



UNIVERSITY OF  
CAMBRIDGE

MRC

Epidemiology Unit



# THE **FENLAND** *Study*

## Future plans: Fenland-2

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20<sup>th</sup> September 2013

# Fenland Study: Summary

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- Aiming to recruit ~11,500 participants
- Nearly there - 10,955 participants tested by this week
- Massive achievement, thanks to your willing participation
- High quality research generated
- Already helping with understanding of lifestyles, genes and health
- But, we need to go further

## Future plans

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- Plan a follow-up study
  - Fenland-2

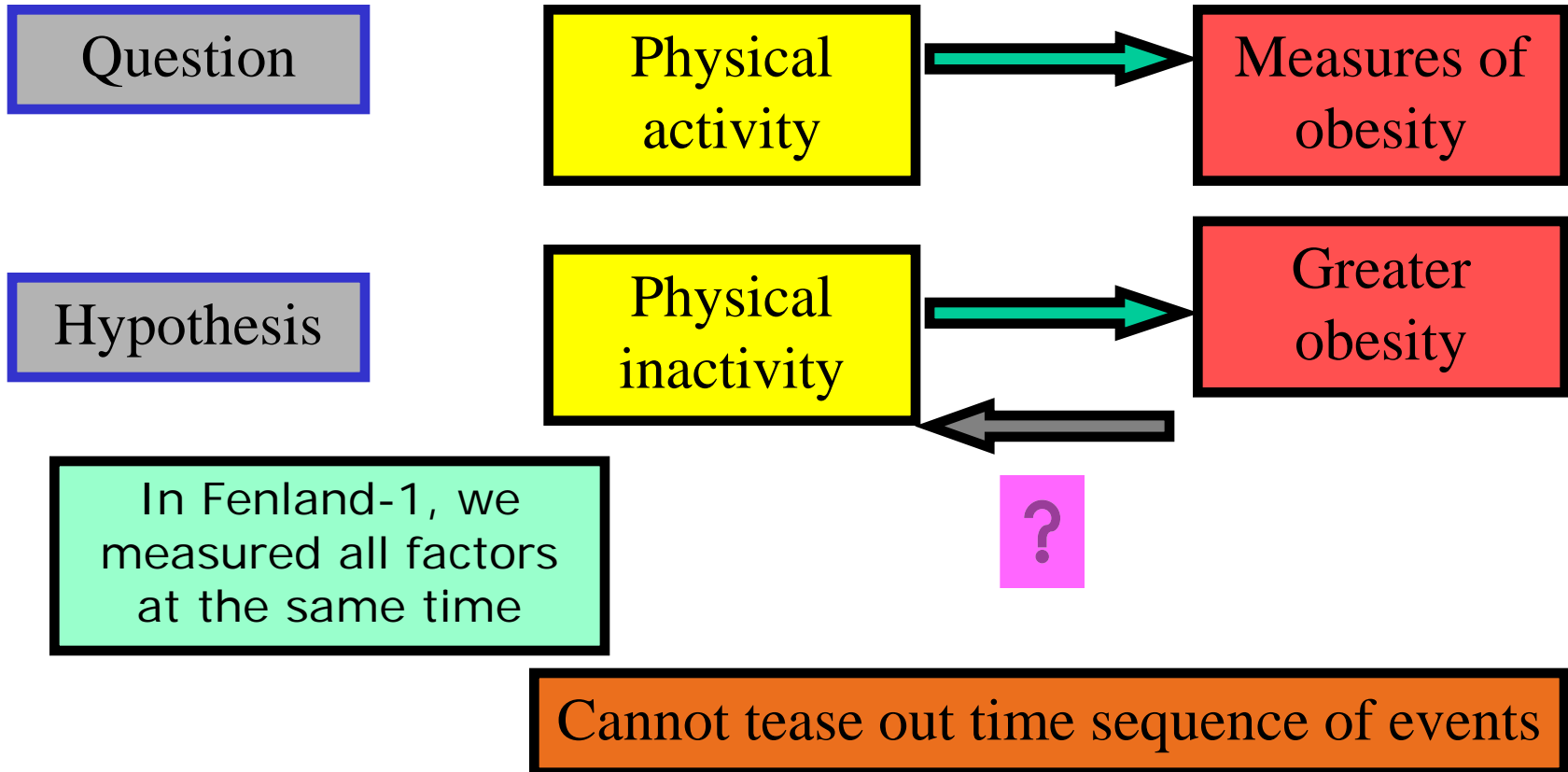
# Future plans: Fenland-2

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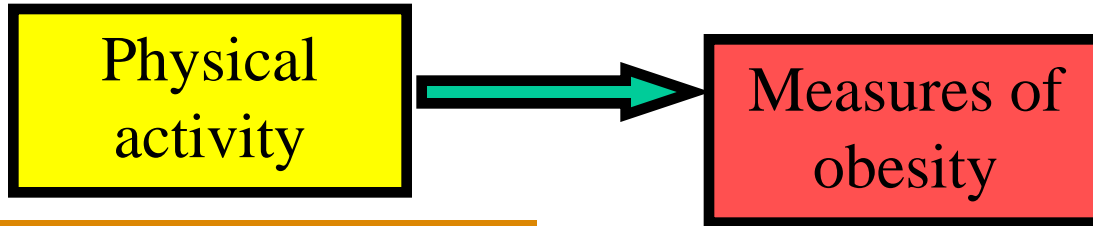
- In the Fenland study (Fenland-1), we saw all participants in a single visit, and did all data collection at that time
- In a follow-up study, participants who attend for the first time at a baseline visit, are invited to attend again a second time
- This enables us to examine the relationship between risk factors and the development of *future* health outcomes
- Risk factors would be measured *before* any disease endpoints happen
- In turn, this enables stronger conclusions to be drawn from the research

# Why do Fenland-2?

Example: In Fenland-1



# Fenland-1: measurements

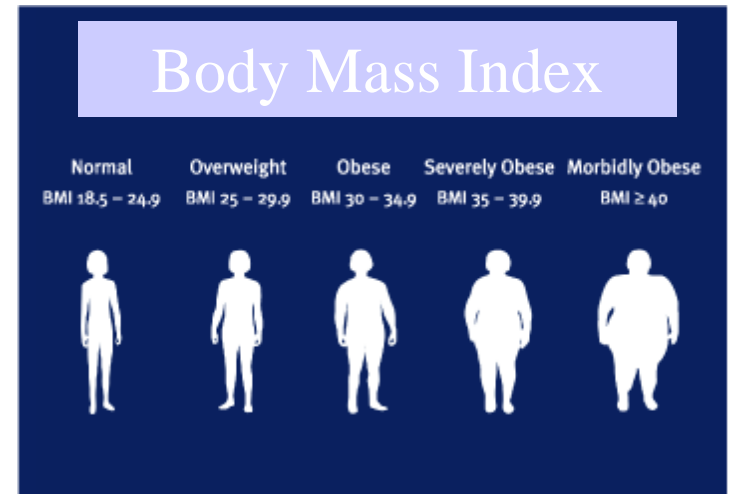


Questionnaire

Measure height & weight

Please complete each line

	Number of times you did the activity in the last 4 weeks							Average time per episode	
	None	Once in the last 4 weeks	2 to 3 times in the last 4 weeks	Once a week	2 to 3 times a week	4 to 5 times a week	Every day	Hours	Minutes
Swimming - competitive									
Swimming leisurely									
Backpacking or mountain climbing									
Walking for pleasure <i>(not as a means of transport)</i>									



# Fenland-1: Use of improved methods

Physical activity

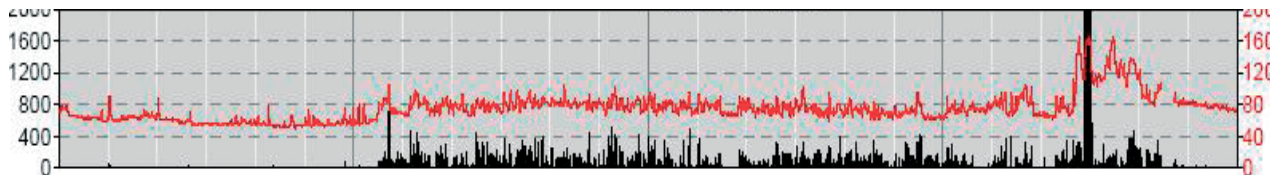
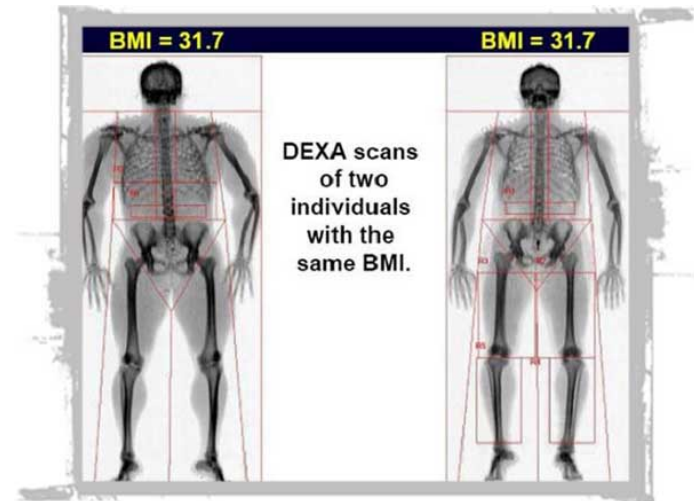


Measures of obesity

Objective measurement of activity

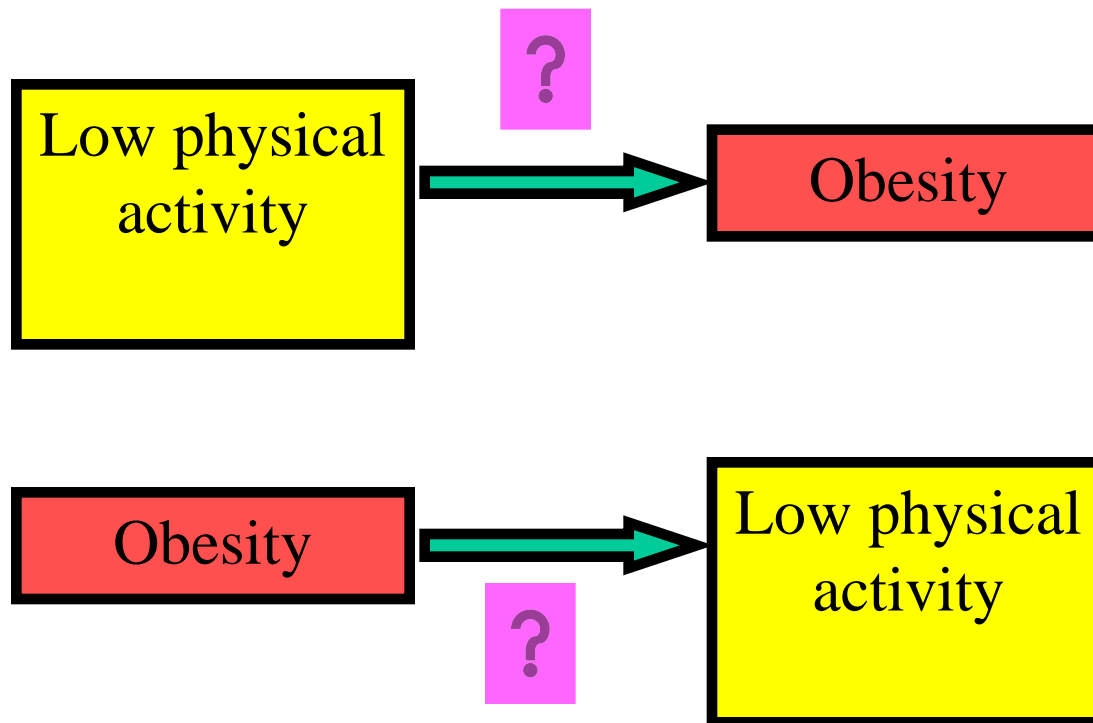


Precise measurement of fat mass



Fenland-1 does not allow us to tease out the direction of association – regardless of the level of detail of the method

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# The advantage of a Fenland-2 study

Time

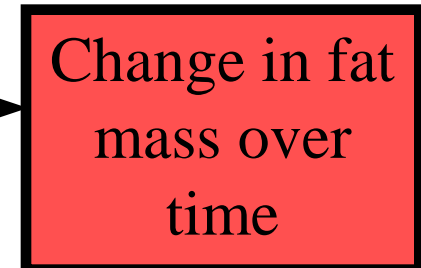
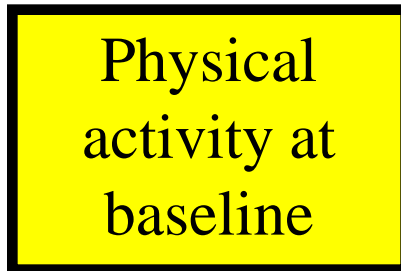


1<sup>st</sup> time point

2<sup>nd</sup> time point

Fenland-1

Fenland-2



# Why do Fenland-2?

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Determinants of  
determinants

Determinants of health  
(diabetes & related  
disorders)

# Study protocol

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- The protocol for follow-up will be broadly the same as at baseline
- A single visit
- Arrive in the morning after an overnight fast
- Stay for testing for about 3 hours



# Maximum follow-up attendance

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- We need your support
- The bigger the number returning for the second visit, the more credible the research findings
- You will receive a formal invitation to participate
- Feel free to ask questions
- Please pass the message around
- We would be delighted if you agreed to participate again
  
- We seek your views about Fenland-2
  - How can we improve the study?
  - What things would you like to see included?
  - What things would you like to see dropped?
  - Any general suggestions?



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Thank you

