# **Study Results**

# Normal Range Health Assessment Results Letter

#### NORMAL RANGE HEALTH ASSESSMENT RESULTS LETTER

#### [DATE]

[ID] [Name] [Address] [City, St. Zip]

Dear [NAME]:

Thank you very much for taking part in the Children's Health after the Storm (CHATS) study. As promised, we are sending you the results of the laboratory tests on your child's blood and urine as well as an explanation of these results.

All of your child's test results are within the range considered as normal. These results are highlighted on the second page of this letter. Please note that the health assessment your child received from the CHATS study nurse should not replace any scheduled visits to your regular doctor or health care provider.

We would also like to take this opportunity to reassure you that the information you and your child provided for the CHATS Study will be kept private and will be used only for research purposes. All published information about the study will be in summary form only; your names will not be in any report with the study's results.

While we cannot give you medical advice, if you have questions about your results or want a list of local doctors and clinics, please call our lead nurse, [NAME], toll-free at 1-800-xxx-xxxx.

We will check in on you and your child again in several months to see how you are doing and to discuss the next phase of this important survey. We hope we can count on your continued support.

ian K. Wagan

Diane Wagener, PhD. Project Director Children's Health after the Storms

Results of your child's blood and urine tests:

Test	Your Child's Measurement	Normal Range
	Measurement	
Hemoglobin <sup>1</sup>	хххх	xxxx to xxxx
White Blood Cells <sup>2</sup>	хххх	xxxx to xxxx
Platelets <sup>3</sup>	хххх	xxxx to xxxx
Total IgE°	XXXX	xxxx to xxxx
IgE- (Cats)^	хххх	xxxx to xxxx
IgE (Oak)*	xxxx	xxxx to xxxx
lgE (mold)□	хххх	xxxx to xxxx
Urinary creatinine'	xxxx	xxxx to xxxx

<sup>1</sup> Hemogloblin is the substance in blood that carries oxygen; measurements outside the normal range may be due to anemia or other blood conditions.

<sup>2</sup> White blood cells are associated with the body's ability to fight infections; measurements outside the normal range may be due to an infection or the body trying to deal with an infection.

<sup>3</sup> Platelets are the cells associated with blood clotting; measurements outside the normal range may be due to prolonged bleeding or other blood conditions.

° ^ \* Total IgE and specific IgEs (such as cats, oak tree, and mold) are substances, often called antibodies, that are part of the body's reaction to exposures to things such as cats, tree dust and pollen, and mold; measurements higher than the normal range may be linked to allergies of those exposures.

' Urinary creatinine is a natural occurring substance in urine; an elevation in the level maybe associated with kidney problems.

## Abnormal Range Health Assessment Results Letter

#### ABNORMAL RANGE HEALTH ASSESSMENT RESULTS LETTER

#### [DATE]

[ID] [Name] [Address] [City, St. Zip]

Dear [NAME]:

Thank you very much for taking part in the Children's Health after the Storms (CHATS) study. As promised, we are sending you the results of the laboratory tests on your child's blood and urine as well as an explanation of these results.

One or more of your child's test results is outside of the normal range. These results are highlighted on second page of this letter. We suggest that you take this report and discuss the results with your health care provider as soon as possible. Please note that the health assessment your child received from the CHATS study nurse should not replace any scheduled visits to your regular doctor or health care provider

We would also like to take this opportunity to reassure you that the information you and your child provided for the CHATS Study will be kept private and will be used only for research purposes. All published information about the study will be in summary form only; your names will not be in any report with the study's results.

While we cannot give you medical advice, if you have questions about your report or want a list of local doctors and clinics, please call our lead nurse, [NAME], toll-free at 1-800-xxx-xxxx.

We will check in on you and your child again in several months to see how you are doing and to discuss the next phase of this important study. We hope we can count on your continued support.

ien K. Wagan

Diane Wagener, PhD Project Director Children's Health after the Storms

Results of your child's blood and urine tests:

Test	Your Child's Measurement	Normal Range
Hemoglobin <sup>1</sup>	хххх	xxxx to xxxx
White Blood Cells <sup>2</sup>	хххх	xxxx to xxxx
Platelets <sup>3</sup>	xxxx	xxxx to xxxx
Total IgE°	хххх	xxxx to xxxx
IgE- (Cats)^	хххх	xxxx to xxxx
IgE (Oak)*	xxxx	xxxx to xxxx
IgE (mold)□	xxxx	xxxx to xxxx
Urinary creatinine'	xxxx	xxxx to xxxx

<sup>1</sup> Hemogloblin is the substance in blood that carries oxygen; measurements outside the normal range may be due to anemia or other blood conditions.

<sup>2</sup> White blood cells are associated with the body's ability to fight infections; measurements outside the normal range may be due to an infection or the body trying to deal with an infection.

<sup>3</sup> Platelets are the cells associated with blood clotting; measurements outside the normal range may be due to prolonged bleeding or other blood conditions.

° ^ \* Total IgE and specific IgEs (such as cats, oak tree, and mold) are substances, often called antibodies, that are part of the body's reaction to exposures to things such as cats, tree dust and pollen, and mold; measurements higher than the normal range may be linked to allergies of those exposures.

' Urinary creatinine is a natural occurring substance in urine; an elevation in the level maybe associated with kidney problems.

# **Session 2 Health Assessment Results**

#### Children's Health after the Storms Session 2 Health Assessment Results

Child's Name:		_	Date:
Type of Assessment (check one):	Baseline	6-month	-

Below are the results from your child's health assessment. These are given to you for your personal records. These tests do not substitute for a visit to your own doctor or other health professional. We encourage you to share all of these results with your child's doctor/healthcare provider especially if any of the results are outside the normal limits. We encourage you to let your child's physician/healthcare provider know about any results that are outside the normal limits. If you or the child's physician or healthcare provider has questions about these results, they can contact the CHATS Lead Nurse at xxx-xxxx.

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1.	Your child's height is:	feet and	inches2.	Your child's weight is:	lbs

- 3. Your child's Body Mass Index (BMI): \_\_\_\_\_
- 4. Your child's BMI classification:

Underweight\_\_\_\_\_ Health weight\_\_\_\_\_

Overweight\_\_\_\_\_ Obese\_\_\_\_\_

5. Your child's facial examination for evidence of allergic reaction is:

Within normal limits: \_\_\_\_\_ Outside normal limits: \_\_\_\_\_

6. Your child's skin examination for evidence of allergic reaction is:

Within normal limits: \_\_\_\_\_ Outside normal limits: \_\_\_\_\_

7. Your child's exhaled nitric oxide result (indication of inflammation of the breathing system) is:

Within normal limits: \_\_\_\_\_ Outside normal limits: \_\_\_\_\_

- 8. Your child's spirometry result (indication of lung function) is:
  - Within normal limits: \_\_\_\_\_ Outside normal limits: \_\_\_\_\_
- Nurse's Printed Name:\_\_\_\_\_

Nurse's Signature:\_\_\_\_\_

### **Extreme Value Health Assessment Results Letter**

#### EXTREME VALUE HEALTH ASSESSMENT RESULTS LETTER

#### [DATE]

[ID] [Name] [Address] [City, St. Zip]

Dear [NAME]:

Thank you very much for taking part in the Children's Health after the Storm (CHATS) study.

As we promised, we are providing the results of your child's laboratory tests. **One or more of your child's test results is outside of the normal range and may pose a serious health risk to your child.** The result is outlined below in this letter.

We suggest that you take this report right away and discuss the results with your health care provider. Please note that the health assessment your child received from the CHATS study nurse should not replace any scheduled visits to your regular doctor or health care provider

Test	Child's value	Normal Range
Хххх	хххх	ххх

While we cannot give you medical advice, if you have questions about your report or want a list of local doctors and clinics, please call our lead nurse, [NAME], toll-free at 1-800-xxx-xxxx.

We would also like to take this opportunity to reassure you that the information you and your child provided for the study will be kept private and will be used only for research purposes. Your names will not be in any report with the study's results.

We will check in on you and your child again in several months to see how you are doing and to discuss the next phase of this important study. We hope we can count on your continued support.

)ian K. Wagan

Diane Wagener, PhD. Project Director Children's Health after the Storms

## Normal Range Environmental Test Results Letter

#### ENVIRONMENTAL TEST RESULTS LETTER Low Ambient/Normal Cotinine

[DATE]

[ID] [Name] [Address] [City, St. Zip]

Dear [NAME]:

Thank you very much for taking part in the Children's Health after the Storm (CHATS) study. As promised, we are sending you information about the air samples we took in and outside your home.

We tested particles in the air, nitrogen dioxide which is toxic gas, and smoke from tobacco. The U.S. Environmental Protection Agency has set National Air Quality Standards for nitrogen dioxide and particles in the air to protect public health, including health of children and people who have asthma. The levels of nitrogen dioxide and particles in the air in your home were *within the acceptable range on this Standards scale*. This is good as the observed levels do not indicate that air quality improvements need to be made to your home at this time. On the next page, we list the amount of nitrogen dioxide in your home and compare it against your community's measurement (using data from the State and Local Air Monitoring Stations (SLAMS) in your state) and to the national standard. We also provided some website addresses and a brochure to help you lower the levels in your home even more.

It is important to understand that the amounts of these pollutants are estimates from measurements taken in your home over seven days. They do not fully describe your true exposure in your home and also outside of the home. Air pollutant amounts typically change on a daily basis. We have enclosed some information on air pollution, including specific information on these pollutants, where they tend to come from, and what you can do to decrease exposures for you and your child.

The U.S. Environmental Protection Agency does not have quality standards for exposure to tobacco smoke. However, the Environmental Protection Agency and Centers for Disease Control and Prevention encourage people not to smoke in the home and car because exposures can cause ear infections, more frequent and severe asthma attacks, coughing, shortness of breath, bronchitis, and pneumonia in children. On the next page, we also list the amount of cotinine in your child's urine. The only way a child can have cotinine in the urine is if they are exposed to tobacco smoke (e.g., they spend time in the same rooms where cigarettes are being smoked). Although there are no government standards, we do have data on the levels of cotinine in children throughout the United States. Your child was within the normal range.

We would also like to take this opportunity to reassure you that the information you and your child provided for the CHATS study will be kept private and will be used only for research purposes. Your names will not be in any report with the study's results.

If you have questions about your report, please call me toll-free at 1-877-834-7088. We will check in on you and your child again in several months to see how you are doing and to discuss the next phase of this important Study. We hope we can count on your continued support.

Sincerely,

Diane Wagener, PhD. Project Director Children's Health after the Storms

#### Reports from in and outdoor air samples (lower is better):

Pollutant	Your Household's	Your Community's	National Standard
	Measurement	Measurement	
PM10	ххххх	Ххххх	XXXXX
Nitrogen Dioxide	Ххххх	Ххххх	XXXXX
Tobacco Smoke	Хххх	Not measured	None

#### Report of cotinine in the urine (lower is better)

Your Child's Measurement Measurements in 90% of Children Between the Ages of [XX - XX] Years

Less than YYY ng/mL

List of websites:

### Abnormal Range #1 Environmental Test Results Letter

High Ambient/High Cotinine

#### ABNORMAL RANGE ENVIRONMENTAL TEST RESULTS LETTER High Ambient/High Cotinine

[DATE] [ID] [Name] [Address] [City, St. Zip]

Dear [NAME]:

Thank you very much for taking part in the Children's Health after the Storm (CHATS) study. As promised, we are sending you information about the air samples we took in and outside your home.

We tested particles in the air, nitrogen dioxide which is toxic gas, and smoke from tobacco. The U.S. Environmental Protection Agency has set National Air Quality Standards for nitrogen dioxide and particles in the air to protect public health, including health of children and people who have asthma. At least one of the levels of nitrogen dioxide and particles in the air in your home were *outside the acceptable range on this Standards scale*. This could mean that appliances in your home such as gas ranges and ovens, gas water heaters, gas clothes dryers and any fireplaces may not be properly vented. On the other hand, this could mean that exhaust from cars or lawn mowers outside may be coming into the house through windows, doors, or other ventilation On the next page, we list the amount of nitrogen dioxide in your home and compare it against your community's measurement (using data from the State and Local Air Monitoring Stations (SLAMS) in your state) and to the national standard. We also provided some website addresses and a brochure to help you lower the levels in your home.

It is important to understand that the amounts of these pollutants are estimates from measurements taken in your home over seven days. They do not fully describe your true exposure in your home and also outside of the home. Air pollutant amounts typically change on a daily basis. We have enclosed some information on air pollution, including specific information on these pollutants, where they tend to come from, and what you can do to decrease exposures for you and your child.

The U.S. Environmental Protection Agency does not have quality standards for exposure to tobacco smoke. However, the Environmental Protection Agency and Centers for Disease Control and Prevention encourage people not to smoke in the home and car because exposures can cause ear infections, more frequent and severe asthma attacks, coughing, shortness of breath, bronchitis, and pneumonia in children. On the next page, we also list the amount of cotinine in your child's urine. The only way a child can have cotinine in the urine is if they are exposed to tobacco smoke (e.g., they spend time in the same rooms where cigarettes are being smoked). Although there are no government standards, we do have data on the levels of cotinine in children throughout the United States. Your child's level of cotinine was among the highest 10% for children in their age range. The Centers for Disease Control and Prevention encourages you to try to identify where the child is being exposed to tobacco smoke and minimize that exposure.

We would also like to take this opportunity to reassure you that the information you and your child provided for the CHATS study will be kept private and will be used only for research purposes. Your names will not be in any report with the study's results.

If you have questions about your report, please call me toll-free at 1-877-834-7088. We will check in on you and your child again in several months to see how you are doing and to discuss the next phase of this important Study. We hope we can count on your continued support.

Diane Wagener, PhD.

Diane Wagener, PhD. Project Director Children's Health after the Storms

#### Reports from in and outdoor air samples (lower is better):

Pollutant	Your Household's	Your Community's	National Standard
	Measurement	Measurement	
PM10	Ххххх	Ххххх	ХХХХ
Nitrogen Dioxide	ххххх	Ххххх	XXXXX
Tobacco Smoke	XXXXX	Not measured	None

#### Report of cotinine in the urine (lower is better)

Your Child's Measurement Measurements in 90% of Children Between the Ages of [XX - XX] Years

Less than YYY ng/mL

List of websites:

### Abnormal Range #2 Environmental Test Results Letter High Ambient/Normal Cotinine

#### ABNORMAL RANGE ENVIRONMENTAL TEST RESULTS LETTER High Ambient/Normal Cotinine

[DATE] [ID] [Name] [Address] [City, St. Zip]

Dear [NAME]:

Thank you very much for taking part in the Children's Health after the Storm (CHATS) study. As promised, we are sending you information about the air samples we took in and outside your home.

We tested particles in the air, nitrogen dioxide which is toxic gas, and smoke from tobacco. The U.S. Environmental Protection Agency has set National Air Quality Standards for nitrogen dioxide and particles in the air to protect public health, including health of children and people who have asthma. At least one of the levels of nitrogen dioxide and particles in the air in your home were *outside the acceptable range on this Standards scale*. This could mean that appliances in your home such as gas ranges and ovens, gas water heaters, gas clothes dryers and any fireplaces may not be properly vented. On the other hand, this could mean that exhaust from cars or lawn mowers outside may be coming into the house through windows, doors, or other ventilation. On the next page, we list the amount of nitrogen dioxide in your home and compare it against your community's measurement (using data from the State and Local Air Monitoring Stations (SLAMS) in your state) and to the national standard. We also provided some website addresses and a brochure to help you lower the levels in your home.

It is important to understand that the amounts of these pollutants are estimates from measurements taken in your home over days. They do not fully describe your true exposure in your home and also outside of the home. Air pollutant amounts typically change on a daily basis. We have enclosed some information on air pollution, including specific information on these pollutants, where they tend to come from, and what you can do to decrease exposures for you and your child.

The U.S. Environmental Protection Agency does not have quality standards for exposure to tobacco smoke. However, the Environmental Protection Agency and Centers for Disease Control and Prevention encourage people not to smoke in the home and car because exposures can cause ear infections, more frequent and severe asthma attacks, coughing, shortness of breath, bronchitis, and pneumonia in children. On the next page, we also list the amount of cotinine in your child's urine. The only way a child can have cotinine in the urine is if they are exposed to tobacco smoke (e.g., they spend time in the same rooms where cigarettes are being smoked). Although there are no government standards, we do have data on the levels of cotinine in children throughout the United States. Your child's level of cotinine was within the normal range.

We would also like to take this opportunity to reassure you that the information you and your child provided for the CHATS study will be kept private and will be used only for research purposes. Your names will not be in any report with the study's results.

If you have questions about your report, please call me toll-free at 1-877-834-7088. We will check in on you and your child again in several months to see how you are doing and to discuss the next phase of this important Study. We hope we can count on your continued support.

Die K. Wegen

Diane Wagener, PhD. Project Director Children's Health after the Storms

#### Reports from in and outdoor air samples (lower is better):

Pollutant	Your Household's	Your Community's	National Standard
	Measurement	Measurement	
PM10	Ххххх	Ххххх	ХХХХ
Nitrogen Dioxide	ххххх	Ххххх	XXXXX
Tobacco Smoke	XXXXX	Not measured	None

#### Report of cotinine in the urine (lower is better)

Your Child's Measurement Measurements in 90% of Children Between the Ages of [XX - XX] Years

Less than YYY ng/mL

List of websites:

### Abnormal Range #3 Environmental Test Results Letter Normal Ambient/High Cotinine

#### ABNORMAL RANGE ENVIRONMENTAL TEST RESULTS LETTER Normal Ambient/High Cotinine

[DATE] [ID] [Name] [Address] [City, St. Zip]

Dear [NAME]:

Thank you very much for taking part in the Children's Health after the Storm (CHATS) study. As promised, we are sending you information about the air samples we took in and outside your home.

We tested particles in the air, nitrogen dioxide which is toxic gas, and smoke from tobacco. The U.S. Environmental Protection Agency has set National Air Quality Standards for nitrogen dioxide and particles in the air to protect public health, including health of children and people who have asthma. The levels of nitrogen dioxide and particles in the air in your home were *within the acceptable range on this Standards scale*. This is good as the observed levels do not indicate that air quality improvements need to be made to your home at this time. On the next page, we list the amount of nitrogen dioxide in your home and compare it against your community's measurement (using data from the State and Local Air Monitoring Stations (SLAMS) in your state) and to the national standard. We also provided some website addresses and a brochure to help you lower the levels in your home even more.

It is important to understand that the amounts of these pollutants are estimates from measurements taken in your home over seven days. They do not fully describe your true exposure in your home and also outside of the home. Air pollutant amounts typically change on a daily basis. We have enclosed some information on air pollution, including specific information on these pollutants, where they tend to come from, and what you can do to decrease exposures for you and your child.

The U.S. Environmental Protection Agency does not have quality standards for exposure to tobacco smoke. However, the Environmental Protection Agency and Centers for Disease Control and Prevention encourage people not to smoke in the home and car because exposures can cause ear infections, more frequent and severe asthma attacks, coughing, shortness of breath, bronchitis, and pneumonia in children. On the next page, we also list the amount of cotinine in your child's urine. The only way a child can have cotinine in the urine is if they are exposed to tobacco smoke (e.g., they spend time in the same rooms where cigarettes are being smoked). Although there are no government standards, we do have data on the levels of cotinine in children throughout the United States. Your child's level of cotinine was among the highest 10% for children in their age range. The Centers for Disease Control and Prevention encourages you to try to identify where the child is being exposed to tobacco smoke and minimize that exposure.

We would also like to take this opportunity to reassure you that the information you and your child provided for the CHATS study will be kept private and will be used only for research purposes. Your names will not be in any report with the study's results.

If you have questions about your report, please call me toll-free at 1-877-834-7088. We will check in on you and your child again in several months to see how you are doing and to discuss the next phase of this important Study. We hope we can count on your continued support.

Diane Wagener, PhD.

Diane Wagener, PhD. Project Director Children's Health after the Storms

#### Reports from in and outdoor air samples (lower is better):

Pollutant	Your Household's	Your Community's	National Standard
	Measurement	Measurement	
PM10	Ххххх	ххххх	ХХХХ
Nitrogen Dioxide	XXXXX	ххххх	XXXXX
Tobacco Smoke	XXXXX	Not measured	None

#### Report of cotinine in the urine (lower is better)

Your Child's Measurement Measurements in 90% of Children Between the Ages of [XX - XX] Years

Less than YYY ng/mL

List of websites: