



Gemini - Health and Development in Twins: An Investigation of the Home Food and Activity Environment

Stephanie Schrempft is a PhD student part funded by Weight Concern. Stephanie talks about the research she is involved in.

Gemini is a large population sample of twins, which is looking at genetic and environmental influences on childhood weight gain from birth, with a particular focus on infant appetite (eating behaviour), activity preference, and the family food and activity environments. The sample currently consists of 2304 twin pairs aged 3 – 4 years.



There are several interesting projects taking place in Gemini at the moment. The project that I am working on is investigating the home food and activity environment in relation to appetite, growth, and weight. To investigate this area, we are carrying out telephone interviews with the twins' main caregiver. We also hope to do some home visits.

To date, no large twin studies have looked at the home food and activity environment alongside appetite, activity behaviour and growth. The aims of the PhD project are as follows:

- To develop a comprehensive, reliable and valid measure of the home food and activity environment.
- To identify key features of the home food and activity environment that make it more likely that children will gain weight when they are young.
- To look at how children's appetite and activity behaviour influences weight and whether this is different in children who are brought up differently.

Go to <http://www.attitudestohealth.co.uk/gemweb/> for further information about the Gemini study.



gemini
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