

Resilient Community

Dear Participant,

Thank you for participating in the Women and Their Children's Health (WaTCH) Study at the LSU School of Public Health. We have reached our goal and completed interviews with 2800 women.

Through these interviews, we found that over 75% of WaTCH participants report high levels of social support. Social support is defined as your network of family, friends and neighbors that are available in times of need to offer psychological, physical and financial help.

A person's social environment and social life is scientifically related to their rates of illness and death. Social support influences health by affecting different kinds of processes linked to feelings of emotion and control. Social support is especially important during hurricane season in southeast Louisiana. Make sure the people in your network have a preparedness plan.

Wave 2: Ready, Set, Go!

The follow up portion of our study has begun. Over the next year, we will follow up with letters and phone calls. We will ask about your current health and past experiences to understand how people cope with and bounce back from stressful situations.

Five Things to Know about Wave 2

1. Wave 2 is a phone interview only.
2. You may not receive your letter right away. We are calling people in the order they participated in the first interview.
3. Some of the questions are similar to the first interview– we do this to find changes in health.
4. You will be compensated for your time.
5. Participation is completely voluntary.

If you would like to participate and have not received a letter, give us a call, toll free, 1-855-455-3170.

Hurricane Preparedness

Most of our study participants have lived through multiple natural disasters in the last decade, including:

- Hurricane Katrina (2005)- 97% of participants
- Hurricane Rita (2005)- 93% of participants
- Hurricane Gustav (2008)- 98% of participants
- Hurricane Isaac (2012)- 98% of participants

There are so many things to consider when a storm is close. Here are some helpful hurricane preparedness apps that can help you prepare and find resources after a major storm.



The American Red Cross has an app with shelter info, checklists and more. You can alert family through social media that you are okay. It's available on Apple and Android and is free.



The Federal Emergency Management Agency app has information for different disasters, checklists, and a map with FEMA Disaster Recovery Centers. It is available on Apple, Android and Blackberry and is free.



ICE stands for "In Case of Emergency". This is an emergency medical card app, which lists your medical history, emergency contacts, insurance details, and more. It's free on Apple and Android.



The Louisiana Governor's Office of Homeland Security and Emergency Preparedness (www.gohsep.gov) has created an app called "Get a Game Plan" It's \$2.99 and only available on Apple.

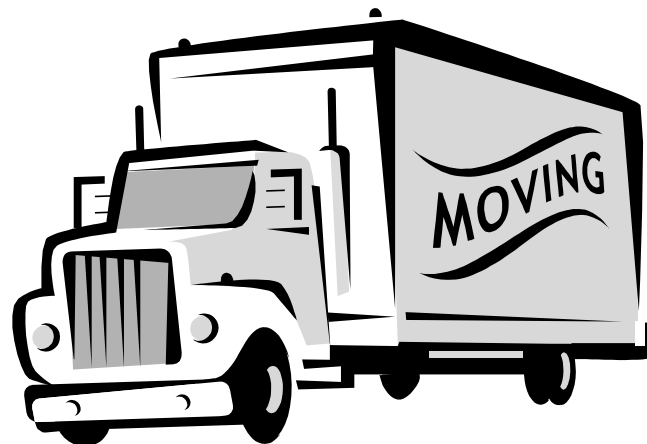
HAVE YOU MOVED?

Help us stay in touch with you. Go to our website and click on the "Update Address" button. You can also call or email us.

Website: sph.lsuhschool.edu/watch

Phone: 1-855-455-3170

Email: thewatchstudy@lsuhsc.edu



WATCH STUDY
LSUHSC- NEW ORLEANS
SCHOOL OF PUBLIC HEALTH
2020 GRAVIER STREET, LEC 330
NEW ORLEANS, LA 70112

RETURN SERVICE REQUESTED

Staying Healthy

59% of WaTCH participants met the national recommendations for physical activity. That means:

- 150 minutes per week of moderate physical activity, such as brisk walking, bicycling, recreational fishing and light gardening.

OR

- 75 minutes per week of vigorous physical activity, such as jogging, running, swimming laps or heavy gardening.

Keep up the good work and keep moving!

New Study Manager

Megan Bronson, our study manager since 2010, is taking on a new project at the LSU School of Public Health. Please welcome Kate Peak, our new study manager, who hails from Slidell, Louisiana. She completed her Masters in Public Health in Environmental Health Sciences at LSU in 2012. Kate joined the WaTCH study in 2011 as a research coordinator. Since then, she has worked on many aspects of the study including calling participants, managing staff and working in the lab.

