

National Children's Study Cuyahoga County



Community Newsletter Winter 2012

PI Corner



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Principal Investigator

The National Children's Study continues to progress through its pilot "Vanguard" stages which are gathering data to be used for designing the Main NCS Study. At the Cuyahoga County location, we have just transitioned from one 'Vanguard' stage with our active recruitment pilot study coming to a close and moving into participant retention and follow-up stage. This new stage does include passive recruitment, i.e. if someone hears about the study and calls us to participate we will enroll them if they qualify by living in the predefined geographic locations across the county. We are also soon to begin pilot activities which entails collecting both environmental (tap water, house dust) and biological (maternal blood, umbilical cord blood at birth) samples along with more extensive questionnaires, including with the father. These pilot participants will be followed as planned until the children are 21 years old.

With this transition, we have reorganized our staff, both the CWRU personnel and that of our subcontractor Battelle, in order to optimize our team to carry out the projected work-scope for the next year. The passive recruitment activities will include maintaining a presence in our community so people will remain aware of the NCS although marketing and outreach activities will lessen until we start the Main NCS Study in a year or so. Meanwhile, we will continue to follow up with the enrolled participants, both pregnant and not-yet-pregnant.

Our NCS formative research project to develop low-cost wireless monitors of residential air quality is progressing. In conjunction with our partners at Battelle, we have very recently found the approach to be technologically feasible but now need to use them in the field to demonstrate that they would work in the NCS houses going forward. We are able to make many of the same air quality measurements the EPA makes on ambient air (fine dust particles, carbon dioxide, carbon monoxide, etc.) inside and outside of houses on a rather continuous basis with the data transmitted to CWRU computers via cell phone technology. We can readily detect when someone lights a cigarette in the house. This project was among the few selected for platform presentation at a recent NCS Research Day at NIH.

With pilot data still being acquired and the continued development of the optimal study design, it is projected that the Main NCS Study will begin probably sometime in fiscal year 2013. We are hoping at that time to activate the Lorain County location which remains on hold.

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Michele Walsh, MD, MS, Location Principal Investigator, Cuyahoga County



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Cuyahoga County Principal Investigator

Family Health

It's Flu Season: Protect Your Family!



Pregnant Women Need a Flu Shot

Influenza (flu) vaccine safety studies are reporting good news for pregnant women:

- Flu vaccine during pregnancy protects newborns from getting the flu- this is important because vaccines do not work in babies younger than six months
- Flu vaccine does not cause miscarriage
- The flu can cause serious illness in pregnant women, and can cause problems with the unborn baby and can increase the chance for problems such as early labor and delivery

***Flu vaccines come in two forms- the flu shot and the nasal spray. The **nasal spray flu vaccine** is **not recommended** for pregnant women. Pregnant women should receive the flu shot.

If you have symptoms of the flu, call your doctor immediately (even if you have already had a flu shot):

- Fever
- Cough
- Sore throat
- Headache
- Body aches
- Runny or stuffy nose
- Vomiting
- Diarrhea

Protecting Against the Flu: Advice for Caregivers of Children Less Than 2 Years Old

1. **Take time to get a vaccine yourself-** if you live with or care for an infant less than 6 months; infants less than 6 months are at a high-risk for flu-related problems, but cannot get a vaccine
2. **Take time to get a vaccine for an infant that is over 6 months**
3. **Take time to follow these steps-**
 - a. Cover your nose and mouth with a tissue when you cough or sneeze-throw the tissue away after you use it
 - b. Wash your hands often with soap and water, especially after you cough or sneeze
 - c. Keep yourself and your baby away from people who are sick
 - d. Try not to touch your eyes, nose, or mouth
4. **If you get the flu:**
 - a. Check with your doctor; maybe able to prescribe medicine
 - b. Try to have as less contact with your infant as possible
 - c. Cover your nose and mouth with a tissue when sneezing or coughing, and put used tissue in trash
 - d. Wash your hands often or use an alcohol-based hand sanitizer, especially after you cough or sneeze
 - e. Before beginning close contact with your infant, only if necessary, put on a surgical mask and wash your hands; do not remove mask until you are done and have put your infant down
 - f. Follow these steps for the first 5-7 days of your illness (begin when you first notice symptoms)
 - g. Be watchful over your infant, and contact your child's doctor if your child develops any flu symptoms

*****To get a flu shot in Cuyahoga County, contact your local health department or your health care provider:**

Cuyahoga County Board of Health: 216.201.2041

Cleveland Department of Public Health: 216.664.4621

Shaker Heights Health Department:216.491.1480

For additional information:

Log on to <http://www.cdc.gov/flu/parents>

FAQ

What is the National Children's Study?

- The National Children's Study will examine the effects of the environment, as broadly defined to include factors such as air, water, diet, sound, family dynamics, community and cultural influences, and genetics on the growth, development, and health of children across the United States, following them from before birth until age 21 years. The goal of the Study is to improve the health and well-being of children and contribute to understanding the role various factors have on health and disease. Findings from the Study will be made available as the research progresses, making potential benefits known to the public as soon as possible.

Out and About

We are on Facebook!

Find us at

[Facebook.com/NCSCuyahoga](https://www.facebook.com/NCSCuyahoga)



Kids Corner

Fruits and Vegetables Word Search

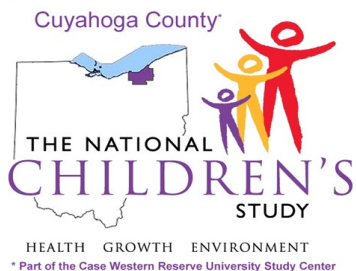
Can you find the fruits and vegetables hidden in this puzzle?

APPLE
AVOCADO
BANANA
BEETS
BLUEBERRY
BROCCOLI
CABBAGE
CARROT
CELERY
CHERRY
EGGPLANT
GRAPES
KIWI
LETTUCE
ORANGE
PEACH
PEAR
PEAS
PEPPER
PLUM
POTATO
STRAWBERRY
TOMATO
WATEMELON

I	U	U	Q	K	T	G	E	T	Y	H	N	T	K	T
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T	U	G	A	P	R	U	B	A	N	A	N	A	R	Z
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R	I	C	T	N	I	I	E	G	A	B	B	A	C	Y



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Spotlight



In this issue, we shine the spotlight on our data collection and administrative team, from left to right:

Jessica Surdam, Davida Moore, Sarah Fulton, Megan Villarreal, Ashley Kincannon, Ellen Johnson, Natalie Cherosky, Cassandra Spates, Leslie Clarke, Crystal Ballard.

These are the folks that manage the National Children's Study in Cuyahoga County on a day to day basis. If you are a participant, you will see some of them during study visits!