

# WELCOME TO OUR BLOG

The TARGet Kids! Program aims to improve the health of Canadian children. Our goal is to link early life exposures to health problems including obesity, nutritional deficiencies and developmental problems.



## WHO

*We enroll healthy children ages 0 to 5 years and follow them into adolescence.*



## WHAT

*We collect physical measurements, blood samples, and information on lifestyle & development.*



## WHERE & WHEN

*We began in 2008, collaborating with Toronto-based pediatric & family practices.*



## WHY

*Little is known about the health of Canadian children & the problems they face later in life.*

**Did you know?** TARGet Kids! has over 5000 participants.

## OUR RESEARCH



**OptEC** aims to improve developmental outcomes through early detection of iron deficiency.

**EAT IT** assesses the agreement between reported vitamin D intake and actual dietary intake.



**PROMOTE** aims to identify risk factors for obesity & cardiometabolic outcomes.

**HOLD IT** assesses health outcomes in children with low vitamin D levels.



**Fit for School, Fit for Life** aims to determine if early childhood weight and lifestyle factors affect school readiness in kindergarten.

**DO IT** assesses Vitamin D supplementation and health outcomes in preschoolers.



**Did you know?** Your physician can customize your child's care based on their results.