

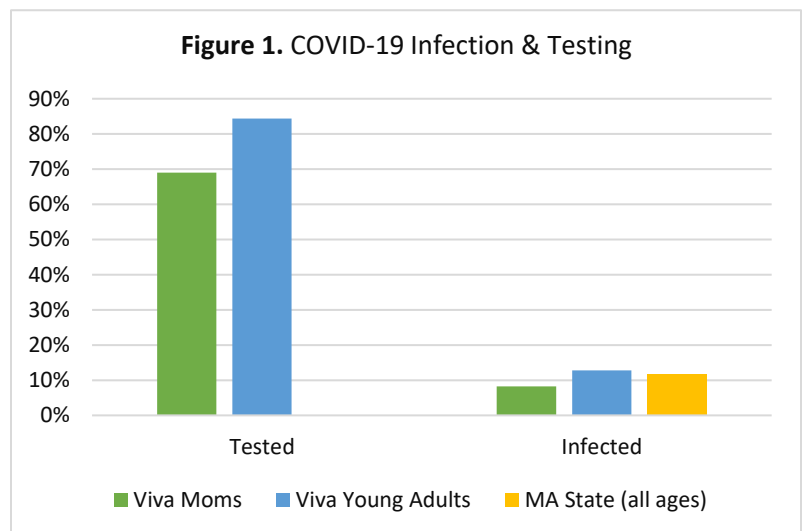
Dear Project Viva Community,

We hope you are all doing well! Project Viva just wrapped up our Mid-Teen visit, in which over 1600 of you participated. Thank you so much for all your contributions to this visit's success. We are currently conducting our 'Age 19 survey' (relevant to all participants regardless of age), and our team is working hard to launching our next round of annual surveys as well as visits for Viva Moms in early 2022, followed closely by visits for Viva Young Adults. Please look out for communications about these visits and how you can participate!

As the Project Viva team continues to make strides in our work to improve the health of families and future generations, we wanted to share some of our findings from our recent COVID-19 survey. This questionnaire was sent out to all Viva participants from February 2021 through September 2021 to examine the impact of the COVID-19 pandemic on your daily lives and experiences, as a follow up to the COVID-19 survey we sent in 2020. We received over 1000 responses that provided us with valuable scientific data on the impact of the COVID-19 pandemic on your mental and physical health, work, schooling, and home life, and other daily experiences. As we begin to examine the data you provided in the 2021 COVID survey, we wanted to share some preliminary results with you below.

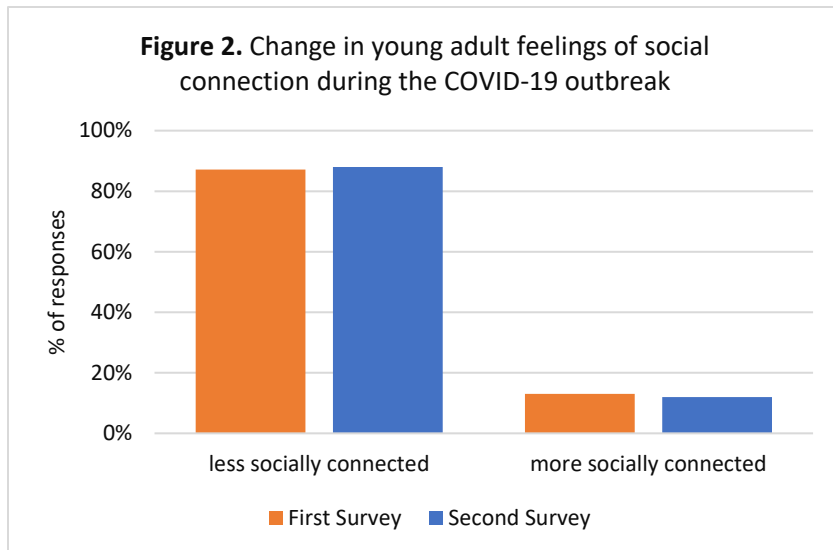
### COVID-19 Testing and Infection

We examined the percent of individuals tested for and infected with COVID-19 among Project Viva participants compared to the Commonwealth of Massachusetts (MA). While we understand that not all of you live in Massachusetts, most still do. More Project Viva young adults reported being tested than Project Viva mothers (Figure 1), but both young adults and moms reported having been tested at a much higher percent compared to the first COVID survey (run from May 2020-September 2020), when 12% of moms and 7% of young adults reported having been tested. The results also show Project Viva participants had COVID infections at a similar percentage as the Massachusetts population, consistent with the findings from the first COVID survey.



### Young adult feelings of social connection compared to before the COVID-19 outbreak

The majority of Viva young adults reported feeling less socially connected compared to before the COVID-19 outbreak (Figure 2). Despite the introduction of vaccines and the easing of social distancing measures during the second survey, feelings of reduced social connection remained similar during both

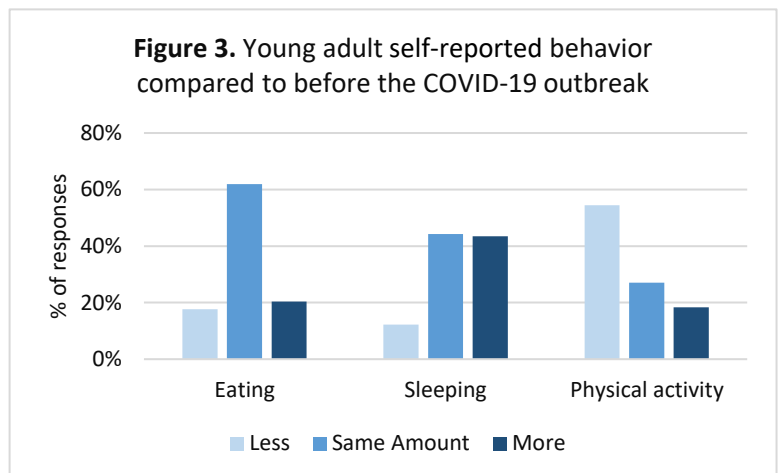


COVID surveys. [Click here](#) for tips to manage isolation during COVID-19 and [here](#) for resources focused on parents of young adults. The COVID-19 outbreak also posed new sources of stress. The top reported sources of stress among Viva Moms were the impact on their child, the impact on family members, and social distancing. Project Viva Moms reported that they were coping with COVID-19 stress by talking with friends and family and increasing screen time activities. Similarly, Project Viva young adults reported their top sources of stress as

social distancing and impact on family members and reported coping by engaging in more family activities and increasing their time reading.

### Changes in eating, sleeping, & physical activity

Figure 3 shows changes in eating, sleeping, and physical activity habits compared to before the COVID-19 outbreak among Project Viva young adults. The majority of young adults reported eating the same amount yet getting less physical activity compared to before the COVID-19 outbreak. About the same percentage of participants reported getting either the same amount or more sleep compared to before the COVID-19 outbreak. Additionally, young adults reported getting worse quality sleep compared to before the COVID-19 outbreak.



We know that the COVID-19 pandemic has disrupted everyone’s lives and caused us all to make many adjustments over the past couple of years. Here are a few resources you may find helpful in dealing with the stressors of COVID-19:

- [Tips to Improve Sleep During COVID-19](#)
- [Exercising to relax](#)

Thank you to everyone who completed this survey, your responses are crucial to our scientific research and continue to provide us invaluable insights. We hope you found these results informative and interesting and that they inspire your continued engagement in Project Viva! If you are interested in learning about more opportunities to participate, please click [here](#).

We appreciate your continued participation and we hope that you stay tuned with Project Viva as we look to progress our study forward in 2022 and onward. As always, please reach out to us at any time if you have any questions!

**Project Viva and ECHO Team**

Email: [project\\_viva@hphc.org](mailto:project_viva@hphc.org) | Call: 617-867-4251 | Text: 617-553-6698

Visit us at [www.ProjectViva.org](http://www.ProjectViva.org) and <https://echochildren.org/>