

# Born in Scotland in the 2020s NewsLetter



Spring 2023

## Welcome...

... to the Spring 2023 issue of the Born in Scotland in the 2020s Newsletter!



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We now have over 450 participants who have signed up to Born in Scotland - thank you!

In this issue we explain a bit more about Born in Scotland Data Trust, which is a 'nested' study - this means it is a study within a study (ie in order to participate in Born in Scotland Data Trust, you have to have signed up to participate in Born in Scotland).

We also take a look at another cohort study conducted in the UK and some of their findings. It's amazing to see how cohort studies help us understand different things that impact health, and also see how the findings from cohort studies lead to improvements in care!

Please contact us with any questions, or if there are any things you'd like to see in future issues. In the meantime, thank you for your ongoing support and enjoy this issue.





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## Born in Scotland - 2023 highlights so far

- All NHS Lothian community midwife teams have **Born in Scotland** information to hand out at booking appointments
- We now have over 450 participants
- We will soon be recruiting from NHS Borders
- **Born in Scotland** was represented at a University of Edinburgh event held at Dynamic Earth examining how climate and our environment impacts health
- We are hoping to open in a third NHS locality later this year.

### • Follow us!

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# Born in Scotland Data Trust

## What is Born in Scotland Data Trust all about?

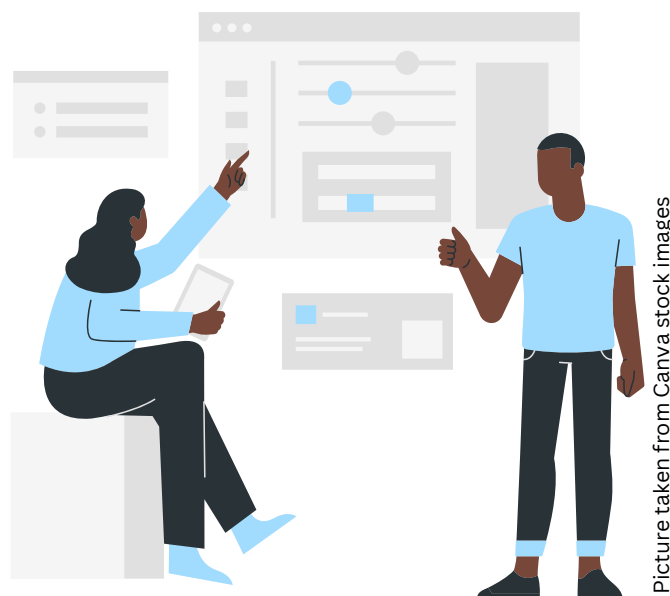
Born in Scotland Data Trust is a nested study. This means it is a study within a study - in this case it means that only those who have signed up to Born in Scotland in the 2020s are able to be included in Born in Scotland Data Trust.

As covered in more detail in issue 1, Born in Scotland in the 2020s (BiS) is a cohort study that will gather information on a large number of pregnancies of women and people living in Scotland - and the babies born from them - during the 2020s. It will use this to answer questions about many different health issues, across pregnancy, birth, and early childhood.

This raises questions on how this health data should be managed, protected and who gets a say in the use of this data.

Born in Scotland Data Trust aims to understand public views around how health research data is used. It also aims to give research participants a voice in decisions made about data use in research projects like Born in Scotland.

The idea of a Data Trust is similar to other types of Trusts - independent organisations that are looked after by trustees



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(independent third parties). In this case we're looking at how a trust specifically for the collection, storage and use of health data might work in the future. We are also finding out what the public thinks about this idea, what individuals would want it to achieve and to learn what the public interest is in a data trust model being used in the future for health research.

The study is working in partnership with the University of Warwick, The Association for Young People's Health (AYPH), and the Data Trusts Initiative.

For more information please see the Born in Scotland Data Trust information page on our website or contact the team.

BiS Data Trust website: [www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/born-in-scotland-data-trust](http://www.ed.ac.uk/edinburgh-pregnancy-research/current-studies/born-in-scotland-data-trust)

Jessica Bell (Principal Investigator):  
[warwick.ac.uk/fac/soc/law/research/projects/scotland-data-trust/](http://warwick.ac.uk/fac/soc/law/research/projects/scotland-data-trust/)

Dr Ann Hagell (Research Lead AYPH):  
[ayph.org.uk](http://ayph.org.uk)



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# The "1958 Birth Cohort Study"

**Pregnancy Cohort studies have led to discoveries which led to improvements in maternity care**

## This issue we're looking back at another UK Cohort Study

A very quick recap - a cohort study is a 'longitudinal study' - which means it is over a long period of time - sometimes years. It also looks at a large group of people who are all similar in some way. In Born in Scotland our participants are all pregnant when they sign up.



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## National Child Development Study (1958)

The National Child Development Study (NCDs), also sometimes called the 1958 Birth Cohort Study, looked at 17,000 births from across England, Scotland and Wales in one week in 1958. It was originally a study on perinatal mortality to address concerns that stillbirth rates weren't dropping. The aim was to identify obstetric (pregnancy) and social factors linked to stillbirth and neonatal death. Findings from the study led to improved maternity services in Britain and a reduction in perinatal mortality.

### Some UK

#### birth cohort studies:

- National Survey of Health and Development (1946)
- National Child Development Study (1958)
- 1970 British Cohort Study
- Millenium Cohort Study
- The Birthplace Cohort study
- Born In Bradford

Although there were no plans initially for this to be a longitudinal study, research continues to be done with this cohort. In fact they have been followed up ten times now, and findings from this cohort have been compared to those from The National Survey of Health and Development (1946) which we looked at in our first issue.

This has highlighted how social change has impacted the life, health and opportunities to different generations. Find out more: [cls.ucl.ac.uk/cls-studies/1958-national-child-development-study/](https://cls.ucl.ac.uk/cls-studies/1958-national-child-development-study/)

Cohort studies let us see trends in groups of people. Sometimes they confirm things we suspected or already knew. Sometimes we find out things we didn't expect.

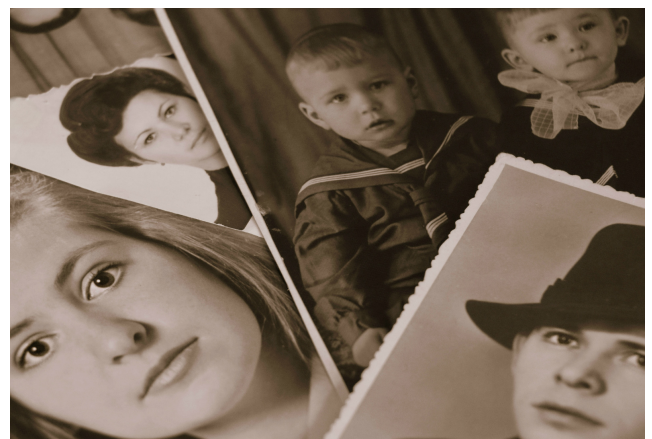


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# Family Spring Fun

It finally feels like spring is here!

## Things to do indoors

- Help your child/children make daffodils by cutting a flower shape out of card and use cupcake cases to make the centre.
- Take bump photos and photos of yourself with your baby/child/children - it's easy to forget or feel too self conscious but one day you'll be grateful for them!
- Make some scented baby sensory games - make sure your baby doesn't eat them if they're not safe to be consumed.



## Things to do outdoors

- Go for a rainbow walk (with or without children) - go out and see what you can find in the colours of the rainbow, extra points if you find them in the correct order - red, orange, yellow, green, blue, purple. You can take photos of what you find.
- Enjoy the blossom before it disappears!
- Go for a walk on the beach and use shells and stones to make a picture.

# Keep in touch!

**There are a few ways to keep up to date with Born in Scotland**

Born in Scotland is a University of Edinburgh and NHS study being run by the Edinburgh Pregnancy Research Team (EPRT). EPRT is a team of midwives, doctors, researchers, laboratory assistants and research practitioners. You can follow our Born in Scotland social media pages, or contact us directly.


BiS Website - [ed.ac.uk/cardiovascular-science/born-in-scotland](http://ed.ac.uk/cardiovascular-science/born-in-scotland)


BiS Email - [borninScotland@ed.ac.uk](mailto:borninScotland@ed.ac.uk)

EPRT Website - [ed.ac.uk/edinburgh-pregnancy-research](http://ed.ac.uk/edinburgh-pregnancy-research)

EPRT Email - [ResearchMidwives@nhsllothian.scot.nhs.uk](mailto:ResearchMidwives@nhsllothian.scot.nhs.uk)

Phone - 0131 242 2480

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The Born in Scotland Team