

Kid's
Activity

BiB CHALLENGE!

Why not have a go at these fun physical activities! Compete against your friends or family for who can do it fastest or get someone to time you and see if you can be a BiB Challenge Champion.

Do 10
star
jumps

Do
10 tuck
jumps

Run
up and
down your
garden, yard
or room 5
times

Skip
up and
down your
garden, yard
or room 5
times

Hop
on the
spot 20
times

You could also measure your heart rate by putting two fingers on your wrist and counting how many times your heart beats for 30 seconds. See if this increases after you have done the BiB Challenge!



We are family
BORNINBRADFORD

News

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Inside this issue:

How to get active
with your family

The benefits of
standing at school

How we are measuring
activity levels



BiB gets active

BiB are finding out the best ways to
stay physically active and the benefits
for you and your family

www.borninbradford.nhs.uk

Letter from Rosie



I hope you have all been enjoying a well earned rest over Summer. Our BiB team have been incredibly busy over the last academic school year collecting important measurements and questionnaires from over 5,000 Year 3 and 4 children across 70 schools as part of our 'BiB Primary School Years' project. It has been a mammoth achievement, and one only possible due to the commitment and enthusiasm of our wonderful BiB parents, children and our BiB teachers. We also want to say a huge thank you to our School Nurses who have been helping us collect height, weight, blood pressure, blood, and physical activity levels (using a device called an accelerometer) from BiB children in schools.

But our BiB parents shouldn't feel left out! As part of our 'BiB Growing Up' project we will be inviting all

parents who originally signed up to BiB to come back and tell us about how your lives have changed since the birth of your BiB baby. You can arrange to meet us in person, or complete questionnaires for us online. We are delighted to welcome new parents or carers of BiB children to be part of our project, who may not have signed up originally. You can find out more about our growing up study on page 4.

Summer is a great time to get your family outdoors and be physically active. Physical activity is such an important part of being happy and healthy for both parents and children. You can find some fun physical activity tips on page 5. It is also important to limit the amount of time sitting (for example at work, or school) as this can be bad for health. Over the past year we have been working with Bradford primary



schools to test out 'standing desks' in the classroom – you can read more about this on page 6.

Finally... you may have seen BiB in the news recently. We often get requests from TV or radio stations who want to find out more about the work we do. We would be delighted to hear from parents who would be happy to talk about what it is like to be a BiB family. More details on how to do this are on page 10 & 11.

As ever, a big thank you from me and the BiB team for your continued support,

Rosie
BiB Director
@drrosiemc





We are family
BORNINBRADFORD

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](#) [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

Physical Activity Ideas

Now the summer holidays are here, the children aren't at school and the weather is nice (hopefully) it is a great time to start getting outside and being physically active. Here are our top tips for getting more active this summer!

Make it fun!

Physical activity doesn't have to be structured and organised, why not go to the park and play tig, join together with friends and family to play rounders or football or even just play on the swings and slides.



Make sure you get your heart beating fast!

Children aged 5-18 should get 60 minutes of moderate to vigorous exercise a day, this means making your heart beat faster, getting sweaty and breathing harder.

Get the whole family involved!

It's not just children who need to be physically active; adults aged 19-64 need to have at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise every week, so why not make it a family or friends event!

Join in organised activities!

During the summer there are lots of organised activities for families all around Bradford. Check out the Bradford Community Play and Development Facebook page or other activities at your local children's or community centre.



Make some memories!

Physical activity can be really fun, and a great way to spend time together as a family so why not take pictures this summer- we would love to see them, send them to borninbradford@bthft.nhs.uk and we will show the best on our website!

For more information about physical activity guidelines check out nhs.uk/live-well/exercise

Standing Desks

Standing to work or study

Evidence has shown that children who sit for long periods are likely to become adults who sit for long periods. Adults who sit for long periods of time increase the risk of obesity, heart disease, diabetes and some cancers. A recent study of ours found primary school children in Bradford sit for approximately 10 hours per day, and spend 70% of their time in class sitting down. Children of course have to be in a classroom to learn, but at BiB we wanted to investigate whether you always have to be sitting down to learn! So along with researchers from Loughborough University we developed the 'Stand Out in Class' project.

Over the past two years we have worked with year 5 pupils in four primary schools across Bradford



to see whether standing desks in classrooms can reduce the amount of time children spend sitting and have other health benefits too.

During the project we have measured children's sitting, standing and walking time, general health, memory and learning, academic progress and classroom behaviour before and after we have installed standing desks in classrooms. We have also talked to kids and teachers about how they found the desks. We are busy crunching numbers to find out whether using standing desks impact on these outcomes. But we know from talking to kids who have used them that they are big hit for both them and their teachers.

Keep an eye on our Facebook and Twitter for updates-
 [@BiBResearch](#)
 [Born in Bradford](#)

Here's what some of our pupils said about them:

"I think it's pretty good to stand up rather than sitting down"

"I think it's really good having them, because sometimes you fidget a lot when you're sitting down"

Activity Monitors

Many of us sleep too little, spend too much time still (sedentary) when watching TV, playing computer games or surfing the internet and are physically not very active. This type of lifestyle often begins in childhood and makes us more likely to have ill health in future.

We have recently studied physical activity and body fat levels in more than 300 Bradford children aged 1-5 years old. Children wore a monitor around their waist for one week to assess their movements and body fat levels were measured by taking painless pinches of fat beneath the skin using calipers. We found that children who moved less had higher levels of body fat. Other studies agree: more active children are generally fitter, healthier, and happier.

With parent's permission, we are now collecting movement data from primary school children who are taking part in the Born in Bradford Growing Up study! We want to measure how active Bradford children are, how long each day they are sedentary, if they sleep enough and how all



these factors might affect their health and wellbeing. To do this we need children to wear a small movement sensor for 7 days and nights and to behave as they would during a normal week.

If you receive an invitation to take part in our physical activity study please consider taking part. So far nearly 500 children have enjoyed wearing our movement devices!

Ps. We are delighted when children forget that they are wearing the movement monitor because this means we are capturing their normal behaviour. However, if you or your child have has recently worn one of our activity monitors please double check that the device has been returned to us. We need to safely store your movement data and reset the device so more children to take part!

Meet the team

Daniel Bingham



Tell us a little bit about yourself

Hello I am Daniel, I am a Senior Research Fellow here at BiB. I am a behavioural epidemiologist, (which basically means that I look at the reasons why people do or do not engage in healthy lifestyle behaviours!). I am particularly interested in physical activity and sedentary (e.g. not moving) behaviour of children, and factors which influence childhood obesity. I am originally from Nuneaton in Warwickshire, but I moved to Bradford in 2012 and have worked for BiB since then. I have studied in Liverpool, Loughborough and from 2012 to 2016 I underwent my doctoral training here in Bradford.

Since 2016, I have worked as a full time Research Fellow on different studies within BiB. I wanted to work in this area of science because I have always been fascinated by how exercise in any form can help with preventing both physical and mental illnesses, and I wanted to see what the best way to promote exercise and healthy living is.

What are you currently working on at BiB?

I am currently working on the planning and development of the Sport England Local Delivery pilot, where along with Active Bradford we are aiming to increase physical activity of children aged 5-14 years. Active Bradford have received funding from the National Lottery to increase the opportunities children aged 5-14 have to take part in physical activity and sport. BiB's job is to look at how well this is done and to see if the activities they do, really do increase children's physical activity and health. There will be more information coming about this project so keep an eye on Facebook **f Born in Bradford** and Twitter **@BiBResearch**

What is the project(s) trying to find out?

How best to increase Bradford's physical activity levels especially among children aged 5-14 years old. Once we have found this out we will be able to share our findings with other cities around the country and the world!

What is your favourite thing about working for BiB?

Working with some wonderful and passionate people from all aspects of the Bradford community.

Future hopes and aspirations

I hope the work I am involved in will go towards making Bradford and the world a more active and healthier place. I aspire to be a leading figure within physical activity and obesity research and help contribute to future science endeavours.

COMING SOON: Digital BiB!



We realise that it's not always easy for people to find time to take part in research, so we are creating a brand new smartphone app that will let you take part in new research whenever and wherever you want! We also want to help people find out more about their own health, and help you take control of your own health and happiness.

The Digital BiB app will let you:

- Link to your phone's step counter to keep track of your physical activity
- View your electronic GP record – all of your prescriptions, allergies, vaccinations in one place
- Add your own information like weight and blood sugar readings
- Take part in questionnaires that will help with BiB research
- Find out about exciting new BiB studies and findings

Follow us on Facebook (f Born in Bradford) or our website (www.borninbradford.nhs.uk) for more updates on this exciting new app!

BiB needs your help!

Parents – Can you be a BIB CHAMPION?

Here at BiB we want to spread the word about what we are doing to as many people as possible, and for that we need your help! We are looking for BiB Champions to spread the word about BiB in their community, attend events with us and promote the importance of research.

We are looking for people who are passionate about BiB and give up a little bit of their time on a casual basis to help us.



Kids – Could you be a BIB AMBASSADOR?

Now our BiB children are getting older, we want to hear from them about what issues they think we should be researching and how we could research it within Bradford. If you know or are a BiB child aged 10-12 and would like to get your voice heard then this could be for you!



MEDIA CHAMPIONS

At BiB part of our work is to look at why most children are healthy, but some children aren't. We look at a wide range of factors such as physical activity and obesity, allergic diseases such as asthma and eczema, living with disabilities, and mental health.

We often receive requests from media who would like to speak to BiB families who feel their lives are impacted by these types of problems. We'd love to hear from families who would be willing to help us with this – please get in touch!

If you can help us then please get in touch on **01274 364474** or email **Aamnah.rahman@bthft.nhs.uk**