



Winter 2025 Newsletter

The latest updates from the DEBEAT Study

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

Wave 2 of the DEBEAT study has started!

528
participants
have taken
part in Wave
2 so far

1,708
questionnaires
completed

1,246 diet
recalls
completed

1,251 invites
still to be sent
out for Wave
2



Wave 2 of the DEBEAT study started in October 2024 and so far over 500 participants have engaged in at least one of the measures we have asked them to complete. Thank you so much to all of you that have taken part so far and well done to those that have earned the £30 Amazon voucher!

For those of you who have not yet been invited to participate in wave 2, you will receive your invites for this 12 months after you completed the baseline questionnaire at wave 1. As a reminder, at wave 2 there will be 4 questionnaires similar to those that you completed in Wave 1. We will also ask you to complete 3 diet recalls 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?

We started our research by analysing data from wave 1, to study how this age group eat, where they get their food, and how they are influenced by their environment (more on this below).

Now, using the data we have collected across wave 1 and wave 2, we can start to analyse our main research questions, looking at changes in diet over time:

1. How does diet change from the final year (Y13) of school/college to 12 months later?
2. How do changes in diet differ between those who transition from secondary school into further/higher education, employment or not in education or employment?
3. How do changes in the environment in which people live, work and study influence changes in eating behaviours and diet quality?



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Unit

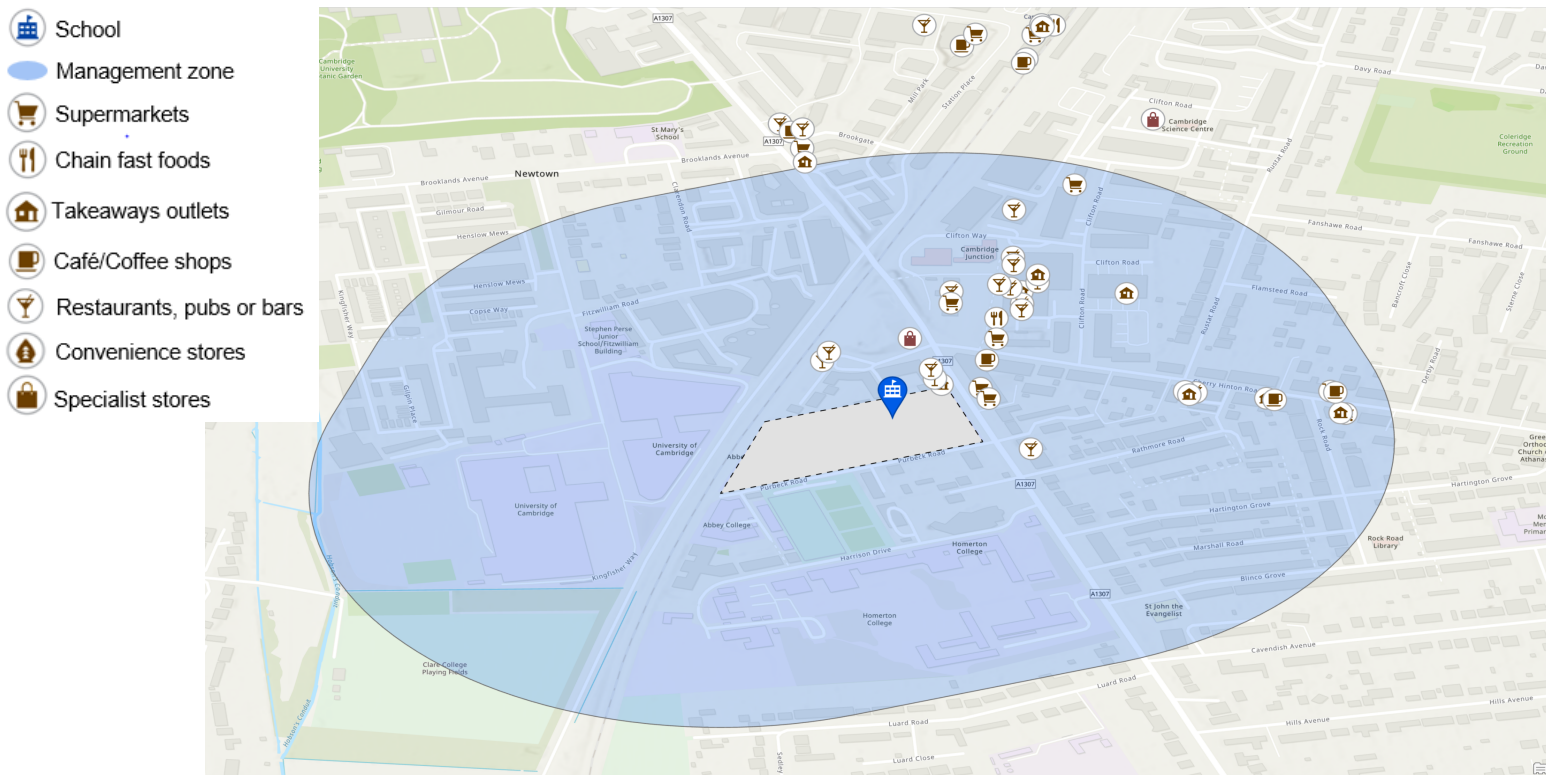


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School neighbourhood and diet- findings from wave 1

We are interested in how access to food outlets that are located around schools may prompt school aged students to use them and possibly eat more unhealthy foods. Several councils have now introduced 'takeaway management zones' which restrict the number of takeaway outlets that are allowed to open within 400 metres of schools.

For each school that a DEBEAT participant attended, we have measured how many food outlets are located within a specific area around the school (400 meters, 5-8 minute walk). We have studied the relationships between the numbers of different outlets around the school and (1) how often pupils purchase items from these outlets (2) consumption of unhealthy foods.



The image shows an example school and the food outlets that are found within the 400m buffer zone (in blue). Nearly half of the 1,240 participants in the study can access at least one supermarket and two thirds of participants can access at least one takeaway outlet within this buffer zone.

We found that where students had access to a supermarket near the school, they were more likely to buy from a food outlet during school hours. But access to takeaways or fast food outlets near to school did not make them more likely to buy from a food outlet during school hours, and there was little effect on the consumption of unhealthy food.

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 when you left school.

We may send you post from time-to-time, so if you move house, email us your new address or let us know of any changes in your mobile number to ensure you don't miss any study communications.

Contact us at

 DEBEAT.Study@mrc-epid.cam.ac.uk

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)

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 - 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.