



Thank you for taking part in the West of Scotland Twenty-07 Study.

All our findings are on the study website: <http://2007study.sphsu.mrc.ac.uk/>

Here are some of our recent findings.



Young people who went to University were more likely to drink heavily, while those who did not were more likely to smoke.

Our research keeps looking for ways to keep young people safe and healthy.



People living in areas with litter, graffiti or vandalism were more likely to be obese.

Our research tells policymakers that improving areas can improve health.



Older people who were retired or not in work were more likely to feel lonely, isolated and less sociable and had lower self-esteem than those still working.

Our research is trying to find out how to improve physical and mental health as people age and leave the workplace.



Some of you wore an activity monitor for a week. We found that those with a caring role sat less while those who were afraid of crime or felt their area had poor services sat more.

There is concern that sitting too much is bad for physical and mental health.