

EDITION  
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*For a Healthy Future*

## LATEST FIGURES

- Mums to be have responded enthusiastically in joining the project
- We have recruited 4,000 women since March 2007
- We have welcomed 3,000 BIB babies into the world
- We look forward to hitting our target of 10,000 women recruited by November 2009



# WHAT IS BORN IN BRADFORD?

BiB is a ground breaking project designed to improve the health of children - both now and in the future. Through examining the responses to the data so generously given by those recruited to the project we aim to pinpoint the causes of diseases such as asthma, heart disease and diabetes. More importantly we hope to find ways to improve the health of those who have to live with these conditions. Please look on our website for more details [www.borninbradford.nhs.uk](http://www.borninbradford.nhs.uk)



## THANKS TO THE MOTHERS WHO VOLUNTEERED FOR EXTRA WORK!

When mothers come to the Maternity Unit and sign up for Born in Bradford we ask them questions such as where they live, if they work, what food they eat, how much water they drink and how much exercise they get. In order to ensure that the questions are meaningful and that we are gathering good information we have been looking more closely at some areas of the questionnaire. Researchers from the University of Loughborough and Imperial College London have gathered detailed information from a smaller number of



mothers already recruited to BiB about their activity levels and exposure to air pollution and chemicals in water. We are interested to know how a baby's growth might be affected by these things.

In order to assess activity in pregnancy 70 mothers volunteered to wear an actigraph (similar to a pedometer) all day every day for a week. The actigraph measures movement and heart rate every 10 seconds so this, and a chart filled in by the mother, gave the researchers a very detailed and accurate measure of her patterns of activity and rest.

A separate project looked at the effects of exposure whilst pregnant to air pollution and to the chemicals in water. Again mothers volunteered for this extra study which involved them in recording their movements and activities every half hour of every day for a week. The information they gave was about where they spent their time, where and how they travelled, and how often they used water for cooking, washing and cleaning. The volunteers had collection tubes placed in their living rooms and outside their front doors as well as wearing them wherever they went. This gave the

researchers a clear picture of the levels of pollution both in their home and outside it. A sample of tap water was also taken from each home for analysis.



We were extremely pleased with the enthusiastic response to our requests for mothers to take part in these extra studies. We will keep you informed about the results as soon as we have them. There will be more of these studies in the future so we will no doubt be asking for more volunteers!

# SHARE YOUR STORY



In Share Your Story we invite people to tell us about how having a child has affected their lives, sometimes the story is sad but usually our children bring happiness too. In this issue a Bradford mum shares the remarkable progress made by her son Luke, who was diagnosed with autism just before his second birthday.

## *When did you realise there was something different about Luke?*

I was already an experienced mum and I had dealt with most childhood illnesses, glue ear, etc with my previous children. Luke didn't seem any different and was doing fine until just before his second birthday. He could say about 10 words,

he responded to instructions, he was cuddly and sociable, then suddenly it all changed, he stopped wanting to speak to others and his vocabulary dwindled to about 3 words, he didn't want to play and had to have set routines in his day. He would only be touched or cuddled once a day by me, that was at his bedtime. He would scream and lash out if anyone, including his dad, tried to touch him at other times.

## *Who has supported you in dealing with Luke?*

We had already seen this huge change in his behaviour at home and on the first day that he started at Playgroup the play worker who was watching him told us that he was showing signs of being autistic. He was referred by the Nursery to the Early Years team at Education Bradford. They sent out two workers who came to the house once a week to give practical advice and support. This really helped us to understand and to cope with Luke's behaviour and demands. He was also seen by a specialist Health Visitor who helped us with a behaviour programme for Luke. The Health Visitor gave us a lot of reading material about autism so that we could learn as much as possible about the condition.



### ***What are your hopes for Luke's future?***

We are feeling a lot more positive now than when it all first started. It was really hard work and upsetting at the beginning but we have been given so much support and seen such a great improvement that it is very heartening and we feel that if we keep going with the structured routines and the advice then the improvement will continue. He is like a different child now and is a lot more flexible about what happens around him. He responds to us and other people again, his speech has really improved and he is happy to play alongside the children at Nursery.

### ***How does Luke cope with change?***

He still finds change difficult but he will soon have a baby brother or sister to deal with so the behaviour therapist has given us strategies for the new situation. We are confident that we will be able to help him through it and hope that he will be able to enjoy the new baby

### ***What advice would you give to others who may be in your situation?***

If you have any concerns then go straight to

your Health Visitor or GP. It is important to get help as soon as possible. I think that the early intervention for Luke is what has made his great progress possible.

### ***What did you think when you were approached to join BiB?***

I was really glad to be able to join in the project and to feel that I might make a difference to someone else's child one day. It is important to find the causes of childhood problems and illnesses if we can because there is so much illness around.



**If you have any concerns see your Health Visitor or GP or get in touch with Bradford and District Autism Disability Group Tel: 01274 833634**

# INTERESTED IN GETTING INVOLVED?

If you are interested in supporting the Born in Bradford project there is an opportunity to get involved by joining the Advocacy and Scrutiny Committee (ASC). The ASC is made up of parents and health professionals who are not employed by the project. It meets on Wednesday mornings about once every half term and avoids the school holidays.

The ASC members are there to protect the rights and interests of all the people who take part in the study and to act as advocates for any one who has a complaint. They scrutinise the way the study is carried out to make sure that it is fair to all. They also look at ways to advertise the project and to keep it in the public eye.

If you are a BiB parent and are interested in joining the ASC we would love to hear from you at the Project Office. If you are not part of the project but you would like to help out we would still love to hear from you as we have several jobs that can be done by volunteers. Ring Bradford 01274 364474 for more information.

## Come and Have Fun in Lister Park!

Born in Bradford is celebrating its first year of recruiting parents to the project. 4,000 mothers and 650 fathers have signed up so far and we want to get you all together to say a big thank you.

We are having a Teddy Bear's Picnic in Lister Park on **Thursday 10th July from 11.00am until 2.00pm**. There will be stalls and plenty of activities for young children so bring a picnic, invite a friend, meet other families and get involved in the fun.

*Don't forget your Teddy Bears!*

There will also be a photographer in the park who is keen to take pictures of BiB Dads and their babies. If you have a photo taken on the day then you will receive a free copy of it.

Look forward to seeing you there.

Pauline *Programme Manager*



# SPOTLIGHT ON A BIB WORKER



This issue we talk to Pauline Raynor, Programme Manager for the project. We asked her about the project and about living in Bradford.

## ***Why did you get involved in BiB?***

When I first heard about BiB it looked like a project clearly committed to making a difference to the population it would involve. This made me very enthusiastic about applying for the post of project manager when it was advertised. The post would also enable me to bring together all my previous experience of working with young families in Leeds and Bradford as a health visitor and as a health researcher.

## ***What is the most important aspect of the project for you personally?***

Trying to make sure the families who participate really feel part of the project and recognise what a huge contribution they are making to the success of the work we are doing.

## ***What would you like to have found out in five years time?***

I would like to know more about the causes of quite common diseases which are of great concern to parents, for example asthma and eczema. It would also be useful to know more information about how we may be able to predict a persons' potential to develop obesity and diseases such as diabetes or coronary heart disease. Once we have some understanding of this we can start to design intervention strategies to prevent them.

## ***What is the best thing about Bradford?***

The curry houses .... and the people.

## ***And finally ... if you had an hour to yourself how would you spend it?***

Have a massage

# A MESSAGE FROM THE MEDICAL DIRECTOR FOR THE BRADFORD & AIREDALE tPCT



Born in Bradford provides a great opportunity for Bradford and Airedale Teaching Primary Care Trust (tPCT) to address its key business objectives, such as:

- encouraging local communities to help the tPCT to improve health and well-being
- ensuring equal access to care for all our local population
- tackling health inequalities across Bradford and Airedale
- continually improving the services which we commission on behalf of our local population.

Our health visiting teams are working hard on the project to gain measurements of the babies involved. The project is co-ordinated in the tPCT by our research and development manager. Our information management teams also support the project by making sure that all the data collected is high quality and supports the project aims.

We are happy to be working with the Born in Bradford project to contribute to improving the local services for the Bradford population

Dr Peter Dickson  
Medical Director

**Bradford and Airedale tPCT**

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## **BORNINBRADFORD**

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