
1970 BRITISH COHORT STUDY: 2016-18 SURVEY

Your guide to taking part

BCS70

1970 British
Cohort Study

WELCOME TO THE 2016-18 SURVEY!

This booklet provides you with information about the survey and what it will involve.

WHY IS BCS70 SO IMPORTANT?

BCS70 is one of Britain's four birth cohort studies. These studies each follow a group of people born in the same year. The studies have really improved our knowledge of how people's early lives shape what happens when they grow up. They have also shown how lives change from one generation to the next. A recent article in the journal "Nature" called these studies the "envy of the world". It said they have advanced our understanding of topics like the impact of pre-birth experiences on health in later life, the introduction of free nursery places for 3- to 4-year-olds and the drive to promote adult literacy and numeracy.

Every year the information that you so generously provide is used by researchers and scientists to examine a huge variety of important questions. Here are just a few examples of findings from recent research projects conducted using BCS70 data:

BEING YOUNG AND MENTALLY HEALTHY

Having good mental health as a child increases the chances of being a healthy weight in later life. BCS70 shows that there's a link between emotional problems and weight-gain between ages 10 to 30, and that general behavioural problems at age 5 are related to an increased risk of being overweight at age 30.

CLIMBING THE HOUSING LADDER IS GETTING HARDER FOR THOSE WHOSE PARENTS ARE NOT OWNERS

The chance of becoming a homeowner is influenced by whether your parents owned their own home. Using data from BCS70, researchers have shown that this link is much stronger for people born in 1970 than those born a generation earlier.

HEALTHY IN BODY AND MIND

BCS70 shows that those of you who often participated in a range of sports and activities when you were younger were happier than those who engaged in less energetic activities like darts and snooker.

ACADEMIC SUCCESS DOESN'T GUARANTEE TOP EARNINGS FOR FORTYSOMETHINGS

Doing well at school can open the door to better jobs, but it isn't always enough to secure a top income. Researchers have used BCS70 data to show that people who grew up with advantages, like a wealthier family or a private school education, were the most likely to be in the top 15% of earners by their early forties.

OLD HABITS DIE HARD

It appears we form habits at a young age. A recent study using BCS70 showed that those who watched a lot of TV when they were ten were the most likely to binge on television at age 42. Watching more TV at this age is linked with poor health outcomes such as obesity.

BCS70 HAS IMPROVED OUR KNOWLEDGE OF HOW PEOPLE'S EARLY LIVES SHAPE WHAT HAPPENS WHEN THEY GROW UP

WHAT DOES THE 2016-18 SURVEY INVOLVE?

You will be contacted by an interviewer who will invite you to take part. Your participation is, of course, entirely voluntary.

The interviewer will arrange a convenient time to call at your home to conduct the interview.

PAPER QUESTIONNAIRE

Once you have arranged an appointment the interviewer will post you a paper questionnaire. If possible, we would like you to complete it before your interview. The paper questionnaire will include questions about well-being, physical activity and leisure activities, and will take about 20 minutes to complete. The interviewer will collect the questionnaire when they come to your house to conduct your interview.

**YOU CAN MAKE
A UNIQUE
CONTRIBUTION
TO IMPORTANT
RESEARCH**

THE INTERVIEW

The interview will take around 50 minutes and will collect information about lots of different topics, including your family situation, your employment and income, and your health.

As always, you can skip any question you do not wish to answer. For some questions, which might be more private, you will fill in the answers by yourself on the interviewer's laptop.

NURSE VISIT

We would like to follow up your interview with a visit from a nurse. If you agree, a nurse will visit you and ask to take a variety of measurements which will allow researchers to examine the causes and consequences of good and poor health in much more detail.

The health measurements include blood pressure, height and weight measurements and the collection of a blood sample (which will only be done with your written consent).

The interviewer will provide you with a leaflet which tells you more about the nurse visit and will ask whether you are happy to be contacted by a nurse.



MORE INFORMATION

WHO IS CARRYING OUT THE SURVEY?

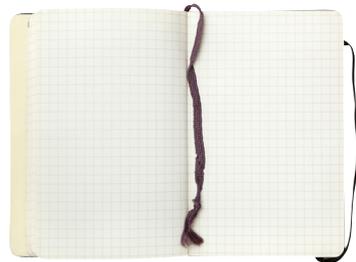
The study is run by the Centre for Longitudinal Studies (CLS), a research centre in the Institute of Education, which is part of University College London. It is funded by the Economic and Social Research Council, the Medical Research Council and the British Heart Foundation. The 2016-18 Survey is being conducted by NatCen Social Research, an independent research institute.

ETHICAL APPROVAL

The 2016-18 Survey has been approved by an independent group of people called a Research Ethics Committee, to protect your safety, rights, wellbeing and dignity.

CONFIDENTIALITY AND DATA SECURITY

The information you provide will be treated in strict confidence in accordance with the Data Protection Act, and used for research purposes only. This means that the data we collect from you is always kept separately from information which could identify you (such as your name and address). When reports based on the data are published, care is taken to ensure that no information which could identify an individual is included.



WHO TO CONTACT IF YOU NEED MORE INFORMATION

We hope this booklet answers any questions you may have, but if you need any further information please do not hesitate to contact us using the details below.

For information about the 2016-18 Survey, you can contact NatCen on:

- Freephone 0800 526 397
- bcs70@natcen.ac.uk

Your interviewer will also be able to answer any further questions you might have when they contact you to make your appointment for the 2016-18 Survey.

For information about the 1970 British Cohort Study, you can:

- visit www.BCS70.info
- email CLS at bcs70@ucl.ac.uk
- call CLS Freephone on 0800 035 5761
- or write to CLS at FREEPOST RTCX-HBGC-CJSK, 1970 British Cohort Study, Institute of Education, 20 Bedford Way, London, WC1H 0AL.



**THANK YOU AGAIN
FOR CONTINUING TO
CONTRIBUTE TO THIS
IMPORTANT STUDY**

We hope you find the experience
enjoyable and interesting
