

**NatCen**

**Social Research** that works for society

# ELSA

## 50+ Health & Life

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**Information for the nominated  
contact person**



**Dear**

## **What is ELSA 50+ 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.

We are the only major study in England talking to people from 50, right up to 100 years old and beyond, at the same time. We come back to the same people every few years to help us understand in detail how things are changing for people in this age group.

## **Why have I been contacted?**

Someone you know well (this could be your relative or close friend) took part in ELSA 50+ Health & Life. They gave us your name and contact details so that we may contact you in the event that we are unable to make contact with them in the future.

## **How can I help?**

By being a nominated contact person for your relative or close friend you can help in several ways.

- By giving us their new address details so that an interviewer can contact them and invite them to take part in the study.
- If your relative or close friend is unable to do the interview, with their permission, we may contact you to ask that you complete it on their behalf.
- Or by passing a letter from us to your relative or close friend so they can get back in touch with us.

## **Who will contact me?**

An interviewer will get in touch with you by phone in the first instance. The interviewer might need to make a visit to your address (depending on government guidance) to ask whether you can help us if he/she is unable to reach you by phone.

## **How ELSA is making a difference**

The study is used by a wide range of organisations including the NHS, Age UK, Friends of the Elderly, Independent Age, Royal Economic Society and the Economic Society. We are regularly quoted in the national media, recently featuring in the Daily Mail, the Sun, the Telegraph, the Times and the Guardian.

## Here are just a few examples of how ELSA has made an impact on people's lives:

### Transport trouble

The study showed that one in six people aged over-65 would find it difficult or impossible to use public transport to get to hospital for an important appointment.

“This study should be a wakeup call as it shows our transport system is not currently meeting the needs of our growing ageing population.”

Caroline Abrahams  
Director, **Age UK**

### Stay in shape together

Couples who try to get healthy together are three times more likely to succeed than those who try solo, data from ELSA has shown. The study showed that those who tried to give up smoking, do more exercise, or lose weight, were much more likely to succeed if their partner did the same. This has important implications for the NHS and health charities drive to help people stay healthy and active as they get older.

## 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 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.

Together we make up the ELSA Research Team. It is funded by a number of government departments in Britain, the ESRC and the National Institute on Aging in the United States.

**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.

## Our responsibilities to you:

### **We respect the participant's wishes**

By giving us up-to-date contact details, you are helping us keep in touch with an important member of this study. You are not committing them to be interviewed. Taking part is entirely voluntary and they do not have to answer any questions they don't want to.

### **We answer your questions**

The interviewer will be happy to answer any queries you have about the study and your involvement in it.

### **We ensure the participant's safety**

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

### **We guard the participant's and your privacy**

We will treat your personal details and the information you give in the strictest confidence under current data protection legislation. Your contact details are only used to make contact with the ELSA participant to enable their participation in the study, used for research and statistical purposes only. Your personal details will only be known to the members of the ELSA research team who administer and process the results of the survey, stored securely and will never be passed on to anyone else. As ELSA is a long-term study, we have not set a limit on how long we would like to keep your details or the information collected on ELSA. You have the right to request access to your data, to amend it if it is incorrect, or that your data is deleted (if still in its raw form).

You can contact the NatCen Data Protection Officer by email at [dpo@natcen.ac.uk](mailto:dpo@natcen.ac.uk). To read our data protection policy, visit [www.natcen.ac.uk](http://www.natcen.ac.uk).

### **For more information**

If you'd like to know more, or have any concerns or complaints, call us free on **0800 652 4574**, email us on [elsa@natcen.ac.uk](mailto:elsa@natcen.ac.uk) or visit [www.natcen.ac.uk/elsa50plus](http://www.natcen.ac.uk/elsa50plus).