

## What is collected?

Data from 27,806 individuals aged between 16 and 85 was collected in the first wave (2010-2012).

This includes a variety of information:

**Personal characteristics** - age, gender, ethnicity, height, weight, waist size, education, occupation, postcode

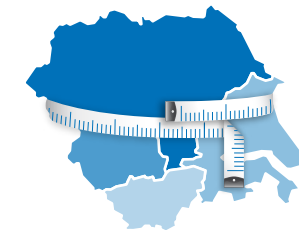
**Health** - health-related quality of life (EQ5D), life satisfaction, long-standing health conditions (tiredness/fatigue, pain, insomnia, anxiety/nerves, depression, diabetes, breathing problems, high blood pressure, heart disease, osteoarthritis, stroke, cancer)

**Health related behaviours** - alcohol consumed, smoking status, medication usage (name, strength, if prescribed and what for), physical activity and exercise levels, weight management (exercise, food, slimming club, meal replacement, over the counter weight loss medication)

**Health care usage** - hospital, GP, physiotherapist, dietitian, social and welfare care, alternative therapists (e.g. homeopath).

This information enables the quick and efficient recruitment of participants to studies.

The majority (79.7%) of individuals have given consent for their NHS health records to be linked to the data, providing important additional data on diagnosis, medication and health care usage.



Yorkshire  
Health  
Study

Information for researchers



## Contact details

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- Up to date health information on your local population
- Find your participants easily
- Recruit economically and on time



**NHS**  
National Institute for  
Health Research

## About

The Yorkshire Health Study is a longitudinal observational cohort study providing information on the health needs of residents in Yorkshire. The study began in 2010 covering the South Yorkshire region and was then known as the 'South Yorkshire Cohort'. In January 2014 the study widened to include the whole of the Yorkshire and Humber region.

The first wave of data collection (2010-2012) is complete and the second wave of data collection is due for completion by the end of 2015. **Anonymised data sets for secondary analysis are now available for the first wave of data collection.**

The study provides a large **participant identification and recruitment facility.**

We currently have 22,715 participants who have consented to be contacted again for research purposes.

The study has multiple funders including the National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care in Yorkshire and Humber (CLAHRC YH).

## Research platform

The Yorkshire Health Study provides a regional platform for health research, which can be used to identify and recruit participants quickly and economically for a wide range of study types.

Uniquely, the platform facilitates recruitment to pragmatic randomised controlled trials and provides economical long-term follow up.

## Research

The Yorkshire Health Study is designed to support public health research, supported by a strong network of regional collaborators including local authorities, academics and the NHS.

Research is focusing on addressing four major public health challenges:

- **Obesity**
- **Health inequalities**
- **Healthy ageing**
- **Long-term health problems**



### Accessing the data

If you want us to contact potential participants for your study OR request access to our anonymised datasets then please contact us or complete the form that is available at:

[www.yorkshirehealthstudy.org](http://www.yorkshirehealthstudy.org)

Multi-disciplinary collaboration is strongly encouraged.

## Current projects

The Yorkshire Health Study is being used for a wide variety of studies including cross-sectional analyses and recruitment to qualitative studies and randomised controlled trials.

Examples of work currently undertaken include:

- **Self-management of longer-term depression (IQuEST)** - The study has examined the experiences of individuals who have long-term depression.
- **Decisions about Weight Management (DaWM)** - An investigation into how overweight and obese people make choices in how to manage their weight.
- **Deprivation, clubs and drugs** - A cross-sectional analysis of uptake of weight management strategies and how they vary by population sub-groups.
- **Disability and diabetes** - The exploration of how diabetes affects physical disability across different ages.

Further details of all projects can be found on the Yorkshire Health Study website [www.yorkshirehealthstudy.org](http://www.yorkshirehealthstudy.org)