



years. We very much count on your continued interest, involvement, and support!

2. ¿Habla español?

¡El material de las pruebas del estudio ELGAN está disponible en español! Nuestro objetivo es brindar a todas las familias de ELGAN la oportunidad de participar. Esperamos que el tener una opción para usar este material facilite su participación en el estudio.

ELGAN STUDY NEWSLETTER

ELGAN Study: Learning, Growing, Achieving, and Nurturing

¿Habla español? Consulte la Sección 2

1. The Finish Line

After 4 enjoyable and informative years of reconnecting with nearly a thousand ELGAN families, enrollment for ELGAN's school-age follow-up has closed. We are very grateful to the more than 889 children (92%) and their families who took time out of their busy schedules to participate in the follow-up. What an incredible turnout and display of commitment by our ELGAN families for a research study that began over 10 years ago.

We are reviewing the information that was gathered during the study and are excited at the prospect of learning how we might be able to help future children born early to achieve their full potential.

Over the years, you have shared your family's experiences, challenges and triumphs, sometimes measured in small steps and sometimes in leaps and bounds. It has been both meaningful and rewarding to the entire ELGAN team to hear your heartfelt stories. Also, so many of you have let us know how important the ELGAN study is to you and to others not even yet born. We hope that you will continue in your critical role as we firm up plans for the next steps to be taken in the ELGAN Study. As we make plans for ELGAN3, we are excited to keep in contact in the upcoming

3. Kids as Helpers



Among the healthiest and happiest things we can do for ourselves is to help others. No matter what age you are, daily life can offer opportunities to demonstrate caring and concern for people, animals, and the places we live and work. Busy families can find spontaneous, everyday moments for helping others. As they return to school in the fall, your children may discover volunteer activities they enjoy at school, and at family, religious and community events, or by thinking up their own projects. Below are a few ideas, small and large, to get started. Adult supervision is always recommended and encouraged for many reasons, including it is a wonderful opportunity to work together and make a difference!

Caring for neighbors

- 1) Help elderly neighbors, a new parent, or someone in need with a social visit, or taking time for a friendly conversation.
- 2) Offer help with snow shoveling, raking, trash can hauling, or feeding and walking pets.
- 3) Bring over fresh bread, a meal, or other treat.

4) Teach how to use the computer or cell phone, play a game together, or read to someone.

Caring for the neighborhood

- 1) Clean-up: Pick up litter, pull out weeds.
- 2) Beautify: Plant flowers, feed birds, have a plant exchange for gardeners.
- 3) Socialize: Organize a neighborhood get-together.

Caring for community

- 1) Volunteer at animal or wildlife shelter, homeless shelter, or food bank.
- 2) Collect supplies like toiletries or food for local charities or “adopt a family” through a local food pantry to help with back-to-school necessities or holiday presents.
- 3) Raise funds for schools and local charities through sponsored walks and runs, redeeming recyclables, and bake sales.
- 4) Donate outgrown clothes and toys.
- 5) Collect and return recyclable bottles and pick an organization to donate to.

4. Getting to know Julie Rollins



Most of you may not know Julie, but for the last 4 years she has served as the ELGAN Study Project manager, based out of Boston Medical center, overseeing day-to-day operations of the Study and working alongside the ELGAN Study Coordinator at

your study site. Prior to joining the ELGAN Study team, Julie led a community-based nutrition and physical activity intervention in Boston’s underserved neighborhoods for six years. In her new role based out of the University of North Carolina at Chapel Hill Study site, she hopes to have the opportunity to connect with you directly. Over the next two years, Julie will reach out to many of you by phone, mail and/or social media. Her goal is to keep you up to date on Study news and to ensure the Study has your current contact information. When Julie is not chasing after her 4-year old daughter and 9-month old twins, she enjoys yoga, reading, and relaxing with family and friends.

5. Publications

Based on information obtained during the first 2 years of all the children enrolled in the study, we have published more than 90 peer-reviewed professional articles, and are planning a comparable number of articles based on the assessments at age 10 years. As our articles get published they will be added to the list found on our Family Website. Check them out!

6. ELGAN Website and Facebook Page

Please visit our website, www.elganstudy.org. The ELGAN Family Website may be a useful resource for you, and may serve as a way for you to stay connected with people at your ELGAN Study location. Check it out!

You can find and “like” us on Facebook at www.facebook.com/elganstudy. This page has study updates, contact information and other ELGAN news, which may be helpful for you.

7. Let’s Stay in Touch!

Please let us know the best way to stay in touch. If you use e-mail, text, Facebook, Twitter, or LinkedIn, let us know which you prefer! We want to be able to share more newsletters and other information with you over the next few years as we plan for ELGAN3. So please stay in touch. The ELGAN Family Website at www.elganstudy.org includes a lot of relevant information, including current publications.

If you have questions, comments, news, or pictures to share, **[enter RA info here or]** please contact Julie Rollins at julie.rollins@unc.edu.