



# UPSTATE KIDS NEWS HAPPY 10<sup>TH</sup> BIRTHDAY UPSTATE KIDS!

## Upstate KIDS is turning 10!

Thank you for being a part of the Upstate KIDS study! With your help, we have been able to conduct groundbreaking research for 10 years.

## 10 years ago...

*Apple released  
the original  
iPhone*

*The 7<sup>th</sup> and final  
Harry Potter book  
was published*

*American Idol was  
the most popular  
show on TV*

Keep reading for research highlights, general updates, and activities for you and your kids!

Happy 10<sup>th</sup> birthday  
Upstate KIDS!

Research highlights

Overview of home  
saliva collection

Meet our team

Activities for you  
and your kids

Letter from the PIs

## HAVE YOU MOVED RECENTLY?

Don't forget to update your  
address and contact  
information!

Email:  
[UpstateKIDS@albany.edu](mailto:UpstateKIDS@albany.edu)

or text us at 518-730-8560

# IN THE PAST 10 YEARS...



Over 5000 moms and their newborns joined the study between 2008 and 2010.

We received over 21,000 questionnaires assessing child development.

We published over 20 scientific papers since the first phase of the study ended in 2014.

## Research Highlights

Nearly 500 million online views!

Thanks for being a part of these discoveries!

### PARENTAL OBESITY LINKED TO DELAYS IN CHILD DEVELOPMENT

Child development up to age 3 years may be affected by parental obesity (as published in the journal *Pediatrics*). Using Upstate KIDS data, children of mothers with obesity had an increased risk of fine motor skill development delays according to screening using the Ages & Stages Questionnaire®, while children of fathers with obesity had an increased risk of social development delays. Children born to couples with extreme obesity also had a greater chance of delay in problem solving abilities. This investigation was unique in evaluating mother-, father-, and couple-level characteristics. We thank the families in Upstate KIDS for providing the information that made this large-scale inquiry possible!

**Read more here:**

<https://www.nichd.nih.gov/news/releases/pages/searchnews.aspx>

Search “parental obesity”

## MORE RESEARCH FROM UPSTATE KIDS

Breastfeeding did not impact motor skills (as published in *American Journal of Clinical Nutrition*).

Prenatal fish oil supplementation may be beneficial for infant neurodevelopment (as published in the *Journal of Developmental Origins of Health and Disease*).

Maternal and paternal obesity is associated with increased neonatal inflammation and altered immunoglobulin (a type of *antibody*) levels (as published in the *International Journal of Obesity*).

# Home Saliva Collection

Upstate KIDS is debuting saliva collection! Saliva can be studied to measure hormone levels. Check out the FAQ below for more information.

Check out this new initiative from Upstate KIDS!

## Frequently Asked Questions

**Q:** *How can my child participate?*

**A:** When your child is around 8-9 years old, we will send you an invitation letter with instructions on how to contact us (by email/text/phone/Facebook©) to have a saliva kit mailed to you.

**Q:** *How will I collect my child's saliva?*

**A:** Your child will tilt his/her head forward to gather saliva in the front of his/her mouth and then push the saliva into a pre-labeled tube. Track how long it takes to fill the tube and mail us the tube, a postcard stating the time it took, the signed consent form and freezer pack.

**Q:** *Why do I need to time how long it takes my child to collect the saliva?*

**A:** Hormones are present in saliva depending on saliva flow rate. We need to know the time to quantify the hormones.

**Q:** *Can the saliva samples be mailed straight from my mailbox?*

**A:** No, you must call FedEx to schedule pick-up Monday - Thursday. You can also text us to help you schedule the pick-up.

**Q:** *Will my child get anything for participating?*

**A:** They will receive a toothbrush and a \$15 gift card.

**Q:** *Will my child's saliva be used for anything other than measuring hormone levels?*

**A:** We allow parents to choose how Upstate KIDS uses saliva samples in research. If you want your child's sample to be used in more research, you can let us know on the consent form.

Check your mailbox

for information and instructions for home saliva collection.

# Tooth Collection



Look out for a visit from the Upstate KIDS tooth fairy!

We are able to measure environmental chemicals and dietary factors in children's baby teeth. This allows scientists to determine when certain exposures occurred during the child's life, even back in the womb!

If you want to participate, **please save your child's baby teeth** until we collect them by mail. You can save one teeth or many teeth. We will not use the teeth to measure genes.

# Meet our team!

Ever wonder who is on the line when you call Upstate KIDS with questions or receive study reminders? Meet the people who help make Upstate KIDS a success!



If you contact Upstate KIDS, you are likely to speak with (from left to right) Michelle Mosca, Elisa Grimm, or Erin Brittell – all seasoned members of the Upstate KIDS study team who send study information to, and speak directly with, participants.



Molly Fleming is the newest Upstate KIDS team member, preparing Facebook posts and mailings to participants, and data entering information provided by Upstate KIDS families.



Logan Carey helps maintain the technology that enables us to reach out to Upstate KIDS families, and account for the invaluable ways in which families have participated in the study.



# Let's get cooking!

Try out this fun recipe with your kids!

## Hamburger Cookies

### Ingredients

48 vanilla wafer cookies

24 flat mint chocolate cookies

6 oz. vanilla frosting

Food coloring (red, yellow, green)

¼ cup shredded coconut

2 T sesame seeds

### Requires

3 bowls (one with a cover)

Clean paint brush

NO baking!

Mix 4 drops of green food coloring with a few drops of water in a small bowl. Add coconut. Cover and shake until coconut is tinted green.

Divide frosting in thirds. Add yellow food coloring to one third of the frosting. Add red food coloring to another third of the frosting. Leave the final portion of the frosting white.

To assemble cookies:

1. Stick chocolate cookie to an upside down vanilla wafer using a dollop of white frosting.
2. Spread a layer of yellow frosting onto the chocolate cookie. Then, spread a layer of red frosting on top.
3. Sprinkle green coconut flakes onto the frosting layers.
4. Use a clean paintbrush to moisten the top of another vanilla wafer. Dip the top of the wafer into sesame seeds.
5. Place a dollop of white frosting on the bottom of the vanilla wafer with sesame seeds, and stick it to the top of the shredded coconut.
6. Take a photo of your assembled hamburger cookie!

Like us on  
Facebook

to submit a photo of your  
Hamburger Cookies to  
the "Upstate KIDS"  
Facebook page.



Share your  
photo

by messaging your  
photo to "Upstate KIDS"  
on Facebook. Some of  
the best creations will be  
displayed on our page!

# Letter from the PIs

Dear Upstate KIDS parents,

Thank you so much for all the time and support you have given to the Upstate KIDS Study! As we looked back on the past decade, we know that we asked for a lot and you have selflessly risen to the occasion each time! We hope to keep being connected with you not just with these newsletters but on Facebook® as well, so that you and your family can know about our progress and the scientific discoveries made.

This past year, we started the home/clinic visits to take some novel measurements using cool gadgets as highlighted in our past newsletter. **Continue to watch out for invitations to participate in these visits** and feel free to contact us if you have any questions.

We remain grateful as you volunteer for the baby teeth and saliva collection programs. These unique biological samples will hopefully give us new knowledge about environmental exposures and hormone levels with respect to child growth and development. As your children are now getting busier with school and other activities, we hope to continue to hear about how they are doing on the annual questionnaires, so that we can learn more about this phase in their lives.

Sincerest thanks,

*Erin, Edwina & The Upstate KIDS team*



## Contact us!

Email: [UpstateKIDS@albany.edu](mailto:UpstateKIDS@albany.edu)

Phone: 1-888-870-0247

Fax: (518) 402-4823

Facebook: [www.facebook.com/upstatekids](http://www.facebook.com/upstatekids)

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