

Happy New Year! From the Research Team at Michigan State University

We are very excited to share that we've reached and **surpassed our W.O.R.K. goal!!**

We've exceeded 1,000 and now the W.O.R.K. Study includes

1,104 girls and young women!



To celebrate reaching this milestone, the W.O.R.K. Study team would like to send a special THANK YOU gift to all who joined the study.

Please keep your eyes (and inboxes!) open for an email with details about how to receive your gift.

We also thank you for completing the new COVID-19 survey! Information collected will help us understand how COVID-19 and vaccines affect health, particularly menstrual health. If you have not yet completed the additional COVID-19 survey, but would still like to, please contact the study team at letswork@msu.edu.

Current Baseline W.O.R.K. Study Stats 1,104 women enrolled (ages 12-30)

47% are in school (89% full time / 11% part time)

70% are working (61% full time / 39% part time)

97% experience period pain

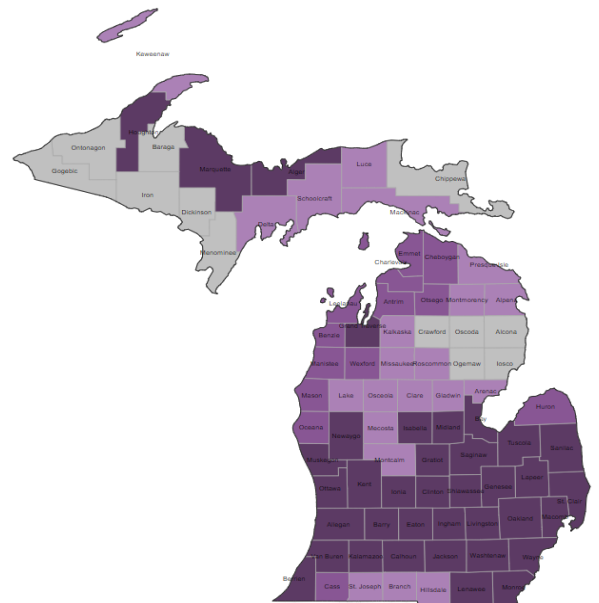
Average age for starting periods: 12 years old

**Average age for first experiencing period pain:
14 years old**

53% have pelvic pain when not on their period

64% have seen a healthcare provider for pelvic pain

16% have no healthcare provider



**Each county shaded purple is
represented in the study!**

What's Next?

We have had the pleasure of connecting with so many amazing girls and young women throughout Michigan at many events and settings. We are very grateful for the responses that we've gotten. Our next step is to transition to sharing our study findings and providing some insight and information on the data collected throughout the study.



Team member, Quiana Powell, with the W.O.R.K. Study display at a Flint Firebirds hockey game in November 2022

We are eager to continue building our relationships in many communities. We look forward to connecting and partnering with local organizations and community members as we continue talking about pelvic pain and menstrual health. Thank you from the bottom of our hearts for participating in the W.O.R.K. Study, for sharing your experiences, and let's continue to stay connected!

DID YOU KNOW?

The Centers for Disease Control and Prevention has a list of special health observances for women's health in 2023! Visit their website below where you can explore healthy tips for you and your loved ones. Highlights include National Teen Dating Violence Awareness and Prevention Month in February and National Endometriosis Awareness month in March.

cdc.gov/women/observances

QUICK TIPS & REMINDERS

New Email Address or Phone Number?

Use the contact information below to let our team know if you want a different email or telephone number on file for survey invites, study reminders, and updates.

Gift Cards

Your time is valuable! Don't forget, you will receive a total of \$105.00 in Amazon.com claim codes if you complete all 8 study surveys.

Happy Birthday!

Having an 18th birthday? As a reminder, an updated study consent form will pop-up for you to review and sign before you complete your next study survey.



Get Connected & Stay Connected

Phone: 616-234-2858 | Email: letswork@msu.edu

Website: go.msu.edu/workstudy

MICHIGAN STATE
UNIVERSITY

Let's Get To
WORK
Women's Outcomes Research & Knowledge