

# An Introduction to Millennium Cohort Study (MCS)

26 January 2017

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**HOW CAN I FIND OUT MORE...**  

**...ABOUT THE AGE 14 SURVEY?**  
If you would like more information about the Age 14 Survey please contact Ipsos MORI:  
Stephan Tietz  
Ipsos MORI  
79-81 Borough Road  
London  
SE11FY  
Freephone 0808 238 5446 (costs from mobile phones may vary, please check with your provider)  
Email: [childnc@ipsos.com](mailto:childnc@ipsos.com)

**...ABOUT CHILD OF THE NEW CENTURY?**  
For more information about the study you can phone 0800 092 1250, or email [childnc@ioe.ac.uk](mailto:childnc@ioe.ac.uk) or visit the study website: [www.childnc.net](http://www.childnc.net).

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**CHILD OF THE NEW CENTURY**  **AGE 14 SURVEY**

**WHAT WOULD WE LIKE YOU TO DO?**

**INFORMATION FOR STUDY MEMBERS**

**GIVE YOUR IDEAS** 

**WHAT YOU DO WITH FREE TIME** 

**MEASURE YOU UP** 

**RELATIONSHIPS AND FAMILY** 



# About the UK Millennium Cohort Study

- Millennium Cohort Study (MCS) is a birth cohort study of around 19,000 children born in 398 areas of the UK
- Highly multidisciplinary survey, designed to capture the influence of early family context on child development and outcomes throughout childhood, into adolescence and through adulthood

# Objectives of MCS

- To chart the initial conditions of the social, economic and health advantages and disadvantages facing new children in the new century and their consequences
- To capture information for the future
- To compare patterns of development with other cohorts
- To collect information on previously neglected topics, such as father's involvement and child care
- To investigate the wider social ecology of the family, including community and services, splicing in geo-coded data

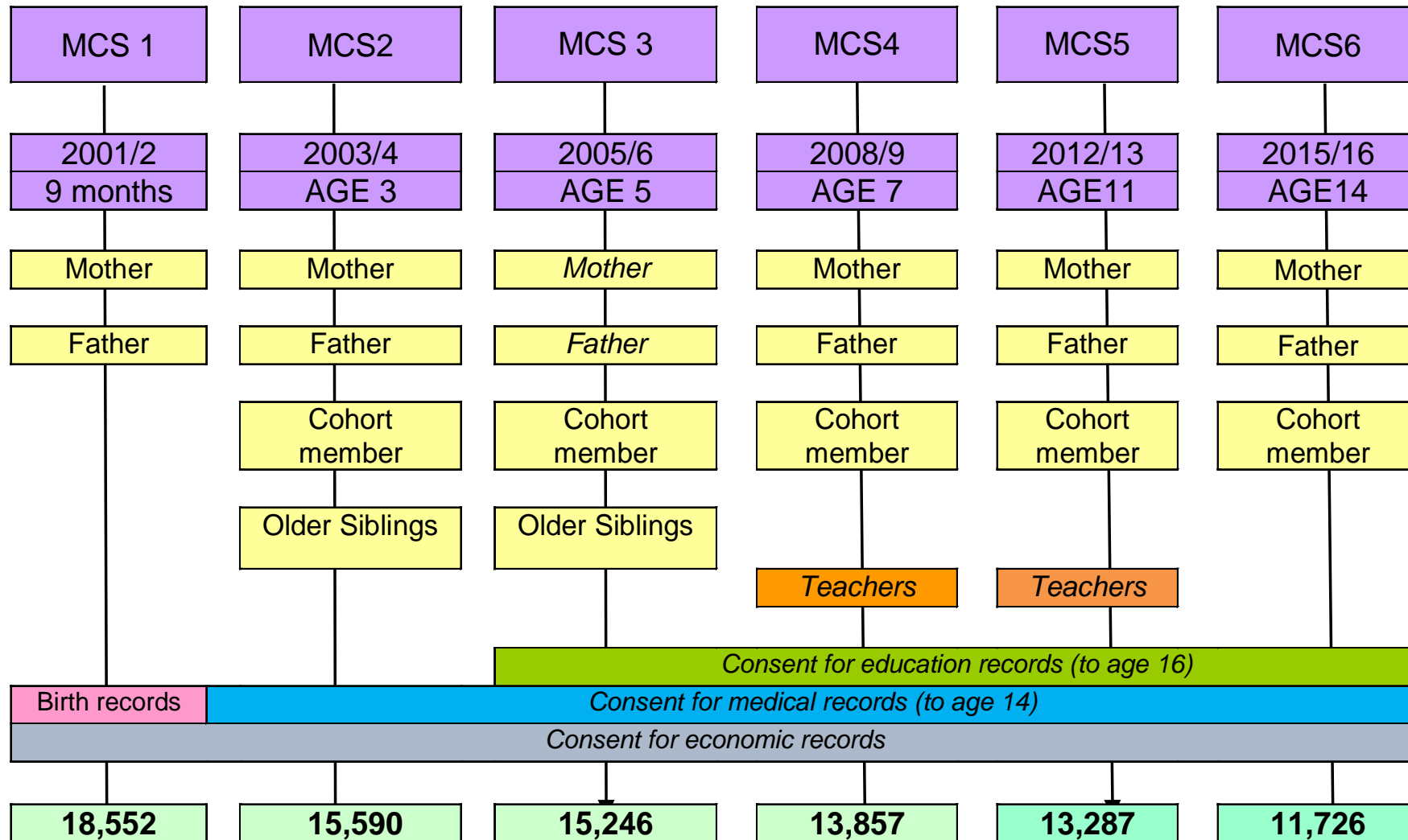
# MCS Study Design

- Cohort born over a year
  - In England and Wales born between: 01/09/2000 and 31/08/2001
  - In Scotland and Northern Ireland born between: 24/11/2000 and 10/1/2002
- Geographically clustered by electoral ward
- Oversamples for Wales, Scotland and Northern Ireland, areas with high child poverty and, in England, areas with higher ethnic minority populations

# MCS Sample Design

- Stage 1: Selection of electoral wards (398)
  - Ethnic
  - Disadvantaged
  - Advantaged
- Stage 2: Selection of children (27201)
- Sample of children drawn from child benefit records held by DWP
- Design weights: PSUs and clustering

# Overview of MCS1 to MCS6



# MCS Achieved sample by sweep

## Number of families

COUNTRY	<i>Number of Sampled Wards</i>	MCS1	MCS2	MCS3	MCS4	MCS5	MCS6
ENGLAND	200	11532	10050	9717	8839	8618	7678
WALES	73	2761	2261	2181	2018	1881	1669
SCOTLAND	62	2336	1814	1814	1628	1480	1263
N IRELAND	62	1923	1465	1534	1372	1308	1116
TOTAL UK	398	18552	15590	15246	13857	13287	11726

# Overview of content of MCS1 to MCS6

	9m	Age 3	Age 5	Age 7	Age 11	Age 14
Interview (and self-completion with both resident parents)	✓	✓	✓	✓	✓	✓
Cognitive assessments		✓	✓	✓	✓	✓
Physical measurements		✓	✓	✓	✓	✓
Child self-completion				✓	✓	✓
Older siblings		✓	✓			
Interviewer observations		✓	✓	✓	✓	✓
Teacher survey			✓	✓	✓	
Consent to data linkage	✓	✓	✓	✓	✓	
Saliva samples		✓				✓
Time use record						✓
Activity monitors				✓		✓

# Overview of cognitive content of MCS1 to MCS6

Age 3	Age 5	Age 7	Age 11	Age 14
BAS Naming Vocabulary	BAS Naming vocabulary	Word Reading	BAS Verbal Similarities	Word activity
Bracken School Readiness Assessment:  Colours	BAS Picture Similarities	Progress in Maths	CANTAB Cambridge Gambling Task	CANTAB Cambridge Gambling Task
Letters  Sizes  Comparisons	BAS Pattern Construction	BAS Pattern Construction	CANTAB Spatial Working Memory	

# MCS Physical Measurements & Samples

Age 3	Age 5	Age 7	Age 11	Age 14
Height	Height	Height	Height	Height
Weight	Weight	Weight	Weight	Weight
Oral fluid (Hygiene hypothesis)	Waist	Waist	Body Fat	Body Fat
		Body Fat		Activity Monitor
		Activity Monitor		Saliva Sample (DNA extracting)
		Teeth		

# MCS6: Content of the Age 14 Survey

Main Parent	Partner parent	Young Person
Interview & Self completion	Interview & Self completion	Self completion questionnaire (40 mins)
Cognitive assessment: word activity	Cognitive assessment: word activity	Cognitive assessment: word activity decision making task (CGT)
		Physical Measurements: height weight body fat
Saliva Sample* (*Biological parents only)	Saliva Sample* (*Biological parents only)	Saliva Sample
		Accelerometer
		Time Use Diary

# A QUICK GUIDE TO THE AGE 14 SURVEY

## ANSWER SOME QUESTIONS ABOUT YOUR LIFE (40 MINS)

- ☆ Tell us about different things - such as your family, friends, school and what you do for fun
- ☆ Do it on your own using a tablet
- ☆ No one will see your answers

## BE MEASURED TO UNDERSTAND HOW YOU GROW (10 MINS)

- ☆ So we can see how tall you are, how much you weigh and your body fat percentage
- ☆ Stand on some scales and have your height measured using a height measure
- ☆ You won't be told your measurements unless you want them



## DO SOME ACTIVITIES TO UNDERSTAND HOW YOU THINK (20 MINS)

- ☆ Show us how you understand the meaning of different words and how you make decisions
- ☆ On a tablet
- ☆ Not a test!



The interviewer will explain everything again when they come to visit and answer any questions you may have.

Voice of your  
generation



IT'S YOUR  
DECISION



## GIVE A SALIVA SAMPLE FOR RESEARCH ABOUT GENES (5 MINS)

- ☆ So we can see how young people develop
- ☆ Spit in a small container
- ☆ You can do it on your own in private



We need  
**YOU**



## COMPLETE A TIME-USE RECORD AND WEAR AN ACTIVITY MONITOR

- ☆ So we can find out about young people's physical activity and how they spend their time
- ☆ By wearing a monitor on your wrist and completing a record of your time
- ☆ Completely secure and confidential



Only some young people will be asked to complete a time-use record and wear an activity monitor. We are not able to ask all young people to do this because we do not have enough equipment for everybody to use. We will choose some people at random to do these things - a bit like pulling names out of a hat. If you are selected the interviewer will send you more information before the visit.



Most young people enjoy the different parts of the survey, but it's up to you whether you would like to take part. You can always choose to do some things and not others.



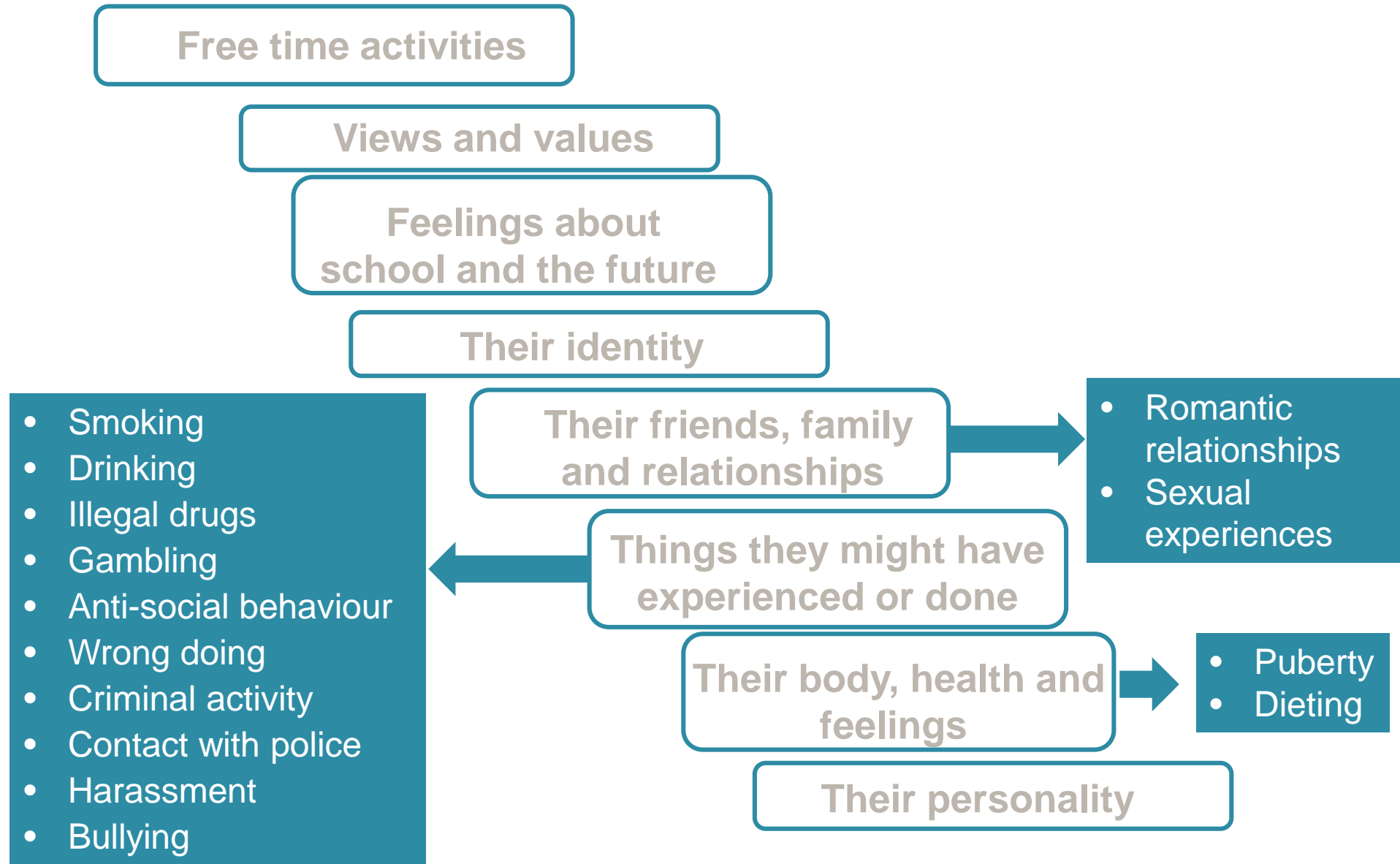
YOU MAKE A  
DIFFERENCE



THANK YOU



# Age 14 young persons questionnaire



# MCS Linkage to Administrative Records

Consent to admin linkages	Status
1. <b>Mother's maternity records</b>	Deposited with some available through UKDS Special Licence
2. <b>Parents' economic records (retrospective + prospective)</b>	In progress. Approvals in place, with data providers to agree and define the linkage process
3. <b>Cohort members' health records (age 0-14)</b>	<p>In progress</p> <p>Scotland: Approvals in place. NHS Scotland currently linking the data. Should become available through UKDS Secure Data Service in 2017</p> <p>England: Currently being assessed by data holders (HSCIC, Health Social Care Information Centre). Subject to approvals, will become available through UKDS Secure Data in 2017</p>
4. <b>Cohort members' education records (to age 16)</b>	Available through UKDS Secure Data; ongoing updates occurring

# MCS add on projects

- Postal survey of mothers who had assisted fertility treatment
- Nursery Observations
- Every Tooth Tells a Story (MCS4)
- And MCS6
  - Genotyping
  - Accelerometer
  - Time use survey

# In the news

THE TIMES

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## Half an hour with mother boosts child's skills for life

Tom Whipple, Science Editor

December 12 2016, 12:01pm

1hr Times



Children whose mothers focused on recreational activities, such as painting, had better social skills

GETTY IMAGES

Children's intelligence and social skills can be significantly affected by the activities they do with their mothers, scientists have suggested.

A 16 year study of 8,000 children found that those whose mothers concentrated on educational tasks, such as helping with homework or reading books, grew up to have better cognitive abilities. Those whose mothers focused on recreational activities, such as singing or painting, had better social skills.

The conclusions were reached as a result of a long-running study of environmental factors that affect development, using data from the Millennium Cohort Study. The research was not able to prove that mothers' interventions were what made the difference. It is possible that sociable mothers are more

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Obesity

Childhood obesity linked to irregular sleep and skipping breakfast

Study challenges view that soaring obesity rates among children are caused solely by eating too much



Study showed that children who do not have a regular bedtime or who get too little sleep are at risk of gaining excess weight. Photograph: PA

Skipping breakfast and irregular sleep patterns have been identified as key reasons why children may become dangerously overweight in research that sheds new light on the obesity epidemic.

The study, led by academics from University College London, challenges the widely-held view that soaring childhood obesity rates are caused solely by overeating.

Lifestyle factors and the environment a child is brought up in play a significant role in their chances of becoming obese, the researchers found from examining records of the health and circumstances of children born into 19,744 families across the UK between September 2000 and January 2002.

"This study shows that disrupted routines, exemplified by irregular sleeping patterns and skipping breakfast, could influence weight gain through increased appetite and the consumption of energy-dense foods," said Prof Yvonne Kelly, from UCL's department of epidemiology and public health, who led the research.

Her team's analysis of data collected by the Millennium Cohort Study showed that children who do not have a regular bedtime or who get too little sleep are at risk of gaining excess weight. Being born to a mother who smokes is another important factor in predicting whether a child will become overweight or obese, they found.

The researchers also concluded that a child's consumption of sugary drinks or the amount of television they watch are not strong predictors of who will gain an unhealthy amount of weight. The findings are published on Friday in the American medical journal Paediatrics.

Prof Nena Modi, the president of the Royal College of Paediatrics and Child Health, said: "This paper not only highlights this point but also emphasises the multifactorial nature of obesity; put simply, it isn't just caused by eating too much. This research points to the role of environmental pressures on children's weight such as having an irregular bedtime or insufficient sleep; in other words children are very vulnerable to multiple influences."

The study also confirms the already

Denis Campbell Health policy editor

Friday 11 November 2016 08:01 GMT

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UK was 'any girl' EU in 5

## REVEALED: Early puberty linked to increased risk of heart disease and cancer

GIRLS from poorer families are twice as likely to start their period by the age of 11 than children from wealthier backgrounds.

By OLIVIA LERCHE  
PUBLISHED: 12:42, Wed, Oct 12, 2016 | UPDATED: 12:59, Wed, Oct 12, 2016

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Wealth was the largest indicator of whether a girl would start her period younger than others

On average, girls who were heavier at age seven and suffered stress in early childhood were more likely to have begun menstruating by age 11, researchers said.

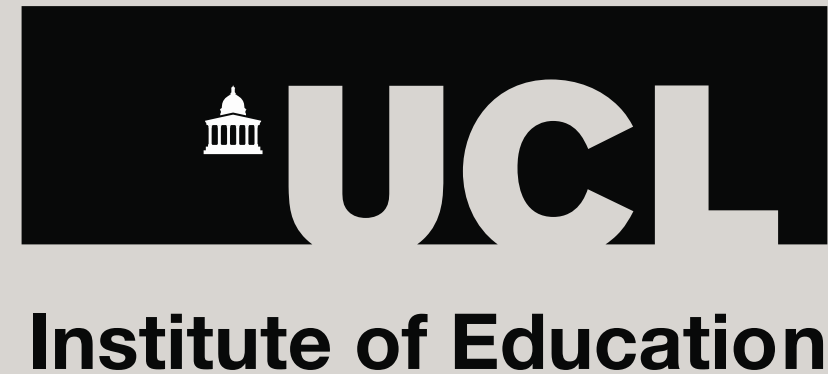
Early puberty is linked to an increased risk of poor mental health - in adolescence and throughout life, cardiovascular disease and some cancers.

The average age for UK girls to start their menstrual cycle is 12 years, and nearly 11 months.

# MCS Data and Documentation

- Data and Documentation for MCS1-MCS6 now available from UK Data Service  
[www.ukdataservice.ac.uk](http://www.ukdataservice.ac.uk)
- Documentation available from CLS website  
<http://www.cls.ioe.ac.uk/studies.asp?section=0001000200010015>
- Guides to Initial findings (MCS1/MCS2/MCS3/MCS4/MCS5) available from CLS website  
<http://www.cls.ioe.ac.uk/studies.asp?section=0001000200010012>

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Thank you  
Any questions?