Newsletter

Spring 2024

Community Advisory Boards Help to Guide the HBCD Study

The HBCD Study is the largest long-term study on infant and early life development. Within the study, there are 27 research sites spread across the United States, from California to Vermont, Minnesota to New Mexico, Oregon to Alabama. Understanding the unique needs and values of participants and community partners at each of these sites is so important to the success of the HBCD Study. One important way that the HBCD Study can make these connections is through local Community Advisory Boards, or CABs.

What is a Community Advisory Board (CAB)?

CABs are groups of diverse community members who advocate for their community and those participating in a research study. No two CABs are alike, and they shouldn't be! CABs should reflect the people involved in the study and the communities that they live in. CAB members include individuals from advocacy groups, local and state governments, health professionals, or non-profit organizations. Many may have lived experience with mental health conditions, substance use, and other challenges, and some have also participated in HBCD pilot studies.

How Can CABs Help to Guide the HBCD Study?

CABs can play a big role in guiding the HBCD Study from the ground up. Here are a few ways CABs can influence research:

Hear from some of our community advisors and federal partners about why they choose to contribute to the HBCD Study.

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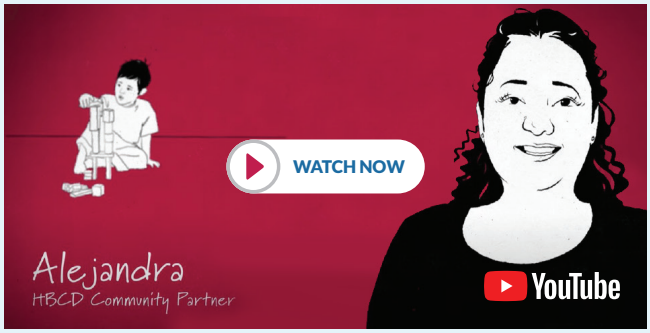


- Make suggestions that help a research site to be a more welcoming place for participants.
- Influence what research questions are being asked by suggesting topics that may be important for the community.
- Help connect researchers to their local communities so that both may benefit.
- Review study procedures and communications materials and provide feedback.

Engaging the community through CABs fosters a two-way relationship between researchers and the local population. Not only do community members gain an opportunity to influence research decisions, but knowledge and skills are exchanged between researchers and the community, empowering individuals to become advocates for their health and well-being.

Thank you to all our local CAB members for your effort, energy, and dedication to the HBCD Study!

Getting Ready for Baby's First EEG

HBCD wants to understand how children's brains grow and develop. One of the tools we use is EEG, which stands for Electroencephalography. This tool uses small sensors gently placed on your baby's scalp, just like wearing a swimming cap. These sensors record electrical activity in the brain and display it as lines or waves on a computer screen. Scientists can use this information to learn more about how babies' brains react to different sounds, pictures, and videos.

You might be wondering what the EEG may be like for you and your baby. To help, we've put together some commonly asked questions and tips on how to get ready for your baby's first EEG.

Answers to some commonly asked questions about EEG.

Is it safe? Does it hurt?

EEG recording is safe and painless. Some babies may fuss when the cap is first placed on their heads but are comfortable once it is on.

What does baby experience?

During the EEG, baby will see pictures, watch videos, and hear sounds.

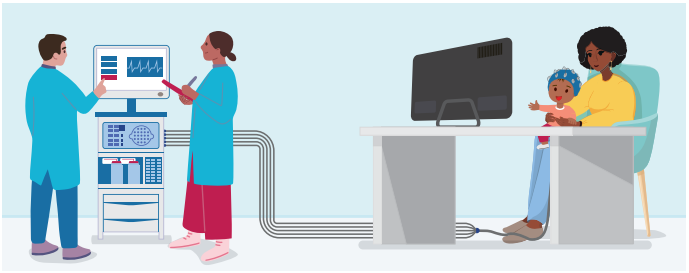
Where are caregivers during the EEG?

Caregivers can be with their baby at all times and can hold their baby in their laps during EEG recordings.

Tips on getting ready for baby's first HBCD EEG scan.

Scheduling baby's EEG

Members of the study team will work with you to find a time that is best for you and baby. The best time to do an EEG is first thing in the morning after baby eats. The actual time to complete the EEG is only 25-40 minutes. Your EEG appointment will be longer than that to give you and baby time to get ready for the EEG.



Who can bring baby to their EEG visit?

Get the whole family involved! Any parent or caregiver (over 18 years old) can help baby with their EEG scan. Caregivers will be with the baby the whole time during the EEG visit and they play an important role in helping baby stay calm and happy during the process.

Planning ahead for thick or curly hair

Some babies have thick or curly hair. When the EEG cap is placed on baby's head it needs to be snug and fit close to the scalp. The best way to prepare is to plan ahead. Someone from the study team will reach out to you before your EEG visit to talk more about how to work together to make sure baby's EEG cap can have a good fit.

Dress comfortably

Baby should dress comfortably on the day of their EEG. A member of the study team will place a sticker on baby's chest to measure their heart rate. A loose-fitting outfit that is easy to pull up or that opens in the front would be best.

Getting baby ready for the EEG

When it is time for baby's EEG, a team member will measure the size of your baby's head just like they do at the doctor's office. This will help them pick out the right size EEG cap. Then they will work with you to put the EEG cap on and get baby comfortable. Sometimes babies can get fussy when the cap is put on. Please don't worry! They usually get comfortable once the cap is on. If you are lucky, your baby may not even notice they are wearing a cap!

In our Fall 2023 Newsletter, we described another HBCD Study tool to take pictures of baby's brain – magnetic resonance imaging, or MRI.

View Fall 2023 Newsletter

Site Spotlights

Oregon Health & Science University (OHSU)

The HBCD team at **Oregon Health & Science University (OHSU)** is excited to learn more about how children and their brains develop in the early years. Our site is led by Drs. Elinor Sullivan and Alice Graham. They collaborate with staff from many fields at OHSU. The HBCD team has worked with families and infants to conduct neuroimaging (such as MRI and EEG) and behavioral assessments for over a decade. We're invested in the safety and comfort of our study participants; our spaces are designed to be friendly and welcoming to children and their families. To help us reach and serve our community, we partner with community groups such as CODA Treatment Recovery, Health Share of Oregon's Project Nurture, and the Mental Health and Addiction Association of Oregon. We're located in Marquam Nature Park in Portland, Oregon. There are trails nearby and beautiful mountains that can be seen from the Aerial Tram that connects our campus to the South Waterfront.

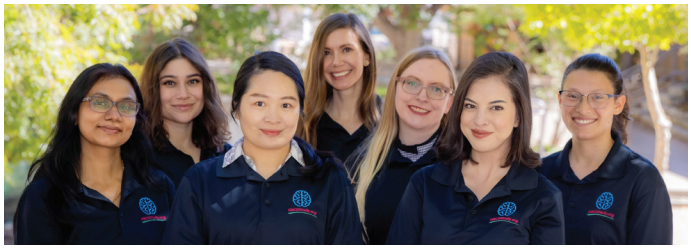
University of California, San Diego

The **University of California, San Diego** HBCD site is located in sunny San Diego! We're passionate about working with pregnant families and their babies to help create healthy futures through research. Our team has backgrounds in epidemiology, psychology, and public health. Members of our team have worked on MRI and EEG studies and in the community. They also work hard to make the study as enjoyable as possible for participants. Our main site is located in the pediatrics department at the Center for Better Beginnings. The Center has studied prenatal health and child development for over 25 years to improve the pre- and post-natal experience for families and their babies. The HBCD team is excited to contribute to the growing body of research on child development.

University of Minnesota, Twin Cities

Our HBCD Study team at the **University of Minnesota, Twin Cities**, is excited to participate in this groundbreaking research. The study will take place at the Masonic Institute for the Developing Brain. Our team is led by Drs. Michael Georgieff, Sylia Wilson, and Anna Zilverstand. It includes clinical psychologists, a neuroimaging expert, research assistants, and two medical doctors who specialize in supporting healthy pregnancies and children's health. We also have staff trained in public health and social work. Our three Study Navigators support our participants every step of the way; one of them has lived experience with substance use disorder. We connect participants with community resources if needed, and we have all the necessities, like diapers, wipes, and formula! Most importantly, we want our families' study visits to be convenient and fun. There's a play area in the waiting room and a quiet room where families and their babies can rest. Our site is committed to welcoming everyone and recruiting across Minnesota. Thank you to all the families who have contributed their time to be part of this study. We are dedicated to serving you!

University of New Mexico



The HBCD team at the **University of New Mexico** is delighted to partner with our local communities to learn how to improve infant health. As one of the study's few southwestern sites, we work with a culturally diverse population that reflects our heritage. Our site's leaders, Dr. Ludmila Bakhireva and Dr. Larry Leeman, guide a diverse group of research scientists in collaborating with the College of Pharmacy's Substance Use Research & Education Center (SURE) and the Mind Research Network (MRN). With our expertise in infant growth and development, and substance use research, we are dedicated to discovering more about how the first years of a child's life may positively and profoundly impact future generations. Our research team, clinical partners, and community look forward to engaging with our fellow New Mexicans and creating a welcoming environment for all.

For more information, please visit HBCDStudy.org

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