

Greetings from the 2000 Stories team and a huge thank you for your contributions to the project so far. You're part of a world class study making new discoveries every year to improve the health and well being of Australians. We're very excited to let you know what is currently happening with the 2000 stories team and share some of our recent findings

Project update

Recently, as a part of our family study, the Victorian Intergenerational Health Cohort Study (VIHCS), we have been following up with families from the original 2000 stories study that now have kids turning 8 years old.

We have had great fun interviewing over 450 families so far and there are still 456 VIHCS kids due to turn 8 who will be invited to participate in the upcoming years.

Participant interview experience:

"It was great. Caroline had a fantastic manner with the kids. They found it all a great experience"

Number of VIHCS kids turning 8 each year



VIHCS has given the 2000 stories research team the chance to focus on inter-generational influences on health, particularly how adolescence can impact on the next generation. It is one of the first inter-generational cohort studies on mental health and lifestyle worldwide! For more information on the significance of this relationship you can access our article titled "Adolescence and the next generation" published in one of the world's top academic journals, Nature - www.nature.com/articles/nature25759. See the next page for highlights on some of our other published study findings.

What's up next?

We are currently seeking funding to follow up with our original 2000 Stories participants in their early 40s to investigate how health and behaviours in adolescence influence our mental and physical health in mid-life and beyond.

Meet The Team: Denise

What do you do here Denise?

I am a Biostatistician with 2000 Stories, which means I get to use the information gathered in the surveys and look at the patterns in the data.



What do you like most about your job with 2000 stories?

I love that we get to see how people's complex circumstances, choices, and personalities in their teenage years interact to influence the kinds of experiences they have in adulthood, and how this affects their children as they grow and develop.

What excites you about the future of 2000 stories?

There have been some recent developments in statistics that are enabling us to identify the most effective changes that people can make to ensure great life outcomes for themselves (and their kids). This is incredibly exciting information for individuals and health professionals, but also lets governments know about the kind of programs and policies that will help people the most.

What would you like to say to the participants?

The kinds of discoveries we make from this study are only possible because you have continued to give us your time over many years. My kids and I are participants in another large health study, and I know it's not always easy to fit interviews into busy lives. This makes me even more grateful to all the 2000 Stories participants for keeping yourselves and your families involved with us.

Voucher Winners

Congratulations to the winners of the 2 \$200 teacher gift cards this year: Lee W and Kelly C. Thank you so much to all the teachers who have taken part in our interviews.

What have we been researching?

Let's talk about Dads..

The mental health of Mums during and after pregnancy is now getting the attention and support it deserves, but what about Dads? We asked our male family study participants how they were feeling in the 3rd trimester of their partner's pregnancy and

1 in 10 men expressed feeling additional stress during their partner's pregnancy



We know that fathers' mental health and the quality of their parenting relationships have a **powerful impact** on the development of their kids and that having a child is a challenging time for men and women.

We have also found that **what happens in adolescence really matters** in terms of health in later life. Young men with poor mental health in their teens and young adult years were 4x more likely to experience stress during their partner's pregnancy.



Dads play an important part in the parenting and future health of their children. Better understanding of when and how to **support men** will have benefits for themselves and their families.

Adolescent mental health and behavioural predictors of being NEET

Young adults who are not in employment, education, or training (NEET) are at risk of long term economic disadvantage and social exclusion.



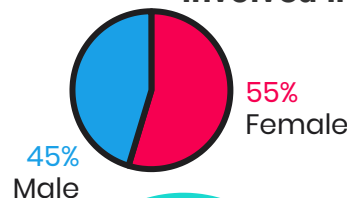
6.3% of our participants reported being NEET at age 24

Our study found **Cannabis use**, repeated **disruptive behaviours** and persistent **mental health disorders** in adolescence are risk factors for being NEET in young adulthood.



What you told us in wave 10...

75% of our original participants are still involved in the study!



Average height
Male - 180cm
Female - 164cm

Top 5 most common occupations

1. School teacher
2. Registered nurse
3. Sales manager
4. Retail manager
5. Accountant



11% reported a major physical illness in the last year.



Does adolescent-parental bonding impact on the next generation's mother-infant bond?

Yes, our recent study tells us that bonding is infectious!

We found having a good relationship with your parents during your adolescence can predict the strength of the bond you have with your own child.



Want to know more about the difference your participation makes or when 2000 Stories has been in the news? We regularly update our study website and social media channels with media, publications, conferences and study news.



www.mcri.edu.au/research/projects/2000-stories



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