



AGE OF **WONDER**



Year 9 Health
Measures

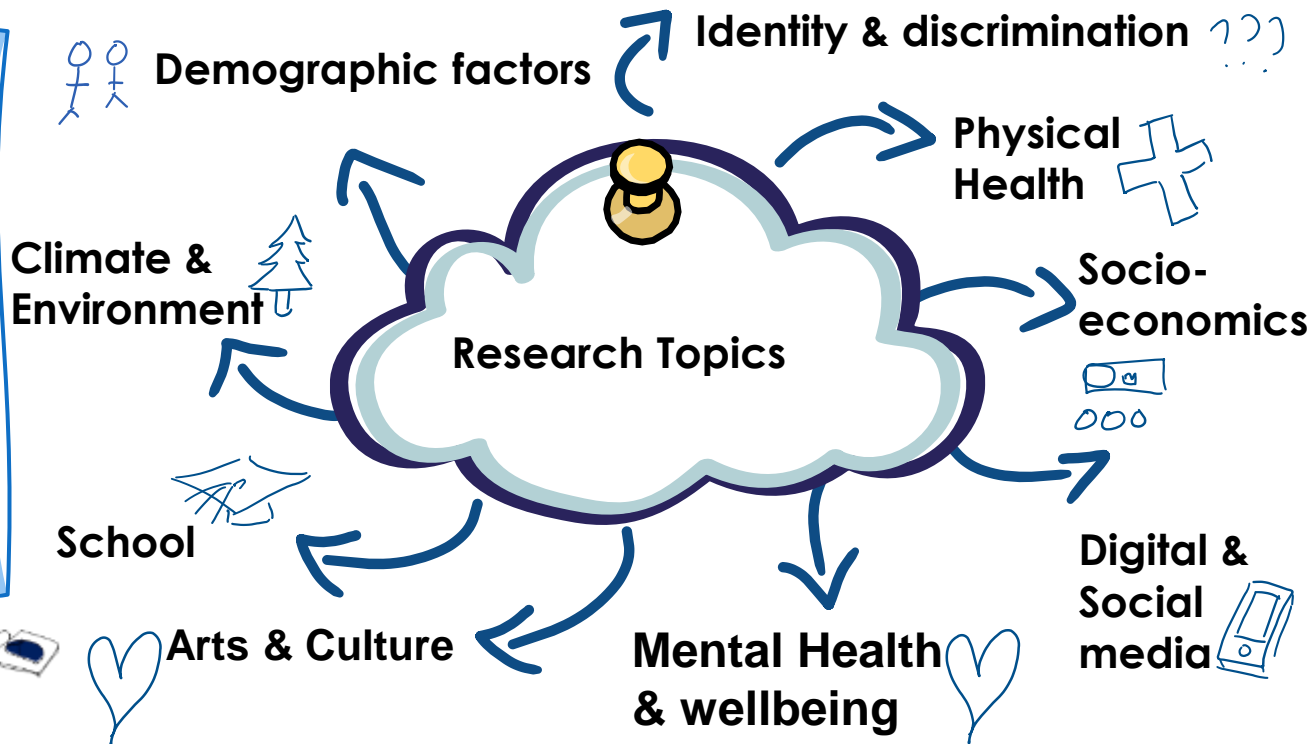
Dr Nilam Khan- Research Fellow

Theresa Walsh- community Research co-Ordinator | **Laura Lenon**- Lead School

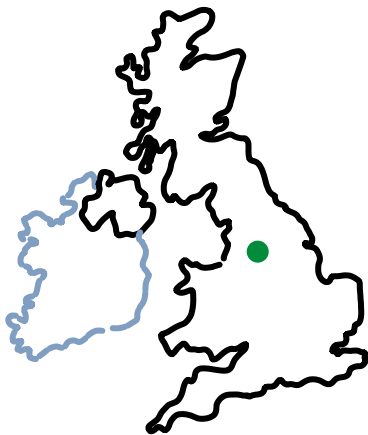
Research Nurse **Jordan & Haniya**- Interns

What is Age of Wonder?

- ❑ **Open to All**
- ❑ Investigate health inequalities in **teens!**



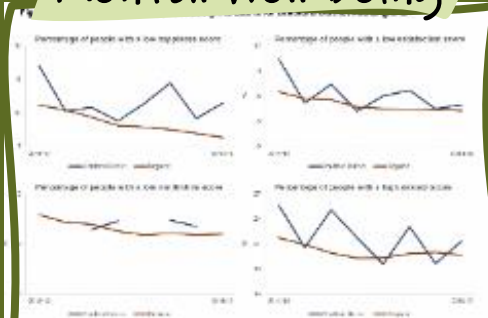
Why Bradford?



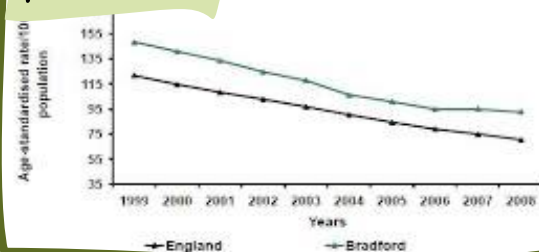
4th highest proportion
of **under 16** year olds
in **England**

Over **25%** describe
themselves as **Asian/**
Asian British ethnic
origin.

Mental Well-being



Risk of heart disease / stroke



Timeline

2007-2011

Pregnancy

2016-2019

Primary School

2022-2029

Secondary School
into adulthood



What does this look like?

Basic Measures

Bioimpedance



Growth

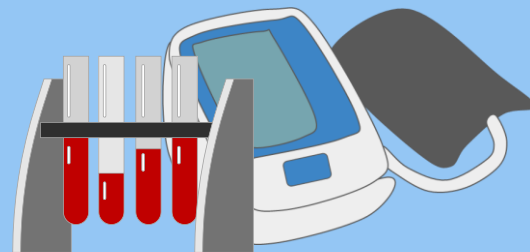


Health Measures
Year 9

Date: _____

Name: _____

Advanced Measures

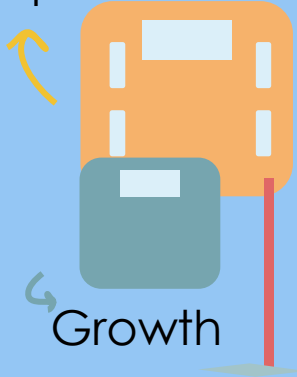


Blood pressure
& sample

Why do we do the basic measures?

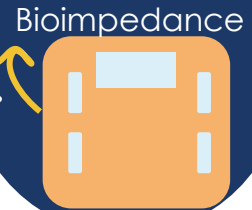
Basic Measures

Bioimpedance



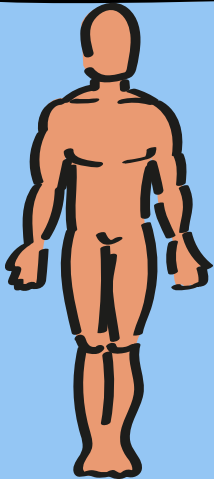
Used to inform services i.e. Bradford council healthy weight strategy

Body Mass Index is not accurate...

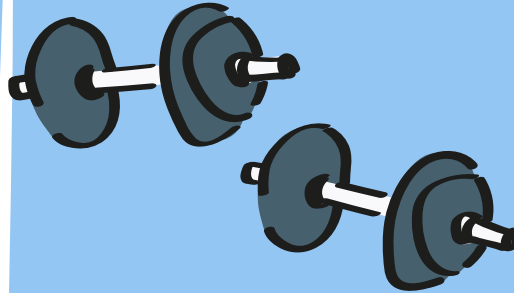


In terms of your health, we can see...

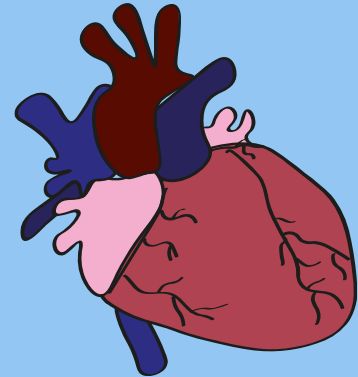
1). Muscle, water
& lipid content



2). Activity Levels



3) Cardiometabolic
risk factors



Confidentiality

1. School sends register including name and DOB.

2. We create **anonymous** ID for each student.

3. Student gives name & DOB during measurement.

4. Anonymous ID is placed on result

5. All results go into the database next to test IDs **Nobody can see who is who**

WONDER



DATABASE		
Anonymous ID	Blocks	Questionnaire
002027045A	Normal	1, 1, 7, 7, 1, 7
2040542047	High	1, 1, 0, 6, 7, 0
002170276J	Normal	6, 9, 6, 0, 7, 0

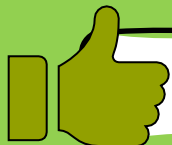
Safety



- ❑ **Pre- Assessment.**
- ❑ **Clinical measures** carried out by trained staff and on a one-to-one basis.
- ❑ We will follow the school's **safeguarding protocol.**

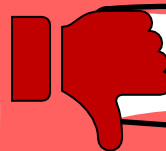
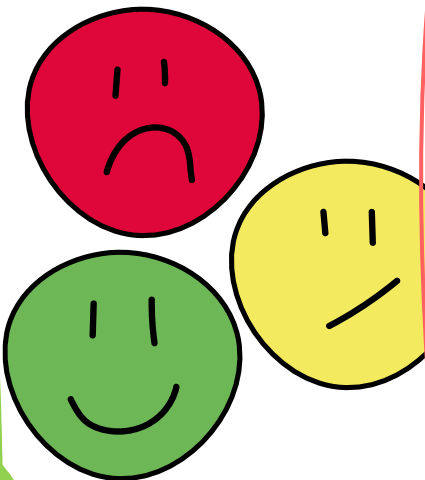
Remember: all your information will remain confidential throughout.

Parent consent (B) forms:



Opt-in

- If happy, then **NOTHING TO DO** or fill in





Opt-out

- I do **NOT** want to take part in AoW



Consent

- 
- A large, hand-drawn red heart with a white outline, positioned on the left side of the slide.
- ❑ Please NOTE that we respect your parents' (and your choices)
 - ❑ selecting either option has NO effect on your participation in other measures/activities.
 - ❑ You are still welcome to participate in the remaining BiB studies.
- 
- A large, hand-drawn red heart with a white outline, positioned on the right side of the slide.

You can withdraw from measures at any point!!

Practical details

Thursday 30th June

**Bio AGE
WONDER**

1. Ensure you wear loose comfortable clothing

2. It will happen at in private space in School

3. If you feel unwell on the day tell a member of the Aow team :

Anything else???

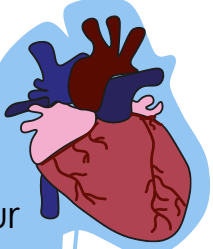
Just big smiles on the day!



Opportunities



Participate in
research &
**shape your
city!**



Widen your
**clinical
knowledge**

Be **citizen
Scientists** with
us!



Learn new skills
–**Digital Makers**



Talk to
**clinicians and
researchers**



Who we work with...



Department
for Education

YOUNGMINDS

fighting for young people's mental health



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

Some Resources:

<https://www.nhs.uk/healthier-families/>

<https://www.youngminds.org.uk/>

Be physically active



Sugar calculator



Thanks



You can find us at:



@bibResearch

<https://borninbradford.nhs.uk/>

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