

Community Youth Study

New York University | Nathan Kline Institute

Staff Spotlight

Daniela Galvez | Field Assistant



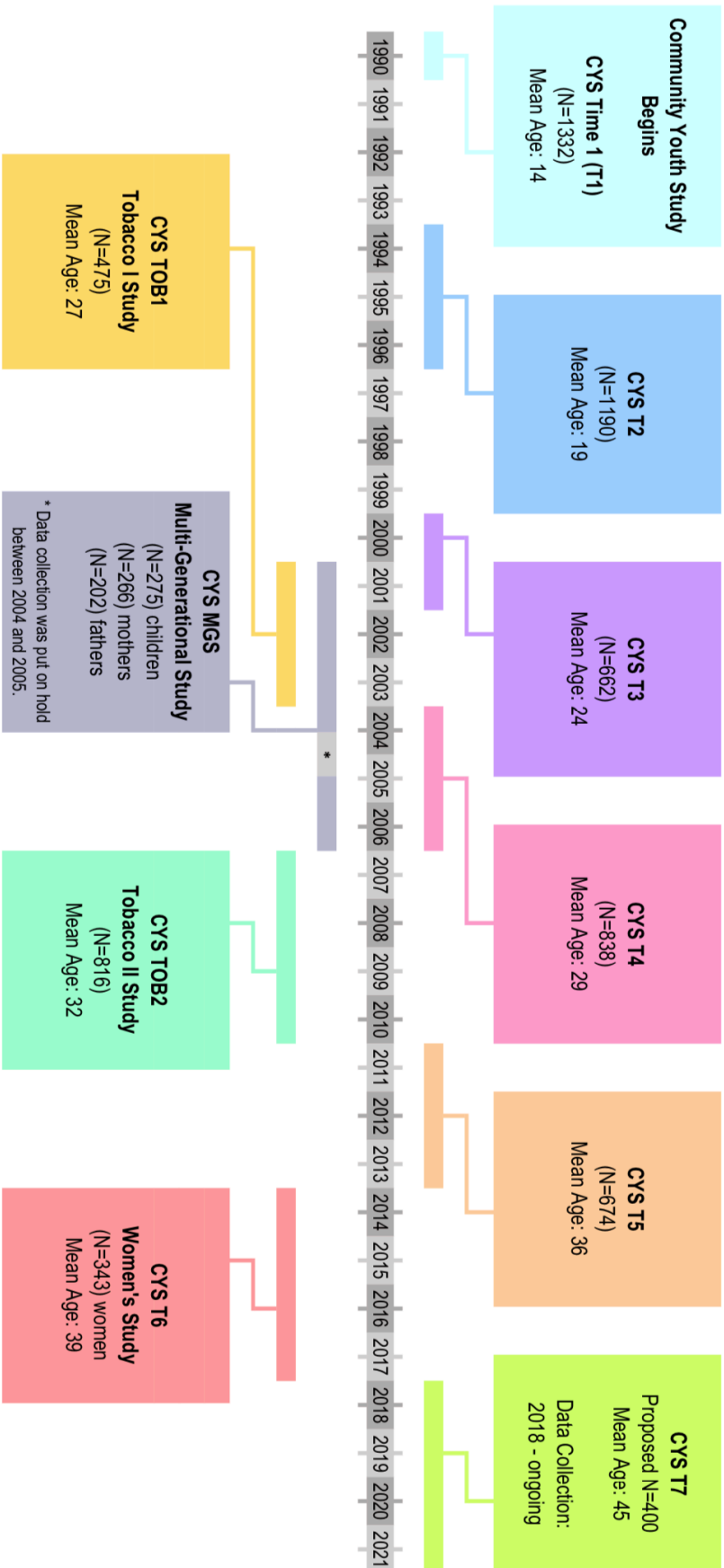
Daniela was born on the Mediterranean island of Mallorca, Spain, where her parents had moved from Chile. She moved to the States at the age of five and grew up in the diverse town of Dover, NJ. A graduate of Montclair State University, she developed a strong interest in cultural and structural equity in behavioral and mental health. She joined the Community Youth Study team in 2018, where she continues to conduct field interviews and collect participant data.

Daniela has a passion for travel but this past year was unable to explore that interest; instead, she found peace and serenity on her yoga mat. During the pandemic she graduated from yoga teacher training and is proud to be providing a little bit of Zen for friends and family during these times.

Daniela sits on the board of trustees for a non-profit that provides professional development, student workshops, family literacy, and summer camp in Jersey City. When she's not on her yoga mat, she is out camping on the beach or in the woods, canoeing down a river, or walking in her neighborhood making memories with her friends and family. She lives with her husband and two teenage boys and has recently adopted a stray kitten named Pickles.



COMMUNITY YOUTH STUDY



The Community Youth Study started in 1990 when our research group was based at the Mount Sinai School of Medicine in the East Harlem community. They were interested in including the life experiences of adolescents from our ethnically and racially diverse local community into our research program on adolescent development. At the time, ethnic and racial minority groups had been given very little attention in the national body of research on adolescent development. Thirty years later, we've completed nine waves of study and are currently enrolling for our tenth wave. Of these ten waves, seven have been open to the whole cohort who has participated over the years, while three waves of study were more specialized and had different eligibility criteria.

Media Use and Physical Activity During COVID-19

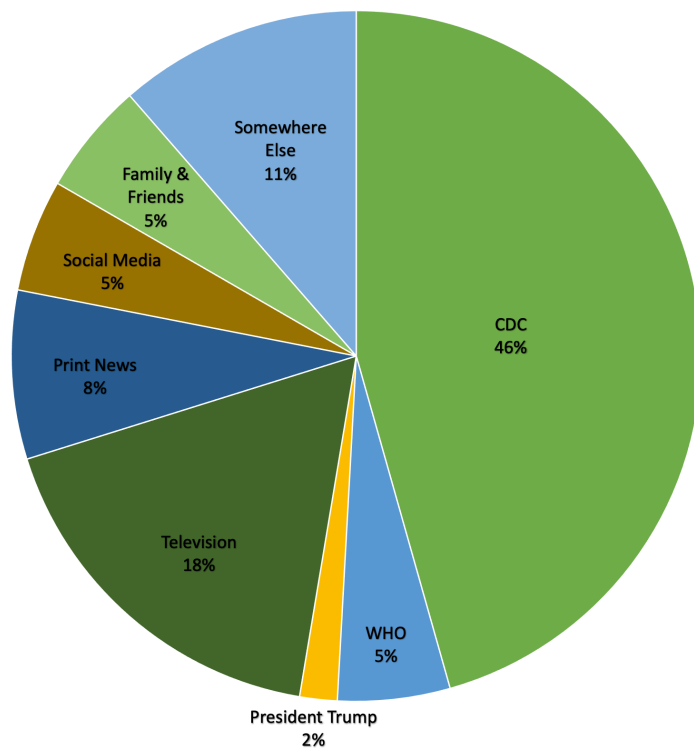
Thank you again to all of the Mount Sinai Community Youth Study members who participated in our COVID-19 survey! Since opening enrollment in the middle of April through the end of August, we have been able to learn how the COVID-19 pandemic has affected you and your loved ones through your survey responses. In this newsletter, we wanted to explore how COVID-19 has affected your social media use, digital media use, and your ability to go outside and engage in physical activity.

Twenty-one percent of respondents used social media (e.g. FaceTime, Facebook, Instagram, SnapChat, Twitter, and TikTok) for more than six hours per day compared to about 25% of respondents who used social media for under one hour a day.

While social media and digital media use were understandably high due to recommendations to stay at home and avoid contact with others outside the household, accordingly, time spent outdoors was relatively low, with the majority (43.2%) of participants reporting spending only 1-2 days outdoors per week.

Nearly 39% watched TV or digital media (e.g., Netflix, YouTube, web surfing) for more than 6 hours per day, whereas less than 10% watched digital media less than one hour per day or not at all.

Trusted Sources of COVID-19 Information



About half of our participants identified The CDC or The WHO as their most trusted source of information about Coronavirus, followed by about 25% who viewed television or print media as being their most trusted source of information. The remaining fourth of participants cited President Trump, social media, friends and family, or somewhere else as being their most trusted source of coronavirus information.

Nearly 40% of participants reported having no days per week during the past two weeks in which they exercised at least 30 minutes per day, while 3% indicated they exercise at least 30 minutes daily

Meet the Team



KERSTIN ("TINA") PAHL
Principal Investigator



SHARIFA ("SHAR") WILLIAMS
Biostatistician



LISA WANG
Project Manager



DANIELA GALVEZ
Field Assistant



LINDA CAPOBIANCO
Project Administrator



PEDRO BATISTA
Field Supervisor



ARIADNA CAPASSO
Pre-Doctoral Intern



MUAZZEZ ("MELIKE") AKSOY
Research Assistant



PARICHAT ("CHAT") PINTONG
Field Assistant



DEVANTE ("DJ") CUNNINGHAM
Pre-Doctoral Research Assistant

Please Note: We also may train other undergraduate and graduate level interns on study procedures and protocols. All interns undergo the same ethics training and approval completed by our paid staff.

We Stand in Solidarity with AAPI

It is with great sadness that we again bear witness to acts of racist violence, increasingly against Asian American and Pacific Islander (AAPI) communities in recent months. These acts of violence and discrimination against AAPIs across the U.S. have highlighted what we know is a longstanding and painful history of anti-AAPI racism. We understand these acts as being part of a racist structure that undergirds the United States and continues to threaten the lives and well-being of AAPIs, Black, Latinx, Indigenous Americans, and other people of color.

We write to extend our support and solidarity with AAPI communities, Black Lives Matter, and all others who suffer under the yoke of white supremacy. We pledge ourselves to taking action against racism, in research and practice. The goal of our work, which examines the effects of racism and discrimination on health, is to identify mechanisms underlying racial health disparities and, ultimately, contribute to long overdue social change and racial equity.

Thank you for your continued participation in this study. The data you provide serves to inform policies and programs that disrupt racism and contribute to social justice. We remain committed to this work.

For more resources and to find out how you can help take action against Anti-Asian violence, please visit <https://anti-asianviolenceresources.carrd.co/>

In solidarity,

Melike Aksoy, Pedro Batista, Linda Capobianco, DeVante Cunningham, Daniela Galvez, Kerstin Pahl, Parichat Pintong, Lisa Wang, & Sharifa Williams

Participate in Our Current Study

Longitudinal Effects of Socioeconomic Disadvantage and Racial Discrimination on Health Among African Americans and Puerto Ricans

Our current wave of study, funded by the National Institute of Minority Health and Health Disparities, is examining how social conditions influence stress burden, well-being, and health over time, with particular interest in:

- 1) Stressful experiences, including discrimination and socioeconomic disadvantage
- 2) Individual characteristics and resources that may help you cope with these experiences

After pausing our enrollment in March 2020 due to the COVID-19 pandemic, we have modified this wave of study to minimize in-person contact as much as possible in order to keep our research participants and our research staff as safe as possible while still working towards accomplishing our study aims. Therefore, this wave of study now has three sections:

- 1) We will administer a web or phone survey that you can take in the comfort and safety of your own home. This web survey assesses basic characteristics, ethnic/racial identity, experiences of discrimination, things that you may find stressful, how you see yourself and others, and a number of other personal topics. A similar survey has been administered during previous waves, and we will work with your technological needs.
- 2) After you have completed the survey in your home and have consented to the at-home saliva collection, we will develop a schedule with you for your saliva collection and provide you with all of the materials and instructions you will need to collect 6 total saliva samples over the course of two consecutive days (3 samples per day) from the comfort and safety of your own home. The supplies will be dropped off at your home prior to your scheduled saliva collection, and then the samples will be picked up from your home when you have completed your saliva collection. These saliva samples will help us to look at some biological indicators of your health and response to chronic stress.
- 3) After you have completed the survey in your home and have consented to the in-person blood collection and body measurement procedures, we will conduct a 30-

We've seen

211

participants so far
for this current
study.

We've had

3

\$500 gift card
winners for the
current study.

We plan to
interview

189

more participants
for our current
study.

You will be compensated

\$75

for your completion of the survey

\$40

for your completion of the at-home saliva collection

\$40

for your completion of the in-person blood collection and body measurements


minute interview either in your home or at our facility Nathan Kline Institute located in Orangeburg, NY, whichever you prefer. If you choose to have the interview in your home, 1-2 trained research technicians will come to your home to collect the biological samples. If you choose to have the interview at our facility, our trained research technicians will arrange transportation for you to our facility and collect the samples at our facility. During this interview, we will measure your hemoglobin A1c (a blood sugar measure used to test for diabetes), collect blood spots, measure your blood pressure and heart rate, and take your body measurements. These specimens and measurements will be assessed for biomarkers and indicators of metabolic health, endocrine and immune system function, and stress.

With our study now being modified to accommodate for COVID-19 safety and social distancing guidelines by having three separate sections including a two day at-home saliva collection, we have also modified the compensation slightly compared to the study prior to March 2020. You would be compensated \$75 for your completion of the survey, \$40 for your completion of the at-home saliva collection, and an additional \$40 for your completion of the in-person blood collection and body measurements. For completing all sections of the study, we will also enter you into a drawing for a 1-in-50 chance of winning a \$500 gift card.


If you haven't participated in this latest study, which began August 2018, you may still be eligible to participate.

CONTACT US

If you are interested in participating in our current study or have any questions, feedback, or suggestions regarding what you'd like to hear from us in the future please call, text, or email us.

 (917) 938-4647

 CYS@NKI.rfmh.org

 <https://cystudy.org>

