



TLHS

Tufts Longitudinal
Health Study

March 2001



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

ASSESSMENT DAY 2001

April 9th - 13th

The most exciting time for the Tufts Longitudinal Health Study is rapidly approaching! The third annual assessment week is April 9th - 13th. Each day we will be raffling off **prizes** (see other side) to participants. There will be snacks (including pastries from *Carberry's Bakery*), drinks (like *Fresh Samantha's* smoothies) and music to add to the casual, relaxed atmosphere. So consider it a study break and stop by to take your mind off exams and papers!

When and where do I go?

We will be stationed at three **convenient** locations across campus over the week, and each location will be open for assessments from 8am to 5pm.

Five Days – Three Locations – Anytime!

- **Carmichael Hall Lounge:**
Monday & Tuesday, April 9th & 10th
- **Metcalf Hall Lounge:**
Wednesday, April 11th
- **South Hall Lounge:**
Thursday & Friday, April 12th & 13th

How do I sign up for a time?

The week before the assessments, we'll email you and ask you to tell us the day and time that works best for you. All measurements and surveys can be completed in **about 1 hour** total. Some people may take more or less time, so please keep that in mind when you are planning your schedules.

What do I need to do before my assessment?

In order for some of the measurements to be accurate, try to drink plenty of fluids before hand. And of course dress comfortably and be sure your shoes and socks can be taken off easily (please avoid wearing nylons).

What should I expect at the assessment?

If you're new to the TLHS, remember the initial "Health Behavior Survey" that you filled out last summer? You'll fill that out again along with other surveys about changes that have occurred since you've been at Tufts, like in your eating habits and lifestyle. You will also get to do cool tests that give you info on yourself, like how fit or strong you are, and your bone quality. All of these measurements are taken by easy, non-taxing tests.

For those of you interested in having your cholesterol levels measured, we'll be offering that the week following the assessments. Look for more information on the website and when you come for your assessment.

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.

By participating in the assessment
you will be entered into the **TLHS Raffle!**

Prizes include:

- \$25 Gift Certificates to **Old Navy Clothing**
- \$20 Gift Certificates to **Red Bones**
- Free-Pizza Coupons for **Andrea's House of Pizza**
- Gift Certificates to **The Blue Shirt Café**
- Free Meals at **Jay's Deli**
- Free Pastries at **Carberry's Bakery**
- A Party for 25 at **Gillian's Night Club**
- Dinner for 2 at **Rudy's Café**
- A Gift Basket from **Starbuck's Coffee**
- Free Bagels at **Finagle-A-Bagel**
- Free Movie Rentals at **West Coast Video**
- "Got Milk?" T-Shirts from the **New England Dairy & Food Council**
- Gifts Certificates to **Denise's Homemade Ice Cream & Frozen Yogurt**
- Free Dry-cleaning of 2 shirts per week for the fall semester from **Tufts Student Resources**

Everyone's a winner!

All participants will receive a bag filled with stuff like Annie's Mac & Cheese, a stress-ball, California Almonds, a "Got Milk?" pencil, and more – all in a cool bag from VaristyBooks.com.

while supplies last

And that's not all...

The list is growing, so watch for raffle prize updates in assessment day emails
And on the TLHS website. Check it out at <http://tlhs.tufts.edu>