Happy Birthday
Card design:

The characters on this year’s birthday card have been drawn by families who participated in the “NSHD Game of Life”, which was one of the public engagement activities that we ran last year. The game starts with players randomly selecting a gender counter and drawing their character on it - the birthday card shows some of the characters people drew. The game is based on research findings from the NSHD, including the impact of a person’s gender on their health and wellbeing. We also asked players to try out some of the NSHD tests, such as standing on one leg with their eyes closed, and a memory test. Over 400 people played the game, with many saying they enjoyed learning more about this important study.
Happy Birthday
From all of us at the
MRC NSHD