

# 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!

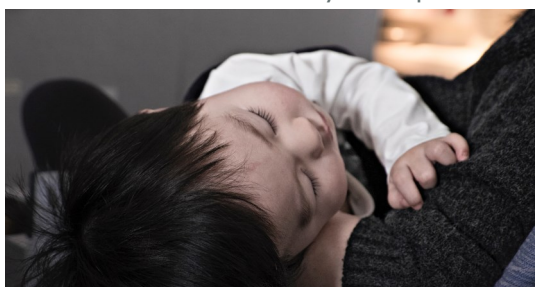
*“Just the idea that my child would play a part in helping some other child live a more full, more healthy life ... [this information is rewarding].” -Mom Participant*

*“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.