



SUMMER 2012

# guts

Growing Up Today Study

## WHAT'S NEW?

Dear GUTS participant,

In the past 2 years, more than 15,000 of you have completed a GUTS questionnaire. Thank you for taking time out of your busy lives to contribute to this important research study. Your dedication provides scientists with important information about how health and lifestyle habits change from childhood through adolescence and young adulthood.

Big changes are coming to GUTS in 2013—all with the goal of making your participation as easy and rewarding as possible.

Thanks again for your dedication to GUTS and for all your comments and feedback. Each one of you is a unique and irreplaceable part of the GUTS community.

Stacey A. Missmer, ScD  
GUTS Director



*Stacey A. Missmer*

### GUTS I + GUTS II = GUTS

**WHEN YOU WERE YOUNGER**, it made sense to ask participants in GUTS I and GUTS II different questions. Some of you were 12 years old (so we asked you about how much time you spend doing homework and in gym class), while others were 23 (so we'd ask about your jobs and marital status).

Now you're all adults and the same questions are relevant to everyone ("Are you working, in school, in the military?").

From now on, everyone who is part of GUTS will receive the same questionnaire on the same schedule. That means no more confusion between GUTS I and GUTS II.

### NEW! WWW.GUTSWEB.ORG

A **COMPLETELY NEW WEBSITE** provides everything GUTS in one place:

- The current survey, when to expect the next one, and how many you've completed in the past
- An easy way to update your contact information
- Recently published research from the study
- Background on the scientists and staff who create your questionnaires and study your responses
- How to contact us (and we hope you will—we love questions, suggestions, and feedback)



The new GUTS website

## NOW YEARLY!

EVERY JANUARY you will receive a new questionnaire (instead of every other year or so). This is good for us and good for you!

- You'll receive shorter questionnaires and will have more chances to participate (and earn gift cards).
- Frequent questionnaires allow us to study in more detail things that might change from year to year, like smoking habits or weight.
- We hope that by checking in more often, we'll be able to stay in contact with you when you move or change your email address.

## NEXT SURVEY: JANUARY 2013

THE NEXT GUTS QUESTIONNAIRE will be emailed in January 2013. Make sure you receive your invitation! **Go to [www.gutsweb.org](http://www.gutsweb.org) to confirm that we have your current email address on file.**

When you receive your next GUTS questionnaire, you'll notice some changes.

- *It's shorter.* Fewer questions to answer means it takes less time to complete. You'll see new questions as well as some that are familiar.
- *It's relevant to your life.* We worked hard to develop questions that reflect that you are an adult. We also included some questions that you told us you'd like us to ask.
- *It's more convenient.* You can complete your survey online. It's quick, easy, and you'll also find interesting news and info about the study on the GUTS website.

# YOUR GUTS CALENDAR 2013



# Results - what we've found

THANKS TO GUTS PARTICIPANTS, researchers have established important connections between behaviors and health.

## Stress fractures

Higher vitamin D intake was associated with a lower risk of developing a stress fracture in female participants, especially among athletes who engage in a lot of high-impact sports.

Sonneville KR, Gordon CM, Kocher MS, Pierce LM, Ramappa A, Field AE. Vitamin D, but not calcium, is associated with reduced stress fractures among female adolescents. Archives of Pediatric Adolescent Medicine 2012 (in press).

## Eating disorders

Girls born in the fall were more likely to develop disordered eating behaviors such as frequent bingeing and purging, perhaps because they tended to be among the oldest in their class according to school-year cutoffs.

Javaras KN, Austin SB, Field AE. Season of birth and disordered eating in a population-based sample of young U.S. females. International Journal of Eating Disorders 2011 44(7):630-8.

## Domestic violence

Boys who were exposed to violence in their homes before age 5 were more likely to be overweight or obese as adolescents.

Jun H-J, Corliss H, Boynton-Jarrett R, Spiegelman D, Austin S, Wright R. Growing up in a domestic violence environment: relationship with developmental trajectories of body mass index during adolescence into young adulthood. Journal of Epidemiology and Community Health 2011.

## Depression

Female participants who reported depressive symptoms were more likely to start overeating or binge eating in the future. Similarly, overeating or binge eating predicted development of depressive symptoms.

Skinner HH, Haines J, Austin SB, Field AE. A prospective study of overeating, binge eating, and depressive symptoms among adolescent and young-adult women. Journal of Adolescent Health 2011 (in press).

## Reproductive health

Lesbian, bisexual, and mostly-heterosexual women were much less likely to have had a Pap test in the previous year than women who described themselves as completely heterosexual.

Find more research highlights and a complete list of published research articles at [www.gutsweb.org](http://www.gutsweb.org).

Charlton BM, Corliss HL, Missmer SA, Frazier AL, Rosario M, Kahn JA, Austin SB. Reproductive health screening disparities and sexual orientation in a cohort study of U.S. adolescent and young adult females. Journal of Adolescent Health 2011 49(5): 505-10.

## Benign breast disease (BBD)

Adolescent girls with a family history of breast cancer are at higher risk for BBD (a risk factor for breast cancer), and their BBD risk is further increased by drinking alcohol during their teen years.

Berkey CS, Tamimi RM, Rosner B, Frazier AL, Colditz GA. Young women with family history of breast cancer and their risk factors for benign breast disease. Cancer 2011 (in press).

## MEET LAURA

LAURA ANATALE TARDIFF, GUTS' Project Manager, takes care of everything GUTS-related, including creating the questionnaires, keeping the researchers updated on how many of you have responded, maintaining the Facebook page, and answering your questions.

While earning her Master's degree, Laura was a research assistant on a project that followed children over time to examine their health and development. She became interested in longitudinal research and jumped at the opportunity to work on GUTS. Now she's going back to school part-time to earn a PhD in Epidemiology.

Laura is the same age as those of you in GUTS I and often speaks up in meetings to remind the investigators that you're not teenagers anymore! In her spare time, Laura enjoys running, yoga class, and reading books on her Kindle.



## CONTACT US

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