

THE EARLY GROWTH AND DEVELOPMENT STUDY

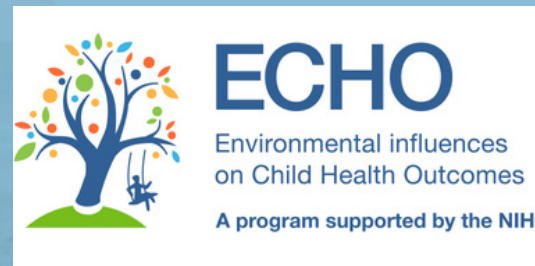


Expression of Gratitude

Over the last two years, the world has been rocked by the COVID-19 pandemic. We want to extend our sincere condolences to all the families in our study who experienced illness and lost loved ones; you have been in our thoughts. You are all extraordinary and we are grateful every day for your willingness to share your knowledge and experiences with us, especially these last two plus years.

COVID-19 also disrupted the Early Growth and Development Study (EGDS). Travel for our study stopped on March 11, 2020 and has thus far not resumed. We switched to visiting our participants via Zoom and really appreciate your flexibility and help with collecting biological samples, setting up the iPads, and rolling with all the new technology. We realize that most of our families have endured major challenges and upheavals due to the pandemic, and we are extremely thankful to all of you for helping to keep EGDS going in such a time of uncertainty and stress.

THANK YOU from everyone here at the Early Growth and Development Study for your continued commitment to our project!



The EGDS is part of the [ECHO program](#), a collaboration of 83 studies, teaming up to collect information from 50,000 children which aims to improve the health of children and teens in the United States.

Our participation in ECHO has allowed us to involve more children in our study.

**935 Child Participants
Enrolled**

**1,974 Parent Surveys
Completed**

**1466 Biospecimens
Collected**

If you are interested in learning more about our project you can visit our website at egdstudy.edu.

Welcome New Staff!



Brittany is a recruiter at The University of Oregon. She recently received her M.Ed. and is currently pursuing her MS in Prevention Science. Outside of work, she enjoys drawing and oil painting.



Chia-Li is a recruiter at The Penn State U and is a graduate student working towards her Ph.D. in Developmental Psychology. In her free time she loves playing the piano and drawing with colored pencils.



Karena is an interviewer & recruiter at The George Washington University. She recently graduated from the University of Michigan with a degree in Public Health. Outside of work she likes baking as well as spending time outdoors.

How are EGDS families coping with COVID-19?

Around **90%** of parents in our study reported that they experienced pandemic-related stress.

Parent's greatest sources of stress included:

- 1 Impact on children/family members
- 2 Social Distancing
- 3 Health Concerns



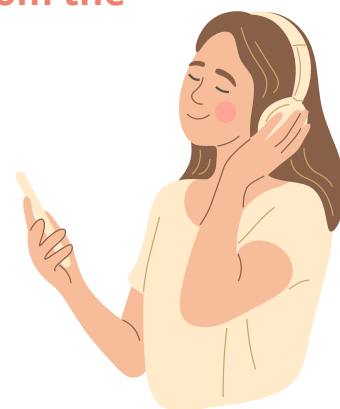
Here are the top ways that parents have coped with their stress:

- 1 Talking with friends and family
- 2 Increased screen time (e.g., tv, video games, social media)
- 3 More family activities (e.g., games and sports)



Teens have coped with stress from the pandemic by:

- 1 Listening to music
- 2 Talking with friends (e.g., video calls, texting, and social media)
- 3 Playing video games



The EGDS in the Media

Dr. Leslie Leve is one of the principal investigators for the Early Growth and Development Study. Her research interests are in the area of child development, with a focus on understanding how families can best promote the healthy adjustment of children and adolescents. Listen to a recent podcast where she discusses what science tells us about what foster youth need to thrive by clicking on the link below.

[Rooted in Connection: Reimagining the Foster System for Adolescents](#)

Key Findings and Recent Publications

From the start of 2021 to now, our research team published **15** peer-reviewed publications and gave **23** presentations!

Below, we highlight a few findings from our research. You can click on the headers to learn more.



[Analysis of Early-Life Growth and Age at Pubertal Onset in US Children](#)

Key Finding: Children who grew faster between birth and age 5 years started puberty earlier.



[Regional and Sociodemographic Differences in Average BMI among US Children in the ECHO Program](#)

Key Finding: Where children lived geographically was associated with their Body Mass Index even after considering other characteristics.



[Reexamining the Association Between the Interparental Relationship and Parent-Child Interactions: Incorporating Heritable Influences](#)

Key Finding: Children play a role in shaping family interactions (e.g., the relationship between parents).

This work would not be possible without your help! We always use anonymous data in our research, and the information is grouped across hundreds of participants, so your identities and responses are protected.

Follow us on social media by clicking these icons for more summaries of our research findings!



Staff Spotlight: Animal Rescue Work

Many of our staff are passionate about animals and recruiter/interviewers Kaylee, Debbie, and Denise feel lucky to get to do volunteer animal rescue work. Kaylee is a kitten foster mom extraordinaire, Denise also fosters cats and has trapped then released over 260 feral cats to get them neutered/spayed, and Debbie volunteered at a wombat sanctuary in Australia for 8 months. Animals are their passion and it is wonderful to be able to give these sweet creatures an extra helping hand in life while savoring their beauty, mischief, cheeky personalities, and delightful company!

