



## Achievements so far – Professor Rory Collins

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Hello, my name is Rory Collins. I am the Principal Investigator at UK Biobank, which means that I have overall responsibility for the project, and I am also the British Heart Foundation Professor of Medicine and Epidemiology at Oxford University.

With your help, UK Biobank has come a long way over the past 10 years. From an exciting research idea proposed by key scientists it is now following the health in detail of half a million Britons, and advancing medical research. It has become one of the largest and most detailed population studies ever undertaken. UK Biobank is the envy of many scientists around the world and other countries are creating their own biobanks which will work in harmony with our own. We are very grateful to you, our participants, for having the confidence in health research in the UK to take part in the project and to help improve the lives of future generations.

Our half millionth participant joined the project in 2010. Since then, 20,000 have returned for a second assessment and we plan to ask others of you to help in this way over the years that follow. By doing so, we can take account of changes that occur over time. Many thousands more participants have taken part in our online diet questionnaires and many of you are currently wearing our activity monitors.

We are all involved in this project to help health research. Systems are now in place to allow us to follow your health, from hospital visits, to information from GP practices and also data from registers that collect information about particular diseases, such as cancer.

We are now undertaking 40 key tests of blood samples from all participants that will be of value to as wide a number of different health researchers as possible. We are also undertaking important genetic analyses of blood samples from all UK Biobank participants.



This is exciting, unique research that will be a major boost to scientists both here and overseas for many years to come.

Ultimately, of course, it is all about what we learn from UK Biobank in preventing and treating diseases. We are starting to see scientific papers emerge from the first approved researchers to use the resource. There will be many more in the months and years to come and, since scientists have to return their results to UK Biobank, other researchers will get to benefit from these results very quickly. The resource has so far been used for studies into a very wide range of illnesses, and you can read more about them on this website.

Thank you for joining UK Biobank. I do hope you will feel able to take part in the latest, and perhaps most exciting addition to this project, the imaging programme, if you are asked to do so.

If you have any questions about UK Biobank, our achievements so far or the imaging project please do not hesitate to get in touch. You can email us via this website or call our Participant Resource Centre on the numbers shown. Thank you.