

## Who we are

**TARGet Kids! (The Applied Research Group)** includes child health researchers and community doctors who are working together to improve health of young children. The study is led by **Drs. Catherine Birken and Patricia Parkin** from **The Hospital for Sick Children** and **Dr. Jonathon Maguire** from **St. Michael's Hospital**.



Visit us at  
[www.TARGetKids.ca](http://www.TARGetKids.ca) for more  
information

Email us at  
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## TARGet Kids!

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Healthier Children  
through  
Preventive Healthcare



# What we do

TARGet Kids! is the first group in Canada to study children in primary care settings with the goal to promote wellness and prevent disease. With the aim of providing “health research for every child,” this group of researchers is collecting medical evidence on common health issues important to Canadian children. Research areas include obesity, nutrition, and school readiness.



## Who can participate?

TARGet Kids! recruits children who are under 6 years of age and are generally considered healthy.

## What to expect if you agree to join?

There are no additional doctor visits required. During your child's regular scheduled doctor's visits, we will ask you to complete some questionnaires and we will record your child's growth. We will collect a small blood sample to assess nutritional status. Parents' height, weight, and waist measurement will also be taken.

## What are the benefits?

You will have the opportunity to learn more about your child's nutritional status and general health. Results from our study will provide valuable information about the health of children and may contribute to the prevention of disease.

## How to enroll?

To be enrolled in TARGet Kids!, your child must be a patient at one of the participating clinics in our study. We are currently accepting participants for several partner studies as well. For more details, please visit our website or ask your care provider for more information.

*Please contact us if you have any questions or speak to your caregiver about joining us.*