

## Keep us updated

It is very important that we are able to keep in touch with our participants so we can follow-up how your health changes over time.

Please take a few minutes to update your details, including an up-to-date telephone number. This is important if you move, even if we have seen you as part of the feasibility study. You can do this via DASH Facebook page, website, telephone, text or email.

If you are in contact with friends from school please get in touch. If they update their details and take part in the study we'll give you a £10 shopping voucher!


## Get in touch

We are always very happy to hear from participants whether you have a comment, question or just want to feedback on your experiences of taking part in the study.

 **Post a comment or send a message on facebook/dashlondon**

 **Visit our website [dash.sphsu.mrc.ac.uk](http://dash.sphsu.mrc.ac.uk)**

 **Send an email to [dash@sphsu.mrc.ac.uk](mailto:dash@sphsu.mrc.ac.uk)**

 **Call or text Freephone: 0800 298 0024 Mobile: 07776 248 343**



Please like us on Facebook to keep up to date with all the news from DASH.




## Thank you!



Once again thank you to everyone for your valuable contribution to the DASH study – it is providing important insights about what helps make young Londoners happy and healthy.



Determinants of young Adult Social well-being and Health  
A survey of young people from different ethnic groups in London  
 [dashlondon](https://www.facebook.com/dashlondon) <http://dash.sphsu.mrc.ac.uk>

# DASH Newsletter



## Happy New Year to all DASH participants and their families



## What has DASH been doing in 2013?

### The Life Game at London Science Museum

In June DASH participants and researchers took part in a special event at London Science Museum as part of the celebrations for the 100th birthday of the Medical Research Council (MRC) which funds the study.

This was a great opportunity to share DASH findings with the public. Thank you to everyone who took part.



DASH Participant Advisory Group held its first meeting in February last year. The group is made up of DASH participants who help advise us on the best way to follow up participants and share our results.

### DASH Participant Advisory Group



Thank you to those participants who made time to attend and contributed with such enthusiasm. If you would like to join the group we'd love to hear from you.

## DASH feasibility study



2013 was a busy year for DASH with the feasibility study ongoing as well as new projects and events. It's been great to reconnect with so many participants and a very big thank you to all who have taken part so far - we are getting close to seeing 600 participants! If you haven't taken part yet, please get in touch - there is still time!



A new part of the study has been in-depth interviews with some participants exploring experiences of school, work and study, as well as family life and friendships, and the challenges and opportunities of growing up in London during a recession. Thank you to those participants who shared their stories with us.

We will begin to analyse the feasibility study results in the spring. These will then be published in scientific papers and summarised on our website. We will also send you another newsletter.

In the meantime we have been looking at what has helped you to take part in DASH. DASH participants have busy lives so offering different times and places to do the interviews seems to make it easier. Quite a few of you preferred to be seen in your local pharmacy and evening or weekend appointments. We recently presented these findings at a conference in London on public health (see DASH website for more details).

## What have we found out so far?

More DASH results can be seen on our website, including a list of scientific publications. Here are a few of the interesting findings.

### Diet and exercise

In adolescence, Black African and Black Caribbean girls were more likely to be overweight than participants from other ethnic groups. Things which made you more likely to be overweight included skipping breakfast, drinking too many fizzy drinks and not eating enough fruit and vegetables. Girls from all ethnic backgrounds were far less likely to do any physical activity than boys.

About two thirds of DASH participants were born in the UK, but nearly 90% have at least one parent born abroad, and over half of you speak another language. DASH participants reported over 55 different ethnicities, over 12 religions and over 40 different languages!

### DASH participants come from lots of different backgrounds



Although still within normal ranges, blood pressure rose faster over time for ethnic minority than White British children. High blood pressure can lead to cardiovascular diseases like diabetes and stroke and we know that adults from ethnic minorities are at higher risk for these diseases than White British. Studying your health as you get older will help us find out how to prevent or reduce this risk.

### Blood pressure

### Mental health

A very interesting finding is that despite coming from poorer families and neighbourhoods, adolescent boys from ethnic minorities, particularly Black

African boys, tended to report better mental health than White British children. Things which seemed good for your mental health included caring parents, doing things together as a family, and having friends from different ethnic groups. But experiences of racism were, unsurprisingly, bad for your mental health, whatever your ethnicity. These findings challenge the view that living in the city and being from an ethnic minority have negative effects on mental health. We presented these results together with some of the findings from the in-depth interviews at a conference on public health in London (see DASH website for more details).