

ELSA

50+ Health & Life

NatCen
Social Research



Find out more about the study

natcen.ac.uk/elsa50plus



What is the study about?

By 2020, it is estimated that around half the population of England will be over 50. 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 different?

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. Some of you will also be invited to take part in a nurse visit which your interviewer will tell you more about.

Why are you important?

We want to hear about the lives of everyone aged 50 and over. You might be retired, unemployed or still working nine to five. You could live alone or have a large family. You might be struggling financially or comfortably off. You could be feeling fit and healthy or dealing with health problems. Whatever your situation your experiences are important to us. Even if your circumstances have not changed, it is still important we talk to you.

Who is listening?

Thanks to our unique information, the government, universities and charities are taking notice of what ELSA members are saying. The government has already used what you say to inform their decisions on pensions and social care policy.

Nutrition questionnaire

As part of wave 9 we will also invite you to take part in an optional online questionnaire which will ask you about the food and drink you have had in the previous day.



How ELSA is making a difference

The study is used by a wide range of organisations including the NHS, Age UK, Independent Age, The Pensions Policy Institute, Royal Economic Society, the 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:

The role of sports centres in reducing frailty

Recent analysis of ELSA data suggests that being a member of a sports club has a positive impact on health in older adults. The study shows that sports clubs that are accessible to older people might help them to maintain adequate levels of physical activity and prevent them from becoming frail.

Source: Watts, P., Webb, E. and Netuveli, G. (2017) The role of sports clubs in helping older people to stay active and prevent frailty: a longitudinal mediation analysis. *International Journal of Behavioural Nutrition and Physical Activity*, 14:95.

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.

Who is carrying out the research?

NatCen Social Research is carrying out the study as part of a team with some of the UK's leading research organisations - University College London, the Institute for Fiscal Studies and the University of Manchester. ELSA also has close links with researchers from the University of East Anglia. It is funded by a number of UK government departments, the ESRC and the National Institute on Aging in the United States.

How will the data be used?

Your answers are put with answers collected from people across England and the survey findings are published in a report. You will not be identifiable from the published results. We will also make a copy of the anonymous dataset available in the UK Data Archive for people to use for research, teaching and learning. The only people with access to your personal details are the ELSA team who administer the survey. Find out more about the UK Data Service Archive at <https://www.ukdataservice.ac.uk/about-us>.

NatCen have been carrying out high quality social research for 40 years. We are a non-profit organisation, independent of all government departments and political parties.

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

Email elsa@natcen.ac.uk

Freephone 0800 652 4574

NatCen Social Research, Kings House, 101-135 Kings Road, Brentwood, Essex CM14 4LX. Tel. 0800 526 397. Company limited by guarantee. Reg No. 4392418. A Charity registered in England and Wales (1091768) and in Scotland (SC038454)

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. The results collected are used for research and statistical purposes only. We would only have to tell someone else what you say if, during the interview, you tell us about possible harm to yourself or others.