

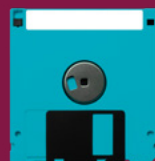
---

# MAKING A DIFFERENCE

---

Update 2022

---



**BCS70**

1970 British  
Cohort Study

**50**

YEARS OF LIFE  
& SCIENCE



# LIFE IN YOUR EARLY 50s

The Life in Your Early 50s Survey is now up and running. We're really looking forward to catching up with you all. For now, due to the pandemic, we're doing the interviews over video call. We hope that soon we can start offering in-person interviews, and perhaps even by the time you're reading this. But you'll still be able to opt for a video call if you prefer.

It will take us around 12 months to talk to everyone, so it may be a little while yet before you receive your invitation. We hope you'll take part. It would be great if we could interview even more of you than last time. Thank you for all that you do for BCS70 – your contribution is so important.

To find out more, go to [bcs70.info/early50s](https://bcs70.info/early50s)



For this survey, we're pleased to be able to invite **over 400** study members we had previously lost touch with.

We're also glad to have already interviewed **nearly 100** study members who hadn't taken part in BCS70 for **10** years.

Whether you forgot to update your contact details or life got too hectic for a while, it's never too late to rejoin. We're always delighted to have you back.

**1,703**  
OF YOU  
HAVE  
TAKEN  
PART  
SO FAR



**8,581**  
OF YOU  
TOOK  
PART IN  
THE LAST  
MAJOR  
SURVEY  
(AGE 46)

## YOU ASKED US...

### Do you ask all study members to take part in every survey?

We invite all study members living in Britain whom we have contact details for to take part in our major surveys. Sometimes we're also able to invite people living overseas – such as for the COVID-19 surveys – but this is not always possible.

This was one of the most popular questions during our online event for BCS70 members last year. Missed it? You can watch it at [bcs70.info/50years/event](https://bcs70.info/50years/event)

## BCS70 WOODLAND

To thank you for your contribution to the study, we've created a small woodland in the Forest of Bowland, near the centre of Britain. The site includes a bench with a dedication to the study and is situated near a free public car park.

This year's birthday card features a specially commissioned painting of the area by a local artist.

To find out more about the woodland, including how to get there, head to: [bcs70.info/woodland](https://bcs70.info/woodland)

We'll be posting woodland updates on the study website and Facebook page.



There are directions to the BCS70 bench on the study website, or you can go to [what3words.com](https://what3words.com) and enter the following words:

**1**

**SEAWEED**

**2**

**TRACKERS**

**3**

**MEATY**

# COVID-19

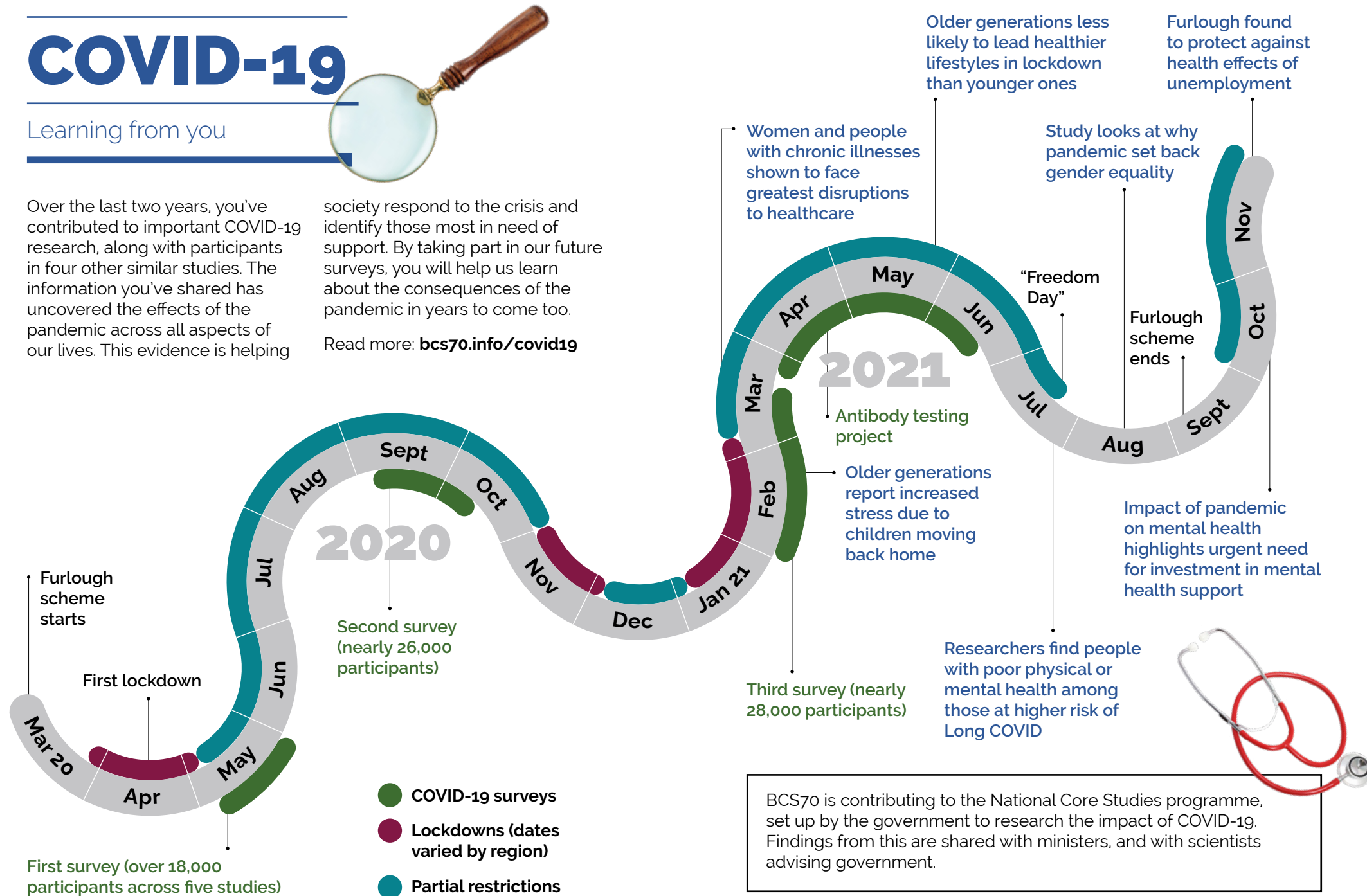
## Learning from you



Over the last two years, you've contributed to important COVID-19 research, along with participants in four other similar studies. The information you've shared has uncovered the effects of the pandemic across all aspects of our lives. This evidence is helping

society respond to the crisis and identify those most in need of support. By taking part in our future surveys, you will help us learn about the consequences of the pandemic in years to come too.

Read more: [bcs70.info/covid19](https://bcs70.info/covid19)







*The Duchess of Cambridge meets the team*

## A ROYAL VISIT

Last October, we were thrilled to welcome Her Royal Highness The Duchess of Cambridge to the UCL Centre for Longitudinal Studies, home to BCS70. She came to discuss a new cohort study, the Children of the 2020s, which will carry on the tradition of following generations of British people. During the visit, The Duchess learned about the invaluable contribution that BCS70 and other similar studies have made to our understanding of early child development.

## BCS70 IN THE MEDIA

Findings from BCS70 often make the news, informing the public discourse on health, employment and finances, family and relationships, and many other topics. We spotted over 100 headlines in 2021. Here's a very small selection:

### THE RACE TO CURE LONG COVID

*The Sunday Times*

### UK HEALTH INEQUALITIES MADE WORSE BY COVID CRISIS

*The Guardian*



### A THIRD OF MIDDLE-AGED BRITONS NOW HAVE MULTIPLE HEALTH PROBLEMS

*Daily Mail*

# LATEST BCS70 RESEARCH

Over 100 research papers based on BCS70 have been published in 2021. Here are just a few below. You can find out more about these and other findings at [bcs70.info/news](https://bcs70.info/news).

## PANDEMIC DISRUPTIONS

People with higher levels of depression or anxiety before the pandemic were at greater risk of losing their jobs during the pandemic, according to an analysis of information from over 59,000 participants from BCS70 and 11 other studies. They also experienced more cancellations and delays to healthcare appointments and procedures, and had more difficulties getting prescriptions. The research team called on policymakers to provide greater support to those affected.

## EARLY MENOPAUSE

A recent study has found that women who smoke or don't exercise are more likely to experience early menopause

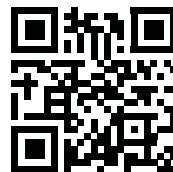
(before 45). The researchers also found that growing up in a poor household increased the likelihood of early menopause. The information participants share in the Life in Your Early 50s Survey about their experience of menopause will enable researchers to further investigate the impact of this transition in women's lives.

## EXERCISE AND WELLBEING

Researchers have found that those of you who exercise more tend to be happier, based on data from the activity monitors you wore for the Age 46 Survey. The study also found that time spent sitting was not always bad for mental health: activities requiring focus, such as reading a book were found to boost wellbeing – but more passive activities such as watching TV, did not. These results suggest that promoting regular exercise (of body and mind) should be a key focus of mental health policy.



## WE WANT TO HEAR FROM YOU!




Scan this QR code or go to [bcs70.info/share](https://bcs70.info/share) to:

- tell us what you think of this booklet
- talk to us about your memories of taking part.  
We may ask to use your story on the website  
or in updates we send you.

You can also contact us using the details below.

## KEEP IN TOUCH

If you change your address, phone number or email address, please let us know so that we can contact you in the future.

 0800 035 5761  
(free from a UK landline)

 [bcs70@ucl.ac.uk](mailto:bcs70@ucl.ac.uk)

 [bcs70.info](https://bcs70.info)

 1970 British Cohort Study  
Centre for Longitudinal Studies  
UCL Social Research Institute  
20 Bedford Way  
London WC1H 0AL



## FOLLOW US ON FACEBOOK!

 [facebook.com/1970BritishCohortStudy](https://facebook.com/1970BritishCohortStudy)