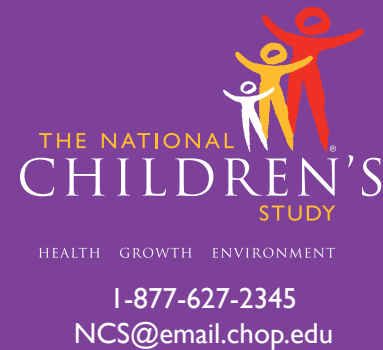


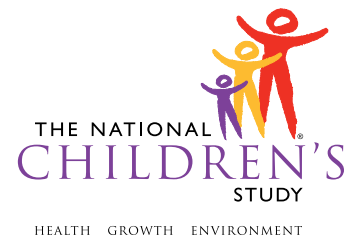
# MESSAGE OF THANKS

The researchers at The Children's Hospital of Philadelphia Study Center thank the participants, community members and healthcare professionals who are dedicated to the success of the National Children's Study.



# THE DIRT ON KIDS

Collecting it Today for Healthier Kids Tomorrow



WINTER 2011

[www.chop.edu/ncs](http://www.chop.edu/ncs)

1-877-627-2345

## WHAT IS THE NATIONAL CHILDREN'S STUDY?

The National Children's Study is a long-term research project that will examine environmental influences on children's health and development nationwide. The study will involve approximately 100,000 children from before birth to age 21, to better understand the link between the environments in which children are raised and their physical and emotional health and development. For purposes of the study, "environment" includes physical surroundings; biological and chemical factors; geography; and social, educational, behavioral, family and cultural influences. By linking a range of environmental factors to multiple health and development outcome measures, the study will help to pinpoint the root causes of many of today's major childhood diseases and disorders, including autism, asthma, diabetes and obesity.



CHOP Study Center Office  
3535 Market St., Suite 880  
Philadelphia, PA 19104

## PROGRESS IN MONTGOMERY COUNTY

The Children's Hospital of Philadelphia (CHOP) leads the implementation of the study in Montgomery County. With enthusiastic support from state congressional leaders, community leaders and the Montgomery County Health Department, the National Children's Study was launched in Montgomery County on April 22, 2009. The researchers at CHOP are pleased and excited to announce that through January 2011, more than 230 Montgomery County families have agreed to participate in the National Children's Study and 90 babies have been born in 18 area hospitals and birth centers.

To date, the birth facilities that have collaborated with the National Children's Study and have had study births include Abington Memorial Hospital, The Birth Center, Bryn Mawr Hospital, Doylestown Hospital, Good Samaritan Hospital, Grand View Hospital, Holy Redeemer Hospital and Medical Center, The Hospital of the University of Pennsylvania, Johnstown Memorial Hospital, Lankenau Hospital, Lehigh Valley Hospital, Montgomery Hospital Medical Center, Paoli Hospital, Pennsylvania Hospital, Phoenixville Hospital, Reading Hospital and Medical Center, Riddle Hospital, and St. Luke's Hospital.

Other birth facilities collaborating with the National Children's Study and expecting study births include The Chester County Hospital, Pottstown Memorial Medical Center and St. Mary Medical Center.

These healthcare facilities are dedicated to women's and children's health and their participation is vital to the success of the National Children's Study.



CHOP Study Center Office  
3535 Market St.  
Suite 880  
Philadelphia, PA 19104



Montgomery County Field Office  
408 Cherry St.  
Suite 300  
Norristown, PA 19401

# SPOTLIGHT ON COMMUNITY ACTIVITIES

## WINTER BLUES?

Your community has exciting entertainment for you and your children.

### BRYN MAWR FILM INSTITUTE

824 W. Lancaster Ave.  
Bryn Mawr, PA 19010

- Saturday Matinees for Children
  - Sing-alongs
  - Filmmaking Workshops
- [www.brynmawrfilm.org](http://www.brynmawrfilm.org)

### COLONIAL THEATRE

227 Bridge St.  
Phoenixville, PA 19460

- Live Theatre
  - Movies
  - Concerts
- [www.thecolonialtheatre.com](http://www.thecolonialtheatre.com)

### MONTGOMERY COUNTY HISTORIC SITES

- Historic Exhibits
- Historic Special Events
- Free Guided Tours

[www.historicsites.montcopa.org](http://www.historicsites.montcopa.org)



## THE CHILDREN'S HOSPITAL OF PHILADELPHIA PEDIATRIC FIRSTS

First clinic in the nation for the treatment of childhood speech defects.



## COMMUNITY CORNER

### Healthy Living: Resolutions for Better Health

Today is the perfect time to take steps to improve your family's health — and to talk to your children about the importance of good health. Even small lifestyle changes now can pay off down the road in better health and fitness for your whole family. Here are a few suggestions.

#### Exercise more.

Each week, try to work in two family activities that involve physical activity. A weekend bike ride and a walk around the neighborhood or local park can be fun. Even kicking a soccer ball or throwing a football around in the backyard is good exercise and gives you a chance to talk with your kids. If you are a good role model for activity and participate with your children, they are more likely to lead an active lifestyle.

#### Turn off the television.

Not only does the inactivity of television viewing contribute to childhood obesity, but TV addicts

also eat more junk food. Restrict television to a maximum of two hours per day. This alone will lead kids to find other things to do, like read or go out and play.

#### Cut out fast food and eat right.

Focus on the foods you know are right for your family. Double cheeseburgers, French fries and super-sized sodas don't fit the bill. If you need convenience, try picking up a rotisserie chicken and bagged salad mix at the grocery store. Instead of two to three slices of meat-lover's pizza, have just one slice of plain cheese pizza with a side salad and a glass of orange juice. To get your kids to eat more fresh produce, try cutting up two different kinds of fruit for each meal. Even if you can get an extra half-piece of fruit into the kids, that's better than giving them a processed fruit snack. You can try the same thing with a handful of baby carrots and a few chunks of broccoli. One or two is better than none.

#### Install and check smoke and carbon monoxide detectors.

Detectors with lithium batteries are best because of their long life. Replace standard alkaline batteries when you change your clocks in the spring and fall. Test the detectors periodically at milestones that work for you, such as your birthday or New Year's Day. Remind children what to do if these alarms go off and you have to leave your house.

#### ALWAYS wear seat belts and bike helmets.

Accidents are a leading cause of death in children. Never relax your safety standards, even if you are just running to the store or dropping your kids off at school. Most accidents happen within two to three miles of home. Apply the same standards with bike helmets — and make the consequences clear. If your child rides without a helmet, she surrenders her bike for the rest of the day.

#### Take your children to the doctor for checkups.

Of course you take your child to the pediatrician when she's sick, but don't forget age-appropriate routine checkups; it's much easier to prevent health problems than to treat them. Schedule dental visits every six months and eye exams every two years. Call your healthcare providers and schedule these visits today!

Reviewed by: Patrick S. Pasquariello Jr., M.D.

Date: December 2010

For more health tips, visit [www.chop.edu](http://www.chop.edu).

## STUDY PARTICIPANTS SPEAK

*"The entire experience has been painless and I've liked the whole study."*