

The EPIC Participant Advisory Panel met in person in Norwich and online on Monday 31st October 2022.

There were nine participants and three researchers in attendance. Nick Wareham, Nita Forouhi and one participant joined the meeting on zoom. Three participants sent their apologies for not being able to attend.

Welcomes

The panel welcomed to the meeting Shayan Aryannezhad a PhD student at the MRC Epidemiology Unit under the supervision of Professor Nita Forouhi. His research will examine combinations of health behaviours and weight over time and their link with the development of health endpoints such as incidence of type 2 diabetes

Talk: "EPIC-Norfolk update" Nick Wareham

Professor Nick Wareham gave an update on the progress of the study and also discussed the NIHR schedule of payments for participant involvement. The study would like to offer members of the panel the opportunity of claiming expenses for their time. This would mean that members could claim £50 for attending a meeting.

NW also explained how helpful it would be to have a statement from the panel chairman about the panel's support of the process of sharing EPIC-Norfolk data and samples for research purposes. The members of the group will meet to put together a statement and what topics/views should be covered in the statement. The statement will be reviewed by the panel at their next meeting.

Talk: "What is the Mediterranean diet" Shayan Aryannezhad

The panel welcome Shayan Aryannezhad (SA) to the meeting. SA gave an interesting talk about "What is the Mediterranean diet?". SA explained how

the Mediterranean diet is one of the most well studied dietary behaviours and had widespread beneficial effects on health. SA had carried out work using EPIC-Norfolk data investigating the effect of adhering to a Mediterranean Diet in the EPIC-Norfolk Study. If participants highly adhered to a Mediterranean diet, there were 8 deaths prevented per 1,000 population over 10 years and 10 CVD events prevented per 1,000 population over 10 years. The panel were surprised by the result and thought that it would be much higher. SA explained that this was not low and considering that no other factors, (such as a participants physical activity levels, or smoking status) were taken in to account for this figure.

Researchers now use screeners and a point structure to calculate the Mediterranean diet, so that they can assess how much an individual adheres to the diet. The panel asked if a screener could be circulated so that they could assess how much they adhere to the Mediterranean diet.

NK will circulate a screener to panel members, so that they can see how much they adhere to the Mediterranean diet.

There is good evidence for benefits of the Mediterranean diet and these effects are not limited to people of Mediterranean region. SA explained that further studies to identify how adopting a specific dietary and PA behaviour can enable people to live a longer and healthier life.

Newsletter update and final review of the "EPIC-Norfolk Newsletter Autumn 2022"

NK explained that the sending of the electronic newsletter has been delayed until the Autumn, due to technical issues with an internal email system which has taken slightly longer to set up. So much so at our last EPIC-Norfolk management meeting it was decided that we should also send out a paper newsletter to all participants that we do not hold an email address.

This newsletter is a slightly shorter version of the email version but essentially contains the same information.

Outstanding photo consent forms

NK collected outstanding photo consent forms.

The next meeting will be in March 2023, date to be confirmed.