



ELLAS QUARTERLY

ELLAS is a community-based women's health research study for Latina/Latinx people ages 21-50 in Southeast Michigan

Welcome to our first ELLAS newsletter!



My name is Dr. Erica Marsh. As the ELLAS principal investigator, I lead our team's efforts to reduce reproductive health disparities through research.

I'm so proud to do this work because I truly believe **we're changing the world**. We know that there is still so much that needs to be learned about women's health, specifically in Latina/Latinx communities. By sharing your time and your perspective with ELLAS, you are helping us do research that will create better health care practices and healthier communities. **Our work could not be done without you!**

In our new quarterly newsletters, we'll be sharing messages from staff, study updates, health tips, local events, and more. On behalf of the ELLAS team, **thank you** for being a part of our mission to transform reproductive health!

- Dr. Marsh

OUR COMMUNITY PARTNERS

- Centro Multicultural La Familia (CMLF) *Pontiac, MI*
- Community Health and Social Services (CHASS) Center *Detroit, MI*
- Detroit Hispanic Development Corporation (DHDC) *Detroit, MI*



The ELLAS team celebrates Cinco de Mayo in Clark Park

STUDY UPDATES

With your help, our study is gaining momentum towards our goal of enrolling 600 people in ELLAS! Here's our progress as of July 2019:



430

people
enrolled



346

study visits
completed

ELLAS WEBSITE

The ELLAS study launched a brand new website! The website can be used in both Spanish and English.

Check it out for information about your study visits, research news, and more!



www.um-ellas.org



SAVE THE DATE

**October 29,
2019**

We're hosting a party for ELLAS participants! Join us to celebrate community as we share what we're learning in the ELLAS study.

More details will be sent out closer to the event!

COMMUNITY ADVISORY BOARD

Did you know ELLAS has a Community Advisory Board (CAB)? Our research team meets regularly with CAB members to make sure our study stays rooted in the communities we work in.

Our CAB members include:

- **Sonia Acosta, PhD**, President and Chief Executive Officer of Centro Multicultural La Familia (CMLF)
- **Richard Bryce, DO**, Chief Medical Officer at the Community Health and Social Services (CHASS) Center
- **Maricela Castillo MacKenzie, MD**, Assistant Professor and Physician at Michigan Medicine
- **Charo Ledón**, Latino community leader, Advocate, and Certified Legal Interpreter
- **Gloria Rosas**, Director of Community Relations and Advocacy at the Detroit Hispanic Development Corporation (DHDC)
- **Felix Valbuena, MD, FAAFP**, Chief Executive Officer at CHASS
- **Leseliey Rose Welch, MPH, MBA**, public health professional and lecturer at Wayne State University and the University of Michigan



ELLAS team and CAB members in June 2019



The ELLAS team celebrates enrolling 300 participants in the study

CONTACT US



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ELLAS HEALTH TIP

We all know it's important to eat fruits and vegetables for a healthy diet. September is Fruits & Veggies—More Matters® Month, and it is the perfect time to pick up fresh in-season produce.

Check out some of the fruits and vegetables that are grown in Michigan and have a fun and healthy summer!



Peaches
mid July-mid September



Broccoli!
July-mid October



Grapes
September-mid October



Tomatoes
July-mid October



Pears
mid August-September



Corn
August-late September



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Summer 2019



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1500 E. Medical Center Drive
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