

Our warmest greetings to you all as we celebrate our 20th anniversary.

Thank you for your commitment to the project as we reach this exciting milestone together.

What's in store for 2013?

It has been a busy and exciting year for the 2000 stories project. We are celebrating our 20th anniversary! It is 20 years since you did the first questionnaire back in 1992. And we are now doing the 10th interview.

What is in the 20 year follow-up?

We are focusing on your health and well-being now that many of you have made major life transitions: through completing education, starting full time work, having had important relationships and perhaps married, and for many of you becoming a parent.

Since we started interviewing last June, 60% of you have completed this interview, including 13 people living overseas. We have been enjoying getting in touch with you and hearing how you are managing at this busy stage of life. From what we have heard from you the feeling is mutual, with many of you commenting on your enjoyment in being involved in the study!

"I'm still friends with a lot of people from high school and we often chat about the study and how we all enjoy being involved."
- study participant

80% of you were still involved in the last interview when you were 29 years old. That shows your continued dedication to the project. We are very grateful for your commitment, and hope that you will stay with us for this next interview too.

2000 stories: the next generation

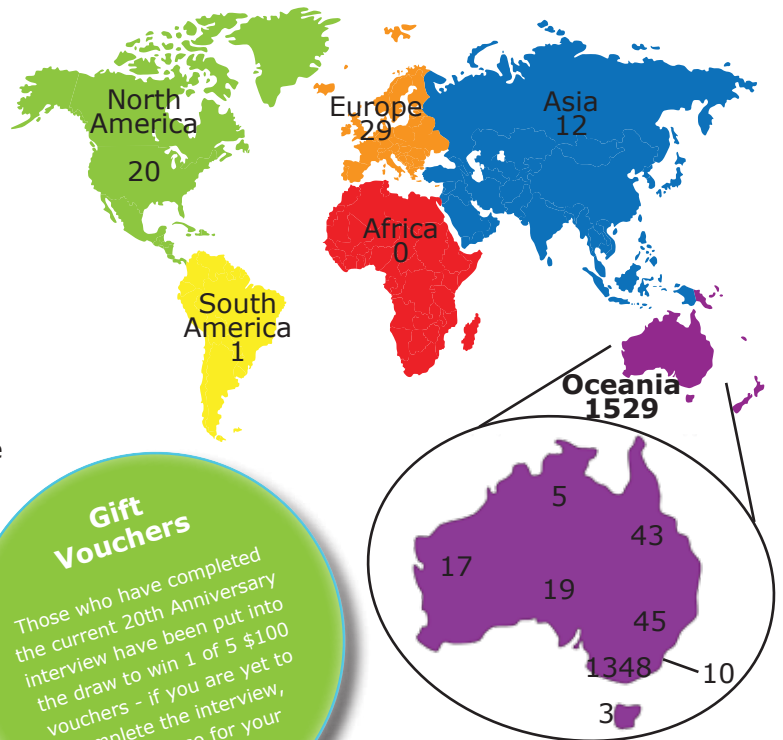
The family component of our study is also continuing, now in its 6th year. This aspect of the study asks those of you who have become parents about your experiences of pregnancy, and how your little one is going. We are trying to learn as much as possible about health and well-being across generations and what gives a baby the healthiest start to life.

Thank you to all the mums and dads who have given their time to be involved in the family study – we know what a luxury spare time is and we love hearing about your experiences of parenthood.

Special thanks to Cards Only Pty Ltd, for their very generous donation of birthday cards for the little ones on their 1st Birthday. Special thanks also to Fishprint for their generous support with the printing of this year's newsletter and cards.

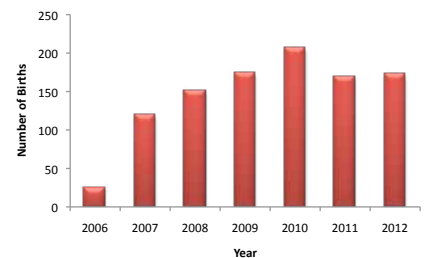
Tales from 2012

Back in 1992 when the study began, you were invited to join us as part of a representative sample of 14-15 year olds right across Victoria. While 82% of you are still living in Victoria 20 years on, the rest of you have spread yourselves out across Australia and the world! 7% of you have moved interstate, mainly to NSW and Queensland. A further 4% of you have moved overseas, with 29 of you in Europe, and 20 in the USA.



Gift Vouchers
Those who have completed the current 20th Anniversary interview have been put into the draw to win 1 of 5 \$100 vouchers - if you are yet to complete the interview, please do so for your chance to win!

It has also been a busy year for starting or expanding your families! In the last 12 months 169 of you have let us know about 174 babies, including 5 sets of twins - double the national average!



Thanks for your fantastic support—we couldn't keep going without you!

NEWS
2012/2013

2000 stories
The Victorian Adolescent Health Cohort Study

This year we thought we would take a bit of a step back and give you a broader overview of the direction of the 2000 stories project, and how it fits in to the bigger picture internationally.

Why is adolescence important?

The largest number of adolescents exist now in the world than ever before. Adolescence and young adulthood can put in place the foundations for health and well-being for the rest of life. Our study is looking at what helps to make these years as healthy and fulfilling as possible for you.

How has this project contributed?



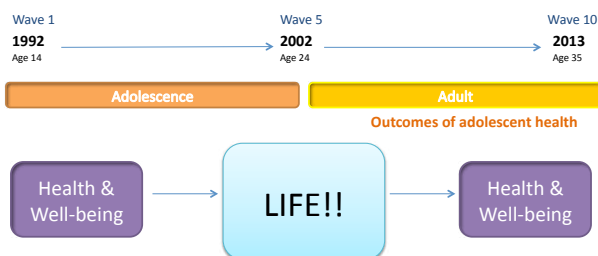
This year, **The United Nations** Commission on Population and Development met to discuss adolescent health. Our project's Chief Investigator **Professor George Patton**

(pictured) was one of just three external experts presenting to the commission at the UN headquarters. The high profile medical journal *The Lancet* recently published a series focused on the long term importance of adolescent health. With the help of research such as our study, 2000 stories, adolescent health has become a hot topic on the world stage.



I am no longer an adolescent ... why am I still taking surveys?

This is a very common question and a good one! We are wanting to know how much your health during adolescence affects your well-being in the years to come. We also know that many of the things that happen during your twenties can also affect your health and happiness in later life. That is why we want to know how you are travelling now in your mid-thirties. More than ever, it is crucial you stick with us!



What are the links?

Whatever your situation, or whatever may be happening in your life, each and every one of your stories is invaluable. Each of you have made a significant contribution to world-class research that has already influenced government policy and has the potential to benefit future generations of people across the globe!

Keeping in contact with you

It's very important that we have your contact details up to date this year, so that the study can include as many of you as possible.

To make updating your details easier for you, we have an automated system that sends you a personalised email approximately every six months. A unique hyperlink is contained within this email, connecting you to a secure form which prompts you to update your contact details.

You can also contact us at any stage to let us know that your personal details have changed, by:

T: **1800 706 101** (free call from landlines & mobiles in Australia)
E: **2000stories@mcri.edu.au**

For information about the project please see our website:
<http://www.mcri.edu.au/pages/2000-stories/default.asp>

2000 stories: The Victorian Adolescent Health Cohort Study

is a joint project between the Royal Children's Hospital and the Murdoch Childrens Research Institute. It has been supported by grants from the National Health and Medical Research Council, the Australian Rotary Health Research Fund, and the Victorian Health Promotion Foundation.

