



ncds

National Child
Development Study

Making a difference

UPDATE 2022

Life in your early 60s



We originally launched the Life in Your Early 60s Survey in January 2020. It was great that we could catch up with some of you in person before the pandemic. At the end of last year, we were able to re-start the survey by interviewing some of you by video call. We hope to be able to offer in-person interviews soon, but you will still be able to opt for a video call if you prefer.

It will take us until early 2023 to talk to everyone, so it may be a little while yet before you receive your invitation. We really hope you'll take part. It would be great if we could interview even more of you than last time. Thank you for all that you do for NCDS – your contribution is so important.

To find out more:
ncds.info/early60s

WELCOME BACK

Whether you forgot to update your contact details or life got too hectic for a while – it's never too late to rejoin. We're always delighted to have you back.

For this survey, we're pleased to be able to invite **over 1,100** study members we had previously lost touch with.

We're also glad to have already interviewed **50** study members who hadn't taken part in NCDS for 20 years.

2,013
of you
have
taken
part
so
far



9,137
of you
took part
in our last
major
survey
(age 55)

YOU ASKED US...

"I haven't faced many difficulties in my life so far, are my answers to the survey questions still helpful?"

The study isn't only about the challenges people face. It's also about understanding the positive things, like what helps us to thrive, build resilience and stay healthy. By taking part in the study, we can also see how your life compares to other people's, how it's different, and

why that might be. We can understand why life is harder for some people and what could help. People's experiences are so varied, and the unique value of NCDS is that it reflects your generation as a whole. So, yes, all your answers are incredibly important to us.

60 SECONDS WITH...

Carole Sanchez, NCDS Survey Manager



What does your job involve?

My role is to ensure that each survey meets the expectations of those who will use the information you provide, such as researchers and policymakers. It can be quite challenging as there are so many questions we would love to ask you, but we have limited time! I also try my best to make the survey an interesting and enjoyable experience for participants.

How has COVID-19 affected NCDS?

I feel like I have been on a roller coaster for the past two years! After we had to pause the Life in Your Early 60s Survey, we worked very hard to redesign it so that we could have the option to interview you by video call. We were so pleased to receive positive feedback from study members who have taken part in this way.

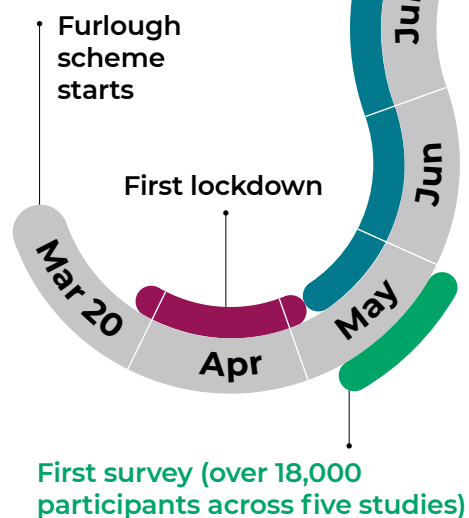
COVID-19

LEARNING FROM YOU

Over the last two years, you've contributed to important COVID-19 research, along with participants in four other similar studies. The information you've shared has uncovered the effects of the pandemic across all aspects of our lives. This evidence is helping society

respond to the crisis and identify those most in need of support. By taking part in our future surveys, you will help us learn about the consequences of the pandemic in years to come too.

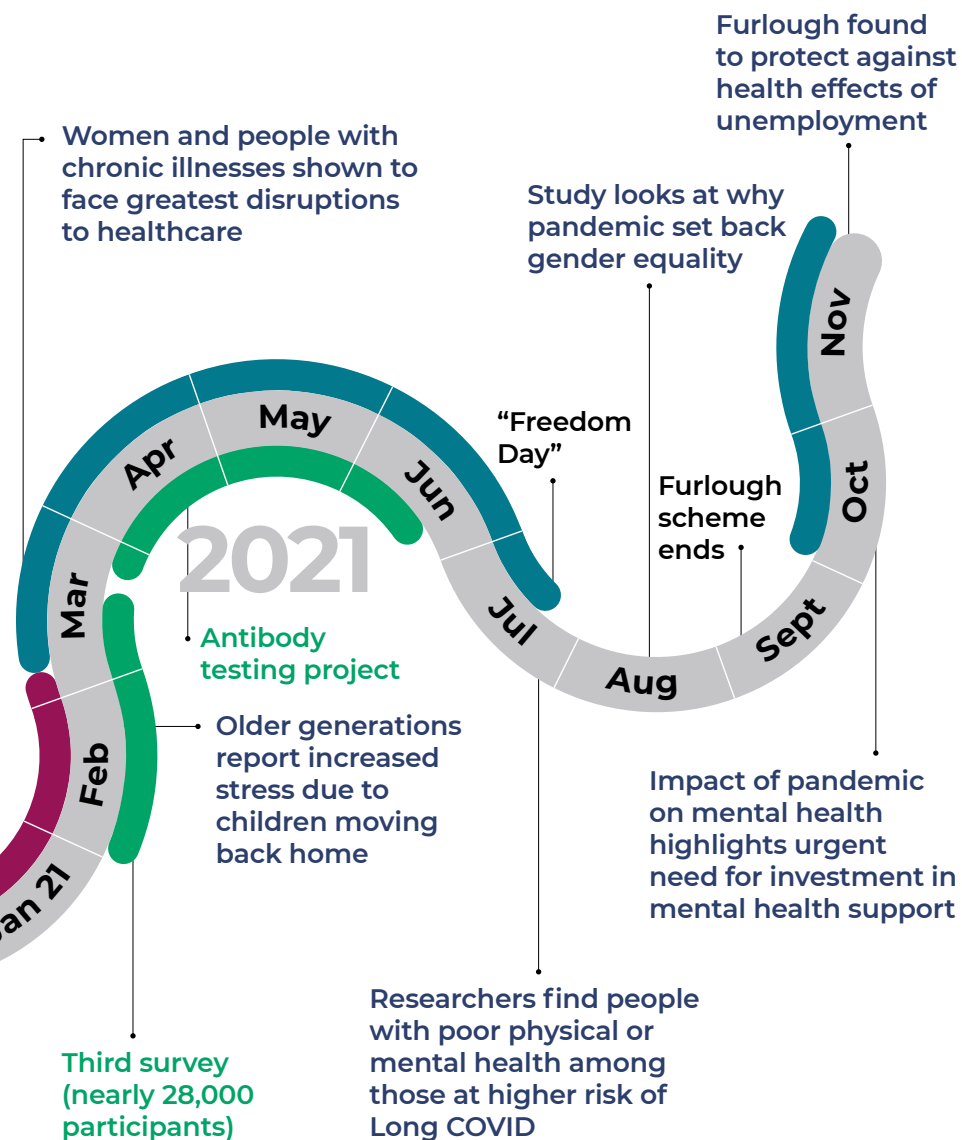
Read more: ncds.info/covid19



2020

Second survey
(nearly 26,000
participants)

- COVID-19 surveys
- Lockdowns (dates varied by region)
- Partial restrictions



2021

NCDS is contributing to the National Core Studies programme, set up by the government to research the impact of COVID-19. Findings from this are shared with ministers, and with scientists advising government.



The Duchess of Cambridge meets the team

A ROYAL VISIT

Last October, we were thrilled to welcome Her Royal Highness The Duchess of Cambridge to the UCL Centre for Longitudinal Studies, home to NCDS. She came to discuss a new cohort study, the Children of the 2020s, which will carry on the tradition of following generations of British people. During the visit, The Duchess learned about the invaluable contribution that NCDS and other similar studies have made to our understanding of early child development.

NCDS IN THE MEDIA

Findings from NCDS often make the news, informing the public discourse on health, employment and finances, family and relationships, and many other topics. We spotted nearly 70 headlines in 2021. Here's a very small selection:

MIDDLE AGE IS WORST PERIOD FOR MENTAL ILL HEALTH
The Telegraph

UK HEALTH INEQUALITIES MADE WORSE BY COVID CRISIS

The Guardian

THE RACE TO CURE LONG COVID

The Sunday Times

Latest NCDS research



Over 100 research papers based on NCDS were published in 2021. Here are just a few below. You can find out more about these and other findings on ncds.info/news.

Pandemic disruptions

Analysis of information from over 59,000 participants in NCDS and 11 other studies, found that people with higher levels of depression or anxiety before the pandemic were at greater risk of losing their jobs during the pandemic. They were also more likely to experience problems with healthcare appointments and prescriptions. The research team called for greater support for those affected.

Imagine your life at 60

In the Age 50 Survey, we asked you to write about the lives you thought you would be leading at 60. Researchers found that

women were more likely to write about family, and men about sports. Better-off people discussed travel, while less well-off people mentioned health issues. We knew from previous research that gender and social class could influence many aspects of life. Your contribution shows that these can also affect how people see their future.

Neighbourhood effects

Previous research has shown a link between living in deprived areas and having poorer health. By combining data from NCDS with area information from the Census, researchers have now shown that the longer people live in deprived areas, the poorer their health becomes. This is important evidence for the government's new Office for Health Improvement and Disparities, launched last year to tackle health inequalities.

WE WANT TO HEAR FROM YOU!




Scan this QR code or go to ncds.info/share to:

- tell us what you think of this booklet
- talk to us about your experiences of being in the study.
Your stories might be used on the website or in updates we send you, like this one.

You can also contact us using the details below.


Keep in touch

If you change your address, phone number or email address, please let us know so that we can contact you in the future.

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