

During the Mid-Teen Visit, teens will be asked to complete the following visit components:

Growth measurements

Body measurements



Height
Weight
Sitting Height
Waist Circumference
Hip Circumference
Arm Skinfold
Back Skinfold

Body Scan



DXA measures bone density and body composition. This scan uses a very low dose of radiation, equal to 1 day of natural background

Asthma measurements

Breathing Tests



FeNo measures nitric oxide, a gas in your lungs related to asthma and allergies. For this test, we will ask you to breathe in and out through the mouthpiece with a steady breath.

Spirometry is a measure of your lung function. For this test, we will ask you to breathe out as hard and as fast as you can. In many cases, we will also ask you to inhale 2 puffs of a medicine—albuterol—and then repeat the breathing test.

Cardiovascular measurements

FitBit



Measures sleep and physical activity. This will be yours to keep after the visit!

Blood Pressure



This is a marker of heart health. Five BP measures will be taken.

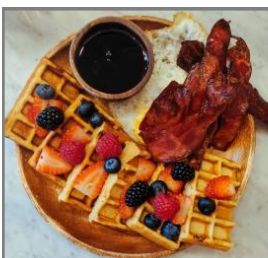
Stepping Activity



You will step up and down on an exercise step for 3 minutes.

Overall health measurements

Questionnaire



Mid-Teen Visit Questionnaire: Asks about your health, behavior, and development. It is similar to others you've completed in the past.

24-hour diet-recall: An online survey, to record all of the food/drinks you consumed the previous day. You will receive up to \$20 in Amazon gift cards for completing 2 additional recalls at home.

Biospecimen samples



A trained phlebotomist will collect less than 3 tablespoons of **blood** from you using a small butterfly needle.

We will ask you to give a **urine sample**.

We will collect a **hair sample** the thickness of a toothpick from a concealed spot.