

## Newsletter Summer 2004

*Greetings to all Lifeways participants!*

You are receiving this newsletter as a family member of a baby 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 grandparents. 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*  
*Prof. Andrew Murphy M.D. NUIG*

## Who are the Lifeways families?

### Mothers

During their pregnancy, the 1124 mothers-to-be were on average 29 years old, the youngest being 14 and the oldest 43 years old. Most live in the east of Ireland (69%), 78% live with a partner or husband (separated/divorced: 2.4%; single/never married: 20.9%) and 66% work outside the home; 25% are smokers. 36% of the mothers-to-be interviewed intended to breastfeed their baby.

*Good news:* 70% of the mothers-to-be said they had excellent or very good health when they completed the questionnaire during their pregnancy!

### Fathers

From the questionnaires completed by the fathers up to now (*reminder to Dads: please send back your baseline questionnaire!*), we know that they are on average 33.5 years old, the youngest being 17 and the oldest 60 years old. Almost all of them (93%) are employed. They are slightly more likely to smoke than their partner/wife (28%) and 63% said they were in excellent or very good health when they filled the questionnaire.



HRB Research Unit for Health Status and Health Gain,  
NUI, Galway.

### Lifeways Study



Health, Lifestyle, and Nutrition Questionnaire

*Good news:* 86% of the fathers want to stop smoking in the future!

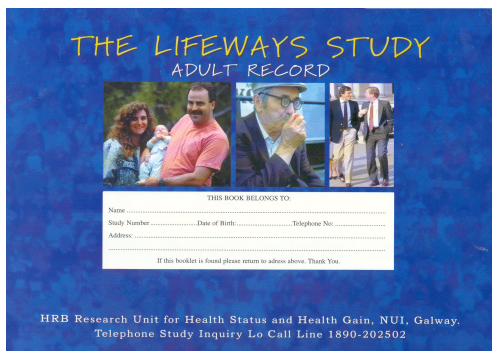


## Lifeways families (contd.)

### Grandmothers

The Lifeways grandmothers are on average 59 years old, the youngest being 37 and the oldest 84 years old. Slightly more than half of them are homemakers, about 25% work outside the home and 13% are retired. Almost half of the grandmothers are happy about their health (excellent/very good: 44%) and a little more than 25% are smokers. Most of them are married (70%) and 20% are widowed (separated or divorced: 7%; single or never married: 0.8%; cohabiting: 1.3%).

**Good news:** 89% of the grandmothers feel they have a good or a very good quality of life!



### Grandfathers

The Lifeways grandfathers are on average 61.5 years old, the youngest being 38 and the oldest 90 years old. They are less likely to smoke than their partner/wife (18%). Almost half of them are employed (47%) and 39% are retired. Over half of them think they are either in excellent or very good health.

**Good news:** 81% of the grandfathers are satisfied or very satisfied with the neighbourhood they live in!

#### Recent scientific publications:

**1.** Predictors of Body mass index and Dietary compliance in pregnant Irish women: the Lifeways Cross-Generation Cohort Study in the Republic of Ireland.

C. Murrin, A. Segonds-Pichon, C.C. Kelleher, F. Hannon, D. O'Mahony, D. Crowley, V. Ip, G. Nolan, A. Murphy, S. Daly, J. Morrison, G. Bury, B.G. Loftus

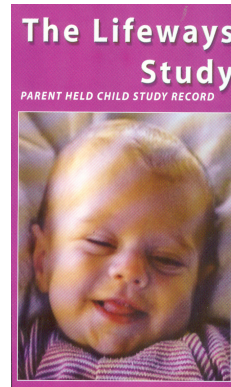
**2.** Predictors of self-rated health (SRH) in pregnant Irish women: first findings from the Lifeways Cross-Generation Cohort Study in the Republic of Ireland.

A. Segonds-Pichon, C. Murrin, C.C. Kelleher, F. Hannon, D. O'Mahony, A. Murphy, S. Daly, J. Morrison, G. Bury, B.G. Loftus

To be presented at the Third Conference on Epidemiological Longitudinal Studies in Europe, CELSE-3, Bristol, Sept. '04.

## Most popular names for Lifeways babies!

Now that the Lifeways mothers are sending in the pages from the Parent Held Child Study Record, we have been able to compile a list of the most popular first names for the Lifeways babies born in Ireland in 2001-2002. For baby girls, there is a wide variation, reflecting perhaps the greater variety of female names available. To date, the top four girl names are: Kate or Katie,



Aoife, Anna, and Niamh. The next most popular group of names for Lifeways girls includes Ava, Caitlin, Caoimhe, Ciara, Emily and Emma, Laoise, and Sinead. There is less variation in the boys' names. The top 6 names for baby boys are: Eoghan or Eoin, Darragh, Jack, Luke, Cian and James. The next most popular group of names for Lifeways boys includes Alex, Ben, Conor,

Cormac, Daniel, Joshua, Liam, Ronan, and Sean. These results are based on the baby's Lifeways booklet, also known as the Parent Held Child Study Record.



I wonder if my Mammy has sent back my Parent Held Child Study Record yet???

### What's your baby's name?

We only know your baby's name if you sent us the Year One & Year Two pages from your Parent Held Child Study Record.

Keep up the good work! Send them in soon!!

Change of address?

New baby?

New GP?

Need a new child study record or questionnaire?

Please let us know!

Lo-call : 1 890 202 502