

ELGAN ECHO

Winter/Spring 2024

Newsletter



ECHO

Environmental influences
on Child Health Outcomes



ELGAN Cohort selected for Phase 2 of the ECHO Program

The UNC Study Team are excited to announce that the ELGAN cohort has been selected to continue with the ECHO Program. The selection process was very competitive. Being selected shows just how valuable the ELGAN cohort is to the overall ECHO project as they continue to study the influence of environments on the health and well-being of all children. We are thrilled to be able to contribute to this ground-breaking science with your help!

Participation for this second phase of ECHO will be a bit different from previous ELGAN ECHO study visits. Only ELGAN participants who are less than 21 years of age and who enrolled in the first phase of ECHO are eligible to participate. Enrollment and coordination of all ECHO phase 2 study visits will occur through UNC-Chapel Hill in North Carolina instead of the individual ELGAN study sites. Also, study participation is completely remote.

For ELGAN participants who have already turned 21 years of age, and who did not enroll in ECHO Phase 1, you will continue to hear from us as you are vital to the continuation of the ELGAN Study! More information regarding participant engagement and future ELGAN plans will be forthcoming. For those of you who are less than 21 years of age, expect to be contacted in early 2024 by Janice Wereszczak (sounds like Wer-zak), our enrollment specialist at UNC. Janice will provide you with details about this phase of the ECHO Program, answer questions, and ask if you would like to enroll.

If you are a Helen DeVos Children's Hospital, Michigan State University or University of Chicago ECHO participant, please contact Janice directly to participate in ECHO Phase 2. Or, if you participated at one of the other ELGAN sites and think you are eligible for ECHO Phase 2 but have not been contacted by April 1, 2024, please contact Janice.

Email: jwereszcz@med.unc.edu

Office phone: 984-974-7869

ELGAN Study Website: visit elganstudy.org or scan the QR code

Find us on Facebook ("the ELGAN ECHO Study")



What is Longitudinal Research?

The ELGAN Study is a longitudinal research study. All of our participants were born extremely pre-term, between 2002 and 2004, and from 14 different hospitals. No new participants can be added. Longitudinal studies like the ELGAN Study may be the most difficult research studies to conduct as it is challenging to maintain the same group of participants over time. The advantages of longitudinal research are that it can find patterns and trends over time that would otherwise be missed. Another advantage is that broad questions asked early on in a research study can be refined over time so that new and unexpected discoveries can be found.

The ECHO Study is also a longitudinal study. By collaborating with the ECHO Study, our understanding of pre-term growth, neurodevelopment, positive health, respiratory outcomes, and overall well-being gets a powerful boost. As ELGANs, we will impact those discoveries that extend to children everywhere and for generations to come!

"Embrace the power of rest. One of the most empowering skills one could learn in their lives is how to listen to their inner needs."

-Zaniyah Victorious (ELGAN participant)



What do we do with your addresses?



1. We find the coordinates (latitude and longitude)



2. We link data on environmental factors to each participant's address location



air pollution



temperature



water quality

3. We look for trends between environmental exposures and child health outcomes in the entire ELGAN cohort



asthma



brain health



heart health

4. We identify solutions to improve children's health

We learned during an ELGAN interview that Alejandro S., one of our ELGAN participants, loves to cook. He submitted one of his recipes for our newsletter. It's called "Pink Alfredo."

Ingredients:

1/2 - 1 can of roasted cherry tomatoes (or fresh)

2 cans Alfredo sauce

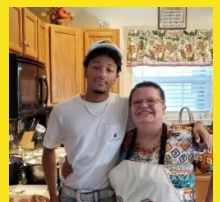
1 Tablespoon minced garlic in oil

1 box of penne noodles

1/2 bag of frozen jumbo shrimp

Olive oil

Basil



Directions:

Heat pan with small amount of oil. Add tomatoes.

Season shrimp. Add shrimp to tomatoes. Cook. Cook pasta in a separate pot. Add a ladle of the pasta water to the tomatoes and shrimp.

Drain pasta. Add pasta and one can Alfredo sauce to tomatoes and shrimp. Let it simmer and thicken. Add second can of Alfredo sauce. Top with basil.