



## Lifeways Cross-Generation Study

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### Newsletter Autumn 2006

Thank you for being part of the Lifeways Study.



We are starting a new and exciting phase now that the Lifeways children are reaching age five. Just to remind you, the study began when your baby was born in the Coombe Hospital

Dublin or in University College Hospital Galway in 2001-2002. The aim of The Lifeways Study is to research patterns of health and illness across three generations of the same family - babies, parents and grandparents. Our goal is to make Ireland a healthier place to live for both adults and children by identifying many different factors that affect health and by proposing measures to improve health and well-being, especially for children. We have recruited 1,124 mothers and babies, almost 1,000 fathers, and more than 2,500 grand- parents. We have begun analysing data from the baseline questionnaires, maternity hospital records for mothers and babies, over 1,000 clinical exams on grandparents, and your annual parent held child health record and adult health records.

Your participation in Lifeways is entirely voluntary. Information about an individual is never used - it is the overall pattern of health and illness in Ireland that is being investigated, and your confidentiality is guaranteed by the study.

Many thanks to all of you for sending in your questionnaires, and your child and adult health records. The success of the Lifeways Study depends on your continued cooperation and without it there could be no study.

Sincerely,

*Prof. Cecily Kelleher M.D. UCD*

Many Lifeways babies now have a new brother or sister, or have moved house or changed GP since we last heard from them. Let us know if you have moved to a new address, or changed your GP since 2002. We'd love to hear from you.

## Following Up the Lifeways families



*Pictured above are Cathal & Croia, participating in the Lifeways Study.*

### Recent activities

During the summer of 2005, the Lifeways team was in the field again! Our aim was to get an update on everybody's health status - babies, parents and grandparents. Lifeways patients attend 589 different practices all over Ireland. Since it was impractical to visit every GP practice, we approached this in two ways:

Firstly, we asked GPs with fewer than 10 Lifeways patients to help us by completing a one-page follow-up form on each Lifeways participant who had attended the practice since the Lifeways baby's birth. Many GPs were very cooperative and completed almost 700 follow-up forms for us!

Secondly, with the help of four medical students, two in the East and two in the West, we visited 51 GP practices in Dublin, Wicklow and Kildare and a further 37 GP practices in Galway, Clare and Roscommon.

Assisted by the GPs, practice managers, nurses and receptionists, the four medical students, who travelled out on foot, by bus, car and train, eventually completed over 1500 forms!

In the past year we have been engaged in the analysis of the information collected in 2005. We have been looking at primary care utilisation and risk factors for chronic disease across generations, prevalence of asthma, and the incidence of stroke, cancer and heart problems.

We are also preparing our questionnaire for the second phase of Lifeways, which you should be receiving in the next few months. This questionnaire will be similar to the one you filled out at the beginning of the study with questions about you, your health, activities, diet and work. Other questions will ask about your Lifeways child and what has been happening in their world.

## Lifeways Twins:

In all we have 12 sets of Lifeways twins!  
We couldn't resist sharing this photo of Lifeways twins, Katelyn and Lauren, born in 2002 in University College Hospital Galway, and their twin sisters Sarah and Amy born in 2004 also in UCHG!



Left to right: Sarah, Lauren, Amy, Katelyn

### Recent scientific publications & abstracts submitted:

4. Primary care utilisation rates in pre-school children: The Lifeways Cross-Generation Study.

U.B Fallon, G. Bury, S. Daly, F. Hannon, B.G. Loftus, J. Morrison, A.W. Murphy, D. O'Mahony, C.C. Kelleher.

5. The Lifeways Cross-Generation Study: study design and considerations behind it.

U.B Fallon, G. Bury, S. Daly, F. Hannon, B.G. Loftus, J. Morrison, A.W. Murphy, D. O'Mahony, C.C. Kelleher.  
International Conference on Child Cohort Studies Sept '06, University of Oxford

6. Predictors of asthma in children in Ireland: a multivariate analysis of deprivation and social support. N. Fitz-Simon, U. Fallon, D.O'Mahony, C. Kelleher, A.W. Murphy

7. Predictors of the level of general practice consultations in an elderly Irish cohort: a multivariate analysis of socio-demographic and lifestyle risk factors for cardiovascular disease. N. Fitz-Simon, U. Fallon, C. Kelleher, G. Bury, A.W. Murphy

### International Conference on Child Cohort Studies

On 12<sup>th</sup> of September the Lifeways team travelled to St Catherine's College, Oxford to attend the inaugural International Conference on Child Cohort Studies. The conference brought together groups from all over the world to share their experiences and information on studies that follow children over time (cohorts).

Following the success of the conference the organisers are developing an International Zone on their website. It is hoped that this zone will increase awareness of these studies throughout the world. In addition it will open up channels of communication which will enable us to work towards the same goal together - analysing information provided by today's families to help make a better life for future generations.

## Happy Halloween !!

Are you dressing up for Halloween?? Let us know what you dress up as or better still send us a photograph of you in your Halloween costume!



On the next page there are some pictures for your children to colour-in or, why not try making your own autumnal crayons!

## Chubby Autumn Crayons

Do you have what seems like hundreds of broken crayons laying around? Before you toss them in the garbage, enjoy a fun project with children! We've chosen autumnal colors but you can choose any combination that you like.

*This project is rated VERY EASY to do*


### What You Need

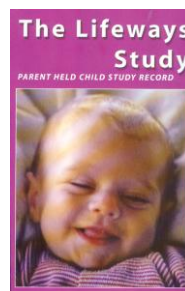
- Bun/muffin tin
- Broken crayons
- Vegetable oil
- Toothpick



### What You Do

1. Preheat the oven to 275°F/135°C
2. Remove all the paper labels from crayon pieces.
3. Put ¼ teaspoon of vegetable oil into each muffin pan cup, no cup liners needed.
4. You will use the equivalent of 4 new crayons for each cup. Place broken crayons (no longer than an inch each) into the muffin pan. This will fill the cup about 1/3 full.
5. Place into the preheated oven and watch carefully, they melt quickly! Bake crayons for 8 minutes or so.
6. When the crayons begin to melt, remove them from the oven and stir gently with a toothpick.
7. Crayon will look "ugly" and the colors may appear too mixed. Don't worry! They look much better on the other side.
8. Let the crayons cool completely.
9. Once cooled, pop the crayons out of the tin by tapping on the backside of the pan. Crayons should fall right out.

 **Be sure to use extreme caution around kitchen utensils and the oven. Always use oven gloves and do not stick your fingers into the melted crayons.**



We're always happy to receive an update from you about your baby's health and development.  
**It's not too late to send it to us!**

Have you moved house? New baby? New GP?  
Need a new child study record or questionnaire?  
Please let us know!

Lo-call Deirdre on: **1 890 202 502**



