## Fenland 3 - At a Glance



The Fenland Study is examining how the interaction between genetic, environment and behavioural factors contribute to diabetes, obesity, and related disorders. This is a continuation of phase 1 and 2 of the Fenland Study.

## Once you have consented, here is what you'll need to do:

		Start	Complete your health questionnaires.
			Book your <b>morning clinic visit</b> at Cambridge, Ely, or Wisbech.
_	-	3 weeks before clinic visit	Complete s <b>creening questionnaires</b> to assess suitability for some tests
-	-	2 weeks before	Complete a Recent Physical Activity Questionnaire
_	-	10 days before	Wear a wrist-worn accelerometer for one week.  Log what you eat and drink on two separate days
-	-	The day before	<b>Do not eat or drink</b> anything other than water from 10pm on the evening before
	-	Your clinic visit	Attend your morning clinic visit
		End	Get your clinic results as a <b>health report</b>

Can't attend any of the visit sites? Complete health questionnaires at home and wear the monitor.

## The Fenland App – your study portal

Access your questionnaires and book your appointment through our new app. Use it to get information about your clinic visit, and receive news and insights about the Fenland study. Can't use the app? No problem – you can do it all online or ask a member of the team about alternatives.

## **Contact us**

For further information head to www.mrc-epid.cam.ac.uk/fenland3 or contact the study team on freephone 0800 085 6183 (during office hours) or at fenlandstudy@mrc-epid.cam.ac.uk





