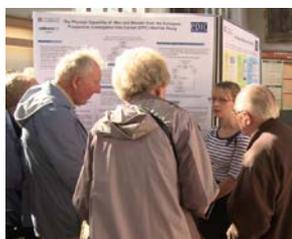


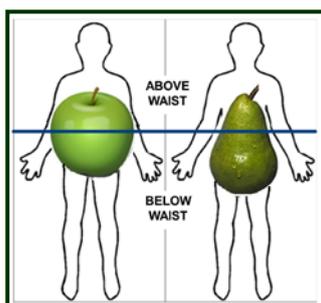
EPIC Celebrates 20 Years of Research

On Thursday October 10th 2013, we held a public meeting at St. Andrews Hall, Norwich, celebrating 20 years of EPIC research. This meeting consisted of four presentation sessions, where members of the research team reported on the progress and evolution of the study, our main results and our intended future direction. This was followed by a question and answer session, with specialised academics. A separate area provided interactive information and participant representative stands presenting each aspect of the study, past and present. Each session was very well attended (approx. 1500 people attended during the day), in spite of some inclement autumnal weather. The day provided a great opportunity for researchers and participants to connect and interact.



We would like to take this opportunity again to thank not only those who were able to attend this event in person, but all participants who have contributed to the study over the past 20 years; helping us to understand what we can do to improve health within the community through an increased understanding of the role that lifestyle and genetic factors play in the development and prevention of disease.

Current Phase- Update on The Fourth Health Check



Apple or Pear?

The Fourth Health Check began in September 2012 and is set to run into 2015, with the aim of investigating the patterns and levels of physical activity undertaken by our participants and relating this to body composition. There is currently a lot of research interest into not only how much fat a person has, but where this fat is located. To explain the adjacent icon, fat stored at the hips and buttocks is said to give a person a 'pear' shape, whereas fat stored around the waist gives an 'apple' shape. Current research indicates that if fat is carried

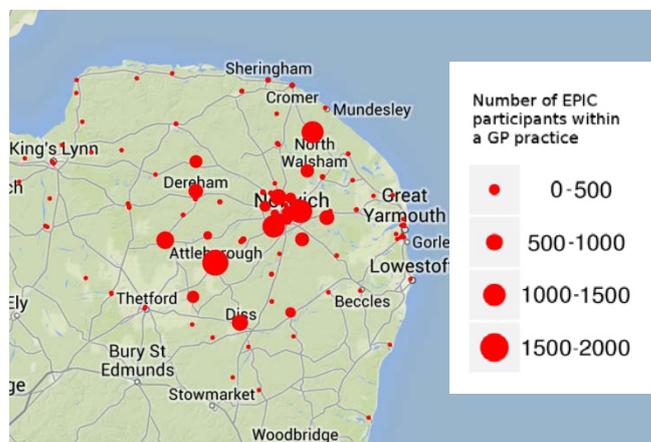
mainly around the waist, a person is considered to be more at risk of developing obesity-related health concerns such as diabetes. To date, we have approached roughly 7000 of our participants, with approximately 3000 having completed a health check.

Fourth Health Check: Participant Approaches

We aim to approach all of our remaining participants during the Fourth Health Check phase, excluding only those who have requested no further participation in the study and those where we have no current address. To date, we have approached all participants registered in practices at: Hingham, Prospect, St Stephens Gate, Watton, Gurney Court, Elmham, Trinity Street, West Earlham, East Norwich and Attleborough and we are currently approaching participants registered at Coltishall Medical Practice.

The order in which we approach each practice is determined taking into account a number of factors including the practice location, size, distance, transport routes, seasonal weather patterns and time elapsed between health check approaches. A difference in the combination of these above factors may therefore explain why certain participants and practices have been contacted and approached whilst others currently have not. If you would like to discuss your approach further or would simply like to check the current details we have for you on record, please contact us on **0800 616911**, or alternatively email eg344@medschl.cam.ac.uk.

Practice locations within Norfolk and the participant count at each one



Family Study: A Future Direction?

The majority of human population studies focus on recruiting individuals who are not related, but there is a growing appreciation of the value of "family studies" in understanding the biological underpinnings of health-related traits. The EPIC-Norfolk cohort provides a unique opportunity to establish a family study as we already know that a large number of EPIC participants lived in a household with another EPIC participant at baseline and many women in these households reported having children. The EPIC Participant Advisory Panel (EPAP) have assisted us in designing a questionnaire to assess the willingness and feasibility of EPIC-Norfolk participants forwarding study invitations to their children, grandchildren and potentially, great-grandchildren. This questionnaire will be included in future invitations to the fourth health check and we greatly appreciate feedback to assist us in the design of this proposed study.

Recent Findings: EPIC and Sleep



Yue Leng (PhD student, Department of Public Health and Primary Care, University of Cambridge) has recently had two papers published; one, looking into the relationship between daytime napping and mortality risk and the other analysing and describing the sleep characteristics reported by EPIC participants, with a particular emphasis on the comparison of measures of sleep quantity. She found daytime napping to be associated with an increased risk of mortality, especially in deaths from respiratory disease and in those under 65; and that sleep proportion (the ratio of sleep duration to time spent in bed) is consistently lower among women, non-workers, and older individuals, as well as those who were widowed, separated and divorced; those who reported sleep difficulties and more frequently used sleep medication; and those who had lower education, poorer general health, or a major depressive disorder. These findings are important – highlighting the increasing interest in the importance of sleep patterns in relation to health – but need to be interpreted cautiously. For example, the exact mechanisms of the napping-mortality association remain unknown, and causation cannot be implied simply from this observational study. Whilst excessive daytime napping might be a useful marker of an underlying health risk in an apparently healthy, ageing population, further studies are needed before any recommendations can be made as to its desirability or not. For full access to the above papers, please visit the following links: <http://tinyurl.com/o22bahw> and <http://tinyurl.com/m6m52er>.

Future Newsletters

We welcome your input. If there is anything in particular that you would like to see in future newsletters then please contact us. Also, if you are an EPIC participant and wish to receive future newsletters direct to your email account, please ring the EPIC team (0800 616911) to register your details or go onto our website at www.epic-norfolk.org