

BCS70 technical report

Appendix A: Documents

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Ref:
<date>

2016-18 SURVEY

Dear

I am writing to let you know that the next stage of the 1970 British Cohort Study, the 2016-18 Survey is about to begin in your area. The 2016-18 Survey will be conducted by NatCen Social Research, the independent research organisation who carried out the Age 30, Age 34 and Age 38 surveys.

We really hope you will take part again, as you make a unique contribution to the study which can never be replaced.

I will write to you again shortly to give you more details about this latest survey and to invite you to take part. Your interviewer will then get in touch to find out whether you wish to be involved this time.

You can keep up to date with the study by visiting the study website: www.bcs70.info. The website provides lots of information about taking part and many examples of research based on BCS70.

Please let us know if you move to a new address – or if this letter has reached you at a different address - so that we can contact you to invite you to take part in the survey.

You can do this by:

- Completing the contact form on the study website www.bcs70.info
- Emailing us at bc70@ucl.ac.uk
- Calling us free on **0800 035 5761**
- Writing to us at **FREEPOST RTCX-HBGC-CJSK, 1970 British Cohort Study, Institute of Education, 20 Bedford Way, London, WC1H 0AL** (you won't need a stamp if you post your letter in the UK).

If you have any questions, or would prefer not to be contacted about the 2016-18 Survey, please call us on the Freephone number above.

Thank you for your continuing help with this important study. It is greatly appreciated.

With kind regards

Alice Sullivan

Professor Alice Sullivan,
Study Director

Our ref:

Dear ,

2016-18 SURVEY

I am writing to invite you to help us again with the next stage of the 1970 British Cohort Study. As you know, the study has been following everyone in Britain born in the same week as you, from childhood right through to the present day. As you will remember, we last interviewed you back in 2012.

Your continued support and involvement is vital to the success of the study and is greatly appreciated. Thanks to your continued participation we now hold a unique set of data that is used by academics, charities and policymakers around the world to examine how experiences and circumstances at one point in time impact upon later life.

The 2016-18 survey is being conducted by NatCen Social Research, Britain's largest independent social research agency. **The enclosed booklet tells you about what we would like you to do.**

WHAT HAPPENS NEXT?

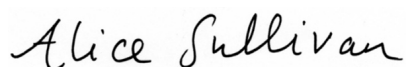
An interviewer from NatCen Social Research will contact you over the next few weeks to ask if you would be willing to take part, and answer any questions you may have. If you would like to take part, they will then arrange a convenient time to visit you.

ANY QUESTIONS?

If you have any questions or would prefer not to take part, please contact the NatCen research team by email at bcs70@natcen.ac.uk or on Freephone **0800 526 397** between 9:00am and 5:00pm (Monday to Friday). More information is also available on the study website: www.bcs70.info.

We hope you enjoy taking part.

Yours sincerely,



Professor Alice Sullivan,
BCS70 Director

3. Interviewer leaflet

1970 BRITISH COHORT STUDY: 2016-18 SURVEY

Your guide to taking part

BCS70

1970 British
Cohort Study

WELCOME TO THE 2016-18 SURVEY!

This booklet provides you with information about the survey and what it will involve.

WHY IS BCS70 SO IMPORTANT?

BCS70 is one of Britain's four birth cohort studies. These studies each follow a group of people born in the same year. The studies have really improved our knowledge of how people's early lives shape what happens when they grow up. They have also shown how lives change from one generation to the next. A recent article in the journal "Nature" called these studies the "envy of the world". It said they have advanced our understanding of topics like the impact of pre-birth experiences on health in later life, the introduction of free nursery places for 3- to 4-year-olds and the drive to promote adult literacy and numeracy.

Every year the information that you so generously provide is used by researchers and scientists to examine a huge variety of important questions. Here are just a few examples of findings from recent research projects conducted using BCS70 data:

BEING YOUNG AND MENTALLY HEALTHY

Having good mental health as a child increases the chances of being a healthy weight in later life. BCS70 shows that there's a link between emotional problems and weight-gain between ages 10 to 30, and that general behavioural problems at age 5 are related to an increased risk of being overweight at age 30.

CLIMBING THE HOUSING LADDER IS GETTING HARDER FOR THOSE WHOSE PARENTS ARE NOT OWNERS

The chance of becoming a homeowner is influenced by whether your parents owned their own home. Using data from BCS70, researchers have shown that this link is much stronger for people born in 1970 than those born a generation earlier.

HEALTHY IN BODY AND MIND

BCS70 shows that those of you who often participated in a range of sports and activities when you were younger were happier than those who engaged in less energetic activities like darts and snooker.

ACADEMIC SUCCESS DOESN'T GUARANTEE TOP EARNINGS FOR FORTYSOMETHINGS

Doing well at school can open the door to better jobs, but it isn't always enough to secure a top income. Researchers have used BCS70 data to show that people who grew up with advantages, like a wealthier family or a private school education, were the most likely to be in the top 15% of earners by their early forties.

OLD HABITS DIE HARD

It appears we form habits at a young age. A recent study using BCS70 showed that those who watched a lot of TV when they were ten were the most likely to binge on television at age 42. Watching more TV at this age is linked with poor health outcomes such as obesity.

BCS70 HAS IMPROVED OUR KNOWLEDGE OF HOW PEOPLE'S EARLY LIVES SHAPE WHAT HAPPENS WHEN THEY GROW UP

WHAT DOES THE 2016-18 SURVEY INVOLVE?

You will be contacted by an interviewer who will invite you to take part. Your participation is, of course, entirely voluntary.

The interviewer will arrange a convenient time to call at your home to conduct the interview.

PAPER QUESTIONNAIRE

Once you have arranged an appointment the interviewer will post you a paper questionnaire. If possible, we would like you to complete it before your interview. The paper questionnaire will include questions about well-being, physical activity and leisure activities, and will take about 20 minutes to complete. The interviewer will collect the questionnaire when they come to your house to conduct your interview.

**YOU CAN MAKE
A UNIQUE
CONTRIBUTION
TO IMPORTANT
RESEARCH**

THE INTERVIEW

The interview will take around 50 minutes and will collect information about lots of different topics, including your family situation, your employment and income, and your health.

As always, you can skip any question you do not wish to answer. For some questions, which might be more private, you will fill in the answers by yourself on the interviewer's laptop.

NURSE VISIT

We would like to follow up your interview with a visit from a nurse. If you agree, a nurse will visit you and ask to take a variety of measurements which will allow researchers to examine the causes and consequences of good and poor health in much more detail.

The health measurements include blood pressure, height and weight measurements and the collection of a blood sample (which will only be done with your written consent).

The interviewer will provide you with a leaflet which tells you more about the nurse visit and will ask whether you are happy to be contacted by a nurse.



MORE INFORMATION

WHO IS CARRYING OUT THE SURVEY?

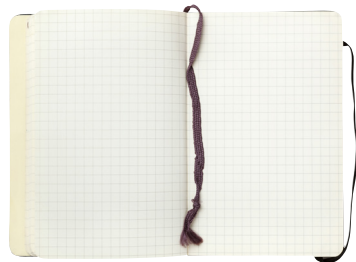
The study is run by the Centre for Longitudinal Studies (CLS), a research centre in the Institute of Education, which is part of University College London. It is funded by the Economic and Social Research Council, the Medical Research Council and the British Heart Foundation. The 2016-18 Survey is being conducted by NatCen Social Research, an independent research institute.

ETHICAL APPROVAL

The 2016-18 Survey has been approved by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity.

CONFIDENTIALITY AND DATA SECURITY

The information you provide will be treated in strict confidence in accordance with the Data Protection Act, and used for research purposes only. This means that the data we collect from you is always kept separately from information which could identify you (such as your name and address). When reports based on the data are published, care is taken to ensure that no information which could identify an individual is included.



WHO TO CONTACT IF YOU NEED MORE INFORMATION

We hope this booklet answers any questions you may have, but if you need any further information please do not hesitate to contact us using the details below.

For information about the 2016-18 Survey, you can contact NatCen on:

- Freephone 0800 526 397
- bcs70@natcen.ac.uk

Your interviewer will also be able to answer any further questions you might have when they contact you to make your appointment for the 2016-18 Survey.

For information about the 1970 British Cohort Study, you can:

- visit www.BCS70.info
- email CLS at bcs70@ucl.ac.uk
- call CLS Freephone on 0800 035 5761
- or write to CLS at FREEPOST RTCX-HBGC-CJSK, 1970 British Cohort Study, Institute of Education, 20 Bedford Way, London, WC1H 0AL.



**THANK YOU AGAIN
FOR CONTINUING TO
CONTRIBUTE TO THIS
IMPORTANT STUDY**

We hope you find the experience
enjoyable and interesting

4. Appointment letter

SCLett INTERVIEWER



Date:

1970 BRITISH COHORT STUDY: 2016-18 SURVEY

Dear

Thank you for agreeing to participate in the 2016-18 Survey. As part of the survey, we would like you to complete the enclosed paper questionnaire. This covers questions about your well-being, physical activity and leisure activities, and should take you no longer than 20 minutes to complete.

It would be much appreciated if you could complete this questionnaire before the interviewer visits you to conduct the interview. Once you have completed it please put it in the enclosed envelope, seal the envelope and hand this to the interviewer during their visit.

The answers you provide will be treated in strictest confidence and all findings will be made anonymous in the reporting of results so that responses cannot be traced back to individuals.

Please read the instructions on the front page of the questionnaire about how to complete it. If you have any concerns or queries about this please contact NatCen on Freephone **0800 526 397** or email **bcs70@natcen.ac.uk**.

The date and time which you have agreed for your interview is:

Date:

Time:

If you need to re-arrange the interview for another time, please get in touch with your interviewer on the number below:

Interviewer :

Contact number:

We hope you enjoy taking part.

Yours sincerely,

A handwritten signature in black ink that reads 'Alice Sullivan'.

Professor Alice Sullivan
BCS70 Study Director

5. Nurse follow-up letter

NurFol



Participant reference number:

2016-18 SURVEY: NURSE VISIT

Thank you for your participation in the first part of the 2016-18 Survey of the 1970 British Cohort Study. Your involvement in the study is much appreciated.

The 2016-18 Survey has a particular focus on health, and there is a second part to the survey, where a nurse will visit you to take some health measurements. We very much hope that you will agree to them, as they are a valuable part of the survey, and will help provide a fuller picture of health in people your age, both now and in the future. The nurse interviewer can give you a note of some of these measures to keep for your own records if you would like. The health measurements will take around 50 minutes to complete.

There are details of what is involved in the health measurements in the nurse visit step-by-step guide that the interviewer will have given to you along with this letter.

WHAT HAPPENS NEXT?

The nurse from NatCen Social Research will contact you over the next two months to arrange a convenient time for the visit, and answer any questions you may have.

The name of your nurse is:

ANY QUESTIONS?

If you have any questions or would prefer not to take part, please contact the NatCen research team by email at bcs70@natcen.ac.uk or on Freephone **0800 526 397** between 9:00am and 5:00pm (Monday to Friday). More information is also available on the study website: www.bcs70.info.

We hope you enjoy taking part.

Yours sincerely,

A handwritten signature in black ink that reads 'Alice Sullivan'.

Professor Alice Sullivan,
BCS70 Director

BCS70 2016-18 SURVEY NURSE VISIT

A Step-by-Step Guide



BCS70

1970 British
Cohort Study

THE NURSE VISIT

Thank you for taking part in the interview. We would also like to arrange for a registered nurse to visit you to take some health measurements. We very much hope that you will agree to the nurse visit, as it is an extremely valuable part of the survey, and will help provide a fuller picture of health in people your age, both now and in the future.

This leaflet provides you with information about all of the measurements we would like to take during the nurse visit. The nurse visit is entirely voluntary. You can skip any measurement you do not wish to take part in.

The nurse can give you a note of some of these measures to keep for your own records if you would like. The nurse visit will take around 50 minutes to complete.

MEASUREMENTS

HEIGHT, WEIGHT, BODY FAT, WAIST & HIP MEASUREMENTS

All of these measurements are important in assessing health. Lately there has been much discussion about the relationship between weight, body fat and health. In addition, waist and hip measurements are useful for assessing distribution of weight over the body. A stadiometer will be used to measure your height, a set of scales to measure your weight and body fat, and a tape measure to measure your waist and hip circumference.

BLOOD PRESSURE AND HEART RATE

High blood pressure (also known as hypertension) is one of the biggest risk factors for health conditions such as heart disease and stroke. Collecting data on blood pressure, especially alongside the other types of information collected in BCS70, is therefore extremely valuable in helping us to get a better understanding of health in the population.

It is particularly useful to measure it in BCS70 as we can look at whether there are aspects of people's childhoods that are linked to having high blood pressure later in life.

Blood pressure is measured using an inflatable cuff that goes around the upper arm. The nurse can tell you your blood pressure, along with an indication of its meaning, if you would like. Whilst a diagnosis cannot be made on measurements taken on a single occasion, we can send your blood pressure results to your GP (if you give us permission to do so), as they are best placed to interpret the results in the light of your medical history.



GRIP STRENGTH

We would like to measure your upper body strength by seeing how strong a grip you have. Grip strength is an indicator of people's general health and it has also been shown to be linked to people's future health. Those who have stronger grip strength in their 40s and 50s are more likely to be physically healthier in their 60s. Some studies have shown that grip strength is linked to what people eat. Measuring grip strength in BCS70 will allow us to compare it with data collected when you were younger to see whether early life factors can predict having a strong grip in adulthood.

In order to measure your grip strength we will ask you to grip and squeeze a handle on a small device for a few seconds.

BALANCE

Measuring your ability to balance involves asking you to perform a few simple movements. This measurement can be an indicator of overall health and some studies show there is a link between balance and future health. The nurse will explain exactly what we would like you to do when they visit.

**YOUR HEALTH
MEASUREMENTS
WILL HELP PROVIDE
A FULLER PICTURE OF
PEOPLE YOUR AGE**

BLOOD SAMPLE COLLECTION

The nurse will ask you if you are willing to provide us with a blood sample. This is an important part of the survey, as blood samples will tell us a lot about the health of your generation. We would also like to extract and analyse DNA from your blood sample, to help us to understand how our genes can affect our health and other aspects of our lives.

With your written permission, the nurse will take a blood sample from a vein in your arm.

WHAT WILL MY BLOOD BE TESTED FOR?

Part of the sample will be sent to a medical laboratory to be tested for the following:

■ Total and High Density Lipoprotein (HDL) Cholesterol. Cholesterol is a type of fat present in the blood, related to diet. Too much cholesterol in the blood increases the risk of heart disease. However, cholesterol is made up of two parts or types; HDL is the 'healthy' type, which helps to keep 'bad' cholesterol levels lower.

■ Glycated haemoglobin. This is an indicator of long term blood sugar levels and is associated with the risk of developing diabetes.

We would also like to store some of your blood sample for future analysis. This part of your sample will be sent to a specialist storage facility at the University of Bristol.

WHY DO YOU WANT A DNA SAMPLE?

We will ask for your written permission to extract, analyse and store DNA from your blood sample for research purposes. Research shows that an increasing number of illnesses have a genetic component. For example, research using DNA from the blood samples given by participants in the 1958 birth cohort study has led to important breakthroughs in our understanding of the role of genetics in common medical conditions such as diabetes, rheumatoid arthritis and coronary heart disease. Combining information about your genes with all of the other information we have collected about your health and your lifestyle will help researchers to identify which genes are linked to certain conditions. This will help with understanding who is most at risk, which may in turn lead to improved diagnosis, treatment and disease prevention.

CAN YOU LET ME KNOW THE RESULTS?

If you would like, we can send you your total and HDL cholesterol, and glycated haemoglobin results. If you wish, we can also send these results to your GP. We will need your permission to do this. If we send you (or your GP) your results, we can let you (or your GP) know whether or not they are in the normal range.

It will not be possible to routinely feedback any results from genetic testing.

HOW WILL MY BLOOD SAMPLE AND DNA BE STORED?

The blood sample and DNA will be stored securely and anonymously. Your name and address will not be attached to the blood sample when it is sent to the lab, nor will it be stored with your samples. Researchers using your samples will not have access to your name and address.

WHAT WILL THE STORED SAMPLES BE USED FOR?

The samples will be used for research purposes only. They cannot be accessed by lawyers or insurance companies and will not be used for cloning. Any future analysis will be done at the specialist storage facility or at another laboratory, which may be outside the UK. This could include research by the commercial sector. We will not sell or make any profit from the samples you donate and they will only be used in research which meets ethical guidelines.

Researchers who want to use your blood sample or DNA will have to apply for permission to an independent committee which oversees access to the samples and resulting data. Permission to use the samples and resulting data is only given to bona fide researchers who can explain the potential impact of the research and its wider value for society.

The anonymised samples will be treated in strict confidence in accordance with the Data Protection Act.

WHAT IF I CHANGE MY MIND AFTER I HAVE GIVEN A SAMPLE?

You can withdraw your consent for the use of your samples at any time, without giving any reasons, by writing to the Centre for Longitudinal Studies (see details at the end of this booklet). They will inform the laboratory and the stocks of your samples will be destroyed.



WHAT ABOUT HYGIENE STANDARDS?

The survey nurses maintain the highest hygiene standards to reduce any risk of infection. We use a new sterile needle and tubes for every person.

IS ANY SPECIAL EQUIPMENT NEEDED?

Before a needle is inserted into your vein, the survey nurse will apply a tourniquet (a band put round your arm to control your blood flow). This keeps more blood in the vein, making it easier for the nurse to see and access the vein.

WHAT IF I FEEL FAINT?

You might feel faint during or immediately after giving a blood sample, although most people don't. If you begin to feel faint at all, tell the nurse as soon as possible, if you can. The nurse will be watching you for any signs of fainting, and if necessary will stop taking the blood sample.

If you experience any of the following after giving a blood sample, you should seek further help, for instance from your GP or dialling the NHS 111 service (for England and Scotland) or NHS Direct Wales on 0845 4647:

- severe pain
 - numbness or persistent 'pins and needles' in the arm, hand or fingers
 - swelling which is large or increasing in size
 - painful redness/inflammation.
-

MEASURING YOUR PHYSICAL ACTIVITY

WHAT IS ACTIVITY MONITORING?

We would like you to wear an activity monitor, a small device that records body movements during normal daily activities such as standing up, walking or running. It also captures inactive periods such as time spent sitting or sleeping.

Studies have shown that the time people spend doing physical activity, versus being inactive, can affect their physical and mental health. However, these studies usually rely on asking people to remember the amount of time they have spent doing different activities, which can give inaccurate results.

The information recorded by the activity monitors will let researchers look at the link between physical activity and health in much more detail.

HOW SHOULD I WEAR THE ACTIVITY MONITOR?

The nurse will instruct you on how to wear the monitor and will attach it to the front of your thigh (or you can do this yourself) using a special dressing. Please do not change the positioning of the monitor once it is fixed in place as this will affect the quality of the data.



HOW LONG DO I NEED TO WEAR IT FOR?

We would like you to leave it on for 7 full days starting from the day after your interview. If you take the monitor off at any time during this period, the data collected during that time will not reflect your true activity levels. The monitor can be worn comfortably at night.

Your nurse will write down for you when the monitor should be taken off.

SHOULD I TAKE IT OFF WHEN I'M IN THE SHOWER?

No. It is waterproof. You can even wear it in the bath or while swimming. We would like you to wear it when you are doing all activities, including water sports, and it is safe for you to do this.

CAN THE MONITOR TRACK MY WHEREABOUTS?

No, the monitor has no GPS technology or camera, and cannot track your whereabouts.

IS THERE ANYTHING ELSE I NEED TO DO?

We would also like you to complete a sleep diary for the period that you are wearing the activity monitor. This will help us interpret the information collected by the activity monitor. It will also act as a reminder of when you can remove the monitor.

WHAT IF I AM GOING THROUGH A METAL DETECTOR OR SCANNER?

The monitor should not set off a metal detector or scanner. However, if you will be passing through an airport security checkpoint in the next 7 days, we suggest that you remove the monitor beforehand. If you will be passing through a metal detector or scanner somewhere else, for example, at your place of work there should be no need to remove the device, unless you feel that it could be a problem if the device was identified.

WHAT IF I AM SICK OR CANNOT DO MUCH PHYSICAL ACTIVITY FOR ANY REASON DURING THE DAYS I AM WEARING THE DEVICE?

Please wear the monitor as normal. We are interested in your physical activity patterns no matter how inactive or active you are.

WHAT IF I DON'T WEAR THE MONITOR FOR THE FULL 7 DAYS?

If you have to take the monitor off before the end of your 7 days, please use the sleep diary to record the date and time you did so, and why you took it off. The dressing used to attach the monitor is regularly used in hospitals and is unlikely to cause any skin irritation. In the unlikely event that the dressing does cause any skin irritation please remove it. Please do not reattach the monitor to your thigh.



WHAT DO I DO AFTER I HAVE WORN THE MONITOR FOR 7 DAYS?

Once your 7 days are over, you will receive a text message and email to remind you that the monitor can be taken off and returned. Please post back the activity monitor, along with the sleep diary, in the pre-paid envelope provided by the nurse as soon as you can.

If you lose the return envelope and need another one please contact NatCen on 0800 526 397.

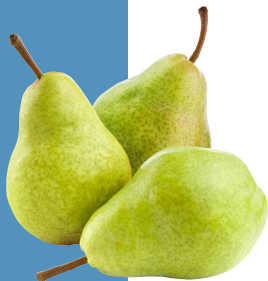
WILL I GET ANY FEEDBACK ABOUT MY ACTIVITY LEVELS?

Yes, we can send you a summary report of your physical activity during the week you have worn the activity monitor.

FINDING OUT WHAT YOU EAT AND DRINK

We would like to collect information about your eating habits. The links between diet and health are well-established, and information about what we eat and drink is an important part of helping us to understand health and illness. This information will be collected using an online dietary questionnaire, on two of the seven days after the nurse visit. Completing the questionnaire will take 10-20 minutes on each of the two days.

YOU CAN MAKE A UNIQUE CONTRIBUTION TO HEALTH RESEARCH



MORE INFORMATION

ETHICAL APPROVAL

The 2016-18 Survey has been approved by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity.

INSURANCE COVER

If you agree to your blood pressure or blood sample results being sent to your GP, then she/he may use them in medical reports about you. For example, if you apply for a new life assurance policy, or for a new job. When people apply for new policies, insurance companies may ask if they can obtain a medical report from the GP.

An insurance company cannot ask your GP for a medical report about you without your permission.

Having given your permission, you then have the right to see the report before your GP sends it to the insurance company, and you can ask for the report to be amended if you consider it to be incorrect or misleading.

CONFIDENTIALITY AND DATA SECURITY

The information you provide will be treated in strict confidence in accordance with the Data Protection Act, and used for research purposes only. This means that the data we collect from you is always kept separately from information which could identify you (such as your name and address). When reports based on the data are published, care is taken to ensure that no information which could identify an individual is included.

PREPARING FOR THE NURSE VISIT

There are a few things we would like you to do to prepare for the nurse visit:

- For 30 minutes before the nurse interviewer arrives, please do not eat, smoke or drink alcohol and avoid vigorous exercise, as this could affect your blood pressure readings.

- Please wear light, non-restrictive clothing and avoid anything which is tight (e.g. lycra, tight jeans) or has a thick belt, otherwise your waist and hip measurements will not be accurate. If possible, please do not wear very long garments which may prevent the nurse interviewer from seeing your feet during some of the measurements.

- To take the height, weight and body fat measurements, you will need to remove your shoes and socks or tights, to be barefooted.



WHO TO CONTACT IF YOU NEED MORE INFORMATION

We hope this booklet answers any questions you may have, but if you need any further information please do not hesitate to contact us using the details below.

For information about the 2016-18 nurse visit, you can contact NatCen on:

- Freephone 0800 526 397
- bcs70@natcen.ac.uk

Your nurse will also be able to answer any further questions you might have when they contact you to make your appointment for the 2016-18 Survey.

For information about the 1970 British Cohort Study, you can:

- visit www.BCS70.info
- email CLS at bcs70@ucl.ac.uk
- call CLS Freephone on 0800 035 5761
- or write to CLS at FREEPOST RTCX-HBGC-CJSK, 1970 British Cohort Study, Institute of Education, 20 Bedford Way, London, WC1H 0AL.



**THANK YOU AGAIN
FOR CONTINUING TO
CONTRIBUTE TO THIS
IMPORTANT STUDY**

We hope you find the experience
enjoyable and interesting

P10945

Participant first name

Participant date of birth

		0	4	1	9	7	0
--	--	---	---	---	---	---	---

Participant serial number

--	--	--	--	--	--

Interviewer ID number

--	--	--	--	--	--

Participant gender

M	F
---	---

COGNITIVE MODULE- INTERVIEWER RECORDING BOOKLET

WORD LIST – FIRST RECALL

Please write down the words the respondent recalls in the space provided:

- Do NOT interrupt the respondent
- If respondent is saying words more quickly than you can write them down in full, just write down the first letter of the word
- Do NOT count any words the respondent says which are not on the list

WORD LIST A	WORD LIST A - RESPONSES
Hotel	
River	
Tree	
Skin	
Gold	
Market	
Paper	
Child	
King	
Book	

WORD LIST B	WORD LIST B - RESPONSES
Sky	
Ocean	
Flag	
Dollar	
Wife	
Machine	
Home	
Earth	
College	
Butter	

WORD LIST C	WORD LIST C - RESPONSES
Woman	
Rock	
Blood	
Corner	
Shoes	
Letter	
Girl	
House	
Valley	
Engine	

WORD LIST D	WORD LIST D - RESPONSES
Water	
Church	
Doctor	
Palace	
Fire	
Garden	
Sea	
Village	
Baby	
Table	

ANIMAL NAMES

Please write down all the animal names given by the respondent in the space provided:

- Do NOT interrupt the respondent
- If respondent is saying names more quickly than you can write them down in full, use abbreviations or a tally
- ONLY if the respondent asks for clarification, explain that animals include birds, insects, fish etc.
- If the respondent gets stuck, say "Can you think of any more?"

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POINTS TO REMEMBER:

- Do NOT count repetitions
- Do NOT count redundancies (e.g. white cow, brown cow)
- Do NOT count named animals (e.g. Spot, Bambi)
- DO count different breeds (e.g. terrier, greyhound)
- DO count gender- or generation-specific names (e.g. bull, cow, heifer, calf)
- If the respondent names animals that are unfamiliar to you, give them the benefit of the doubt and count them (e.g. Kudu)

Letter Cancellation

EXAMPLE: G T G E ~~W~~ N R E ~~F~~ A Q B N D

→ A Y O V K S V S Y K W E Z J Z G V A U X C S H S P N K A A K
I Y N O L C S C L I U A O P F E G M Z T Y M F Y D U P U U O
O I T V L B U F V L N T H W T T N V D C H H X W A F A A M R
M I S V X V G H H F P Z G P X T D Q X R U Q E K I E M V C W
Q Z E I H B W M H A D B Y A S J Z L I H F Y K P Z X W J M C
R S U W Y E P U Y W U V H Q G N J E J A V K E J M S Y H G Y
S Y T I H E N V M U G M Q G J J C R Y N K T U D L H M F T V
N H L P L I X K P G G J X D Q H V E A T V H L I W G V T H B
L H V M J D T L M W P D W O A N E S T D G X Z D H C A N U W
A Q F H B B P N O K M E R U F R L F H T M J C N P T Y O I S
C D N E K E V J X V D Q W S U B M L C Y S N Z I Y Y N O R S
T R L I E T O L B T N O T R G M D M B J O Z H R Y J X U Y I
K L T F F T R S Y G N M D M P E I G O V D A B E S N Y P O S
L C I V X L F V O W C Z P P S W J F B J H P C E G N W K C O
J M R Y J F L X U H M E Z W K S P L S W J B K I K Q V B R P
Q S S W G W K V M C K Y C S M E D I G B G B C R D P K E J V
B K Q R Z Q X W I Z E O K O A M L G Z Z A L R X E L O X O P
O W Z A H X Q P H B B Z R V H Y X O W H A F K L Q L O R X T
G Q C F C V T Z B N Z K N A D L K W M X O Q L N S T U Q C Q
I T W D P W O B E K Q F S Z P L S X O C I Q N O K L K F T O
S Q X J W U T X F Z S S U K D T F O P U Y L E S P I B N W P
N S W S U T I P M X O D R C V D L N O F R V W W I N I C U O
D H T G I Z C M M H X X N K H W Q I T Z X X I O N C S V Y N
S O V B A B G D B I M T J G T E T L G N H C N Z D C C X U J
E K J O V C Q Y G D R P L M D R W L W D S H K R D L A R T T
X X Q U S U I Y C Q C B U O O B T Z P G Q G H C N L I I W Q

WORD LIST – SECOND RECALL

Please write the words the respondent recalls in the space provided:

- Do NOT interrupt the respondent
- If respondent is saying words more quickly than you can write them down in full, just write down the first letter of the word
- Do NOT count any words the respondent says which are not on the list.

WORD LIST A	WORD LIST A - RESPONSES
Hotel	
River	
Tree	
Skin	
Gold	
Market	
Paper	
Child	
King	
Book	

WORD LIST B	WORD LIST B - RESPONSES
Sky	
Ocean	
Flag	
Dollar	
Wife	
Machine	
Home	
Earth	
College	
Butter	

WORD LIST C	WORD LIST C - RESPONSES
Woman	
Rock	
Blood	
Corner	
Shoes	
Letter	
Girl	
House	
Valley	
Engine	

WORD LIST D	WORD LIST D - RESPONSES
Water	
Church	
Doctor	
Palace	
Fire	
Garden	
Sea	
Village	
Baby	
Table	

Office use only – scoring letter cancellation

Row and column reached

--	--	--	--

Correct

--	--

Missed

--	--

P10945

1970 BRITISH COHORT STUDY: 2016-18 SURVEY

Consent Booklet

Respondent first name:

Respondent serial number

Attach barcode label

Nurse Number

Date of Biomedical Interview:

Day

Month

Year

SUMMARY OF CONSENTS - RING CODE FOR EACH ITEM

YES

NO

Blood pressure to GP

01

02

Sample of blood to be taken for analysis

03

04

Blood sample results to GP

05

06

Blood sample storage

07

08

Blood sample for DNA extraction and storage

09

10

Blood sample results to respondent

11

12

Wearing activity monitor

13

14

DISPATCH NOTE FOR BLOOD
(OFFICE COPY)

ATTACH OFFICE COPY DISPATCH LABEL HERE	
---	--

1. WRITE IN THE **NUMBER** OF TUBES OBTAINED:

Plain (serum) Red <div style="border: 1px solid black; width: 60px; height: 60px; margin-top: 10px;"></div>	EDTA (storage/ DNA Bristol) 6ml Purple <div style="border: 1px solid black; width: 60px; height: 60px; margin-top: 10px;"></div>	EDTA (Analysis: Newcastle RVI) 4ml Purple <div style="border: 1px solid black; width: 60px; height: 60px; margin-top: 10px;"></div>
--	---	--

2. BLOOD TAKEN: Day Month Year

3. BLOOD DISPATCHED: Day Month Year

BLOOD PRESSURE TO GP CONSENT

BP (A)

Please initial the box
if you consent

1.

I consent to NatCen Social Research/the Centre for Longitudinal Studies informing my General Practitioner (GP) of my blood pressure results.

I am aware that the results of my blood pressure measurement may be used by my GP to help monitor my health and that my GP may wish to include the results in any future report about me.

Initials

Print name (respondent):

Signed (respondent):

Date:

Print name (nurse):

Signed (nurse):

Date:

BLOOD SAMPLE CONSENT

BS (A)

Please initial the box
if you consent

1.

I consent to a qualified NatCen Social Research nurse taking a sample of my blood on behalf of the Centre for Longitudinal Studies for the analysis of cholesterol and glycated haemoglobin

Initials

2.

I consent to NatCen Social Research/the Centre for Longitudinal Studies informing my General Practitioner (GP) of the above blood sample analysis results.

Initials

3.

I consent to any remaining blood being stored for future analysis.

Initials

CONFIRMATION

- I have read and understood the information provided in the "Nurse Visit a Step-by-Step Guide" about giving a blood sample for the 1970 British Cohort Study: 2016-18 Survey.
- I have discussed any outstanding questions with the nurse.
- I wish to provide a blood sample.
- I understand that I can decline to provide the blood sample at any point.
- I understand that this consent remains valid unless revoked by me in writing and that I may withdraw my consent at any time by contacting the 1970 British Cohort Study in writing at FREEPOST RTCX-HBGC-CJSK, 1970 British Cohort Study, Institute of Education, 20 Bedford Way, London WC1H 0AL.

Print name (respondent):

Signed (respondent):

Date:

Print name (nurse):

Signed (nurse):

Date:

DNA EXTRACTION AND STORAGE CONSENT

Please initial the box
if you consent

1.

I consent to giving a sample of my blood for DNA extraction, analysis and storage for research purposes.

Initials

CONFIRMATION

- I have read and understood the information provided in the "Nurse Visit a Step-by-Step Guide" about the extraction and storage of DNA from my blood sample for the 1970 British Cohort Study: 2016-18 Survey.
- I have discussed any outstanding questions with the nurse.
- I am happy for a sample of DNA to be extracted from my blood sample and stored for future analysis.
- I understand that I can decline to provide the DNA sample at any point.
- I understand that this consent remains valid unless revoked by me in writing and that I may withdraw my consent at any time by contacting the 1970 British Cohort Study in writing at FREEPOST RTCX-HBGC-CJSK, 1970 British Cohort Study, Institute of Education, 20 Bedford Way, London WC1H 0AL.

Print name (respondent):

Signed (respondent):

Date:

Print name (nurse):

Signed (nurse):

Date:

ACTIVITY MONITORING TASK CONSENT

Please initial the box
if you consent

1.

*I consent to wear an activity monitor to measure the amount
and types of physical activity I do over a 7 day period.*

Initials

CONFIRMATION

I have read and understood the information provided in
the "Nurse Visit a Step-by-Step Guide" about wearing an
activity monitor for the 1970 British Cohort Study: 2016-18
Survey, and have discussed any outstanding questions
with the nurse.

Print name (respondent):

Signed (respondent):

Date:

Print name (nurse):

Signed (nurse):

Date:

DISPATCH NOTE FOR BLOOD SAMPLES – TO LAB AT NEWCASTLE RVI
(LABORATORY COPY)

Complete all sections **CLEARLY** and **LEGIBLY** and enclose with samples to lab.

1. RESPONDENT DETAILS:

ATTACH RVI DISPATCH LABEL HERE	
---	--

2. NUMBER OF TUBES OBTAINED (NOTE: **ONLY THE **SECOND (SMALL) EDTA** TUBE SHOULD BE SENT TO NEWCASTLE LAB)**

Plain (serum) Red	<input type="text"/>	EDTA Purple, 4ml	<input type="text"/>
----------------------	----------------------	---------------------	----------------------

3. DATE BLOODS TAKEN:

Day	<input type="text"/> <input type="text"/>	Month	<input type="text"/> <input type="text"/>	Year	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
-----	---	-------	---	------	---

4. ANALYSIS CONSENT:

Given ☐

Not given/not applicable ☐

5. NURSE NUMBER

LABELLING ON SAMPLE TUBES AND THIS FORM MUST CORRESPOND
CHECK ALL DETAILS ABOVE ARE CORRECT BEFORE POSTING

LAB USE ONLY

TUBES ENCLOSED:		✓if rec'd	ACTION REQUIRED
Plain (serum)	Red	<input type="text"/>	Total cholesterol HDL cholesterol
EDTA	Purple 4ml	<input type="text"/>	1x Glycated haemoglobin

DISPATCH NOTE FOR BLOOD SAMPLES - TO STORAGE LAB AT BRISTOL
(LABORATORY COPY)

Complete all sections **CLEARLY** and **LEGIBLY** and enclose with samples to lab.

1. RESPONDENT DETAILS:

ATTACH BRISTOL DISPATCH LABEL HERE	
---	--

2. NUMBER OF TUBES OBTAINED (NOTE: **ONLY THE **FIRST (LARGE)** EDTA TUBE SHOULD BE SENT TO BRISTOL LAB)**

EDTA
Purple, 6ml

--	--	--	--	--	--

3. DATE BLOODS TAKEN:

Day

--	--

 Month

--	--

 Year

--	--	--	--

4. STORAGE CONSENT:

Given

--

Not given/not applicable

--

5. CONSENT FOR DNA ANALYSIS:

Given

--

Not given/not applicable

--

6. NURSE NUMBER

--	--	--	--	--	--

LABELLING ON SAMPLE TUBES AND THIS FORM MUST CORRESPOND
CHECK ALL DETAILS ABOVE ARE CORRECT BEFORE POSTING

LAB USE ONLY

TUBES ENCLOSED:	✓ if rec'd	
EDTA Purple 6ml		<table border="1" style="width: 80px; height: 40px;"></table>
1x Storage for future analysis, DNA extraction and subsequent DNA analysis		

CHECKLIST FOR NURSES

Before leaving the household, please check the following:

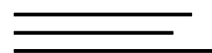
- ☐ Has the respondent initialled, signed and dated each consent sheet?
- ☐ Have you countersigned and dated each consent sheet?
- ☐ Have you completed the office blood dispatch slip (page 2) and the two lab blood dispatch slips (pages 8 and 9) (if consent given)?
- ☐ Have you given the respondent their copies of the consent forms?
- ☐ Have you attached a barcode label to each of the blood tubes?

IF APPLICABLE:

- ☐ Have you given the respondent the change of address card?
- ☐ Have you collected the respondent's self-completion form (if they have completed this in advance)?

After leaving the household, please do the following:

- ☐ Dispatch blood samples to the 2 labs
- ☐ Complete blood dispatch date on office dispatch form
- ☐ Dispatch consent booklet to the office



Participant reference number:

Date:

Dear Sir/Madam,

We are trying to make contact with who has taken part over many years in an important research study. According to our records they are living at this address. An interviewer from our partner organisation, NatCen Social Research, has visited the address several times but has been unable to find anyone at home.

If you are the person, please let us know that you are still living here and we will ask the interviewer to try and make contact with you again. If this letter has been forwarded to you from a different address, please let us have the full details of your current address. By giving us your address, you are not agreeing to take part again, though, of course, we hope that you wish to do so.

If you are not the person who took part in the study, can you help by forwarding this letter to them or by giving us details of their new address on the back of this form, or the name and address of someone who can?

If you do not know of any way of getting in touch with this person, please let us know so that we can avoid bothering you again.

Please complete the reply slip below and return it to NatCen Social Research in the enclosed FREEPOST envelope to **Freepost RTJJ-HTHG-RGET, NatCen Social Research, Kings House, 101 Kings Road, Brentwood, CM14 4LX** – you won't need a stamp if you post it in the UK. If you prefer, you can telephone NatCen Social Research on **Freephone 0800 526 397** or email on **cohort@natcen.ac.uk**.

Thank you for your help.

Yours faithfully,

Professor Alice Sullivan,
Study Director

NatCen

Social Research that works for society


WE ARE TRYING TO CONTACT:

PARTICIPANT REFERENCE NUMBER:

Please tick the appropriate box below, and fill in the details over the page

- A. I am the person named above
- B. I am not the person named above, but I know a forwarding address for them
- C. I am not the person named above, but I know someone who may be able to help
- D. I do not know the whereabouts of the person above

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

THE INFORMATION YOU GIVE WILL BE TREATED IN STRICTEST CONFIDENCE
Please turn over

..... ✂
Please give address details below using **BLOCK CAPITALS**

ADDRESS:

POSTCODE: **TELEPHONE:**

If you are the person named overleaf, please also complete the following:

FIRST NAME(S): **SURNAME:**

Please help by completing this form and returning it in the enclosed FREEPOST envelope – you don't need a stamp if you post it in the UK. If you have any questions, please email on cohort@natcen.ac.uk or call 0800 526 397 (calls from landlines are free but costs from mobile phones may vary, check with your provider).

THANK YOU.

10. Tracing letter

TracForw - INTERVIEWER



Participant reference number:

Date:

1970 BRITISH COHORT STUDY: 2016-18 SURVEY

Dear

I am writing to let you know that the next stage of the 1970 British Cohort Study is now underway. I hope you will wish to take part.

An interviewer working on behalf of our partner organisation, NatCen Social Research, has visited the address we have on our files for you and found that you now live elsewhere.

The interviewer spoke to who did not wish to give your new address without your permission, but did agree to forward this letter to you. **I would be most grateful if you would let NatCen Social Research know your current address.** Please call NatCen Social Research on **0800 526 397** or email them on **bcs70@natcen.ac.uk**. Alternatively, you can complete the reply slip at the bottom of this letter and return it in the enclosed FREEPOST envelope – you won't need a stamp if you post it in the UK.

By giving us your address you are not committing yourself to be interviewed. Once you have confirmed your new details you will be contacted by an interviewer who will provide you with information about this year's survey and invite you to take part. If you are willing they will arrange a convenient time to visit you.

If you have any further queries about the study please do not hesitate to contact NatCen Social Research on the Freephone number above or email **bcs70@natcen.ac.uk**.

Thank you very much for your help.

Yours sincerely,

Alice Sullivan

Professor Alice Sullivan,
BCS70 Study Director

NatCen
Social Research that works for society

..... ✂
PARTICIPANT REFERENCE NUMBER:

Please complete this form using **BLOCK CAPITALS** and return in the **FREEPOST** envelope

TITLE **FIRST NAME** **SURNAME**

ADDRESS

POSTCODE

TELEPHONE **EMAIL**

THE INFORMATION YOU GIVE WILL BE TREATED IN STRICTEST CONFIDENCE

Please turn over

.....✂
Please return the completed form in the enclosed Freepost envelope - you won't need a stamp if you post it in the UK.

If you have any questions about this form, or about the 1970 British Cohort Study please contact us on:

Freephone 0800 526 397 or email at **bcs70@natcen.ac.uk**.

THANK YOU FOR YOUR HELP.

Freepost RTJJ-HTHG-RGET, Natcen Social Research, Kings House, 101 Kings Road,
Brentwood, CM14 4LX

11. Stable contact tracing letter

TracStab - INTERVIEWER



Participant reference number:

Date:

Dear

We are trying to make contact with
so that we can invite them to take part in the latest stage of the 1970 British Cohort Study, a major national study following the lives of over 17,000 individuals born in 1970.

An interviewer working on behalf of NatCen Social Research, an independent research organisation who are conducting the interviews, has visited the address we have on our files for them and found that they now live elsewhere. This person has previously given us your details and permission to contact you if they changed address, in order to try to find out where they have moved to.

If you know where they are living, please let NatCen Social Research, our partner organisation who are conducting the interviews, know their address. You can do so by calling NatCen Social Research on Freephone **0800 526 397**, emailing **bc70@natcen.ac.uk** or returning the enclosed form in the FREEPOST envelope provided to **Freepost RTJJ-HTHG-RGET, NatCen Social Research, Kings House, 101 Kings Road, Brentwood, CM14 4LX** - you won't need a stamp if you post it in the UK.

By telling us their address, you are not committing them to taking part again. They will be able to decide this for themselves when we get in touch with them.

If you know their address but would prefer to pass this letter on to the study member and ask them to return it to us themselves, please do so. If the study member has any questions about the study, or would prefer not to be contacted again, please ask them to let us know.

Thank you for your help.

Yours sincerely,

Alice Sullivan

Professor Alice Sullivan,
BCS70 Study Director

NatCen
Social Research that works for society

..... ✂

PARTICIPANT REFERENCE NUMBER:

Please complete this form using **BLOCK CAPITALS** and return in the **FREEPOST** envelope

TITLE **FIRST NAME** **SURNAME**

ADDRESS

POSTCODE

TELEPHONE **EMAIL**

THE INFORMATION YOU GIVE WILL BE TREATED IN STRICTEST CONFIDENCE

Please turn over

.....✂
Please return the completed form in the enclosed Freepost envelope - you won't need a stamp if you post it in the UK.

If you have any questions about this form, or about the 1970 British Cohort Study please contact us on:

Freephone 0800 526 397 or email at **bcs70@natcen.ac.uk**.

THANK YOU FOR YOUR HELP.

Freepost RTJJ-HTHG-RGET, Natcen Social Research, Kings House, 101 Kings Road,
Brentwood, CM14 4LX



CHANGE OF ADDRESS

PLEASE COMPLETE IN BLOCK CAPITALS

PERSONAL REF: (printed on all correspondence from the study)	
TITLE:	
FIRST NAME:	
SURNAME:	
DATE OF BIRTH (DD/MM/YY):	



ADDRESS TO WHICH YOU'LL BE MOVING:
POSTCODE:
HOME TEL NO:
MOBILE TEL NO:
EMAIL ADDRESS:
DATE OF MOVE:

GUMMED EDGE GUMMED EDGE

GUMMED EDGE GUMMED EDGE

Once complete please moisten edges, fold
along the dotted line, seal and return – **no stamp
is needed**. If this is not convenient or if you have
any questions please contact us on
bcs70@ucl.ac.uk or Freephone **0800 035 5761**.

GUMMED EDGE GUMMED EDGE



211

Freepost RTCX-HBGC-CJSK
1970 British Cohort Study
20 Bedford Way
LONDON
WC1H 0AL



13. Measurement record card

SN:

1970 BRITISH
COHORT STUDY :
2016-18 SURVEY

YOUR MEASUREMENTS

Name:

Nurse interviewer name: _____

Date of visit: _____

Height, Weight and Body Fat percentage

HEIGHT	
cms	
ft/ins	

WEIGHT	
kg	
st/lbs	

BODY FAT %	
% body fat	

You can find more information on body fat ranges at www.tanita.eu/reduce-my-weight/body-fat-indicator.html

Waist and Hip measurement

AVERAGE		
	cms	in
Waist		
Hip		

Blood pressure

	SYSTOLIC (MMHG)	DIASTOLIC (MMHG)	PULSE (BPM)
(i)	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>
(ii)	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>
(iii)	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>

Blood pressure interpretation:

Normal

Moderately raised

Mildly raised

Considerably raised

Visit your GP to have your blood pressure checked within:

Grip strength

Dominant hand: (please tick one)

Left

Right

DOMINANT HAND	
Average (kg)	<input type="text"/>

NON-DOMINANT HAND	
Average (kg)	<input type="text"/>

THANK YOU FOR CONTINUING TO TAKE PART IN THE 1970 BRITISH COHORT STUDY

If you would like any of your measurements to be explained, or if you have any questions, please just ask the nurse, or contact NatCen directly by email at **bcs70@natcen.ac.uk** or phone on Freephone **0800 526 397**.

If you have any questions about the study you can contact CLS by email at **bcs70@ucl.ac.uk** or by phone on **0800 035 5761**.

The NHS Choices website (www.nhs.uk/pages/home.aspx) can also provide information about health conditions.

ONLINE DIETARY QUESTIONNAIRE

MORE INFORMATION

NURSE INTERVIEWER TO COMPLETE:

To login please go to:

WWW.BCS70SURVEY.CO.UK

And enter this Login ID:

Attach Login ID
label here

Allocated days:

Day 1:
Enter day (Mon-Sun)

<input type="text"/>	/	<input type="text"/>		/	<input type="text"/>		
DAY		MONTH			YEAR		

Day 2:
Enter day (Mon-Sun)

<input type="text"/>	/	<input type="text"/>		/	<input type="text"/>		
DAY		MONTH			YEAR		

As part of the 2016-18 Survey we would like you to complete an online dietary questionnaire which will ask you about what you eat and drink on two days over the next week.

This leaflet provides you with more information about what the questionnaire involves.

WHEN SHOULD I COMPLETE THE QUESTIONNAIRE?

We would like you to complete the questionnaire on two separate days, which are noted on the front page of this leaflet. Please log in to the questionnaire on these two days where you will be asked to record what you ate and drank **the previous day**. The previous day covers the 24-hour period from midnight through to midnight.

The two days have been randomly selected. If the day you are completing the questionnaire about was not a typical day for you this does not matter – please fill in the questionnaire about that day anyway.

HOW DO I ACCESS THE QUESTIONNAIRE?

To get started visit www.bcs70survey.co.uk and enter your unique ID for logging in – this is noted on the front page of this leaflet. Full instructions on how to complete the questionnaire will be provided on screen once you have logged in.

Please use a computer (laptop or desktop) or tablet where possible, as the questionnaire is not designed to be completed on a smartphone.

HOW LONG WILL THE QUESTIONNAIRE TAKE TO COMPLETE?

The online questionnaire will take about 10-20 minutes to complete on each day.



HOW WILL I REMEMBER TO COMPLETE THE QUESTIONNAIRE ON MY ALLOCATED DAYS?

You will receive a reminder text message and email on your allocated days, reminding you to log in and complete the questionnaire.

I'VE MISSED MY ALLOCATED DAY FOR COMPLETING THE ONLINE QUESTIONNAIRE – WHAT SHOULD I DO?

Please go online as soon as you can and complete the questionnaire. All of the questions in the questionnaire ask about 'yesterday', so if you miss your allocated day please just answer about the day before the day on which you are completing it. If you miss your first allocated day please try to complete the questionnaire before your second allocated day. You cannot complete the questionnaire more than once on any one day.

DO I HAVE TO DO IT?

No, it's up to you whether you want to complete the online dietary questionnaire or not. The success of the study depends on the goodwill and co-operation of those asked to take part. The more people who do complete the online questionnaire, the more useful the results will be.

IS THE ONLINE QUESTIONNAIRE CONFIDENTIAL AND SECURE?

Yes. We take great care to protect the confidentiality of the information we are given, and take careful steps to ensure that the information is secure at all times. The study results will not be presented in a form which can reveal your identity. This will only be known to certain members of the NatCen and Centre for Longitudinal Studies research teams. The information collected will be used for research purposes only and treated in strict confidence in accordance with the 1998 Data Protection Act.

WHAT IF I HAVE ANY OTHER QUESTIONS?

If you have any further questions, or need technical help, you can:

- contact the NatCen research team at bcs70@natcen.ac.uk

- or call NatCen Freephone on 0800 526 397.

If you would like to find out more about the 1970 British Cohort Study you can:

- visit www.bcs70.info

- email CLS at bcs70@ucl.ac.uk

- or call CLS Freephone on 0800 035 5761.

THANK YOU FOR YOUR HELP

NatCen

Social Research that works for society

Our ref: P10945.01/

THANK YOU

Many thanks for taking part in the latest stage of the 1970 British Cohort Study. Your continued support has helped to make BCS70 a study of true international importance. We very much appreciate the time you have given us, and hope you enjoyed this year's survey. You can keep up-to-date with the latest news about the study at www.bcs70.info.

YOU ARE REALLY MAKING A DIFFERENCE

The information you have given us over the years has helped us to understand some complex questions about the lives of all of us. By speaking to you across your whole lives, we've been able to understand how what we do when we are younger can affect our later lives.

Researchers, charities and government are all taking notice of what we have found out, and the results will continue to have an impact on policy.

YOUR ACTIVITY MONITOR RESULTS

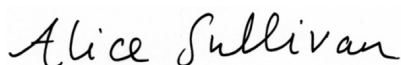
Thank you for wearing and returning your activity monitor. By allowing us to measure your activity levels you are contributing to important research looking at the link between physical activity and health. Please find enclosed a summary of your activity for the period during which you wore the activity monitor.

STAY IN TOUCH

We'll be in touch to let you know about the latest findings and any upcoming surveys. In the meantime, if you move house or change your contact details we'd love you to update us. To edit your details you can return the change of address card the nurse left with you to **FREEPOST RTCX-HBGC-CJSK, 1970 British Cohort Study, Institute of Education, 20 Bedford Way, London, WC1H 0AL**. Or, if you prefer, you can visit www.bcs70.info, email us on bc70@ucl.ac.uk or call on Freephone **0800 035 5761**. Likewise, we'd love to hear any other feedback you have.

We appreciate the time you've given to us so far, and hope you continue to be part of the study for many years to come.

Thanks again.



Professor Alice Sullivan
BCS70 Study Director

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16. Example activity monitor feedback

