



**Find out more about the study**

[natscen.ac.uk/elsa50plus](http://natscen.ac.uk/elsa50plus)

## What is the study about?

Almost 40 per cent of the population of England is aged 50 or over. We are carrying out this research to find out more about the lives of people in this age group, who are becoming more influential.

## Why is ELSA important?

ELSA is unique. It is the only major study in England talking to people from 50, right up to 100 years old and beyond. That's why we're coming back to the same people every few years, to help us understand in detail how things are changing for you and your family.

## Why have I been invited?

You have been invited to take part in ELSA because you have previously taken part in ELSA or you have taken part in the Health Survey for England (HSE) or the Family Resources Survey (FRS) and have indicated that you agree to be contacted about taking part in further research.

## What does the study involve?

You will be contacted by an interviewer from The National Centre for Social Research (NatCen) who will invite you to take part at a time convenient for you. The study involves a face-to-face interview and a paper self-completion questionnaire. If you would prefer, you can undertake the interview via video call. Your participation is entirely voluntary.

The interview consists of questions about your health, living standards and lifestyle. You can skip any questions you do not wish to answer. The study will recontact you every two years to invite you to take part in an interview to explore changes over time. In some years, we will invite you to take part in a health visit. This will involve a separate visit carried out by a biomedical fieldworker and will include a blood test and other biomeasures.

## Why do we need you?

We want to hear about the lives of everyone aged 50 and over and their partners. Whatever your situation, your experiences are important to us. Even if your circumstances have not changed since we last interviewed you, it is still important we talk to you.

## Who is carrying out the research?

NatCen is carrying out the study alongside some of the UK's leading research organisations: University College London, the Institute for Fiscal Studies, the University of Manchester and the University of East Anglia.

**NatCen have been carrying out high quality social research since 1969. We are a non-profit organisation, independent of all government departments and political parties.**

## How ELSA is making a difference

Thanks to our unique information, the government is taking notice of what our ELSA members say and have used the data to inform their decisions on pensions and social care policy. The study is used by a wide range of organisations including universities, the NHS, Age UK, Independent Age, The Pensions Policy Institute, the Royal Economic Society and the Centre for Ageing Better. We are regularly quoted in the national media, recently featuring in the Daily Mail, the Sun, the Telegraph, the Times and the Guardian.

**Here is an example of how ELSA has made an impact on people's lives:**

### Impact of COVID-19

The ELSA Covid-19 studies during the pandemic provided really useful information about the effect this event had on people aged 50 and over. The pandemic caused a significant financial shock for many people aged 50 and over. One-in-seven had a drop in income during that time. Almost half (45%) of people working before the pandemic said they expected their total income in retirement would now be lower due to the pandemic. One in eight said they would need to retire later than they planned before COVID-19.<sup>1</sup>

### Health benefits of joining a sports club

Research using ELSA data has found that older people who are members of sports or exercise groups were less likely to have a decline in the amount of exercise they do over a 14-year period, compared to those who are not part of these groups. This also has the added benefit of socialising with other people, which may help improve wellbeing.<sup>2</sup>

<sup>1</sup>Crawford, R. (2021). The Effect of the Pandemic on Expected Retirement Resources, The Institute for Fiscal Studies. <sup>2</sup>Stevens, M., & Cruwys, T. (2020). Membership in Sport and Exercise Groups Predicts Sustained Physical Activity and Longevity in Older Adults Compared in Physically Active Matched Controls, *Annals of Behavioral Medicine*. 54:8, 557-566.

## Around the world

Studies similar to ELSA are carried out internationally, including in Europe, the United States, Brazil, China and India. This means that comparisons can be made about people's experiences of life over the age of 50 around the world.

## How will the data be used?

Your answers are put with those collected from people across England and the survey findings are used for research for the public good. You will not be identifiable from the published results. For more information read the ELSA Privacy Notice here: [elsa-project.ac.uk/privacy-notice](https://elsa-project.ac.uk/privacy-notice).

## Who has reviewed the study?

ELSA is assessed by an independent group of people called a research ethics committee to protect your interests. This study has been reviewed and approved by South Central - Berkshire NHS Research Ethics Committee.

### For more information

If you'd like to know more, or have any concerns or complaints, you can raise any issues directly with your interviewer at the time of your interview. Alternatively, please get in touch. NatCen will respond to any complaints within ten working days.

Web [natcen.ac.uk/elsa50plus](https://natcen.ac.uk/elsa50plus)

Email [elsa@natcen.ac.uk](mailto:elsa@natcen.ac.uk)

Freephone **0800 652 4574**

## Our responsibilities to you



### We respect your wishes

Taking part is voluntary and you do not have to answer any questions you don't want to.



### We answer your questions

Your interviewer will be happy to answer any questions you have about the study.



### We ensure your safety

All our interviewers carry photographic ID cards and have been checked by the Disclosure and Barring Service (previously Criminal Records Bureau).



### We guard your privacy

We will treat information you give in the strictest confidence under current data protection legislation. You can read the ELSA Privacy Notice here: [elsa-project.ac.uk/privacy-notice](https://elsa-project.ac.uk/privacy-notice).