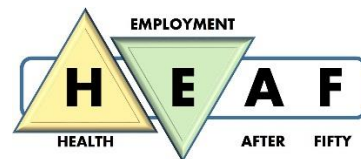


Health and Employment After Fifty (the HEAF study)



Welcome back!

We hope you are keeping well, and life has gone back to usual after such a difficult few years. Since the last time we were in touch, we have been working on data that you have very kindly provided, and we are excited to share with you some of the key findings of our research.

HEAF Study Leadership

HEAF is one of many cohorts curated by MRC LEC at the University of Southampton, under the oversight of its Director. We are delighted to welcome Professor Nicholas Harvey as the new Director of the MRC LEC. Professor Karen Walker-Bone remains HEAF Study PI as a Visiting Professor at the University of Southampton.



Latest publications and links to the article

- A third of women reported problems coping with work because of menopausal symptoms. Risk factors for difficulties coping at work included: financial deprivation, poorer self-rated health, depression, and adverse psychosocial occupational factors but not physical demands.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9819903/>
- People who were working from home during lockdown or lost their job since the beginning of COVID-19 pandemic saw their health decline.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9555689/>
- People in poorer health as well as women and those who had friends or family affected by COVID-19, were more likely to refrain from accessing healthcare during lockdown.

<https://pubmed.ncbi.nlm.nih.gov/36293850/>
- Exiting the workforce was not associated with increased risk of loneliness, however, poor quality work may lead to future loneliness.

<https://pubmed.ncbi.nlm.nih.gov/33757464/>
- Inflammatory arthritis, sleep disorders, common mental health conditions and musculoskeletal pain can lead to job loss on health grounds.

<https://pubmed.ncbi.nlm.nih.gov/35904117/>

A fond goodbye....to

Dr Cathy Linaker, a member of our HEAF team who had a pivotal role in setting up and administering the HEAF study.



****THE HEAF study carries on****

Back in 2021, more than 2,500 of you have contributed to the study by completing 2 online surveys with a COVID-19 focus. Some of you who had retired since the first national lockdown have also agreed to be interviewed to talk about your reasons for retirement. We really appreciated you investing time and effort! The HEAF study carries on and we plan to contact you again in 2024.

Your help with the HEAF research- we still need you!

As you know, the HEAF study started back in 2013 and we are delighted to report that over 5,000 of you are still helping us with this important research. Just a reminder that it does not matter whether you are currently **employed/self-employed/unemployed/retired/caring for someone/or volunteering**, we still want **YOU** to be part of the HEAF study!

Our research is only possible thanks to your engagement, and we are very grateful for that.

Future work will include

- Exploring health progression following retirement
- Exploring patterns of sickness absence and related job exit
- Describing characteristics of people who fall frequently

Are you moving home? Please let us know so that we can update our records for future contact!

We greatly value your tremendous support for the HEAF study over the past years and it is only with your help that we are able to carry out this important work. We will be back in touch next year!

Thank you again for all your help

Contact details

Stefania D'Angelo Tel: 023 80777624 / email: sd@mrc.soton.ac.uk

Or you can visit our website www.mrc.soton.ac.uk/heaf