

Participant Newsletter

2025–2026

1 in 9 ELSA
participants
live in the
North West

1 in 6 ELSA
participants live
in the South East



Mapping ELSA
**Our participants come from across
Great Britain and from all walks of life**

In the last round of ELSA interviews between 2023 and 2024:



Nearly 8,000 people took part



Over 5,000 health visits took place

ELSA in numbers

24,149

people taken part over 23 years

1 in 5

current ELSA respondents have been involved in the study since the start

1 in 15

ELSA respondents have taken part in every round!



Without the continued support of participants, ELSA wouldn't be possible

Changes to ELSA

You will now be able to participate in the way that suits you. You will be able to complete the survey online, face-to-face or via video call.

We held focus groups with ELSA participants to make sure taking part is easy and straightforward. Feedback from these groups has helped us to design a clear and user-friendly way for you to take part.

How ELSA is making a difference

Thanks to the information you share, the government is taking notice of what our ELSA members say and have used the data to make decisions about pensions and social care. The study is used by organisations dedicated to improving services for people as they age, such as the NHS, Age UK, Independent Age, The Pensions Policy Institute, Royal Economic Society, and the Centre for Ageing Better. We are also regularly quoted in the news!



New Discoveries: Highlights from ELSA findings

Understanding Disability Across England ¹

Researchers are using ELSA data to study how disability rates vary across different parts of England and among different groups of people.

They are also looking at whether certain health conditions are more common in areas with higher disability rates.

This research will help make sure resources are used where they are needed most, and that healthcare planning is fair for everyone. By understanding these differences, policymakers can help older people across England stay healthier for longer and improve their quality of life.

Healthy Lifestyle Choices Can Help Protect Cognitive Health in Older Adults ²

This study used ELSA data as well as data from 13 other European countries.

Researchers found that those with a healthier lifestyle experienced less memory and thinking decline.

These people did not smoke, stayed physically active and had social contact. Smokers experienced greater decline in comparison to those who followed a healthy lifestyle.

ELSA News

Want to learn more? Listen to The ELSA Podcast at elsa-project.ac.uk/podcast or for more study findings visit natcen.ac.uk/elsa-50-health-and-life-latest-findings

Shaping Policies

Pension policy

As we ask to link your responses to National Insurance data, we can evaluate the effect of reforms to policies that affect you.

Social care

ELSA's findings shaped the Government's 'Future of Ageing' project, and the Department of Health and Social Care uses its data to allocate social care funding.

Loneliness

ELSA helps government groups understand how social isolation affects health.

- 1 Healthy Ageing Policy Research Unit. (2024, July 30). Regional and sociodemographic inequalities in disability incidence. NIHR. <https://www.hapru.nihr.ac.uk/2024/07/30/regional-and-sociodemographic-inequalities-in-disability-incidence>
- 2 Bloomberg M, Muniz-Terrera G, Brocklebank L, Steptoe A. Healthy lifestyle and cognitive decline in middle-aged and older adults residing in 14 European countries. Nat Commun. 2024;15(1):5003.

A big thank you

Charity donations

Between 2023 and 2024, ELSA respondents donated a total of **£9,430** to charities, by forgoing their gift vouchers. We have listened to your feedback, and we will be adding more charities to choose from and we will rotate them between survey rounds.

Support

If you have been affected by any topics covered by the study, please visit natcen.ac.uk/elsa-support-organisations

Contact details

If you have changed your contact details, please let us know by scanning the QR code. Alternatively, visit survey.natcen.ac.uk/ELSAContact and enter the unique access code found in the accompanying letter. You can also phone **0800 652 4574** or email elsa@natcen.ac.uk

