DEAR UPSTATE KIDS PARENTS,

We remain thankful for all your help and support of the Study! With the information you have shared about your families, we have made important scientific discoveries. Your continued participation is so important since very few studies have data on American children as they grow. We have summarized a few of these highlights here and much more can be found on the study website. If you want up-to-date news of what we’re up to and other useful health info, follow us on Facebook®!

Your family may be invited to take part in Home Visits (you may have already heard from us)! This newsletter gives you an overview of what the Home Visits are all about. We describe some of the unique non-invasive measurements including how we will measure artery flexibility, body fat, and lung inflammation using some cool gadgets. We also wanted to let you know that we are looking into collecting baby teeth! New methods now allow us to measure some interesting things using teeth including environmental exposures during pregnancy. As your Upstate KIDS child is now at the age where his/her baby teeth are starting to fall out, we hope that you could keep them for us until we can get them from you. More on teeth on our website and Facebook soon!

Sincerest thanks,

Erin, Edwina, & The Upstate KIDS Team

HOME VISIT (Part 1)  What will we be measuring?

We are interested in understanding your and your child’s heart health. At the home visit, we will measure:

- **Blood pressure**
  We will use a blood pressure cuff like the doctor does.

- **Central arterial pressure**
  This is a way to measure blood pressure in the arteries (in mom only). We will use a cuff that goes on the arm.

- **Pulse wave velocity**
  This helps us understand how stiff or flexible the blood vessels are. You and your child will lie down while a sensor is held gently against your neck (pictured upper left).

- **Body size**
  We will also measure your and your child’s bodies with tape measures.

- **Lung inflammation**
  We will measure lung inflammation through exhaled nitric oxide in you and your child.

HOME VISIT (Part 2)  What else will we be measuring?

**Bioelectrical impedance**
You and your child will lie down while a machine that uses sensors (on your hands and feet) collects information on how much water, fat, and muscle is in your body.

Finally, we are also interested in understanding your and your child’s health at a cellular level. At the home visit, we would like to collect urine, saliva, and blood.

Many of you will be getting more information about the home visits soon! Remember, you can participate in all or only parts of the home visit.

Feel free to share your questions with our study team by email (upstatekids@albany.edu) or phone (888-870-0247) or through the Upstate KIDS Facebook® page.

The answers to your questions may be useful for other mothers of Upstate KIDS too and we may post them on future newsletters! To report name or address changes, please visit www.upstatekidsstudy.org.

Dr. Broadway is testing a machine that measures bioelectrical impedance.

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No, this is not a video game...It measures lung inflammation.
**RESEARCH HIGHLIGHTS**

**Child Development**

Children conceived with infertility treatment did not have a higher risk of developmental delays compared to other children.

*Published in: JAMA Pediatrics*

Gross motor milestones can provide valuable foresight on a child’s later development.

*Published in: Pediatrics*

“Children who’d been conceived through infertility treatment seemed to have no higher risk of being diagnosed with a full-blown developmental disability - such as a learning disability, speech or language disorder, or autism.”

- U.S. News & World Report (January 2016)

**Breast Feeding**

We found differences in infant feeding between mothers who used and did not use infertility treatment. This may be because of a doctor’s advice, social beliefs, or difficulty breastfeeding.

*Published in: Fertility and Sterility*

**Maternal and Child Health**

Maternal diabetes before or during pregnancy may impact children’s motor milestones.

*Published in: Developmental Medicine and Child Neurology*

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**RESEARCH HIGHLIGHTS - cont.**

**What’s Next?**

We have shown that the newborn dried blood spots collected from those of you who gave permission can be a useful resource. Next, we hope to keep studying this invaluable resource to advance our understanding on your child’s current and future health.

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**RECRUITMENT UPDATES**

We continue to hear about your interest in joining the Upstate KIDS Follow-up Study!

30% of the original 5000 Upstate KIDS families have joined the follow-up study.

60% of these families completed an annual questionnaire either online or on paper.

**Help us stay on track!**

We will send the second annual questionnaire in 2017.

**Just a little thank you for your support!**

We will send each family a $10 Target gift card for each questionnaire completed.

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**UPSTATE KIDS HOME VISIT TIDBITS**

The purpose of the home visits is to gather some more information about you and your Upstate KIDS child’s health that we cannot learn from surveys alone.

- At a time convenient for you, a nurse and a medical assistant will come and spend about 1-2 hours at your home.
- We will provide excused absence notes for your school if you would like to schedule during school hours, but we are also available to come at other times.
- We will send you a $40 gift card after the visit.
- We hope that you will be interested in participating in this important part of the follow-up!

**UPSTATE KIDS HAS A TOOTH FAIRY?**

Okay, maybe not. But new advances in technology are making it possible to measure environmental chemicals and dietary factors in teeth in such a way that scientists can tell when the exposure happened during pregnancy. You can think about it like tree rings but with teeth! If you are interested in participating in this collection, please save your child’s teeth until we can collect them from you either in person at the home visit, or by mail. It does not matter which tooth it is. And you can just save one tooth or many teeth. Please be reassured we will NOT use them to measure genes.