

GUTS RESEARCH HIGHLIGHTS

2015

JANUARY

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January 1 - New Year's Day
January 19 - Martin Luther King Day

Happy New Year!

Now is the perfect time to update your email and contact information online at: www.gutsweb.org.

FEBRUARY

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February 16 - Presidents' Day

2015 GUTS Questionnaire

Watch for your invitation email, and complete the GUTS 2015 Questionnaire online in mid-February.

MARCH

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National Nutrition Month

By answering questions about the foods you eat, you'll be contributing to ground-breaking research in nutrition and health.

APRIL

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Special Follow-Up Study

Look for your invitation to this follow-up study and help us learn how alcohol and drug use influence health and well-being.

MAY

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May 25 - Memorial Day

Asthma and Allergy Awareness Month

GUTS research found that children whose mothers reported eating peanuts or tree nuts during pregnancy have a lower risk of developing an allergy to peanuts or tree nuts.¹

JUNE

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National Great Outdoors Month

GUTS research has shown that increased physical activity among children has been linked with an improved social self-perception.²

Enjoying summer outside may have more benefits than you realize!

JULY

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July 4 - Independence Day

UV Safety Month

New research observed that frequent tanning bed use was associated with other risky behaviors such as smoking cigarettes, binge drinking, using recreational drugs, and unhealthy weight-loss methods.³

AUGUST

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National Breastfeeding Awareness Month

Findings from the Nurses' Health Study suggest that breastfeeding can have long term benefits for the mother. It has been associated with a reduction in the mother's risk of coronary heart disease, type II diabetes, and rheumatoid arthritis.^{4,5,6}

SEPTEMBER

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September 7 - Labor Day

National Childhood Obesity Awareness Month

With data collected between 2004-2011, GUTS researchers were able to show that consuming sports drinks is associated with larger increases in BMI.⁷

OCTOBER

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October 12 - Columbus Day

National Bullying Awareness Month

GUTS researchers have found that for gender nonconforming individuals, physical and emotional bullying and abuse was a strong predictor of depressive symptoms.⁸

NOVEMBER

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November 11 - Veterans Day
November 26 - Thanksgiving Day

National Healthy Skin Month

A study of dietary habits that focused on dairy found a positive association between skim milk consumption and acne in teenaged boys.⁹

DECEMBER

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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
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December 25 - Christmas Day

Thank you!

Your generous participation helps make GUTS one of the most influential health studies of your generation!

Contact Us:
guts@channing.harvard.edu
617-525-2279

We always love hearing from you!

Please see reverse side for details about these important studies.

guts
Growing Up Today Study

Frequently Asked Questions

My life is not typical, should I still participate?

Absolutely! Having a wide variety of people answering the questionnaires is what makes this study strong. The unique experiences of each of our participants helps us to better understand the relationships between health, lifestyle and nutrition.

Can I estimate how often I ate the foods listed on this year's questionnaire?

Yes, please do. We realize that it is not always easy to remember what you ate and that your diet may vary depending on the season. This is why we ask you to average your answers over the course of a whole year.

What if I'm not comfortable answering a question?

Feel free to skip it — the last thing we want to do is make you feel uncomfortable. And if you have feedback you'd like to share on any question, drop us a line at guts@channing.harvard.edu. (As always, your privacy is protected.)

Am I still in the study, even if I missed a few questionnaires?

Yes, and your participation still matters! Each year, when you complete a questionnaire, you are providing the building blocks that are needed to help us find stronger connections between behavior and health outcomes. Thanks to you, we are working to develop a powerful resource that can improve health for everyone.

GUTS Research Highlights Calendar Citations

1. Frazier AL, Camargo CA Jr, Malspeis S, Willett WC, Young MC. Prospective study of peripregnancy consumption of peanuts or tree nuts by mothers and the risk of peanut or tree nut allergy in their offspring. *The Journal of the American Medical Association Pediatrics* 2014; 168(2):156-62. - <http://www.ncbi.nlm.nih.gov/pubmed/247366539>
2. Stein CJ, Fisher L, Berkeley C, Golditz GA. Adolescent physical activity and perceived competence: does change in activity level impact self-perception? *Journal of Adolescent Health* 2007; 40(5):462.e1-462.e8. - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1948067/>
3. O'Riordan DL, Field AE, Geller AC, Brooks DR, Awesh G, Golditz GA, Frazier AL. Frequent tanning bed use, weight concerns, and other health risk behaviors in adolescent females (United States). *Cancer Causes and Control* 2006; 17(5):679-86. - <http://www.ncbi.nlm.nih.gov/pubmed/16633915>
4. Stuebe AM, Michels KB, Manson JE, Rexrode K, Rich-Edwards JW. Duration of lactation and incidence of myocardial infarction in middle-to-late adulthood. *American Journal of Obstetrics and Gynecology* 2009; 200(2):138.e1-138.e8. - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2684022/>
5. Stuebe AM, Rich-Edwards JW, Willett WC, Manson JE, Michels KB. Duration of Lactation and Incidence of Type 2 Diabetes. *The Journal of the American Medical Association* 2005; 294(20):2601-2610. - <http://jama.jamanetwork.com/article.aspx?articleid=201923>
6. Karlson EW, Mandl LA, Hankinson SE, Grodstein F. Do breast-feeding and other reproductive factors influence future risk of rheumatoid arthritis? Results from the Nurses' Health Study. *Arthritis & Rheumatism* 2004; 50: 3458-3467. - <http://onlinelibrary.wiley.com/doi/10.1002/art.20621/full>
7. Field AE, Sonneville KR, Falbe J, Flint A, Haines J, Rosner B, Camargo CA Jr. Association of sports drinks with weight gain among adolescents and young adults. *Obesity* 2014; 22: 2238-2243. - <http://www.ncbi.nlm.nih.gov/pubmed/25044989>
8. Roberts AL, Rosario M, Slopen N, Calzo JP, Austin SB. Childhood gender nonconformity, bullying victimization, and depressive symptoms across adolescence and early adulthood: an 11-year longitudinal study. *Journal of the American Academy of Child and Adolescent Psychiatry* 2013; 52(2):143-52. - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3635805>
9. Adebamowo C, Spiegelman D, Berkeley C, Danby F, Rockett HR, Golditz G, Willett W, Holmes M. Milk consumption and acne in teenage boys. *Journal of the American Academy of Dermatology* 2008; 58(5):787-93. - <http://www.ncbi.nlm.nih.gov/pubmed/18194824>

Wishing you a Happy and Healthy New Year!

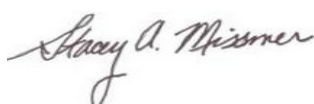
Dear **GUTS Participant**,

Enclosed please find your **2015 GUTS Calendar**. This calendar highlights some of the important research findings made possible by GUTS participants living across the country and around the world. **Thank you!**

Watch for your email invitation to the **GUTS 2015 Questionnaire** in **mid-February**. In **April**, you will also have the opportunity to participate in a **Special GUTS Follow-Up Study**.

Thank you for taking time out of your busy life to complete these questionnaires and for being a part of this uniquely valuable health study.

Sincerely,



Dr. Stacey Missmer, Director of the Growing Up Today Study