



# ELLAS QUARTERLY

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

## Happy holidays, ELLAS community!

As the year comes to a close, I'm taking time to reflect on the work we've done so far and where we go from here.

We are nearly to our goal of enrolling 600 people in ELLAS. We're gearing up for our second round of study visits. We learn a little more about women's and Latina/Latinx health with every new participant and every study visit! I am so proud of how the ELLAS study has grown. Thank you for helping us transform reproductive health through research!

I hope you all have a wonderful time celebrating with your community and loved ones this season.



Wishing you joy and peace in 2020,

Erica E. Marsh, MD  
ELLAS Principal Investigator

## 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 December 2019:



569  
people enrolled



485  
study visits  
completed

## STUDY VISIT 2

We're excited to be preparing for our second round of study visits!

About 18-20 months after your first study visit, an ELLAS team member will reach out to schedule your second visit. You will do the same things at this visit that you did in the first study visit. Study staff might ask you some new survey questions. This visit will be similar to your first study visit and will take 3 to 4 hours. Once you complete the entire second visit, you will receive a \$125 gift card.

Stay healthy this winter with these health tips from the ELLAS team!

## ELLAS HEALTH TIP



Shivering is your body's way of warning you it is too cold. If you start shivering outside, try to get inside as soon as possible.



Caffeine and alcoholic drinks can make your body lose heat faster. Avoid caffeine and alcohol when it's very cold out.



Protect yourself against the cold and flu by washing your hands often.



Cold weather makes your heart have to work harder. If you have a heart condition, take it slow and listen to your body when you're out in the cold.

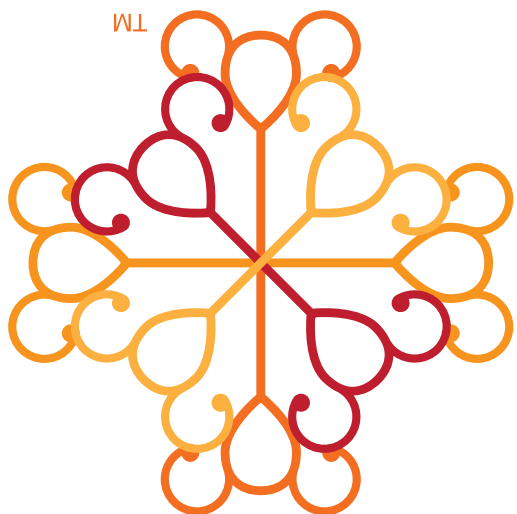


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# ELLAS QUARTERLY

Winter 2019



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# CONTACT US

## RECENT TABLING EVENTS



ELLAS staff spreading the word about our study at various fall community events

## COMMUNITY ADVISORY BOARD (CAB) SPOTLIGHT

Our CAB works with us to make sure our study stays rooted in the community. Felix Valbuena, MD, FAAFP, is the Chief Executive Officer at CHASS and is one of our CAB members. We asked him a few questions about his work with ELLAS. Check out what he had to say!



Dr. Valbuena at our ELLAS community event on October 29, 2019

### Why is ELLAS important?

The ELLAS study is important because it allows us to learn new data on Latina/Latinx health. It also sheds light on related physical, emotional, and financial costs on the healthcare system and society.

### Why does community-based health research matter?

Community-based health research helps us learn how to better care for the communities we serve.

### Is there anything else you would like to share with ELLAS participants?

It is very important that community-based participatory research continues to grow. It helps advance medical knowledge. Most importantly, it improves the delivery of care to families nationwide.

## OUR COMMUNITY PARTNERS



## DISSEMINATION

Dissemination means sharing findings from research. It's a word to describe efforts to make science have an impact in the world.

Disseminating our findings is an important goal of ELLAS. We work hard to share what we're learning with our participants and local communities, as well as with people across the country and the world!

When we share our findings, we do not share individual data from any participant. We only present data on ELLAS participants as a whole. For example, we may share that the average age of ELLAS participants is 38 years old.

Check out how ELLAS is having an impact locally and nationally!

### LOCALLY

Thank you to everyone who joined us on October 29th at our ELLAS Community Event! We loved being able to celebrate our study with you.

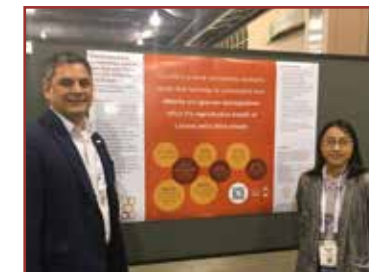
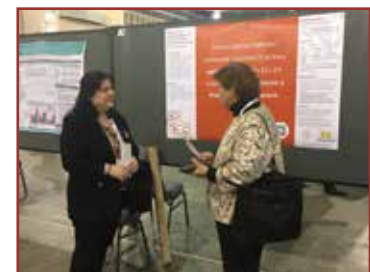
During the event, leaders from ELLAS shared some of what we're learning. We also took time to eat delicious food, play bingo, make beautiful paper flowers with CAB member, Mrs. Rosas, and enjoy dance lessons from our ELLAS team member, Gina!



### NATIONALLY

This November, our team went to the APHA Annual Meeting in Philadelphia to spread awareness about Latina/Latinx and women's health nationally! We presented four posters on a small portion of what we've learned so far in the ELLAS study. Check out our presenters in action!

Want to read what we shared? Check out our posters on our website: [www.um-ellas.org/apha/](http://www.um-ellas.org/apha/)



ELLAS community event photos by Morgan McDonald

