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Get Lost in the Adventures of July!

Welcome to the July issue of our TARGet Kids! (TK!) newsletter. Schools are out and the long-awaited vacations are now in full swing. With summer embracing us, it's the perfect time to get lost in the adventures.

As the vibrant spirit of summer settles upon us, we embrace the sun kissed days and the warm breezes all while carrying some TK! readings perfectly suited for those laid-back summer days.

Here's what you will find in this and in each newsletter:

Welcome - You'll get a welcome message from us or another team member every issue.
TK! Spotlight - a welcome, profile, or shout out to team members.
TK! Updates - updates on our sites and TK! operations.
A look at our Research - updates, results and details on upcoming studies.
PACT Corner - updates and feedback from our valued Parent and Clinician Team (PACT) members.
Tips and Tricks - listing and links for grant opportunities, funding sources, upcoming conferences, workshops and more
Shout Outs - publications, announcements, and any other recognitions TK! members want to share.
Stay connected - links to our social media and links to others so you can follow and stay updated.

Summer in Canada is a season of endless possibilities and breathtaking beauty. So, pack your sense of adventure and let this summer be a time of discovery, connection and lifelong memories.

See you in the fall!

Calissa Busby

Communications Intern, TARGet Kids!

Team Member Spotlight

We have so many members that make up our tremendous team. This section will give you a chance to learn about them. In this issue, the spotlight is on our summer students who are hard at work completing various projects for experience and credit.

Anita Rajkumar is an undergraduate student at the University of Toronto completing a Health and Disease Specialist degree. She is a summer student at TARGet Kids! who is studying the effects of the COVID-19 pandemic on child zBMI. In her free time, she enjoys reading and baking.

Bairavie Piravakaran is an incoming fourth-year undergraduate at the University of Toronto, Scarborough. She is currently on a co-op work term with TARGet Kids! as a Research Assistant, where she recruits participants to TK! and contributes to participant data management. Bairavie has found her involvement in clinical research to be a rewarding experience thus far and looks forward to the upcoming opportunities and experiences during the remainder of her work term.

Calissa Busby is an international student from the Caribbean island, St. Maarten. She is an undergraduate student at Humber College studying Public Relations. At TARGet Kids!, she is a communications intern, focusing on the translation of data and other aspects onto the social media platforms. Calissa is passionate about doing exciting, creative and impactful work. During her free time, she loves to read, go to the gym, travel and of course, shop!

Erica Stone is a summer research student currently completing her medical degree. Her goal is to leverage her public health knowledge and experience to apply an equity-focused lens and interdisciplinary approach to all her work. As an involved member of her community, she aims to positively contribute to the research of TARGet Kids!, helping healthcare providers, families and children make well-informed everyday decisions about their health.

Isha Dua is a fourth-year undergraduate pursuing Specialized Honours in Psychology at York University. Isha joined TARGet Kids! as a Keenan Research Summer Student Program (KRSS) summer student. Isha was chosen as the Health Equity Research Scholar for the partnership between York University and the Centre for Urban Health Solutions (MAP). In terms of research, Isha has always been fascinated with the connections between parenting and child mental health. She is really excited to be a part of this wonderful team and is looking forward to learning and growing as a researcher on this journey.

Kate Hamilton is a Master of Public Health (MPH) student from Queen's University completing her practicum this summer with TARGet Kids! She is working on a community engagement project that explores how to bring TK! into Community Health Centres more broadly in Ontario. She previously worked at SickKids as a Research Manager with the Healthy Living Clinic and is excited about knowledge translation, health equity, and policy. In her spare time she loves to travel, hike, and bake!

Marium Kiwan is an orange tabby cat mom and a summer research student currently completing her medical degree at the University of Toronto. Her goal is to utilize her experience and knowledge of data analysis to uncover patterns in health data that can be used to inform clinical decision making. She has a passion for primary preventative medicine and is involved in community initiatives like walking groups to promote the wellbeing of Ontarians. She hopes to contribute to research at TARGet Kids! to help clinicians, parents, and children use evidence to inform decisions regarding health and wellbeing.

Mayasa Ramadan is a Clinical Research student who is passionate about advancing healthcare through evidence-based practices. She thrives to create a safe space for patients while also contributing to the lives of children and families. She demonstrates commitment to fostering critical thinking and creativity. Mayasa believes that compassion and collaboration are keys to improving the health of children.

Monica Prajapati is an MPH student in Epidemiology at the University of Toronto, who is working with Dr. Catherine Birken for her summer practicum placement at TARGet Kids! She completed her undergraduate studies at the University of Waterloo in Health Sciences and is passionate about public health, clinical research, disease surveillance and prevention, and improving the health and wellbeing of individuals in the community. Monica's summer research

project is focussed on understanding the relationship between school learning models (virtual vs. in-person school) and child health behaviours including physical activity, outdoor time, screen time and sleep duration.

Rosella Le is a summer research student with TARGet Kids! as part of the Keenan Research Summer Student Program (KRSS) at St. Michael's Hospital. Currently, she is working on assessing the impacts of breastfeeding support from lactation consultants on infant outcomes. As an incoming dietetic intern at SickKids, she looks forward to exploring research in nutrition-focused preventative care to improve child health. In her free time, she enjoys biking and exploring new restaurants.

Sharon Liang is an MPH student at the Dalla School of Public Health, and her summer project at TARGet Kids! explores COVID-19 vaccine effectiveness in children. She is excited to participate in pediatric research and develop her skills in data science. Sharon is particularly interested in the evolving field of health technology and hopes to integrate her UX design background within her future healthcare work.

Shurabi Anphalagan just completed her second year of undergraduate studies at Western University. She has been working with TARGet Kids! as a student for some time and has worked on many projects including the TK! storybook, PACT priorities, and brochures. Shurabi hopes to bring her passions for health equity, research dissemination, and child health to life as a student with TK!.

Swathi Anphalagan is an undergraduate student at Western University who has been working with TK! for a year and will be continuing as a summer student. Swathi is passionate about knowledge translation, child health research, and communication. She has worked on projects such as the TK! storybook and welcome package in the past, and will be working on literature searches and consent materials this summer.

Vaishnavi Bhamidi is a research student with TARGet Kids! as part of the SickKids Summer Research program (SSURE). She is working on a descriptive analysis of Ages and Stages Questionnaire (ASQ) reports over the summer. As an incoming graduate student in epidemiology this Fall, she is deeply passionate about population health and looks forward to getting more involved in the incredible work that this lab does. In her free time she loves to explore new trails, discovering new restaurants (she's a foodie), and practice classical Carnatic music.

TARGet Kids! Updates

In this section, we will share information, updates, or requests for input on our overall study operations. This could be outlining process changes or updates to information important for you. Take a look at what is to come below:

Are you a healthy child or adolescent between 5–18 years of age?

Consider participating in our study

What is this study about?

This research study is being done to create normal bone health values in children and adolescents for the 3D High Resolution Peripheral Quantitative Computed Tomography (HRpQCT) bone scan assessments, and recognize the measurements that fall below the healthy reference range in children and adolescents with chronic diseases at risk of bone health changes.

Who can participate?
Females and males between the ages of 5-18

What will you do?

- Have a blood test
- Take a picture of your arm and leg bone using low dose X-rays (bone scan)
- Answer questions with an interviewer
- Complete some questionnaires

Are there benefits to participating?

You/your child will not benefit directly from participating in this study. The information gained during this study will be of great benefit to the chronic disease community, as it will help understand the bone health of these children and adolescents, and allow health care professionals to make decisions about how to best treat children with chronic disease at risk of bone health changes.

Will you be reimbursed if you join the study?

Your child and/or your family will not be paid to be part of this study. However, your child and/or your family will be reimbursed for all your reasonable out of pocket expenses, up to a maximum of $30.00, for your child's participation in this research study. As well, in recognition of your child's participation, you will be given a certificate of participation and/or 2 volunteer hours.

Interested? To learn more contact:

Lauren Grant-Assor Email: **lauren.grant-assor@sickkids.ca**
Principal Investigator: Dr. Etienne Sochett

A Look at Our Research

In this section we will highlight updates on our current and upcoming research. We will not be able to cover everything in each issue, but we hope covering our completed, ongoing and upcoming research pursuits will help to provide some insights on our impact.

Upcoming studies

A longitudinal examination of health behaviours, family context, and disruptive behaviour from preschool to primary school

Drs. Alice Charach and Katherine Cost spearheaded a collaboration to study health/disruptive behaviours and family context in children and families from preschool to primary school successfully receiving funding from the CIHR Project Grant Spring 2023 competition. Read more about the study below:

Background: Child externalizing behaviour (EXT) affects 12 per cent of school-aged children, interferes with adjustment, and places them at risk for poor long-term outcomes with high societal costs. Current prevention and intervention strategies for EXT are limited in magnitude and sustainability with substantial diversity in effectiveness. Family context variables (e.g., income, neighbourhood quality, family functioning) are known risk factors for EXT. Likewise, child health behaviours (CHBs; e.g., screen use, sleep duration) are also associated with EXT. The current approach to understanding determinants of EXT provides only a partial picture of the risk, ignoring complex interactions between risk factors. We are in a unique position to address this challenge with dvanced statistical approaches. We propose a data-driven approach, concurrently examining many variables to pinpoint those robustly associated with EXT. We will develop profiles to determine how these variables combine. We will examine the association between profiles of family context variables and CHBs at 3-5 years on EXT and associated diagnoses at 5-9 years, stratified by assigned sex.

Goal: The Alice Charach's study propose to evaluate family context variables and CHBs among children at 3-5 years of age and their longitudinal associations with children's EXT at 5-9 years in a community sample of children.

PACT Corner

This section will highlight updates, opportunities, information, and profile our invaluable PACT team. This partnership between parents and clinicians is impactful in so many ways.

Recap of PACT Bi-Monthly Meeting

In May, our PACT members got together to discuss TARGet Kids! research initiatives and were provided with an update on TARGet Kids! research milestones. The main objective of this meeting was to gather valuable feedback from our PACT members regarding which research areas/topics should be prioritized for upcoming studies. Our PACT members provided a variety of research question suggestions that are both connected to the current priorities and relevant to themselves and their families.

Please have a look at a sample of some of these suggested research questions below:

- What affect does early exposure to sugar have on children (mental health, obesity, etc.)?
- How to ensure that data is being collected and interpreted in an equitable manner?
- What affect does screen time and social media have on children's attention span?
- What affect does social media have on children's self-esteem?
- How to promote early identification of exceptionalities for less-advantaged communities?

Recruitment for PACT Members - Fall 2023

We are looking for new PACT members to join our team in Fall 2023! If you have a child currently enrolled in TARGet Kids! and would like to be involved in the PACT, please visit our website to view eligibility criteria and PACT membership roles/responsibilities.

If you have any questions regarding PACT membership, please do not hesitate to email us at targetkids.pact@gmail.com.

Visit our website here

PACT Compensation

Thank you for all your hard work this year. PACT members who met the eligibility criteria should have received a PC gift card by July 15, 2023. If you met the criteria but did not receive a gift card, please let us know.

To learn more about our compensation guidelines:

Visit our website here

PACT Summer Social

To celebrate all the hard work of our members this year, we hosted our annual PACT Summer Social on Wednesday, July 12, at 6:30 p.m. We took a trip over to Ward Island, for some family game fun and Island Restaurant eats.

Tips and Tricks

In this section we will include any lessons learned or tips and tricks that have helped us in our work. This could include funding sources, upcoming conferences, workshops, or additional resources that are relevant to TARGet Kids! Stay tuned for more information as future volumes are shared.

Planning and Dissemination Grants - ICS

From: Canadian Institutes of Health Research - Instituts de Recherche en Sante du Canada (CIHR-IRSC) Government of Canada.

CIHR's mandate is to excel, according to internationally accepted standards of scientific excellence, in the creation of new knowledge and its translation into improved health, more effective health services and products, and a strengthened health care system.

Deadline: July 25, 2023
Grant: up to $68,000

Funding Opportunity

Pan-Canadian Women's Health Coaliation - Coordinating Centre

From: Canadian Institutes of Health Research - Instituts de Recherche en Sante du Canada (CIHR-IRSC) Government of Canada.

The Coalition, comprised of hubs and an overarching Coordinating Centre, aims to maximize the visibility and impact of women's health research and practice in Canada, committing to the principles of equity, diversity, inclusion, and Indigenous Rights.

Deadline: September 28, 2023
Grant: $1,200,000

Funding Opportunity

Projects Concepts (Strategy Research Agreement)

From: Juvenile Diabetes Research Foundation (JDRF)

JDRF's Strategic Research Agreements provide research funding for single or multiple investigators to address critical gaps and challenges and potential breakthroughs in Type 1 diabetes research.

Deadline: November 2, 2023
Grant: Not disclosed

Funding Opportunity

Winter and Summer Pilot Awards

From: Simons Foundation

The goal of the Pilot Award is to provide early support for exploratory ideas, particularly those with novel hypotheses. Appropriate projects for this mechanism include those considered higher risk but with the potential for transformative results.

Deadline: September 14, 2023
Grant: $300,000

Funding Opportunity

Fall Priority Announcement (Specific Research Areas)

From: Canadian Institutes of Health Research - Instituts de Recherche en Sante du Canada (CIHR-IRSC) Government of Canada

Priority Announcements (PAs) offer additional sources of funding for highly rated applications that are relevant to specific research areas.
To see all Research Priority Areas, see funding opportunity for more information.

Deadline: August 17, 2023
Grant: Various, see specific areas in the funding opportunity link below.

Funding Opportunity

Family Engagement in Research (FER) Course

Register Here

Certificate in Translational Medicine

From: Temerty Faculty of Medicine, University of Toronto

Coaching and Mentorship for Health Researchers

September 20, 2023 - December 13, 2023

Translational Medicine (TM) is a discipline focused on patient needs that helps you translate research into innovations to improve human health. TM spans the breadth of preclinical to clinical and health services research. Translation is a non-linear process and tackling such complex problems cannot be done in isolation. Each project is different and requires collaborations that cross multiple fields from bench-, clinical- and implementation science to law, business, and policy. TM harnesses knowledge, critical analysis, and interdisciplinary problem-solving towards real-world impact.

Application deadline: July 31, 2023, 11:59 p.m.

Funding Opportunity

Transformational Project Award

From: American Heart Association (AHA)

Purpose:

- To support highly innovative, high-impact projects that build on work in progress that could ultimately lead to critical discoveries or major advancements that will accelerate the field of cardiovascular and/or cerebrovascular research.
- Research deemed innovative may be built around an emerging paradigm, approaching an existing problem from a new perspective, or exhibit other uniquely creative qualities.
- Successful applications are likely to be those building on strong preliminary data supportive of the hypothesis.
- This program aims to provide funding that should lead to successful competition for additional funding beyond the award period. The principal investigator (PI) is responsible for clearly and explicitly articulating the project's innovation and the potential impact on cardiovascular and/or cerebrovascular research.

Deadline: February 15, 2024
Grant: $300,000

Funding Opportunity

Canadian Institutes of Health Research: Lung Health

From: Canadian Institutes of Health Research - Instituts de Recherche en Sante du Canada (CIHR-IRSC) Government of Canada

The purpose of the Team Grant funding opportunity is to fund interdisciplinary teams that will address ongoing, new and emerging threats to lung health by improving the understanding of biological, social, environmental and behavioural effects on lung health. Collectively, these teams will develop and disseminate evidence-based solutions for better lung health and overall wellness, including a focus on health disparities; equity, diversity and inclusion (EDI) analyses; and Indigenous contexts.

Deadline: November 16, 2023
Grant: $3,500,000

Funding Opportunity

Shout Outs

Our work would not have an impact if we kept the findings or recognition to ourselves. In this section, we share our recent publications, announcements, and any other recognitions TK! members want to share. Celebrating our accomplishments helps us to further the impact.

TK! Announcements and Events

Dana Arafeh, our wonderful Patient Engagement Specialist and coordinator of our Parent and Clinician Team (PACT) will be embarking on a new opportunity moving on from TARGet Kids! this fall.

Dana's work in stewardship of the PACT has been invaluable. Her work has ensured our PACT members are engaged, connected, and involved in TK! throughout our research. In creating outreach pathways for researchers to connect with our parents for grant applications, focus groups for feedback on topics including our TK! story book, and ensuring parents' interests are heard, Dana has helped to shape a strong collaboration with our PACT members.

Dana's inviting, patient and kind, nature has been a great asset for the PACT and the TK! team. We will truly miss Dana, and wish her every success in this next chapter.

Anti-Black Racism Session at Riverdale Collegiate Insitute

In May, Danielle D'Annunzio gave a 2 day session at Riverdale Collegiate Institute to high school students as part of the inaugural Anti-Black Racism Course offered in Toronto District School Board. The topic was on *"Black representation in Media"* focusing on the history of representation and the impact of 80's/90's tv on present day media. The pictures below are show examples of characters rewritten to include black representation in media with the discussion outlining the considerations of rewriting characters versus developing unique storytelling from black voices.

TK! Learns Self Defence

On June 19, TK! team members got a lesson from Wado-Kai instructors Sensei's Leaton Bernard and Daina Als on self-defence. Approaching scenarios standing, on the ground, and from various attack points, the team challenged their own instincts and learned different techniques.

Data Analyst Piyumi Mudiyanselage demonstrating choke hold techniques with Sensei Bernard

Research Assistant Tiffany Bondocs practicing ground level defences on Sensei Leaton

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Leong Centre Rounds

On June 12, businessman, philanthropist, and esteemed donor Edwin S. H. Leong founder of the Edwin S. H. Leong Centre for Healthy Children visited the Peter Gilgan Centre for Research and Learning (PGCRL) and University of Toronto. Dr. Catherine Birken presented on TK! projects and the HeLTI study and members of the TK! team attended the Leong Centre Rounds.

Dr. Catherine Birken, presenting on HeLTI and TARGet Kids! to Leong Centre leadership

TARGet Kids! team members following the Leong Centre Rounds

TK! Publications

TARGet Kids! Celebrates Pride

In honour of Pride month we published an article celebrating the representation of 2SLGBTQIA+.

This article was written by Tiffany Bondoc, a Research Assistant here at TARGet Kids!

View Article

Discover, respect & Celebrate: Embracing National Indigenous Heritage Month

June is also known as National Indigenous Heritage Month. At TARGet Kids!, we believe in supporting Indigenous Peoples which includes highlighting differences, inequalities and gaps in health and healthcare that exist within their communities.

This article was written by Calissa Busby, a Communications Intern here at TARGet Kids!

View Article

Upcoming Events

CanTreatCOVID
Canadian Adaptive Platform Trial of Treatments for COVID in Community Settings

Maternal Infant Child and Youth Research Network (MICYRN) members are invited to the upcoming Adaptive Platform Trial Scientific Meeting directed by Dr. Andrew Pinto. The event will be held at Chestnut Conference Centre in Toronto, Ontario on **September 28-29, 2023.**
Conference Objectives:

- Understand the concept and advantages of adaptive platform trials over traditional randomized controlled trials using case studies.
- Gain insights into the statistical methods employed in APTs, including Bayesian methods and sequential hypothesis testing.
- Identify the practical challenges associated with APTs and learn effective strategies to address them.

Abstract submission deadline: June 30, 2023
Registration deadline: September 8, 2023
For more information visit https://cantreatcovid.org/apt-institute
For any questions, contact info@cantreatcovid.org.

Register Here

Stay Connected

In this section, you will find links to our social media platforms, and any updates or specific ways or opportunities to get involved with our communications networks. TK! is now on:

Have a story, a comment, experience or blog post idea, you want to share with us for our social media platforms? Please let us know by emailing us at targetkids.study@sickids.ca. Be sure to include "Comms" in your subject line.

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