



Invite your friends and family to  
join Generation Scotland



SCAN ME

We've reached an exciting point in our research. We're now inviting new volunteers to join. Anyone in Scotland can sign up, and for the first time this can be anyone aged 12 or over. Please let your friends, family and people in your community know that they can join too.

If you know anyone who would like to take part, you can share this link: [www.generationscotland.org](http://www.generationscotland.org) or Google, Generation Scotland.

## Changing of the guard

Our previous Director, Professor David Porteous, retired in 2022, but continues to support Generation Scotland. Our new Director, Professor Cathie Sudlow, is a neurologist and clinical epidemiologist based at the University of Edinburgh.



She is also Chief Scientist and Deputy Director of Health Data Research UK (HDR UK), the UK's national institute for health data science, and is Director of the British Heart Foundation Data Science Centre at HDR UK.

Cathie looks forward to supporting the recruitment of thousands of new Generation Scotland volunteers from across Scotland. She is keen to ensure that the Generation Scotland resource is widely used for research to improve the health and well-being of current and future generations.

Happy New Year from  
Generation Scotland!

Thank you for your continuing support as a Generation Scotland volunteer and a warm welcome to 2023.

Along with over 25,000 volunteers from across Scotland who have joined Generation Scotland since 2006, your data and samples are helping researchers to understand how our genes and the world around us affect our health and well-being. This is paving the way towards developments in prevention, and treatment of disease, keeping us healthy.

We are delighted to be able to share our latest news, including the opportunity for your friends and family to join Generation Scotland.

Join our online portal

Generation Scotland has a new online portal, where you can take part in research questionnaires and update your contact details. You should have received a letter with full instructions on how to join the portal enclosed within this newsletter. Please do contact us if this is missing.

## Research News

Over 400 research teams have been approved to collaborate with Generation Scotland on projects that improve our understanding of a wide range of conditions, including mental health, dementia, COVID-19, stroke and heart disease.

The Generation Scotland Access Committee reviews all research proposals, making sure that all approved research will benefit the public. We take the privacy and security of your data extremely seriously. The data we hold about you is stored securely in accordance with data protection laws. Researchers approved to use the Generation Scotland resource to make research discoveries cannot access any personal details that could identify you.



Learn more about our research here: <https://edin.ac/3Vh4wtN> or **SCAN ME**

## Here are examples of two research projects that published their findings in 2022

### Predicting disease onset

Researchers have used information from blood tests in Generation Scotland to create a new way to predict whether people will go on to develop a range of age-related diseases for example, type 2 diabetes, stroke, or rheumatoid arthritis.

They focused on tiny chemical additions to DNA (called epigenetic modifications) that are influenced by lifestyle and environment.

Understanding how these factors influence our health may help health professionals know when to intervene and prevent people developing diseases as they age.



### Newborn blood spots

NHS Scotland has taken heel-prick blood spots from newborn babies since 1965. The blood spots are collected onto paper cards and tested for rare but treatable conditions. The NHS stores these cards safely and securely. We have discovered that important health information can be recovered from even the oldest blood spots.

There are 3 million cards, the largest collection anywhere in the world! And we are working with the Scottish Government to see if this project can expand to include the full collection.



### Contact us

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