entry	IIVE	III y	Jui II	ouse	iioiu		
	☐ White		1	2	3	4	5	6	7	8	9+
	Black / African-American		П	ш	П	П	П	П	П	П	П
	☐ American Indian / Alaska Native ☐ Chinese	10.	Whi	ch in	com	e cat	egor	v rep	rese	nts ti	10
	☐ Japanese		tota	linco	ome (of yo	ur ho	usel	nold i	from	all
	☐ Asian Indian		Sou	rces ing th	(befo	re ta	xes	and o	ledu	ction	s)
	☐ Other Asian							uisr			
	Filipino			ess t							
	Pacific Islander		0.60	10,00							
	☐ Other		3-23	20,00							
6.	Where are your ancestors originally from?		200	30,00 40,00							
	(Mark all that apply)		The state of	50,00							
	☐ Africa		23500	60,00		25.75					
	☐ East Asia / Pacific Ocean region			75,00		200					
	☐ Middle East			100,0							
	☐ North America ☐ Northern Europe		0.00	150,0							
	☐ Southern Europe		THE RES	refer							
	☐ South America ☐ Southwest Asia			10101	nott	o alla	WEI				

Section B: Physical Features	Section C: Uniformed Services Experience
11. Are you right or left handed? Right Left Both right and left (ambidextrous) 12. What is your:	16. In which branch of the service did you serve? (Mark all that apply) Army National Guard Navy Merchant Marines NOAA Narine Corps NOAA Narine Corps Public Health Service Coast Guard None Skip to Q27
Weight pounds 13. What best describes the color of your skin	17. Please indicate whether your service was: Active Duty Reserves only Not applicable (not in the military)
without tanning? Very fair Fair Light olive Dark olive Brown Black	18. When did you serve? (Mark all that apply) September 2001 or later August 1990 to August 2001 (includes Gulf War) May 1975 to July 1990 August 1964 to April 1975 (Vietnam era) February 1955 to July 1964 July 1950 to January 1955 (Korean War)
14. What best describes your natural hair color (if grey, please indicate color before going grey)? Black Dark brown Light brown Blonde Red	☐ January 1947 to June 1950 ☐ December 1941 to December 1946 (WWII) ☐ November 1941 or earlier 19. Did you serve outside the United States? ☐ Yes ☐ No
15. What is the natural color of your eyes? Blue Green Hazel Light brown Dark brown Other	20. Where were you stationed? (Mark all that apply) Africa Asia / South Pacific Caribbean Eastern Europe Mexico Middle East Northern / Central Europe Southern Europe / Mediterranean Basin South / Central America USA / Canada

21. Did you deploy in support of the 1990-91 Gulf War?	28. How physically strenuous is your work / jo (paid and unpaid)?
☐ Yes ☐ No	☐ Very light (mainly sitting) ☐ Light (mainly walking)
22. Did you deploy in support of Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF)?	 ☐ Medium (lifting, carrying light loads) ☐ Heavy manual work (climbing, carrying heavy loads)
☐ Yes ☐ No	29. How often do you exercise vigorously enough to work up a sweat?
23. Were you ever exposed to Agent Orange?	☐ Daily ☐ 5 - 6 times a week
☐ Yes	2 - 4 times a week
□ No	☐ Once a week
☐ Not sure	☐ 1 - 3 times a month
24. Were you ever exposed to chemical or	☐ Rarely / Never
biological warfare agents?	30. How often do you have a drink containing
☐ Yes	alcohol?
□ No	☐ Never Skip to Q33 on Page 4
■ Not sure	1 - 3 days per month
25. Were you ever given the Anthrax vaccine?	☐ 1 day per week
	2 - 3 days per week
Yes	4 - 5 days per week
□ No	☐ 6+ days per week
☐ Not sure	
26. Have you ever taken pyridostigmine bromide (anti-nerve agent pills)?	31. How many drinks containing alcohol do you have on a typical day when you are drinking?
☐ Yes	□ 1 or 2
□ No	□ 3 or 4
☐ Not sure	□ 5 or 6
ob for higher	7 to 9
Section D: Activities and Habits	☐ 10 or more
27. How would you rate your current physical fitness status?	32. How often do you have six or more drinks on one occasion?
☐ Very good	☐ Never
☐ Fairly good	☐ Less than monthly
☐ Satisfactory	☐ Monthly
☐ Fairly poor	2 - 3 times per week
☐ Very poor	4+ times a week

33. In your lifetime, have you smoked a total of at least 100 cigarettes, cigars, or pipes? □ No	36. During the <u>PAST 4 WEEKS</u> , have you had any of the following problems with your work or other regular activities as a result of your physical health?
☐ Yes ☐ 33a. Have you ever smoked daily or almost every day for at least 1 year? ☐ Yes ☐ No 33b. Do you smoke now? ☐ Yes, daily ☐ Yes, occasionally ☐ Not at all	a. Accomplished less than you would like: None of the time A little of the time Some of the time Most of the time All of the time All of the time
Section E: Health Status	activities:
34. In general, would you say your health is: Excellent Very good	☐ A little of the time ☐ Some of the time ☐ Most of the time ☐ All of the time
☐ Good ☐ Fair ☐ Poor The following question is about activities	37. During the PAST 4 WEEKS, were you limited in the kind of work you do or other regular activities as a result of any emotional problems (such as feeling depressed or anxious)?
you might do during a typical day.	a. Accomplished less than you would like:
35. Does your health now limit you in these activities? If so, how much? a. Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf:	☐ None of the time ☐ A little of the time ☐ Some of the time ☐ Most of the time ☐ All of the time
 Yes, limited a lot Yes, limited a little No, not limited at all 	 b. Did not do work or other activities as carefully as usual:
b. Climbing several flights of stairs:	☐ None of the time ☐ A little of the time
☐ Yes, limited a lot ☐ Yes, limited a little ☐ No, not limited at all	☐ Some of the time ☐ Most of the time ☐ All of the time

38. During the PAST 4 WEEKS, how much did pain interfere with your normal work (including both work outside the home and housework)? Not at all	40. During the <u>PAST 4 WEEKS</u> , how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?
☐ A little bit	☐ All of the time
☐ Moderately	☐ Most of the time
☐ Quite a bit	☐ Some of the time
☐ Extremely	☐ A little of the time
	☐ None of the time
The following 3 questions are about how you feel and how things have been with you. For each question, please give the	41. COMPARED TO ONE YEAR AGO, how would you rate your:
one answer that comes closest to the way	a. Physical health in general now?
you have been feeling.	☐ Much better
	☐ Somewhat better
39. How much of the time during the PAST 4	☐ About the same
WEEKS	☐ Somewhat worse
a. Have you felt calm and peaceful?	☐ Much worse
☐ All of the time	b. Emotional health in general now?
☐ Most of the time	☐ Much better
Good bit of the time	Somewhat better
Some of the time	☐ About the same
☐ A little bit of the time ☐ None of the time	☐ Somewhat worse
	☐ Much worse
b. Did you have a lot of energy?	c. Cognitive (memory and thinking)
☐ All of the time	health in general now?
■ Most of the time	☐ Much better
Good bit of the time	☐ Somewhat better
☐ Some of the time	☐ About the same
A little bit of the time	☐ Somewhat worse
☐ None of the time	☐ Much worse
c. Have you felt downhearted and blue?	
☐ All of the time	42. On a scale of 0-10, where 0 means no pain
☐ Most of the time	and 10 means pain as bad as you can imagine, please rate your overall amount
☐ Good bit of the time	of pain in the PAST WEEK:
☐ Some of the time	
A little bit of the time	0 1 2 3 4 5 6 7 8 9 10
■ None of the time	No Pain as ba as you ca imagine

Section F: Medical History and Health Care Usage

43. Please tell us if you have been diagnosed with the following conditions. Check the appropriate box and indicate the year of diagnosis and whether you currently take any medication(s) ("TAKE MEDS") for that condition. (Mark all that apply)

Circulatory Sys	stem	Problems		Mental Hea	lth Di	sorders	
	YES	YEAR DIAGNOSED	TAKE MEDS		YES	YEAR DIAGNOSED	TAKE MEDS
High blood pressure (Hypertension)				Anxiety reaction / Panic disorder			
Stroke				Attention deficit hyper- activity disorder (ADHD)			
Transient ischemic attack (TIA)				Bipolar disorder			
Heart attack				Post traumatic stress disorder (PTSD)			
Coronary artery / Coronary heart disease (includes angina)				Depression		Ш	
Peripheral vascular disease				Eating disorder			
High cholesterol				Personality disorder			
Pulmonary embolism or deep vein thrombosis (DVT)				Schizophrenia			
Congestive heart failure				Social phobia			
Other circulatory system problem				Other mental health disorder			
Skeletal / Musc	cular	Problems		Hearing	g / Vis	ion	
	YES	YEAR DIAGNOSED	TAKE MEDS		YES	YEAR DIAGNOSED	TAKE MEDS
Osteoarthritis				Cataracts			
Rheumatoid arthritis				Glaucoma			
Other arthritis				Macular degeneration			
Gout				Blindness, all causes			
Osteoporosis				Tinnitus or ringing in the ears			
Other skeletal / muscular problem Page 6 of 10				Severe hearing loss or partial deafness in one or both ears		v 08-20-2019	

Infectious	Dise	ases		Ca	ncer		
	YES	YEAR DIAGNOSED	TAKE MEDS		YES	YEAR DIAGNOSED	TAKE MEDS
Tuberculosis				Breast cancer			
Hepatitis C] 🗆	Colon cancer / Rectal cancer		Ш] 🗆
HIV / AIDS				Lung cancer			
Other infectious disease				Prostate cancer] 🗆
Kidney	Disea	ise		Skin cancer			
	YES	YEAR DIAGNOSED	TAKE MEDS	Other cancer			
Kidney disease without dialysis				Nervous Sys	stem P	roblems	
Kidney disease with dialysis					YES	YEAR DIAGNOSED	TAKE MEDS
Acute kidney disease with no current dialysis				Migraine headaches			
Digestive Sys	tem F	Problems		Other headaches			
	YES	YEAR DIAGNOSED	TAKE MEDS	Memory loss or impairment		Ш	
Acid reflux / GERD		Ш		Dementia (includes Alzheimer's, vascular, etc.)			
Peptic ulcers] 🗆	Concussion or loss of consciousness		ПП	
Bowel obstruction				Traumatic brain injury			
Colon polyps				Spinal cord injury or impairment			
Irritable bowel syndrome (IBS)				Epilepsy / Seizure		Ш	
Ulcerative colitis				Parkinson's disease		ПП	
Crohn's disease				Amyotrophic lateral sclerosis (Lou Gehrig's disease)] 🗆
Celiac disease / Sprue				Multiple sclerosis			
Other digestive system disorder				Other nervous system problem			

Other (Cond	itions			patient in a hos	
	YES	YEAR DIAGNOSED	TAKE	overnight or	150	
Asthma Chronia lung diagona					VA Healthcare Facility	Non-VA Healthcare Facility
Chronic lung disease (COPD, Emphysema			1 🗆	None		
or Bronchitis)				1 - 3		
Diabetes / "sugar"				4 - 6		
Enlarged prostate			1 _	7 - 9		
(Benign prostatic hyperplasia)				10 or more		
Liver condition (e.g., Cirrhosis)				46. How many p you currentl	rescription me y receive from	
Skin condition (e.g., Eczema, Psoriasis)				200000000000000000000000000000000000000	VA Pharmacy	Non-VA Pharmacy
Sleep apnea	П			None		
Oloop aprica				1 - 3		
Thyroid problems				4 - 6		
Other disease /				7 - 9		
disorder			0.00	10 or more		
Section G: Healtho	are U	Itilization		47. How many n do you curre	on-prescription	
44. In the PAST YEAR your health care d			of		VA Pharmacy	Non-VA Pharmacy
facility (e.g., docto	r's vi	sits,		None		
hospitalizations, u counseling)?	irgent	care visits, o	or	1 - 3		
				4 - 6		
☐ None ☐ 1 - 25%				7 - 9		
26 - 50%				10 or more		
□ 51 - 75% □ 76 - 99%				Section H: Fa	mily History	
□ 100%				48. Were you ad	opted as a chil	ld?
				☐ Yes ☐ No		
				49. Are you a tw birth?	in, triplet, or of	ther multiple
				☐ Yes ☐ No		

		AR OF BIRTH	YES NO	YEAR OF	DEATH	
Fati	her her			$\stackrel{\sim}{\sim}$	\pm	
. Do v	ou have a	ny of the foll	owing?			
,		NO NO		W MANY?		
Dau	ghters					
Son	ns					
Bro	thers					
Sist	ters	0 [
. Plea	se answer	some quest	ions about your	biological s	iblings, beginn	ing with the eld
	BROTHER	OR SISTER?	YEAR OF BIRT	H LIV	ING?	YEAR OF DEATH
1	Brothe	r 🗆 Sister		Yes	□ No □	
2	Brothe	r 🗆 Sister		Yes	□ No □	
3	□ Brothe	r 🗆 Sister		Yes	□ No □	
4	Brothe	r 🗆 Sister		Yes	□ No □	
5	Brothe	r 🗆 Sister		Yes	□ No →	
6	☐ Brothe	r 🗆 Sister	ПП	Yes	□ No →	
7	Brothe	r 🗆 Sister		☐Yes	□ No →	
8	☐ Brothe	r 🗆 Sister		Yes	□ No □	
9	□ Brothe	r 🗆 Sister		Yes	□ No →	
10	Brothe	r 🗆 Sister		□Yes	□ No □	
11	□ Brothe	r 🗆 Sister		□Yes	□ No □	
	☐ Brothe	r 🗆 Sister		☐Yes	□ No □	

50. Please answer the following questions about your biological family, if known.

the following conditions. If you do not have information regarding any of your family members listed, please leave those sections blank. GRANDPARENTS GRANDPARENTS ON MOTHER'S ON FATHER'S MOTHER FATHER SIBLING SIDE SIDE Alzheimer's / Other dementia П п П Asthma П Bipolar disorder П П П П Cancer, breast П П Cancer, colon П П Cancer, lung п П П П Cancer, prostate П N/A Cancer, skin п П П Cancer, all others П П Chronic lung disease (COPD, Emphysema or Bronchitis) Coronary artery / Coronary П П heart disease Depression П П П П Diabetes / "sugar" П П High blood pressure П П High cholesterol П Kidney disease п П Liver condition П П П П Schizophrenia П П П Stroke / Transient ischemic П п attack (TIA) 54. Did anyone help you complete this survey? ☐ Yes □ No

53. Please tell us if any of YOUR BIOLOGICAL FAMILY MEMBERS have been diagnosed with

Thank you for completing this survey.