



SPRING 2024

EXCEED Newsletter

Extended cohort for e-health, environment and DNA

Study Update

Welcome to our first newsletter of 2024. Last year was a busy time for the EXCEED study as we celebrated our 10th anniversary. We hosted a Scientific Symposium on the 6th September which was attended by health professionals from across the City, as well as our EXCEED participants and PPI group. On the day we heard a range of talks from researchers utilising EXCEED data and we are pleased to say these talks are now available to view on our website. On the back of this we also developed a series of podcasts with the researchers, discussing their talks and areas of expertise in more depth. To view the symposium talks and listen to the podcasts please visit: <https://exceed.org.uk/symposium/>



WITH VERY BEST WISHES,
PROFESSOR MARTIN TOBIN, EXCEED PRINCIPAL INVESTIGATOR.

Looking Back and Looking Ahead

During EXCEED's 10th anniversary year, we took the opportunity to celebrate the contributions of the 11,000 participants who have joined us since the study began in 2013. Thank you to all the participants who came along to the Scientific Symposium on a gloriously sunny day in September – we were delighted to be able to share with you some of the discoveries that have been made possible by your involvement in EXCEED, and to showcase some of the studies and researchers undertaking projects at the moment. It is testament to the value of the data that we have collected over the last decade that 64 projects have applied to use information from EXCEED to investigate a range of important health issues. We will also continue to share these with you in future newsletters.

Looking forward to the next decade our plans are to continue strengthening the cohort, expanding participation to communities who have not always had opportunities to take part in research, and working with partners in the region to improve collection of samples for future DNA analysis. As always, we welcome input from participants so please get in touch if you would like to know more or could help us with future recruitment by sharing your enthusiasm for research.



Update on our partnership with UK Longitudinal Linkage Collaboration

EXCEED is part of the UK Longitudinal Linkage Collaboration (UKLLC) and we are letting you know what is changing with them, why, and how it may affect you. In 2020, EXCEED came together with similar studies to form UKLLC, to create a research resource to help understand the impacts of the COVID-19 pandemic and develop new treatments. UKLLC is now preparing to make data available, within its Trusted Research Environment, for any public good research, in addition to COVID-19 research.

This will help researchers answer more research questions on important issues that affect people's health and wellbeing. For example, they can examine how health and mental health conditions affect care provision among different socio-demographic groups, or identify factors that can be modified to reduce health risks.

Some studies in UKLLC will also link to additional datasets, such as education and employment data, if their participants already agreed to this. **EXCEED will not link to this additional data**, and will continue to link only to health data. Just as before, the data in the Trusted Research Environment will not include details that can identify you, such as name or address. All research projects must be reviewed and approved by EXCEED's data access committee before they can use your data. Deidentified data never leaves the Trusted Research Environment and can only be accessed by approved UK based researchers.

If you wish to opt-out of sharing your data with the UKLLC please get in touch with the EXCEED Study Team.

Apply to join UK Longitudinal Linkage Collaboration's Public Involvement Programme

UK LLC is looking for study participants to join their growing Public Involvement Programme.

They have several vacancies across their Data Access Public Review Panel, Public Advisory Group and Public Involvement Network that involve reviewing applications to access data; co-designing public-facing materials, discussing the acceptability of different types of data use and much more!

If interested, you can email Rebecca at comms@ukllc.ac.uk

Meet the EXCEED Team

Gerald Sze



I joined EXCEED in March 2023 as a Research Software Engineer. My role at EXCEED is to manage EXCEED's digital data and support the academic team in their research. I reached out to several participants at the 2023 EXCEED symposium. During the conversation, I was very moved by their enthusiasm for healthcare research and contribution to society, which made me even more honoured to participate in EXCEED's research work. I like walking in the woodlands and chit-chatting with my wife and sons near my home in my spare time. I enjoy going camping and playing water sports in different places during summer.

Updating Your Email Address

We would like to encourage any participants with an email address to visit their participant profile page on our website to update their email address. This enables us to reduce our postage costs, as well as be more environmentally friendly. Please visit: <https://exceed.org.uk/login/>

Contact details listed at the bottom of the page.