

TLHS

Tufts Longitudinal
Health Study



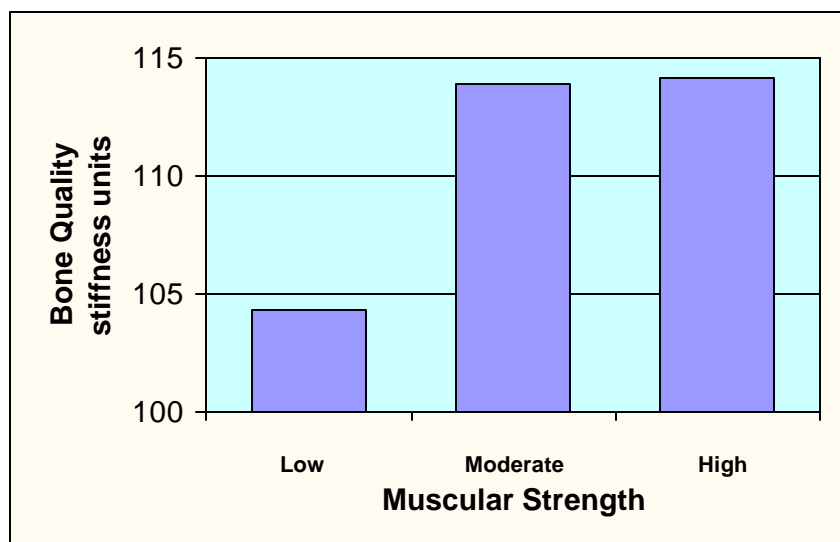
[HTTP://TLHS.TUFTS.EDU](http://tlhs.tufts.edu)

TLHS is ready for another year with the classes of 2002, 2003 and now 2004!

We are off to a great start with nearly 700 students participating in this year's Tufts Longitudinal Health Study. You may have already seen TLHS around campus this fall in the dining halls and at Fall Fest, and we plan to continue keeping you involved throughout the year. TLHS looks at the health-related habits of college students, measures how they change over the four years, and looks for ways to improve them. Do you get frustrated trying to fit in exercise or identifying nutritious meal options in the dining halls? With your help, we plan to make Tufts University a place where it's easy for all students to make healthy lifestyle choices.

Keep in mind that you can always check out the recently updated TLHS web site at <http://tlhs.tufts.edu> for information on the study's objectives and goals, important dates, and helpful health links. Even further, for those of you who are wondering what those physical measurements from the April Assessment really mean – those facts are all there too! One of the findings from the data we collected at the April 2000 Assessment Day is the relationship between bone quality and muscular strength.

Muscular Strength Increases Your Bone Quality



Many things play a role in determining the strength of our bones – our genes, what we eat, smoking, certain medications, and most importantly how active we are. Being active helps our bones grow strong and stay strong. When muscles pull on bone, bone growth is stimulated. Therefore, the greater the intensity of our movement, the greater the stimulus for making bone. In looking at TLHS participants, this relationship was made very clear: people who have stronger muscles are more likely to have stronger bones.

College students are still building bone. Even though we've stopped growing in height, our bones are still getting stronger up until about the age of 30. After the age of 35, we start to lose bone. How much bone we have when we're 30 is therefore an important determinant of our risk for developing osteoporosis later in life. Being active now can have a big impact on your health later.

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