

The Project Viva Early Teen Visit- Coming Soon to a Viva Kid Near You!

We are pleased to announce that Project Viva has received 5 more years of funding from the National Institutes of Health (NIH)! This funding will allow Project Viva to begin its next in-person visit—the Early Teen Visit—when your child is 12 or 13 years old.

Since we last saw you, Project Viva investigators and staff have been working hard to prepare and analyze data from the Age 7 In-Person Visit, where we saw over 1100 Viva kids. Our results continue to influence national policy around child health. For example, Viva results are highlighted in the HBO documentary series: *The Weight of the Nation* [<http://theweightofthenation.hbo.com>]*—take a special look at “Healthy Mom, Healthy Baby”, one of the Bonus Shorts on the website. Viva findings are also prominent in: the White House report *Solving the Problem of Childhood Obesity Within a Generation.**

The Early Teen Visit will be very similar to the Age 7 Visit, but will include a few new parts as well. Here is what we plan to do at the visit:

- ➔ Measure your child’s
 - Height, weight, and body composition with a DXA (dual-energy x-ray absorptiometry) scan , which measures the amount of fat, bone and muscle
 - Blood pressure
 - Heart rate during a stepping activity
- ➔ Ask your child to
 - Do some breathing activities, and
 - Complete a 20-minute questionnaire about his/her health, home environment, development and behavior
- ➔ Collect a small sample of blood, hair and urine

We will also ask you to complete a questionnaire and interview, similar to what you've done before.

New at this visit! After the visit is done, we will ask your child to wear a special watch called an Actigraph for 7 days at home. The Actigraph measures sleep and physical activity. We will also ask your child to keep a sleep journal for this 7-day period.

We will contact you soon after your child turns 12 years old. For the time being, we ask that you please fill out and return the annual surveys that we send to you in the mail – or you can do it online. These are really helpful for getting all the needed information in the “in-between” years as your child matures.

Thank you so much for your continued support and participation. We’re looking forward to seeing you and your Viva “early teen” soon!

As always, if you have any questions, please contact us at 1-800-598-4247 ext. 86067 or at Project_Viva@hphc.org.