

Citizen science survey "Your Exposome" - preliminary results

1. Have you heard of the "Exposome"?

Value	Percent	Responses
No	35.4%	51
Possibly, but not sure what it is	6.9%	10
Yes	57.6%	83

Totals: 144

2. Concerns about the health effects of...

	Worried or very worried	Unsure or not worried	Responses
The air I breathe Count Row %	101 79.5%	26 20.5%	127
My local water supply and the water I drink Count Row %	70 55.1%	57 44.9%	127
My diet Count Row %	101 79.5%	26 20.5%	127
The non-food products I buy (cleaning products, cosmetics etc) Count Row %	83 65.9%	43 34.1%	126
Lack of physical activity Count Row %	84 66.7%	42 33.3%	126
My working conditions Count Row %	74 58.7%	52 41.3%	126
Rising temperatures where I live Count Row %	81 63.8%	46 36.2%	127
Totals Total Responses			127

3. Exposome research topics

	Interested to know more	Potential social impact
<p>How do the products we buy affect our health?A group of volunteers shared data from their shopping receipts with scientific researchers, and filled in a health questionnaire. The researchers looked at the types of products and what was in them to see if there were links between purchasing certain types of product and the risk of developing diseases such as cancer or diabetes. The researchers will follow the volunteers over time to find out how the products we buy affect our health.</p>	<p>★★★★☆ Count: 107 Average: 4.1</p>	<p>★★★★☆ Count: 102 Average: 4.1</p>
<p>Can we prove that community vaccination campaigns are cost-effective and worthwhile?As part of the effort to eliminate cervical cancer, a vaccine against the cancer-causing HPV virus is offered to 12/13 year olds in all EU countries. An 8-year study followed 12,000 adolescents in 11 Finnish communities and found that vaccinating both boys and girls (rather than just girls) leads to a greater reduction of HPV infections across the whole population.</p>	<p>★★★★☆ Count: 105 Average: 3.6</p>	<p>★★★★☆ Count: 103 Average: 4.2</p>
<p>How does stopping smoking, dieting and doing more exercise affect our bodies? Do these effects vary between individuals?This study looks at how lifestyle affects ageing, and the links between our environment, our genes and our health. A group of volunteers made changes to their exercise regimes and diet, or smoking habits, and gave biological samples before, during, and after the changes. Researchers then checked the samples for changes in “markers” on the DNA and other changes known to be linked to ageing, and studied whether some people respond more than others to these changes.</p>	<p>★★★★☆ Count: 103 Average: 4.0</p>	<p>★★★★☆ Count: 101 Average: 4.3</p>
<p>Can we create personalised "exposome profiles"? A group of volunteers wore “exposometer” devices equipped with filters to capture tiny particles, such as fungi, viruses and bacteria, in the air around them. They wore the devices for several months, and also gave biological samples. Researchers then analysed and compared the "environmental" and the "biological" samples from each individual to see if there were any links between their environment and their health.</p>	<p>★★★★☆ Count: 104 Average: 4.2</p>	<p>★★★★☆ Count: 103 Average: 4.0</p>