



MRC  
Epidemiology  
Unit



UNIVERSITY OF  
CAMBRIDGE



## The Diet and Eating Behaviours across Early Adulthood

### Transitions (DEBEAT) Study

### Community Group Information Sheet

Thank you for considering taking part in the DEBEAT study. This information sheet provides information about the study itself, what would be involved for community group and your members should you decide to participate and the benefits of participating.

#### Background

Early adulthood is an important period to address the development of diet and dietary behaviours. This is when the prevalence of overweight and obesity rises the fastest and when health habits are developed for adult life. At the same time, many aspects of people's lives are changing through early adulthood; changes in living environment, moving from education into work, perhaps moving to a new city, and changes in friends and relationships. All of these changes may influence people's diet and lifestyle.

The **Diet and Eating Behaviours across Early Adulthood Transitions (DEBEAT)** study will investigate the drivers of changes in diet and eating behaviours through early adulthood. This longitudinal study focuses on the transition out of secondary school to understand how changes in social environments, local food environments and economic factors impact diet and eating behaviours over this period. DEBEAT will recruit 1,500 adolescents in the last year of secondary school and collect data from these individuals over the next year.

The objectives of the DEBEAT study are:

1. How does diet change from the final year (Y13) of school/college to 12 months later?
2. How do changes in diet differ between those who transition from secondary school into further/higher education, employment or not in education or employment?
3. How do changes in the environment in which people live, work and study influence changes in eating behaviours and diet quality?

#### DEBEAT study recruitment

We are aiming to recruit 1500 17-18 year old adolescents (school year 13) to participate in the DEBEAT study. All participants will be required to provide informed consent (completed online) and provide email and phone numbers for the purpose of contact. Once consented, participants will be asked to complete a series of online questionnaires and dietary recalls across a 14-day data collection period (please see figure 1 below), and repeat the same questionnaires 12 months later.

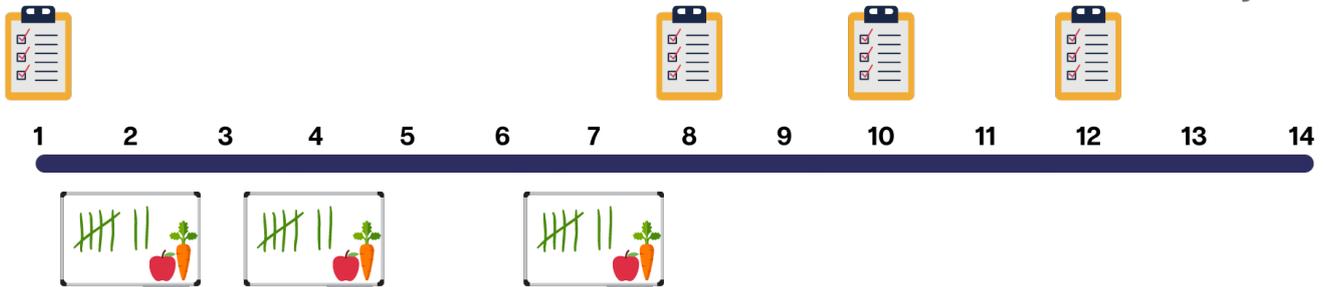


Figure 1: Schema for data collection over a 2-week period.

Both the 4x 15-minute surveys and 3x dietary recalls can be completed online at a time that suits the participant. These links will be sent directly to the participant using the contact information provided. We will not require any involvement from the community group for this. All data will be completely anonymised after collection, and will not be linked back to participants' names, their community group or other identifiable information. Participants will also be sent links to the same 7x questionnaires 12 months after the first data collection phase.

## Community group involvement

If you decide to participate in the DEBEAT study, we will ask you to email the study information out to all 17-18-year-olds at community group, and a reminder email one week later. We will provide you with the template emails to send and all related documents. We will also ask for community group leaders to encourage participants to look at the study information and, if willing, sign up for the study during community group sessions. If possible, we will also offer for a member of the study team to come and speak to participants about participating in the study which we may require your help with facilitating.

## Benefits to participating

Participating in research can be an interesting and novel experience, especially for those interested in further education or a career in science or healthcare.

All participants that participate in the study have the opportunity to earn up to £50 Amazon vouchers.

## Next steps

If you are interested in being a recruiting community group for the DEBEAT study, please notify the study coordinator using the contact information below. We will then be in touch to arrange a phone call/meeting with you and provide you with the student invitation materials in time for September 2023.



## Study contact

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