

# Did you know?

More than **100** research projects have been approved to use the information you have given us.

## Already, they have uncovered important new findings, such as:

- People who stand up more live longer. By avoiding too much sitting you could increase your life expectancy – even if you already exercise regularly
- Men with erectile dysfunction should have a full assessment for cardiovascular risk, even if they have no history of cardiovascular disease. Research from the 45 and Up Study shows that men with erectile dysfunction are at an increased risk of cardiovascular disease and premature death, regardless of their age
- Hearing loss, dental problems and poor vision are related to how well your memory performs and fixing them could help many older people
- Getting enough sleep (between six and nine hours) is linked to health-related quality of life, especially cardiovascular health in older adults.

## Studies underway are looking at big-picture issues such as:

- How society, the environment and the economy affect our health
- The impact of obesity on admissions to hospital and costs to the health system, and ways to minimise this impact
- The relationship of heart and kidney disease to diabetes, physical activity or inactivity, sleep, nutrition, overweight and obesity.

“ My roles as a nurse, carer and researcher have shown me health is not just physical wellness. It is meaningful relationships, a safe living environment, and more. If your information can be used to improve services for people as they age, the rest of Australia will be in your debt. ”

Lynn Chenoweth, researcher, nurse, carer

# Why are we asking you for **more** information?

Studying large numbers of people over a long period of time can give us many answers to questions that are critical to the nation's health. But to do this we need your continued help.

Your ongoing participation in the 45 and Up Study will allow us to continue on this journey. First, you will help us see which things have changed for you and a quarter of a million other Australians over time and which have stayed the same.

Second, new information can help 'join the dots' on ageing. For example, the follow-up questionnaire we have sent you contains new questions on pain and how it interferes with life, questions on how active or inactive people are, their use of transport, and blood donation. This will help us gain important new insights into how people's lifestyle affects their physical and mental health.

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The 45 and Up Study is managed by the Sax Institute in collaboration with major partner Cancer Council New South Wales, and partners: the National Heart Foundation of Australia (NSW Division); NSW Ministry of Health; NSW Government Family & Community Services – Carers, Ageing and Disability Inclusion; and the Australian Red Cross Blood Service.



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Your answers are  
changing  
lives

# We're searching for **answers** – and you're **helping** us find them

Thank you for helping us create a world-class health resource to boost knowledge and change lives.

Your participation in the 45 and Up Study means researchers and health leaders can take great strides forward in understanding how Australians are ageing.

The more we know, the more we can manage and prevent illness. We can give governments the tools to make better decisions about healthcare for people as they age and we can help people live long, healthy lives.

45 and Up is important for Australia. It's a rich information source for the following reasons:

- **It's big:** more than one in every 10 people over 45 in NSW are taking part
- **It's ongoing:** information on the health of participants is constantly being updated
- **It's relevant:** by linking people's health records, we can put the other information we collect into better focus
- **It's diverse:** the data can be used by many different researchers across the country to study a host of health and lifestyle topics
- **It's timely:** information from 45 and Up is available more rapidly than from conventional research, allowing it to be used quickly to benefit health.

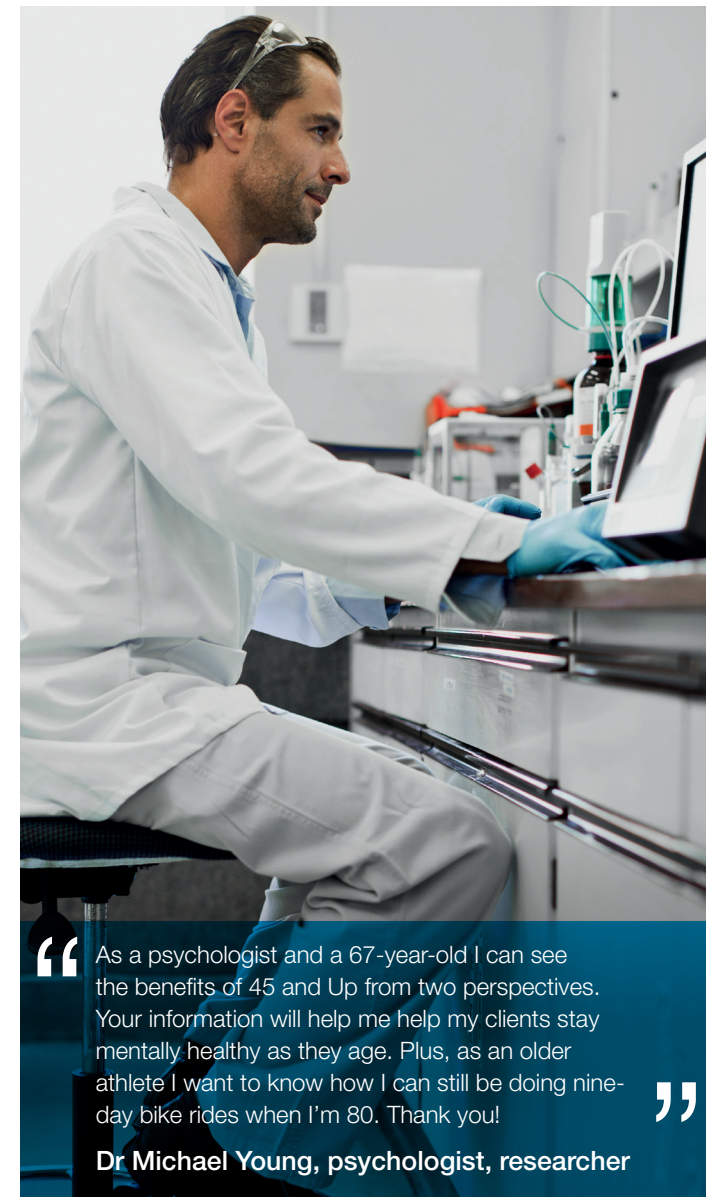
## The **real-world** impact of 45 and Up

There are endless opportunities for 45 and Up generated knowledge to make a difference to our lives. Here are some real-world examples of changes already underway.

**The Housing and Independent Living (HAIL)** project has used the 45 and Up Study to learn more about how 75 to 79-year-olds are faring in their own homes. Results show that older people think their homes are safer than they actually are. Now, the NSW Office of Ageing has formed a high-level working group to look at the HAIL findings and design policies and programs around what the results tell us: that there is much scope to improve home safety for older Australians. Using new knowledge from HAIL, architects, builders, planners, policy makers and others are working together to help older Australians stay independent and in their own homes.

Former 45 and Up partner, **beyondblue** is using valuable information gathered about the links between cancer and depression. Results from the Study's **investigation of depression in cancer survivors** show that physical disability has a much greater effect on depression risk than a recent cancer diagnosis or treatment of cancer. **Beyondblue** is using this information to develop resources for health practitioners, patients and their families.

Helping people with severe chronic disease avoid potentially **preventable admissions to hospital** is an important way of improving their health outcomes. The NSW Ministry of Health is using the 45 and Up Study to predict the type of patients at high risk of an unplanned hospital admission. Being able to identify these risk factors is helping the Ministry target its Severe Chronic Disease Management Program to those who can get the greatest benefit.



“ As a psychologist and a 67-year-old I can see the benefits of 45 and Up from two perspectives. Your information will help me help my clients stay mentally healthy as they age. Plus, as an older athlete I want to know how I can still be doing nine-day bike rides when I'm 80. Thank you! ”

**Dr Michael Young, psychologist, researcher**



**5%**  
are caring for someone else full-time



**52%**  
rate their health as very good



**32%**  
are in the **healthy** weight range for their height