

Sciensano, the Belgian Institute for Health, is looking for participants for the study **BELCOHORT**.

Together, we want to understand why some people develop **health problems** and others stay healthy.

The study was launched in 2024. A second recruitment of participants will be organised in 2025. Who can participate? Anyone living in **Belgium** between the ages of **18 and 79**.

**YOUR
PARTICIPATION
THUS REALLY
MAKES
THE
DIFFERENCE!**

The perspective of citizens themselves is crucial to gain insights into which factors determine health.

The health authorities of our country can use these results to improve health policy.



WHY PARTICIPATE?

Thanks to your participation, Sciensano can answer important questions about public health such as:

-  What impact does the environment have on the health of the Belgian population?
-  What impact does lifestyle have on physical and mental health?
-  How effective are initiatives by the government to improve health, such as, for example, the effect of campaigns to stop smoking or to promote physical activity and healthy eating?
-  Is there a relationship between our mental health and our employment situation?

FURTHER QUESTIONS ?

We are happy to help:
belcohort@sciensano.be
02 642 51 46 (French)
02 642 57 26 (Dutch)

WOULD YOU LIKE MORE INFORMATION ABOUT THE BELCOHORT STUDY?

Visit our website
www.belcohort.be/en or
scan the QR code.



In collaboration with:



WHAT EXACTLY DOES MY PARTICIPATION ENTAIL?

Your participation in BELCOHORT implies that you agree to:



You will receive two annual questionnaires of approximately 30 minutes' duration will be received to complete.

If, after this date evolves into a large Belgian epidemiological cohort, you will be contacted to continue participating.



That your answers to the questionnaires will be a confidential and coded manner will be linked to various existing data sources in Belgium.

The concerns administrative data (e.g. on the labour market, healthcare reimbursement) or environmental data (e.g. on air pollution).

These links will allow scientific allow studies on the impact of social and environmental determinants on health.



That in the future we may contact you to invite you to participate in health surveys (measuring weight, height or blood pressure), or to collect biological samples (blood, saliva, urine, etc.).

These forms of data collection are not foreseen in this start-up phase of BELCOHORT, but will be planned in a later phase after approval by an ethics committee.

This will of course always be done with your consent and you will receive feedback on the results.

PROTECTION OF YOUR PRIVACY AND PERSONAL DATA

Your privacy and data protection are important to us. BELCOHORT complies with strict ethical guidelines and data protection legislation (AVG/GDPR).

- Personal data is pseudonymised and used only for scientific research.
- Your participation entails no costs or health risks.
- Sciensano is responsible for processing your data and has provided the necessary approvals and insurances for this purpose.

You can find all information regarding the protection of personal data on the website www.belcohort.be/en via the 'I received an invitation to participate in BELCOHORT' tab.

IS PARTICIPATION MANDATORY?

No, you are not obliged to participate and you can also decide at any time to stop your participation in the study the stop.

In accordance with the General Data Protection Regulation (GDPR), you have the right to access, rectification, deletion, restriction and a copy of your data. You also have the right to withdraw your consent at any time, without affecting the lawfulness of processing based on consent before it was withdrawn. If you have any questions about data protection, please contact the Sciensano Data Protection Officer (DPO) at DPO@sciensano.be or 02/642 51 02.

You also have the right to lodge a complaint with a supervisory authority, for this purpose you can contact with the Belgian Data Protection Authority: Press Street 35 — 1000 Brussels
Tel. : 02/274 48 00 — e-mail : contact@adp-gba.be

WHAT IS

BELCOHORT ?

