

Newsletter of the
Chicago Longitudinal Study
Promoting Children's Success

ISSUE 8

FEB. 2019

Message from the Project Director

The Chicago Longitudinal Study (CLS) began in the Chicago Public School District in the fall of 1985. At the time, there was some evidence that early childhood education was effective but District leadership wanted to better understand its benefits and that of the family as young children grow up. Thus the CLS became a long-term study of the impacts of the Child-Parent Center (CPC) Education Program. Along with Head Start, CPCs are one of the first federally-funded early childhood programs. CPC is also the nation's first preschool-to-3rd-grade education model.

We are greatly indebted to all 1,539 original CLS participants for enabling our team and the District to follow your lives over time since early childhood. As a result, this project has become one of the biggest and longest-running early childhood studies in the world! There have been many phases of the CLS: Early childhood, middle childhood and adolescence, young adulthood, and now early midlife. This spans nearly four decades since participants were born in 1979 and 1980.

Recently, we have invited participants to be part of an in-person health exam in collaboration with the Department of Preventive Medicine at Northwestern University in Chicago. Given the benefits of early childhood education we have documented over the years, understanding how these early experiences influence physical and mental health in midlife will benefit society in making wiser investments in young people for generation to come. We will continue to share what we are learning. By all means, let us know how we are doing and feel free to contact us about the on-going project.

Sincerely,

Arthur Reynolds, Study Director



CLS participants in the 1980's



CLS participants and staff in 2016

CLS Timeline

1985 Spring: Participants graduated from kindergarten!

1990: The Chicago Public School District sponsored the CLS.

1998 May: Participants graduated from high school!

2002 July: Started Age 22/24 adult survey

2004 December: Completed Age 22/24 adult survey

2006 January: The CLS lab moved to the University of Minnesota-Twin Cities

2012 August: Started Age 35 adult survey

2013 January: President Obama cited CLS research in State of the Union

2016 January: Conducted a focus Group to meet with 5 participants

2017 July: Completed Age 35 adult survey

2017 May: Started Health Exam

What has the CLS been working on?

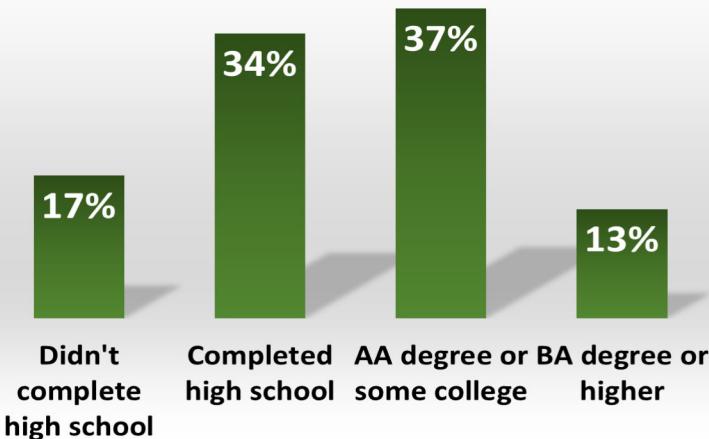
In 2017, we had two major milestones!

First, we wrapped up the age 35 survey after almost 5 years. Thanks to all who have participated! We closed the survey project with 1,104 completes. Pages 2-3 will share what we learned from the survey.

Second, we launched the health project in May of 2017. We are partnering with Northwestern University to conduct the health project as a majority of you live in the Chicago area. Due to staff transition, we had to take a break on the health project, and just restarted exams in January 2019. Please contact us if you are interested in participating in the health project. We are also working on various research projects to disseminate the CLS findings to policy makers and the general public.

What is happening in CLS participants' lives, according to our latest survey?

Highest Level of Education

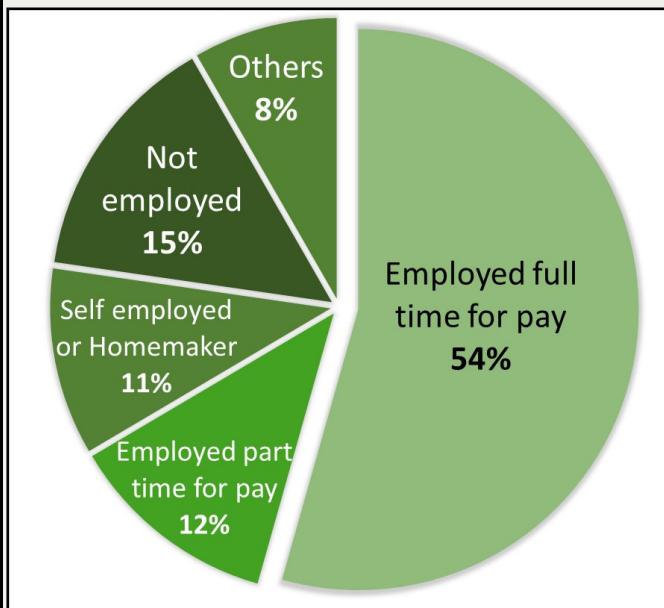


EDUCATION

Top 5 Majors Pursued by CLS Participants:

1. Business Administration
2. Criminal Justice
3. Early Childhood Education
4. Accounting
5. Nursing

EMPLOYMENT



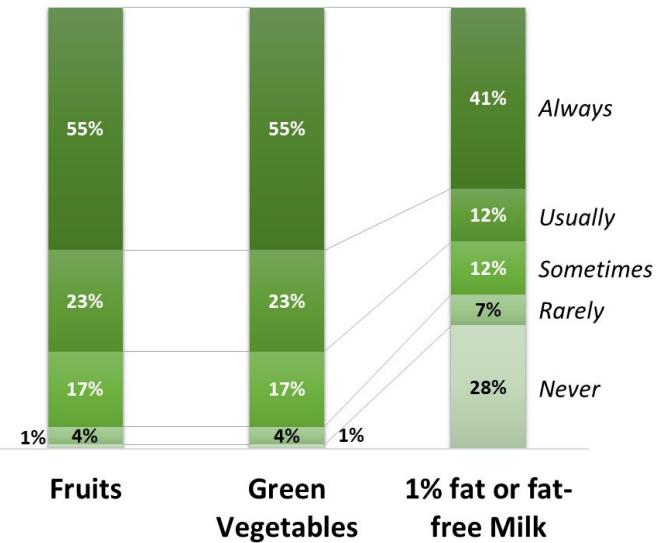
Top 5 Employers of CLS Participants

1. Chicago Public Schools
2. Department of Human Services
3. Wal-Mart
4. Addus Homecare
5. City of Chicago

HEALTH

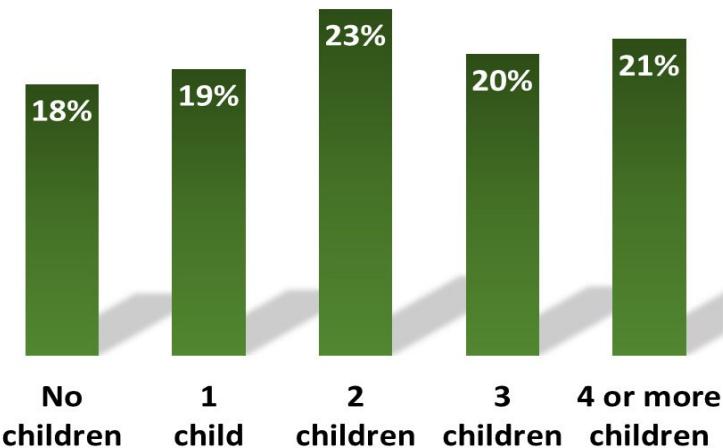
- 47% of respondents said that their health was **very good** or **excellent**
- 82.6% of respondents were **somewhat** or **very physically active**
- 78.3% of respondents said they have a **regular place** they go to for health care

Access to Healthy Foods

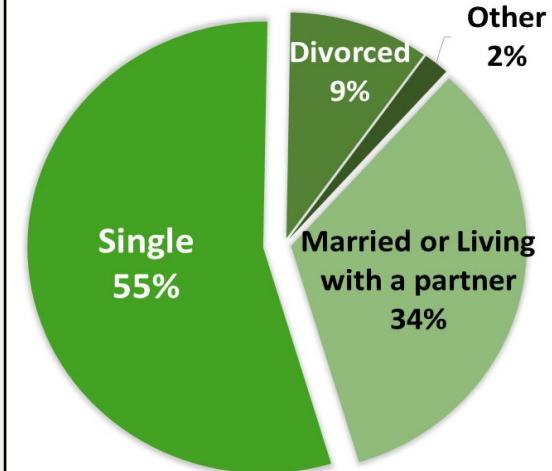


FAMILY LIFE

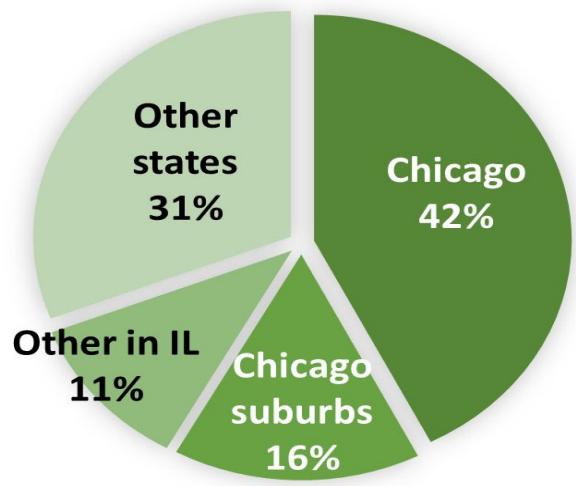
Number of Children



Marital Status



Current Location



59.9% of respondents participated in unpaid **volunteer** or **community service** work or a **church-related activity**

HOPES FOR THE FUTURE

"To become a better and successful me so I can be an example for my kids"

"Creating a better future for my kids"

- 63% of respondents said they are **better off financially** than their parents were at the same age
- 65% of respondents said they currently **rent**
- 16% of respondents said they currently **own a home**

WHAT ARE YOU MOST SATISFIED WITH

"My children, education, and my work. My work is fulfilling. My education is able to do the job that I am doing. In turn, it helps me teach my children and they are taking the same path, values, and education"

"With my life, being able to live, a lot of people are unhealthy and in pain and unhappy, no matter how much money you got, if you don't have your health you have nothing so you got to be thankful for that"

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Address Service Requested

**Want to learn more about the
CLS? Or, have you moved and
want to update your contact
information?**

Call/text: 612-849-7897
Email: clsstaff@umn.edu
Facebook: www.facebook.com/cls.staff
Website: icd.umn.edu/cls/

Why should you consider participating in the Chicago Longitudinal Health Study (CLHS)?

- You'll be a part of helping us learn more about how high-quality early education may promote positive health outcomes
- You'll receive a **FREE physical exam** and results & a **\$100 gift card**

Funding provided by



National Institutes of Health
Turning Discovery Into Health