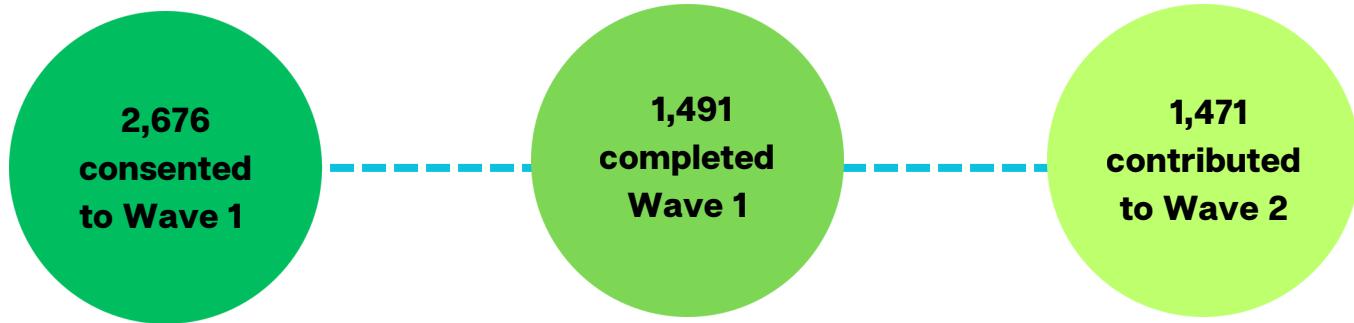


Newsletter

The latest updates from the DEBEAT Study

Welcome to the Diet and Eating Behaviours across Early Adulthood Transitions (DEBEAT) Study's newsletter. For more information about the study, visit:
<https://www.mrc-epid.cam.ac.uk/research/studies/debeat>

Wave 2 of the DEBEAT Study has now finished!



Wave 2 of DEBEAT is complete! Over 1,400 people took part in wave 2. Thank you so much for all your time and effort in recording your diet and answering our questions.

We couldn't have done it without you

Thank you for taking part in the second wave of this important Study. This work would not be possible without your vital contributions helping us learn more about how to support the health of young people transitioning into early adulthood.

We're hoping to continue with follow-up waves in the future, so please let us know if your contact details have changed!

The DEBEAT Study is moving to Imperial!

The study principal investigator Dr Eleanor Winpenny (<https://profiles.imperial.ac.uk/e.winpenny>) has taken up a new post at Imperial College London.

We have started to analyse the DEBEAT data in our work at Imperial College London. The privacy notice can be found on the [Imperial webpage](#).

We hope to be in touch with some more data collection from Imperial in future years.

Do get in touch if you have any questions: DEBEAT.Study@imperial.ac.uk

Research Spotlight

Two Master's students used DEBEAT data for their thesis projects! Here's what they had to say about their work:



Sandra S., MSc

Associations between the home food environment and diet:

One important factor influencing diets is the physical home food environment, which refers to the foods and drinks available at home, and how easy these are to access and consume. For my Master's project, I used data from the DEBEAT study to explore how the physical home food environment was linked to the diet quality (how healthy and balanced someone's overall diet is) of 17-18-year-olds in England. I found that the types of food available at home had a stronger influence on diet quality than how easy these were to access. **Teenagers with more fruits and vegetables at home tended to have better diets**, while those with more unhealthy snacks and sugary drinks had poorer diets. These results suggest that having more fruits and vegetables, and fewer unhealthy snacks and sugary drinks, at home may help older teenagers eat healthier. I am now working to publish this research so it can reach a wider audience and encourage more studies on this topic.

Eating patterns on weekday and weekend days, and links to diet quality

My MSc project explored **how and when 17–18-year-olds eat**. Adolescence is a key time when lifelong eating habits form, yet little is known about the daily rhythms of eating in this age group. By analysing detailed 24-hour food recalls from nearly 1,000 participants, I examined when meals and snacks occurred and how patterns differed between weekdays and weekends. We found that all **meals shifted slightly later on weekends, and that eating became less structured once the routine of school days was removed**. Using a data-driven analysis, three main eating styles were identified: Regular, Evening, and Irregular eaters. Sociodemographic factors such as income and ethnicity also shaped these eating patterns, with adolescents from lower-income or minority backgrounds more likely to have irregular or evening eating habits that are linked to lower diet quality. These findings suggest that both social factors and daily routines, like school timetables, play an important role in supporting healthy, consistent eating during adolescence.



Rebecca L., MSc

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