Hello Healthy Start Participants!

Welcome to the Healthy Start Study Quarterly Newsletter, where you will learn more about what we do and our upcoming visits!

Thank you for all your help over the years with our research.

Best wishes,

The Healthy Start Team

More Important News

The Healthy Start Study has recently received a grant to fund Healthy Start 3, a follow up to Healthy Start 1 (pregnancy and birth) and Healthy Start 2 (4-6 years old).

What does this mean for us?

- More funding towards our continued research about childhood health outcomes
- Extension of this research for the next 4+ years

What does this mean for you?

- You will be contacted again when your Healthy Start child turns 7
- You are part of a study leading the world in childhood health research. YOUR PARTICIPATION MATTERS!!!!

Upcoming Events in the Denver Area

November 22-February 14

Free ice skating at Skyline Park in Denver. Bring your own skates or rent for just $2.

January 22

Denver Museum of Nature and Science free day

BABY COME BACK!

Is your Healthy Start child turning 4 soon?

Time to schedule your FOLLOW-UP VISIT with us!

Give us a call at (303) 724-4871 or email us at Healthy.Start@ucdenver.edu to schedule.

All participants who complete their visits before the next newsletter will be entered for a chance to win a gift to Target!

Come show us how your baby has grown!
New Research

Be looking at our Facebook page for a new series of videos about how your participation is helping us discover important things. A featured video from one of our researchers will go over:

- How diet, physical activity, and mental health affect your chances of developing diabetes during pregnancy

Go to: [http://cuanschutztoday.org/articles/](http://cuanschutztoday.org/articles/) for information on other research happening at the Anschutz Medical Campus

Social Media

Make sure to like us on Facebook: [www.facebook.com/healthystart2](http://www.facebook.com/healthystart2)

Need some extra holiday spending money?

Like our Facebook page for a chance to win a $20 Target gift card! Winners will be announced December 16th.

Feedback?

Any comments, compliments, or concerns you’d like to share?

Give us a call, email, or write us on Facebook. We would love to talk to you!

Phone: (303) 724-4871

Email: Healthy.Start@ucdenver.edu

Holiday Fun Word Search

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

Each quarter, we’ll be introducing you to a new Healthy Start team member!

**Name:** Ali

**Hometown:** Denver

**Healthy Start role:** Professional Research Assistant (PRA) – I run study visits with our kiddos!

**With the study since:** 2014

**Favorite ice cream:** Sea salt caramel

**Favorite thing about Healthy Start:** I love getting to meet the kids. I am constantly surprised by how thoughtful 4-year-olds are!

Happy Holidays