An occupational cohort study is the most robust epidemiological design for studying the effects of workplace hazards and the findings can be extended to the general environment. A cohort may be time-consuming, expensive, and labour-intensive to set up but, once done, it can be extended forward in time, as well as laterally to incorporate new outcome variables, and it can also support nested case-control studies. It is therefore important that the human and material investment is preserved so that these valuable resources can be fully exploited.

In recent years, the bureaucratic burden on researchers in many countries has increased. In the UK, for example, research ethics, data protection, and data access application procedures have become more cumbersome, with an increase in the number of supporting documents required from researchers. Although fast-track procedures exist, epidemiological studies often require the same formal procedures and over-sights as more invasive and potentially dangerous physiological and pharmacological studies.

Fortunately, there are now initiatives which support occupational cohort studies. The UK Medical Research Council (MRC), for example, published in 2014 a review and guidance about maximising the value of UK population cohorts and it has also set up a Cohort Strategic Review Group to pre-assess funding applications for new cohorts and for updates to existing cohorts (http://mrc.ukri.org). As another example, OMEGA-NET has been set up to ‘create a network to optimize and integrate occupational, industrial, and population cohorts at the European level’ (http://omeganet-cohorts.eu/).

We propose that a checklist be defined for assessment of research protocols for new cohorts or updates to existing cohorts, in order to assist official committees in their work and streamline the approval process for both researchers and committees. EPICOH would be well-placed to draft and promulgate such a checklist, working with interested organisations, such as OMEGA-NET and the UK MRC.

**P.1.36 OCCUPATIONAL COHORT STUDIES: SAFEGUARDING A VALUABLE RESOURCE**

1Katherine Venables*, 1Nicola Fear, 1Lucy Carpenter, 1Thomas Keegan, 1Claire Brooks, 2Gemma Archer, 1University Of Oxford, Oxford, UK; 2King’s College London, London, UK; 3Lancaster University, Lancaster, UK

An occupational cohort study is the most robust epidemiological design for studying the effects of workplace hazards and the findings can be extended to the general environment. A cohort may be time-consuming, expensive, and labour-intensive to set up but, once done, it can be extended forward in time, as well as laterally to incorporate new outcome variables, and it can also support nested case-control studies. It is therefore important that the human and material investment is preserved so that these valuable resources can be fully exploited.

In recent years, the bureaucratic burden on researchers in many countries has increased. In the UK, for example, research ethics, data protection, and data access application procedures have become more cumbersome, with an increase in the number of supporting documents required from researchers. Although fast-track procedures exist, epidemiological studies often require the same formal procedures and over-sights as more invasive and potentially dangerous physiological and pharmacological studies.

Fortunately, there are now initiatives which support occupational cohort studies. The UK Medical Research Council (MRC), for example, published in 2014 a review and guidance about maximising the value of UK population cohorts and it has also set up a Cohort Strategic Review Group to pre-assess funding applications for new cohorts and for updates to existing cohorts (http://mrc.ukri.org). As another example, OMEGA-NET has been set up to ‘create a network to optimize and integrate occupational, industrial, and population cohorts at the European level’ (http://omeganet-cohorts.eu/).

We propose that a checklist be defined for assessment of research protocols for new cohorts or updates to existing cohorts, in order to assist official committees in their work and streamline the approval process for both researchers and committees. EPICOH would be well-placed to draft and promulgate such a checklist, working with interested organisations, such as OMEGA-NET and the UK MRC.

**P.1.37 A STUDY OF THE INCIDENCE RATE AND RISK FACTORS OF METABOLIC SYNDROME AMONG WORKERS OF DIFFERENT JOB CATEGORIES IN TAIWAN**

Chen-Chang Yang*, Hsin-Chien Wu*. National Yang-Ming University, Taipei city, Taiwan

**Background** In Taiwan, the prevalence of metabolic syndrome among people over the age of 20 years is as high as 19.7%. With the increase in age, the prevalence of metabolic syndrome is even higher, with the prevalence being more than 30 years among those aged 45–65 years. Notably, very limited follow-up studies have examined the incidence and risk factors of metabolic syndrome among workers of different job categories in Taiwan.

**Methods** We conducted a retrospective follow-up study that included 6,284 Taiwanese subjects who had been working in the same job category for 5 years and who received periodic health checkups at a regional hospital from 2006 to 2017 to better understand the incidence rate and risk factors of metabolic syndrome in Taiwan. All participants’ demographic data and health examination data were then analyzed. Metabolic syndrome was diagnosed according to the criteria proposed by...

**Results** After an average follow-up of 6.0 years, the incidence rate of metabolic syndrome among workers who had been working in the same job category for five years was 32.42 per 1000 person-years. Moreover, the largest number of cases with metabolic syndrome appeared in the transportation industry.

**Conclusion** The results of this study should help the employers of various industries to better plan health education and monitoring programs of their employees to ameliorate the incidence of metabolic syndrome.

**References**