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Recruitment Efforts Still Needed!

We are in need of everyone’s assistance recruiting African American women with toddlers for our study. We have completed visits with 60 women, but our goal is 200, so we still need 140 participants. Please contact our office if you can provide assistance. As an incentive to recruit women, we will be holding 2 drawings each month.

One drawing will be for a prize pack filled with assorted goodies and a recruiter’s name will be entered for each African American woman he or she recruits for the study. This means if you recruit 5 women for us, your name will be entered into that month’s drawing 5 times! We’ve already had our first winner, Sarah Perettie from Detroit. Congratulations Sarah!

The second drawing will be for a $25 gift card to Meijer and a recruiter’s name will be entered for every three visits our data collector completes with African American women he or she recruited. Remember, these women must self-identify as African American during the home visit to count.

We’ve already had our first winner: Keisha Willis from Detroit! Keisha has recruited 7 African American women for the study, and three have completed home visits. Congratulations Keisha! What’s more, if 3 of Keisha’s other recruited women complete home visits, she will be entered to win another $25 gift card to Meijers!

We will be drawing new winners at the end of the month, so there is still time to recruit! Send us your African American participants today!

LOOK AT THESE BARS RISE!

We have been working with representatives from 7 of our 8 Early Head Start partners to create a nutrition assessment tool for toddlers. The MSU research team has met and finalized a long assessment form to be completed either annually or every 6 months, whichever best meets the EHS program’s needs. A short assessment form is being worked on, and will be adaptable to each program. This short form is being developed to catch nutrition related problems as they develop and will be completed more frequently than the long assessment form.

We are planning a meeting between the research team and the NEAT-R representatives to discuss any additional changes to the forms, and then we hope to distribute the assessment forms to each of our Early Head Start partners. The meeting is tentatively scheduled for August 24, 1 PM until 4 PM, at the Isabella County Building in Mt. Pleasant. All EHS staff are welcome to attend, just contact our office or your representative for more information.
Welcome Irever!

This summer, our office is lucky to have a McNair/SPROP student working with us. Her name is Irever Julion, and she is a junior nursing student at Howard University. As part of the McNair/SPROP program, she will be working on a personal research project using our data. She is working to determine if there is a relationship between toddler’s BMI and various characteristics, such as mother’s race, mother’s BMI, and toddler’s birth-weight. Check out this website for more information on the McNair/SPROP program:
http://www.msu.edu/~oss/mcnair/

Toddler Tips—New Snack Foods:
Having difficulty getting your child to eat healthy snacks? Here are a few tips from the Oregon Dairy Council:

* Involve your child in the food shopping—ask him or her what to add to the grocery list
* Let your child pick a new fruit or veggie each week at the store, and include him in washing and serving the new food
* When you offer a new food at snack time, be sure to serve it with one of your child’s favorite snack foods
* If your child wrinkles up her nose at the new snack food, don’t worry. Sometimes it takes up to 20 tries before a new food is eaten!

Here are some ideas for storing healthy snacks. Choose two different foods listed for a filling snack:

Keep in a basket:
Apples, bananas, kiwi, mango, oranges, peaches

Keep in the cupboard:
Bagels, crackers, fig bars, peanut butter, tortilla

Keep in the Refrigerator:
Carrots, celery, cheese, milk, salsa, yogurt


Fruit Cones

A good snack idea for birthday parties or family gatherings!

* 3/4 cup fresh fruit (such as berries and banana), cut into small pieces
* Ice cream cone
* Plain or vanilla low-fat yogurt
* Granola

Fill the ice cream cone with fruit, then drizzle with yogurt. Top with granola and enjoy!

Taken from: http://about.com/parenting

NEAT Research Office HOURS
Monday - Friday
8:30 am - 4:30 pm

If you have any news, comments, questions, or ideas to share in the NEAT newsletter...please call our office at (517) 355-6744, fax at (517) 355-5002, or email Kate (smithk81@msu.edu)

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