ELLAS QUARTERLY

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

Dear ELLAS Participants,

We are so happy to share that we have reached our goal of enrolling 600 people in the ELLAS study! This is a huge milestone for our team. We could not have done this without each of you. Thank you for showing up to help us learn about Latina/Latinx reproductive health. By being a part of ELLAS, you are contributing to medical knowledge. **You are what makes our study successful!**

We have also been busy preparing a new site in Pontiac. **Thanks to our partners at Centro Multicultural La Familia and Honor Community Health, we have started enrolling participants from Pontiac.** This new location will allow us to welcome more ELLAS participants from Oakland County. We're excited to be growing our study to better understand Latina/Latinx health across Michigan.

Finally, we're working hard to share our findings with other researchers and health care professionals. What we learn from ELLAS helps us make informed recommendations that improve Latina/Latinx reproductive health. In addition, we will be organizing another dissemination event soon to share results with you and the community.

Please know that we're committed to this work every day. **Thank you for joining us on this journey.**

Sincerely,

Erica E. Marsh, MD
ELLAS Principal Investigator

COVID-19 Update

All of our lives have been impacted by the COVID-19 crisis. We send you all our best wishes during this difficult time! We hope you and your loved ones are staying safe and healthy.

Our team is working hard to be safe and keep ELLAS on track. Thank you for your patience as we adjust some study visits. While it's unclear when we will be beyond COVID-19, we are committed to staying in touch with you. An ELLAS team member will contact you if there are any changes with your study visit schedule.

We will share study-related updates as we have them on our ELLAS website (www.um-ellas.org). For the most up-to-date information on Coronavirus/COVID-19, you can also visit www.uofmhealth.org/covid-19-update.

ELLAS Photos

ELLAS staff promoting our study at community events and celebrating enrolling 600 participants in the study!

Study Updates

Here's our progress as of March 11, 2020:

634 people enrolled

569 study visits completed

Study Visit 2

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

If you had your first study visit in 2018, it's almost time for your second study visit. We have been slowed down by COVID-19, but when it is time for your second visit an ELLAS team member will reach out to you. 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 take 3 to 4 hours. Once you complete the entire second visit, you will receive a $125 gift card.

Has your phone number or address changed?
Please contact us to let us know!

Community Advisory Board (CAB) Spotlight

Our CAB works with us to make sure our study stays rooted in the community. One of our CAB members is **Charo Ledón**, an advocate, Certified Legal Interpreter, and leader in the Latino community. Hear what she has to say about ELLAS and community-based health research:

Why is the ELLAS study important?
This study is important because it has never been done with this population. It is something that can impact women in all communities.

How do you see ELLAS improving women's and Latina health?
Latinas face challenges in accessing health care for a variety of reasons. This study addresses something that may go unnoticed and unaddressed without it. ELLAS also reaches out to Latinas in a good way, in their own language and with cultural sensitivity.

Why does community-based health research matter?
There are studies and research galore. But when the community is included, their voices, concerns, and solutions are captured and utilized. This makes any intervention much more viable and accepted in the community.

Is there anything else you'd like ELLAS participants to know about you or about the study?
I am thrilled to be involved with this study. I am happy to help in any way I can to advance the health and wellbeing of the Latino community.

A Day in the Life of an ELLAS Research Team Member

Have you ever wondered what our ELLAS staff are up to every day? Our research staff, ultrasound technician, and medical assistants work hard to make the study run! Right now, our staff is working from home and missing "normal" days before COVID-19.

Here's what one of those pre-COVID-19 days would look like for an ELLAS research team member:

6:45 am: Get to our research offices at Michigan Medicine in Ann Arbor. Load up our van with supplies and start driving together to CHASS in Detroit.

8:00–12:30 pm: Run study visits with ELLAS participants at CHASS. The ELLAS team may see up to 5 participants a day. ELLAS team members lead participants through surveys, measurements, and ultrasounds with our ultrasound technician, Nabila.

12:30 pm: Start the drive back to Ann Arbor.

1:15 pm: Drop off biological samples to two different labs at Michigan Medicine for analysis.

1:30–4:00 pm: Come back to our research offices. Check email, update schedules, and contact participants to remind them about study visits.

4:00 pm: Make sure everything is prepared for upcoming study visits. Go home and do it all again the next day!

ELLAS Health Tip

Remember that sleep is an important part of your health! It can be hard to get enough sleep while living a busy life. These tips from the ELLAS team can help make your sleep routine healthier.

- Try to go to bed around the same time each night. Having a routine can help you get better sleep.

- Exercise during the day. It can help you fall asleep more quickly at night.

- Avoid eating big meals and drinking alcohol or caffeine before going to bed.

- If you have problems sleeping, make sure to let your health care provider know.

Our Community Partners

Centro Multicultural La Familia

CHASS Community Health And Social Services Center

Detroit Hispanic Development Corporation

Contact Us

✉ ELLAS-Study@med.umich.edu

🌐 www.um-ellas.org