

STUDY BRIEFING:

Three Cheers for YOU!



All of you who have participated in this study can be proud of yourselves. You have contributed to better public health – especially for moms and babies! We at the Archive for Research on Child Health (ARCH) study thank you! Collectively, you have helped us build a study group of **more than 1,000 mothers and children**. Because of this success, the ARCH study will be expanding.

ARCH is seen by many as an important way to help moms and babies. Recognizing that, the National Institutes of Health (NIH) and the Michigan Health Endowment Fund have agreed to **expand the study to many new sites**. We are currently working to establish 11 sites including Flint, Detroit, Ann Arbor, Traverse City and Sturgis. **This expansion is called M-ARCH—as in Michigan ARCH.**

You may not have known that the group doing this study includes professionals from five large Michigan institutions (see below). This group calls itself Child Health Advances from Research with Mothers (CHARM). These statewide institutions work together to understand the roots of childhood disorders and how to improve the health of mothers and children.

So, what does this mean for you as a current participant? You will continue to receive calls for surveys and incentives, but **new opportunities are coming your way!** And, of course, these are all voluntary!

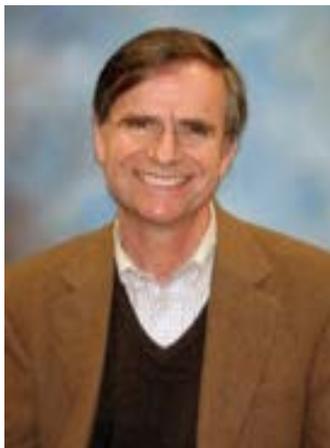
To our ARCH families, we thank you for your participation. The achievements of this study would not have been possible without your help! Your willingness to help the community is admirable, and we hope you continue to work with us for the good of all Michigan moms and babies. Michigan families are the keys to our success.

5 Michigan Institutions make up CHARM:



INVESTIGATOR SPOTLIGHT:

Dr. Nigel Paneth Leads CHARM



Child Health Advances from Research with Mothers (CHARM) is the group doing these studies. CHARM includes professionals from the Henry Ford Health System, Michigan Department of Health and Human Services, Michigan State University, University of Michigan and Wayne State University.

The head of CHARM is Dr. Nigel Paneth, a pediatrician and professor of epidemiology and biostatistics.

Dr. Paneth trained in pediatrics at Harvard Medical School and completed his master's degree in public health from Columbia University in 1978. He experienced pediatrics as a friendly, family-oriented, and prevention-oriented profession. The optimism and exposure to the beginnings of life also appealed to him.

Dr. Paneth came to MSU in 1989 to create the first MSU Epidemiology Department and serve as its chair. He was also a practicing physician at Sparrow Hospital and was named a University Distinguished Professor in 2009.

Dr. Paneth is the Principal Investigator and lead on the projects you know as ARCH and M-ARCH. He and other investigators work closely with the state health department and, together, they will plan to put statewide efforts in place to reduce infant mortality.

“The expansion of the program will give great insights into the effects of environmental exposures on mothers and children across the state,” said Dr. Paneth. “Using these results, ultimately the study will translate to health policy changes in Michigan.” – Dr. Nigel Paneth

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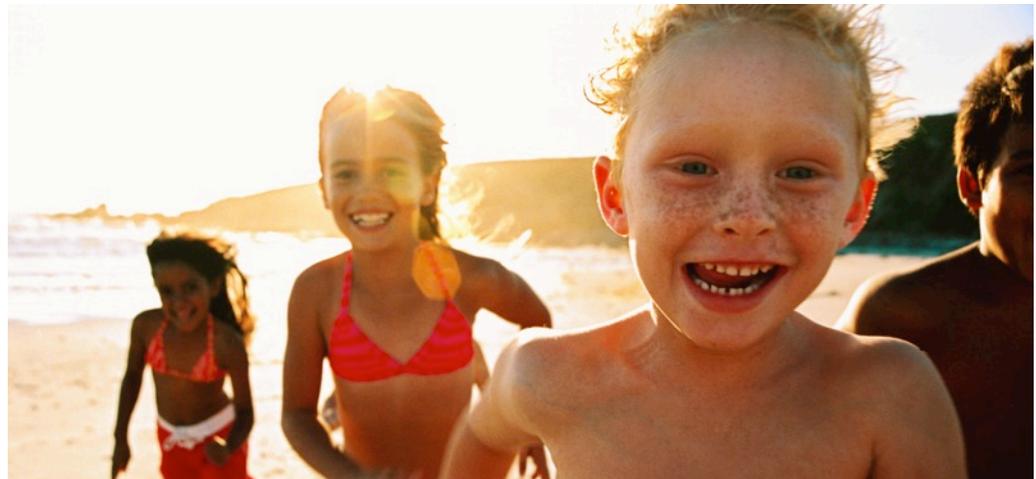
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TIPS FOR MOMS AND DADS:

Don't Forget the Sunscreen!



School's out, the sun's out and kids are ready for outdoor adventure! Between swimming, biking, shooting hoops or just enjoying fresh air, it is important to remember sunscreen.

Just a few serious sunburns can increase your child's lifetime risk for skin cancer. It is also untrue that darker skin cannot sunburn^[1]. A major key to a great summer is avoiding sunburn and that starts with sunscreen.

The American Academy of Pediatrics (AAP) states that the best, most effective defense against the sun's UV light is to cover up^[2]! Due to hot Michigan summers, staying in the shade and wearing sunscreen are great alternatives. The AAP suggests keeping infants under 6 months in the shade, away from direct sunlight, like under an umbrella or stroller canopy.

Shopping for the right sunscreen becomes simple by following a few basic guidelines. First, when shopping, look for a "broad spectrum" label, because these protect against UVA and UVB rays. Also, choose a sunscreen with SPF of at least 15-30 and for extra protection, choose SPF 50^[3]. Apply generous amounts of sunscreen all over the body and reapply! Make sure to apply sunscreen 15 minutes before exposure, to allow time for it to absorb into the skin^[4]. Reapply sunscreen after 2 hours, after swimming or sweating.

Do not let cloudy days fool your children. Even when it is hiding behind some clouds, the sun is capable of doing damage to the skin^[5]. Applying sunscreen before any outdoor exposure is always the best policy. Being safe and protecting your family's skin, is the first step to having summer fun. Enjoy your summer and be safe!

Footnotes:

1 Keep Kids Safe This Summer. The Center for Disease Control and Prevention. <https://www.cdc.gov/features/KidsSafety/index.html>

2, 3, 5 Sun and Water Safety Tips. The American Academy of Pediatrics, <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/sun-and-water-safety-tips.aspx>.

4 Sun Safety: Information for Parents about Sunscreen and Sunburn. The American Academy of Pediatrics, <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/sun-and-water-safety-tips.aspx>.