



## **Workshop on the Indoor Environment and Chronic Disorders of the Musculoskeletal and Nervous Systems**

### Information for delegates

WELLINE is a network project funded from the recent Medical Research Council Lifelong Health & Wellbeing call. The project runs over a 12 month period, completing by summer 2010. The purpose of the WELLINE project is to identify factors in the indoor environment that influence the health and wellbeing of people throughout their lives. The principal objectives are to identify interventions and other actions that can immediately be recommended and to highlight areas of uncertainty that require further research. We will then submit an application to the Medical Research Council for further funds. We also aim to produce a paper for publication describing the findings from our project.

The method we are using to identify linkages between the indoor environment and health effects is known as DPSEEA, which stands for Drivers, Pressures, State, Exposure, Effects and Actions. These elements are used to develop chains of relationships that will allow identification of specific actions to improve outcomes or reduce adverse effects. There will be a session at the workshop explaining the DPSEEA method in more detail.

The topics being investigated at this workshop relate to musculoskeletal and neurological disease. A previous workshop covered respiratory and cardiovascular illnesses. There will be talks about these conditions from both medical practitioners and sufferers - to give delegates an insight into their causes, worsening factors and impacts. We will be focusing on what makes these conditions better or worse and what starts them.

Delegates to the workshop come from a range of organisations and have a range of backgrounds, both expert and from the general public. We are looking for a free-flowing exchange of thoughts and ideas, focusing on what causes these diseases and what indoor factors might influence their impact and effects throughout life. We would like to establish particularly how the indoor environment might be modified to improve health and well-being in these medical conditions and also identify the key outstanding research needs.

You have been invited to this meeting because you have expertise and/or experience in either musculoskeletal and neurological illness. It is our wish that you contribute freely and interact with the other delegates so that we can build up a broad picture of the indoor factors that might be important in causing or worsening these conditions. In the longer term we hope that our research will improve the health of individuals throughout their lives.

Some further information on the project, together with a brief presentation explaining the DPSEEA model is available at [www.welline.org.uk](http://www.welline.org.uk)