

The EPIC Participant Advisory Panel met online on Monday 06 December 2021. There were eight participants and three researchers in attendance. Four participants sent their apologies for not being able to attend.

Welcomes

Panel members were notified that the meeting would be recorded for purposes of minute writing. The recording will then be deleted

Talk from Dr Søren Brage "Is occupational activity good for us?"

Dr Søren Brage is the Group Leader of the Physical Activity Epidemiology group at the MRC Epidemiology Unit, University of Cambridge. SB gave a talk to the panel focusing on a recently published paper looking at whether occupational activity is good for us. Physical activity data has been collected from EPIC-Norfolk participants at various health checks. It has been used to look at changing physical activity levels in participants. Findings included that middle aged and older adults, including those with cardiovascular disease and cancer, stand to gain substantial longevity benefits by becoming more physically active, irrespective of past physical activity levels. Meeting and maintaining at least the minimum public health recommendations (150 minutes per week of moderate-intensity physical activity) would potentially prevent 46% of deaths associated with physical inactivity. More information about the publication SB focused on in his talk can be found at the following link:

<https://www.bmj.com/content/365/bmj.l2323>

Minutes from the last meeting

Minutes of the last meeting held on the 09th August 2021 were approved by panel members

Matters arising from previous minutes (PG)

UK LLC participant information sheet to be circulated to the panel so they can review in more detail.

NK confirmed that the UK LLC participant information sheet had been circulated to the panel members.

Newsletter edits- EPAP article.

HJ kindly redrafted the EPAP article in the October 2021 participant newsletter, so that it was worded from a panel member's perspective.

The latest version of the newsletter was circulated to the panel members and has since been posted out to all remaining EPIC-Norfolk participants in October.

Update on the EPIC team (NK)

Matt Sims has now left the unit after 17 years with the unit. He has taken up the position of Laboratory Director for a start-up company based in London, taking the lead role in establishing and developing their laboratory business. The panel asked NK to send on their best wishes to Matt and wish him all the best in his new role.

PPIE Recruitment for the UK LLC (Appendix 1)

The research team have been asked to circulate the UK LLC PPI advertising posters to their studies participant advisory panel. Everyone selected will receive guidance, training and payment for their involvement. If anyone is interested in joining this group please contact the UK LLC Comms team comms@ukllc.ac.uk for further information. There is a minimum term of 6months to be involved in this panel.

Dates for future meetings in 2022

Committee agreed that the next meeting should be held virtually on zoom and take place on the first Monday of the months of March, June, September and December.

The next meeting will be held online on Monday 28th March 2022

Appendix 1: UK LLC PPI poster

SEEKING PEOPLE TO CHALLENGE US ABOUT DATA SECURITY/ TRANSPARENCY/ SAFEGUARDS/ CONSENT/ LINKAGE/ USE/...

<https://ukllc.ac.uk>

Roles available for members of the public to register interest for the UK Longitudinal Linkage Collaboration Advisory Group, Data Access Committee, Public Advisory Group and Public Involvement Network. Everyone selected will receive guidance, training and payment for their involvement.

Essential - holds a strong opinion about how data should be used, protecting the rights of the public regarding data confidentiality and challenging examples of 'the way it's always been'.

To register interest, email
comms@ukllc.ac.uk



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The UK Longitudinal Linkage Collaboration is a project run by the Universities of Bristol and Edinburgh and is part of the COVID-19 Longitudinal Health & Wellbeing National Core Study.