

Children's Section

BiB Quiz

Why not have a go at our quiz all about Born in Bradford. You can find all the answers on our website www.borninbradford.nhs.uk or in this newsletter

- 1 Where is our Big BiB Research bus at the moment?
- 2 How many children are currently in Born in Bradford?
- 3 How many different studies are we doing in schools?
- 4 Which study are we inviting people to our Big BiB Research bus for?
- 5 Can you name 3 pieces of equipment on our Big BiB Research bus?
- 6 How many minutes exercise should children do per day?
- 7 How many BiBBS babies have been born?
- 8 What percentage of children aged 10-11 in Bradford are overweight or obese?
- 9 How many teachers have we met during our schools work since May 2016?
- 10 What measurements do our school nurses take in schools?

Have you managed to answer all the questions?
Email us your answers to borninbradford@bthft.nhs.uk and we will tell you if you got them all right!



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BiB are working with over 90 schools for our next phase of research



www.borninbradford.nhs.uk

Letter from Rosie



Hello and welcome to our 21st Newsletter! 2018 is here and we are looking forward to meeting you all on our Big BiB Bus!

Time has flown since we first started recruiting families to our study - our oldest children are nearly 11 years old! We are inviting all of our 12,500 families who signed up between 2007-2011 to come back and tell us how their lives have changed as part of our BiB 'Growing Up' study. Families can either come and visit us aboard our state of the art research bus (picture right), or can opt for a home appointment. We are inviting our oldest children to take part first, so, if you have a BiB child aged between 8-10 expect a letter or call from us soon. You can find out more about this study on page 4.

In this newsletter we are focusing on our work in primary schools across Bradford. We are lucky to work with such wonderful staff and teachers in schools as well as all of the school nurses who welcome us every year and help us measure the

health and wellbeing of children in Years 3 and 4. Last year we visited 42 primary schools – this year we want to beat that target and visit even more. You can find out all about the exciting work we do in schools on pages 5–7.

BiB has also been in the news! Did you see us on BBC's Look North Inside Out programme? It aired on 30th October 2017 and was a great showcase of some of our lovely families and the work that we do in BiB. You can watch it again on our

website (www.borninbradford.nhs.uk) in the Gallery section.

I hope you enjoy this newsletter. Don't forget, we'd love to hear from you – you can keep up to date with us on facebook (**Born in Bradford**), twitter (**@bibresearch**) and our blog. Thanks as ever for your continued support.

Rosie

BiB Director
@drrosiemc





BiB needs you!

12,500 families joined the Born in Bradford research study between 2007-2011

Our families gave us information which has helped answer important questions about why most families are healthy and happy but some families are not.

Now, all the BiB children are at school, so we would like to find out how lives have changed for our BiB families over the last 6-10 years. We are calling this project **BiB Growing Up!**

BiB will use what we learn to help plan ways to improve the lives of people in Bradford and elsewhere. We'll be getting in touch with all our families to invite them to take part. Look out for this or get in touch to arrange an appointment with us today.

For more information visit: www.borninbradford.nhs.uk

@BiBResearch **f** Born in Bradford

The Born in Bradford Growing Up study is funded by the Medical Research Council and the Economic and Social Research Council

**Book your
Growing Up
appointment!**

Call: 01274 364474

**Email:
borninbradford@bthft.nhs.uk**

Our work with schools Did you know...

**...since May
2016 we
have visited
over 60
schools...**

**...met over
200 Year 3
and Year 4
teachers...**

**...and over
6,100 children
have completed
our BiB games
and quiz**

We do lots of exciting work with children in schools – on the next pages you can find out about just a couple of the projects we are currently doing. You can also find out more about these and about all of our school based projects on our website.

www.borninbradford.nhs.uk

Born in Bradford: The Primary School Years

Research has shown that

children's fine motor skills, working memory and their well-being are all important factors in how well they do in school. Now that all of our BiB children are in primary school we wanted to see how these things affect children's school attainment.

Since May 2016, we have been visiting primary schools in Bradford and asking children to take part in a variety of games that measure children's working memory and hand/eye coordination (fine motor skills). We are also asking children to fill in a short questionnaire

about their wellbeing and happiness. The games and questionnaires are done with all children that are happy to take part, not just those who are part of BiB. The games that look at fine motor skills and memory can help to identify children who may need extra support for their learning and our researchers feed this back to the teachers within schools.

For the BiB children, we will be able to link the information from the games and questionnaire to routine data that we access through our research. Once we are able to link this to their attainment in schools we will be able to see if a child's fine motor skills, their memory and their well-being affect their attainment.

We are continuing to visit Bradford primary schools until July 2019, so look out for a letter and information sheet coming home from school with your child. Watch out on the website and our social media for findings from this study.



How active are our children?

We know that children should be at least moderately physically active (brisk walking or activities that make children begin to sweat and breathe harder) for at least 60 minutes every day. During school days, this should be split between school time and out of school time. In a recent study we found, that out of the 500 children we measured, only 1 in 4 of them achieved at least 30 active minutes during the school day. Following on from this we wanted to see how children's activity levels, both in and outside of school, may affect their health. We are doing this through a new study funded by the British Heart Foundation.

In our new study we are using ActiGraph monitors that measure the time children spend physically active, sitting, standing and lying down. We are also working with Bradford's Schools Nurses to measure the height, weight, blood pressure and body composition of BiB children in Year 3. As well as physical activity levels we are also interested in healthy growth and development. With parental consent, we would also like nurses to collect a small blood sample from



children when they visit schools to take the other measurements. This is because some factors that can affect a child's growth and health can only be measured in blood, such as their blood sugar (glucose), fats (such as cholesterol) and proteins. Measuring these markers in the blood is really important to understanding disease risk and how we might be able to reduce that risk in the future.

We'll be working with school nurses during the next school year, focusing on BiB children in Year 3. If you have a child in that year at school look out for a letter from us about the study. You can find out more about it on our Schools page on our website.

Meet the team

Industrial placement students

For the last few years we have been welcoming students from the universities of Leeds and Bradford to join our team for a year, help us to collect our data and get a taste of what it's like to work in research. This year we have 10 lovely new members of the team who will all be spending time on the Primary School Years project. Here's a little bit of information about them and what they hope to get out of their year with BiB.



Abi

Amy



Darnell



What are you looking forward to during your time with BiB?

During our time at BiB we look forward to developing our understanding of research and analysis by working on a range of BiB projects. We are really excited to be working on the Primary School Years project and meet lots of Bradford children! First-hand experience of applied research will allow us to develop our knowledge of concepts we have learnt at university, for example, working memory, in a real world context.

Why did you choose to come to BiB for your placement year?

We chose to come to BiB because it is one of the largest research studies in the world and will give us lots of useful experience. Being a part of the research team allows us to have an impact on improving the health and wellbeing of families in Bradford and beyond.

What is the best thing about working in schools so far?

The best thing is getting to work with local children and inspiring them to get involved in science and research. One of the most enjoyable things about working in schools is interacting with the children and staff and getting to know a range of personalities.



Emma



Faye



Georgia



Harry



Jessie



Sara



Tamara

Did you know...



BiBBS reaches more than 1000 babies!

BiBBS is our newest cohort study focused on families expecting babies in the Better Start Bradford area. All families expecting a baby in the Better Start Bradford area are eligible to join the study. Midwives mention the study at antenatal appointments and then our Community Research Team follow up to tell families more about what taking part involves. We have recently welcomed our

1000th baby into the cohort. Over time we hope that 5000 families will join the study to help us better understand how to give children the best start in life. You can find out more about the study on our website borninbradford.nhs.uk/what-we-do/pregnancy-early-years/better-start/ and more about Better Start Bradford on their website www.betterstartbradford.org.uk

BiB is working with Islamic settings

Thirty eight percent of all 10-11 years old in Bradford are overweight or obese and this has serious consequences for their health and wellbeing as they grow up. Research tells us that South Asian children are more likely than other children to be overweight or obese.

BiB has started a new study called Working with Islamic Religious Settings to Prevent Childhood Obesity to explore whether these settings could be a good place for an obesity prevention programme for South Asian children aged 5-11 years old. Most South Asian children in the UK are of Islamic faith. Islamic religious settings (Masajids, Madrassas and Women's circles) could be a good place to engage parents, the wider family and community in obesity prevention. In this new project, we will work with Islamic religious leaders, teachers, parents, children and the wider Muslim community to understand whether these settings would like to, and are able to, deliver an obesity prevention programme. If they are, we will apply for funding to develop such a programme and test its effectiveness.

You can find out about this new project and many more on our website.



If there's an important issue you think we should be looking at in our research you can let us know via our website, Facebook or Twitter accounts.