

The EPIC Participant Advisory Panel met at the Assembly House in Norwich on Monday 24<sup>th</sup> June 2024. There were twelve participants and four researchers in attendance. Three participants sent their apologies for not being able to attend.

### **Welcomes**

The chair welcomed everyone to the meeting. The panel welcomed Thomas Littlejohns from Nuffield Department of Population Health University of Oxford. Nick Wareham and Tom both joined the meeting on zoom.

**Talk - "Value of the EPIC-Norfolk study for informing the prevention and treatment of dementia"** (Thomas Littlejohns, Nuffield Department of Population Health University of Oxford)

Tom has been working with EPIC-Norfolk data over the last few months. He works in the area of dementia research, and is particularly interested in what we can do to think about the prevention of dementia. Also in the wider area of dementia, and how studies such of EPIC-Norfolk can inform us in terms of prevention, but also for treatment as well.

Alzheimer's research UK predicts 1 in 2 people are directly affected (either yourself or caring for close relative).

Tom presented on factors that can increase risk of Dementia. He also explained that for the first time, about a year ago, two drugs came out with findings indicating they slow cognitive decline.

Since Dementia takes a long time to be clinically apparent as the brain structure declines before memory decline / function, the value of EPIC-Norfolk is that data is available now, with detailed and repeated data collection with a long follow up.

The group thanked TL for his very clear presentation.

### **Review of the EPIC-Norfolk Participant Newsletter Summer 2024**

The panel provided feedback on the first draft of the newsletter. It was discussed whether there could be something in the Norwich Evening News or Anglian newspaper about planetary health as important topic. The group

agreed that the Epi Communications team should be invited to attend the next meeting to discuss if there is potential for more information in local media regarding the Study.

### **Future meetings**

Agreed to keep location of Assembly House for these meetings.

Suggested Topics for next meeting include:

- Communications team
- Review of website and newsletter
- Discussed it would be useful to have any thoughts and ideas as to items that we maybe want to revisit from past ones. Tom's talk is a good example to have a follow up presentation as it progresses.

### **EPAP group photograph**

Group photo was taken outside the front of the Assembly House

Date of next meeting: 14 October 2024