



Exciting App-ortunity!

We know the world is changing fast, and lots of people now have smartphones. BiB is hoping to make an app for our research. We want you to be able to use the app to track your health and wellbeing, such as the number of steps you have taken. This would give us lots of useful information for our research. It would be quick and easy for you to use and a lot of fun!

Frequently Asked Questions

Do I have to take part in Growing Up?

No, it's up to you. You can carry on being a part of the BiB study even if you decide not to take part in this follow up. Whatever you decide, your health care and legal rights will not be affected in any way. If you don't want us to contact you again about Growing Up, please contact the BiB team using the details below.

What is a DEXA Scan and is it safe?

A DEXA scan is a large scanning machine that measures the amount of fat and muscle in your body and your bone density. A DEXA scan uses X-rays, but the level of radiation used is tiny for you and even smaller for your child. The dose is about the same as we get from natural background radiation in a day, and the risk to you or your child from the radiation is negligible. However, if you are pregnant or think you might be, we will not ask you to have this scan. If you agree to have a DEXA scan we will ask you not to wear clothes with metal fastenings and remove watches, earrings, body piercings and other metal objects for the scan if possible, as these can interfere with the result.

I am not a biological parent - can I still take part?

Yes, if you have parental responsibility for a BiB child we would love you to take part.

Do I have to do all the measurements and samples?

No, these are all optional.

If you have any questions you can ask them at the Growing Up Visit or contact the BiB team.
Tel: 01274 364474 Email: borninbradford@bthft.nhs.uk

[@BiBResearch](#) [Born in Bradford](#) www.borninbradford.nhs.uk



What if I have more than one BiB child?

We can see more than one child at a time but you can discuss what is most convenient when the researcher rings you to make an appointment

What do I do if I need to bring my other children to the Growing Up Visit?

All children are welcome to come along. We will have fun activities available for them.

What if I work full time?

You can arrange a time that is convenient for you when the researcher rings to make the appointment

How long will the appointment take?

The appointment will last about 1 ½ hours for all the adult measurements, and about 45 minutes for the child measurements. These appointments can be done at the same time or on different occasions.

Can I or my GP see my results?

You can take a leaflet with some of your results if you like. You can choose if you would like us to share your results with your GP (for measurements and results from samples). Your questionnaire results will not be fed back to anyone. If we find results that may be important for your health, we can give you a letter to give to your GP. This will be either at the Growing Up visit (blood pressure or bone density), or within the next 12 months when we analyse your blood sample.

Can I leave the BiB study?

If you want to leave the BiB study you can withdraw. Please contact the BiB team using the contact details below.



BiB Growing Up Information for Families

All the BiB children have now started school. We want to ask you and your child about your health and wellbeing and how your lives have changed over the last 6-10 years. We would also like to collect some extra information and measurements to help our research. This big follow up of all the BiB families is called BiB Growing Up.





By taking part in BiB your family has made a difference!

So far we have used your information to understand and to explore children's health and development in Bradford so that we could learn about ways to make a difference.

Here are some examples...

Cleaner air:

We have shown that higher levels of vehicle emissions are linked with low birth weight babies and the development of asthma in BiB children. This evidence was used by Bradford council to successfully apply for funds allowing 25 buses in the City to be fitted with emission control equipment; this will reduce their emissions by over 80%.

Healthy pregnancy:

BiB helped Bradford Royal Infirmary to become the first UK hospital to test all mums-to-be for diabetes in pregnancy. As a result more women are receiving effective treatment for their diabetes, which helps them to give birth to healthy babies.

Healthy lifestyle:

Based on information that BiB families provided, we have developed and tested two programmes to help families to live healthy lifestyles and have a healthy weight. The HAPPY programme is for pregnant women and infants and the PiP programme is for pre-school children. These are now available in some areas of Bradford.

You can find out more at www.borninbradford.nhs.uk

So please stay on the journey with us and take part in The BiB Growing Up Visit so we can continue to learn about families' health and wellbeing.

You have received this booklet because you and your child are part of the BiB study. You may have joined the study during pregnancy, or you may be a new parent or guardian for a BiB child. We are now inviting you to take part in the BiB Growing Up Visit.

All BiB children and their parents are invited to take part, including mums, dads and new partners, and guardians.

A researcher will ring you to arrange a convenient time for your Growing Up Visit

Children

All BiB children are invited to take part in the family visit!

Mums

All BiB mums and guardians are invited to take part. If you are a new guardian for your child and have not taken part in BiB before, please come along and join our study!



Dads and Partners

We would like all dads and new partners to join in. If you have already completed questionnaires, it would be great to see you again. If you have not yet taken part or if you have joined a BiB family, please come along and join our study!

At the Growing Up Visit

Information

A BiB community researcher will explain the family Visit to you and answer any questions you may have. They will ask you to complete a consent form.

Questionnaire

Then we will ask you to complete a questionnaire.

Parents - this includes questions about your family, your house and the area you live in, your health and your child's health.

BiB children - you get your own questionnaire about food and exercise.

Measurements and Samples

We would like to take some measurements from everyone taking part:

- Your height and weight
- A measure of your body composition using a special weighing scale, this is known as bioimpedance
- A measure of your waist, and the thickness of the skin on your arm and back
- A full body scan taken with clothes on - called a DEXA scan
- We would also like to take a blood sample. If you don't want to do this, you can give a cheek swab instead.
- Some children will also be asked to provide a urine sample.

It is up to you and your child whether you want to do the measurements and samples. If you don't want us to do them you will still be able to take part.

Many organisations already collect information about you and your family's health and wellbeing (e.g. GP and school records). BiB families gave us permission to use this useful information when they joined the study, and we would like to carry on doing this. This means that we can understand BiB families' health and wellbeing without having to visit them every year to ask questions. More information is provided in the leaflet: BiB - How we use routine information.

Why do we want this information?

Your questionnaire answers will tell us lots about your lives and your health and wellbeing. The measurements, samples and DEXA scan tell us about the health of your body. Blood and saliva samples also give us information on your genes. We can use this together with information we have collected in the past to understand the factors that shape the lives of children and families in Bradford.

Your information has already helped us to shape changes in the services and policies that help families across Bradford. Growing Up means that we can make an even greater difference to the lives of families in Bradford and beyond.

How will BiB continue to keep my information and samples secure?

Each family and individual already has a BiB study number. If you are a new parent or guardian we will give you your own study number. Only authorised members of the BiB team can identify you from your study number. All information and samples are stored securely and in strict confidence using this study number. We always make sure that you and your family cannot be identified in our results.

What will BiB do with the new information and samples that we are collecting?

All the information and samples will be stored safely for use by researchers in the UK and abroad. Some countries do not have the same data protection laws as in the UK, however the information they receive will only be labelled with a study number, so it cannot be linked to you. Sometimes we have to charge researchers for the extra costs to the BiB team for processing the samples.