



DO YOU LIVE IN THE DEL VALLE AREA OR SURROUNDING AREAS?

DO YOU HAVE A CHILD BETWEEN THE AGE OF 0-4 YEARS?

Whole Communities-Whole Health is now enrolling families in our **long-term study on health** for families with children (4 years old and under) and who live in **Del Valle and the surrounding areas**, including Hornsby Bend, Austin's Colony, Creedmoor, Elroy, and other nearby communities.

This study looks at health as a whole and will examine **physical, mental, and environmental health** and more. We will learn how these various aspects of health impact each other in order to build a more complete picture of health for Central Texas. By participating in this study, we hope you will gain knowledge and understanding about your family's health to empower you to bring positive change to your community.

PAID OPPORTUNITY FROM HOME

Families in our study are paid for their participation and can complete nearly all activities from home. You will have the opportunity to earn over **\$600*** each year your family is involved.

**Please note that if you receive over \$599 in a year, it must be reported to the IRS.*

WHAT WILL I DO AS PART OF THIS STUDY?

This study will last **five years** and focus on **three main themes**:

- **Home:** exposures that are present at home that can impact health
- **Health:** physical activity, mental health, and sleep
- **Family:** family relationships, parenting styles, child behavior, and more

Each of these themes involve **data collection** with participating families as frequently as **every four months**. For each theme, participants will be asked to complete one or more of the following activities: surveys, biological and/or environmental samples (optional), and devices and research technology (optional). Each of these activities are explained in more detail in the column to the right.

Interested in participating in our study?

Call or text us to learn more!

Shirene Garcia: (737) 267-6144
Community Engagement Specialist

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Research Associate

We encourage you to fill out our survey to receive more information about the study.



INFORMATION SESSION

If you are interested in participating, the first step is to attend an information session, where we go over the study in detail, and you have the opportunity to ask questions. This session lasts one hour and is offered in-person or virtually.



HOME VISIT

After the information session, we conduct a home visit to go over the study and consent form in detail. You learn about your rights as a participant and opt into which parts of the study you would like to participate in. We also complete a smoke alarm check and a short home and living safety questionnaire.



SURVEYS

Participants complete surveys either online or on the phone. Surveys help us learn more about each of the areas of health we are studying. Some examples of survey topics include child development, food access and nutrition, environmental exposures, and more. Surveys are spaced out over the course of the study so that participants never have too much to complete at any one time.



BIOLOGICAL & ENVIRONMENTAL SAMPLES

These samples are optional for participants. An example of a biological sample is saliva, which tells us about your stress level and immune health. Environmental samples include air and water quality tests in your household.



DEVICES & RESEARCH TECHNOLOGY

All participating families will have access to a mobile app, where you can view your personal health information gathered through the study. Families also have the option to use certain technological devices. These devices help us learn about physical activity, air quality, sleep quality, and more.