

The EPIC Participant Advisory Panel met at the Assembly House in Norwich on Monday 20th November 2023. There were eleven participants and four researchers in attendance. One participants sent their apologies for not being able to attend.

Welcomes (All)

The panel welcomed Solomon Sowah to the meeting. Solomon joined the Nutritional Epidemiology Department in October 2021 as an MRC Postdoctoral Fellow after earning a PhD in Epidemiology from Heidelberg University, Germany. Solomon's current research is focused on evaluating the association between plant-based diets and chronic diseases, and environmental sustainability.

Nick Wareham joined the meeting online.

Update: EPIC-Norfolk Participant Event 2023

This is the summary of attendance to the Participant Event held in September 2023:

Session	In person / online	Registered	Attended
10:00am - 11:30am	In person	205	189
10:00am - 11:30am	Online	47	38
13:00pm - 14:30pm	In person	210	203
13:00pm - 14:30pm	Online	31	24

36 requests for the meeting recording which is also now available on the study website <https://www.epic-norfolk.org.uk/news/public-events/#Public> .

There was very positive feedback from the event and many could hear well on the venues hearing loop system.

Talk: " Planetary Health Diet (PHD) and Type 2 diabetes risk: Findings from the EPIC Norfolk Study" (Solomon Sowah)

High greenhouse gas emissions for meat. Planetary health diet – 15 food components, half veg and fruit, other half whole grains, modest amounts animal sources. Analysis of data EPIC-Norfolk – 5 groups of adherence of planetary health diet. Those in highest category had 36% lower risk of T2DM compared to the least adherence group. Panel

members requested a copy of presentation slides. All agreed that other participants would be interested to hear about this diet and suggested that it would be a good article for the next newsletter.

Update: "UK Longitudinal Linkage Collaboration (UK LLC)" (Nick Wareham) The UK LLC brings together information from longitudinal study volunteers with their routine records from sources such as NHS England, in a secure way.

EPIC-Norfolk has contributed summary level results data to consortia/cohorts. NW explained how this done by enabling researchers access to data. Previously this was done with collaborative agreements/data transfer. However, it much better and secure to share access to data rather than the data itself. UK LLC have enabled computing solutions to allow data sharing without physically moving the data.

>1500 peer reviewed publications using epic-n data up to end summer. $\frac{3}{4}$ publications led by 27 other countries. France Germany and NL – also part of EPIC-Europe. Papers produced but impact of paper is important. Altmetric – is a measure of attention. 12% Epic N papers Altmetric >100. 6 x higher than the equivalent figure for all publications captured by Altmetric. Epic-Norfolk papers generated 8604 news stories in 85 countries. Data widely used – 533 data and requests in last 5 yrs. Median time application to access committee decision is 8 days. Median time application to release 15 days. Only requirement of external researchers is that they acknowledge the study. Data on secure computer system for analysis. Researcher can take away results but not data.

Put data in trusted research environment (TRE) during covid. NHS England had to do record linkage for public good. UK-LLC persisted and wants to broaden remit to widen further than just covid to multiple endpoints. Instead of us receiving data from NHS England – it goes onto the UK LLC TRE and linked to data from NHS England. Only approved bona fide researchers can access EPIC-Norfolk data on the TRE. UK LLC use a similar process to what is currently carried out within the department, University of Cambridge.

Researchers would like to hear the viewpoint from participants. If happy let Nicola know form of words to transmit to UK LLC.

Panel supportive of UK LLC. The committee agreed that there needed to be a mechanism for those that don't want to take part in the UK LLC. It was suggested that this should be advertised in next newsletter.

Discussion: "Election of the Chairperson"

New chairperson elected by the panel .

AOB

Future Health and other large studies suggested for a topic to discuss at next EPAP meeting.

Date of next meeting: TBC