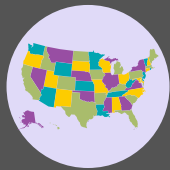


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A Note from Our Principal Investigator

Dear Viva families,

We want to thank you once again for being part of Project Viva over all these years. The data that you have contributed **over the last 25+ years** is part of robust body of scientific evidence that has helped move forward health policies and clinical guidelines. You will see one example of this in the **“Featured Finding”** section of this edition of Viva Views. In collaboration with researchers at the National Institute of Health, we studied bone density data from the DXA scans that many of you completed during the Mid-Teen visit. We observed that [genetic similarity was more strongly associated with bone density than race or skin tone](#). These findings have challenged the previous “race-based” categories of bone density reference ranges and have contributed to the field of bone health, which is now proposing [race-neutral pediatric reference ranges](#) for bone density in children and adolescents.

This is only one of the numerous studies that we conduct in collaboration with investigators from many places in the United States and around the world. Project Viva is a highly collaborative group, and we are recognized world-wide for the quality of our data (thanks to you!) and the impact of our research. As a testimony of this, Project Viva [won the Team Science award from US Developmental Origins of Health and Disease \(DOHaD\) Society](#) in Fall 2024 for team science and collaboration.

We further contribute to global science by pooling results from Project Viva with those from studies around the world, leading to scientific findings that are robust and more generalizable for the health of children and women. For example, Project Viva recently contributed to [a large meta-analysis of studies](#) to reveal genetic determinants of growth during puberty and their implications for later adult health conditions (i.e., type 2 diabetes, cancer, cardiac arrhythmias).

Lastly, we welcome both doctoral and post-doctoral students from across the United States and internationally – including Canada, the UK, and Europe – to work with us and use Project Viva data in their research. They bring unique energy, curiosity, and brilliant scientific ideas to our team, contributing to Project Viva’s success in the greater scientific communities.

Collaboration is at the heart of great research. Thanks to your participation, you are an essential part of helping Project Viva make discoveries that matter. **We could not do it without you!**

Warmly,

Marie-France Hivert

Co-Principal Investigator, Project Viva



2025 Annual Survey

Designed by your experiences, interests, and feedback

What is it?

- Takes **10-15** minutes
- Earn a **\$10** incentive
- Apply your incentive to thousands of stores, like UberEats, Target, Starbucks, Ulta, AutoZone, and more!

Thank you!

The 2025 Annual Survey is here and we have received a record number of responses! We are so grateful for your dedication over the past 25+ years. The 2025 Annual Survey is based on suggestions you have made to us.

What is on the survey?

Moms

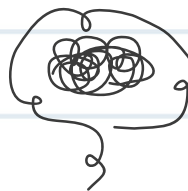
Menopause

Caregiving

Sleep

Stress

Cognition



Young Adults

Relationships

Stress

Future plans

Eating behaviors

Mental health



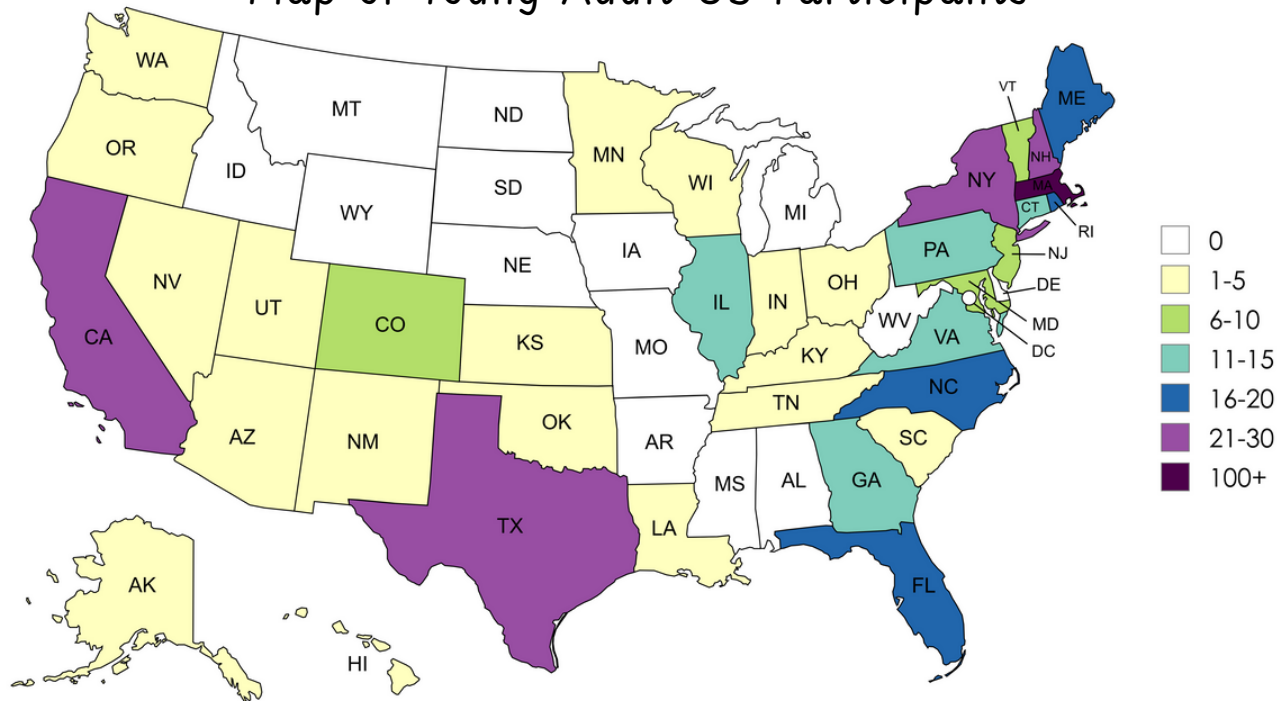
What should we study next?

There is a space at the end of the survey to tell us what you want us to study next. We look at every single comment so send in your ideas - they could end up on our next survey!

Contact us if you don't see the link in your email!

Where Are They Now?

Map of Young Adult US Participants



Visits Across the USA

Calling all young adults!

If you have not had the chance to participate in your Young Adult Visit 1 yet, now is the perfect time! We have several convenient visit options so you can participate from anywhere in the USA. Contact us to schedule your visit today!

Visit Components:

- Body measurements
- DXA scan
- Biospecimen collection
- Diet history survey
- Project Viva survey

Incentives:

- In-Person: up to **\$100**
- Online: up to **\$45**

Featured Finding



You Contributed to Changing the Way We Measure Bone Density!

Why?

To determine a person's risk for bone fractures, their bone mineral density score is compared against people of a similar age, sex, and previously - race. Project Viva researchers sought to evaluate whether it is important to account for race, skin tone, and genetics when calculating what a “healthy” bone mineral density score is and predicting future bone fractures.

Who? (you!)

557 Project Viva participants from the Mid-Teen Visit, with an average age of 17.6 years old.

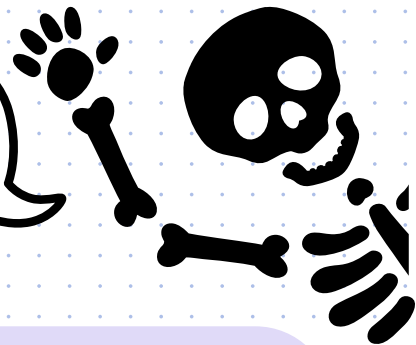
Findings:

Things like race, skin tone, and genetics do tend to correlate with bone density scores, but don't help much when defining what it means to have a healthy bone density. We can determine your risk of a bone fracture without having to consider race at all.

How?

Remember seeing your skeleton after lying on the DXA bed? That DXA machine analyzes bone density using x-rays, so researchers compared bone density from the DXA scans with self-reported race, ethnicity, and skin tone, plus genetic information from blood samples.

Did you know?
You reach peak
bone density in
your early 20s!

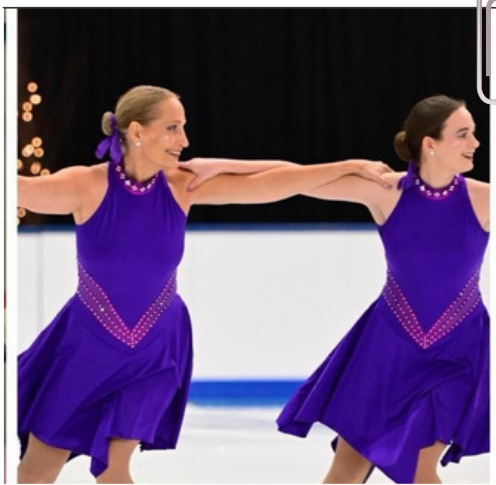


Implications:

Past categorizations of bone health had a strong focus on race. Because of this, healthy people may have mistakenly been identified as having low bone density. This paper contributed to new guidelines that take race out of the equation, and predict future bone fracture risk even better than before.

Participant Spotlight: Jane & Ali

Project Viva participants **Jane Piercy** and **Ali Keenan** have enjoyed skating together for many years. Jane began skating at age 6 after seeing Peggy Fleming win the Olympic gold Medal and skated until her early teens. Upon moving to Boston after college, Jane resumed her skating career and continues to skate several times a week at The Skating Club of Boston. Alison “officially” started skating shortly before her 3rd birthday, although Jane skated through her 8th month of pregnancy while in Project Viva, so perhaps we can say Alison was born skating!



Jane & Ali Ice Skating
Credit to Stockman Photo

Alison turned her attention to the swim team at age 7 and swam competitively through high school. In college, Alison competed on the sailing team, and she continues to race in regattas around the country most recently at the United States National Championships for the Snipe Class held in Atlanta this June. Despite a break from figure skating, she continued to skate recreationally and enjoyed skating at the many outdoor rinks while at college in New York City. Alison returned to skating more regularly last year and she currently competes with her mother on Team Excel, a synchronized skating team at The Skating Club of Boston. Synchronized Skating is a competitive skating discipline consisting of a team of 12-24 skaters who skate in unison on the ice to a musical program. Last year, Jane and Alison competed at events throughout New England, culminating with the U.S. Eastern Sectional Synchronized Skating Championships in Hershey, Pennsylvania.



In addition to her time on the synchronized skating team, Jane also competes in the Masters division for singles skating, where she competes against other lifelong competitive figure skaters.

As a longtime advocates for women’s health, Jane and Alison are both honored to be part of Project Viva for over 25 years. They both feel it is important and rewarding to contribute to the research done by Project Viva that continues to provide guidance to improve the health of mothers and their children throughout their lives.

Thank you for reading!



PROJECT
Viva

**A STUDY OF HEALTH
FOR THE NEXT GENERATION**