

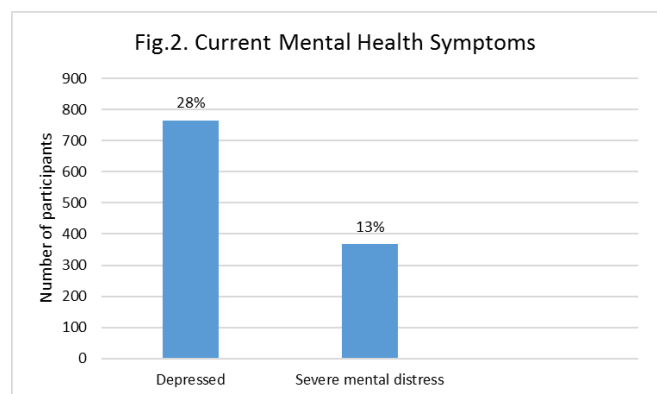
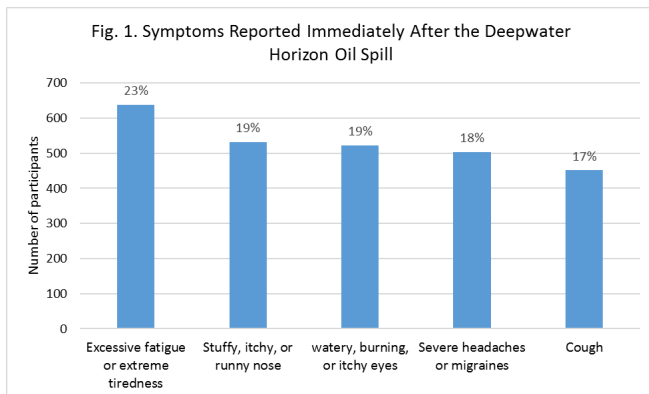
Thank you for your continued support of the Women and Their Children's Health Study (WaTCH) at LSU's School of Public Health! This study was designed specifically to be about women, and over 2800 of you participated! It would not have been possible without the valuable time and effort you devoted to WaTCH. In this issue, we showcase some WaTCH research highlights by women scientists. We also want to let you know about several exciting pilot projects in the works, but we need your updated contact information. For you to participate in these opportunities, many of which will be online, please go to our website and provide us with your email address. We look forward to hearing from you!

## Research Highlights

- Lauren Peres, PhD**, showed that excessive fatigue (23%), stuffy/runny nose (19%), watery/burning/itchy eyes (19%), severe headaches (18%), and cough (17%) were the most common symptoms immediately after the oil spill (see Figure 1) and that those participants who reported more exposure to the oil spill, were more likely to report all of these symptoms. Link to full article: [www.sph.lsuhsu.edu/watch](http://www.sph.lsuhsu.edu/watch)



- Ariane Rung, PhD**, showed that 28% of participants reported feeling depressed in the past week and 13% reported severe mental distress (see Figure 2) and these conditions were also related to being more exposed to the oil spill. Link to full article: [www.sph.lsuhsu.edu/watch](http://www.sph.lsuhsu.edu/watch)



- Symielle Gaston, PhD**, showed that those of you who reported more social support and more social capital were less likely to report depression. Link to full article: [www.sph.lsuhsu.edu/watch](http://www.sph.lsuhsu.edu/watch)



- Samaah Sullivan, PhD**, showed that those of you who reported living in more unfavorable neighborhoods (e.g., dirtier, noisier, more visible trash and graffiti, poor condition of streets, abandoned cars or buildings) were more likely to have a higher body mass index (BMI, a measure of obesity). Link to full article: [www.sph.lsuhsu.edu/watch](http://www.sph.lsuhsu.edu/watch)

## Has Your Contact Information Changed?

Be sure to update your information by visiting our website:

- Go to our website, [sph.lsuhsu.edu/watch](http://sph.lsuhsu.edu/watch), and click the "Update Address" button to enter your new information.
- Email us at [thewatchstudy@lsuhsc.edu](mailto:thewatchstudy@lsuhsc.edu) or
- Call us, toll-free, 1-855-455-3170



WATCH STUDY  
LSUHSC- NEW ORLEANS  
SCHOOL OF PUBLIC HEALTH  
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RETURN SERVICE REQUESTED

**A follow-up email survey will be sent to all participants in the coming months. Please be sure we have your correct email address!**

- Go to our website, [sph.lsuhsu.edu/watch](http://sph.lsuhsu.edu/watch), and click the "Update Address" button to enter your new information.
- Keep an eye out for an email survey

**Call toll-free, 1-855-455-3170 if you have any questions. We look forward to speaking with you again!**