

What next?

Your information is important!

Your anonymised information gives an up to date picture of the health and wellbeing of people in South Yorkshire. This information is helping the NHS and local authorities assess the health needs of people living in Sheffield, Rotherham, Doncaster and Barnsley.

Over the next few months we will be sending you a second Health Questionnaire. We hope you will fill it in and send it back to us again.

Research studies

Some of you have been invited to take part in health research studies. For example, helping researchers at the Universities in Sheffield understand more about long-term depression, obesity, stroke and diabetes.

Over the next few years, some of you might be invited to take part in other studies. It will be completely up to you whether or not you decide to take part. Remember if you have any questions or worries please do contact us:

Tel: 0114 222 0802

Email: syc@sheffield.ac.uk

Changing our name

We have changed our name to the *'Yorkshire Health Study'*.

This is because the study is expanding throughout the Yorkshire and Humber region. For more information look at our new website:

www.yorkshirehealthstudy.org

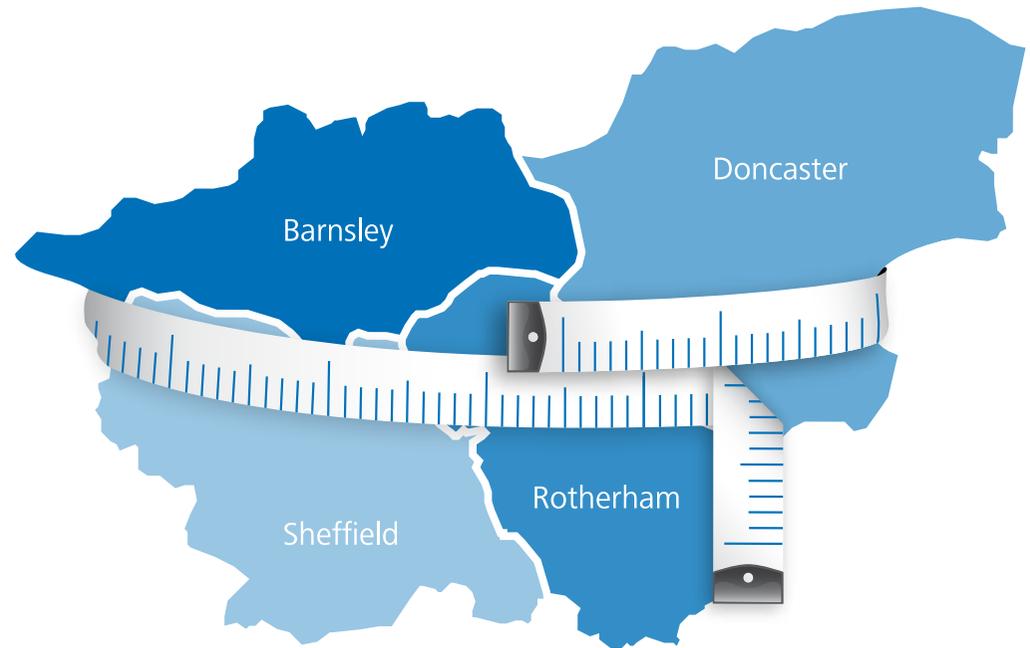
Let your friends and relatives know that they can join this study by going to our website and completing the online survey. A paper version is also available by calling 0114 222 0802

This newsletter presents independent research by the National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care for South Yorkshire (NIHR CLAHRC SY) a pilot which ended in 2013. Further details about the new NIHR CLAHRC Yorkshire and Humber can be found at www.clahrc-yh.nihr.ac.uk. The views and opinions expressed are those of the authors, and not necessarily those of the NHS, the NIHR or the Department of Health.

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Winter 2014

South Yorkshire Health Questionnaire Newsletter



Thank you! A couple of years ago your GP invited you to take part in the 'South Yorkshire Cohort' study. You and 27,802 others filled in and sent back Health Questionnaires to researchers at the University of Sheffield. This newsletter describes some of the findings and what we are doing next.



**Sheffield
Hallam
University**

NHS
*National Institute for
Health Research*

Study findings



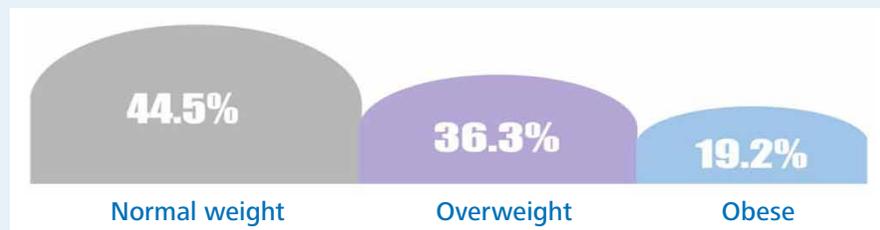
How happy are we?

Well the good news is that **people in South Yorkshire report their 'life satisfaction' as being 7.5** (10 = completely satisfied).

How overweight are we?

We asked people to tell us about their height and weight and gave them tape measures to help them measure their waists.

Over 55% of people reported being either overweight or obese.



Researchers are studying the stigma associated with being fat (how do you feel about this word?). Your next Health Questionnaire will ask you how often you eat certain types of food. This will help the researchers know more about the diet and health of people in Yorkshire.

How much do we drink?



Affluent areas

Average areas

Deprived areas

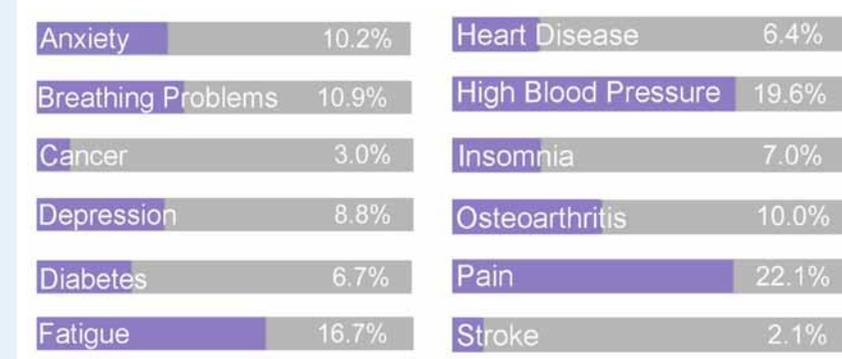
People reported drinking around **8 units of alcohol per week.**

Interestingly, those from the more affluent areas of South Yorkshire drank more than those from the least affluent areas.

What are our long-term problems?

You told us about **150 different long-term health problems.** The most common ones included **pain** (22%) and **fatigue** (17%) (see table below).

We have analysed the information from all your questionnaires. We found that tiredness/fatigue, osteoarthritis and insomnia have the biggest impact on peoples' overall health related quality of life.



Over **4,480 people reported suffering long-term pain**, so researchers are designing a study to test six different types of treatments for people with chronic pain.

How anxious and/or depressed are we?



One third of men and two thirds of women reported experiencing long-term depression or anxiety.

Those who reported long-term depression and/or anxiety were much more likely to also report suffering from long-term fatigue, pain, insomnia, breathing problems, high blood pressure, diabetes, etc.

We are planning studies to test different ways of helping people with these problems.