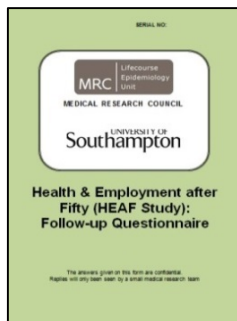
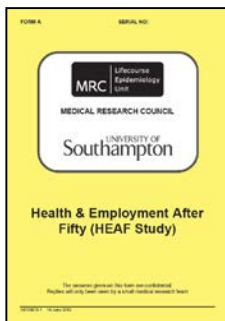
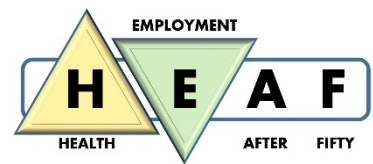


# Health and Employment After Fifty (the HEAF study)



## Dear participant

Welcome to the HEAF study annual newsletter! You may have already noticed that we haven't included a questionnaire this year. We are giving you a break which will allow us to look more fully at the huge quantity of information you have all so kindly sent us over the last five years of data collection. Don't worry, the HEAF study isn't coming to an end - we will be back in contact with another questionnaire in about a year from now.

## Your involvement

As you know, the HEAF study is a research project which originally included more than 8000 people who lived in England and were aged over 50 years. We are interested in **all of you**, specifically your health, wellbeing, what work you do or did (paid or unpaid), how and when you decide(d) to retire and whether or not you are caring for others around you.

You joined our study back in 2013/2014. More than 6,000 of you are still helping us by completing our annual questionnaires - Thank you!

## We will still need your help next year!

Whether you are: **employed/self-employed/unemployed/retired/caring for someone/or volunteering** - we still want **you** to be part of the HEAF study!

## Are you willing to share a photograph or two?

We would like to make a collection of photographs of HEAF participants going about their normal lives – at home, at work, caring, doing hobbies, walking the dog, the list goes on. If you are willing to share a picture, we would use these on our website, or in slides we show at scientific conferences but will **never** identify you by name. If you would be happy to share a photo or two, and consent to their use in this way, that would be great. Please email them to Cathy Linaker at [chl@mrc.soton.ac.uk](mailto:chl@mrc.soton.ac.uk)



## Moving house? Please let us know!

If you are changing address, please get in touch and let us know your new contact details:-  
**telephone: 023 80777624 email: [chl@mrc.soton.ac.uk](mailto:chl@mrc.soton.ac.uk)**



## Meet the team...

### Progress in 2017....more results have been published

We have already published some of our results in scientific journals and some have attracted media coverage which you may have seen.

Here are the online links to the papers:

A general paper about the study:  
[www.biomedcentral.com/content/pdf/s12889-015-2396-8.pdf](http://www.biomedcentral.com/content/pdf/s12889-015-2396-8.pdf)

A paper about job dissatisfaction in the HEAF study:  
[oem.bmj.com/content/oemed/73/8/512.full.pdf](http://oem.bmj.com/content/oemed/73/8/512.full.pdf)

A paper about frailty in late middle-age and its relationship to being in work:  
[oem.bmj.com/content/oemed/74/7/476.full.pdf](http://oem.bmj.com/content/oemed/74/7/476.full.pdf)

A paper on sleep problems in this age-group:  
[www.sjweh.fi/show\\_abstract.php?abstract\\_id=3618](http://www.sjweh.fi/show_abstract.php?abstract_id=3618)

### There's lots still to come...

Over the next year we plan to focus on a number of subjects including:

- The effects of body weight on health and work at older ages
- Caring responsibilities and the effects on health and the ability to work at older ages
- Job loss at older ages because of health problems
- Circumstances that influence people's decisions about whether to keep working or whether to retire

You can find out more about our latest HEAF study findings at:

[www.mrc.soton.ac.uk/heaf/](http://www.mrc.soton.ac.uk/heaf/)

...and also discover more about all of our research at: [www.mrc.soton.ac.uk/cmhw](http://www.mrc.soton.ac.uk/cmhw)

**STOP PRESS:** some of you may be contacted to see if you would like to take part in an extra study within HEAF, looking at retirement decisions - we hope you can help!

We really hope you are able to continue to help us. We value your tremendous support for the HEAF study and it is only with your help that we are able to carry out this important work. We will be back in touch in a year's time.

**Thank you!**

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