

The Health of Adults' Longitudinal Observational (HALO) Study

Background to the project:

Sport and exercise are the most obvious forms of physical activity and recreational running is one of the most popular pastimes in the UK. The beneficial impact on overall health and wellbeing provided by such activities is well documented. For example we know that the vast majority of individuals who complete low and moderate intensity activity are at no greater risk of osteoarthritis and the health benefits far outweigh the risks of injury or illness resulting from participation.

One difficulty with research about physical activity and health is the lack detailed physical activity data, especially running data, on large samples over many years. For example, many individuals believe that running will have a detrimental effect on their knees, yet the balance of previous research suggests that this is not the case - but these were small investigations and a large study is needed. Additionally, in an aging society, with increasing obesity and sedentary lifestyles, it is clear that a greater understanding in this area would be beneficial to the overall population.

What the research hopes to achieve:

We seek to conduct world-leading research to help understand the relationship between chronic disease, such as osteoarthritis, and physical activity, such as running, and other modifiable risk factors (e.g. diet). One research aim is to evaluate individuals who participate regularly in recreational running to investigate the development of knee osteoarthritis over time - by following a population of runners over a number of years, we seek to assess how risk factors, such as volume of running and injury, impact on joint health. In doing so, it is hoped that novel clinical practices may be highlighted and developed.

Where most of the work is conducted:

This research is being conducted at Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis, School of Medicine, University of Nottingham.

How to get involved:

If you wish to take part in our research, you will be required to complete an online questionnaire so that we get to know more about you, including details of your general health, and physical activities (especially running). All information will be confidential, and will not be made available to any one other than the research team. You will be invited to complete follow-up questionnaires every 12 months. If you are interested in taking part in other aspects of our research, please indicate this on the questionnaire. Everyone who signs up before Thursday the 31st of December 2015 will have the option of entering a draw to win an iPad.

The questionnaire is accessed via:<https://nottingham.onlinesurveys.ac.uk/haloquestionnaire>

If you have any further questions regarding our research, or would like a paper copy of the questionnaire please contact Joanne Bartram by email [centre-seoa@nottingham.ac.uk] or 0115 8231411.