

EARLY GROWTH AND DEVELOPMENT STUDY



Introducing Two New Projects: Adolescence and ECHO

We are excited to announce two new grants from the National Institutes of Health that will examine child health and adolescent development. Many of you have already been contacted about our first new study – Environmental influences on Child Health Outcomes (ECHO). In the coming months, we may also contact you about the Adolescence Project. See Pages 2 and 5 for more information about these exciting new projects!

EGDS is on social media!

We are improving our social media use! Follow us on Facebook, Twitter (@egdstudy), and YouTube for more frequent updates about new research findings, helpful information for families, and details about what our upcoming projects are all about!

A teen-focused Instagram and a new and improved website are also coming soon!



* The security of social media is not guaranteed. Be mindful of posting if concerned about privacy.

What has EGDS been up to?

Since our last newsletter in 2015 we...

- Published **16** journal articles
- Gave **78** presentations at **33** different conferences
- Principal Investigator Jenae Neiderhiser was elected to serve as the 2018-2019 president of the Behavioral Genetics Association



- Principal Investigator Leslie Leve was elected to serve as the 2017-2019 President of the Society for Prevention Research



What is ECHO?



A collaboration of **83** existing studies teaming up to collect information from about

50,000 children

about the development of children's physical and mental health



Our study is a good fit with ECHO because we have always focused on child development – from infancy, to when children start school, to entry into adolescence, and even early adulthood.

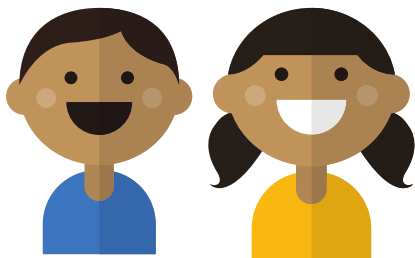
For the past two years we have been working with all of the ECHO teams to decide what areas are most important to study, what questions we should ask, and how we can make the study the best possible experience for parents and children.



ECHO

Environmental influences
on Child Health Outcomes

A program supported by the NIH



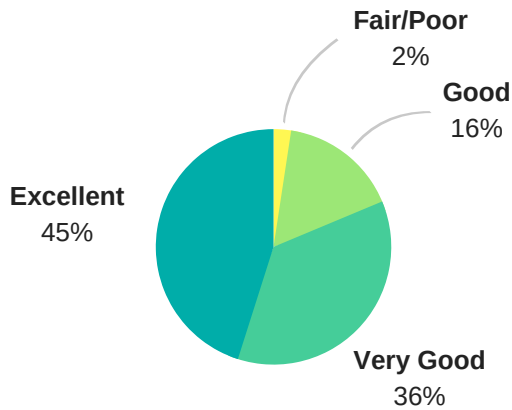
Our participation in ECHO also means that we can involve more children in our study, including siblings. Over the years, some parents have mentioned “if you had asked me these questions about my other child, my answers would be totally different” and we think that’s a really important point. Now we can ask those questions!

Who is eligible?

Most children in your family who will be at least age 3 and not older than 18 in 2019 will be eligible to participate. A study recruiter will confirm which children in your family are eligible. All parents are eligible.

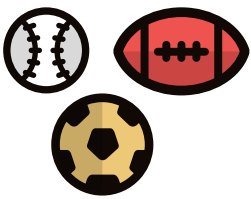
Teen Corner: Results are in!

In our most recent survey, we asked parents about the overall health and well-being of 1,362 kids and teens in EGDS. This is what we found:

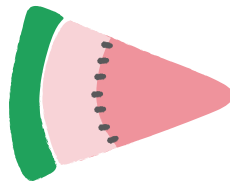


Overall, you're looking healthy!

These are some ways you stay healthy:



2 out of 3 of you usually or almost always do physical activity during free time



82% of you usually or almost always have fruits and veggies during meals



2 out of 3 of you definitely stick to a regular bedtime routine

The teen years can also be a challenging time. Bodies start to change, school becomes more difficult, and friend groups might change.

Here are some of the challenges that you report:



1 out of 3 of you sometimes feel overwhelmed

1 out of 10 of you get sick pretty frequently

2 out of 5 of you sometimes feel stressed

1 out of 4 of you have difficulty with sleep

We want to hear from you!

HOW DO YOU STAY
HEALTHY?

WHAT MAKES IT
HARD TO STAY
HEALTHY?



We're interested in learning about how children and teens stay healthy and what gets in the way.

Whether it be spending time with friends, watching something that makes you laugh, or finding ways to stay active, we want to hear directly from youth about what helps them stay healthy. We also want to know what makes it hard - from not having enough time to feeling tired to getting into disagreements with friends.

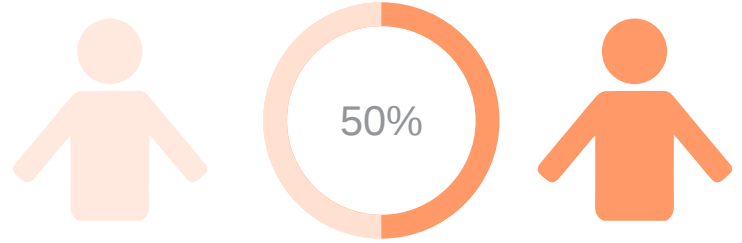
What is your experience?

Head to the link below for an anonymous survey for kids & teens. We'll feature the results on our social media.

www.tinyurl.com/egdsteen

What is the Adolescence Project?

About half of the children in our study are adolescents and are experiencing pubertal changes.



Surprisingly, very little is known about how children's hormones change during puberty.



In the Adolescence Project, we will focus on hormone changes and how these changes are related to development in other areas, like school and friendships.

We can help answer these questions because we have been interviewing families for many years, and have seen your children grow from infancy through childhood. Having this information can help us understand how children handle the transition to puberty and grow into their high school years.



Who is eligible?

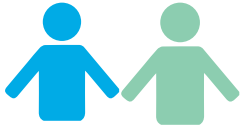
Children who have been in the study since infancy and will be at least 11 years old by 2020.



THANK YOU, FAMILIES!

Some of you have been participating for almost 15 years now

Your longstanding commitment and willingness to participate makes this research possible, so thank you very much!



Over the past 15 years, our study has shown how important social relationships are - both for children and for adults.

Our work also found that when parents have supportive relationships with one another, there are many benefits to young children, including better quality of sleep.



We plan on sharing more findings with you through our new social media accounts. Stay tuned...

Has your contact information changed?

Give us a call at 1-866-834-7030 (toll free) or 1-541-346-9396

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[CLICK HERE TO VISIT OUR WEBSITE!](#)