

# Navajo Birth Cohort Study

## ***Helping Your Baby and Future Generations To Grow in Beauty***

If you are a pregnant woman or thinking about becoming pregnant, please consider joining us in this important study.

In the summer of 2012, the Navajo Birth Cohort Study will be accepting volunteers willing to participate in the collection of environmental and biological samples during and after their pregnancy.

The planned outcome of this study is to provide the first Navajo Nation-wide documentation of birth outcomes and developmental delays. The data from the study may be used to improve future birth outcomes and services.

- Are you pregnant and 14 to 45 years old?
- Have you lived on the Navajo Nation for at least 5 years?
- Will you deliver at one of these facilities?
  - Chinle Comprehensive Health Care Facility
  - Gallup Indian Medical Center
  - Northern Navajo Medical Center (Shiprock)
  - Tséhootsooí Medical Center (Ft. Defiance)
  - Tuba City Regional Health Care Corporation
- Are you willing to have your child involved in this research for her or his first year?

**If you answered yes to these questions, you are eligible to participate in this research project.**

**Please call 1-877-545-6775 for more information  
and to find out how you can participate**

This research is a joint project of:

- DiNEH Project (University of New Mexico Community Environmental Health Program and Southwest Research and Information Center) • Centers for Disease Control and Prevention/Agency for Toxic Substances Disease Registry • Navajo Area Indian Health Service • Navajo Nation Division of Health

Approved and monitored by

- Navajo Nation Human Research Review Board NNR-10.323
- University of New Mexico Human Research Review Committee HRPO# 11-310

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The NBCS is being conducted in response to community questions and concerns about whether exposure to uranium mining and milling waste is affecting the outcome of pregnancies or the development of children on Navajo Nation. The project is a collaboration among the University of New Mexico's DiNEH Project, CDC/ATSDR, Navajo Area Indian Health Service, and the Navajo Nation Division of Health. This table is to help you understand what will happen and when.

When	Mom	Dad	Baby	Research Team
At Enrollment	Consent	Consent	Mom consents for baby	Provide information and explain study for informed consent
	Urine and blood samples provided during clinic visit	Urine and blood sample		Collect samples
	First survey	Survey		Conduct survey
	Home assessment and environmental sampling	Home assessment and environmental sampling		Set up for collection of environmental sampling
At Birth	Urine and blood samples and medical record review		Cord blood, urine, and meconium samples; medical record review	Review of medical record for previous pregnancies, prenatal history for current pregnancy, labor and delivery information; collection of blood and urine samples
2 months	Second survey; repeat home assessment and environmental sampling if mother moved during pregnancy		Assessment of growth, progress, and home environment*; medical record review; blood collection (finger or heel stick)	Administer questionnaire and refer to Growing in Beauty (GIB) if any possible developmental concerns identified; review baby's medical record
6 months	Survey on infant feeding activities		Assessment of growth, progress, and home environment*; urine collection	Administer questionnaire, collect samples, refer to GIB if needed
9 months	Survey on infant feeding activities		Assessment of growth, progress, and home environment*	Administer questionnaire; refer to GIB if needed
12 months	Follow-up survey on infant feeding and parenting activities		Assessments of growth, progress**, home environment*; blood collection (heel or finger puncture) and urine sample	Administer both questionnaires, collect samples; refer to GIB if needed; review baby's medical record

\*At 2, 6, 9, and 12 months, growth will be assessed by measurements such as length and weight; progress by a screening questionnaire to assess baby's communication, gross and fine motor skills, problem solving and personal social skills.

\*\*At 12 months, we will also assess observed and spoken information, and verbal expression.