



Summer 2024

# Newsletter

The latest updates from the DEBEAT Study

Welcome to the Diet and Eating Behaviours across Early Adulthood Transitions (DEBEAT) Study's first newsletter. For more information about the study, visit: <https://www.mrc-epid.cam.ac.uk/research/studies/debeat>

## Recruitment for the DEBEAT Study has finished!

**2,676  
consented**

**2,038 started  
completing  
the Study**

**1,491  
completed  
the Study**

**Wave 2  
invites will be  
sent out 12  
months later**

Recruitment for the DEBEAT Study is now complete! Since September 2023, a total of 2,676 people aged 17-18 consented and 1,491 completed the questionnaires and diet recalls to earn the £20 Amazon gift voucher at Wave 1

You will receive invites to complete the Wave 2 questionnaires and surveys 12 months after you completed the baseline questionnaire. At Wave 2, there will be 4 questionnaires similar to those that you completed in Wave 1. We will also ask you to complete the diet surveys again. Completing the Wave 2 questionnaires and surveys will earn you a £30 Amazon gift voucher, bringing your total earnings for the Study to £50.

## But what's this all been for?

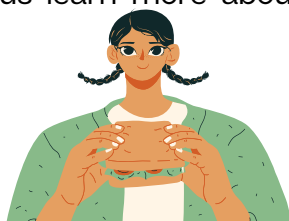
Using the Wave 1 data we are now starting to investigate:

- What this age group eat and how that relates to where they get their food
- How food shops and takeaways around schools influence diet during school hours
- How having a job influences diet and mental health

We are looking forward to your data from Wave 2, which will let us compare responses from both waves to understand how diet changes as young people leave school, and what influences these changes.

## We couldn't have done it without you

Thank you for taking part in the first Wave of this important Study. This work would not be possible without your vital contributions helping us learn more about how to support the health of young people transitioning to early adulthood.



Recruitment

Wave 1

Wave 1  
analysis

Wave 2

Wave 2  
analysis

## What's next?

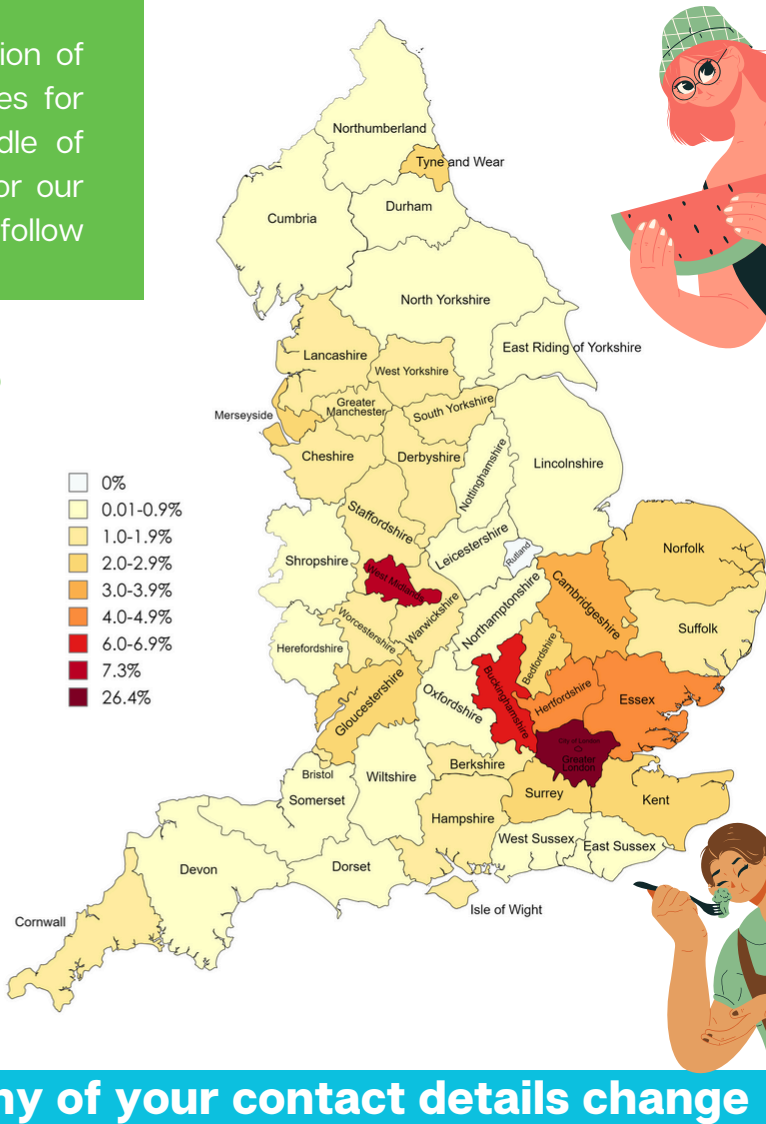
We have collected a HUGE amount of information of the last year as part of Wave 1. The first invites for Wave 2 will begin to be sent out in the middle of September 2024. Until then, sit tight and wait for our email and SMS invites and if you haven't already, follow us on social media for more updates.

## Who else took part in the study?

Participants were recruited from nearly all English counties. London and Greater London were the significantly highest recruiting counties, with over a quarter of all participants coming from there.

After that, the West Midlands (7.3%) and Buckinghamshire (6.5%) were the most prominent. Essex (4.5%), Hertfordshire (4.1%) and Cambridgeshire (3.6%) followed afterwards.

Have a look yourself at the map we've been able to create with this data. Does anywhere surprise you?



## Let us know if any of your contact details change

If you believe you have signed up with your school email address, please email us your personal email address, as your school one will be terminated after you graduate. If we only have your school email address, you won't be able to access the invites for Wave 2.

We may send you post from time-to-time, so if you move house, email us your new address.

## Contact us at



01223 769 196



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## Connect with us at

TikTok: [debeat.study - tiktok.com/@debeat.study](https://www.tiktok.com/@debeat.study)

Instagram: [debeat.study - instagram.com/debeat.study](https://www.instagram.com/debeat.study)

X: [@DebeatStudy - x.com/debeatstudy](https://x.com/debeatstudy)

Facebook: [DEBEAT](https://www.facebook.com/DEBEAT)

LinkTree: [linktr.ee/debeat.study](https://linktr.ee/debeat.study)

**Keeping your information safe.** For details of the information we collect and how we keep it secure, see our website: [www.mrc-epid.cam.ac.uk/research/studies/debeat](https://www.mrc-epid.cam.ac.uk/research/studies/debeat) - if for any reason you decide you no longer want us to use your information in the research, please contact us to discuss withdrawing your consent.