



[HOP website](#)

[IOS app store](#)

[Android app store](#)

## The Impact of Women in Science and Research

March is International Women’s History Month! Women in science have held impactful roles in the advancement of cancer research, like [Dr. Jane C. Wright](#). She played a fundamental role in the development of chemotherapy treatments, in fact, there are chemotherapy drugs used today to treat breast cancer that Dr. Jane Wright tested in the 1950's!

In order to make these impactful advancements in research and continue the development of effective treatments, studies rely on participants. A goal of the HOP study is to help determine if inherited cancer screenings should be part of general medical care for everyone. **Every HOP participant is helping to advance our understanding of cancer risk.**

**HOP surveys serve an equally important role in the understanding of how a person’s environment, behaviors, and other lifestyle habits affect health risks.** Research is vital to medical advancements and the participants in each study are helping to leave lasting effects on the generations to come.

HOP’s Stress Survey helps you understand what role stress plays in your daily life and well-being. Find the Stress Survey in the [Healthy Oregon Project app](#) today.



**Meet Autumn Shafer, Ph.D.**  
Associate Professor, School of Journalism and Communication, Center for Science Communication Research, University of Oregon

Autumn manages the public communication for Healthy Oregon Project, which includes this newsletter! Research projects have a lot of information that needs to be shared with community members and that’s where Autumn comes in. Autumn’s guiding principles when developing HOP’s communication are transparency and accessibility. She helps bring big scientific ideas into communities to make a difference.

*“To see HOP’s journey from where we started to now with more than 27,000 participants is incredible! Together, we’re all advancing cancer early detection research.”*



## FAQ: Can I join without a smartphone?

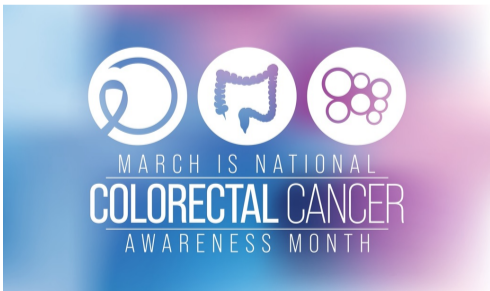


At this time, to join the **HOP study**, participants must download the **no cost Healthy Oregon Project app** from [Apple iOS](#) or [Google Play](#) app stores. There are no in-app purchases – the app is entirely no cost. Within the app, you can take HOP surveys or join inherited genetic risk screening which provides personalized health information about the risk of cancer and other health conditions.

**The Healthy Oregon Project app is HIPAA compliant, which means that it allows participants the ability to consent and receive results in a confidential and secure manner.**

If you’ve already joined the Healthy Oregon Project’s genetic screening or you are new to HOP, please take a few minutes to [log onto the app](#) and complete the HOP surveys. These surveys help scientists understand more about how individual’s personal experiences and behaviors impact cancer risk.

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



Men and women without a family history of colorectal cancer should begin screenings at age 45. This Colorectal Cancer Awareness Month discover which screening options are best for you from [Colorectal Cancer Alliance](#).



Food choices and activity habits play a vital role in reducing the risk of chronic illness and heart disease. Refresh your knowledge this National Nutrition Month with resources in both English and Spanish from the [OHSU Moore Institute](#).

Find us online at [HealthyOregonProject.com](#) or our social media   

