



Leaflet

Happy New Year to our APrON families!

It's hard to believe that another year has come and gone. Thank you all for your support, your hard work and for helping to make the APrON study one of the largest pregnancy cohorts in Alberta. We wish you and your family all the best in 2013! See pages 2 and 3, where we talk about our plans for the future of the study.

APrON Participant Advisory Committee meets for the first time

In November 2012, we held our first ever APrON Participant Advisory Committee Meeting. The purpose of the meeting was to talk about the "APrON Experience" with a group of APrON participants who had volunteered to take part in the committee. We received a lot of great feedback from the nine women who attended the meeting; we discussed what encourages them to continue as APrON participants, what they find difficult about being in the study, and how we might make the APrON experience more convenient and rewarding for all participants.

If you are interested in taking part in future Participant Advisory Committee meetings, please email Julia at: julia.poole@albertahealthservices.ca. We would love to

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Planning the Future of APrON

Since our first newsletter in August 2009, we have tried to keep you up-to-date on our many achievements. In those newsletters (available always at www.apronstudy.ca) we have:

- Written about our goals and methods.
- Explained why we collect so many types of information (urine, body measurements, blood samples, etc.).
- Kept you up-to-date with our recruitment figures, new clinic sites, and participant numbers.
- Described many overall features of the cohort: demographic information, age, income, the role of APrON fathers, etc.
- Described a variety of student projects and sub-studies, covering topics like the use of natural health products in pregnancy, maternal cortisol and infant reactivity, prevalence of breastfeeding in APrON moms, etc.
- Announced the formation of the Participant Advisory Committee.



Where are we now?

Have we achieved all our goals? No, and our greatest disappointment is that much of the money we had budgeted for developmental assessments of all APrON children at age 3 was needed to recruit and start the cohort. The fact is that recruitment and clinic costs were about four times what we had budgeted. The **GOOD NEWS** is that we have been fortunate to receive new funding through the Canadian Institutes of Health Research and the American National Institutes of Health to conduct developmental assessments of at least **600 APrON children** (more about this on page 3). That's a start, but we would still like to conduct developmental assessments with *every* APrON child, even if that means we have to delay the assessment for 1 or 2 years until we can secure more funding.

Finding research grants from provincial and federal agencies for the rest of the developmental assessments is our highest priority and we appreciate your patience as we work toward this. Please make sure that we have your current contact information and if you move, *please update your contact information* so that we can contact you when we are able to assess your child.

What's next for APrON?

Over the next five years, we will be conducting developmental assessments on as many APrON children as we can. We will be assessing some children at age 2 and others at age 3 and age 5. We will not be able to assess all APrON children at each of these ages. However, our hope is to eventually assess *all APrON children* at some point in early childhood.

What does this mean for you?

We will always keep you informed of our progress and of new studies. And we will always be candid about where our findings fall short and what we plan to do to solve these problems. No matter whether you are invited for a developmental assessment now or later, *we are so grateful for your participation in our efforts to contribute new knowledge about maternal and child health.*



Follow us on Facebook and Twitter

- To join APrON's Facebook group, search "Alberta_pregnancy"
- To follow us on Twitter, search "@APrON_Research"

March is Nutrition Month

The theme for Nutrition Month this year is "Best Food Forward: Plan Shop Cook Enjoy!" and the focus is on helping consumers make healthier food choices in the grocery store. Check out the Dietitians of Canada website for more information at www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2013.aspx.

Fibre Facts

Fibre is a very important nutrient—it can help maintain your bowel health, prevent hemorrhoids and may even help to reduce your risk of certain cancers and heart disease.

How much fibre do you need? Women aged 19-50 years should eat 25 grams of fibre per day.

Where can you find fibre in your diet?

Fruits and vegetables with the skin left on, nuts and seeds, whole grains and legumes (beans, peas and lentils) are all good sources of fibre.

Look for foods that have at least 2 grams of fibre per serving, eat plenty of fruits and vegetables, add legumes to pasta sauces or salads and choose whole grains more often. These are just some of the ways to make sure you are getting the fibre you need for good health.

This tasty Lentil Edamame Stew has 7 grams of fibre per serving—give it a try!

Cooking Corner - Lentil Edamame Stew

Ingredients:

1 cup dried lentils
3/4 cup frozen shelled edamame (green soybeans)
2 tbsp olive oil
1 1/2 cup red onion, minced
3 cloves garlic, minced
1 (14.5-ounce) can diced tomatoes, low sodium, undrained
6 tbsp fresh lemon juice
1 tbsps chopped fresh parsley
1 tbsp chopped fresh mint
1/2 tsp salt
1/2 tsp ground cumin
1/8 tsp ground red pepper
1/8 tsp ground cinnamon
Dash of ground cloves



Cooking Instructions:

- ⇒ Place lentils in a large saucepan; cover with water to 2 inches above lentils. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until tender. Drain well, and set aside.
- ⇒ Place edamame in a small saucepan; cover with water to 2 inches above edamame. Bring to a boil; cook 2 minutes or until edamame are tender. Remove from heat; drain well.
- ⇒ Heat oil in a Dutch oven over medium-heat. Add onion, garlic, and tomatoes to pan; sauté 6 minutes or until onion is translucent, stirring often. Stir in lentils, edamame, juice, and remaining ingredients. Cook 2 minutes or until thoroughly heated, stirring often. Serve with flat bread.

Nutrition Facts (1 Serving):

Energy:	281 kcals	Folate:	210 mcg
Protein:	10 g	Calcium:	88 mg
Carbohydrate:	30 g	Iron:	4 mg
Fibre:	7 g	Potassium:	749 mg
Fat (total):	16 g	Vitamin A:	42 RAE
Saturated:	2 g	Zinc:	1.5 mg
Monounsaturated:	11g		
Polyunsaturated:	3 g		

Source: www.foodtasticmom.com

Stay in touch - help keep our files up to date!

Since APrON is a long term study, staying in touch with our participants is a key part of our work because it lowers the number of participants who are “lost to follow up”. If you move, change your phone number or get a new email address, please take a moment to inform us of these changes. Keep in mind that we can send your questionnaires and keep you up-to-date with participant newsletters no matter where you live, even if you are outside of Alberta or Canada.



Contact Us!

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**If you have any suggestions, questions or comments,
please send them in. We truly appreciate your feedback!**