

THE ARIZONA CoVHORT

COVID-19 Public Health Research Study

6-YEAR ANNIVERSARY

We're celebrating 6 years since the launch of the Arizona CoVHORT on May 28, 2020! We're grateful to all of our participants and the Arizona community for their contributions, helping us understand Long COVID and how it impacts the health and wellness of individuals over time. We have many exciting things to share. Read on to learn more about where we're at and how far we've come!

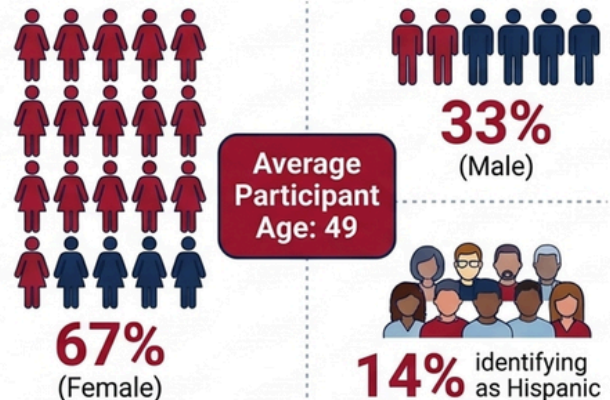
Our Community by the Numbers

Celebrating six years of data-driven Long COVID research in Arizona.

Sustained Engagement



A Diverse Research Community



Thank you. Truly. None of this would be possible without the time and trust you've given us.

NotebookL

TELL YOUR FRIENDS TO TELL A FRIEND ABOUT US

We're still recruiting all Arizonans 18+ regardless of COVID history!
Refer a friend for our Summer Recruitment Raffle (June-Sept) to win a \$50 gift card or summer swag.
520-626-1678 | covhort@arizona.edu

How to Enter: Current participants can make [referrals here](#) by adding the name and email of friends, family, or colleagues living in Arizona.

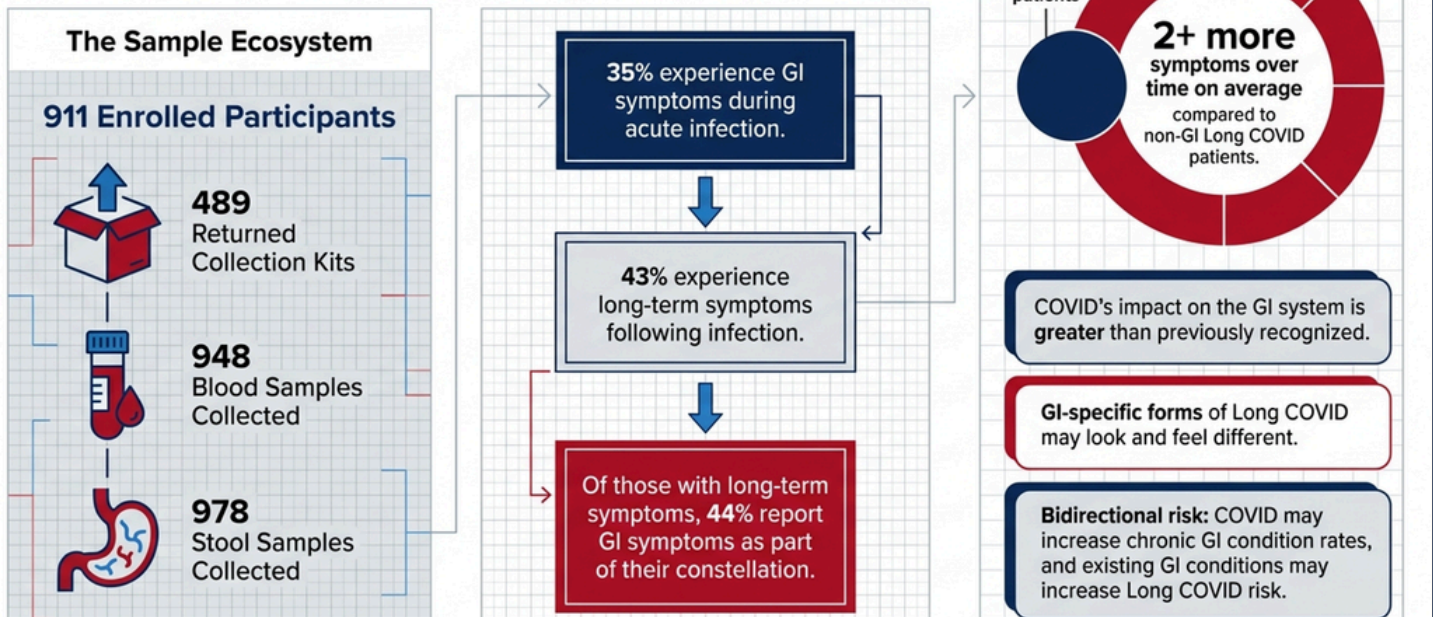
Earn Entries: Your name will be added to the raffle for every referral who joins the study. You can add as many people as you like and gain new raffle entries all summer long!

Prizes: We are drawing two winners each month from June through September. There are 8 prizes and you can win twice.

What You Can Win: Winners receive a \$50 gift card for their first win and exclusive summer swag for the second win.

CoVHORT GI Sub-Study Spotlight

Exploring the unexpected connection between COVID-19 and the gastrointestinal system.



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A couple of years ago, we launched a sub-study called **CoVHORT GI** to explore how COVID affects the gastrointestinal (GI) system. We're looking at relationships between COVID and pre-existing and new GI conditions, plus how infection may impact the gut microbiome. We're doing this through survey completion and at-home sample collection.

Interested in joining or learning more?

Let's chat! Call or email us: 520-626-1678 | covhort-gi@arizona.edu

Psst: no GI symptoms? No COVID history? No problem. All Arizona residents 18+ are eligible to join and we still need your help. Thank you for being a voice for science!

WHY WE STILL CARE ABOUT COVID

We care because of the persisting gaps in the healthcare system for those with Long COVID, economic burden, related food insecurity and so much more!

“

I had to beg for basic care. Some doctors believed me and some did not. I have so much anxiety about appointments and got so little real care I stopped going. I have basically given up.

My dr doesn't know how to diagnose or help me

”

“

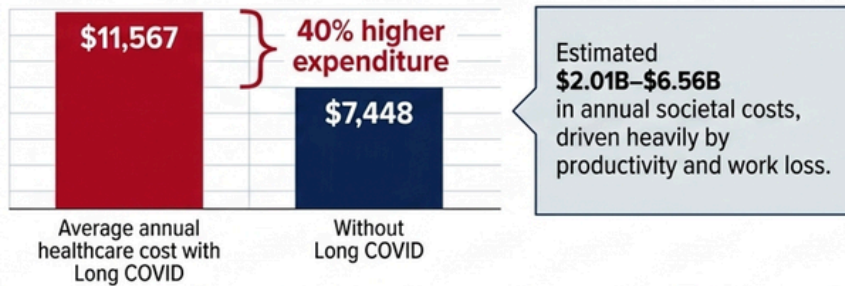
Our data show that Long COVID significantly increases vulnerability to food insecurity. This highlights the need for integrated health and social interventions for individuals with Long COVID. *

*<https://www.medrxiv.org/content/10.1101/2025.11.14.25340219v1>

Impact & Future Outlook

The Dual Burden of Long COVID *

Macro/Financial



*<https://doi.org/10.1093/infdis/jiaf030>

KEEP AN EYE OUT
for our newest Long
COVID survey!

We will be sending it out in June to collect more information on any longer-lasting symptoms our participants may have experienced (or may still be experiencing).

COVHORT STUDENT HIGHLIGHT

Join us in taking a moment to celebrate two of our valued CoVHORT graduate students. They work hard and we're excited about our student-faculty collaborations!



Gayatri Arani, MPH

"Being part of CoVHORT has been one of the most meaningful experiences of my graduate training. I work on the CoVHORT GI ancillary study, where I contribute to participant engagement and conduct analyses that address important research questions. My work explores whether collecting more detailed symptom data can improve the identification of functional gastrointestinal disorders, which are frequently under- or misdiagnosed in standard clinical assessments. In the context of COVID, where GI symptoms have often been overlooked, this is a very important step toward better understanding them. What I'll carry with me most, though, isn't any single finding. It's the people. The CoVHORT team shows up with genuine care for participants and for the science, and being surrounded by that dedication has shaped how I think about what research is really for. I'm grateful to be part of a team that believes the small questions matter too."



Chidera Ejike, MPH

"Working with the Arizona CoVHORT has been an incredibly meaningful part of my research journey as a graduate student. Through this work, I have had the opportunity to investigate the impact of Long COVID among individuals in Arizona using quantitative research methods. My projects have explored topics including the relationship between Long COVID and food insecurity using matched cohort data, and the impacts of social support on individuals living with Long COVID using cross-sectional data. Beyond the research itself, being part of the CoVHORT team has allowed me to grow as a public health researcher while learning from mentors and collaborators who are deeply committed to advancing meaningful and impactful public health research."

THANKS AGAIN FOR SIX YEARS AND COUNTING!