

The **BIG** Little Newsletter for the Familial Study

On the Prevention of Cardiovascular Disease and Type 2 Diabetes in Children and Adolescents

Vol. 3 No. 2 (Fall 2008)



Who benefits from the Familial Study?

Setting up a study involves a lot of investments. From the initial idea, researchers must develop a good project, find collaborators, find funding, set up assessment infrastructures and find families to participate in the project. With all this effort, researchers hope that a great many will benefit from the study findings.

On the one hand, it is our hope that families participating in this study appreciate and learn from their experiences. On the other hand, many researchers await this study's results in order to answer their scientific questions and contribute to science and society with these answers. The study also serves other purposes. In this number of the newsletter, we will introduce you to someone who is learning to be a researcher through this project. You will also discover the new star of the newsletter and the latest information regarding the project.

We hope that this newsletter will interest you.

The **BIG** Little Newsletter Team

A new link between families, schools and the research team

From the very start of the study, maintaining a link with the families and schools involved in the project has been important to the research team. In addition, the researchers involved in the study are not all in the same research center, but work from Montreal, Quebec City and Sherbrooke.

For all these reasons, a website dedicated to the study will be on-line before Christmas. It will enable the research team to share with families and schools the study's findings, as well as the latest news concerning the project. There will also be a section for researchers to communicate, exchange ideas and obtain the best results possible.

You are invited to consult **your** new website at:
www.etudequalitystudy.ca



The Study Logo

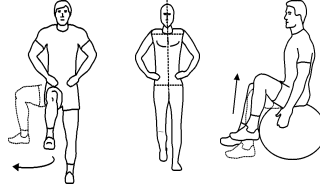
In order to introduce ourselves and distinguish ourselves amongst all studies, we recently developed a logo. It will be used, for example, when we present the study's results at national and international conferences.

The chosen image illustrates that the **child** is at the center of our research, and that we allocate importance to **both biological parents**. The heart crowning the family symbolizes that the child's **health** is what drives our study.



Questions For DR. QUALITY

Julie, from Saint-Lambert, is 9 years old and wrote to me because she is unable to bicycle. With her family, she thinks that she does not have enough balance. She would like to have tricks to improve her balance. I invite you all to try these exercises, starting by maintaining each position as long as possible, and then trying to do the same exercises with your eyes closed.



Practicing with a stationary bicycle could also help Julie learn to pedal, as could doing tandem cycling with her parents. Also, you must always remember to look ahead, and not at the wheel, when cycling.

What is certain is that it's by using a bicycle that you will improve on two wheels!

Portrait of Mélanie Henderson

Endocrinologist and PhD student in epidemiology at McGill University

Since when are you involved in the QUALITY project?

Since 2005.

What have you done in this project up until now?

I am responsible for the quality control of the evaluation of pubertal maturation done on all the young participants. I am also using the QUALITY data for my PhD studies, looking at the control of glucose (blood sugar) levels in this group of children at risk for overweight and obesity. I am also the official translator of all documents in English!

Why did you decide to get involved in this project rather than another?

Because my principle research interests fit perfectly with this project:

I am interested in risk factors for the development of type 2 diabetes in children – a well-established risk factor for cardiovascular disease. Indeed, most cases of diabetes in childhood are type 1 diabetes. However, with the increase in obesity rates in youth, we are starting to see type 2 diabetes in our patients. I am also very interested in the prevention and the treatment of obesity in youth, a problem that impacts several of our participants.

Do you have a message for the children, families and schools involved?

Thank you all so much for contributing to our understanding of the risk factors for cardiovascular disease in children: your courage and energy are precious to us!

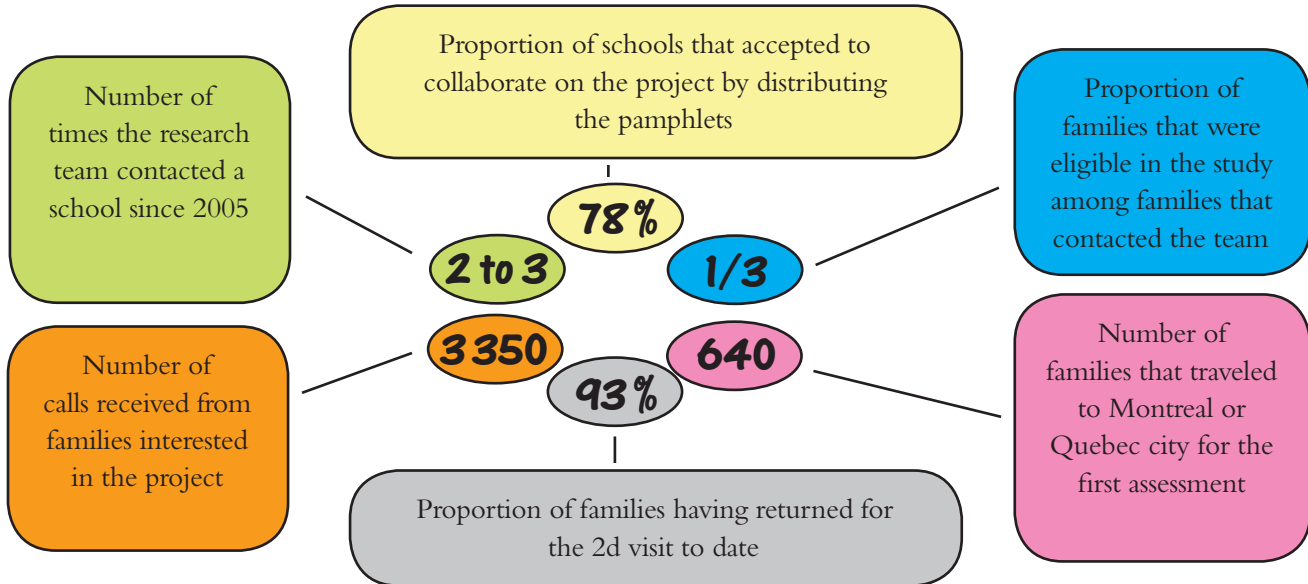




Summary of the Team Meeting University of Laval - October 2008



In October 2008, the seventh annual research team meeting took place at University of Laval. During this meeting, more than 30 students, employees working for the project and researchers discussed the progress of their work and the upcoming challenges to tackle. As scientists love numbers, here are those concerning the final tally of our recruitment.



In addition to the summary on recruitment, the teams of students and researchers presented their preliminary results on the following topics: Adiposity and blood pressure (Arnaud Chiolero); Carotid artery thickness and smoking (Jennifer O'Loughlin / Béatrice Lauzon); Frequency of breakfast and obesity: is there really a link? (Marie-Ève Mathieu); Vitamin D and associated factors in the QUALITY study (Sean Mark).

Once published, we will share these results with you on the study web site!

A Bit of Humour!

1) **Élise's Enigma, 11 years old (Montréal Site)**

What is white when it is dirty and black when it is clean?

2) **A:** *Did you hear that a baby was fed on elephant's milk and gained twenty pounds in a week.*

B: *That's impossible. Whose baby?*

A: *An elephant's*

3) **Teacher:** *Tell me a sentence that starts with an "I".*

Student: *I is the...*

Teacher: *Stop! Never put 'is' after an "I". Always put 'am' after an "I".*

Student: *OK. I am the ninth letter of the alphabet.*

Answer : I) A school chalkboard



The star of the fall issue of the Big little newsletter is ...

Pascale, 12 years old (Montreal Site)!

Let's get to know her better with a few Quiz questions...

Why did you participate in the study?

Because I think it is important to prevent disease in children.

What's your favorite food?

Cheese pizza.

Your favourite athlete?

I don't have one, because I think all athletes are excellent and try very hard.

What's your claim to fame?

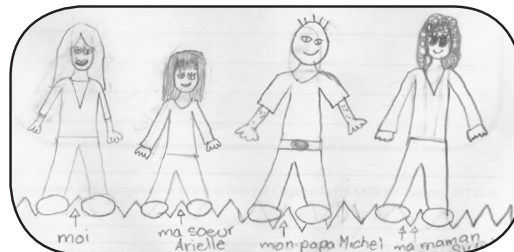
To have succeeded in not crying when they inserted the needle.

What do you want to be when you grow up?

A doctor like my mother.

What do you say to other youth who might want to participate in the study?

Don't be scared to do it, it is for a good cause.



The end of recruitment: December 22, 2008

In a few weeks, the last family to have entered the study will be assessed. In fact, the schedule is full until that date. Victims of our success, we must admit that we had to turn down some families because we had no spots for them in the last few months. We wish to thank all those who have helped us recruit the children and families that we will follow for several years!

Thanks to our funding agencies and sponsors



CHU Sainte-Justine
Le centre hospitalier
universitaire mère-enfant

Pour l'amour des enfants



To contact the newsletter team and the research team:

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