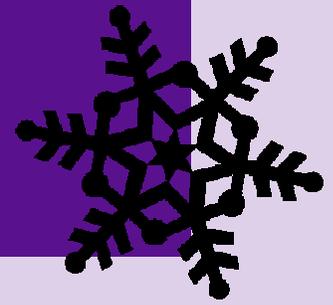


# Viva Views



Dear Project Viva Participants,



Happy 2008! In this edition of Viva Views we highlight 3 articles about mom's health and one on child's (page 3). They provide a snapshot of how important physical activity and sleep are for moms to maintain a healthy weight. It also turns out that infant sleep is important for future weight. Now if only we could get all moms and babies to sleep more!

The last few months have been exciting here at Project Viva. We have added a large group of new staff, more articles have been selected for publication in scientific journals, the Age 5 and 6 Questionnaires continue to fill our mail box, and the Age 7 In-Person Visits are well underway. For those of you that have attended the Age 7 Visit, thank you for squeezing us into your busy schedules. We hope you enjoyed your time with us! For those of you who have not yet had an Age 7 Visit, we look forward to seeing you soon.

As we're in the process of developing the Age 8 Questionnaire (wow, some Viva kids are 8 years old) we keep asking ourselves what we can do to make completing and returning the questionnaire as easy as possible. One of our ideas is to offer web-based versions soon (story on this page). Let us know if you have other ideas. We truly enjoy hearing from Viva moms and kids. The office buzzed with excitement when Jayme and Victoria left us a voicemail about being spotlighted (page 2). So give us a call or email.

Thanks, as always, for your continued participation in Project Viva!

*Matthew W. Gillman*

Matthew W. Gillman, MD, SM  
Principal Investigator

## TIA 4 UR Participation Project Viva Transitions to Web-Based Questionnaires

If you're puzzled over the headline, you're not alone! In the new shorthand used for online chats, texting, and instant messaging it means, "thank you in advance for your participation." Here's the breakdown:

- "tia" = thank you in advance
- "4" = for
- "ur" = your
- "participation" = participation

Although we stw (searched the web) we were unable to find the shorthand for participation. Perhaps some of your children know.

In keeping with the times, Project Viva is beginning to transition to web-based questionnaires. Our goal is to make the transition as smooth as possible. We also promise that the data you provide will be secure. New England Research Institutes, our database partner, has lots of experience with web-based questionnaires and surveys. They are assisting us with the technology as well as guiding us through the entire process. For some of you, web-based questionnaires will probably be a welcome change, but if you prefer the paper and pencil method, you still will be able to do the surveys that way.

Our goal is to start slowly with components of the Age 7 Visit and build up to the Age 8 and 9 Questionnaires. To assist with the transition, please be sure we have your current email address—and complete the enclosed brief survey. To update your email address or any other contact information, please contact us at [Project\\_Viva@hphc.org](mailto:Project_Viva@hphc.org). If it's easier for you, call us at 1-800-598-4247 x86067.

In the not-too-distant future, we may also want to ask a few questions directly to your

children. If they aren't already, many of them will soon be on the web, instant messaging, and texting. We'll need to keep up with them!

cus (see you soon) and sit (stay in touch).

### Internet Survey Enclosed

Inside this edition of Viva Views is a very brief survey—only 4 questions!—about your Internet access and use. *Please complete and mail back the survey as soon as possible.* We've provided the return postage. Your responses will help us in the transition to web-based questionnaires. Thank you in advance—tia!

Current Project Viva Visits	
Child's Age	Visit Type
5	mail survey
6	mail survey
7	in-person visit *
8	mail survey

\* If you live outside of New England and visit Boston we'd love for you to schedule a Project Viva visit when you're in town. If you cannot visit Boston we will ask you to participate by mail.

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# Spirometry Component of the Age 7 Visit

## What is spirometry?

Spirometry is a lung function test that measures how much air flows through a machine — called a spirometer — when you breathe into it.

## Why we are doing spirometry?

Spirometry measures how obstructed (tight) the lung's airways are. The results from this test will contribute to many of our projects, for example relating maternal vitamin D intake during pregnancy to risk of childhood asthma.

## What your child can expect

Getting spirometry readings can be challenging, so your child can expect a lot of cheering and coaching from the Research Assistants. We may ask your child to blow down a paper brick house like the Big Bad Wolf, race a paper sailboat, or pretend to blow out 100 birthday candles. In other words, your child should expect to blow out fast and keep blowing until the Research Assistant tells him/her to stop. To prevent air leaking from the nose, we will give your child nose clips to wear during the test. Most kids find the nose clips funny and get a kick out of using them. We hope your child does too! Your child will get to keep the nose clips.



## All about albuterol

After one set of spirometry tests we may give your child two puffs of albuterol through a spacer. Albuterol is a medicine that helps people breathe by opening up tightened airways. After your child breathes the puffs of albuterol, he or she will do the spirometry again to see if it has improved. Although very safe, albuterol may make your child feel shaky or excited, but most children don't feel it at all. If your child feels unusual symptoms or discomfort during spirometry, we will contact the on-call physician.

## Spotlight: Jayme and Victoria, Viva Mother and Daughter



*Jayme & Victoria,  
November 2007*

### Jayme:

#### What do you enjoy about being part of Project Viva?

I look forward to the lovely envelopes with the questionnaires. Taking the time to complete the questionnaires allows me to reflect on how Victoria is growing and has gone from point A to point B. It's amazing that I was approached when I was in my second trimester with Victoria and now she's 5. I feel as if we're contributing to science and I enjoy learning about the results.

#### What's your favorite family time?

When my husband comes home from work and we are all together.

### Victoria:

#### What grade are you in?

I'm in kindergarten. My school is down the street.

#### What do you like about going to school?

I like playing outside with my friends. I like to color. I like to read. I like to draw numbers and the ABCs on the whiteboard.

#### How many brothers and sisters do you have?

#### How old are they and what are their names?

I have 2 sisters and 1 brother. My sisters are Sabrina and Rachel and my brother is baby Brian. Baby Brian is 7 months old, Sabrina is 4, and Rachel is 2.

#### What do you and your family do for fun?

My family takes care of me. Daddy picks me up from school and mommy drops me off. We like to play in the backyard with balls. My daddy built us a mini house in the basement with curtains. One time we had a snowball fight that was very funny.

*Victoria is an up  
and coming  
gymnast.*



*Left to right: Sabrina, baby Brian, Jayme,  
Victoria, and Rachel*

If you or your Viva child would like to be featured in the **Spotlight** section of Viva Views, please contact us. We would love to share your Viva story.  
Project\_Viva@hphc.org or 1-800-598-4247 x86067



# Recent Findings from Project Viva

## Predictors in change of physical activity during and after pregnancy

Physical activity during and following pregnancy may help women get back to their pre-pregnancy weight, and have beneficial effects on other health outcomes. We examined change in physical activity in 1442 women in Project Viva before pregnancy, during the second trimester, and at 6 months postpartum. We also examined predictors of becoming sedentary during or after pregnancy (less than 30 minutes per day of any physical activity). Viva women reported decreases in moderate and vigorous physical activity during pregnancy that persisted at 6 months postpartum. Levels of walking did not decline. Children in the home, longer work hours, and lack of child care were predictors of becoming sedentary during or after pregnancy. Walking appears to be one way moms can remain physically active in the months after birth.

*Pereira MA, et al. Predictors of change in physical activity during and after pregnancy. Am J Prev Med 2007;32(4):312-9.*

## Television, walking and diet: associations with postpartum weight retention

Many women don't lose the weight they gained during pregnancy, and this weight retention may influence long term health. In this study, we examined whether behaviors such as diet, physical activity, and television viewing soon after delivery could influence a mother's weight at 1 year after delivery. We studied 902 Project Viva mothers. On average, mothers were 0.6 kg (about 1 pound) heavier at 1 year after pregnancy than they were before pregnancy. However, 12% of mothers were substantially heavier, defined as being at least 5 kg (11 pounds) heavier. Women who watched less television, spent more time walking, and ate less trans fat (the 'partially hydrogenated' fat common in many fast foods and baked goods) after delivery were less likely to be substantially heavier at 1 year following pregnancy. These three behaviors were strongest in combination, as women who watched less than 2 hours of television daily, walked at least 30 minutes, and consumed low trans fat had about a 75% reduced risk of being substantially heavier. We recommend that future studies should test whether the combination of a better diet, more walking, and less television watching will help mothers avoid holding onto their pregnancy weight.

*Oken E, et al. Television, walking and diet: associations with postpartum weight retention. Am J Prev Med 2007;32(4):305-11.*

## Mothers' sleep duration and weight retention after pregnancy

Past studies have suggested that sleep deprivation is associated with obesity, coronary artery disease and diabetes. To study the association of sleep patterns with weight retention 1 year after giving birth, we examined the answers of 940 Project Viva moms to questions about weight and sleep duration. We found that women who slept less than five hours a night at 6 months after delivery, were more than twice as likely to retain at least 5 kg (11 pounds) at 1 year postpartum, and women who slept fewer hours at 12 months postpartum than 6 months earlier also retained more weight. These results were independent of other factors that may contribute to weight retention such as physical activity, weight gained during pregnancy and weight before pregnancy. To reduce weight retention after pregnancy, mothers should try to get more than 5 hours of sleep each night—sometimes a challenge!

*Gunderson EP, et al. Fewer hours of sleep at six months postpartum is associated with substantial weight retention at one year postpartum. Am J Epidemiol 2007; Oct 29. (Epub ahead of print.)*

## Is the amount of time babies sleep associated with child overweight?

If not enough sleep causes overweight in moms, how about in their babies? To our knowledge, this is the first study to report associations of infant sleep duration and child obesity. In this study, we used information about infant sleep beginning when children were 6 months of age and we measured heights and weights of the children at 3 years of age. We also carefully measured many potential factors related to sleep duration and childhood overweight and were able to adjust for these in our analyses. We found that infants who slept less than 12 hours per day during infancy had about twice the risk of overweight at 3 years of age. The adverse effect of less sleep was especially marked among children who also watched at least 2 hours of TV per day.

*Taveras EM, et al. Short sleep duration in infancy and risk of childhood overweight. Arch Pediatr Adol Med 2008; in press.*

■ ■ It looks as though getting enough sleep is important for both moms' and kids' health. In new studies that Drs. Taveras, Gillman, and others are doing, we are looking for ways to help them do just that. ■ ■



# About Project Viva

Established in 1998, Project Viva—“A Study of Health for the Next Generation”—is a groundbreaking longitudinal research study of women and children based in eastern Massachusetts. The aims of the research are to examine how factors during pregnancy and after birth may affect the long-term health of a mother and her child. Project Viva follows more than 2,100 mother-child pairs from pregnancy until the child is at least 10 years old. Matthew W. Gillman, MD, SM, is Project Viva’s Principal Investigator. He and his colleagues conduct the study out of the Department of Ambulatory Care and Prevention, jointly sponsored by Harvard Medical School and Harvard Pilgrim Health Care. Project Viva is funded primarily by the National Institutes of Health (NIH), with additional funding from the March of Dimes Foundation, the U.S. Centers for Disease Control and Prevention (CDC), and other agencies. The ultimate goal of Project Viva is to improve the long-term health of children by ensuring the well-being of their mothers. For more information about Project Viva visit [www.dacp.org/viva/index.html](http://www.dacp.org/viva/index.html).



## Thank You!

Thanks to **Bertucci's, Boston Red Sox, Build-A-Bear Workshop, Gymboree, Whole Foods, Trader Joe's, Zoo New England, Museum of Science, Stonyfield Farm Organic, Boston Sports Clubs Fenway, & Harvard Vanguard Medical Associates** for their generous contributions.



Moving? Please call us with your new address and phone number at 1-800-598-4247 ext. 86067 or email us at [Project\\_Viva@hphc.org](mailto:Project_Viva@hphc.org)



Department of Ambulatory Care and Prevention  
Harvard Medical School/Harvard Pilgrim Health Care  
133 Brookline Avenue, 6th Floor  
Boston, MA 02215

*Return Service Requested*



# Viva Kids

Winter 2008



## Soapy Snowman

### MATERIALS:

- 2 cups Ivory Snow Ultra
- 1/2 cup water
- Toothpicks
- Twigs
- Cloves
- Buttons
- Felt
- Seed beads
- Tempera paints
- Egg carton
- Pipe cleaners



1. To mix up a batch of faux snow, pour the Ivory Snow into a bowl, add the water and whip with an electric beater until doughy.
2. Shape the damp soap into three balls. Stack them by gently pushing a toothpick halfway into the center of the bottom ball. Then, push the middle ball down onto the toothpick until the two balls touch. Do the same for the snowman's head.
3. Add twig arms, clove eyes, shirt buttons and a felt scarf. To make a smiling mouth, press on a row of seed beads. For a mini carrot nose, color the tip of a short twig with orange paint. Top off the snowman with an eggcup hat or a set of pipe cleaner earmuffs.
4. As the soap dries (this can take a few hours), it will lose its grayish tinge and turn bright white.

## The Gigglebelly Game!

Just the name of this game cracks kids up; playing it only intensifies their joy.

### HOW TO PLAY:

1. Have one player lie down on his back. The next player lies down with his head resting on the first player's belly and the next player lies down with her head on the second player's belly.
2. Arrange all the players until everyone is zig-zagged around the lawn or floor, each with his or her head on someone else's belly (if possible, make the line into a loop so that the last player can put her head on the first player's belly).
3. Then, the first player shouts, loud and clear, "Ha!" The second player responds with a vigorous, "Ha, ha!" then the third player chimes in, "Ha, ha, ha!"
4. Continue until all players have shouted out their "Ha's" or (more likely) have dissolved into uncontrollable laughter, with heads bouncing on the bellies of giggling friends, uncles, cousins or grandmothers.

Soapy Snowman and The Gigglebelly Game are from Familyfun.com.

*Did you know that just 15 minutes of laughing a day burns 10 to 40 calories, which is roughly 1 to 4 lbs a year! So go ahead and laugh 'til you cry!*

*source: foxnews.com*

When you venture out to play in the chilly winter air and snow, please make sure to stay safe and warm by doing these simple things:

- ♥ Bundle Up! Pile on your favorite hat, gloves, jacket, boots, and warm pants over your regular clothes to stay warm!
- ♥ Try not to stay out after it gets dark, because once that sun goes down, it'll get even colder!
- ♥ If you go sledding like this little guy, be sure to always have a guardian or adult watching you at all times, and no horseplay!
- ♥ And to protect your head, always wear a helmet while sledding!



But most of all...

HAVE FUN!!

## Berry Lemon Trifle



### Ingredients

- ♥ 2 cups cubed angel food cake
- ♥ 1 8-ounce carton lemon low-fat yogurt
- ♥ 1/4 of an 8-ounce container frozen light whipped dessert topping, thawed
- ♥ 1 cup mixed berries, such as red raspberries, blueberries, or sliced strawberries

### Directions

1. Divide the angel food cake cubes among 4 dessert dishes.
2. In a small mixing bowl fold together the yogurt and whipped topping. Dollop yogurt mixture atop cake cubes.
3. Sprinkle with berries. If desired, garnish with fresh mint.

source: [bhg.com](http://bhg.com)

**In keeping with the times, Project Viva is slowly transitioning to web-based questionnaires.  
Please take a moment to fill out and mail this brief survey about your internet access.**

A1. Is there a computer with Internet access in your home?

<sub>1</sub> Yes

<sub>2</sub> No

A2. Do you ever go online to access the Internet or to send and receive e-mail?

<sub>1</sub> Yes

<sub>2</sub> No

A3. When you use the Internet, do you mainly access it through (check only one):

<sub>1</sub> Dial-up

<sub>2</sub> Cable or DSL

<sub>3</sub> A wireless device (PDA)

<sub>4</sub> Other (please specify): \_\_\_\_\_

<sub>5</sub> Don't know

A4. In the future, would you be interested in completing Viva questionnaires online?

<sub>1</sub> Yes

<sub>2</sub> No

**If you have any questions or suggestions please feel free to contact us at  
1-800-598-4247 ext. 86067 or email us at [Project\\_Viva@hphc.org](mailto:Project_Viva@hphc.org)**