



Studies Update

BOSS-NCAS Team Learns and Teaches

In this past year the Beaver Dam Offspring Study-Neurocognitive Aging Study (BOSS-NCAS) Study Team has learned a lot and taught a lot: We have learned from the BOSS participants in more than 1300 study examinations. The BOSS-NCAS Study Team is grateful for the continued involvement of the Beaver Dam community, whose participation makes this important research possible. We have also learned from meeting our Beaver Dam Community Advisory Board (see below). Our team has also shared what they learned both with the community via radio and with the scientific community at meetings, and used their knowledge to teach students and trainees.

Meeting with the Beaver Dam Community Advisory Board

Members of the BOSS-NCAS Study Team traveled to Beaver Dam to meet with the study's Community Advisory Board at the Beaver Dam Chamber of Commerce. The board includes local community leaders who help support the mission of the study and provide guidance on how the Study Team can best connect with participants in the Beaver Dam community. During the meeting, Dr. Natascha Merten, the Principal Investigator of BOSS-NCAS, presented the history of the Beaver Dam studies and highlighted important findings from previous research. The Study Team also shared updates on the current BOSS-NCAS and discussed ways to make participation as convenient as possible. The Advisory Board Members provided valuable suggestions on recruitment and communication, including using local media such as radio and community news outlets to inform residents that the study is continuing. The board also discussed strategies such as leaving voicemail messages after calls. These conversations help ensure that the Study Team remains closely connected with the Beaver Dam community and help the team to try to address the community needs regarding study participation. We are especially grateful that some participants have reconnected with the study after nearly 20 years.



Dr. Natascha Merten (Right) with Beaver Dam Mayor Roberta Marck (Left) at the Chamber of Commerce in Beaver Dam.

BOSS-NCAS Featured on Beaver Dam Radio

Dr. Merten was interviewed by Wally Lucashinsky (Right) on the *Hometown Today* show on 95.3 WBEV Radio in Beaver Dam. She was very appreciative of the opportunity to discuss the study on local radio. This was also an opportunity to let the previous participants know that the study is still ongoing, especially those who may not yet have been reached by the Study Team. During the interview, Dr. Merten spoke about the current BOSS-NCAS and the Study Team's efforts to reach out to previous BOSS participants for the 18-year follow-up examinations. She also highlighted the importance of the long-standing support from the Beaver Dam community in making this research possible. If you are interested in listening back to this radio feature, you can watch Dr. Merten's



interview, beginning at minute 31:50 on the Daily Dodge TV YouTube channel in the video titled, "[Hometown Today - 10.30.25 -Columbus High School: Watertown Players 'Dear Camp', BD Offspring Study.](#)"

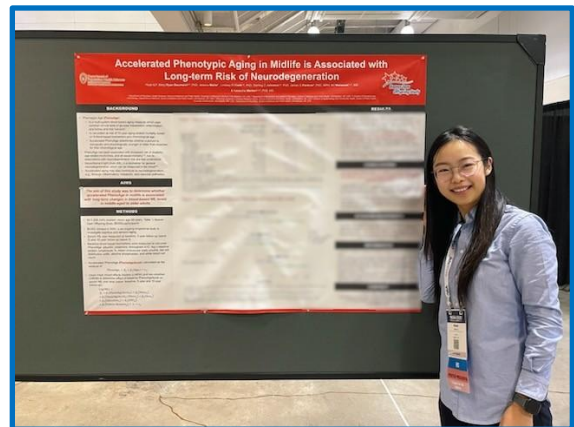
From BOSS-NCAS to National Aging Conference



Researchers from BOSS-NCAS traveled to Boston to attend the annual meeting of the Gerontological Society of America, one of the largest scientific conferences focused on aging research. At the meeting, Dr. Merten received the Health Sciences Research Award, which recognizes outstanding work by a new investigator in the Health Sciences Section. Only one researcher receives this award each year. Dr. Merten attended the conference together with PhD student Huan Li.

Huan Li presented her new work from our BOSS-NCAS. In this project, we combined routine blood measures such as measures for diabetes, kidney disease, and liver disease into a new score. This score can help us to determine who stays healthy longer over time and who shows decline faster over

time. While this work is still very new, we are excited to extend it using the decades-long study data on the senses (hearing, vision, smell), as well as thinking skills and brain function that we have collected over the years in BOSS. If confirmed, this new measure might help determine 'more healthy agers' and 'less healthy agers' in future generations early enough that we can then suggest targeted treatment or intervention methods that might allow more individuals to age more healthily.



Final Stretch of Exams

We are excited to reconnect with many participants and continue scheduling appointments as the study progresses. To make participation easier than ever, the study has introduced additional ways for participants to take part. In addition to remote telephone appointments, participants can now complete certain parts of the study through mail-based options, allowing participation without using a computer or the internet. We are also offering a questionnaire-only option. Participants can decide to either complete the questionnaire online or we can send them a print version to their home. These options help ensure that participants can choose the method that works best for them.

For more information, please visit:
<https://boss.pophealth.wisc.edu>

We love hearing from you! Please contact us if you have questions or would like to update your contact information.

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