

# Pelotas



# The **LIFE** **WORLDS** of Birth Cohorts



This book is part of the Wellcome Trust funded project 'The Biosocial Lives of Birth Cohorts' and the exhibition 'The Life Worlds of Birth Cohorts' which examines the everyday lived processes and practices that shape participants' lives across four cohorts in the global north and south. In 2024–2025 and using a method called 'photovoice' we invited a total of 21 intergenerational parent and adult child pairs of participants from the Avon Longitudinal Study of Parents and Children in Bristol, UK; the Generation R study in Rotterdam, the Netherlands; the Pelotas Cohort Study in Pelotas, Brazil; and the Generation 21 study in Porto, Portugal to take pictures of their lives, and then to discuss these in small focus groups.

This book focuses on the 1993 Pelotas Birth Cohort. Created eleven years after the creation of the first cohort (1982) to compare key health indicators, the 1993 cohort recruited 5,249 participants from public health hospitals in the urban area of Pelotas. Pelotas Cohort Study is the largest and long-lasting birth cohort study in Brazil. Across eight themes identified by participants in our workshop this book provides a visual and narrative immersion into their life worlds. It explores how their lives are both shaped by their involvement in the cohort study but also often exceed it, revealing what is important to them and the details that inform their lives.

We invite you to explore more of the photographs, and the cohort studies on our website:

[birthcohortlifeworlds.com](http://birthcohortlifeworlds.com)



Images from the Photovoice workshops in Pelotas.



## Cohort Participation

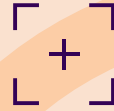


The first photo there is from Miguel Pilcher Hospital, where my daughter was born. I confess that I don't remember anyone going there to ask me if I wanted to participate or not. I don't remember. I think it was such a moment of great euphoria that I must have agreed.

*- Mother participant*



## Identity



Making coffee because... well, I drink a lot of coffee and make a lot at home.

- Participant



And then I took some photos to show that I was also born in '93. What does this '93 person also have to show? So it's a 30-year-old person who is already married, who has friends.

- Participant

## Navigating Life Transitions



“ This photo is of the Anglo, because I went to pick up my diploma. Although I graduated in 2019, I went to get the diploma recently, and I felt enormous nostalgia entering the place. The smell of the night brought back memories. The nighttime environment was completely different from the daytime.

– Participant



“ In the middle, it represents the world my daughter wants to keep exploring. It shows Latin America, where she traveled. The little pot is a gift she brought me from Peru.

– Mother participant

“

This photo is of the beach, which is a place I really like to go to, to relax, to walk with the family. So, I go to the beach quite often.

– Participant



## Lived Environments



“

This photo has several stories, but the main one, I think, is the city. A lot happens here. So, I took this because it's a tourist spot. Many people think it's beautiful, lovely; we who live here don't usually pay much attention. But when I went to take the photo that day, I took it there too. That's where the cohorts happen, and I think it's important to be there, in the name of our city.

– Participant



## Physical and Mental Well-being



A day at the beach. I decided to take the photo because I thought the sky was beautiful, and I call it “cotton sky”.

– Participant



This is about relaxation: me playing a game by the fireplace, because it's quite cold here. I related this photo to mental health.

– Participant



This photo is from a Pilates class I do every day, and it's part of the routine.

– Mother participant



“ This is my niece and my sister, on the street where I've lived since I was nine, which is the same street where my mom lives.

- Participant

## Intergenerational Connections



“ This photo is a picture from my mother's house where my mother and grandfather live now, which was the house I lived in until last year, Before I got married. And that sign that says 'I love you', my grandfather put it up. So, I think it's part of my life as a whole, because all my life, all my involvement with the cohort involves love, right? So what brings me here, what brought me here today, was love. And that's it.

- Participant



## Food



“ Regarding nutrition, I included a photo of me weighing food because the exam that I think really impacts us is the one that measures body fat percentage, right? And that brings to mind, I think, the desire to take care of ourselves, something like that. At least that’s how it was for me. So, recently I started dieting...

– Participant



“ The eighth photo also shows a moment of relaxation. So, I’m having a chimarrão (a traditional South American infused drink), eating something. I didn’t include many photos of food, despite of I love to eat. I eat a lot. I enjoy drinking chimarrão, like a good gaúcho (a person from the Rio Grande do Sul region of Brazil).

– Participant



“

The last photo up there is of something I love: hanging laundry on Saturday. For me, the perfect Saturday is hanging a lot of laundry in the sun. In the background is my husband, who also appears in another photo. That day, he was picking blackberries for me from the tree we have at home. That's something nice, because besides his gesture — which charms me a lot — he doesn't like blackberries, but he picks them for me. I also have a childhood memory: me with my grandpa picking blackberries from a tree we had at home. I was very young, but I can remember him putting me on the wall, me picking the blackberries, and getting covered in juice. It's an emotional memory.

– Participant

## (Re)Imagining Family



“

I went to Canoas (city) in the meantime, and then, with my twin sister, we went to have coffee. So, I took the photo.

– Mother participant

We are very grateful to our funders the Wellcome Trust, and for the support of our host institution UCL. We also extend our thanks to all the participating cohorts, including the Avon Longitudinal Study of Parents and Children (ALSPAC) in Bristol, Generation 21 in Porto, Generation R in Rotterdam, and the Pelotas Cohort Study in Pelotas. Our appreciation also extends to all the participants who took part in our interviews and photovoice activities and generously shared their lives and experiences with us.

Further information about the project, visit [birthcohortlifeworlds.com](https://birthcohortlifeworlds.com)

