

We are doing a new study to try to figure out how many calories adolescents with intellectual disabilities eat every day. The best measure of calories is an isotope called doubly labeled water, which measures the calories used by the body. This liquid isotope is made out of hydrogen and oxygen, just like water, and is consumed like a drink. To measure calories a person drinks the isotope, then researchers collect urine samples to measure how quickly the isotope leaves the body, which shows how many calories that person's body used. However, this measure cost a lot of money, so researchers need to find out if other methods can work just as well. Previous work in adolescents without disabilities found that writing down everything someone eats as well as taking photos of the what they eat, can correctly measure caloric intake. This study is being done to determine if writing down what you child eats as well as taking photos of those meals can correctly determine how many calories adolescents with intellectual disabilities eat every day.

If you are interested in this study, we would come out to collect urine samples from your child 3 times in a 15-day period, we would also ask you and your child to fill out everything you have to eat and drink for 3 days, as well as take photos of those meals.

In return your adolescent would learn how many calories they use every day, and receive \$100. The study only last 15 days and does not require any driving.

We will be recruiting through March so you don't have to start doing it right away.

If interested let me know or contact Lauren at lptomey@ku.edu