



## Hello everyone

It has been over a year since we last sent an update on 2000 Stories, so there's lots of news to share.

## THANK YOU

We are delighted that close to 80% of participants who first joined the study completed interviews for our 9<sup>th</sup> follow-up. This is an incredible achievement and we appreciate the time and effort you give to this study. By sharing your stories with us over so many years, this study is now the richest source of information of its kind in Australia.

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## GRANT AWARDED TO STUDY ON PREGNANCY AND CHILDHOOD

As most of you will now be aware, we received a grant from the National Health and Medical Research Council (NHMRC) to follow children born to study participants. The study involves completing a survey during pregnancy (at around 32 weeks) and then again at 8 weeks and 12 months after the birth of your child. The purpose is to understand how adolescent and young adult lifestyle factors shape the health and wellbeing of the next generation.

A number of you (both Mums and Dads) have already joined this new study and have shared your experiences of pregnancy and the highs and lows of parenthood. We are enormously grateful for your time and understand how difficult it can be to find time to speak to us while caring for very young children.

Thank you also to all those parents who have told us about children who are more than 12 months old. We hope to begin catching up with you very soon.

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## THIRD GENERATION STUDY

We are excited about our funding from the Perpetual Trustees to invite grandparents to share their stories with us. For many people, becoming a grandparent is an exciting experience and provides an opportunity to enjoy children all over again. But we understand it is not without challenges: be they financial, emotional or health problems and we would like to learn more about how grandparents feel about their growing family. We will soon be contacting all 2000 Stories participants who have children to see if parents might be interested in taking part.

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## WE NEED YOUR HELP

To successfully undertake these unique intergenerational studies, **we need your help!** First, we need to find ALL pregnancies that occur in any one year (which is about 200). This is an enormous challenge and one that no other research group worldwide has attempted. We believe the only way to find every pregnancy is to contact all participants twice yearly. This contact will occur by phone, email or SMS and will only take a few moments of your time.

For the majority of you who are NOT expecting children now, in the near future or at all, we especially ask for your patience and support. Our contact with you will be your chance to tell us whether any of your contact details have changed. It is important that we keep in touch with everyone in the study regardless of whether you are planning children or not.

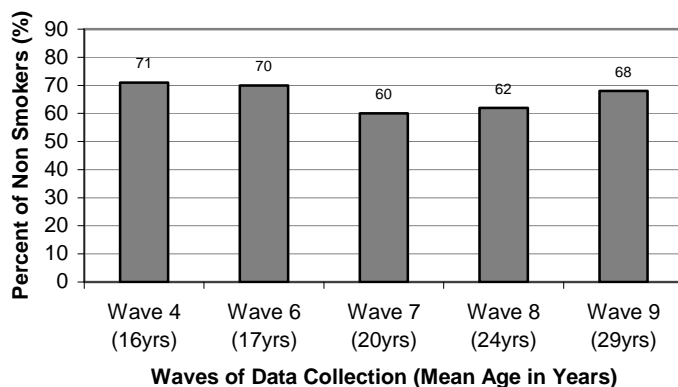
**If you and your partner are currently expecting a baby and you haven't already let us know, we would love to hear from you. Feel free to contact us anytime on 1800 706 101 (free call) or at [2000stories@mcri.edu.au](mailto:2000stories@mcri.edu.au).**

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## SOME INFORMATION ABOUT YOU

The data from the most recent Wave of interviews are in and we thought you might be interested to know how you are getting on. Many of you may have travelled throughout the world in your twenties however by the age of thirty, 88% of you have moved back home to Victoria, 3% to Queensland, 2% to New South Wales, 1% to Western Australia, 1% to the Australian Capital Territory, 0.3% to the Northern Territory and similarly 0.3% to Tasmania. Nearly 5% of you have moved overseas living in places as diverse as, Singapore, Thailand, East Timor, China, Indonesia, Laos, Taiwan, China, the United States, Canada, Argentina, France, Denmark, Ireland, England, The Cook Islands and New Zealand.

There may be a recession but our figures show that 89% of you are currently working, with 77% in full time employment. 13% of you are seeking further education. With regard to relationships, 60% of you are married or in a long-term relationship, 14% have a boyfriend or girlfriend and 26% are not in a relationship at the moment. 24% of you have had at least one child.



We examined the pattern of smoking over the years. We can see that at ages 16-17 years nearly 71% of you were non smokers. At 20 years, the percentage of non smokers decreased to 60% however over the last 2 waves of data collection we can see that the percentage of non smokers is increasing steadily and is now at 68%.

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## HAPPY 30<sup>TH</sup> BIRTHDAY!

If you would like to share your thoughts about turning 30 please drop us a line at [2000stories@mcri.edu.au](mailto:2000stories@mcri.edu.au) and we will try to include some of your stories in the next newsletter.

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## KEEPING IN TOUCH

It is very important for us to keep in touch with everyone in the study. Please let us know if your contact details change. You can do this in a number of ways:

*Phone free-call: 1800 706 101*

Email: [2000Stories@mcri.edu.au](mailto:2000Stories@mcri.edu.au); Website: [mcri.edu.au/2000Stories](http://mcri.edu.au/2000Stories)