

Principal Investigator

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Summary of research

Multi-morbidity, activity, alcohol, smoking, diet, bmi

Application Lay Summary:

1a: We aim to :

- investigate the prevalence of multi-morbidity (presence of more than two chronic conditions) in a large representative sample of older adults from the UK
- identify patterns of multi-morbidity in the distribution of chronic diseases and age and gender specific differences in these patterns
- assess the association between lifestyle risk factors (physical activity, smoking, alcohol use, Body Mass Index, fruit and vegetable intake) and multi-morbidity

1b: The UK Biobank is aimed at supporting research intended to improve prevention, diagnosis and treatment of illness and promotion of health. This project aligns very closely with the purpose of Biobank and addresses a very important issue in the current health care settings in the UK. A better understanding of multi-morbidity and its associated factors will not only feed into the prevention and care guidelines for multi-morbidity but also aid in defragmentation of care for these patients.

1c: We will quantify the extent to which multi-morbidity affects older adults in

the population and common clusters of chronic conditions. We will also then assess the variations in these clusters by age and sex and the association between multi-morbidity and lifestyle factors.

1d: Full cohort