

Plan for workshop

The **Danish National Birth cohort** will be presented with a focus on how the study was planned and carried out (M. Juhl was part of the project group for five years)

A **specific sub-study** from the cohort will be presented with a brief presentation of the statistical analyses used, illustrated by table examples from recently published papers (M. Juhl carried out this work as part of her PhD)

Personal experiences from the large cohort study and from own research - including challenges along the way - will form part of the workshop, hopefully with an active discussion with participants in the work group

Background

National study on 100,000 pregnancies with follow up on child at 6 months of age, 18 months, 7 years, and 11 years

Denmark 1996-2002

Aims:

To investigate short and longterm consequences of exposures early in life (including the prenatal period)

Previously most birth cohorts have started at birth – this one and others now start in early pregnancy so that prenatally collected data on exposures can be studied

Use of data

- Public database for research within the aims of the study, including the possibility of linking to national registers
- All projects need to be approved by external steering group
- Maximum use of interview data
- Restrictive use of biological samples
- All generated data should be returned to main database

Study example:
Exercise and 1) Preterm Birth, and 2) Foetal Growth



- Preterm birth:
- < 37 completed gestational weeks
 - Increased risk of perinatal death and also long term consequences
- Foetal growth:
- Low birth weight (< 2500 g) – limited value
 - Gestational age should be taken into account when possible
 - Strong link between low birth weight at a given gestational age and perinatal death

Conclusions on Exercise During Pregnancy



- Fewer preterm births among exercisers than non-exercisers
- Perhaps fewer small-for-gestational-age babies
- No adverse effects of swimming
- Type of exercise not important for the endpoints studied

- Reassuring results that support national guidelines
