



*\*100,000 babies are about to change the world. Yours could be one of them.\**

## Perspectives



*Trisha Nabal  
Huntington Beach  
resident and mom  
to Nathan, 8, and  
Grace, 2*

I am a mom. Like most other moms, I make countless decisions everyday to do what is best for my children. Some are easy. "No! You can't have cake before dinner unless it's your birthday." But some are more difficult like, "Is that crazy green, glowing toothpaste really good for my kids?" My intuition says anything that color can't be good. Never before have children consumed and been exposed to so many man-made chemicals. They are everywhere. I often wonder how these chemicals affect my children's small bodies and developing minds.

That's why I am so excited about the National Children's Study. They are going to discover how our environment is affecting our children. So when my grandchildren ask me for green, glowing toothpaste, I will be able to say "yes" or "no" based on research, not just intuition.

## STUDY LAUNCH A SUCCESS!

The National Children's Study (NCS) was launched in Orange County on April 25 to great success. NCS Household Interviewers who went door-to-door in Irvine, Anaheim, Santa Ana and Huntington Beach reported that many people were receptive. The day before the launch, we celebrated with an Open House at our new location. The next cities to see NCS staff this month will be Laguna Beach, Costa Mesa and Tustin.

We're in the news! Check out the recent story on NCS in the *Orange County Register* at <http://healthyliving.freedomblogging.com/2009/04/23/seeking-child-bearing-women/5103/>

We have 15 new UC Irvine undergraduate researchers. Welcome students! They will be assisting with research and events.

Speaking of events, we participated in many events over the past few months including the March of Dimes' March for Babies in Newport Beach on April 26. We walked to honor Grace Burke, who was born premature. Grace, now 7, is the daughter of Children and Families Commission Consultant Lisa Burke.

We'd like to thank all our partner agencies. This month, we would like to recognize MOMS Orange County. Thank you for all that you do for us!



NCS Household Interviewers on launch day

## FAQ

### **What kinds of information will be collected if I join the Study?**

If you join the Study, we'll come to your home to get your physical measurements, like height, weight and blood pressure. We'll collect samples like small amounts of your blood, hair and saliva. We'll also collect samples from your home like air, dust and water.

## Upcoming Events

- May 2** - Soka Festival in Aliso Viejo
- May 2** - Costa Mesa Garage Sale
- May 2** - Community Resource Fair at Irvine Valley College
- May 5** - Help Me Grow Connection Cafe in Garden Grove
- May 7** - NUPAc Forum (Nutrition & Physical Activity Collaborative)
- May 30** - Free Asthma and Allergy Fair at CHOC Children's Hospital