

HUMAN DEVELOPMENT RESEARCH REVIEW



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HUMAN DEVELOPMENT RESEARCH REVIEW: AIMS AND SCOPE

HELP's Human Development Research Review (*HELP Reads*) aims to expand awareness of topics in human development, including social and emotional learning, social and environmental determinants of health, child care, and more. *HELP Reads* connects health academics, advocates, and professionals with online and publicly available research, news, and information. This review focuses on listing articles relevant to human development research activities at HELP. This review is not official or peer reviewed. It does not cover all research, news, and information, and HELP is not responsible for the accuracy of the content from media or databases. Not all links are open access; some are abstract links where paid journal subscription is required. HELP Reads is posted monthly [here](#).

EDITOR PICKS

A policy analysis of sleep-related legislation for Canadian licensed childcare facilities.

Wendy Hall, Professor Emeritus, UBC Nursing, and co-authors

“In Canada, minimal regulatory consistency is evident in required sleep programming, space, acceptability of sleep equipment, and sleep safety considerations... Without adequate definitions in legislative components of appropriate sleep duration linked to...”



Six-year (2016–2022) longitudinal patterns of mental health service utilization rates among children developmentally vulnerable in kindergarten and the COVID-19 pandemic disruption.

Magdalena Janus, Professor, McMaster University and Affiliate Professor, University of BC, School of Population and Public Health, and co-authors

“The findings emphasize the need for targeted interventions that address both developmental vulnerabilities and sex-specific needs. By linking early developmental...”



Childhood poverty, social support, immigration background and adolescent health and life satisfaction: A population-based longitudinal study.

Randip Gill, PhD Graduate, UBC School of Population and Public Health, and co-authors

“Household poverty had a larger negative association to outcomes in comparison to neighborhood poverty. The association of poverty to outcomes differed by immigration background and operated partially through adult support at home and peer belonging.”



Disparities in child development by maternal birthplace and child sex among kindergarten children in Manitoba, Canada: a population-based data linkage study.

Marcelo Urquia, Epidemiologist, University of Manitoba, and co-authors

“Children of immigrant mothers exhibited higher developmental vulnerability than non-immigrants in domains related to language and communication skills, potentially reflecting exposure to English and French as second languages.”



Impact of being taken into out-of-home care: a longitudinal cohort study of First Nations and other child welfare agencies in Manitoba, Canada.

Marni Brownell, Professor, University of Manitoba, and co-authors

“Being in out-of-home-care worsened children's health and legal system outcomes. The importance of reducing the number of children taken into care was emphasized in briefings to provincial and First Nations governments.”



EDITOR PICKS

The consequences of “benevolent” colonial powers and structural inequities in the implementation of Jordan’s Principle in Manitoba, Canada.

Alison Gerlach, Associate Professor (Child and Youth Care) UVIC, and co-authors

“This report examines child, adolescent and caregiver mental health....” ...more



Young people, health and screens: supporting action in Indigenous contexts.

Catherine Fournier, Institut national de santé publique du Québec

“This document is aimed at stakeholders responsible for planning and implementing actions designed to influence exposure to and use of screens in the homes and communities of First Nations and Inuit youth.”



Electronic device use indicators using data from the Canadian Health Survey on Children and Youth.

Ontario Agency for Health Protection and Promotion (Public Health Ontario)

“This report provides an overview of the frequency of electronic device use for online activities and parents’ knowledge of electronic device use among youth ages 12-17 years in Ontario as measured by the 2019 Canadian Health Survey of Children and Youth.”



Early years risk indicators using data from the Canadian Health Survey on Children and Youth 2019.

Ontario Agency for Health Protection and Promotion (Public Health Ontario)

“The purpose of this summary is to describe early years’ indicators among children aged 1 to 4 by sociodemographic characteristics, focusing on ones that provide a risk effect including adverse childhood experiences (ACEs).”



Early years protective indicators using data from the Canadian Health Survey on Children and Youth 2019.

Ontario Agency for Health Protection and Promotion (Public Health Ontario)

“The purpose of this summary is to describe early years indicators among children aged 1 to 4 years by sociodemographic characteristics, focusing on ones that provide a protective effect.”



HUMAN DEVELOPMENT RESEARCH REVIEW

HELP FACULTY and AFFILIATE (selected publications)

1. Gill R, Karim ME, Puyat JH, Guhn M, Petteni MG, Oberle E, et al. **Childhood poverty, social support, immigration background and adolescent health and life satisfaction: A population-based longitudinal study.** J Adolesc. 2024. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1002/jad.12408>.
2. Hall WA, Moynihan M, Reid GJ, McMillan R. **A policy analysis of sleep-related legislation for Canadian licensed childcare facilities.** BMC Public Health. 2024;24(1):2586. Available from: <https://doi.org/10.1186/s12889-024-20150-3>.
3. Talarico F, Metes D, Wang M, Hayward J, Liu YS, Tian J, et al. **Six-year (2016–2022) longitudinal patterns of mental health service utilization rates among children developmentally vulnerable in kindergarten and the COVID-19 pandemic disruption.** PLOS Digital Health. 2024;3(9):e0000611. Available from: <https://doi.org/10.1371/journal.pdig.0000611>.
4. Urquia ML, St-Germain A-AF, Godoy M, Brownell M, Janus M. **Disparities in child development by maternal birthplace and child sex among kindergarten children in Manitoba, Canada: a population-based data linkage study.** J Immig Minority Health. 2024. Available from: <https://doi.org/10.1007/s10903-024-01638-x>.

HELP RESOURCES

1. CHILD DEVELOPMENT

1.i. General, Cognition

1. Hart ER, Bailey DH, Luo S, Sengupta P, Watts TW. **Fadeout and persistence of intervention impacts on social-emotional and cognitive skills in children and adolescents: A meta-analytic review of randomized controlled trials.** Psychol Bull. 2024;150(10):1207-36. Available from: <https://psycnet.apa.org/doi/10.1037/bul0000450>.
2. Rahbari N, Sénéchal M, Bolea B, Wazana A. **The longitudinal impact of pre- and postnatal maternal depression and anxiety on children’s cognitive and language development.** Dev Psychol. 2024;60(4):764-77. Available from: <https://psycnet.apa.org/doi/10.1037/dev0001700>.

1.ii. Communication, Language, Literacy

1. Kawamura A, Orsino A, McLeod S, Handley-Derry M, Siegel L, Vine J, et al. **Literacy in school-aged children: A paediatric approach to advocacy and assessment.** Ottawa, ON: Canadian Pediatric Society; 2024 Oct 23. Available from: <https://cps.ca/en/documents/position/literacy-in-school-aged-children>.
2. Zhang S-Z, Inoue T, Georgiou GK. **Is there a genetic confound in the relation of home literacy environment with children’s reading skills? A familial control method approach.** Reading Research Quarterly. 2024;59(3):408-23. Available from: <https://ila.onlinelibrary.wiley.com/doi/abs/10.1002/rrq.553>.

1.iii. Socioemotional Learning, Other

1. Kosak L-A, Harandian K, Bacon SL, Archambault I, Correale L, Pagani LS. **Early Socio-Emotional Difficulty as a Childhood Barrier to the Expected Benefits of Active Play: Associated Risks for School Engagement in Adolescence.** *Int J Environ Res Public Health.* 2024;21(10):1353. Available from: <https://www.mdpi.com/1660-4601/21/10/1353>.
2. O’Grady AM, Nag S. **Promoting emotion understanding in middle childhood: A systematic review of school-based SEL programs.** *Social and Emotional Learning: Research, Practice, and Policy.* 2024:100068. Available from: <https://www.sciencedirect.com/science/article/pii/S2773233924000421>.

2. CHILD CARE, EDUCATION, PARTNERSHIPS

2.i. Connections, Hubs, Partnerships

1. Wadehra R, Rosenberg J. **Advancing health equity within Canada’s child-care program.** Toronto, ON: Wellesley Institute; 2024. Available from: <https://www.wellesleyinstitute.com/publications/advancing-health-equity-within-canadas-child-care-program/>.

2.ii. Initiatives, Interventions

1. Pegg G, Palomino G, Thomas A. **examining support needs for children, youth and caregivers in kinship/out-of-care arrangements.** *Research and Evaluation in Child, Youth and Family Services.* 2024;6(Special issue). Available from: <https://fairness4crr.com/ubc-research-partnership/>.

2.iii. Programs, Services, Other

1. Hall WA, Moynihan M, Reid GJ, McMillan R. **A policy analysis of sleep-related legislation for Canadian licensed childcare facilities.** *BMC Public Health.* 2024;24(1):2586. Available from: <https://doi.org/10.1186/s12889-024-20150-3>.
2. Kerr S, Findlay L, Arim R. **Child care for young children with disabilities.** *Health Rep.* 2024. Available from: <https://www150.statcan.gc.ca/n1/pub/82-003-x/2024010/article/00003-eng.htm>.
3. National Academies of Sciences Engineering Medicine. **A New Vision for High-Quality Preschool Curriculum.** Bredekamp S, Espinosa L, Hutton R, Stephens A, editors. Washington, DC: The National Academies Press; 2024. Available from: <https://nap.nationalacademies.org/catalog/27429/a-new-vision-for-high-quality-preschool-curriculum>.

3. EARLY ENVIRONMENTS

3.i. Biological Sensitivity to Context, Cortisol, Epigenetic

1. Christensen R, Miller SP, Goma NA. **Home-ics: how experiences of the home impact biology and child neurodevelopmental outcomes.** *Pediatr Res.* 2024. Available from: <https://doi.org/10.1038/s41390-024-03609-2>.
2. National Scientific Council on the Developing Child. **A world of differences: the science of human variation can drive early childhood policies and programs to bigger impacts.** Cambridge, MA: Center on the Developing Brain, Harvard University; 2024. Available from: <https://harvardcenter.wpenginpowered.com/wp-content/uploads/2024/05/WP17-Final.pdf>.
3. Tooley UA, Latham A, Kenley JK, Alexopoulos D, Smyser T, Warner BB, et al. **Prenatal environment is associated with the pace of cortical network development over the first three years of life.** *bioRxiv.* 2023:2023.08.18.552639. Available from: <https://www.biorxiv.org/content/biorxiv/early/2023/08/21/2023.08.18.552639.full.pdf>.

3.ii. Adversity, Resilience

1. Herbers JE, Wallace LE, Tebepah TC. **Risk and resilience from childhood experiences of stress and poverty.** *APA handbook of health psychology, Volume 3: Health psychology and public health, Vol 3.* Washington, DC, US: American Psychological Association; 2025. p. 323-41. Available from: <https://psycnet.apa.org/doi/10.1037/0000396-018>.
2. Hu B, Yang T, Hu Y, Qin S. **The resilient brain against childhood poverty.** *medRxiv.* 2024:2024.06.18.24308965. Available from: <https://www.medrxiv.org/content/medrxiv/early/2024/06/19/2024.06.18.24308965.full.pdf>.
3. McDorman SA, Taylor-Robinette EK, Romeo RR. **Chapter Five - Risk and resilience models in child development.** In: Lockman JJ, editor. *Adv Child Dev Behav: JAI*; 2024. p. 132-63. Available from: <https://www.sciencedirect.com/science/article/pii/S006524072400020X>.
4. Ontario Agency for Health Protection and Promotion (Public Health Ontario). **Early Years Protective Indicators using Data from the Canadian Health Survey on Children and Youth 2019.** Toronto, ON: PHO; 2024 Oct. Available from: https://www.publichealthontario.ca/-/media/Documents/C/24/chscy-2019-early-years-protective-indicators-data.pdf?rev=9ea81cca945c4c559a20a489e6cbf818&sc_lang=en.

3.iii. Other

1. Morawska A, Mitchell AE, Etel E, Armstrong R, McAuliffe T, Ma T, et al. **A Systematic Review of Parents' Experiences during their Child's Transition to School.** *Early Childhood Educ J.* 2024. Available from: <https://doi.org/10.1007/s10643-024-01780-z>.
2. Ontario Agency for Health Protection and Promotion (Public Health Ontario). **Early Years Risk Indicators using Data from the Canadian Health Survey on Children and Youth 2019.** Toronto, ON: PHO; 2024 Oct. Available from: https://www.publichealthontario.ca/-/media/Documents/C/24/chscy-early-years-risk-indicators.pdf?rev=65eca27e8cea4c858f2e8e448ee285cf&sc_lang=en.

4. ENVIRONMENTAL HEALTH

4.i. Climate Change

1. Aylward B, Cunsolo A, Clayton S, Minor K, Cooper M, Chatwood S, et al. **Examining the mental health impacts of climate change on young people in Canada: a national cross-sectional survey.** *The Lancet Planetary Health.* 2024;8:S3. Available from: [https://doi.org/10.1016/S2542-5196\(24\)00068-8](https://doi.org/10.1016/S2542-5196(24)00068-8).
2. Bosshart L. **Keep outdoor play spaces cool: the best trees, shrubs and plants for shade.** Susan Herrington, a professor at UBC and landscape architect, offers solutions to protect children from scorching sun and intense heat during outdoor play. *University of British Columbia News.* 2024 Jul 4. Available from: <https://news.ubc.ca/2024/07/keep-outdoor-play-spaces-cool/>.
3. Dharma C, Al-Jaishi AA, Collins E, Orchard C, Amankwah N, Lang JJ, et al. **Assessing the impact of the COVID-19 pandemic on the mental health–related hospitalization rate of youth in Canada: an interrupted time series analysis.** *Health Promotion and Chronic Diseases Prevention (HPCDP).* 2024(Oct). Available from: <https://www.canada.ca/en/public-health/services/reports-publications/health-promotion-chronic-disease-prevention-canada-research-policy-practice/vol-44-no-10-2024/assessing-impact-covid-19-pandemic-mental-health-related-hospitalization-youth-canada-interrupted-time-series-analysis.html>.
4. Hamilton Health Sciences. **Studying how Canadian kids were affected by the pandemic [Offord Centre for Child Studies, Kathy Georgiades].** Hamilton, ON: Hamilton Health Sciences; 2024 Sep 27. Available from: <https://www.hamiltonhealthsciences.ca/share/studying-pandemic-impact-on-children/>.
5. Hanmer G. **It would cost billions, but pay for itself over time.** *The economic case for air conditioning every Australian school.* *The Conversation.* 2024. Available from: <https://theconversation.com/it-would-cost-billions-but-pay-for-itself-over-time-the-economic-case-for-air-conditioning-every-australian-school-241465>.
6. Health Canada. **The Time to Act is Now. Report of the Expert Panel for the Review of the Federal Approach to Pandemic Science Advice and Research Coordination.** Ottawa, ON: Government of Canada; 2024 Oct. Available from: <https://www.canada.ca/content/dam/hc-sc/documents/corporate/about-health-canada/public-engagement/external-advisory-bodies/review-federal-approach-pandemic-science-advice-research-coordination/time-to-act/time-to-act.pdf>.
7. Pisolkar V, Dena I, Green KL, Palmer-Clarke Y, Hinz T, Muhajarine N. **See us, hear us! children, adolescents and families in Saskatchewan coping with mental health during the COVID-19 pandemic.** *International Journal of Qualitative Studies on Health and Well-being.* 2024;19(1):2361494. Available from: <https://doi.org/10.1080/17482631.2024.2361494>.
8. Rahai R, Wells NM, Evans GW. **Neighborhood Greenspace, Extreme Heat Exposure, and Sleep Quality over Time among a Nationally Representative Sample of American Children.** *Int J Environ Res Public Health.* 2024;21(10):1270. Available from: <https://www.mdpi.com/1660-4601/21/10/1270>.
9. Society for Adolescent Health and Medicine. **Responding to the Impact of Climate Change on Adolescent and Young Adult Health: A Position Paper of the Society for Adolescent Health and Medicine and the International Association for Adolescent Health.** *J Adolesc Health.* 2024. Available from: <https://www.sciencedirect.com/science/article/pii/S1054139X24004464>.
10. US Environmental Protection Agency. **Kids and Climate Health Zone.** Available from: https://www.epa.gov/children/kids-and-climate-health-zone?utm_medium=email&utm_source=sfmc&utm_campaign=10042024_BabyMonitor.

4.ii. Urban Design, Child Friendly Cities, Rural, Greenspace

1. Harvard T.H. Chan School of Public Health. **Electric school buses may yield significant health and climate benefits, cost savings.** Boston, MA: Harvard University; 2024 May 20. Available from: <https://www.hsph.harvard.edu/news/press-releases/electric-school-buses-may-yield-significant-health-and-climate-benefits-cost-savings/>.
2. Healthy Environment for Kids. **It's time to shift to electric school buses across Canada for the health of our children and planet.** Canadian Partnership for Children's Health and Environment; 2024. Available from: <https://healthyenvironmentforkids.ca/wp-content/uploads/2024/04/ITS-TIME-TO-SHIFT%CE%93Ca-from-diesel-powered-to-electric-Graphic-11x8.5-EN-1.pdf>.
3. Lamb AK. **The Unequal Health Impacts of Diesel Pollution on Children and Communities.** Public Health Institute; 2024 Jan 11. Available from: <https://www.phi.org/press/the-unequal-health-impacts-of-diesel-pollution-on-children-and-communities/>.
4. Lee M, Cama T. **The Future Looks Bright for Electric School Buses.** Sci Am. 2024. Available from: <https://www.scientificamerican.com/article/electric-school-buses-are-a-climate-and-health-win-with-staying-power/>.
5. Liu Y, Li S, Deng T, Li L, Wei R, Zhang Y, et al. **The association between green space around schools, screen time for entertainment, and adolescent depressive symptoms: A nationwide study from China.** Environ Res. 2024;263:120100. Available from: <https://www.sciencedirect.com/science/article/pii/S0013935124020073>.
6. Luque-García L, García-Baquero G, Lertxundi A, Al-Delaimy WK, Julvez J, Estarlich M, et al. **Exploring the pathways linking prenatal and early childhood greenness exposure to attention-deficit/hyperactivity disorder symptoms during childhood: An approach based on robust causal inference.** Int J Hyg Environ Health. 2025;263:114475. Available from: <https://www.sciencedirect.com/science/article/pii/S1438463924001561>.
7. Matthaios VN, Holland I, Kang CM, Hart JE, Hauptman M, Wolfson JM, et al. **The effects of urban green space and road proximity to indoor traffic-related PM2.5, NO2, and BC exposure in inner-city schools.** J Expo Sci Environ Epidemiol. 2024;34(5):745-52. Available from: <https://doi.org/10.1038/s41370-024-00669-8>.
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10. Roche IV, Ubalde-Lopez M, Daher C, Nieuwenhuijsen M, Gascon M. **The Health-Related and Learning Performance Effects of Air Pollution and Other Urban-Related Environmental Factors on School-Age Children and Adolescents—A Scoping Review of Systematic Reviews.** Current Environmental Health Reports. 2024;11(2):300-16. Available from: <https://doi.org/10.1007/s40572-024-00431-0>.
11. Sen U, Gredebäck G. **Urbanization and Child Development.** Hum Dev. 2024;1-36. Available from: <https://doi.org/10.1159/000541773>.
12. US Environmental Protection Agency (US EPA). **Reducing Diesel Emissions from School Buses.** Washington, DC: US EPA; 2024 [updated Sep 16]; Available from: <https://www.epa.gov/dera/reducing-diesel-emissions-school-buses#:~:text=One%20of%20the%20easiest%20ways,school%20buses%20in%20the%20fleet>.

4.iii. Exposures, Other

1. Parenteau AM, Hang S, Swartz JR, Wexler AS, Hostinar CE. **Clearing the air: A systematic review of studies on air pollution and childhood brain outcomes to mobilize policy change.** *Dev Cogn Neurosci.* 2024;69:101436. Available from: <https://www.sciencedirect.com/science/article/pii/S1878929324000975>.
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5. MENTAL HEALTH

5.i. Happiness, Wellbeing, Distress

1. Duncan MJ, Kuzik N, Silva DAS, Bélanger RE, Carson V, Chaput J-P, et al. **“Goldilocks days” for adolescent mental health: Movement behaviour combinations for well-being, anxiety and depression by gender.** *Mental Health and Physical Activity.* 2024;26:100572. Available from: <https://www.sciencedirect.com/science/article/pii/S1755296623000704>.
2. Kemp L, Elcombe E, Blythe S, Grace R, Donohoe K, Sege R. **The Impact of Positive and Adverse Experiences in Adolescence on Health and Wellbeing Outcomes in Early Adulthood.** *Int J Environ Res Public Health.* 2024;21(9):1147. Available from: <https://www.mdpi.com/1660-4601/21/9/1147>.
3. Simpson A, Teague S, Kramer B, Lin A, Thornton AL, Budden T, et al. **Physical activity interventions for the promotion of mental health outcomes in at-risk children and adolescents: a systematic review.** *Health Psychol Rev.* 2024:1-35. Available from: <https://doi.org/10.1080/17437199.2024.2391787>.
4. Um Y-J. **The Relationship between Bicultural Acceptance Attitude and Self-Esteem among Multicultural Adolescents: The Mediating Effects of Parental Support.** *Int J Environ Res Public Health.* 2024;21(9):1175. Available from: <https://www.mdpi.com/1660-4601/21/9/1175>.
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6. Young M, Singh D. **The Canadian family-friendly community resources study for better balance, health and well-being.** *Community Work Fam.* 2024;27(4):472-98. Available from: <https://doi.org/10.1080/13668803.2022.2151869>.

5.ii. Sleep, Screentime

1. Davis CG, Goldfield GS. **Limiting social media use decreases depression, anxiety, and fear of missing out in youth with emotional distress: A randomized controlled trial.** *Psychology of Popular Media.* 2024:No Pagination Specified-No Pagination Specified. Available from: <https://psycnet.apa.org/doi/10.1037/ppm0000536>.
2. Fournier C. **Young people, health and screens: Supporting action in Indigenous contexts.** Montreal, QC: Institut national de santé publique du Québec; 2024 Aug. Available from: <https://www.inspq.qc.ca/en/publications/3485>.
3. Liu X, Liu J, Flores DD, McDonald CC. **Family factors related to adolescent screen media use and mental health outcomes: A systematic review and recommendation for practices.** *J Adolesc.* 2024;96(7):1401-27. Available from: <https://doi.org/10.1002/jad.12367>.

4. Mellon P, Montemurro G, Yang S, Sulz L, Torrance B, Storey K. **Students', parents' and teachers' perspectives on comprehensive school-based sleep promotion.** *Health Educ J.* 2024;83(7):796-808. Available from: <https://journals.sagepub.com/doi/abs/10.1177/00178969241286660>.
5. Mitchell J, Magier MJ, Duncan MJ, Chaput J-P, Carson V, Faulkner G, et al. **Inequities in sleep duration and quality among adolescents in Canada.** *BMC Public Health.* 2024;24(1):2644. Available from: <https://doi.org/10.1186/s12889-024-19974-w>.
6. Ontario Agency for Health Protection and Promotion (Public Health Ontario). **Electronic Device Use Indicators Using Data from the Canadian Health Survey on Children and Youth** Toronto, ON: PHO; 2024 Oct. Available from: <https://www.publichealthontario.ca/-/media/Documents/C/24/chscy-data-electronic-device-use.pdf?rev=deac7688c7f141859e5dcd1ae52351da&la=fr>.
7. Ontario Agency for Health Protection and Promotion (Public Health Ontario). **Youth health trends in Ontario: sleep.** Toronto, ON: PHO; 2024 Oct. Available from: https://www.publichealthontario.ca/-/media/Documents/Y/24/youth-health-trends-ontario-sleep.pdf?rev=59e2dfd9ff214b118d2b754ee64dbd32&sc_lang=en&cldee=EA41r1yZZ4m20ito05JCBPyfTCuKExhbsNuzuvi23GfQYCa-h6_cXwLkzJ12oCEE&recipientid=contact-c7ccc0a5b4a2e611837d0050569e0009-0ad2b628b08f4875b50f2aaba340e207&esid=6e5a80d4-bd8b-ef11-819e-005056ad61b6.
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10. Tremblay MS, Kuzik N. **Little kids, too little movement: Global study finds most children don't meet guidelines for physical activity, screen time and sleep.** *The Conversation.* 2024. Available from: <https://theconversation.com/little-kids-too-little-movement-global-study-finds-most-children-dont-meet-guidelines-for-physical-activity-screen-time-and-sleep-240421>.
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5.iii. Healthy Habits, Substance Use, Other

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9.i. Leadership

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