CAF/13/03 - Multimorbidity: prevalence, risk factors and resilience in a large Scottish birth cohort

The number of people experiencing more than one health condition (multimorbidity) is increasing, leading to poorer health and higher treatment costs. In order to target health services towards managing multimorbidity and develop interventions to reduce its impact we need a better understanding of how many people have multimorbidity, what factors cause it and what factors help some people manage better than others when they have it (for example they are happier or more active). We call this 'resilience'. A detailed study of 12,150 people born in the 1950s has information on early life factors (such as childhood family circumstances), later life factors (such as educational achievement), hospital admissions (which can be used to measure multimorbidity) and questionnaire responses regarding wellbeing and activity (which can be used to identify resilience). I will use statistical methods to decide which factors predict multimorbidity and which factors help individuals cope better with multimorbidity.