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# San Diego County NCS Quarterly Update - Winter 2010



## Thousands will participate. Millions will benefit.

*Welcome to the inaugural issue of the National Children's Study (NCS) San Diego County newsletter! The purpose of this newsletter is to provide our study partners with the latest information on study progress and local community outreach and engagement efforts. We will be sending these newsletters quarterly. If you know someone who may be interested in receiving them, please feel free to forward this newsletter to them.*

### **SAN DIEGO NCS CHAMPIONS**

**Wilma Wooten, MD, MPH**

## **\*\*BREAKING NEWS\*\***

On February 2, we were notified that the San Diego County location  
of the

National Children's Study has been selected as one of thirty sites  
to test an alternate recruitment strategy for the Study. This means  
that we will likely be launching recruitment later this year!

**Stay tuned for details!**

## **WHAT IS THE NATIONAL CHILDREN'S STUDY?**

The NCS is the largest child health study ever conducted in the United States and will follow 100,000 children from before birth to age 21 to identify genetic and environmental factors that contribute to health disorders and conditions of childhood and adulthood. Environment is defined broadly and includes everything from air, water, and soil to neighborhood characteristics, biological and chemical factors, and family and cultural influences.

The goal of the study is to collect information that will help prevent



*"The National Children's Study is a landmark opportunity to objectively examine environmental factors that influence the development and health of our children. Outcomes of this study will significantly contribute to the future of public health policy, practices, and interventions for the health of children. I am immensely supportive of and honored to be involved with this project."*

- *Wilma Wooten, MD, MPH*

and treat some of the nation's most serious health problems, including autism, birth defects, diabetes, ADHD, asthma, and obesity (among others). Families who participate in the study will come from 105 study locations across the United States. The NCS will represent the nation's children, meaning that it will include children from diverse socioeconomic and ethnic backgrounds.

The Study is already underway in seven "Vanguard Centers" across the country, which began recruiting participants in early 2009. As of December 31, 2009, over 500 women had agreed to participate in the study in these seven communities.

## **ABOUT THE NCS SAN DIEGO**

San Diego County is home to people who are diverse in their racial and ethnic heritage, socioeconomic status, and culture. Features such as our large military population and our proximity to the US-Mexico border make us different from many other areas that are participating in the NCS. San Diego County is part of the Southern & Central California (SCCA) Study Center, which is led by our colleagues

Dr. Wilma Wooten is board-certified in Family Medicine and has a master's degree in public health. From 1990-2001, she practiced medicine as a faculty member of the University of California, San Diego, Department of Family and Preventive Medicine. In March 2001, she became the Deputy Health Officer of the Office of Public Health, Health and Human Services Agency in the County of San Diego and has served as the Public Health Officer for the County since February 2007. Dr. Wooten also serves on the Community Partners Advisory Board for the San Diego County NCS.

at the University of California Irvine and which includes the Orange County Vanguard Center.

In San Diego County, 250 expectant mothers per year will be enrolled over a four year period, for a total of 1,000 children born in 14 local neighborhoods. Study neighborhoods will be randomly selected, and local neighborhood advisory councils will be developed to inform our outreach and recruitment efforts. These 1,000 San Diego children and their families will teach us not only what is harmful to children's health and development, but also what is harmless and what is helpful.

## UPDATES AND PROGRESS

### SELECTION OF STUDY NEIGHBORHOODS:

Our work continues in the selection of our study neighborhoods. Ultimately, 14 neighborhoods across San Diego County will be randomly selected as the areas from which study participants will be recruited. We are looking forward to the selection of these

### Tom Moore, MD



*"The National Children's Study is a unique opportunity to learn the best ways to optimize our nation's future health by studying in detail which conditions in a child's life, and even during pregnancy, lead to better development and resistance to disease."*

- Tom Moore, MD

Dr. Tom Moore is Chairman of the Department of Reproductive Medicine, Division of Perinatal

neighborhoods, and expect it will take place early this year. So stay tuned!

### **COMMUNITY OUTREACH & ENGAGEMENT:**

The success of the NCS depends on the involvement of the community, including the families who might participate in the study and the organizations that serve and support them. This effort cannot go forward without the enthusiasm of our entire community. We are proud to have a growing network of collaborators and welcome all groups interested in getting involved or becoming a Study Champion. Our community partners include, but are not limited to: The Children's Initiative; the Council of Community Clinics; Community Health Improvement Partners; the Child and Adolescent Services Research Group, Rady Children's Hospital; and local chapters of the American Academy of Pediatrics and the American Lung Association. Our most recent outreach efforts have included the Commission on Children, Youth and Families, local WIC directors, the Childhood Obesity Initiative, and the Child Care and Development Planning Council.

### **HEALTHCARE OUTREACH:**

Medicine at the University of California San Diego. He graduated Cum Laude from Yale University and is board certified in Obstetrics and Gynecology/Maternal-Fetal Medicine. Dr. Moore has been named one of the Best Doctors in San Diego as well as Best Doctors in America every year since 2002. He was also given a Tercentennial Alumnus Achievement Award by the Yale Club of San Diego in 2001. Dr. Moore is a co-investigator for the San Diego County NCS.

### ***HOW CAN I GET INVOLVED?***

*Community Agencies:* please contact our Community Outreach

Hospitals and birthing centers are an integral part of the NCS team because the biological samples and data collected at the delivery are essential to the study of the effects of environmental exposures during pregnancy and how these exposures may affect both the mother and baby. We are in the process of engaging hospitals and all birth centers in San Diego County and have recruited interested physicians, nurse midwives, and nurses to be NCS Champions at each hospital. Our next step will be to complete IRB procedures or establish agreements with each hospital for the data collection to occur at the birth visit. In addition to sample collection, health care providers play a critical role in the success of the NCS by helping to publicize the Study to their patients and by supporting a patient's decision to participate. To increase awareness, we have been presenting the Study at nursing and physician seminars, hospital grand rounds, and department meetings, and will continue to do so.

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The San Diego County location of the National Children's Study is led by the University of California San Diego and San Diego State University, in partnership with the County of San Diego Health and Human Services Agency and the First 5 Commission of San Diego. The National Children's Study is led by a consortium of federal partners: the U.S. Department of Health and Human Services (including the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development and the National Institute of Environmental Health Sciences, both of the National Institutes of Health; and the Centers for Disease Control and Prevention) and the U.S. Environmental Protection

Agency.

For more information about the National Children's Study visit <http://www.nationalchildrensstudy.gov/>

The San Diego County location of the National Children's Study is part of the Southern and Central California (SCCA) Study Center, which is led by the University of California Irvine. For more information about the SCCA Study Center, visit the [SCCA website](#)

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