

SPROUT

learning how to grow healthy kids



Hello from SPROUT!

We have been hard at work and have many updates for you!

Where is the study now?

Thanks to your participation, we have completed the recruitment phase of SPROUT! This means that we are no longer enrolling new families, and that everyone has completed their first study visit. Yay!

What can we expect next?

Depending on when you joined us, you can expect either your second visit, when your child is ~4 years old, or your third visit, when your child is ~5 years old, next. We will contact you approximately 6 weeks before your "Ideal Date" to schedule. Getting these dates as accurate as possible contributes to the quality of our data, so we appreciate your help with this!

When can we see the results?

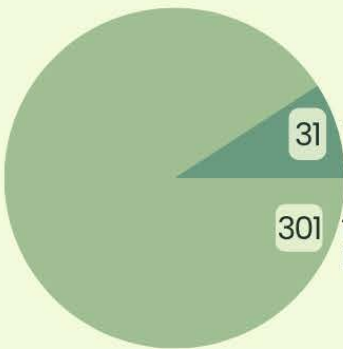
We plan to finish collecting data in July 2025, and the publication process begins after that. We also plan to send another update when our second visits are complete!

Keep reading for some SPROUT fun facts and to meet our team!

We've reached our enrollment goal!

Our goal was to enroll 300 families in SPROUT - thanks to you, we've reached 332!

Thank you
for your continued participation!



31 first visits were completed in **Detroit**

301 first visits were completed in **Ann Arbor**

8 different primary languages are spoken in SPROUT families' homes

Top Languages:

1. Spanish
2. Chinese
3. Arabic

Top 3 Children's Names:

Amelia
Luke/Lucas
Elliot/Elliott/Eliot

Top 3 Cities our Families are From:

Ann Arbor
Ypsilanti
Detroit

Over

89

families have already completed their Wave 2 visit

12

visits completed in Spanish

1,298

people contacted us to join SPROUT



Meet the Team

Brian Oberly, BA



Started: May 2021
Role: Study visit staff; Spanish visits
Visits completed: 171
Favorite activity: Biking

Lisset De La Rosa, BA



Started: May 2022
Role: Study visit staff; Spanish visits
Visits completed: 88
Favorite activity: Trying new restaurants

Zeinab Mostafa, BA



Started: May 2022
Role: Study visit staff
Visits completed: 85
Favorite activity: Reading

Jessica Stout, BA



Started: June 2022
Role: Study visit staff
Visits completed: 70
Favorite activity: Playing volleyball

Laura Schouman, BA



Started: March 2021
Role: Study visit staff
Visits completed: 18
Favorite activity: Doing crafts

Juliana Kammerzell, BA



Started: May 2021
Role: Study visit staff
Visits completed: 112
Favorite activity: Playing with her cats

Jodie Davis, MS



Started: Aug 2020
Role: Recruitment; meal data collection
Favorite activity: Reading, and hanging out with friends/family

Alex Christian, Undergrad RA



Started: Nov 2020
Role: Recruitment; meal data collection
Favorite activity: Acting

Emma Saito, Undergrad RA



Started: Nov 2020
Role: Recruitment; meal data collection
Favorite activity: Volleyball, music, trying new restaurants and cafes

Kate Bauer, PhD



Role: Principal Investigator
Favorite activity: Playing tennis

Michelle Clayson, MS



Started: Feb 2020
Role: Study coordinator
Favorite activity: Taking walks with her dog (Aldo) and family

Carmen Ramos, PhD candidate, RD



Started: Aug 2020
Role: Study visit staff
Visits completed: 82
Favorite activity: Completing jigsaw puzzles

Alison Miller, PhD



Role: Study lead
Favorite activity: Reading, walking dog, walking downtown, and road trips

Leah Robinson, PhD



Role: Study lead
Favorite activity: Watching reality TV, playing golf, and playing pickleball

Niko Kaciroti, PhD



Role: Study lead
Favorite activity: Playing soccer, woodworking, and traveling with family

Please reach out if you have any questions, comments, or concerns.

Thank you for your participation!