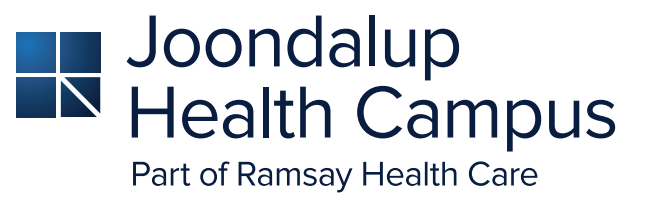


THE ORIGINS PROJECT: PROFILE OF THE FIRST 5,000 FAMILIES



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BACKGROUND



The ORIGINS Project is a 10-year collaborative initiative establishing a birth cohort of 10,000 families in the northern suburbs of Western Australia. Comprehensive data and biological samples are collected from participant families at multiple timepoints from pregnancy until the child turns five.

METHODS



Pregnant women (and the non-birthing parent) are eligible to participate early in their pregnancy. Information and biological samples are collected at two levels:

- detailed sampling and data, and
- routine and linked data.

SUMMARY OF KEY RESULTS

COMPARATIVE DATA

On average our families are similar to the general population, when compared to national health data. In terms of risk factors for developing chronic conditions,

ORIGINS parents consume less alcohol and other drugs in comparison to their Australian counterparts, however they **typically exercise less**.

Overweight and obesity levels are concerning, particularly post-birth: at one year after delivery, **half of the ORIGINS women and three-quarters of their partners** that provided us with information are **overweight or obese**.

Stress levels also rise for some women, with **10%** expressing **extreme stress one-year post-birth**.

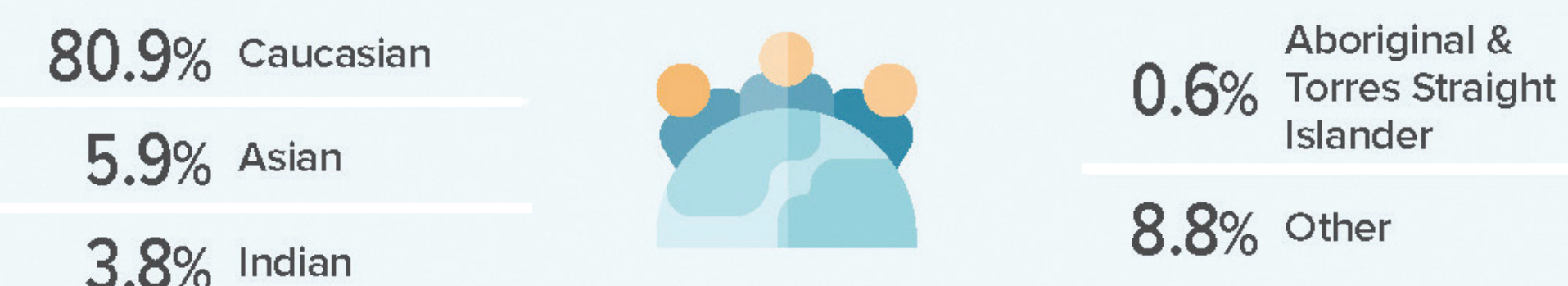
Understanding this information enables The ORIGINS Project to develop targeted interventions and refer individuals to appropriate health and social support services.

FIRST 5,000 ORIGINS FAMILIES

OVERVIEW



ETHNICITY



RISK FACTORS FOR NON-COMMUNICABLE DISEASES

MATERNAL WEIGHT



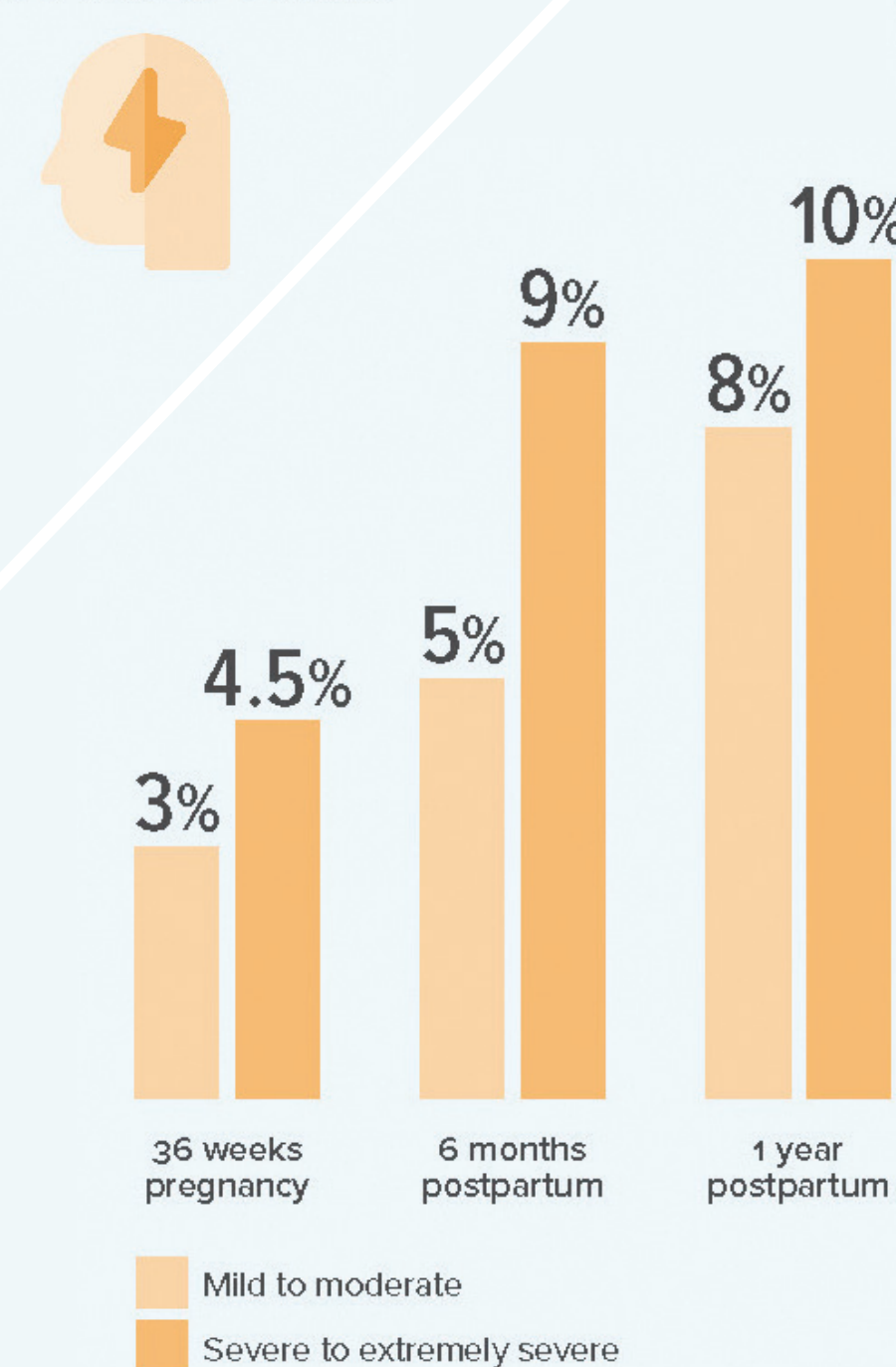
PHYSICAL ACTIVITY



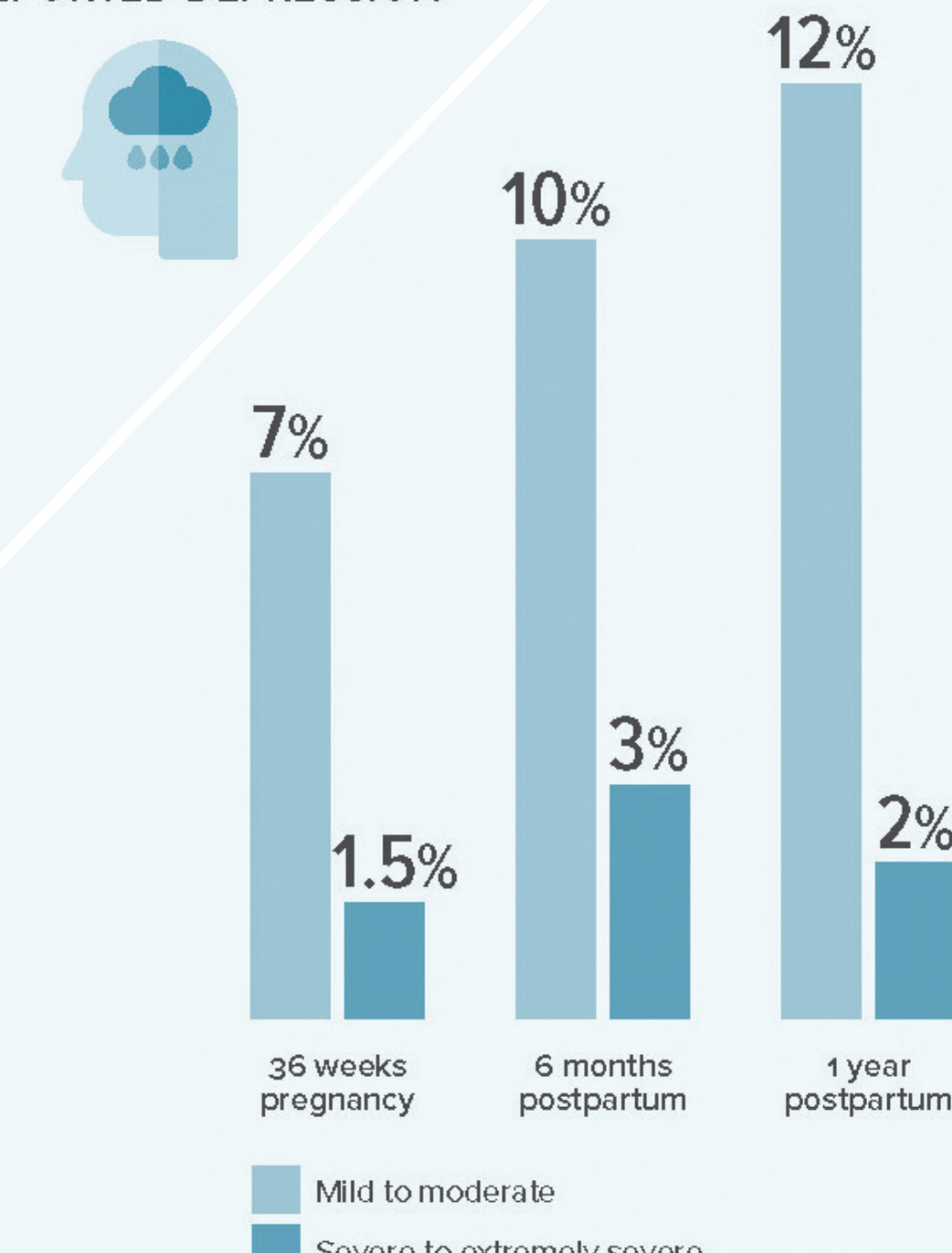
SMOKING



SELF-REPORTED STRESS



SELF-REPORTED DEPRESSION

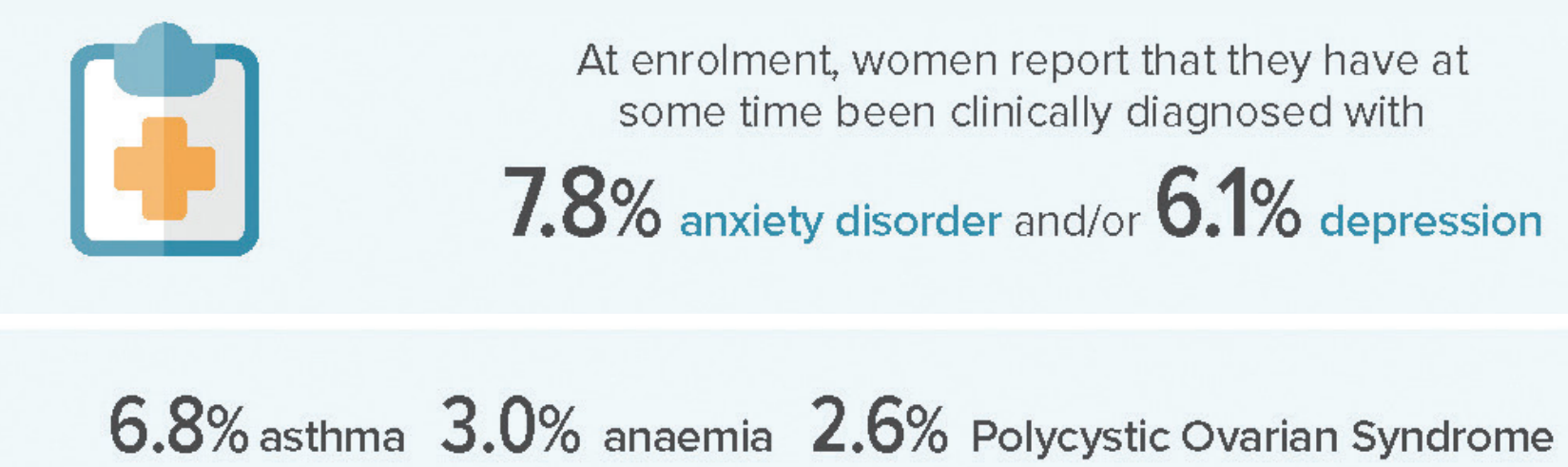


ORIGINS MOTHERS

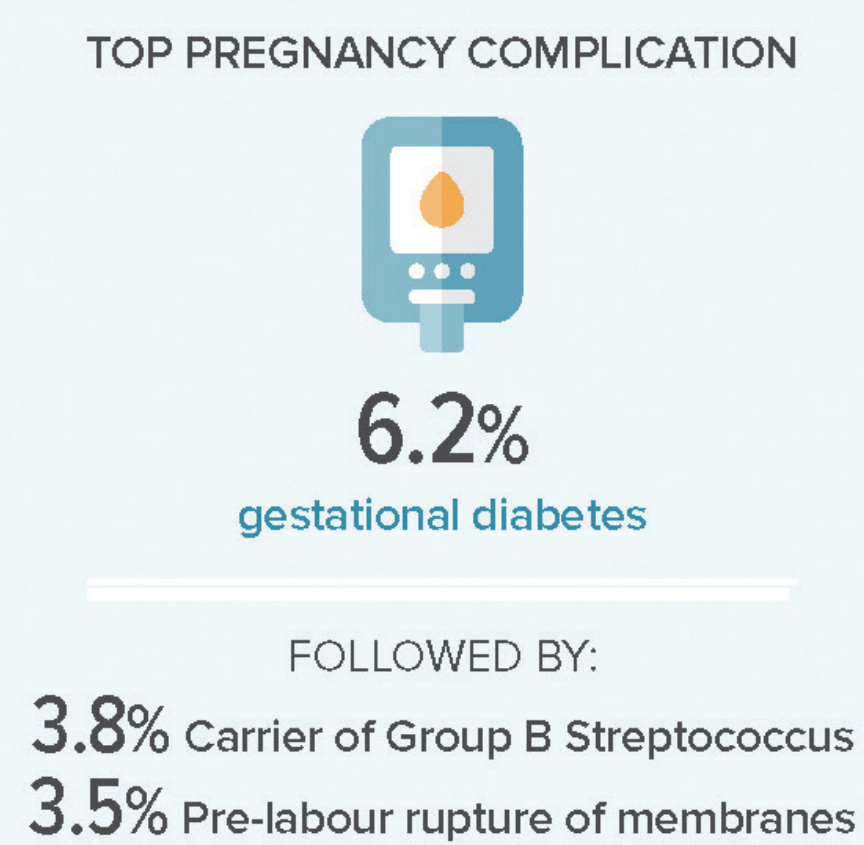
OF THE 5000 BIRTHING MOTHERS



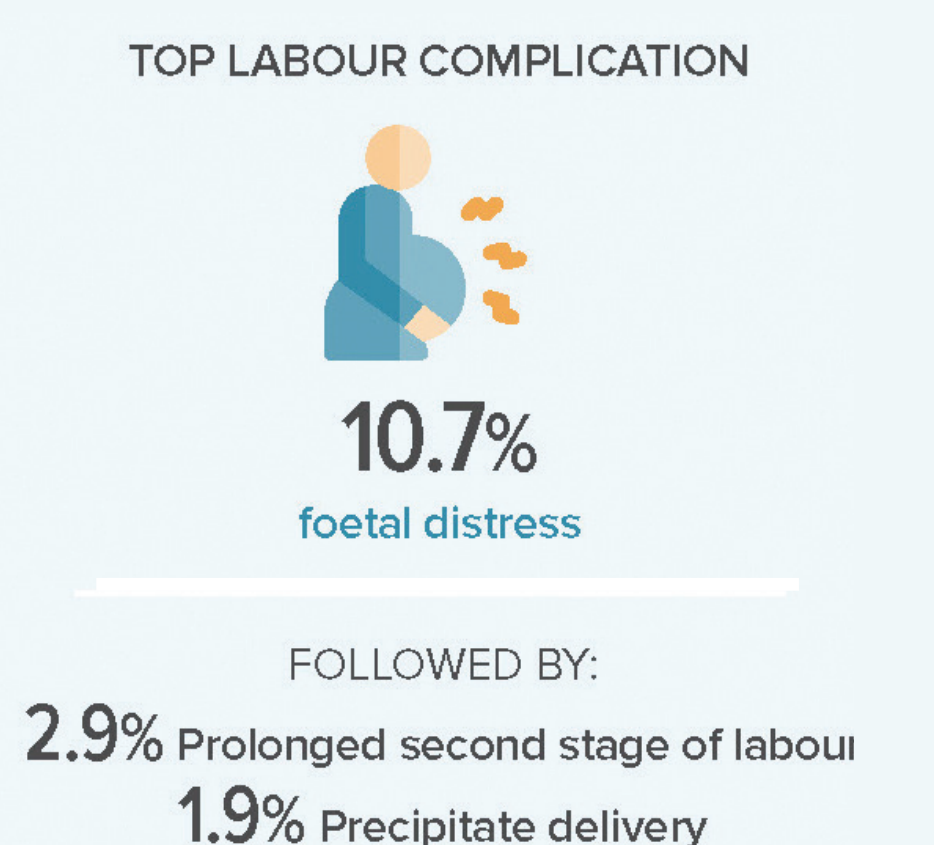
MOST COMMON MEDICAL CONDITIONS



PREGNANCY

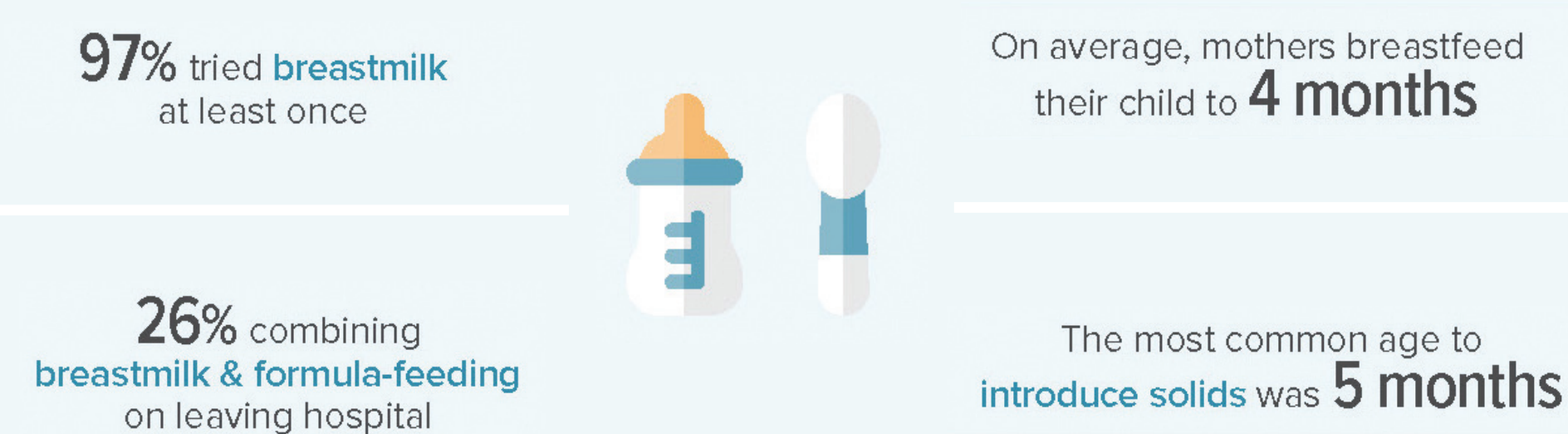


BIRTH

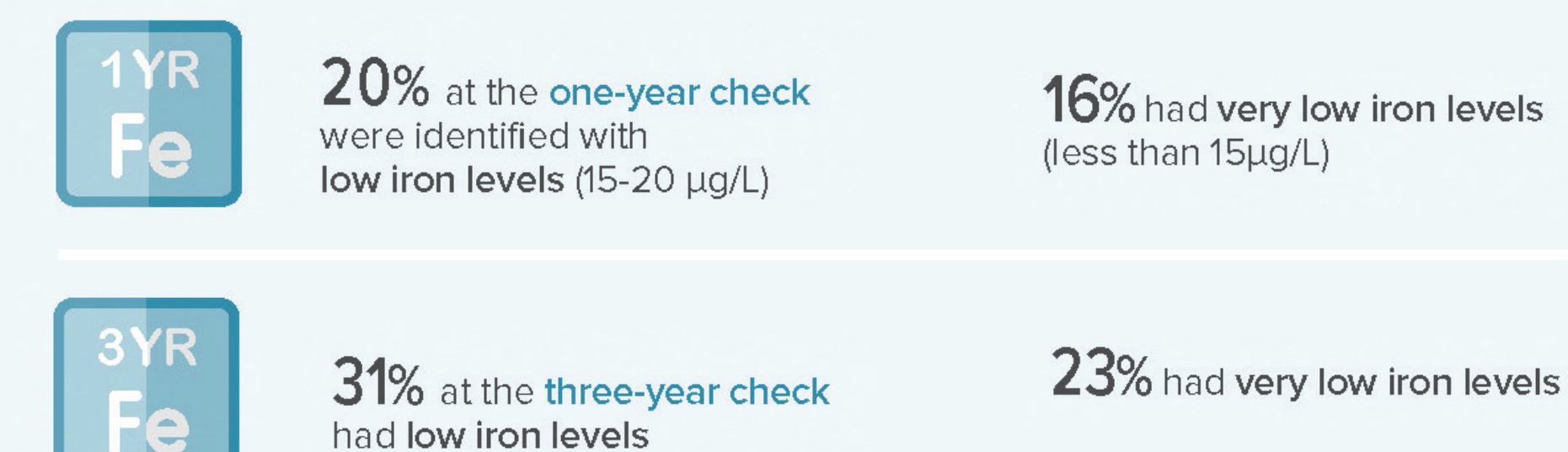


ORIGINS CHILD

BREASTFEEDING + SOLIDS



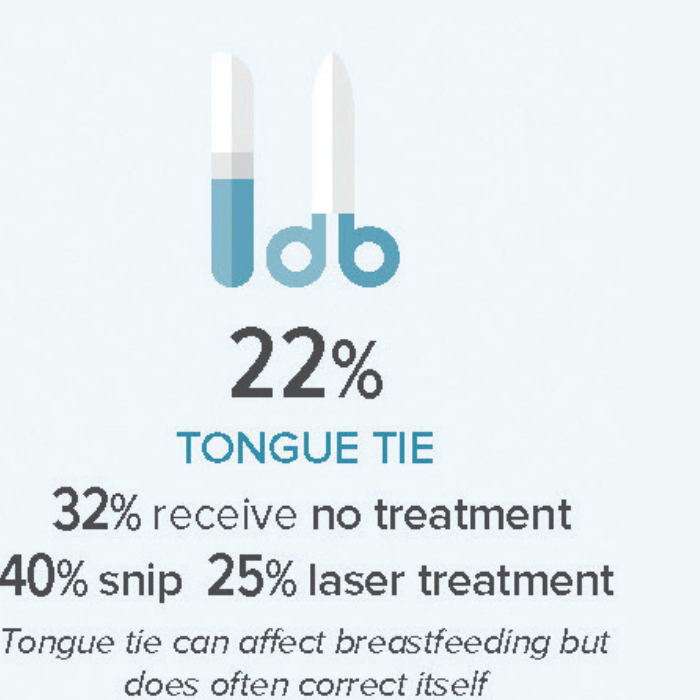
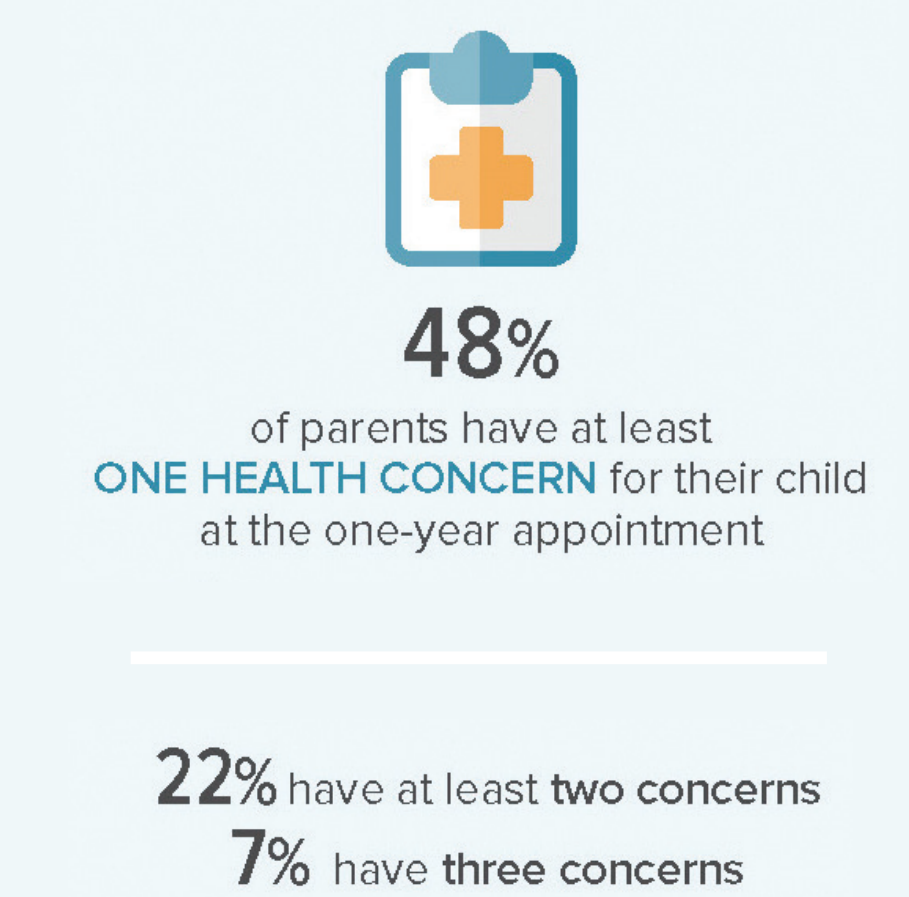
IRON LEVELS



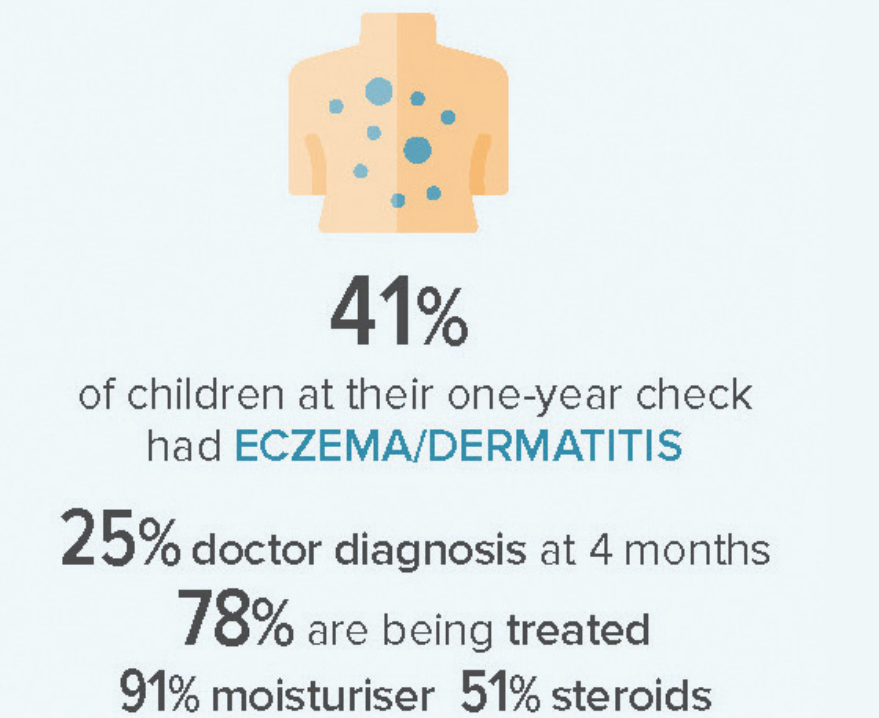
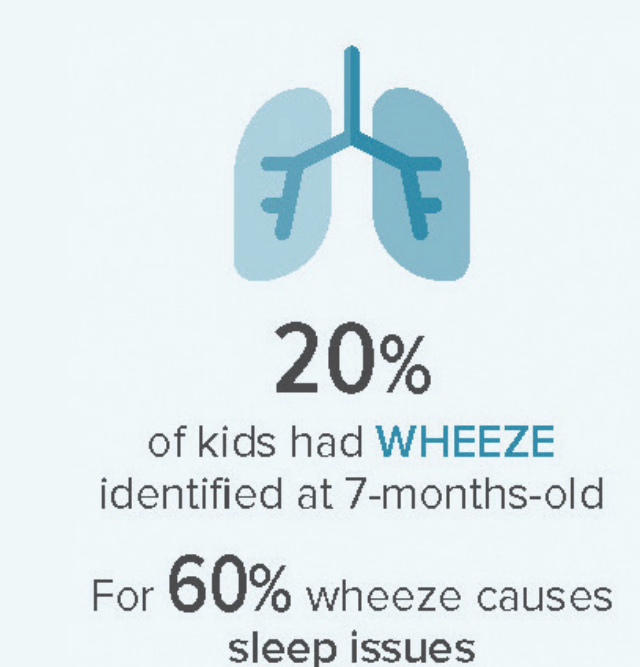
54% of children that attended their one-year check, were living in a family environment where at least one parent had experienced MENTAL HEALTH DIAGNOSIS



HEALTH CONCERNS



10% LIP TIE



CONCLUSION

The richness of the data collection in ORIGINS will provide unique and longitudinal insights into young families.

