

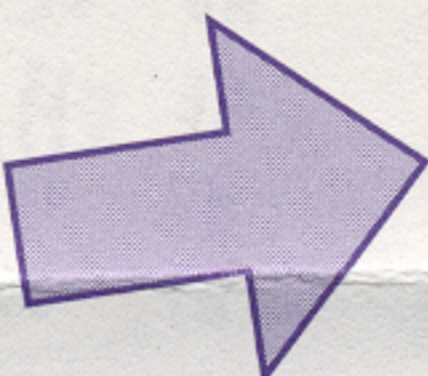
Growing Up Today Study

N e w s l e t t e r

Hi!

Thanks to all 17,000 of you who took the time to fill out and return the first Growing Up in the 90's questionnaire! After looking over all the great name ideas that were sent in we decided to change the name of the study to Growing Up Today Study < GUTS >. The next questionnaire will be coming to you sometime in September- keep an eye out for it! We've included some additional questions so you can tell us about the kinds of TV shows you watch, your favorite kind of music, and the magazines you like to read! Thank you again for becoming part of the Growing Up Today Study. If you have any questions feel free to call Helaine Rockett collect at 617-525-2279, Monday thru Friday between 8 a.m. and 4 p.m.

Sarah of California was the first person to suggest G.U.T.S.!



Other Study Names That You Suggested . . .

- We're the Kids in America
- All That and a Bag of Chips!
- The Inside Scoop on US Kids
- Be Happy with Harvard
- Cool Qs
- One Too Many Questions
- Color My Body Happy
- The Movin' Groovin' Tastn' Waistn' Health Study

Turn the page for results from our first survey!





Fun facts about the kids in GUTS . . .

5 most popular Activities/Sports:

- Playing Outdoors
- Walking
- Biking
- Swimming
- Running/Jogging

- Least popular for Boys:**
- Cheerleading
 - Dancing
 - Volleyball

- Least popular for Girls:**
- Skateboarding
 - Hockey
 - Tennis



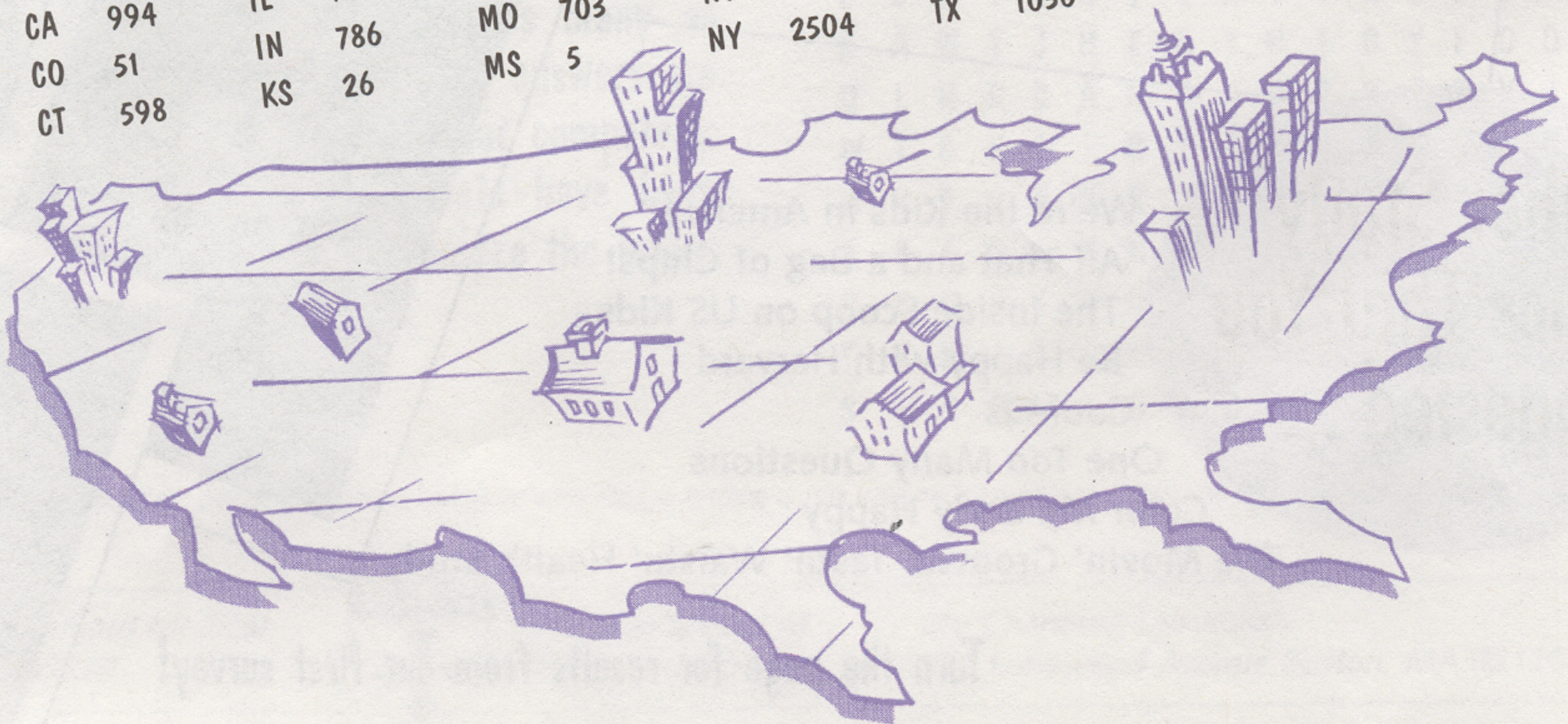
What's wrong with this picture?
He's not wearing a helmet

What you're named:

- | | |
|-----------------|---------------|
| Boys | Girls |
| 1. Matthew/Matt | 1. Sarah/Sara |
| 2. Michael/Mike | 2. Jennifer |
| 3. Andrew/Andy | 3. Jessica |
| 4. Christopher | 4. Emily |
| 5. David | 5. Megan |

Where you live:

State	# of kids	DE	8	KY	327	MT	10	OH	1936	UT	12	Puerto Rico	3
AK	5	FL	108	LA	11	NC	561	OK	15	VA	55	Virgin Islands	2
AL	10	GA	58	MA	197	ND	5	OR	48	VT	5	Guam	6
AR	11	HI	10	MD	41	NE	13	PA	2464	WA	68	Japan	2
AZ	56	IA	610	ME	11	NH	16	RI	5	WI	45	New Zealand	1
CA	994	ID	17	MI	1628	NJ	59	SC	191	WV	6	Hong Kong	1
CO	51	IL	70	MN	28	NM	9	SD	8	WY	7	Assorted military overseas	18
CT	598	IN	786	MO	703	NV	11	TN	51				
		KS	26	MS	5	NY	2504	TX	1036				

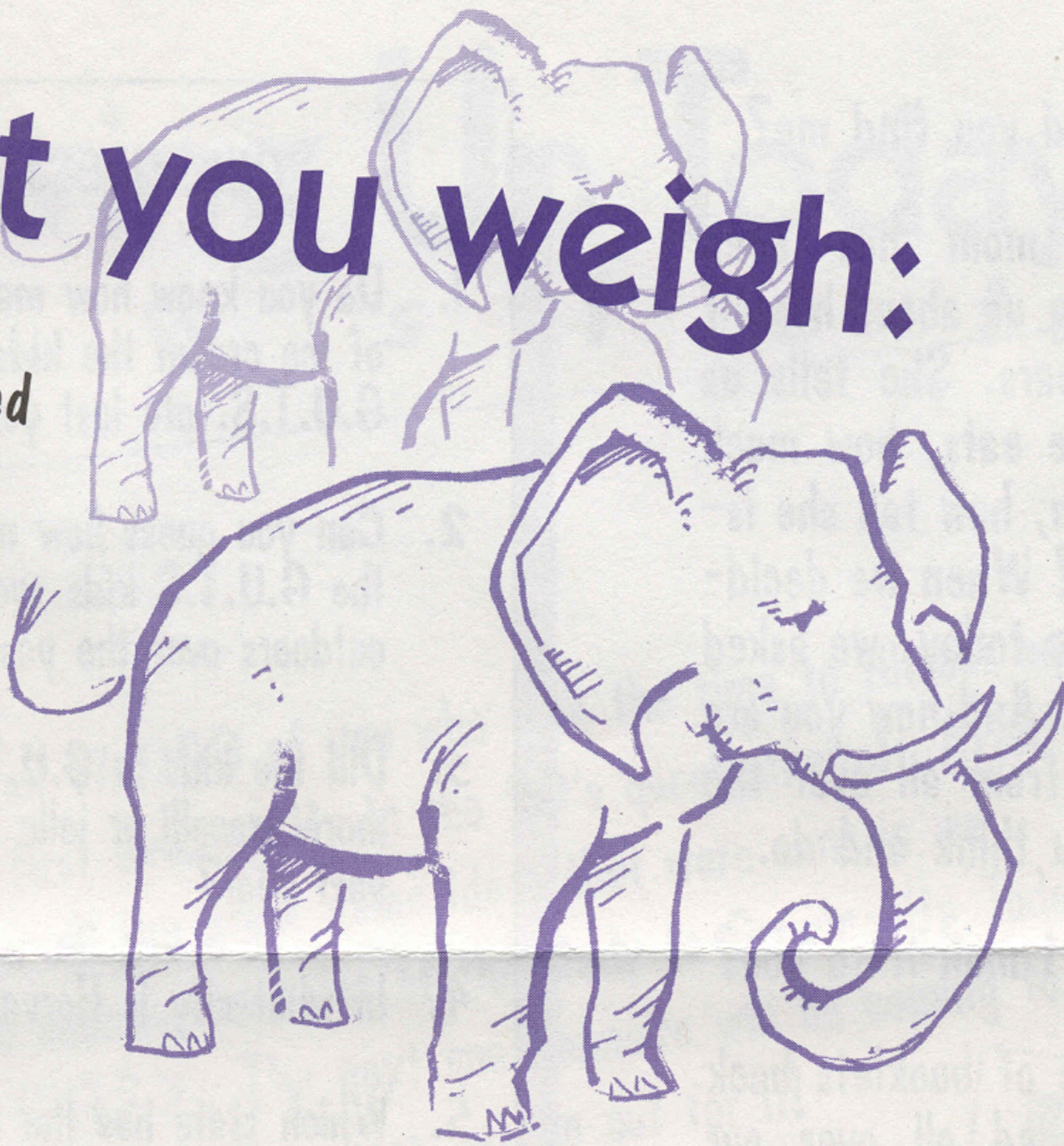


What you weigh:

Total combined weight of all kids in the study

1,689,008 pounds

(That's the same weight as about 140 elephants!)



How tall you are:

Total combined-height of all the kids in G.U.T.S.

84,562 feet

(or you can think of it as 281 football fields or 15 miles!)

How old you are:

Number of kids at each age

Age	Girls	Boys
9	1101	1006
10	1687	1515
11	1718	1590
12	1661	1375
13	1505	1278
14	1223	931
15	142	102



What you eat:

Overall average servings per week of . . .

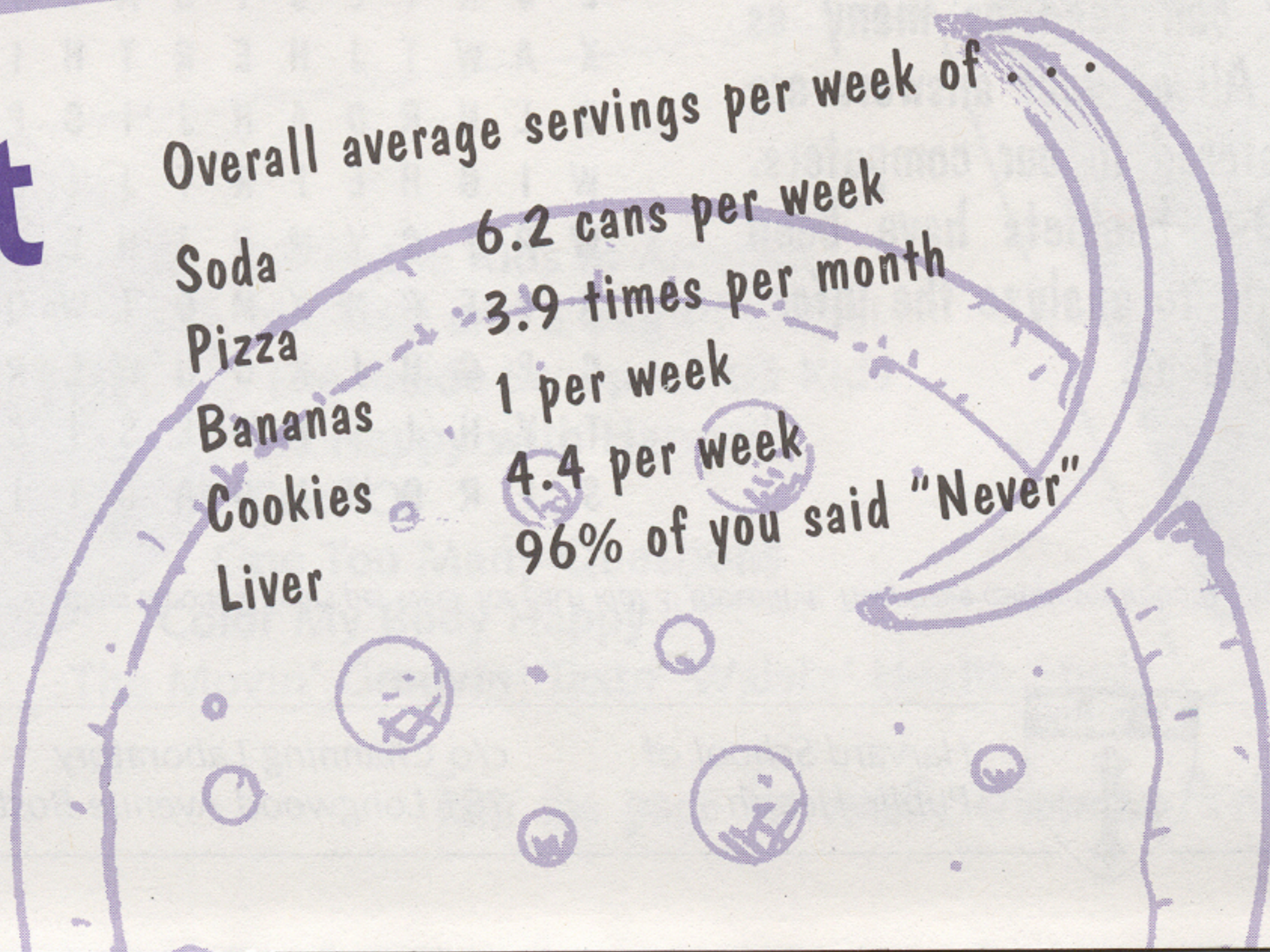
Soda 6.2 cans per week

Pizza 3.9 times per month

Bananas 1 per week

Cookies 4.4 per week

Liver 96% of you said "Never"



Q & A

How did you find me?

Your mom has been telling us about herself for years. She tells us what she eats, how much she exercises, how tall she is-- and she told us that she had you! When we decided to find out all about growing up today, we asked your mom if we could talk to you. And now you are part of a **HUGE** group of kids from all over the United States telling us what you think and do.

Where does my booklet go after I mail it to you?

On some days, we get thousands of booklets back from kids like you-- they're piled all over our offices! The first thing we do is sort them into packs of 50 each and stamp them with the date. If you told us on the outside of your envelope that you moved, we update your address in the computer-- that way, your next booklet will reach you.

We check over each booklet to make sure you didn't accidentally skip anything. If any important answers are missing, we write a letter and ask you to tell us more about the question. The brand of cereal and margarine you use are assigned codes that can be read by the optical scanner.

Folders of completed surveys are taken to our optical scanner. This scanner can read as many as 7,500 sheets per hour! All of your answers are read by the scanner and stored in our computers. Finally, once all 16,000+ booklets have been coded and scanned, we begin to analyze the information that everyone has told us.

QUIZ QUESTIONS

1. Do you know how many scoops of ice cream the kids in G.U.T.S. ate last year?
2. Can you guess how much time the G.U.T.S kids spent playing outdoors over the past year?
3. Did the kids in G.U.T.S. eat more broccoli or jello over the past year?
4. In what city is Harvard located?
5. Which state has the most kids that are in G.U.T.S.?

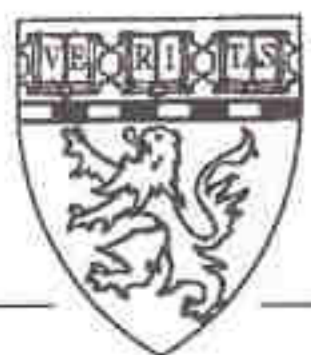
Quiz answers at bottom of page

CAN YOU FIND THESE WORDS?

SPRING FALL WINTER
 SUMMER FOODS GIRLS
 BOYS SURVEY EXERCISE
 ACTIVITY HEIGHT WEIGHT
 GUTS

A B G L U Y Q D G N I R P S G H J M
 V H R O P R H O S D Y J L L A F P A
 E D R Y E U I Q A T V R L G B P M C
 X A W T J H E R T H I G Y F O O D S
 Q L N R D A H J I G P Y T S Y J K L
 W I G H E F R T J I C X S A S R L P
 W R F G Y M R J H E I G H T U L O B
 A F F G N K M O I W Q D U A R K D Q
 C F G H I K O U W E R G G U V F P O
 T Y H J L P W E S I C R E X E A H J
 S F R Q M L O A C T I V I T Y H E A

1: 879,096 scoops 2: 1,789,560 hours (about 2 hours per week for each kid) 3: Broccoli 4: They have campuses in both Boston and Cambridge Massachusetts 5: New York



Harvard Medical School



Harvard School of Public Health

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