CFAS Wales is a large study that looks at ageing and health in Wales, with people interviewed in the areas of Gwynedd, Ynys Môn, Neath and Port Talbot. We have recently finished the Wave 2 interviews, and for some of you it will be over two years since we last visited you. We wanted to wait until we had completed all of the interviews before we wrote to you in order to give you the fullest results from the study possible.

All of the information in this newsletter has come about as a direct result of your involvement and is of critical importance in revealing the changes in health and wellbeing in our older population over time.

All the information you have provided is treated with the strictest confidence and held anonymously. No personal details are passed on to anyone outside the study team without your explicit permission.

CFAS Wales has generated a wealth of valuable information about living and ageing in Wales. We will work tirelessly to ensure that the important messages from this study reach those who can use them to make a difference now and in years to come. Thank you to all the older people who have given so generously of their time and experience in taking part and to all the GPs & primary care practitioners for their cooperation.

Chief Investigator
Bob Woods

The Future Plans of CFAS Wales:

- With your help we have now completed all the interviews that we initially set-out to achieve and have reached the end of our agreed funding period. The Centre for Ageing & Dementia Research, funded by the Welsh Government will continue to analyze and report on the data.
- It may be that in the future we will be able to invite you to take part in another wave of interviews, or in one of our additional bolt-on studies. Should such opportunities arise we will write to you again to let you know more information.
- We are immensely grateful to everybody who has taken part and would like to thank you for your continued support.
- We hope you have enjoyed being part of the study and have been interested to hear what’s been happening. If you would like to get in touch for any further information please contact your local research team whose contact details are in the panel on the left.
The findings

In our previous newsletter we shared some of the initial findings from the first 2355 people who took part in Wave 1. In this newsletter we would like to update you on all people who took part in both the first and second wave of interviewing and the changes that we have observed over that time.

Who took part?

At the two year follow-up interview we interviewed 1,165 women and 1,072 men. The age of people who have taken part in Wave 2 ranges from 67 to 104 years. The chart on the right shows the ages of those who have taken part. As expected more women are in the older groups than men.

Talking on the phone:

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>9%</td>
</tr>
<tr>
<td>2-3 times a week</td>
<td>8%</td>
</tr>
<tr>
<td>At least weekly</td>
<td>22%</td>
</tr>
<tr>
<td>At least monthly</td>
<td>29%</td>
</tr>
<tr>
<td>Less often</td>
<td>29%</td>
</tr>
</tbody>
</table>

Since the first interview seven of you got married – our many congratulations!

Activities:

Many of you have now given up work with just 6% not yet retired, but this is only part of the story as 18% have undertaken some paid work since their retirement and slightly more (25%) have engaged in unpaid work such as voluntary work.

For some aspects of life such as engaging in social and physical activities there have been many changes over time. Most of you (73%) still attend social groups/meetings in the same way as before, however 12% of you took up or increased the frequency of attending social groups/meetings whilst 11% of you stopped attending. Overall 53% of you in Wave 2 attended social groups/meetings.

Health conditions:

The most common disorder identified in the first wave of interviewing was arthritis with 33% of individuals reporting suffering from the disorder; however of these people 43% did not feel that the condition limited their day-to-day activities. Arthritis is also the equal top most common newly diagnosed condition in Wave 2, along with high blood pressure (both 8%).

Family and Friends:

New technologies are being used more often to contact your relatives. 31% of people contact their relatives by text or email at least once a week. Talking over the telephone remains very popular with 80% talking to relatives at least once a week, and 29% every day. The number of friends people have in the community has stayed stable with 89% of people having the support of friends.

Self-reported health:

We asked everyone how they would rate their own health, almost three quarters of people (74%) said they thought they were in good or excellent health. 41% of people felt that their health was worse than at the first interview; however of these people just over half still rated their health as good/excellent.

The chart on the right shows the ages of those who have taken part. As expected more women are in the older groups than men.