

News

Let's take a closer look...



Scientific
conference 2015

Bowling Park
radio stars

Green Lane
Primary school
playground

www.borninbradford.nhs.uk

Hi Everyone!

On the website the photo gallery has been updated to show Ian Beesley's fantastic photos of the children growing year by year, and new information for parents is now available.

We are celebrating the end of two big projects – 2,549 BiB families took part in MeDALL and 231 in HELIX – thanks to you all, we will be sharing the results soon.

Front cover twins are Dr Owen and Professor Chloe. We want to encourage and inspire Bradford children to think of careers in science and research so we will be inviting them to participate in this year's conference #juniorsscience

Adults can now register to attend the conference, see pages 4&5.

We are working on a series of 'In a Nutshell' – quick and easy

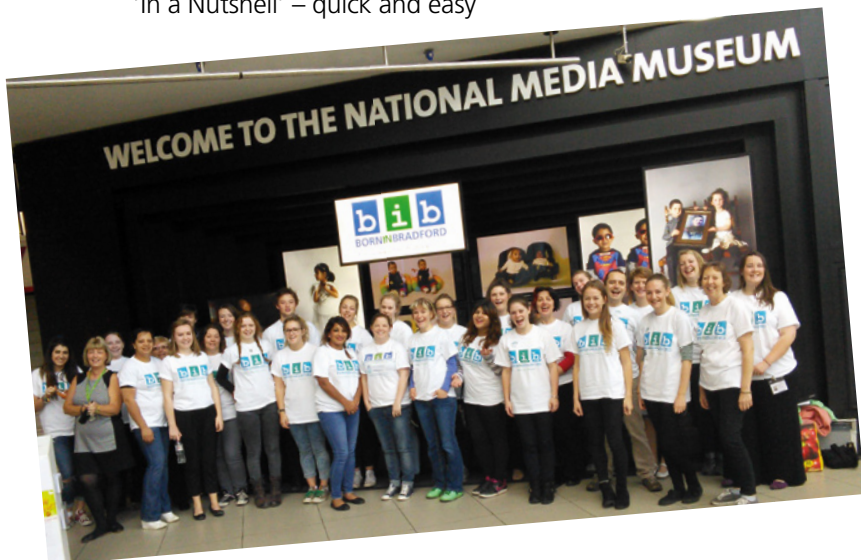
descriptions of the research, which you can find on the website, see page 7.

On the Noticeboard you can learn more about our Parent Governors group – come and join us at the next meeting. Salma says: "As a Parent Governor I enjoy meeting with the friendly BiB staff and finding out the ways in which I can be of assistance to the study."

If you haven't seen photos from the Festival they're on Facebook and the website.

Ann Barratt

Facebook: Born in Bradford
Twitter: @BiBresearch



Bowling Park radio stars!

What to do with 100 mobile phones given to use for research?

Ian Beesley, BiB artist: "Let's use them as cameras and get school children taking photos of their families, surroundings, favourite things, etc.

Result: See their food photos on our Facebook page. More to come...

Sue Mitchell, radio4 producer: "Let's use them as recorders and get the children doing the interviews with family and friends and let them explain their lives."

Result: A 30 minute documentary of Bradford children charting their life, languages, learning and loves in Bradford.

They talk about 'Catching

language',
transcontinental living, language learning, friendship... Listen through our website: www.borninbradford.nhs.uk/the-bib-film-photography-and-poetry-gallery/radio-gallery/

Ian McMillan, poet: "Let's work with these fantastic children to produce great poetry."

Result: Wait and see...



Selfies!



Class receiving the phones with joy!



Science that changes a City : Evidence from Born in Bradford 5th BIB Scientific Conference

Date: Monday 7 September 2015, 9.15am–4.30pm

Venue: National Media Museum, Bradford, West Yorkshire

Find out how 13,000 Bradford families are pushing back the frontiers of medical knowledge about how our genes, lifestyles and environment shape our lives

To register please email: carolyn.clover@bthft.nhs.uk



Born in Bradford

5th Scientific Conference

Starring:

Science and the Media

Winifred Robinson from BBC Radio 4

Science and the Arts

Ian McMillan and **Ian Beesley**

Science and Health

Society

Speaker: Kate Pickett, York

Growth

Speaker: Debbie Lawlor, Bristol

Environment

Speaker: Mark Nieuwenhuijsen, Barcelona

Mind

Speaker: Mark Mon-Williams, Leeds

Genes

Speaker: David van Heel, Leeds

Movement

Speaker: Sally Barber, Bradford

... and a cast of 1,000s!

(29,677 to be precise)





Playground redesign

Green Lane Primary is redesigning their Nursery and Reception playgrounds. They have asked BiB to help in the redesign and to test whether:

- The new playgrounds increase physical activity and improve children's movement skills by encouraging them to try new physical challenges
- Strategies to reduce the air pollution in playgrounds surrounded by busy roads are effective.

Research shows that good playground markings, equipment and the provision of stimulating activities attract children to take part in more physical activity over the long-term – which is important for physical development, preventing childhood obesity, improving social skills and learning.

UK national guidelines for physical activity are:

- Under 5s should engage in 180 minutes of any intensity activity each day. That is light, moderate or vigorous activity
- Children aged 5-18 should engage in 60 minutes of moderate to vigorous intensity activity each day.

The playground design should lead to more children engaged in moderate to vigorous activity.

After 12 months we will test to see whether:

- General health outcomes have improved in the children
- Moderate to vigorous activity has increased
- Movement skills have improved
- There is a reduction in the number of overweight children.

In a nutshell



Benefits of a 'green' environment

You can find the whole version of this nutshell on our website.

The challenge

Over half of the world's population now lives in towns and cities. By the middle of this century this is expected to increase to 70%. Our cities and towns are becoming increasingly polluted, and our parks, gardens and woods are in danger.

What we have found

- During pregnancy exposure to air pollutants, such as those from traffic, causes babies to be born at a lower birth weight, which may have serious health consequences later in life
- Having a local natural 'green' environment to walk in, such as parks and woods, has a beneficial effect for both mothers and children.



Changes that have been implemented as a result

- European policy has been changed to make a lower level of emissions compulsory in cities.
- Our findings helped Bradford Council and local bus companies secure government funding for a green makeover to some of the region's most polluting diesel buses.

Children who live near busy roads, such as Manningham Lane in Bradford, can now walk to school and play out without breathing in such high levels of pollutants.

Coming soon:

Exhibition of Ian Beesley's photographs celebrating Bradford's parks

A Walk in the Park

Bradford Cathedral,
20 August-5 September



Noticeboard

Be a Parent Governor



Parent Governor Shamim and family in City Park at the festival



Liz says: I give up my time to be a Parent Governor as I am proud my family are part of such an amazing study and I enjoy learning more about how the research is developing, what is being learnt and what difference BIB are making to the lives of families in Bradford. I love the meetings, it's a fab group of women (dads are welcome too!) and that we all feel part of Born in Bradford, not just specimens in a study.

Parent Governor Liz in the faith area at the Family Festival

Parent Governor meetings

Thursday 18 June, 7-8.30pm
Thursday 10 September, 7-8.30pm
Thursday 12 November, 7-8.30pm
All welcome but ring first to let us know you are coming!

BORNINBRADFORD

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Registered Charity No. 1061753

It is VITAL to the success of the project that we can keep in contact with you; when you change address please tell your GP. We get all the addresses and phone numbers from the central register.