



UNIVERSITY OF
CAMBRIDGE

MRC

Epidemiology Unit



THE **FENLAND** *Study*

Future plans: Fenland-2

Dr Nita Forouhi

MRC Epidemiology Unit

20th September 2013

Fenland Study: Summary

- 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

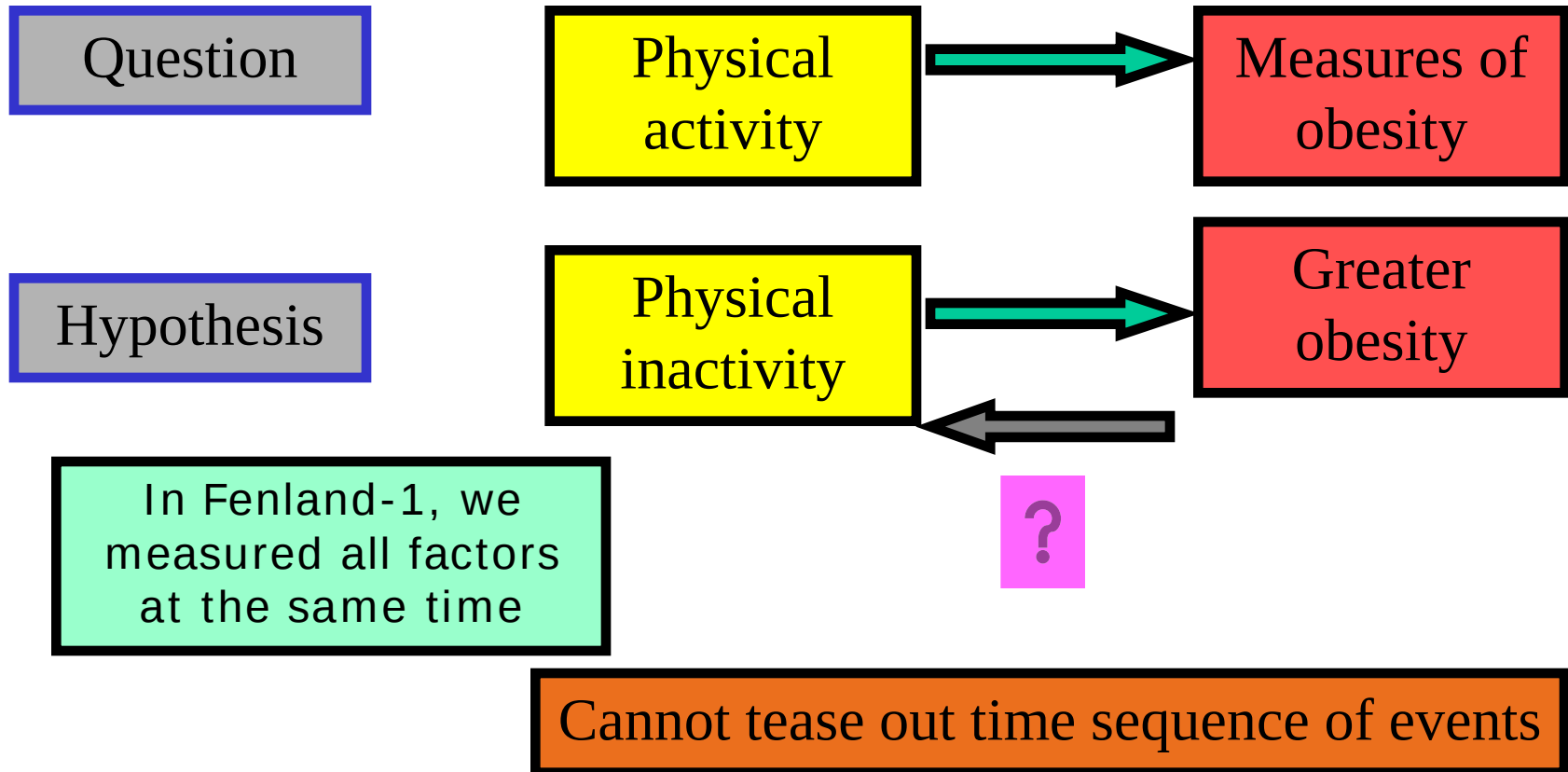
- Plan a follow-up study
 - Fenland-2

Future plans: Fenland-2

- 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

Physical
activity



Measures of
obesity

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 (not as a means of transport)									

Body Mass Index

Normal Overweight Obese Severely Obese Morbidly Obese
BMI 18.5 – 24.9 BMI 25 – 29.9 BMI 30 – 34.9 BMI 35 – 39.9 BMI ≥ 40



Fenland-1: Use of improved methods

Physical
activity

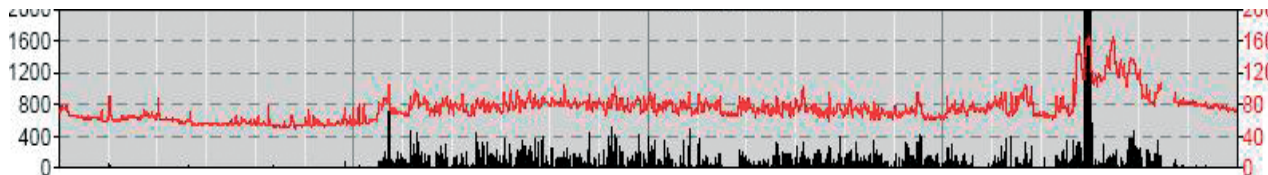
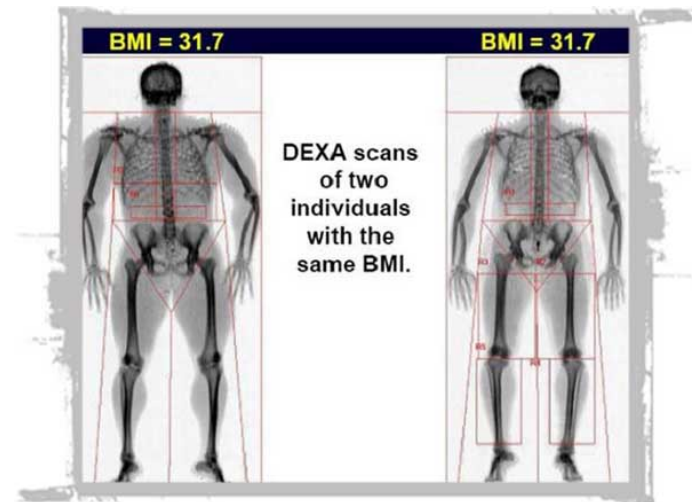


Measures of
obesity

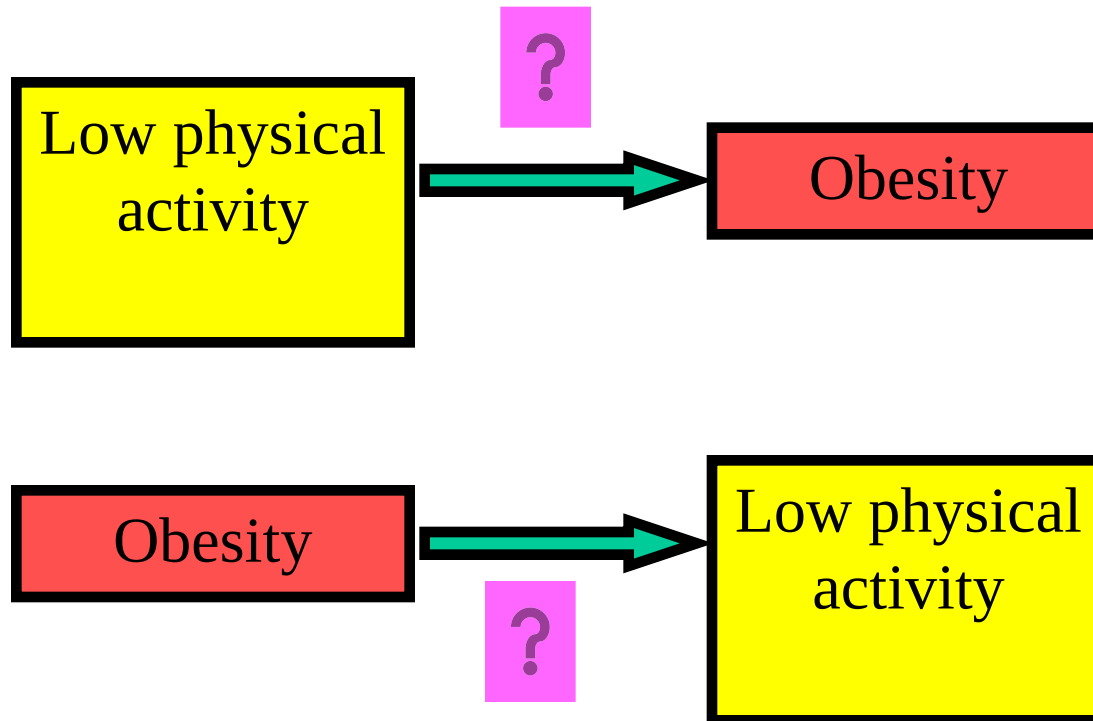
Objective measurement of activity



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



The advantage of a Fenland-2 study

Time



1st time point

2nd time point

Fenland-1

Fenland-2

Physical
activity at
baseline



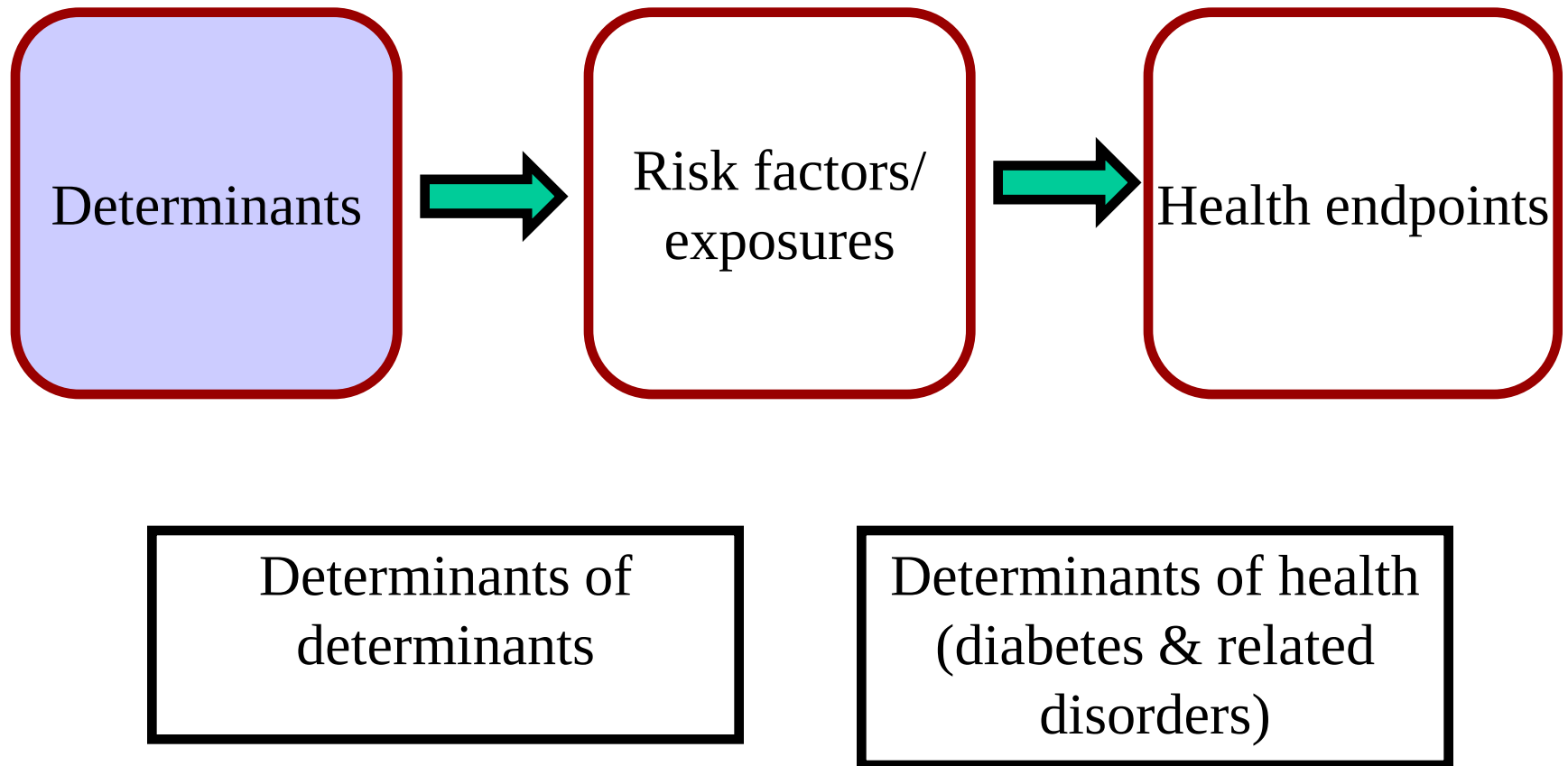
Fat mass at
follow-up

Change in
physical
activity over
time



Change in fat
mass over
time

Why do Fenland-2?



Study protocol

- 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

- 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?

Thank you

