Children of the 90s scientists have been named by Thomson Reuters as ‘the world’s most influential scientific minds’ for the second year in a row.

We’re now on Instagram! Share your pics at instagram.com/children_of_the_90s/

97% of participants have at least one social media account.

More than a third of participants access at least one social media account more than 10 times a day.

Six in 10 participants access one social media account up to 10 times a day.

Participants’ favourite social media sites are Facebook (71%), WhatsApp (13%) and Instagram (7%).

You can download this newsletter as a pdf from our website at www.childrenofthe90s.ac.uk/newsletters-leaflets. If you would like it in another format (audio, braille, large print or another language), please let us know.

WE HAVE ANY OF YOUR DETAILS CHANGED?

Scan this QR code to update your details on our website

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We have been described by the BBC’s Adam Rutherford as ‘the gold standard of transgenerational research’. In other words, we’re amazing!

Recently, our Shaun the Sheep sculpture has helped contribute to the amazing £1 million raised by the Grand Appeal for Bristol Children’s Hospital.

Our state-of-the-art labs have been renamed the Bristol Bioresource Laboratories to reflect the fact that they process, analyse and house biological and genetic samples for studies other than Children of the 90s, including the Healing Foundation’s Cleft Collective, the world’s largest research project into cleft lip and palate.

We’re now on Instagram! Share your pics at instagram.com/children_of_the_90s/

Did you know?

Our Focus@24+ clinic is in full swing and we have seen over 1,500 participants already! Their feedback is overwhelmingly positive and it’s great to hear that so many enjoy doing the various tests. It is humbling that so many participants continue to give their time to benefit future generations – it makes me very proud to work for Children of the 90s.

These early adult years are crucial to later health and it’s very important that as many participants as possible take part in Focus@24+. We will be running the clinic until mid-2017, so please come along if you haven’t already. We offer appointments at times to suit you, including weekends and bank holidays, to make it as easy as possible for you to take part.

Children of the 90s continues to make world-leading scientific discoveries and last year five of our scientists were listed in the top 1% of ‘the world’s most influential scientific minds’. In 2015 we published 189 scientific papers on subjects including the genetics of eczema, dyslexia and vision, ‘goth’ subculture and depression, and barriers to higher education among disadvantaged groups.

Of course, none of this would be possible without you and on behalf of the Children of the 90s team I would like to thank you for your incredible commitment and dedication. You really are very special!

Lynn Mollo, executive director of Children of the 90s

LATEST DISCOVERIES

We’ve discovered that the more teenagers see alcohol being drunk in films, the more likely they are to try it and to develop drinking problems.

WHAT WE DID

• When participants were 15, we asked them whether they had seen 50 films, randomly selected from a list of 366 popular ones. We also asked about their alcohol use.
• We recorded the amount of time (in seconds) that alcohol was seen in each film.
• We analysed information about the child’s behaviour which we had gathered when they were seven and 13.
• We compared all this information with what the parents of participants told us about their alcohol use when their children were 12.
• We also compared it with other information about the parents’ lives from pregnancy onwards.

VIDEO GAMES

Contrary to popular opinion, we’ve found that playing video games rarely leads to bad behaviour.

WHAT WE DID

• We looked at what participants told us about their video game use in a questionnaire when they were aged eight or nine.
• We compared this with the results of an interview we did with participants when they were aged 15 about behaviour and depression.

CHRONIC FATIGUE SYNDROME

We’ve found that 1 in 50 participants had chronic fatigue syndrome lasting more than six months when they were 16. They missed, on average, more than half a day of school every week.

WHAT WE DID

• We looked at information participants and their parents gave us about tiredness and energy in questionnaires when they were aged eight or nine.
• We reviewed what parents told us about their family situation and living conditions when their children were aged 8-10.
• We matched this up with school absences recorded during year 11 on the National Pupil Database. This was possible thanks to the large number of participants who’ve allowed us to link to their school records.

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25TH ANNIVERSARY

It’s been 25 years since Jean Golding started Children of the 90s. Since then your data has helped us publish more than 1,300 research papers that have informed and changed policy and practice around the world.

To celebrate our anniversary we are showcasing 25 fascinating objects – one from each year of Children of the 90s – in a virtual Museum of Life, which you can explore at www.childrenofthe90s.ac.uk/25/
We started Focus@24+ in June 2015. Since then more than 1,500 participants have been to see us and told us how much they enjoy the new tests and checks, like the heart monitor and the 3D body scan. Focus@24+ will run until autumn 2017, so there’s still time to come and see us if you haven’t been already. We’d love to see lots more of you!

According to completed satisfaction surveys, a whopping 99% of participants who have been to Focus@24+ agree that:

- the information we sent them before their visit was easy to understand
- it was easy to book an appointment
- any questions they had were answered satisfactorily throughout the visit
- all the staff they met were knowledgeable and professional

If you would like to visit us on a particular date but can’t see it on our online booking system, please ring us and we’ll arrange it for you.

If you work, we can give you a letter for your employer asking them to give you a day’s paid leave to attend.

We’d love to see you even if you haven’t been to see us for ages – or ever before.

This is our first full Focus clinic since Focus@17+.

Once you receive your invitation letter you can book your appointment online at www.childrenofthe90s.ac.uk/focus24/

We’ll give you a £40 shopping voucher to say thank you.

If you bring a friend who is also in Children of the 90s, you’ll each receive an extra £10 voucher.

We’ll help with your travel expenses, book local taxis and arrange overnight accommodation for you if you need us to.

We have free on-site parking.

Everything you need to know about your visit is in this short video: www.childrenofthe90s.ac.uk/focus24/

Free food is great, but I genuinely really enjoyed doing the psychological stuff – love those little quizzes.

Based on the 1,500 participants who have attended Focus@24+ already, we’ve discovered that:

- 6 in 10 are in a relationship
- 7 in 10 are employed
- 1 in 10 smoke every day - that’s lower than the national average for 25-year-olds
- 1 in 20 vape or use e-cigarettes
- The average height is 170.6cm
- 9 in 10 have a healthy systolic (active) blood pressure of between 90 and 140 mmHg (millimetres of mercury)
- 2 in 10 are in education
- 1 in 20 never drink alcohol
- During the lung test, participants breathe out enough air to fill a car tyre and can breathe out more than they could at 17

All the new tech – like the 3D body scan – was really cool.

The staff were so friendly and helpful. They even got gluten-free + dairy-free food for me so I could have lunch. Way more effort than I ever expected. Well done!

New tests: heart scan because I could see it & hear it and also full-body scan as I could see how I have grown.
**FOCUS ON...**

**GEORGINA**
On 3 June 2015, we started Focus@24+ and Georgina was the first participant through the door. We took the opportunity to ask her why she decided to attend Focus@24+.

I enjoy taking part in Children of the 90s because I know that all the tests are going into research and this will hopefully help future generations. I also keep going as the staff are all very friendly and appreciative and make you feel very welcome when you are around. It’s also interesting finding out about all the tests and seeing some of the results from the bone and body scans.

**ALEYCE**
On 19 February 2016, we welcomed our 1,000th Focus@24+ visitor – Alyce. After celebrating with tea and cake, we chatted to her for the newsletter.

Do you like being part of Children of the 90s? Yes! It’s amazing knowing how much has been learned from all of us!

Why do you think it is important to take part?
So many important discoveries that can help so many people can still be made.

What did you enjoy most at Focus@24+?
Everyone was so lovely and helpful, it was great to see all the scans and the tea was awesome!

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**FOCUS ON... SAM AND EMMA**

Earlier this year, Children of the 90s participants Sam and Emma were featured in a national newspaper after a photographer spotted Sam proposing to Emma in Prior Park in Bath.

The engaged couple are so in love, they even came to Focus@24+ together! We caught up with them during their visit.

**EMMA**

What do you like about Children of the 90s?
Firstly, it’s great to be able to be part of such a respected study which has found out so much useful information that has changed childhood health and it really makes me feel like he helped even in a small way. Secondly, it’s fun and I’ve always enjoyed taking part!

Best thing about Focus@24+?
The best parts were the memory and computer tests as I was next to Sam and I could hear him complaining. His memory is shocking. I haven’t mentioned him in his answers so he’s probably forgotten he did them!

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**SAM**

Why is it important to take part after all these years?
After seeing the advancements they have made over the years I would never wish to stop being a part of Children of the 90s. The longer we stay involved the more we can learn from as they have followed us from childhood right up to adulthood. I will be bringing our children along oneday and encouraging other family members whose information may benefit them. Hopefully having children born from two Children of the 90s participants may greatly benefit the research.

Best part of Focus@24+?
Personally I really enjoyed the body scans as unless you have a medical condition it is not something you will ever have access to. The 3D body scan was especially interesting despite the American voice throughout!

Have you completed your latest questionnaire?
Yes! It’s amazing knowing how much has been learned from all of us!

**FOCUS ON...**

**Emma and Sam during their romantic visit to Focus@24+**

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**THANK YOU!**

As well as Focus@24+ we do lots of other research in Children of the 90s all the time. A big THANK YOU to everyone who’s helped us with our research over the last year. Here’s what we’ve found out ...

**MEMORY**

**WHAT WE ALREADY KNOW**
We all have DNA in our cells, which is made up of genes. One gene called APOE makes a protein which helps to repair damaged nerves. There are three different types of APOE. The E4 type, found in 15 per cent of people, has been linked to differences in thinking and memory in later life. The reasons for this are not well understood.

**WHAT PARTICIPANTS DID**
A series of difficult memory tasks.

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**SELF-HARM**

**WHAT WE ALREADY KNOW**
Lots of people self-harm for a variety of reasons.

**WHAT PARTICIPANTS DID**
Completed a questionnaire about self-harm when they were 16.

**WHAT WE DID**
For participants who have given us consent to access their medical records, we compared their questionnaire answers with their hospital attendance records.

**WHAT WE FOUND OUT**
• At least one in five participants has self-harmed.
• Some participants who were treated in hospital for self-harm did not report it in their questionnaire. There are lots of different reasons for this.
• Participants who didn’t complete a questionnaire were more likely to have been treated in hospital.
• Having permission from participants to see their medical records helps us build up a really clear picture about self-harm.
• The more information we have from different sources – like clinics, questionnaires and official records – the clearer the picture becomes.

**HOW WE USE YOUR OFFICIAL RECORDS**
If you’d like to find out more about how we link to your official records (we call this data linkage), go to www.childrenofthe90s.ac.uk/questionnaires and then scroll to the bottom of the page.

**WHAT WE HOPE TO FIND OUT**
Everything you tell us is completely confidential and anonymous. We don’t know which individuals self-harm or have been to hospital, just the number in Children of the 90s as a whole.

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**GENES AND SLEEP**

**WHAT WE ALREADY KNOW**
Different parts of our brain communicate with one another as we gather information during the day. Overnight, our brains are like a super computer and the brain activity, eye movements and muscle activity. We also measured their heart rate.

**WHAT WE DID**
Spent two nights in a special sleep laboratory. Before they went to sleep, we attached a number of sensors to their heads to record their brain activity, eye movements and muscle activity. We also measured their heart rate.

**WHAT PARTICIPANTS DID**
We looked at different versions of a particular gene while participants were asleep to see how it affects their brain activity.

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**WHAT WE HOPE TO FIND OUT**
By understanding how genes affect the brain and sleeping patterns in healthy people, we hope scientists will be able to develop new treatments for sick people.

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If you’d like to find out more about the research we are doing on genes, you can download an information leaflet from our website www.childrenofthe90s.ac.uk/newsletters-leaflets. Or get in touch and we’ll post one to you.
Our 1,000th COCO90s visitor!

We have seen lots of participants during their pregnancies already and are enjoying watching their children grow and develop at each visit. In January 2016 we saw Lance (pictured above) for his 36-month visit. This was his 4th visit since his mum enrolled him when he was six months old and also our 1,000th COCO90s visit since we started in July 2012.

What’s new?

Later this year, we’re going to use head cameras and iPad apps to see how parents and their children communicate with one another.

We’re planning to use a ‘smart dummy’ to see if using a dummy affects speech and language development.

We’ll soon be doing ultrasound and MRI scans during pregnancy to figure out how much of pregnancy weight gain is due to the baby getting bigger and when in pregnancy this happens.

We are using a monitor to check glucose (sugar) levels in the body. This shows us how the body processes sugar changes both during and after pregnancy.

We plan to use personal sensors to see how air pollution affects a child’s health.

To better understand how a woman gains weight during pregnancy and how this can affect her child, we are testing two new ways of recording what pregnant participants eat using a smartphone app and an online food diary.

Fun Facts

So far, we’ve seen 400 children with 34 babies on the way!

Over 356 participants and 140 of their partners have enrolled their children in COCO90s.

We have seen 189 mothers-to-be at least once during pregnancy and have collected nearly 100 placertas and blood samples from umbilical cord.

Meet the team

KATE

JAYNE

KATE

JESS

CLAIRE

SHEILA

Pitter Patter

Are you…
- pregnant?
- already enrolled in COCO90s and expecting your second, third or fourth child?
- already a parent?

Then please get in touch and let us know. We are interested in all your children and it is never too late to be part of COCO90s.

To find out more, please contact our friendly COCO90s team by texting COCO90NL, your name and date of birth to 07772 102649 and we will send you an information pack.

Coffee mornings

Did you know we run COCO90s coffee mornings four times a year? It’s our way of saying thank you to you and your chance to meet other COCO90s parents and parents-to-be. There’s free parking, free food and drinks, craft activities, toys, and space for the kids. Keep an eye on our Facebook page and your email for more information. We would love to see you at the next one!