

WINTER 2025

NOURISH NEWS



Updates for the parents of babies in the Nourish Study

New Year Greetings from the Nourish Study Team!

Happy New Year! We hope you and your families had a happy holiday season.

Last year, the Nourish Study made much progress! In 2024, we:

- Reached our enrollment goal of 130 babies in NICU including 26 babies in 2024
- Completed 20 MRIs
- Performed 30+ Peapods & 60+ Bioimpedance measures
- Saw over 60 families in follow-up clinic, including 22 of our 2-year follow-up visits!

Quick Questionnaire Reminder:

The Nourish Study sends forms at:

- 4 month and 12 month corrected age
- 2 years (in follow-up clinic)
- 3 and 4 years
- 5 years (in follow-up clinic)

We very much appreciate the time and effort you take to fill these out as they are an integral part of our research!

OVERVIEW:

- Study Progress
- Important Information
- Exciting Updates
- Staff Spotlight

Contact us with any questions or updates!

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IMPORTANT INFORMATION:

Nourish has started streamlining payments in the form of an Advarra card. Please keep track of this card throughout your study visits as this is how we will give payment for in-person visits and questionnaire completion!

EXCITING UPDATE

We are so excited to share that the Nourish Study will begin 5-year visits this August!

The Nourish 5-year follow-up visits will help determine the potential long-term impacts of the Nourish NICU diet on participant growth, brain development, and cardiometabolic health.

It's hard to believe our first Nourish babies will be turning 5 soon and we are so excited to see how much everyone has grown! We are so thankful for the continued support we receive from our Nourish families. Our research would not be possible without each and every family!

SPEAKING OF GROWING...

Look at how big some of the Nourish kiddos are getting!



Staff Spotlight

Myrene Johnson



Myrene is a Registered Nurse with 24 years of experience, specializing in NICU for 22 years.

Myrene became part of the NICU research team March of 2024 and still continues to work at the bedside. She takes pride in extending her NICU experience in research with hopes to improve babies' outcomes. Myrene plans on furthering her education and completing her master's degree with hopes to contribute to even more opportunities. Fun fact: Myrene's favorite place will always be the beach with her family.