



Alberta Pregnancy  
Outcomes and Nutrition

# FALL 2017 Leaflet

## What's new with APrON?

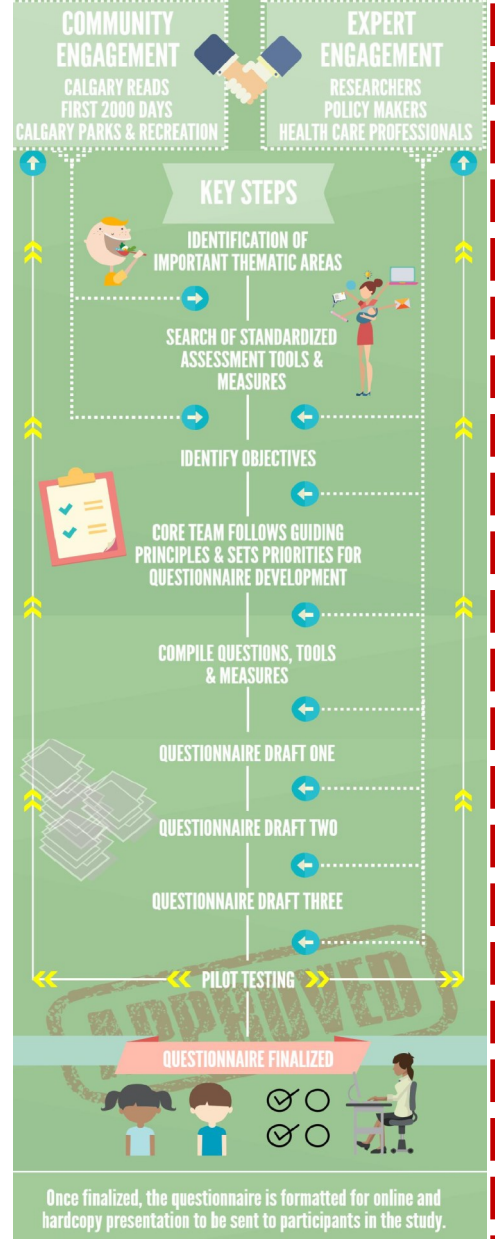
### Eight is Great arriving in your inbox

You've heard us talk about the study for a while and now, the wait is finally over. After many months in the works, our 8-year study ***Eight is Great*** is rolling out and we are so pleased to be seeing such a great response from all of you.

You may be wondering what it takes to develop a questionnaire and so we have created a helpful infographic to illustrate the process: we tapped into the expertise of many stakeholders, including researchers, policy makers, health care professionals and community organizations before we identified thematic areas, assessment tools and measures, which lead to a number of drafts before the final questionnaire is released online.

What's new in ***Eight is Great***: the **questionnaire is primarily available online**, which allows participants to follow along, stop/take a break when needed and return to the study when you have more time. The topics we are looking at this time around encompass your **child's school life, activities, screen use, health, sleep, community, behavior/development, as well as parenting and maternal health and wellbeing**. If you haven't received a link to the study just yet, watch your email around the time your child turns eight.

Throughout the process of developing a questionnaire, the research team spends many hours with experts and the community to gather perspectives on the most important issues for children's learning and development, parents' well-being and family resiliency.



## Send Us Your Feedback!

If you have any comments or questions about the *APrON Leaflet*, we want to hear them! We would also like to hear your ideas for future newsletters. Please contact us at [apron@ucalgary.ca](mailto:apron@ucalgary.ca)

We truly value your feedback!

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[www.apronstudy.ca](http://www.apronstudy.ca)



## RESULTS

### Study Title: Current Recommended Vitamin D Intake Guideline for Diet and Supplements During Pregnancy Is Not Adequate to Achieve Vitamin D Sufficiency for Most Pregnant Women



#### Join APrON's Participant Advisory Committee

The APrON team is always looking for participants to join our advisory committee meetings and we want you to be a part of it! Share your ideas on how we can keep participants, like you, engaged and interested in our research. We want to hear from you. Sessions will be 1.5 hours long and will take place at the Owerko Centre at the Child Development Centre in Calgary. If you would like to learn more about this exciting opportunity, please contact us by email at [apron@ucalgary.ca](mailto:apron@ucalgary.ca)

There is research to suggest that Vitamin D may be very important to the health of mothers and babies in pregnancy. However, we don't know what exact blood levels of vitamin D lead to pregnancy complications or what amount of vitamin D is needed in the diet (or in prenatal vitamins) to prevent complications. We studied a large well-nourished group of Canadian women during pregnancy and showed 2 in 10 of these women had low blood levels of vitamin D despite that almost everyone was taking vitamin D from food and supplements. We noticed 2 major facts in our study. First, still half of our pregnant women were not taking the amount of vitamin D from food and supplements that is recommend by Health Canada for pregnant women. Second, half of those women who had low levels of vitamin D in their blood were taking the recommended amount of vitamin D from their diet and supplements. Therefore, we showed that the recommended amount of vitamin D for pregnant women (600 units per day) may not be enough during pregnancy, especially for women who live in Alberta with long winters and limited exposure to sunlight.

**Authors:** Fariba Aghajafari, Catherine J. Field, Bonnie J. Kaplan, Doreen M. Rabi, Jack A. Maggioro, Maeve O'Beirne, David A. Hanley et al.

**Reference:** "The Current Recommended Vitamin D Intake Guideline for Diet and Supplements During Pregnancy Is Not Adequate to Achieve Vitamin D Sufficiency for Most Pregnant Women." *PloS one* 11, no. 7 (2016): e0157262.

To request the above or any other APrON publication please contact us at [apron@ucalgary.ca](mailto:apron@ucalgary.ca)

HELP KEEP OUR FILES UP-TO-DATE

Staying in touch with our participants is a key part of our work. When we lose touch with people we lose our ability to answer important health questions. If you have moved, changed your phone number or have a new email address, please take a moment to let us know of these changes. Keep in mind that we can send you surveys and keep you up-to-date with the *APrON Leaflet* no matter where you live, even if you are outside of Alberta or Canada.



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