Family Matters Cohort Study: Using a Pragmatic Approach to Address Maggie R. Edgerley, Elizabeth B. Ruzicka, Isabela Sandigo-Saballos, Tanner Schmitz, Jasmine





UNIVERSITY OF COLORADO CHILDREN'S HOSPITAL COLORADO

Background

• Factors associated with increased	• Exa
cardiovascular disease (CVD) risk	ide
psychosocial stress, lifestyle behaviors,	inte
social determinants of health, place-	• Use
based factors, and social support.	bet
• Assessing multi-level determinants of	stre
health simultaneously that predict,	hyp
exacerbate, moderate, and mediate	act
whole-person health across the life	anc
course have not been done in prior	• Use
studies.	mu
• Examining protective factors for	ins
whole-person health across the life	of
course will benefit all family members	phy
and lead to intervention development.	COL

Methods and Measures

- Virtual data collection focuses on anthropometric measurement (weight, height, neck circumference).
- Survey data collection focuses on mental, social, and family health factors.
- A sub-sample of 631 families are asked to complete EMA utilizing mobile/digital technology, place-based geospatial location tracking, and attend an in-person clinic visit to collect biological samples (e.g., blood, heart rate, blood pressure, hair sample).

Anthropometry/Body Composition

- Height/weight
- Waist/neck circumference

Cardiovascular and Metabolic Parameters

- Blood pressure and heart rate
- Cholesterol (HDL/LDL)
- Triglycerides
- HbA1c
- Blood Glucose
- Carotenoids

HPA-Axis Activity and Cytokines

- Hair cortisol
- C-reactive protein
- Interleukin (IL-6)
- Oxidized LDL (oxLDL)
- Adipokines

Aims

amine when and how CVD risk arises to entify malleable factors for family-based tervention development. se mixed-methods to examine pathways tween dimensions of psychosocial essors, biological factors (i.e., pothalamic pituitary adrenal (HPA) axis tivity), behavioral factors, social factors, d emerging CVD risk in children. se digital health technology to assess ulti-level (i.e., individual, neighborhood, stitutional, societal/policy) determinants whole person health (i.e., mental, ysical, social, behavioral) across the life urse for all family members.

Survey

- Stress, mood, and mental health
- Dietary intake & meal screener
- Physical activity & screentime
- Home food environment
- Dyadic relational quality
- Resilience and family wellbeing
- Food insecurity
- Substance use
- Pain
- Diagnoses

Ecological momentary assessment

- Stress, mood, and mental health
- Dietary intake & meal screener
- Physical activity & screentime

life course.

- members.

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Whole Person Health with Families Across the Life Course Ortega Nava, Lucero Rodriguez, Jerica M. Berge

University of Colorado

Longitudinal Cohort Study Design

Longitudinal Mixed-Methods Cohort Study

Baseline, T1, T2, T3 (current), and T4 (future)



Family Backgrounds African American White Somali Latinx

Native American

Hmong

Conclusions

Family Matters is a state-of-the-art mixed-methods study uniquely designed to answer questions about how to increase whole-person health in families across the

The use of embedded digital health technology in a longitudinal cohort study will allow for addressing factors that change across time and context, leading to better intervention development.

Family Matters is one of the first studies to prospectively and comprehensively measure multiple levels of whole person health across the life course in all family

Results will lead to family-based intervention development that will greatly advance the field of public health.



Children (n=1307) ages 5-9 with parent and sibling in family

Sub-sample (n=631) taking Ecological Momentary Assessment

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