



# WEST OF SCOTLAND TWENTY-07 STUDY HEALTH IN THE COMMUNITY

A team of doctors, researchers and scientists from the Medical Research Council and Glasgow University are seeking **YOUR** help to put together the widest ranging survey ever of health in the West of Scotland.

Over the next twenty years, from 1987 until 2007, thousands of people will be helping the scientific team to compile an accurate picture of health in our community, and how to improve it.

We hope you've just signed or are about to sign your agreement to allow us to ask you to take part in the scheme. If you agree, you can still pull out any time you like.

The rest of this brochure is to give you some more details about the survey, and why we need **YOUR** participation

## TWENTY-07 STUDY

# WHY THE SURVEY IS NECESSARY

As you've probably seen on television or read in the newspapers, the West of Scotland is one of the worst places in the world for several different sorts of health problems. What you may not realise is that our community also includes some of the healthiest groups of people in the world.

In our survey, we hope to work out exactly what is responsible for the differences. We already know that health is affected by all sorts of factors, housing, employment, unemployment, retirement, what you eat, alcohol, tobacco, exercise, stress, family circumstances and just about everything else.

The purpose of this new survey is to allow our scientists to work out exactly which factors affect people in what way — and how different combinations of factors can add up to very different results for health.

When our results are complete, we'll be able to advise the health authorities — Health Boards, Government, Planning Authorities and so on — how they should be operating next century to give us all the best chance of improved health.

With your help, and the help of thousands of others, our team hope to make a major contribution to improving the health of your generation, and even more important, the health of your children's and grandchildren's generations.

## TWENTY-07 STUDY

# HOW IT WILL WORK

Our team intends to interview more than five thousand people from different backgrounds, from different parts of the West of Scotland, from different age groups, whether they're in good health or not.

**That's about one in every four hundred people in our area. If you agree, it could include you.**

We want to interview people in three specific age groups: the mid-teens, the thirties and the fifties. Over the next twenty years, until 2007, the survey will continue. That means, as long as you still agree, that we'll ask your permission to interview you again every five years or so. By the end of the twenty year period, we'll have a clear picture of the progress and the health of the three generations, and which factors make what changes in which way.

All the data will of course be kept in the strictest confidence. The project is run by the Medical Research Council, which is responsible for the fundamental medical and related research in the U.K. The M.R.C. set up our unit at Glasgow University specially for the Twenty-07 project, with a team of ten experts from different specialities, working full time with doctors and specially trained nurses, interviewers and medical researchers. But **YOUR** contribution is the most important of all.

# TWENTY-07 STUDY

## YOUR INVOLVEMENT

At our request, Strathclyde Region chose thousands of names, including yours, at random from their lists.

I hope you've agreed to allow the region to pass your name and address to us, so we can approach you directly to ask you to take part in this important survey.

If you do agree, we'll arrange a time to suit you to conduct the interview, either at your home or in our office, whichever you prefer.

At the same time we'd like you to allow one of our trained nurses to take a few simple physical measurements — like height, weight, blood pressure and pulse rate.

Everything you tell us will be kept in the strictest medical confidence; and you reserve your right to withdraw from the survey at any time, should you wish to do so.

I'm afraid we can't afford to offer payment to participants in the survey, as all our money goes into scientific research. But your reward I hope will be the greatest of all — knowing that you've helped to improve the health of the next generations, right on into the next century.

If you want any more details of the survey, please write, or phone or call in and ask for any member of the Twenty-07 team. Meanwhile I hope you've agreed that we can approach you directly about taking part. Many thanks for your help.



Dr Sally Macintyre, Director,  
West of Scotland Twenty-07 Study