

THE BIG LITTLE NEWSLETTER FOR THE STUDY ON THE PREVENTION OF CARDIOVASCULAR DISEASE AND TYPE 2 DIABETES IN CHILDREN AND ADOLESCENTS

Meeting with the participants

630 youths are participating in The Familial Study on the Prevention of Cardiovascular Disease and Type-2 Diabetes in Children and Adolescents (QUALITY). Many youths came in for their third visit, and several others will be contacted to plan for their own. The schedule for the appointments is set until the beginning of 2016. We have interviewed three teenagers to ask them what had motivated them to take part in the activities.

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We met with **Léonnie**, 16 years of age, from Stittsville, **Delphine**, 18 years old, from Laval, and **Charles-August**, also 18, from Varennes. Each interview happened after the end of their QUALITY day.

What pushed you to take part in the 3rd QUALITY event?

"I had done the first two, so for the third one I said: why not? I had started, I didn't want to quit, I wanted to go the whole way."

"It's a research for better health, and health is something important to me. If it can help me and help others, all the better."

"I figured I had committed to it, and once you begin you want to go through with it."



When you were called up about this event, did you agree to it immediately?

"Sure, it's only one day at the hospital. Although there is a blood test, I decided I would go anyway, because that didn't bother me."

"I agreed to it once I had more time. Not that I didn't want to do it, it's just I had to delay things a bit because I was busy."

"In my head I wanted to say no, but I said yes because I had agreed to it. So we set the appointment."

There is a 5 year span between the 2nd visit and this one, the 3rd. At the start of the day, were there any tests you expected to do from having done them before?

"I knew what to expect in general. But I had forgotten about the dentist. In the end, the tests are pretty similar and the people working for the study explained all the tests prior to me doing them."

"I had forgotten a few, like the force test and the dentist test."

"I remembered the bike test, which was the one that stressed me most since I wanted to beat my personal record."

Did you find any test difficult? What did you tell yourself to get through it?

"The physical test on the bike. I wanted to prove myself that I was able to keep on. I told myself that I had to do it until I felt a burning sensation in my legs."

"The bike test is the toughest one. Otherwise they are not really difficult; it's more getting through the day. For the bike test, I told myself I just had to finish it and I'd be happy afterwards."

"Yes, the bike test. I told myself that I had to push on until I couldn't breathe anymore!"



Looks like we have a winner: the bike test is the toughest one, by a landslide!

Meeting with the participants... continued

Do you believe your taking part in QUALITY can help with furthering our research or science in general?

"Yes, that's the idea : the more participants there are, the better the results will be."

"The more you have people taking part, the better for the research, so I believe so."

"Of course! If not, I wouldn't be here!"



Were visits 1, 2, and 3 different for you?

"It feels like there is less free time for this third visit, we are all the time doing something."

"No, all three visits are rather similar: very busy, and more relaxed in the morning."

"On the second visit there was someone who filled out the survey form for me. As for the first visit, I can't remember, I was young and did not know what I was doing here!"

We heard the lasagna is better now!

The evaluation day requires a certain effort on your part. You have to get up early, get to the hospital, answer a survey, and pass several tests such as the blood test, the blood pressure test, dental hygiene evaluation, etc. Now that the day is over, what would say to other youths to motivate them to take part in a QUALITY day like this?

"It's important for science and for this Study, it will help others in the future, in coming generations. It's only one day every five years."

"I would tell them that, yes, it's a day of yours you give for a cause, but it's a good cause, that it's worth it, that it does more good than bad."

"The day is over and it was fun. It's like having a soccer game, not wanting to play, and then, finally, playing the game turns out to be real fun."

The participation certificate handed out on the third visit will be very useful to cumulate volunteer hours for school.

We thank all participants and their families for their great contribution!

A raffle for participants!

Yes, you have read it right!

To thank you for your generous participation, all youths having completed their third visit will be eligible for a prize!

The gifts will be drawn randomly once all participants will have completed their visit at the start of 2016. There will be two gift sets up for grabs, each containing one *iPod Shuffle* and one *Ultimate Ears* portable speaker!

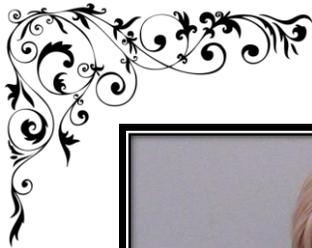
The *iPod* will allow you to send your favourite music to the speaker, which will play 360 degree sound.

This set offers the possibility to create your musical atmospheres wherever you are, both inside or out.



Good luck everyone!

Staff's impressions



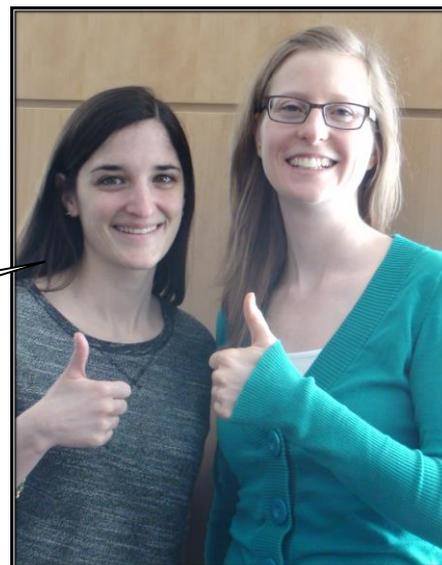
Since the last visit, five years ago, your personality has improved. Your presence is very friendly. You are super to be doing this visit for **QUALITY**, you are conscious of the good cause; it is an appreciated gift of self!

(Martine, H el ene, and Diane. nurses)



Thank you for taking the time to travel here for the visit. You are patient and generous with your time. Each person involved brings something important to **QUALITY**. Thank you for your contribution!

(Catherine, and Ginette, research assistants)



The aerobic capacity cycling test is demanding, but each of you has shown great determination. To see you pedaling so hard gives us energy, and motivates us to pursue our work!

Congratulations on your efforts!
( lyse, and Natacha, kinesiologists)



New members in the team!



Sanyath Radji

We take advantage of this issue to present you two people who have recently joined in the great team of QUALITY: biostatistician Sanyath Radji, and research assistant Annie Turgeon. Their work will help the researchers in collecting and analyzing data for the study.

Where do we stand at today?

The researchers and graduate students who are working on QUALITY's data are not idle. In 2014, they published 14 scientific papers! As we stand, the data collected for QUALITY has produced 48 scientific papers, and 103 presentations (posters, oral presentations, invited speakers). Here's to making 2015 just as fruitful!



Annie Turgeon

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Hypertension component

In the coming months, the participants who will be contacted to plan for their third visit will also be approached to take part in an additional component to the QUALITY study, which aims to achieve better understanding of hypertension in teenagers.

