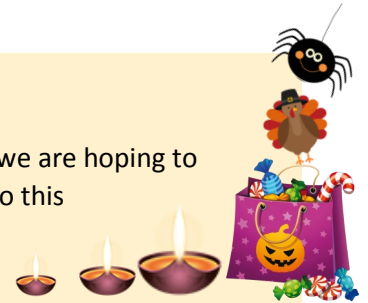




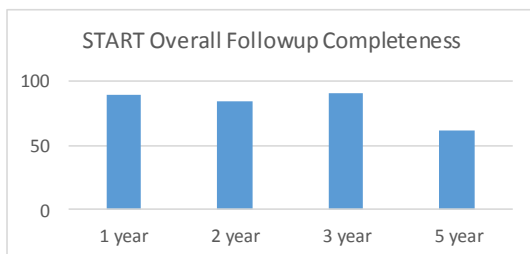
START team wishes all of our participants a joyous Falls Festivities

### Season's Greetings

We thank you again for your continuous participation in this significant research through which we are hoping to understand the causes of obesity and diabetes in South Asian population. Your valuable time into this study will help us find some answers. In an effort to stay connected, we will be sharing this newsletter with you quarterly to share some important information.



### Let us update you on START Follow up



With your help and support, START Study has recruited total of **1012** mothers and children. We have been able to complete 89.5% of 1 year, 84.2% 2 year, 90.3% 3 year and 61% 5 year follow up among all sites. However, the 2, 3 and 5 year follow up are still ongoing.



**Big applause goes to you for your time and dedication!!**

### Good News!

One of our own Masters student, Sujane Kandasemy, (at McMaster University) created a video based on interviews conducted with South Asian grandmothers to understand their perspectives regarding optimal health behaviors for both pregnant and new mothers.

We are excited to announce that she was placed as a runner-up in CIHR's 2016 IHDCYH Talks Video Competition!

You can view the video below, or check out the announcement and other winners by visiting this link:

<http://www.cihr-irsc.gc.ca/e/50222.html> **Congratulations !!!**



### Upcoming Event:

 This is time of the year when all our participants and our research team

get together as a family and just have **FUN!**

There will be lots of kids' activities, some yummy food,

Family Photo shoot and much more...

Sometime it's not very easy to fit all of our family in one selfie! So forget about the selfie, we will have a professional photographer at the event to take your family portrait. Isn't this exciting!!

**Look out for invitations in November**

**So dress your best and show up !**

## FYI:

Oct 1- 7 is a **breast feeding awareness** week. Call Region of Peel – Public health at 905-799-7700 or visit [www.BreastFeedingInPeel.ca](http://www.BreastFeedingInPeel.ca) for free walk-in clinic information.

November is proclaimed as **Hindu Heritage Month**. Join the celebrations at Vishnu Mandir Outdoor Park on Saturday November 4<sup>th</sup>, 2017 from 11 am to 3pm. Visit [www.vishnumandir.com](http://www.vishnumandir.com) for more details.

**10th Annual Diabetes Expo**. A free fun filled family event in Brampton on November 25th, 2017. Visit [www.diabetes.ca](http://www.diabetes.ca) for more details.

Is your child's  
Birthday around  
the corner?  
Call us now to book your  
follow up appointment and  
win a special  
birthday prize!

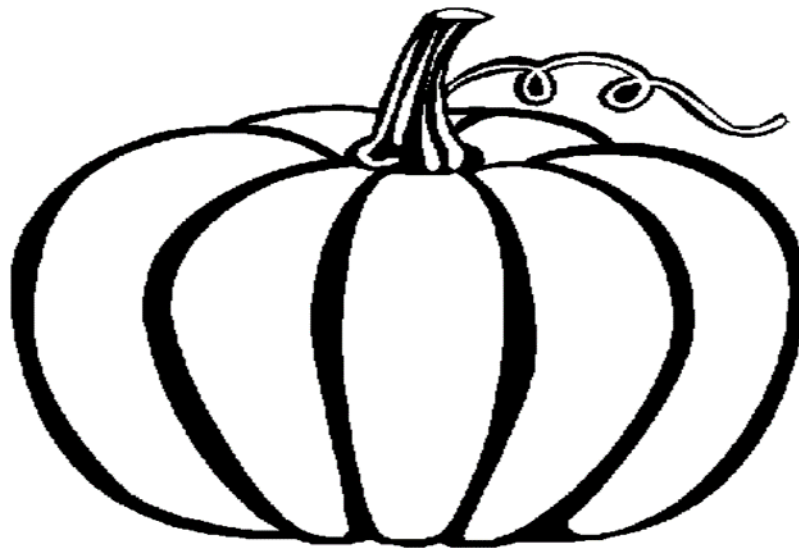


## Lunch Box Tip:



To keep sliced apples from turning brown add them to a bowl with 4 cups of cold water and 1 tablespoon of lemon juice. Soak for 5-10 minutes before putting them into a lunch box. Enjoy!

**Quiz Time:** Did you ever notice a teal pumpkin outside of a house around Halloween time? Do you know what does it stand for? You can win a special prize if you send us your answers and this pumpkin picture (colored) to [start@phri.ca](mailto:start@phri.ca).



For information on safe Halloween Visit, <https://www.canada.ca/en/health-canada/services/home-safety/halloween-safety.html>

**Do you have any ideas, suggestions for our future newsletter, feel free to share with us.**

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