

APRIL 2022



UPBEAT

UK Pregnancies: Better Eating and Activity Trial

Spring 2022 Newsletter

Spring has sprung and we send our very best Spring wishes to all the UPBEAT participants and their families

It has been a while and a lot has happened in the World since we were last in contact about UPBEAT but our research goes on and we are writing to fill you in. We would also love to hear how you and your child are doing and in particular whether you would be interested in a new and exciting upcoming project. UPBEAT is now a World-famous study thanks to you and your child's participation and we have recently secured funding from the British Heart Foundation for a 10 year-follow-up, to see how your child is developing. This study is called **Children of UPBEAT** (check out the new logo). Much more to follow, but we hope you will be happy to participate

Below is a short update from the team on progress since the last newsletter.

Chief Investigator's Update

The UPBEAT study is still the largest study in the world which has investigated whether we can help improve diet and physical activity in mums with obesity. If you recall, from our previous newsletters the lifestyle advice didn't help reduce diabetes in the mothers but it did have lots of other positive effects. Mum's who took part in the intervention, were less likely to put on as much weight in pregnancy and actually were a bit thinner. Since we last wrote to you, we have also undertaken a study on the blood samples you kindly provided, which backs up the positive effects of the diet and exercise in showing an improvement in metabolic health. This means that we found less unhealthy fats and more healthy molecules in the blood samples. If you remember we also found that the babies that came back at 6 months were thinner if the mothers had taken part in the intervention. We have now finished analysing the data of the children who came back for the 3 year visit and we found that they have a lower heart rate if their mothers took part in the intervention. Lower heart rate in the intervention group was also associated with beneficial effects on the structure and function of the developing heart in the **UPBEAT Tempo Hearts** study. This shows that even small changes to diet and exercise in pregnancy seem to have prolonged positive effects on the child. We have also found there are several factors that can contribute to obesity in three-year-old-children. These are the mothers BMI at the beginning of pregnancy, weight gain in pregnancy, whether the child is breast fed or not and the child's diet at 3 years. Because of all this interesting work, we would very much like to do a study of your children when they are a bit older, because we want to see if the beneficial effects of the mother's lifestyle changes can last even longer for the child. So we would like to contact you again to talk about this. Unlike the 3 year study, we are going to invite you to an UPBEAT visit during half-term or the school holidays to make it easier. Once again thank you very much being part of this important project which has helped us understand much more about keeping healthy in pregnancy.



Staff Update

Annette has left us to be a professor in Australia but we welcome Sameen in June 2022 who starts as our new Clinical Trial Co-ordinator for **Children of UPBEAT** and you will be hearing from Sameen very soon about how you can get involved with the new study. My name is Paul Taylor and I am the senior scientist who previously ran in the **UPBEAT Tempo Hearts** study and now heading up the new study. I look forward to seeing you again.

Keeping in Touch

The UPBEAT team would love to keep in touch with you. We value your data and privacy. We are particularly interested in finding out if you and your child would like to be involved in our intended follow up study, **Children of UPBEAT**, which will start this summer (2022) when your child is between 9 and 11 years old.

If you would like to give us updated contact information (email and telephone number as well as your address). We would love to hear from you.

Please contact us using the details below and we will add your updated contact information to our records. Alternatively, you can also return the postcard included with this newsletter using the provided stamped envelope.

Contact me Paul Taylor (New Children of UPBEAT Principal Investigator) @ childrenofupbeat@kcl.ac.uk.