

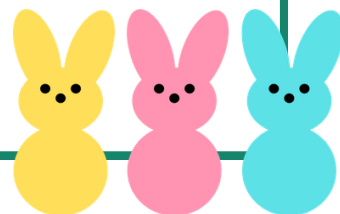


GROWING WELL STUDY



SPRING NEWSLETTER: UPDATE FOR FAMILIES

Spring 2026



Here's one of our team members with a parent and her child gathering insights from the red book

Time flies like an arrow!

It's hard to believe how quickly the year is flying by! The Growing Well team has been working flat out over the past few months, travelling across Leeds, Doncaster and East London to meet families and collect study data. As we approach the final stage of phase 1 data collection, we'd like to say a huge thank you to every family, nursery, children's centre, family hub and community partner who has helped us along the way. Together, you're making this research possible.



What we have achieved together



1,262 families
signed-up



795 children
measured



1,929 food diaries
completed



vegan,
vegetarian
or dairy free



27 community venues
visited



Red Book for 3
in 5 children

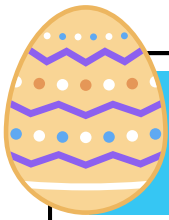


>200 cups
tea/coffee drunk
by the team

We need more:



3 and 4 year
old children



Making it easier to take part

We're always looking for ways to make participation as convenient as possible for busy families. That's why we're now offering the opportunity to sign up and measure children directly at participating nurseries and pre-schools, we've had 19 sites so far!

This approach helps us reach more 3- and 4-year-old children while making it easier for parents who may find it difficult to attend a separate appointment.

We're still looking for nursery and pre-school partners to join the study. If you think your child's nursery might be interested in taking part, we'd love to hear from you. Participating settings will receive a thank-you payment in recognition of their support.

Please get in touch with the study team if you'd like to find out more. We're grateful for any introductions or recommendations!



Watch out for our family events!

As a thank you for all your support, we'll be hosting some Family Events over the coming months. These events will be open to all participating families, as well as anyone interested in learning more about or joining the Growing Well Study.

There will be plenty of fun activities for children and families, including crafts, child-friendly workshops, games and other hands-on activities. Members of the research team will also be available to answer questions, help families complete food diaries, and carry out measurements for any children who have not yet attended a study appointment.

We look forward to meeting many of you there and celebrating the fantastic contribution you are making to the study!



Hello Summer!

**Warm wishes,
Diane, Janet, Sofia & Chloe
The Growing Well Study Team**