

5-YEAR ANNIVERSARY

Today marks a major milestone—five years since we launched the very first CoVHORT survey on May 28, 2020.

When we first designed this study around the goals of learning the impacts of a novel pandemic virus on personal and public health, none of us on the original team—many of whom are still working on the project—could have imagined that CoVHORT would still be going strong five years later.

We had hoped, like many of you, that the worst of the pandemic would be behind us by the summer of 2020. The pandemic has brought grief with over 1.2M lives lost in the U.S. It also brought challenges to institutions across the board.

However, it brought incredible opportunities to learn and collaborate. These successes in science, public health and education are because of YOU. Your participation, your time, your data, and even your thoughtful critiques have made this study possible. The most compelling research questions and careful study design mean little without a community of dedicated participants.

Please see the next couple of pages for more information about some things we've learned along the way and our plans to continue to address the many questions that still remain. Our additional goals, half a decade later, are to understand the impacts of Long COVID-19 and improve public health preparedness and response in the future.

From all of us at CoVHORT, thank you for being part of this journey.

With gratitude,



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Pogreba-Brown,
PhD, MPH

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Laura Falk, MS
Chidera Ejike, MPH
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5 Year Key Accomplishments and Milestones!

75,000



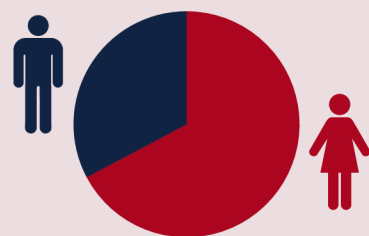
surveys submitted
by participants

9,160



participants
(885 active for 5yrs!)

32% M / 67% F



49



the average age of
participants
(Range: 18-99 years)

200+



Long COVID-19
symptoms identified*

45%



of participants
report symptoms
for 1+ months

17



peer-reviewed
journal articles

4800+



confirmed
infections in
CoVHORT

8



PhD & Master's
degrees awarded
using CoVHORT data

3 Most Common Long COVID-19 Symptoms

#1



Brain Fog

#2



Fatigue

#3



Aches & Pains

*CoVHORT tracks 52+ LC symptoms.
<https://www.cdc.gov/covid/hcp/clinical-overview/index.html>

THE ARIZONA
CoVHORT

GOING FORWARD....

Over the past several years we have transitioned from focusing primarily on the acute symptoms of COVID-19 and impacts of the pandemic, to the potential risks, symptoms and other effects of Long COVID-19. It is estimated that 20 million Americans have had or continue to experience one or more of the 200+ associated symptoms, many with life altering impacts.

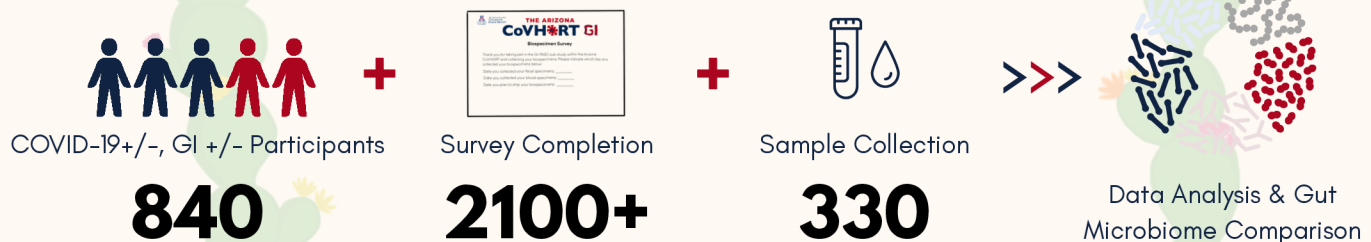
While the scientific community has learned a lot, there are MANY more unanswered questions. For at least the next three years CoVHORT plans to continue recruiting new participants (invite your friends and family!) and sending out quarterly surveys to everyone who is enrolled and hasn't sent us to your junk folder. We will be streamlining as much as possible and always welcome your continued feedback.

Thank you again for your continued support of science, public health and evidence-based decision making. Our goals remain the same, to study the effects of a new pandemic virus in Arizona and share our findings as widely as possible to help protect and improve the health of people across our state, country and the world.

NEW! ADDITIONAL RESEARCH: **THE ARIZONA CoVHORT GI**

With **your help**, we learned early in the pandemic that COVID-19 can affect more areas of the body than we first expected – including the **gastrointestinal (GI) system**. In fact, we've found **over 30%** of COVID-19 infections were accompanied by GI symptoms. Leveraging prior GI research experience and partnerships, we recently launched a sub-study to investigate **how COVID-19 may affect the GI system longterm**.

How we're accomplishing this:



Interested in participating? We're sending invitations to CoVHORT members in phases – be on the lookout for an email invitation or contact us at the information below!

i For more information about CoVHORT GI, contact us at **CoVHORT-GI@arizona.edu** or **(520) 626-1678**