

A Special Thanks to all our Viva Moms!

A Message From the Principal Investigator - Matthew W. Gillman, MD

During the past few months we have had a wonderful opportunity to meet again with many Viva moms and children. Our Research Assistants have had a fantastic time playing games and measuring you and your 3-year-old child. We greatly appreciate your willingness to visit the Kenmore Harvard Vanguard office, or invite us into your home.

We extend our sincere thanks to you and all Viva moms as you continue your participation in this important study. Whether it's a mail-only or an in-person visit, your participation is crucial to the study's success. Through the information you have provided, we are starting to offer valuable public health information to all pregnant women and their families. As we prepare for our next Viva visit, we offer our thanks and encourage you to remain a part of Project Viva - A Study of Health for the Next Generation.

Here are some of the recent findings from the Project Viva study. The findings are based on the data we've collected from you, our participants.



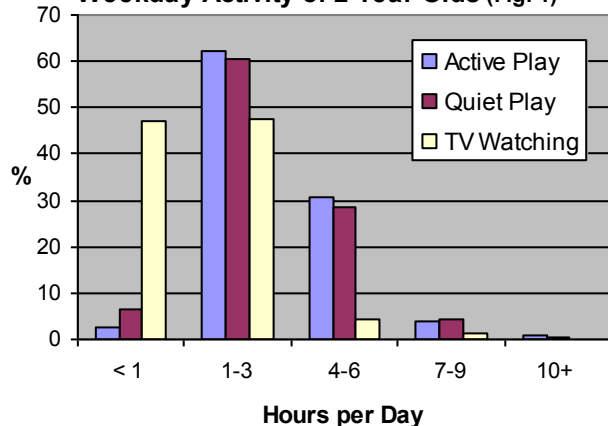
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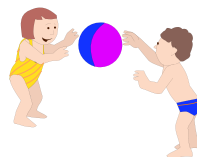
RECENT FINDINGS FROM OUR STUDY

- **Celi, Ann**, et al: "Race/ethnicity and social economic, and cultural factors as predictors of breastfeeding initiation", presented at the Pediatrics Academics Societies 2002 Annual Meeting.
→ **Findings:** *Foreign-born participants were more likely to start breastfeeding their infants than native-born participants.*
- **Gillman, Matthew** et al: "Maternal age and newborn blood pressure", presented at the 41st Annual Conference on Cardiovascular Disease Epidemiology and Prevention.
→ **Findings:** *Higher maternal age was associated with higher blood pressure in the first few days of life.*
- **Gillman, Matthew** et al: "Maternal calcium intake and offspring blood pressure", presented at the American Heart Association 42nd Annual Conference on Cardiovascular Disease Epidemiology and Prevention.
→ **Findings:** *Increasing calcium intake during pregnancy was related to slightly lowered blood pressure at 6 months of age.*
- **Pereira, Mark** et al: "Influence of pregnancy on physical activity and inactivity", presented at the American Heart Association 42nd Annual Conference on Cardiovascular Disease Epidemiology and Prevention.
→ **Findings:** *Physical activity levels decreased during pregnancy and started to increase in the first 6 months after birth.*
- **Strong, Emily**, et al: "Maternal place of birth, race/ethnicity, and risk of pre-term birth in a population of women in Boston", presented at the Fifteenth Annual Meeting of the Society for Pediatric and Perinatal Epidemiology.
→ **Findings:** *Foreign-born women had higher rates of pre-term birth than US-born women.*

Weekday Activity of 2-Year-Olds (Fig. 1)

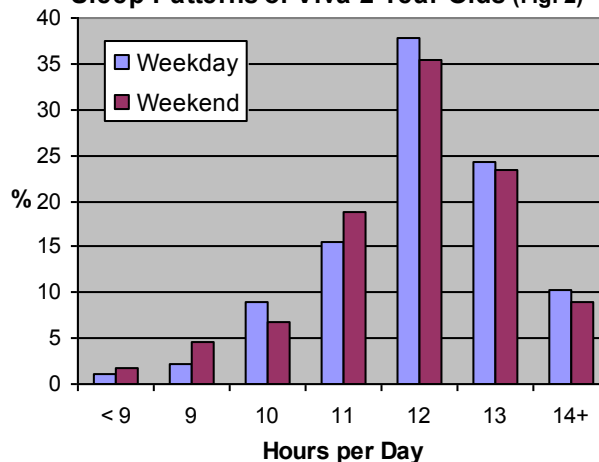


During the weekdays, the majority of Viva 2-year-olds spend between one and three hours both in active play and quiet play daily (Figure 1). Nearly all Viva children watch less than 4 hours of TV per day.



While many adults look forward to the weekends for some extra shut-eye, Project Viva's data show that babies get slightly less sleep on the weekends than on the weekdays (Figure 2).

Sleep Patterns of Viva 2-Year-Olds (Fig. 2)



What's your favorite food?

The five foods Viva 2-year-olds eat most often are:

- 1) cheese
- 2) yogurt
- 3) bananas
- 4) apples/applesauce
- 5) chicken or turkey



Questions? Comments?

Contact us at 1-800-598-4247 Ext 86067
Or Email us at Project_Viva@hphc.org

93% of our moms with 2-year-old toddlers walk at least 1 hour per day.

Way to go Boston!

Our fair city, Boston, was ranked one of the top rated cities for walking (#3 out of 10) by the American Podiatric Medical Association, who surveyed cities to see how walker friendly they are. They looked at:

- How many people walk to work
- Safe air quality
- Pedestrian danger index
- Crime rate
- Number of parks

Check out the Esplanade, a 17-mile stretch of land along the banks of the Charles River!

Boston is known as the Walking City, and has at least one government-appointed walking coordinator. You can easily get from historic sites and museums to restaurants and parks. For more information about walking tours, walking shoes, foot health, and footwear go to www.apma.org/citywalks/topcities.

Books, Movies, Music

Looking for a good movie, story, or CD/tape to share with your preschooler? Check out these titles, recommended by *Parents* magazine.



Book: *The Magic Toolbox*
by Mie Araki

Music: *Philadelphia Chickens*
by Sandra Boynton

Movie: *Percy's Chocolate Crunch*
Anchor Bay Entertainment

Fun Activities around Boston with your Preschooler

Boston's visitor site (www.bostonusa.com) has links to family friendly passes at places such as the Puppet Showplace, Franklin Park Zoo and the Children's Discovery Museum. Many local libraries offer free passes to the aquarium, museums and other activities. Also check out:

Harvard Museum of Natural History

Saturday Scholars 9-11AM offers fun activity-based learning.
Free Wednesdays 3-5PM (Sept.-May) and Sundays until noon.



Museum of Science

Interactive Storytelling Sat. & Sun. 11AM - 12PM combines folk tales and myths with live animals and participatory activities.

Children's Museum

Interactive exhibits from arts, culture, science and technology.
Family workshops (5+ yrs.) Sat & Sun 2-4PM let everyone express their ideas with a variety of materials.
\$1 Admission on Fridays 5-9PM



Play-Date Protocol so your child has a fun & positive experience!

from www.americanbaby.com

Play dates are a great way for kids to work on building their relationships, but it's important to keep a few things in mind, according to Tovah Klein, PhD., Director of the Barnard Center for Toddler Development in NYC:

1. **Three's a crowd:** Toddlers do best in pairs.
2. **Less is more:** One hour is a good length for little ones.
3. **Keep it friendly:** Make the play date with someone your child likes, not someone who is handy.
4. **Take a snack break:** When kids are tired or too wild, shift gears and offer a healthy snack.
5. **Plan ahead:** To cut down on fights over toys, plan an activity.
6. **Don't over do it:** If your child is more aggressive than usual, cries, or is acting differently, he/she may be saying, "This is too much for me."

Matching the preschool to your child

from www.familyfun.com

Child centered
school or academic-

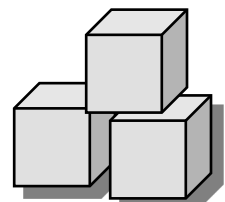
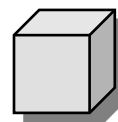
Many Viva moms have begun the task of finding safe, affordable day care for their child.
Here are some things to keep in mind:

Location near



- **Talk** about it with family, friends, and neighbors who may provide you with the best leads.
- Call the **National Association for the Education of Young Children (NAEYC)** at 1-800-424-2460 to find out if they've given accreditation to your list of preschools. Call the schools and ask for brochures.
- **Visit** and inspect the preschool.
 - ☐ Are you comfortable?
 - ☐ Are blocks, art materials, and books available?
 - ☐ Is there a quiet corner for unwinding?
 - ☐ Is there plenty of space in the classroom and in the outdoor play area?
 - ☐ How does the school keep discipline?
 - ☐ What if your child gets sick or has a medical emergency?
- **Take your child** for a visit.

Open door
policy?



Questions & Answers About When Your Child is 4 Years Old



Q: When will I be contacted again?

A: Around your child's 4th birthday. The 4-year-old visit will be just a short questionnaire that we'll mail to you.

Q: I did not come in for a 3-year, in-person visit. Am I still in the study?

A: Yes! Unfortunately, we weren't able to invite everyone for an in-person visit. You should receive your 4-year-old questionnaire in the mail in a few months.

Q: I moved. Can I still participate?

A: Yes! Everyone's information is important to us. Even if you have moved away from the Boston area you can still fill out a questionnaire or do a phone interview. Sometimes we are even able to visit participants in-person who have moved away from the area. Please call our hotline (see below) with your new address and phone number.

Q: How long will this project last?

A: We are currently following our Viva kids until they are four years old. We hope to receive additional funding to continue following our Viva participants for several more years.

Q: When will I find out the results of the information that has been collected?

A: We are well into the process of analyzing and publishing our data. Please see page 1 for some recent results.

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Moving? Please call us with your new address and phone number at 1-800-598-4247 ext. 86067

Or e-mail us at Project_Viva@hphc.org

Viva Views

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