



Hi everyone!

This winter's newsletter will bring you up-to-date with our activities and share some of our findings with you. As you will see below it's been a busy first half of 2007.

Interview tally board

9th wave interviews	1270
- Female	687
- Male	583
Genetic samples	1027
Number of children	338
Pregnancies recorded	100
Pregnancy interviews	44
Babies born (since Sept 2006)	32
- Girls	10
- Boys	22

We thank all of you who have completed interviews and returned genetic samples in 2006-2007 for your time and participation.

We will be calling you!

2000 Stories has recently been awarded a government grant, *Healthy Start to Life*, to continue to study new pregnancies and children of participants for the next 3 years.

As part of this work, the 2000 Stories team will be calling you soon. We will be confirming your contact details so that we can keep in touch with you in the future. We will also be inviting participants who have had children, and those who are currently pregnant to participate in this study.

One key question in this research is the **experience of fathers during pregnancy**; very little is known about this. We encourage Dads to get involved in this project. Early next year, we will be catching up with those participants who have already had children. Our records show that approximately 330 children have already been born to our participants! We look forward to speaking with you then.

Exercise & 2000 Stories Participants

At the last interview (when you were about 24) we asked how often you participated in exercise. Physical activity is one important way of maintaining good health and wellbeing. The graph below shows the 2000 Stories results. You can see that almost 40% of you exercised five or more times per week! Very few of you did not do any exercise at all.

