

VIVA VIEWS



Mid-Teen Visit



Project Viva has received 5 more years of funding from the National Institutes of Health (NIH)! This funding will allow us to begin our next in-person visit—**the Mid-Teen Visit**—with Viva moms and Viva teens who are 17–19 years old.

The Mid-Teen Visit will be very similar to the Early Teen Visit, but will include a few additional portions for Viva moms, including:

- a glucose tolerance test
- a body scan that measures bone density
- a hand grip strength test

Project Viva staff members will contact you with additional information about the Mid-Teen Visit when you and your Viva teen become eligible to participate.

Your Feedback

We recently conducted focus groups with Project Viva moms and teens to learn how to improve your experience in the study. We learned that you want:

- More communication about Project Viva, including more frequent and concise information about study results
- Personalized results from study visits

Because of your input, we will be making some the following changes:

- We will send a short update about Project Viva findings and operations every few months
- After completing the Mid-Teen Visit, you will receive select personalized results

Stay tuned for more results from our focus groups in our next update!

“Just the idea that my child would play a part in helping some other child live a more full, more healthy life ... [this information is rewarding].” -Mom Participant

“I think it would be cool to see some of the overall results of this study...[to] see what I have contributed to the study.” -Teen Participant

Viva in the News!

Lack of sleep during the preschool years could increase risk of behavioral problems in later years.

A team of Project Viva investigators, lead by Dr. Elsie Taveras, found that children's sleep quantity during their preschool years may be related to neurobehavioral problems in mid-childhood. Children who had insufficient sleep in early childhood were more likely to experience behavioral problems and have poor executive functioning skills, such as working memory and self-regulation, by mid-childhood. These findings have been featured by [CBS News](#), [U.S. News and World Report](#), [FoxNews](#), and [more](#).



Poor sleep can lead to behavior problems in later life.