

Dear Project Viva Community,

Happy holidays from the Project Viva and ECHO team! This past year has been unique and difficult in many ways. Despite the challenges of 2020, Project Viva investigators and research staff have continued to work hard to understand and improve the health of families. We are continuing to offer both remote and in-person visits and encourage you to sign up for whatever option works best for you! To learn more about our visits, surveys, and other Project Viva opportunities, click [here](#).

Over the summer, our research team sent out a questionnaire to examine the impact of the COVID-19 pandemic on your daily lives and experiences. Almost 1000 of you participated! Your responses provided us with incredibly useful scientific data that we will be examining in the coming months. For those who have consented to participate in the Environmental influences on Child Health Outcomes (ECHO) Program, your responses will be combined with those from other studies. This will help us better understand the impact the COVID-19 pandemic on families and young adults in communities across the US. Your responses and participation are invaluable and greatly appreciated.

We wanted to share some preliminary results with you from the summer 2020 COVID survey below.

Testing and Infection

We examined the percentage of COVID-19 testing and infection in Project Viva participants compared to the Commonwealth of Massachusetts (MA). While we understand that not all of you live in Massachusetts, most still do. The left side of **Figure 1** shows the percentage of Viva

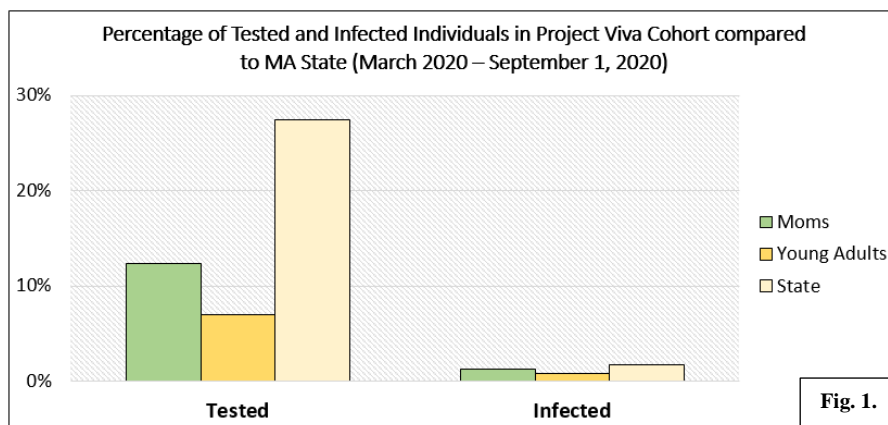


Fig. 1.

participants and MA residents tested by nasal swab or blood test for COVID-19. These results illustrate our respondents were being less frequently compared to all MA residents. The right side shows the percentage of participants diagnosed with COVID-19 from March 2020 – September 1st in our cohort compared to MA. These results show that infection rates in Viva participants were similar compared to the general population of Massachusetts.

Changing Behaviors

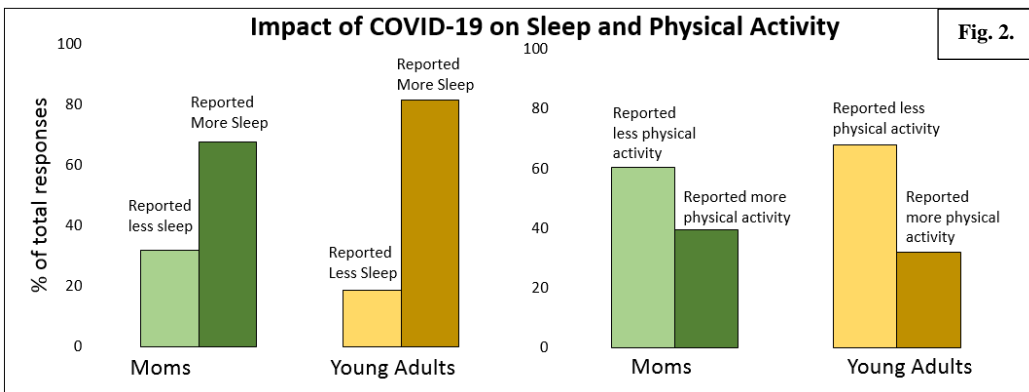


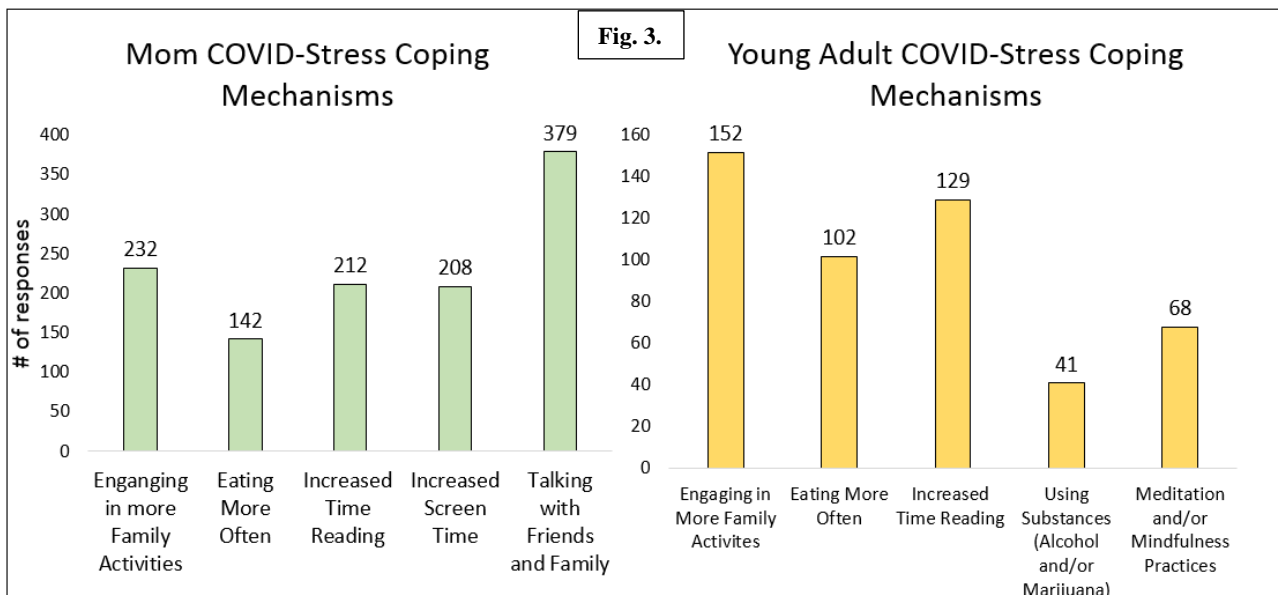
Fig. 2.

We were also interested to learn how the COVID-19 pandemic impacted your daily behaviors. The results suggest that since the start of the pandemic (March

2020), both mom and young adult participants got more sleep and less physical activity (see **Figure 2**). Both are strongly related to one another and are essential for optimal health. Check out [this blog post](#) written by a Project Viva Research Assistant on this topic!

Coping with Stress

We also examined the coping mechanisms moms and young adults have been using during the pandemic. **Figure 3** summarizes the top 5 reported (of note, participants could select more than 1 coping mechanism). Many of you are spending more time with family, eating, and reading during this period.



If you are finding that you are having trouble staying healthy during the pandemic or coping with COVID-related stress, here are a few resources that we have found helpful:

- [How to be Physically Active While Social Distancing](#)
- [Coping with Stress](#)

These results summarize just a bit of the useful takeaways we were able to learn from your participation in this survey. We want to continue to understand the trends in the information around testing, infection rate, behaviors, and mental health during the pandemic. We also want to expand our understanding of how the pandemic has impacted your daily lives. To that goal, we will be sending a follow-up COVID-19 questionnaire at the start of 2021!

As always, please contact us if you have any questions about our research. We hope you are all staying well, healthy, and safe and looking forward to the new year ahead.



Project Viva and ECHO Team

Email: project_viva@hphc.org | Call: 617-867-4251 | Text: 617-553-6698
 Visit us at <https://www.hms.harvard.edu/viva/> and <https://echochildren.org/>