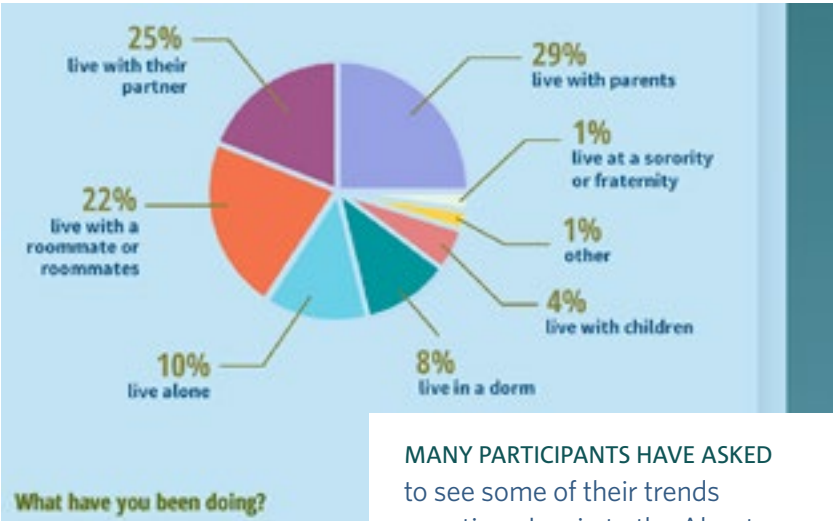




It's all about you

You've been giving us data for years.
Now we're giving some back!



What have you been doing?

MANY PARTICIPANTS HAVE ASKED to see some of their trends over time. Log in to the About

You section of the website (gutsweb.org) to see some of your activities over the years, like:

- Who you have been living with
- Favorite activities
- Time watching TV and other screen-based activities
- Sleep

GUTS at a glance

FIND OUT HOW MANY EGGROLLS

GUTS participants have consumed since the study began, and other fascinating stats like number of participants per family, male vs. female representation in the study, where around the globe you all are living now and (drumroll please) the number of inches study participants have grown in Empire State Building equivalents!

That's a lot of data!

Just how many eggrolls have GUTS participants eaten?!

Placed end to end, they would extend the **length of a marathon!**



Dear GUTS participant,

THE (SHORTER!) 2013 GUTS QUESTIONNAIRE was well-received. About a quarter of you completed it within a month of our first email, getting us off to a good start. Thanks for taking time out of your busy life to be part of this important study. It's because of you that researchers are able to advance what we know about health and lifestyle, beginning in childhood and continuing as you grow and change.

if you haven't responded yet: you become more important to us as the years go by. We've pared down our usual survey for your busy life. We hope you will check it out and fill it out at gutsweb.org/survey/login.php.

Thanks again for your dedication to GUTS. Each one of you is a unique and irreplaceable part of the GUTS community. We love hearing from you—keep sending comments and questions to me at guts@channing.harvard.edu.

Stacey A. Missmer, ScD
GUTS Director

P.S: There's more info inside about survey results (male vs. female, online vs. paper).

GUTS update

THANK YOU TO EVERYONE who completed the 2013 questionnaire. Based on your feedback, it took between 10-20 minutes to complete.

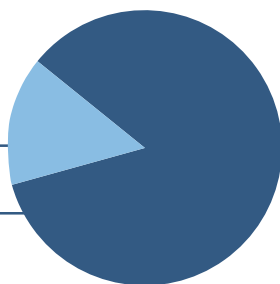
83% of your surveys were completed online—compared to 72% in 2010. The trees say thank you!

2013 SURVEY

ONLINE vs PAPER

17% paper

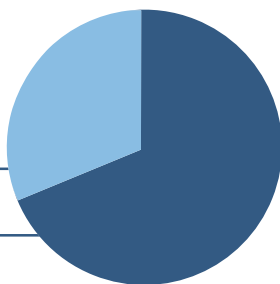
83% online



MALE vs FEMALE COMPLETERS

33% male

67% female



Didn't fill it out yet? Please take the special super-short version at gutsweb.org/survey/login.php or take it on your phone.

This isn't the whole survey, just a few questions. Thanks!



Next questionnaire: January 2014

Weigh in on the economy and access to health care in the upcoming GUTS questionnaire. Plus lots of the questions you've come to know and love (well, that we love you for answering). We'll send you the link early in 2014.

Update your info online now; it's quick and easy. You can log in and change your info at www.gutsweb.org.

Your data making a difference

NEW GUTS RESEARCH regularly appears in leading scientific journals. Thanks to your commitment to GUTS, researchers are advancing what we know about important issues like eating disorders, bullying, sexuality, obesity, body image, and substance abuse. Take a look at the full list of GUTS articles in the "Findings" section of our website (www.gutsweb.org).

Go ahead and make your favorite smoothie!

Young women can enjoy the nutritional benefits of yogurt, cheese, and milk without worrying that they may be increasing their cancer risk, according to findings published by GUTS researchers in April 2013 in *Cancer Epidemiology: Biomarkers and Prevention*. "This is the first investigation of dairy intakes reported during adolescence, rather than recalled later in life, and benign breast disease (BBD)," they wrote. BBD is a well-established risk factor for breast cancer. "The longitudinal design of this investigation is a strength; dietary data were collected, in real-time, years before the reporting of BBD in this large cohort of girls from all over the United States." The new study establishes that, although dairy consumption has been linked to growth spurts, it is not associated with BBD. Go ahead and make your favorite smoothie!

Berkey C, Willett W, Tamimi R, Rosner B, Frazier AL, Colditz G. Dairy Intakes in Older Girls and Risk of Benign Breast Disease in Young Women. *Cancer Epidemiol Biomarkers Prev* 2013; 22:670-674.

Sexual orientation and smoking: More support, strategies needed

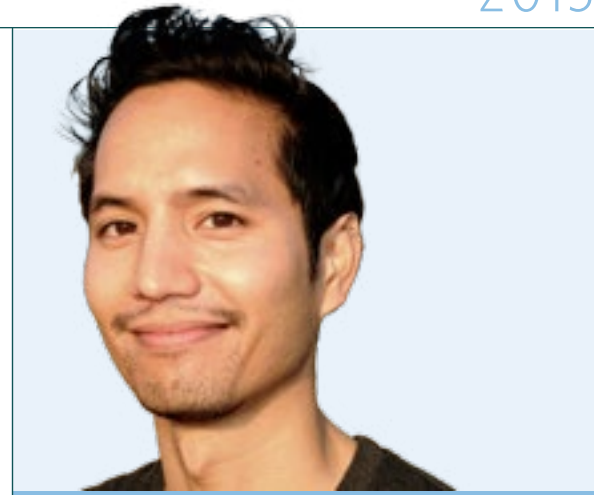
Young people with a minority sexual orientation are at higher risk for smoking, and new GUTS research indicates that rates are especially high for those who are younger or who are female. Compared with GUTS participants who identify themselves as "completely heterosexual," participants who were gay, lesbian, bisexual, or mostly heterosexual began smoking at a younger age, were more likely to be current smokers, and smoked more frequently. In an article published in *Nicotine and Tobacco Research*, GUTS researchers advocate for early tobacco prevention efforts that "focus on identifying successful ways to assist these youth in adopting healthy strategies for coping with stress and to enhance social support from their family and friends."

Corliss H, Wadler B, Jun H, Rosario M, Wypij D, Frazier AL, Austin, SB. Sexual-Orientation Disparities in Cigarette Smoking in a Longitudinal Cohort Study of Adolescents. *Nicotine Tob Res* 2013; 15(1): 213-222.

Check out the headlines—you're famous!

HEALTH BREAKTHROUGHS based on GUTS data get frequent media attention. Reporters are always on the lookout for the latest scientific discoveries, and GUTS continues to make unique, important contributions.

CNN, USA Today, ABC News, Time, and WebMD are a few of the media leaders to cover news about GUTS research. Link to the stories in the News section of our website (www.gutsweb.org).



Meet Jerel

SINCE JEREL CALZO JOINED THE GUTS team in 2010, his research has explored sexual orientation and male eating disorders. GUTS is one of the few studies that collects data on these important topics.

“The goal of my research is to understand the unique health risks of boys and sexual minority youth (i.e., gay, lesbian, bisexual, and mostly heterosexual) youth, and use this knowledge to help develop preventive interventions,” he explains.

Jerel earned his PhD in developmental psychology from the University of Michigan. He is currently a research scientist in Adolescent/Young Adult Medicine at Boston Children’s Hospital and an instructor in Pediatrics at the Harvard Medical School.

In his spare time, Jerel enjoys yoga (he is a certified yoga instructor), running (although not so much on New England snow and ice!), and making giant jars of kimchi.

“I Don’t Have A Tape Measure; What Should I Do?”

(And other frequently asked questions)

We realize that not all of us carry a tape measure in our back pockets. Especially for those of you who are completing the questionnaire outside your home, providing your measurements isn’t always easy. We include this question, however, because it is an important piece of data for a number of our ongoing studies. Therefore, we appreciate any way you can provide this information. **Need to give us your measurements later?** Sure! Just let us know (email us at guts@channing.harvard.edu) so we can help you log back onto your questionnaire whenever it’s most convenient for you.

What if you do not and will not have access to a tape measure? It’s OK to leave it blank if you have to.

You asked, we answered

The 2013 questionnaire sparked some great questions, ranging from “Will our children be able to join the study?” to “Will you ever go back to the longer survey—I liked that one better!” The GUTS team answered your questions on Facebook ([facebook.com/HarvardGUTS](https://www.facebook.com/HarvardGUTS)), and we’ve collected them in “The Survey” section of the website (www.gutsweb.org).



Check out the GUTS Facebook page at
www.facebook.com/HarvardGUTS

We GUTS

We asked "What gets you to fill out your questionnaire?" Here are the top 7 responses:

- 1** Being part of it so long
- 2** Contributing to the future
- 3** The gift card!
- 4** It's an important study
- 5** Bragging rights/Harvard
- 6** Appreciation of research
- 7** My mother's/grandmother's participation in the Nurses' Health Study

GROWING UP TODAY STUDY

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