

Chicago Longitudinal Study



Institute of Child Development University of Minnesota-Twin Cities 51 East River Rd, Minneapolis, MN 55455

June 26, 2017

Dear participant,

Thank you for your recent participation in the Age 35-37 survey of the Chicago Longitudinal Study (CLS). As you know, you were enrolled in this study when you were a kindergartener in Chicago Public Schools. Since then we have followed up with you and your classmates through adulthood to learn how early life experiences and education affect people as they grow up. This study has become widely known, showing that high-quality early childhood education can have a long-term, positive effect on people's lives. Results from our study have also been used to improve schools in Chicago and around the country, and were mentioned by President Obama in a past State of the Union speech.

We are now doing another follow-up project to answer a very important new question: Are there any adult health benefits associated with early childhood educational experiences? Although people in your age group are generally in good health, it is important to learn if adult health status may differ depending on childhood experiences. Since earlier findings showed that early education experience was associated with higher levels of educational attainment, it is possible that these benefits could improve cardiovascular health as well. We would like to personally invite you to be part of this study. The study is funded by the National Institutes of Health in collaboration with Northwestern University and the Chicago Public Schools.

If you are willing to participate, you will be given a free health exam at the Northwestern University Department of Preventive Medicine Clinic in downtown Chicago. At the time of the exam, we will also ask you to complete an additional in-person interview about your health history. For most participants, the procedures should take no more than 2 to 2.5 hours. A fasting blood draw, as well as physical measures like height, weight, and blood pressure are part of the exam. You will receive test results, such as cholesterol level, glucose, etc., within approximately one month after your exam visit. Some results will be given at the end of your visit. If you complete all the procedures, you will receive a \$100 gift card at the end of your session. You will also receive a detailed report of the results of your health exam, if you so choose.

We are scheduling the exams now. You will be reimbursed up to \$15 for transportation expenses or a coupon for free parking in a designated garage. We will help arrange transportation, if you prefer.

You do not have to participate in this research, and you have the right to withdraw at any time even if you do agree to participate. However, this is an opportunity for you to contribute to very important scientific research, and we hope you will want to be part of this study. The results will be used to increase investments in high quality education and health programs for young people. As always, all information you provide is kept completely confidential and is used only for research purposes.

To learn more details, please call 612-849-7897 or 1-866-872-4270, or email clsstaff@umn.edu. Call 312-503-4958 at Northwestern University if you are ready to schedule a time. We hope to hear from you soon.

Sincerely,

A handwritten signature in black ink, appearing to read "Arthur J. Reynolds".

Arthur J. Reynolds, Ph.D.

Director, Chicago Longitudinal Study

University of Minnesota

ajr@umn.edu. Website: www.clstudy.org