



UNIVERSITY OF
CAMBRIDGE

MRC

Epidemiology Unit



THE **FENLAND** *Study*

The health and lifestyles of people in Fenland

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MRC Epidemiology Unit
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The Fenland Study so far...

- > 10,000 participants tested (53% women)
- Age: 48 (29-63) yrs



Section B - Activity at work

Section C - Occupation

Section D - Anthropometric measurements

Section E - Blood pressure

Section F - Blood glucose

Section G - Blood lipids

Section H - Blood lipoproteins

Section I - Blood lipoproteins

Section J - Blood lipoproteins

Section K - Blood lipoproteins

Section L - Blood lipoproteins

Section M - Blood lipoproteins

Section N - Blood lipoproteins

Section O - Blood lipoproteins

Section P - Blood lipoproteins

Section Q - Blood lipoproteins

Section R - Blood lipoproteins

Section S - Blood lipoproteins

Section T - Blood lipoproteins

Section U - Blood lipoproteins

Section V - Blood lipoproteins

Section W - Blood lipoproteins

Section X - Blood lipoproteins

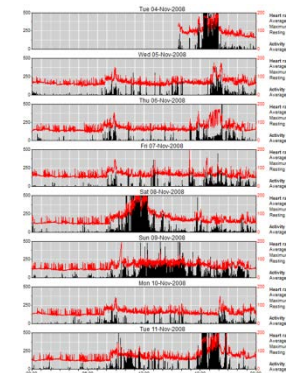
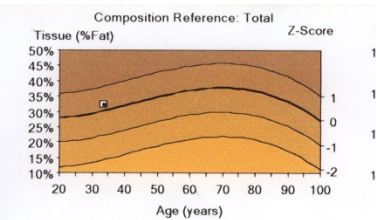
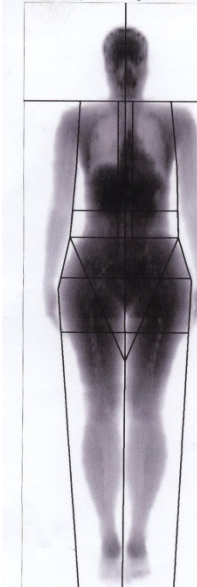
Section Y - Blood lipoproteins

Section Z - Blood lipoproteins

FENLAND Study



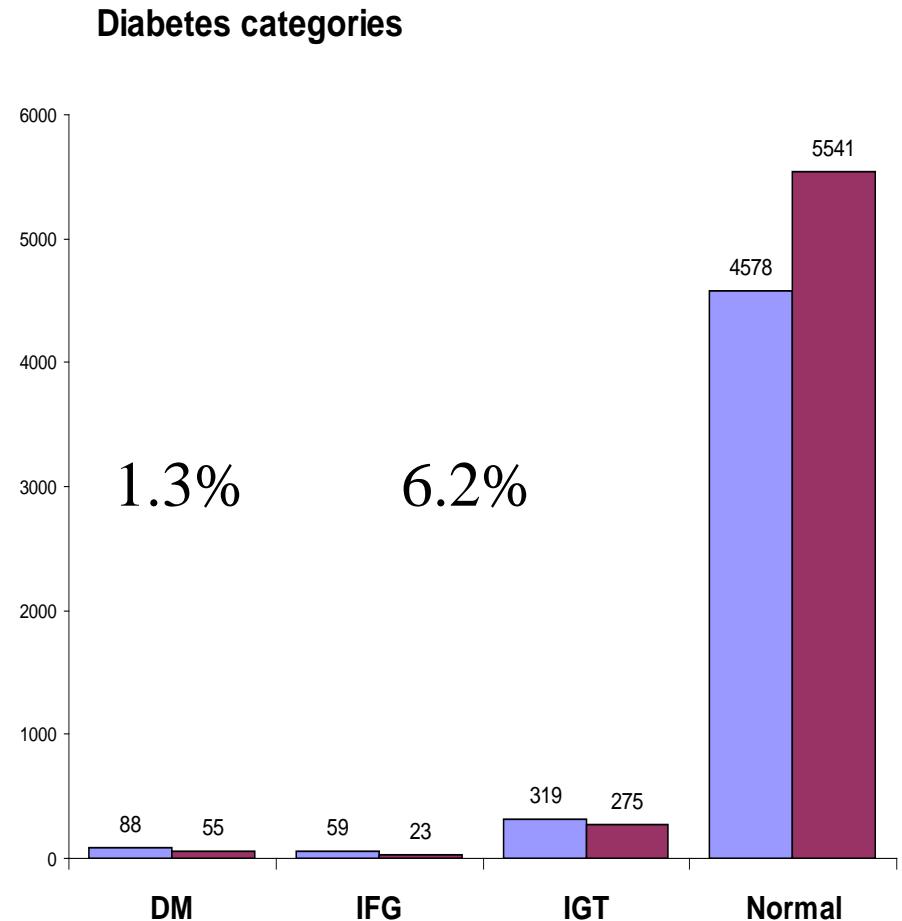
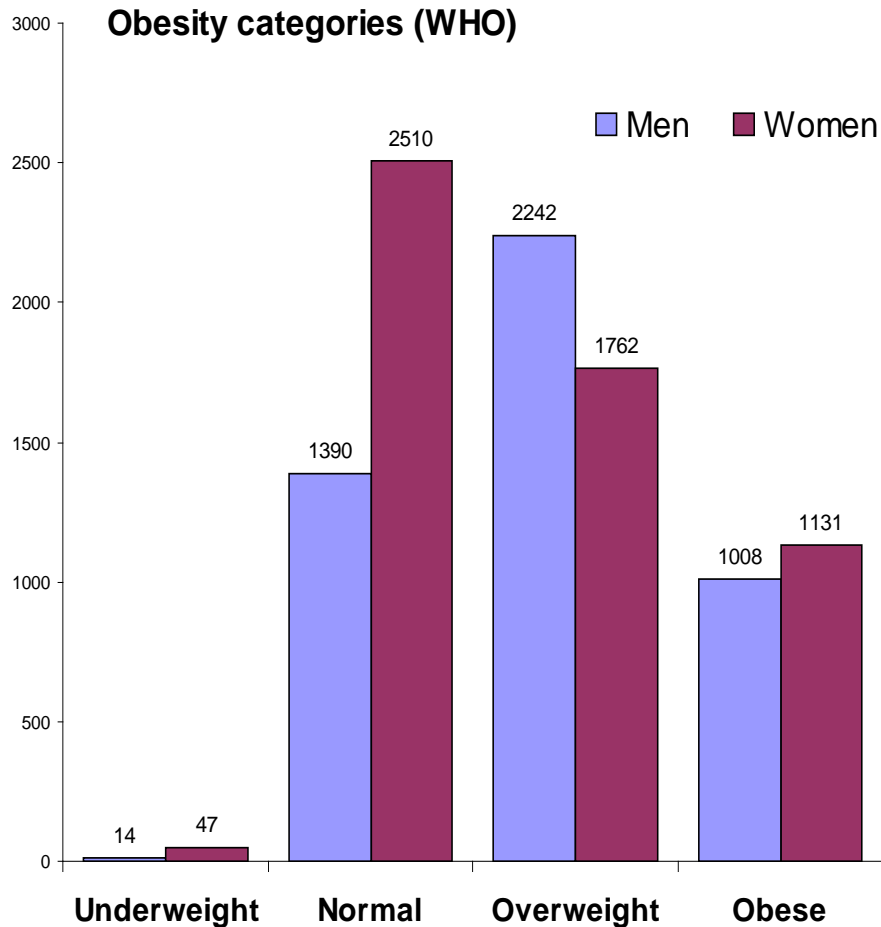
Total Body Tissue Quantitation



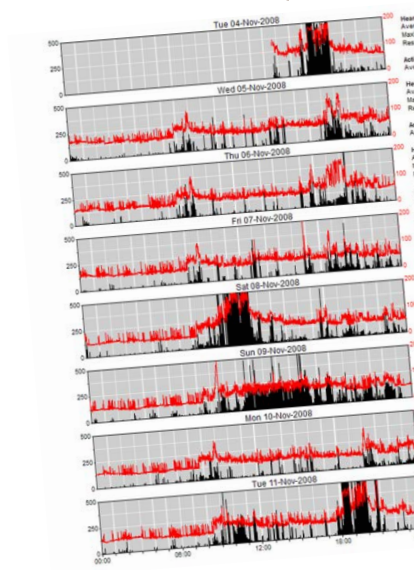
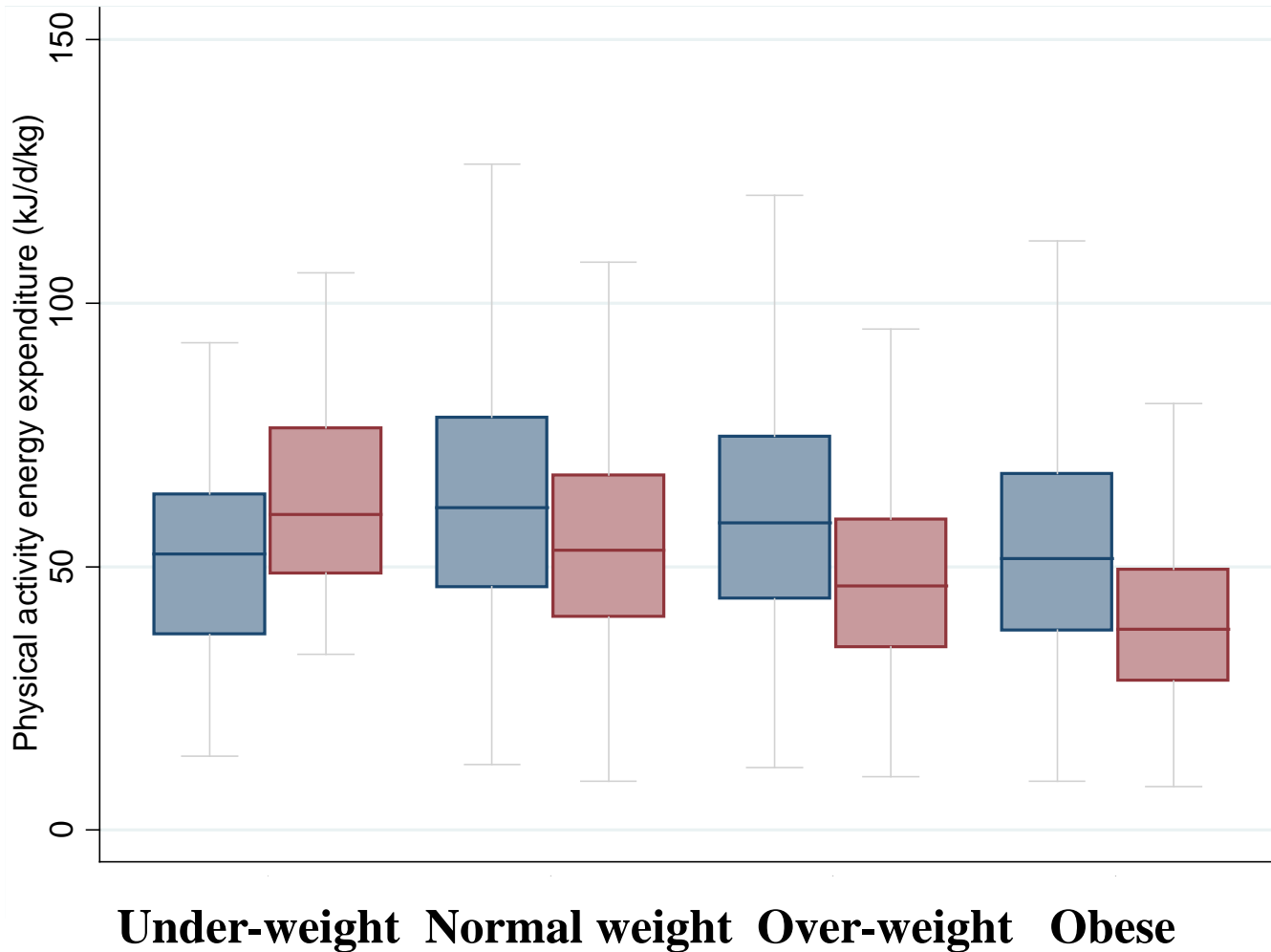
Trend: Fat Distribution

Measured Date	Age (years)	Android (%Fat)	Gynoid (%Fat)	A/G Ratio	Total Body (%Fat)
22/06/2000	33.3	26.6	45.0	0.59	32.5

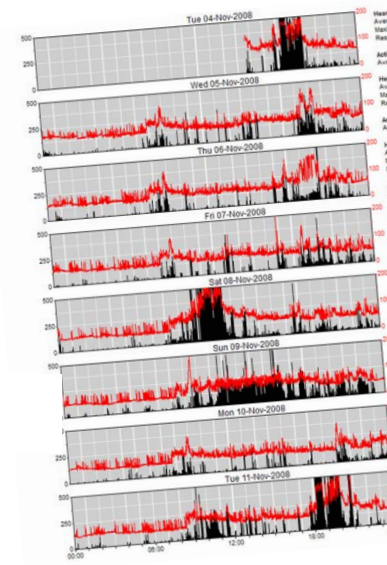
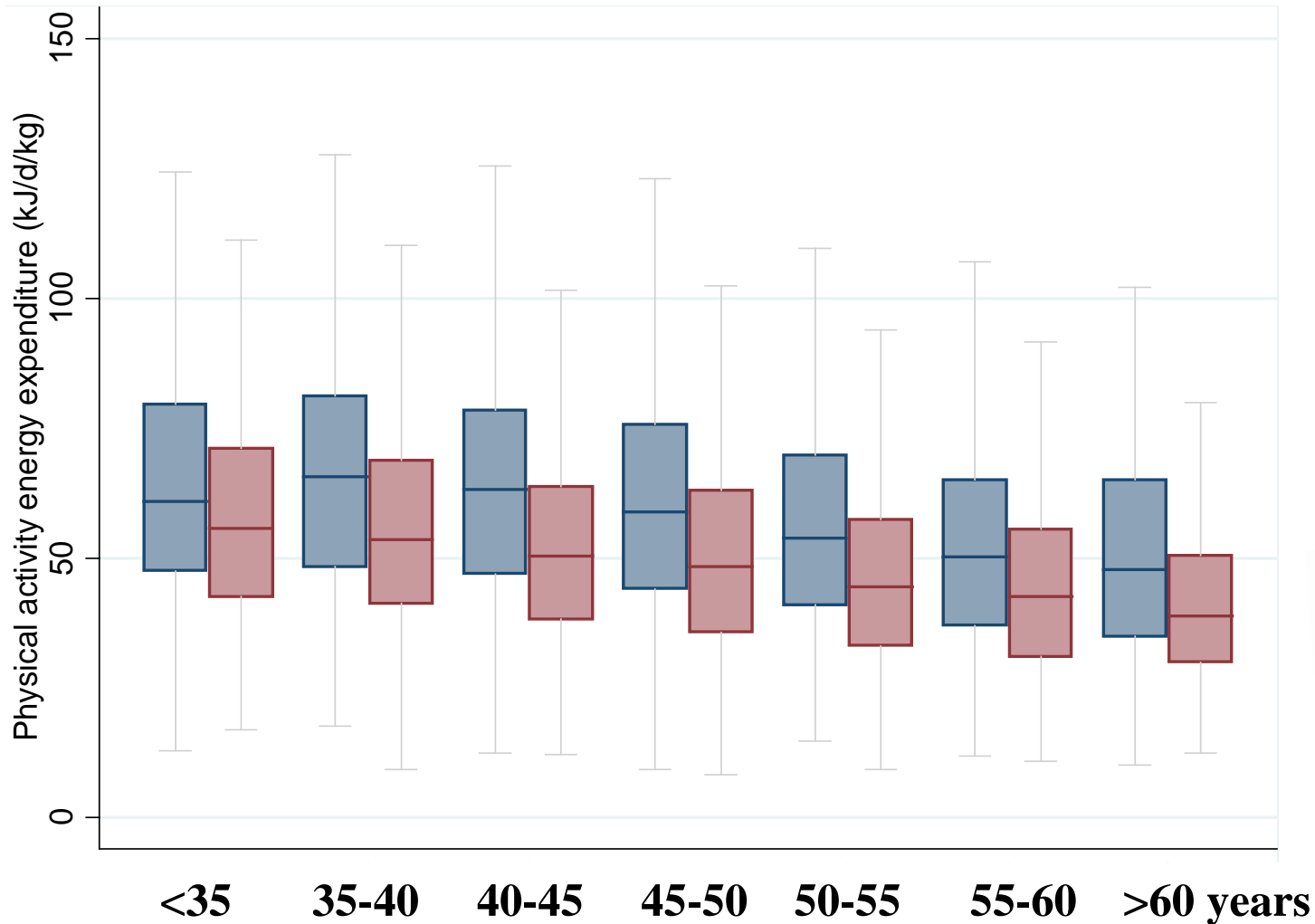
Diabetes and Body Mass Index (BMI)



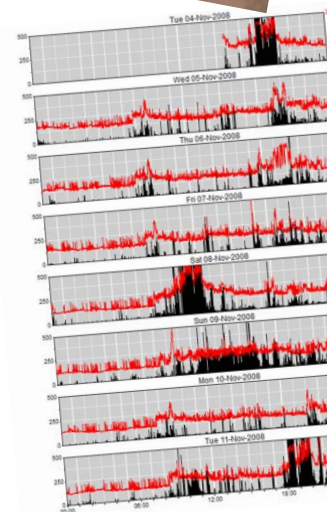
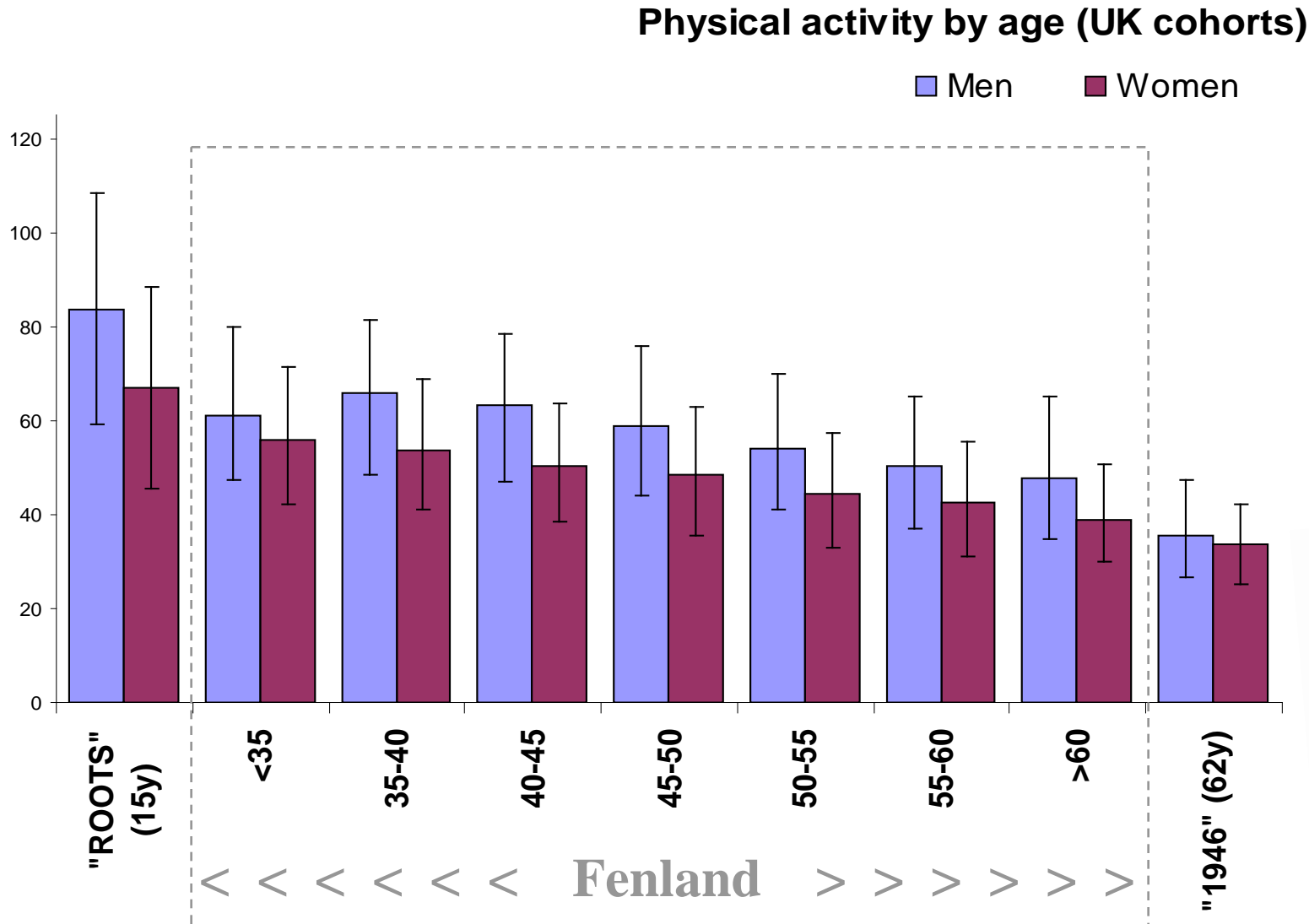
Physical Activity by BMI group

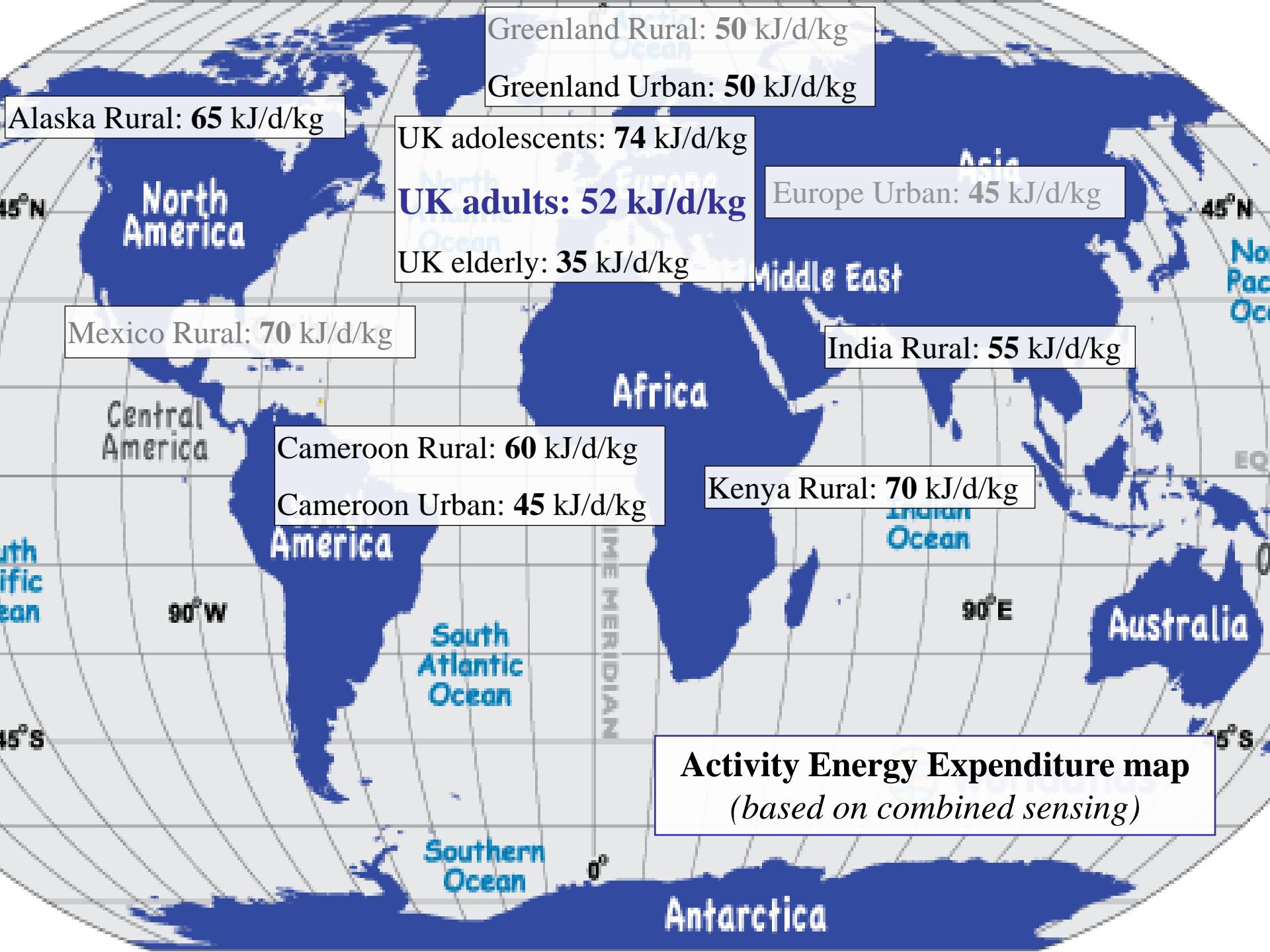


Physical activity by age group



Physical activity by age with other UK cohorts





Greenland Rural: **50** kJ/d/kg
Greenland Urban: **50** kJ/d/kg

Alaska Rural: **65** kJ/d/kg

UK adolescents: **74** kJ/d/kg
UK adults: 52 kJ/d/kg
UK elderly: **35** kJ/d/kg

Europe Urban: **45** kJ/d/kg

Mexico Rural: **70** kJ/d/kg

India Rural: **55** kJ/d/kg

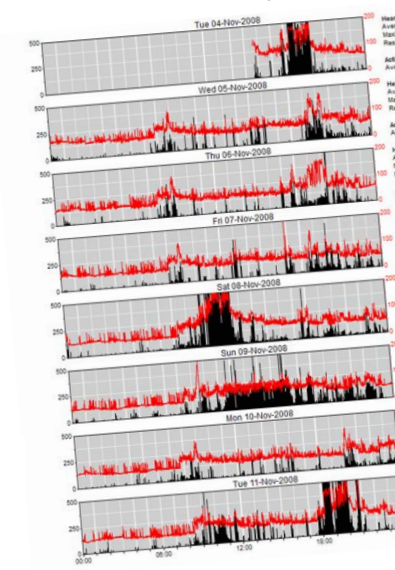
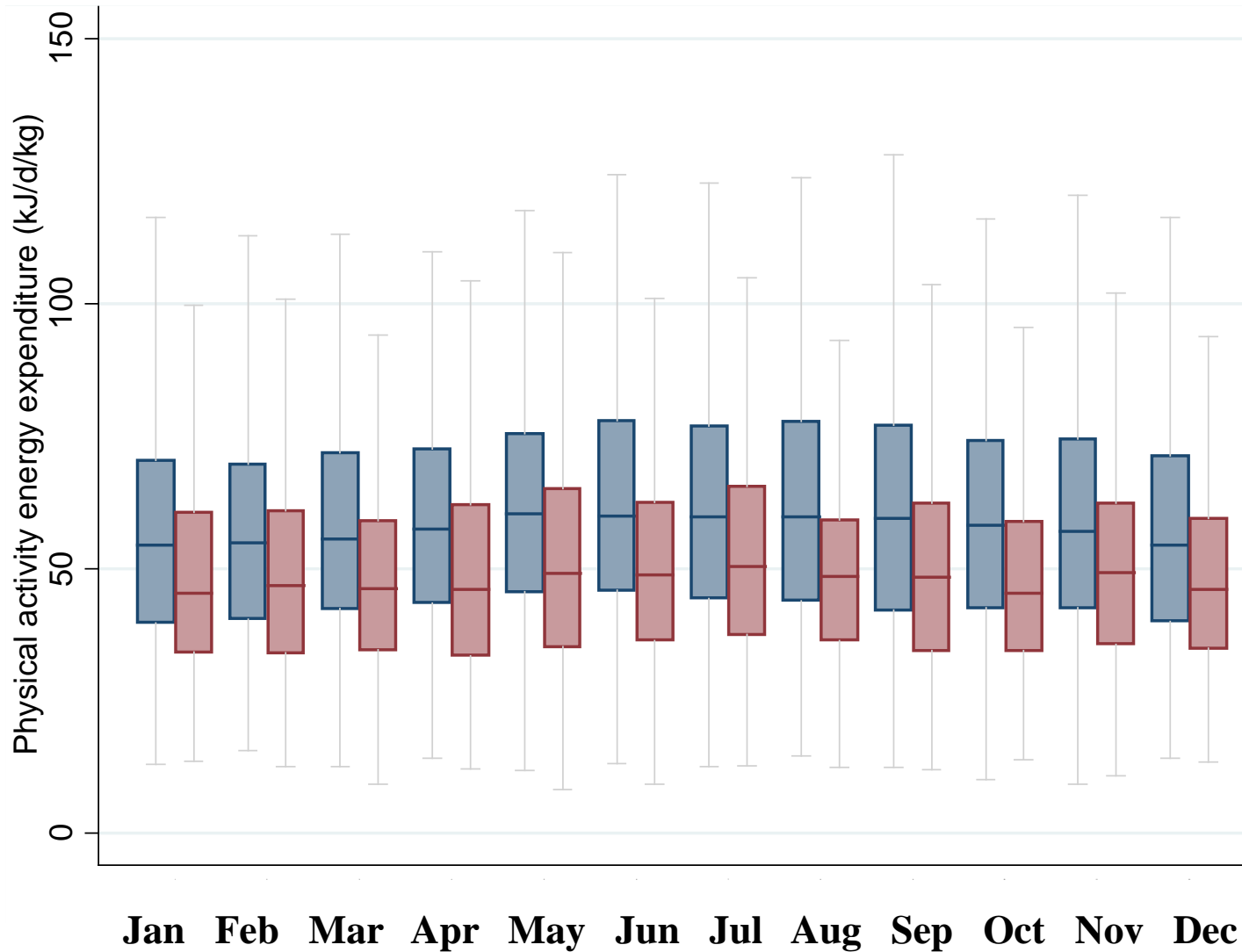
Cameroon Rural: **60** kJ/d/kg
Cameroon Urban: **45** kJ/d/kg

Kenya Rural: **70** kJ/d/kg

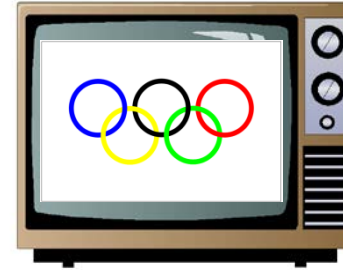
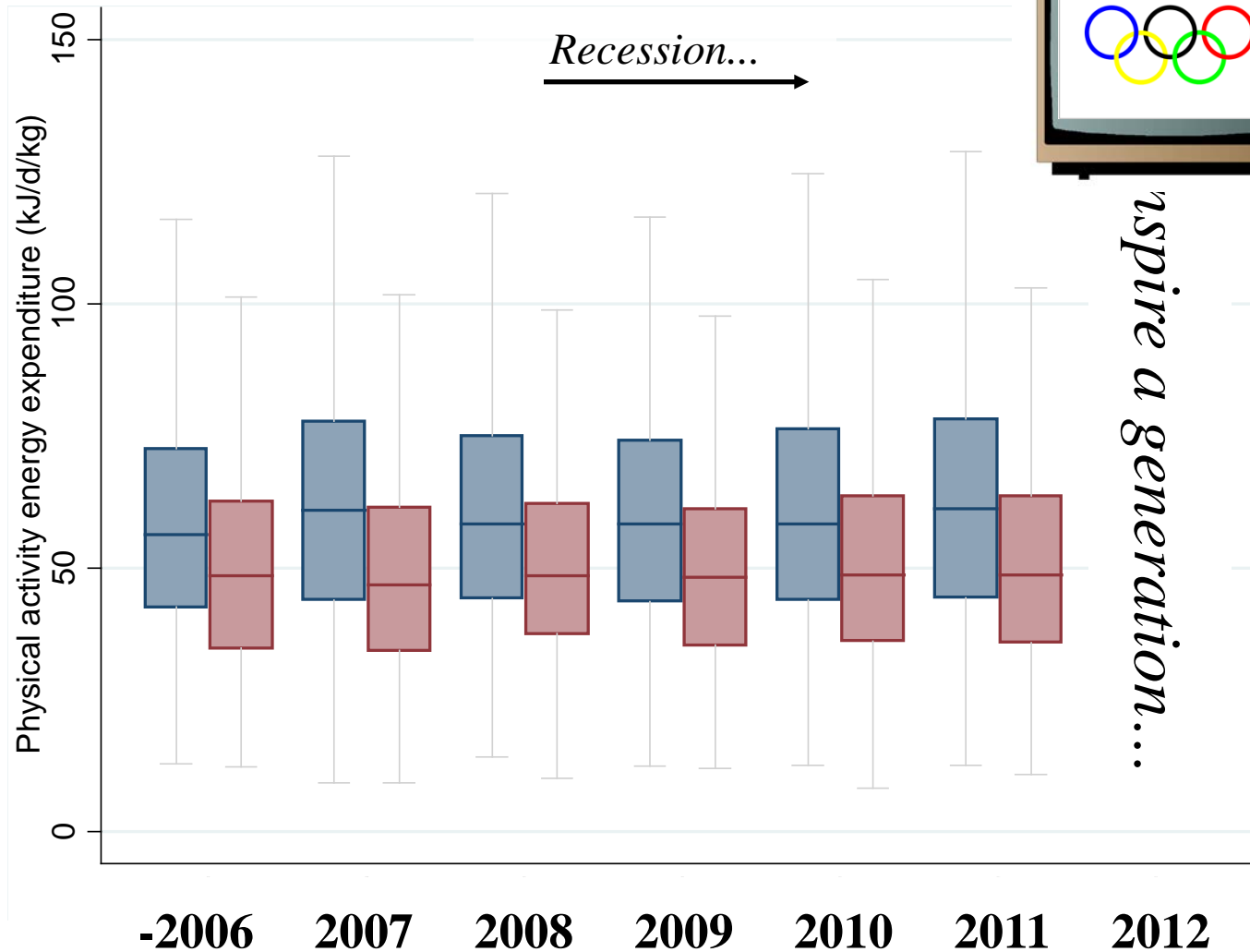
Activity Energy Expenditure map
(based on combined sensing)



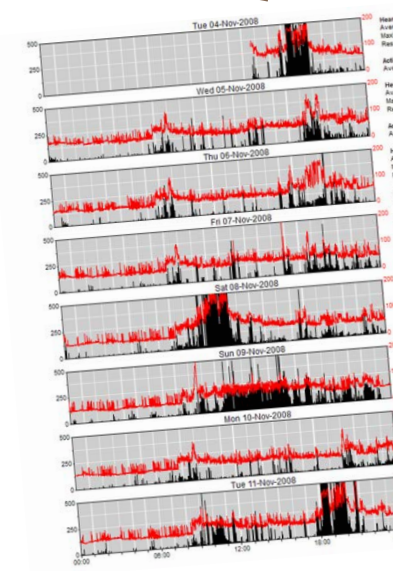
Physical activity by season



Physical activity by year



Inspire a generation...





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Thank you