



UPBEAT Newsletter

Volume 3, Winter 2014

STAFF NEWSLETTER

Special Points Of Interest:

- UPBEAT HAS FINISHED RECRUITING!
- Final recruitment figure 1556 (10 more than planned)
- Data completion is the goal now
- UPBEAT TEMPO Started

Recruitment & Progress

Fantastic news: UPBEAT has now finished recruiting! Our aim was to recruit 1546 women and we have actually recruited 10 more than that!

We would just like to give a HUGE thank you to all the UPBEAT staff who supported this important research.

We couldn't have reached our target without your referrals.

UPBEAT HAS FINISHED RECRUITING!!!

UPBEAT TEMPO HAS STARTED!!!



UPBEAT-TEMPO

Please follow us on Twitter:
@UPBEAT_Study

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**UK Pregnancies Better Eating and
Activity Trial (UPBEAT)**

UPBEAT TEMPO: The end of UPBEAT sparks the beginning of UPBEAT TEMPO— We want to see all the UPBEAT mothers and their children when they are 3 years old any time before their 4th birthday. We plan to weigh and measure them both and ask about the foods they eat and the activities they do.

The sites seeing families in UPBEAT TEMPO are:

- **Guy's & St Thomas' Hospital, London** (seeing all St George's women and CAN women)
- **Royal Victoria Infirmary, Newcastle** (seeing all Sunderland women)
- **St Mary's Hospital, Manchester** (seeing all Bradford women)
- **NHS Greater Glasgow & Clyde**

Women and Children recruited in other centres can be seen in the centres above or will be offered partial participation whereby their data can be entered online.

Any queries please contact:

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