

The California Teachers Study

Quarterly Digest

Fall Updates from the CTS

Want to know what's new? Find out below!



Our team has been busy receiving and processing the final responses to Questionnaire 6. Over 38,000 of you returned completed questionnaires. Thank you for your participation! We are grateful to each and every one of our participants. Your continued involvement in the study makes important research projects—like the ones highlighted below—possible.

Meet our Summer Students

The best and brightest join the CTS

This summer we had the pleasure of welcoming two summer students. The students were paired with a CTS mentor who helped them formulate a research question and then investigate the answer.

Julie, a high school senior, studied the relationship between happiness and social support. Using participant responses to Questionnaire 3, she examined the association between happiness and the level of social support that study participants reported receiving from their partners, family, and friends. [Read more about Julie's project here.](#)

Sarah, a university student, examined the relationship between sleep quality and elevated cytokine

levels. Cytokines are hormone-like proteins that are part of the immune system and trigger certain responses such as inflammation. Sarah's work is a first step as researchers seek to understand how quality of sleep may affect participants' health. [Read more about Sarah's project here.](#)

What else are we studying?

Sugar-sweetened beverage consumption, then and now

The first CTS survey—nearly 25 years ago—asked all of you to provide information about whether you consumed sugar-sweetened beverages. The responses you provided over two decades ago are still relevant to research today.

Led by Dr. Lorena Pacheco, this project examines the relationship between sugar-sweetened beverage consumption in 1995 and the long-term health risks of cardiovascular disease, colorectal cancer, and mortality. You can [read more about this unique research here.](#)

Study Findings: Read the New Summaries

Did you know the CTS has published more than 190 scientific articles?

We've updated our website with summaries of each of these publications. Head to the [Study Findings](#) page of our website, where you'll find a new, updated menu you can use to look for the findings most important to you.

If you have a comment or question for us, please visit the [Contact Us](#) page on our website. Be sure to keep an eye out for upcoming Quarterly Digests and blog posts — you might see an answer to your question included!

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