**GUTS RESEARCH HIGHLIGHTS 2015**

**JANUARY**

- **January 1** - New Year’s Day
- **January 19** - Martin Luther King Day

**February**

- **February 16** - President’s Day

**March**

- **March 25** - National Nutrition Month

**April**

- **April 21** - National Great Outdoors Month
- **April 25** - Easter Sunday

**May**

- **May 31** - Memorial Day

**June**

- **June 25** - National Great Outdoors Month

**July**

- **July 4** - Independence Day

**August**

- **August 1** - National Breastfeeding Awareness Month
- **August 9** - UV Safety Month

**September**

- **September 7** - Labor Day

**October**

- **October 12** - Columbus Day

**November**

- **November 11** - Veterans Day
- **November 26** - Thanksgiving Day

**December**

- **December 25** - Christmas Day

**Asthma and Allergy Awareness Month**

GUTS research found that children whose mothers reported eating peanuts or tree nuts during pregnancy have a lower risk of developing an allergy to peanuts or tree nuts. 

**National Great Outdoors Month**

GUTS research has shown that increased physical activity among children has been linked with an improved social self-perception. Enjoying summer outside may have more benefits than you realize! 

**UV Safety Month**

New research observed that frequent tanning bed use was associated with other risky behaviors such as smoking cigarettes, binge drinking, using recreational drugs, and unhealthy weight-loss methods. 

**Thank you!**

Your generous participation helps make GUTS one of the most influential health studies of your generation!
Dear GUTS Participant,

Enclosed please find your 2015 GUTS Calendar. This calendar highlights some of the important research findings made possible by GUTS participants living across the country and around the world. Thank you!

Watch for your email invitation to the GUTS 2015 Questionnaire in mid-February. In April, you will also have the opportunity to participate in a Special GUTS Follow-Up Study.

Thank you for taking time out of your busy life to complete these questionnaires and for being a part of this uniquely valuable health study.

Sincerely,

Dr. Stacey Missmer, Director of the Growing Up Today Study

**Frequently Asked Questions**

**My life is not typical, should I still participate?**

Absolutely! Having a wide variety of people answering the questionnaires is what makes this study strong. The unique experiences of each of our participants helps us to better understand the relationships between health, lifestyle and nutrition.

**Can I estimate how often I ate the foods listed on this year’s questionnaire?**

Yes, please do. We realize that it is not always easy to remember what you ate and that your diet may vary depending on the season. This is why we ask you to average your answers over the course of a whole year.

**What if I’m not comfortable answering a question?**

Feel free to skip it – the last thing we want to do is make you feel uncomfortable. And if you have feedback you’d like to share on any question, drop us a line at guts@channing.harvard.edu. (As always, your privacy is protected.)

**Am I still in the study, even if I missed a few questionnaires?**

Yes, and your participation still matters! Each year, when you complete a questionnaire, you are providing the building blocks that are needed to help us find stronger connections between behavior and health outcomes. Thanks to you, we are working to develop a powerful resource that can improve health for everyone.

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**GUTS Research Highlights Calendar Citations**


Wishing you a Happy and Healthy New Year!