

TLHS

Tufts Longitudinal
Health Study

It's that time again...
Assessment Day!

Well not quite yet, but soon, April 10-14th. This is the most exciting part of the TLHS. Not just for us, but for you too. Each day we will be raffling off prizes (see other side) to participants who take part in the assessments. Fresh Samantha's will be providing **smoothies** and there will be other tasty, refreshing snacks too. The atmosphere will be casual, with music and comfy couches, so it can serve as a sort of study break, a time to briefly take your mind off impending final exams.

We will be stationed at **convenient** locations on campus: in the dormitories (both uphill and downhill halls) and the Campus Center. We will be there all day, from 8-5pm, so there will certainly be several times during the week that will fit into your busy schedules. We will be e-mailing you the week before and asking you to give us the day and time of day that you want to take part in the assessments. All measurements and surveys can be completed in **about 1 hour**. Some people will take more or less time, so please keep that in mind when planning your schedules.

We've taken into consideration your feedback on how to **improve** the Assessment Day. We've shortened a few surveys, and we have more measurements that will be interesting to you. Also, you will receive more information about yourself: aerobic fitness, bone quality, and body composition.

Assessment Day 2000 – April 10-14th

Surveys

- § Health behavior survey
- § Food frequency questionnaire
- § Medical history (family and personal)
- § Eating disorder inventory
- § Beck depression inventory
- § Lifestyle and cardiovascular disease risk

Biological Measurements

- § Height and weight
- § Body composition
- § Bone quality
- § Aerobic fitness
- § Muscular strength

For those interested in participating in the blood draw, the procedure will be discussed at the Assessment Day. You will then sign up for a ten-minute appointment in one of two dormitories during the mornings (7-11am) of the following week of April 17-21. All blood draw participants will receive the results of the blood cholesterol measurements.

The official **TLHS web site** (<http://tlhs.tufts.edu>) will be launched the day you return from Spring Break. There you will find posted the informed consent form and a complete description of each test. You can e-mail us to ask questions concerning the measurements, surveys, confidentiality, consent form, etc...

Please remember – You are free to withdraw from the study at any time and have the right to decline participation in any aspect of the study. All information for the TLHS is kept confidential. You have been assigned a study code number and only the principal investigator has access to the names and identifying codes.

**Questions?
Ask us!**

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