

Winter  
2011

Issue 3



## The APrON Leaflet

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### Our first APrON babies turn one!



Happy Birthday to you! Our first APrON babies celebrated their first birthdays in September 2010. Since then, a total of **610 APrON babies** have been born. Congratulations to all the new APrON moms and dads!

### APrON continues to grow...

We are excited to announce **two new satellite clinics in Calgary**. We hope the addition of these locations will encourage women living and/or working in these areas of the city to participate in APrON.



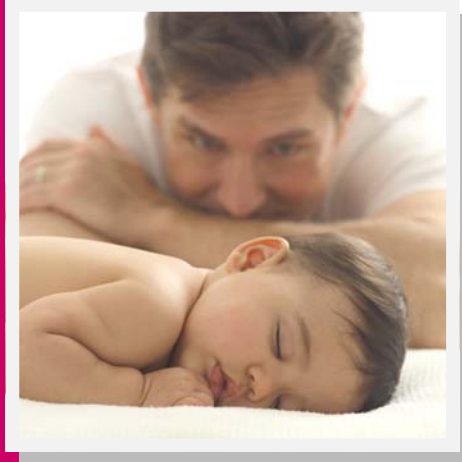
The two new satellite locations are:

**Dr. Amrik Singh Bassi's clinic**  
200, 126 Martindale Dr NE  
Hours: Thursdays 10:00am-4:00pm

**Sheldon Chumir Health Centre**  
1213 4<sup>th</sup> St SW  
5<sup>th</sup> Floor (Sexual and Reproductive Health Clinic)  
Hours: Mondays 1:00-5:00pm

For more information about these locations, please call  
**403-955-2783**

## Why do we take a cheek swab from dad?



A cheek swab sample is just one way to involve our APrON dads in the study. Although it is not required, obtaining this sample is a very important piece of our research puzzle. As many of you already know, the genes that we inherit from our parents play an integral role in determining our chances of developing various mental and physical health problems. A cheek swab sample from dad provides us with his DNA, which will allow us to take a closer look at and identify specific genes that influence the mental and physical health of our APrON babies. Dad's cheek swab sample will also contribute to a large DNA Biobank which will be used to answer scientific questions about children and their families in the future.

*APrON now has 1400 participants from both Calgary and Edmonton!*

## Numbers, numbers, numbers!

We now have over **1400 participants!** Did you know that through your participation you are not only helping to create new knowledge about pregnancy and nutrition but you are also helping to train future health care professionals about research? Thank you!

## Why is hand washing so important? Tips on how to pass this important message on to your kids...

At some point in your life, your mother probably told you to wash your hands before you eat. If you'd like to avoid some trips to the doctor's office, passing this message along to your kids might be something to consider! Truth be told, handwashing is the best way to prevent germs from spreading. When you or your child comes in contact with germs, you can become infected by simply touching your eyes, nose, or mouth. After that, it's only a matter of time before the germs spread through your household like wildfire! The following suggests steps on how to properly wash your hands. Show your kids-or better yet, wash your hands together so they learn how important it is.

1. Wash your hands in warm water (make sure it's not too hot for little hands!).
2. Use soap (it doesn't have to be antibacterial) and lather up for at least 20 seconds (about the time it takes to sing Twinkle, Twinkle, Little Star). Be sure to get in between fingers, underneath nails, and don't forget the wrists.
3. Rinse and dry well with a clean towel.

Source: <http://kidshealth.org>



## Team Member Profile

Rhonda Bell, PhD - APrON Investigator



Dr. Bell began her academic journey at the University of Waterloo, where she obtained a Bachelor of Science in Kinesiology, followed by a Masters in Health Studies. Dr. Bell then went on to complete a Doctorate in Human Nutrition at Cornell University and a

nutrition at the University of Alberta, much of Dr. Bell’s research focuses on the role of nutrition in affecting the development of diabetes and its complications. Now that the APrON study is underway, Dr. Bell is excited by the amount of nutrition information we have been able to gather from our participants. She hopes that the findings from the APrON study will have implications for effectively targeting strategies to prevent type 2 diabetes in later life.

Postdoctorate in Endocrinology and Metabolism at the University of Alberta. Now a professor of

### Fun Facts: Most common baby names

We thought it would be fun to look back at all the APrON baby names from the past year and compare them to those that were most popular in Alberta. As you can see, three of the five most common APrON boy names, and two of the five most common APrON girl names are also on the list of most common baby names for all of Alberta!

Most Common Boy Names		Most Common Girl Names	
Alberta*	APrON	Alberta*	APrON
Ethan	Nathan	Olivia	Charlotte
Liam	Owen	Emma	Isabella
Jacob	William	Ava	Abigail
Logan	James	Isabella	Sophia
Noah	Benjamin	Emily	Elizabeth
Alexander	—	Sophia	—
Benjamin	—	Alexis	—
Owen	—	Ella	—
William	—	Sarah	—
Lucas	—	Chloe	—

*\* Information for Alberta was taken from the Government of Alberta and reflects statistics from 2009. The top names for 2010 will be released in May 2011.*

## Babsi's Broccoli Soup



- 2 cups chopped broccoli (stems or florets)
- 2 cups chicken broth
- 1 cup buttermilk
- 1/2 tsp dried basil
- 1/2 tsp dried tarragon
- Add the following ingredients to taste: black pepper, salt, low fat plain yogurt, shredded cheddar cheese, and chives

Source: *Cook Great Food (Dietitians of Canada)*

### Cooking instructions:

1. In a saucepan over medium-high heat, cook broccoli in chicken broth for 10 minutes or until tender. Refrigerate in broth until chilled.
2. In a food processor or blender, puree chilled mixture, buttermilk and seasonings until smooth. Taste and adjust seasonings. Reheat just to serving temperature, or chill and serve as cold soup. Serve garnished with broccoli, yogurt, chives, and cheddar cheese.



## Next Issue

- **Your questions answered:** Why do we ask you to complete a 24-hour diet recall?
- **Recruitment update**
- **Team member profiles:** Meet another member of the APrON team

## What would you like to see in future newsletters?

If you have a **suggestion, question** or **comment**, please send them in.  
We appreciate any and all feedback!

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