

ABORIGINAL BIRTH COHORT

Quarterly Newsletter—Winter 2018



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Thank you!

We want to thank you again for your willing participation in this study, where we are hoping to understand the causes of obesity and diabetes in the Six Nations community. This is the first study of its kind in Canada, and it is only possible because of you!

Recruitment Update

Congratulations everyone—we have completed regular recruitment!

We have enrolled 150 women and children!

If you know someone in the community who isn't part of ABC, recently had a child, and would still like to be a part of the study, they're in luck! We are still recruiting women who have already given birth, for a longer one-time visit.

Team Update

We would like to welcome Bonnie to the ABC study team! She will be taking on some study visits. If you are one of her participants, she will be contacting you soon for a visit!

Is your child about to have a birthday? Then it's time to schedule your next visit with Steph! You can reach her by [facebook](#) or [phone](#).



Data Highlight

Among the babies in the study....

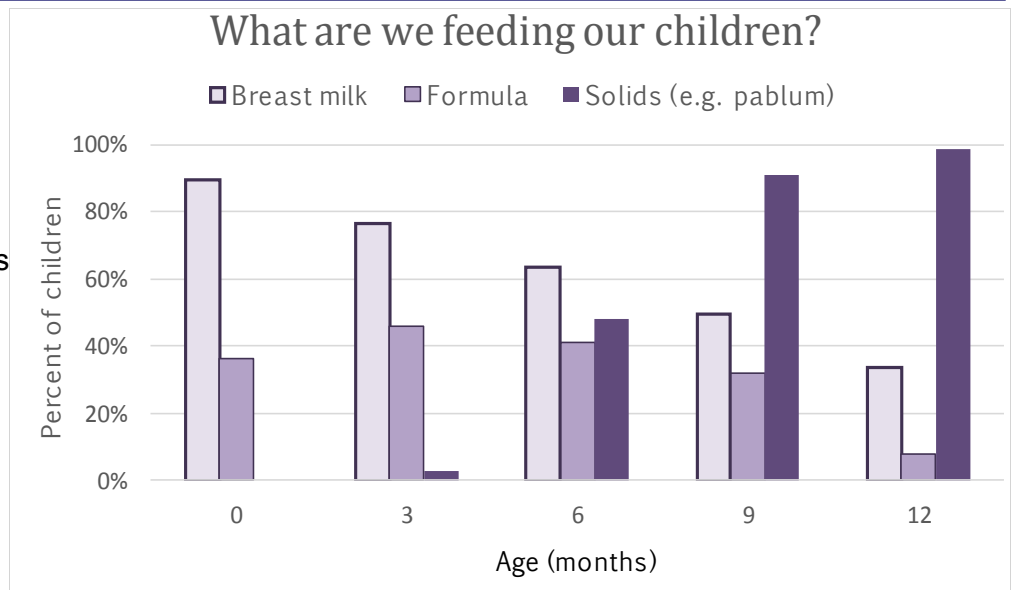
The average birth weight was **3.6kg (7lb 15oz)**.

The average weight at 12 months was **10.6 kg (23lb 5oz)**.

Over 90% were breastfed!

The average time that babies were breastfed was **9 months**.

The average time that babies started on solids was **7 months**.



March is Nutrition Month

As a mother, you are busy—it can be difficult to find the time to eat properly yourself. Here are some protein or fibre-packed snacks that you can eat on the go:



- Carrots and peppers with hummus
- Cheddar cheese and apple slices
- Trail mix made with nuts, seeds, and raisins
- Whole grain toast with peanut butter
- Almond butter with banana slices
- Greek yogurt with berries

Dieticians of Canada celebrate Nutrition Month in March. All of these snack ideas came from them! For more ideas, nutrition facts, and recipes, go to nutritionmonth2018.ca

Do you have ideas for the next newsletter? We want to hear from you!

Do you want to see what the most popular foods are? How much time we spend active in a week?

Email us with what YOU want to know at ABCmcmaster@gmail.com or PM us on Facebook.



Here's how you can reach us:

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