



Celebrating 10 Years of TARGet Kids!

Dear TARGet Kids! families,

Thank you for being part of TARGet Kids!. We are so grateful to you and your family – we want to thank so many of you, who have been with us for almost 10 years! It has been an incredible decade. We also want to welcome our new families – we are excited to learn with you all for the next 10 years!

TARGet Kids! was born in 2008, when we were just starting our careers in pediatrics. We realized that there was little known about keeping young children healthy in Canada, and we wanted to help. We started with our mentors and colleagues in one clinic in Toronto, and we have now grown TARGet Kids! to almost 10,000 families, 13 sites across the GTA, and a new clinic on Montreal, Quebec. We are proud that our incredible team includes over 60 primary care doctors, many more nurses and clinic staff, who are all working together towards our goal of keeping kids healthy.

By sharing important information about your child and family, you have made an important contribution to child health research in Canada. Together, we have shared
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Join the TARGet Kids! Parent Panel

We are looking for parents to help us make our research the very best it can be. [see page 3.](#)

Major Milestones at TARGet Kids!

Check out some of our major milestones since 2008.
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Our Research

Since the start of TARGeT Kids! we have published over 60 papers in scientific journals. A list of our scientific research is available at www.targetkids.ca.

A few key findings include:

- The top unanswered child health questions are how to prevent children's mental health problems, parent stress, childhood obesity, and how best to promote healthy child development.
- Cough and cold medications for children younger than 6 offer no benefit and remain over-used.
- Parent screen time, meals in front of the TV, and lack of household screen rules are related to increased screen time for children.
- Seeing a dentist when your child turns one year is important. Few young children visit the dentist despite recommendations that all children should do so by 1 year of age.
- Drinking more than 2 cups of cow's milk per day and not eating meat is associated with iron deficiency.
- Vitamin D supplementation and vitamin D fortified milk intake are important for maintaining healthy vitamin D levels in children but doesn't prevent the common cold.
- Longer sleep duration and a healthy weight in children are associated with better childhood cholesterol levels.

Join us!

Book your next check up and complete your TARGeT Kids! visit TODAY! Upon completion of the visit you will be entered into a draw to receive a gift card!

Our Amazing Research Assistants

We are so fortunate to work with such a talented team of Research Assistants.



From left to right: Julia Thompson, Dharma Dalwadi, Sharon Thadani, Tarandeep Malhi, Laurie Thompson, Chenika Stewart, Marivic Bustos, Cyril Oswald, Farnaz Bazeghi, Talia Ho, Vincent Bouchard (inset).

Faces of TARGeT Kids!

Yamna Ali



During my Masters of Public Health studies at University of Toronto, I had the opportunity of working with TARGeT Kids! on a research study related to autism. This project continued to motivate me to pursue medicine and consider a career in Pediatrics. I am now in medical school at University of Toronto and hope to work in an area where I can effectively combine my interests in clinical practice and research in Pediatrics. Thank you to all the TARGeT Kids! participants and team members for providing me with this great opportunity to learn so much!

Kimberly Nurse



My journey with TARGeT Kids! began in 2015 when I was a high school student selected to participate in the SickKids Student Advancement Research (StAR) internship. That year, I had the opportunity to work on a study evaluating a food insecurity screening tool. I am now pursuing a Bachelor's degree in Kinesiology at the University of Toronto. Currently in TARGeT Kids! I am validating sleep questions using accelerometry data. Working alongside the TARGeT Kids! team of doctors and researchers has been a remarkable experience and I am most grateful to all participating families.

Celebrating 10 Years of TARGet Kids! continued from front page

our findings with other health care providers and decision makers in child health, and have published more than 60 scientific papers. Our work has been recognized as important and we are thrilled to be awarded several competitive research grants to continue to make this work possible.

We have an incredible team of dedicated research assistants, and staff who are passionate and dedicated to you and your family and help to make this all happen. We are working together with researchers and students across many related disciplines such as pediatrics, family medicine, epidemiology, nutrition, kinesiology, psychology, early childhood development, laboratory medicine, cardiology, endocrinology, psychiatry and nursing.

We have learned so much about children's health, growth, nutrition, learning and development. None of it would be possible without your participation. By allowing our research assistants to measure you and your children over time, we have learned how to ensure that our children are growing optimally. With the blood samples your children have provided we have begun to learn more than ever about vitamin D, iron and cholesterol. We value and appreciate your time and dedication to completing the questionnaires, measurements, and blood draws at each visit.

It is with great excitement that we will be celebrating our 10th year in 2018. TARGet Kids! is growing, developing, and maturing together with you and your families. Please continue to help us be the best TARGet Kids! can be. At your next doctors visit please ask the TARGet Kids! research assistant about our draw for a few special prizes that we will be giving away this year in celebration of this remarkable milestone.

We hope you enjoy reading the updates in this newsletter. You are welcome to visit the TARGet Kids! website and check us out on twitter (#targetkidshealth). We welcome opportunities to hear from you.

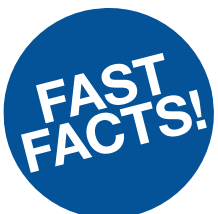
With appreciation,



Dr. Catherine Birken



Dr. Jonathon Maguire



1,359 Number of children who have had 5 or more TARGet Kids! visits.

We have over **20,000** measures of children's heights and weights!

The combined height of all measures is equal to **40x** the CN tower!

The combined weight of all measures is equal to **66** elephants!

For links to TARGet Kids! study results, please visit www.targetkids.ca/publications



Our terrific TARGet Kids! managers Dalah Mason and Christine Kowal.

Join the TARGet Kids! Parent Panel

We are looking for parents to share their experience and provide feedback regarding ongoing and planned studies.

The aim of the parent panel will be to review a protocol for a study seeking to prevent obesity by comparing standard care to a public health intervention using parenting classes and home visits. Panel participants will be asked to join a webinar and provide feedback and will be provided a gift card for their time.

Interested in participating? Contact us at targetkids.study@sickkids.ca 416-813-7654 x309441

Milestones

June 2008 1st child enrolled in TARGet Kids!

January 2009 1st follow-up visit for a child enrolled at 18 months of age

August 2011 1st child less than 12 months of age enrolled

June 2013 5,000th child enrolled

May 2014 Partnership with school boards to collect teacher-completed data

March 2015 Regent Park Community Health Centre joins as a TARGet Kids! primary care practice site

September 2017 Partnership with Centre for Addiction and Mental Health

December 2017 9,000th child enrolled

February 2018 Launch of new online nutrition questionnaire

June 2018 Patient enrollment and follow-up is ONGOING

Easy Lunch Recipe Kid approved!

Carrot Lentil Soup

Ingredients

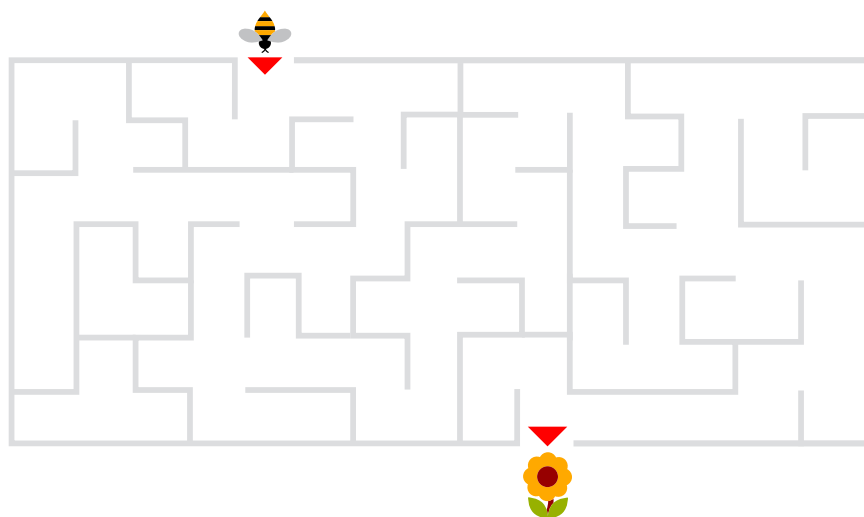
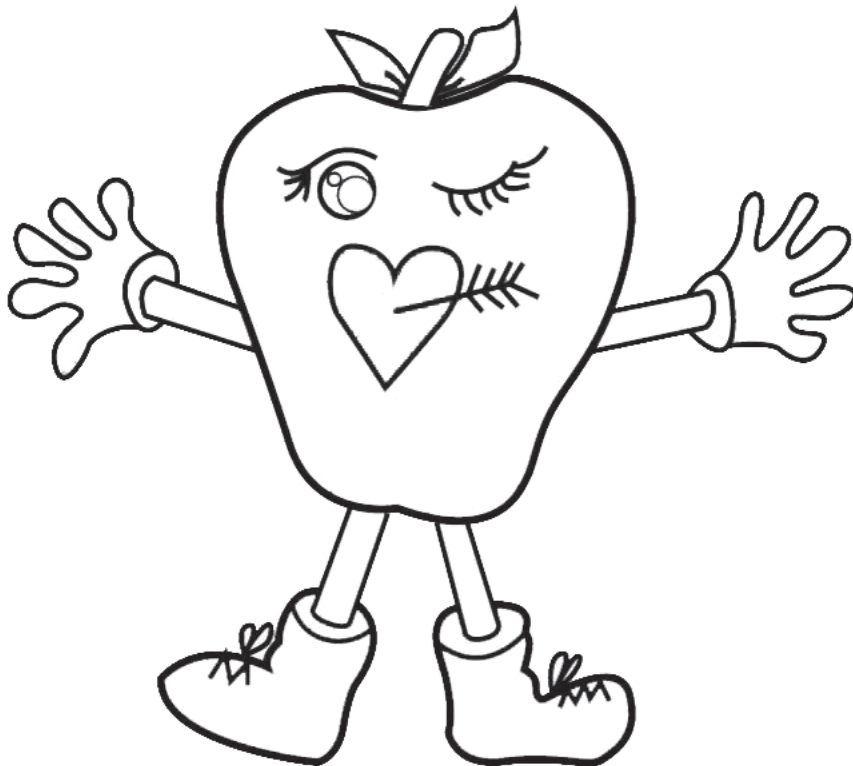
- 2 Tablespoons oil
- 1 onion, sliced
- 6 carrots, peeled, cut
- ½ cup red lentils, rinsed
- Water to cover vegetables (about 4 cups)
- Salt and pepper to taste

Directions

1. In a large pot, heat the oil and add the onion. Sauté the onion for 1-2 mins.
2. Add carrots. Sauté with onion for about 5-10 mins until softened.
3. Add the red lentils and cook for an additional minute.
4. Add water to cover the vegetables and lentils.
5. Add salt and pepper to taste.
6. Bring to a boil. Then reduce heat and simmer until carrots are soft and lentils are cooked (about 30 mins).
7. Remove from heat, let cool, then purée soup with hand blender.

Colour our TARGet Kids! Mascot

The Mascot below was created by a very talented TARGet Kids! participant who won our mascot contest!



TARGetKids!
The Applied Research Group

For more information or questions please contact targetkids.study@sickkids.ca or visit our website at www.targetkids.ca

[#targetkidshealth](https://twitter.com/targetkidshealth)

TARGet Kids! (The Applied Research Group for Kids) is a research study enrolling healthy children aged 0-5 years. TARGet Kids! is coordinated by SickKids and St. Michael's Hospital with data management services by the Applied Health Research Centre (AHRC).



SickKids

St. Michael's
Inspired Care. Inspiring Science.