

Newsletter

Issue 5
(Summer 2024)

A research study following thousands of
parents and babies living in Scotland

tinyurl.com/borninScotland



**Born in
Scotland**



In this issue...

NHS Borders launch and 'Opt Out' consent trial...

Explore the current cohort, with our latest demographic data.

Tackle the tricky *Born in Scotland* themed summer crossword!

Born in Scotland launches in NHS Borders - and trials 'Opt Out' in NHS Lothian

Our research team is delighted to announce the opening of our second recruitment location for the *Born in Scotland* pregnancy research project: **NHS Borders**.

Please share the sign-up link with your friends and networks to spread the word: tinyurl.com/borninScotland



Plus look out for information on the Badger maternity app and NHS Borders Maternity Services Facebook page.



In other news, our team has also launched a trial of '**Opt Out**' recruitment in NHS Lothian. Previously, newly pregnant individuals were being informed of the study through their community midwife and Central Booking leaflets, and choosing to 'Opt In'. Since 10th June 2024, anyone newly pregnant in NHS Lothian has been informed of their automatic inclusion. If anyone wishes to not take part, there's a quick online withdrawal form, or the option to call the Research Midwives for assistance (0131 242 2480).

Trialling this method improves inclusion of underserved groups in this important pregnancy research - which of course has gone through rigorous ethical committee approval.

Want to find out more/Need translations? loth.researchmidwives@nhs.scot



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Keep in touch!

We love to hear from participants and others via social media - please give us a follow or sign up to our newsletter:



born_scotland



born_scotland



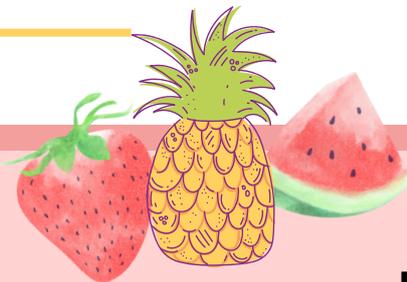
Edinburgh Pregnancy Research Team



easyfundraising

Support our work through easyfundraising!

It's quick and easy to sign up, and support our vital pregnancy research work whilst you shop - at no extra cost to you: www.easyfundraising.org.uk/causes/eprt/



DIY Fruit Ice Cream

Freeze fruit of your choice - here's some of our favourites:

- 5-6 tangerines/satsumas segments (skin/pips removed)
- 3 peeled bananas, sliced
- 1/2 bag frozen mango or pineapple chunks

Blitz in a food processor, scraping down the sides occasionally. A splash of any milk can help this stage.

Once you reach soft-serve texture, enjoy straight away!

Beat the heat this summer with a tasty and healthy treat - perfect for little ones trying first tastes.*



* Please take care to follow NHS weaning advice for young children.



Meet some of the Born in Scotland research team...

Project leads



Professor Rebecca Reynolds
Professor of Metabolic Medicine,
University of Edinburgh

Loves... yoga and hill-walking.



Dr Marisa Magennis
Project Manager

Loves... relaxing with a
good book.

Research midwives



Shona Low
Senior Research Midwife

Loves... being a Brownie pack
leader.



Annie Jones
Research Midwife

Loves... volunteering in Bolivia.



Em Thompson
Research Midwife

Loves... gardening and DIY.

Laboratory team

Jayne Brady
Senior BioBank Technician

Loves... treating our team to
homemade cakes!



Wendy Mak
Research Practitioner

Loves... foreign travel and
food.



Bee Nagy
Research Technician

Loves... heavy metal.



Allied researchers



Dr Rosie Townsend
Senior Research Fellow;
Consultant Obstetrician, NHS
Lothian

Loves... travel and her dog.



**Dr Carlos
Sánchez Soriano**
Research Fellow

Loves... data crunching
and music.

Born in Scotland - in numbers

Current total recruitment

as of 24/7/24:

- 911 (Opt In trial)
- 1,057 (Opt Out trial)

Trigger warning: Discussion of pregnancy loss statistics.

Born in Scotland data is important because it provides a snapshot of the maternity population - often right from the start of pregnancy. This means the study can capture data other research can't - such as early pregnancy losses. It is hoped this data could be used to guide health policies in local government and health boards.

Here's a snapshot of some of the data that the study has gathered to date - and its significance to research.

Data analysis based on
720 participants*

**number correct at time of analysis*

95.69% of participants reported folic acid supplementation during or prior to their pregnancy.

Scottish Government is currently consulting on supplementing folate into white bread.



Scottish Index of Multiple Deprivation mean decile rank is 6.99, and the median is 7.

This shows where Scotland's most deprived areas are, so organisations know where their work can have the biggest impact.

(Data zones are grouped into Bands 1-10. Band 1 contains the 10% most deprived data zones in Scotland.)

And also...

47.79% babies were girls, while 52.21% babies were boys.



The age of the participants ranges from 19 to 51 years old, with a mean age of 34.02 years old.



Recorded birth weights vary from 355g to 4,990g (average of 3,461g or 7lb, 6oz).

Sadly 6.94% were reported pregnancy losses. Of these, 34% had no estimated delivery date recorded, which are likely early losses (before first midwife appointment/scan). The other 66% had a delivery date, but their baby was born before 24 weeks of gestation.



Early pregnancy loss is an under-researched issue. Capture of this data is vital to allow research into interventions that could potentially reduce this devastating occurrence.

Born in Scotland Crossword



Can you conquer our summer crossword?

Across

- 3. Anglo-Saxon, 'with-woman'
- 4. human gestation
- 7. When babies start hearing in the womb
- 9. Before, during and after pregnancy
- 10. Borders river

- 1. Twins, triplets, etc
- 2. Design of Edinburgh New Town, based on famous flag
- 5. Highest population density in Edinburgh
- 6. Exotic animal, lived on Castle Rock in 1838
- 8. Decade the Fringe festival started

Please contact us to Unsubscribe: loth.researchmidwives@nhs.scot

