



## RESEARCH SCHOLAR PROGRAM – 2018

### SUPERVISOR & PROJECT INFORMATION FORM

Please complete and return, via email only ([crems.programs@utoronto.ca](mailto:crems.programs@utoronto.ca)) by *November 3<sup>rd</sup> 2017* (forms received after this date will not be posted).

#### Supervisor Information

Name: Catherine Birken

Email: [Catherine.Birken@sickkids.ca](mailto:Catherine.Birken@sickkids.ca)

Degree: MD, MSc, FRCPC

SGS Appointment (IMS, IHPME, LMP etc.): IHPME

Academic Rank: Associate Professor

Field of Research: Pediatrics, Childhood obesity prevention

Research Institution Affiliation (if applicable): The Hospital for Sick Children

Allocation of student contact time (number of hours per week YOU are available to the student for any concerns or to review progress): 7

Project Information

Title: TARGet Kids! Measuring Health beginning in early childhood in the primary care practice setting

Description (max 500 words):

The Applied Research Group for Kids (TARGet Kids!) is an ongoing open longitudinal cohort study enrolling healthy children (from birth to 5 years of age) and following them into adolescence. The aim of the TARGet Kids! cohort is to link early life exposures to health problems including obesity, micronutrient deficiencies and developmental problems. The overarching goal is to improve the health of Canadians by optimizing growth and developmental trajectories through preventative interventions in early childhood. TARGet Kids!, the only child health research cohort study embedded in primary care practices in Canada, leverages the unique relationship between children and families and their trusted primary care practitioners, with whom they have at least seven health supervision visits in the first 5 years of life. Children are enrolled during regularly scheduled well-child visits. To date, thousands of children have been enrolled. In addition to demographic information, we collect physical measurements, lifestyle factors (nutrition, screen time and physical activity), child behaviour and developmental screening and a blood sample (providing measures of cardiometabolic, iron and vitamin D status). Data are collected at each available visit: twice a year until age 2 and every year until adolescence. Information can be found at: [www.targetkids.ca](http://www.targetkids.ca).

If human subjects are involved, have Ethics been obtained?

YES       NO       Application Submitted       N/A

Do you expect this work will be published within the 20 months?

YES       NO       Uncertain

Student's roles and responsibilities (please be specific)

*Please indicate who will serve as the student's direct report (PI, PhD student, technician etc...)*

The student will be assigned a small project to describe preliminary results and as such, previous analytical skills are required (e.g., completion of MPH or MSc degree). The project may include data collection (questionnaire and anthropometric measurements) at a primary care centre in the community, and/or assistance with data entry. Completion of TCPS2 is required, and GCP certification is recommended. Experience with participant recruitment/data collection is an asset. The student's direct report will be the PI.