The 45 and Up Study relies on the willingness of its participants to share information about their experiences and health, to provide knowledge that will help people live healthy and fulfilling lives for as long as possible. We are contacting you again because we need to find out more about your health and lifestyle and how these have changed in the recent past. Participation is completely voluntary, and you are free to withdraw from the Study at any time.

To participate in the Follow-up of the 45 and Up Study, please read the participant information leaflet, then fill in the questionnaire and consent form and return them in the envelope provided. Information from you, and from other people taking part in the 45 and Up Study, will allow researchers to answer key health questions facing Australia over the coming years.

Questions or comments? Call the Infoline 1300 45 11 45 or go to www.saxinstitute.org.au/our-work/45-up-study

### General questions about you

1. **What is your date of birth?**
   - Day
   - Month
   - Year

2. **What is today’s date?**
   - Day
   - Month
   - Year

3. **How tall are you without shoes?**
   - cm OR feet inches

4. **About how much do you weigh?**
   - kg OR stone lbs

5. **Have you ever been a regular smoker?**
   - Yes □  No □
   - If NO, go to question 6

   **If YES, how old were you when you started smoking regularly?**
   - Years old

   **Are you a regular smoker now?**
   - Yes □  No □

   **If NO, how old were you when you stopped smoking regularly?**

   **About how much do you/did you smoke on average each day?**
   - cigarettes per day
   - pipes and cigars per day

6. **About how many hours a week are you exposed to someone else’s tobacco smoke?**
   - put “0” if you are not exposed or are exposed for less than one hour per week

   **hours per week**
   - at home
   - in other places (e.g. work, going out, cars)

7. **About how many alcoholic drinks do you have each week?**
   - One drink = a glass of wine, middy of beer or nip of spirits
   - put “0” if you do not drink, or have less than one drink each week

   **number of alcoholic drinks each week**

8. **On how many days each week do you usually drink alcohol?**
   - days each week

9. **What best describes your current situation?**
   - (cross one box)
   - single □  married □  de facto / living with a partner □
   - widowed □  divorced □  separated □

10. **What best describes your current housing?**
    - (cross one box)
    - house □  flat, unit, apartment □  house on farm □
    - hostel for the aged □  mobile home □  other □
    - nursing home □  retirement village, self care unit □

11. **Including yourself, how many people in total live in your household?**

12. **How many TIMES did you do each of these activities LAST WEEK?**
    - put “0” if you did NOT do this activity

   **Walking continuously, for at least 10 minutes**
   - for recreation or exercise or to get to or from places

   **Vigorous physical activity**
   - that made you breathe harder or puff and pant, like jogging, cycling, aerobics, competitive tennis, but not household chores or gardening

   **Moderate physical activity**
   - like gentle swimming, social tennis, vigorous gardening, or work around the house

13. **If you add up all the time you spent doing each activity LAST WEEK, how much time did you spend ALTOGETHER doing each type of activity?**
    - put “0” if you did NOT do this activity

   **Walking continuously, for at least 10 minutes**
   - for recreation or exercise or to get to or from places

   **Vigorous physical activity**
   - that made you breathe harder or puff and pant, like jogging, cycling, aerobics, competitive tennis, but not household chores or gardening

   **Moderate physical activity**
   - like gentle swimming, social tennis, vigorous gardening, or work around the house
Questions about your family
14. Have your mother, father, brother(s) or sister(s) ever had:
   blood relatives only: put a cross in the appropriate box(es)
   - heart disease
   - high blood pressure
   - stroke
   - diabetes
   - dementia/Alzheimer’s
   - Parkinson’s disease
   - severe depression
   - severe arthritis
   - do not know

Questions about your health
15. Have you taken any medications, vitamins or supplements for most of the last 4 weeks?
   - Yes □     No □     if NO, go to question 16
   - If YES, did you take:
     - multivitamins + minerals
     - fish oil, omega 3
     - paracetamol
     - Lipitor
     - Pravachol
     - Zocor, Lipex
     - Nexium
     - Somac
     - Losec, Acimax
     - Ventolin
     - Zoloft
     - Cipramil, citalopram
     - please list any other regular medications or supplements here

16. How many of your own teeth do you have left?
   - None – all of my teeth are missing
   - 1-9 teeth left
   - 10-19 teeth left
   - 20 or more teeth left

17. Do you feel you have a hearing loss?
   - Yes □     No □

18. Have you ever been a blood donor?
   - Yes □     No □     Unsure □
   - If YES, when did you last donate blood?

19. Have you ever been a plasma donor?
   - Yes □     No □     Unsure □
   - If YES, when did you last donate plasma?

20. During the past 12 months, how many times have you fallen to the floor or ground? (put “0” if you haven’t fallen in this time)
   - times

21. Have you had a broken/fractured bone in the last 5 years?
   - Yes □     No □     if NO, go to question 22
   - If YES, which bones were broken?
     - wrist
     - arm
     - hip
     - finger/toe
     - rib
     - ankle
     - other
   - How old were you when it happened?
     - years old

22. Has a doctor EVER told you that you have: (if YES, cross the box and give your age when the condition was first found)
   - skin cancer (not melanoma)
   - melanoma
   - breast cancer
   - other cancer
   - type of cancer (please describe)
   - heart failure (cardiac failure, weak heart, enlarged heart)
   - atrial fibrillation
   - other heart disease
   - type of heart disease (please describe)
   - high blood pressure – when not pregnant
   - stroke
   - diabetes
   - blood clot (thrombosis)
   - asthma
   - hayfever
   - osteoarthritis
   - depression
   - anxiety
   - Parkinson’s disease
   - none of these
23. In the last month have you been treated for:  
(if YES, cross the box and give your age when the treatment started)  
<table>
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<th>Yes</th>
<th>age</th>
<th>No</th>
<th>age</th>
<th>Unsure</th>
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<td>none of these</td>
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</tbody>
</table>

24. Are you NOW suffering from any other important illness?  
[ ] Yes  [ ] No  
[ ] please describe this illness and its treatment

25. Have you ever had the flu vaccine?  
[ ] Yes  [ ] No  [ ] Unsure  
[ ] If YES, when did you last have the flu vaccine?  
| month | year |

26. Have you ever had the adult whooping cough vaccine?  
[ ] Yes  [ ] No  [ ] Unsure  
[ ] If YES, when did you last have the adult whooping cough vaccine?  
| month | year |

27. How much bodily pain have you had during the past 4 weeks?  
[ ] none  [ ] very mild  [ ] mild  [ ] moderate  [ ] severe  [ ] very severe

28. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?  
[ ] not at all  [ ] a little bit  [ ] quite a bit  [ ] moderately  [ ] extremely

29. In the past 4 weeks, have you had pain in your lower back?  
[ ] Yes  [ ] No  
[ ] if NO, go to question 30

29a. If YES, was this pain bad enough to limit your usual activities or change your daily routine for more than one day?  
[ ] Yes  [ ] No

30. Do you regularly need help with daily tasks because of long-term illness or disability? (e.g. personal care, getting around, preparing meals)  
[ ] Yes  [ ] No  
[ ] if NO, go to question 32

31. If YES, what best describes your situation? (cross one box)  
[ ] I need help with tasks and am getting all the help I need  
[ ] I need help with tasks and am not getting the help I need

32. Do you regularly care for a sick or disabled family member or friend?  
[ ] Yes  [ ] No  
[ ] if NO, go to question 33

33. About how many times a week are you usually troubled by leaking urine?  
[ ] never  [ ] once a week or less  [ ] 2-3 times  [ ] 4-6 times  [ ] every day

34. Have you been through menopause?  
[ ] No  
[ ] Not sure (because of hysterectomy, taking HRT, etc)  
[ ] My periods have become irregular  
[ ] Yes – How old were you when you went through menopause?  
| years old |

35. Have you been for a breast screening mammogram?  
[ ] Yes  [ ] No  
[ ] if NO, go to question 36

35a. If YES, what year did you have your last mammogram? (e.g. 2005)  
[ ] [ ] [ ] [ ]

35b. How many times have you been for breast screening altogether?  
[ ] [ ] [ ] [ ] [ ]
36. Have you ever been screened for colorectal (bowel) cancer?

- Yes □
- No □

If YES, please indicate which of these test(s) you had:

- faecal occult blood test (test for blood in the stool/faeces)
- sigmoidoscopy (test using a tube to examine the lower bowel: usually done in a doctor’s office without pain relief)
- colonoscopy (test using a long tube to examine the whole large bowel; you would usually have an enema or drink large amounts of special liquid to prepare the bowel for this)

What year did you have the most recent one of these tests? (e.g. 2009)

[ ]

How many bowel screening examinations have you had in the last 5 years?

[ ] [ ]

Were you tested because you received an invitation to be screened for bowel cancer as part of the National Bowel Cancer Screening Program?

- Yes □
- No □
- Don’t know □

Has your doctor ever told you that your bowel screening test results were abnormal or required further investigation?

- Yes □
- No □
- Don’t know □

37. Does your health now LIMIT YOU in any of the following activities?

VIGOROUS activities (e.g. running, strenuous sports)

- YES limited a lot □
- YES limited a little □
- NO not limited at all □

MODERATE activities (e.g. pushing a vacuum cleaner, playing golf)

- YES limited a lot □
- YES limited a little □
- NO not limited at all □

lifting or carrying shopping □

climbing several flights of stairs □

climbing one flight of stairs □

walking one kilometre □

walking half a kilometre □

walking 100 metres □

bending, kneeling or stooping □

bathing or dressing yourself □

38. In general, how would you rate your:

overall health?

- Yes □
- No □
- Don’t know □

quality of life?

- Yes □
- No □
- Don’t know □

eyesight (with glasses or contact lenses, if you wear them)?

- Yes □
- No □
- Don’t know □

memory?

- Yes □
- No □
- Don’t know □

teeth and gums?

- Yes □
- No □
- Don’t know □

hearing?

- Yes □
- No □
- Don’t know □

39. Which of the following do you have? (excluding Medicare)

- private health insurance – with extras □
- private health insurance – without extras □
- Department of Veterans’ Affairs white or gold card □
- health care concession card □
- none of these □

40. What is your usual yearly HOUSEHOLD income before tax, from all sources? (include wages, benefits, pensions, superannuation etc)

- Less than $5,000 □
- $5,000 - $9,999 □
- $10,000 - $19,999 □
- $20,000 - $29,999 □
- $30,000 - $39,999 □
- $40,000 - $49,999 □
- $50,000 - $59,999 □
- $60,000 - $69,999 □
- $70,000 - $79,999 □
- $80,000 - $89,999 □
- $90,000 - $119,999 □
- $120,000 - $149,999 □
- $150,000 or more □

41. What is your current work status? (you can cross more than one box)

- in full time paid work □
- self-employed □
- in part time paid work □
- doing unpaid work □
- completely retired/pensioner □
- looking after home/family □
- studying □
- partially retired □
- disabled/sick □
- unemployed □
- other □

42. If you are partially or completely retired, how old were you when you retired?

- years old □

Why did you retire? (you can cross more than one box)

- reached usual retirement age □
- lifestyle reasons □
- to care for family member/friend □
- ill health □
- made redundant □
- could not find a job □
- to do voluntary work □
- other □

43. About how many HOURS each WEEK do you usually spend doing the following? (put “0” if you do not spend any time doing it)

- paid work hours per week □
- voluntary/unpaid work hours per week □

44. During the LAST 7 DAYS, how much time did you spend SITTING on a usual WEEK day and a usual WEEKEND day:

(write your answers in the spaces provided)

- TRANSPORT (e.g. in car, bus, train etc) hours per day □
- at WORK (e.g. sitting at desk or using a computer) hours per day □
- watching TV hours per day □
- using a computer at home (e.g. email, games, information, chatting) hours per day □
- other leisure activities (e.g. socialising, movies etc but NOT including TV or computer use) hours per day □

45. About how many HOURS in each 24 hour DAY do you usually spend doing the following? (put “0” if you do not spend any time doing it)

- sleeping (including at night and naps) hours per day □
- standing hours per day □
50. What is your main (or most common) means of transport? (cross one box only)
- car or taxi
- public transport
- motor cycle/scooter
- mobility scooter
- walk
- other
- mobility scooter
- walk
- other

51. During the past 4 weeks, about how often did you feel:
   - tired out for no good reason?
   - nervous?
   - so nervous that nothing could calm you down?
   - hopeless?
   - restless or fidgety?
   - so restless that you could not sit still?
   - depressed?
   - that everything was an effort?
   - so sad that nothing could cheer you up?
   - worthless?

52. During the past 4 weeks, about how often did you have any of the following problems?
   - being irritable, grumpy or in a bad mood?
   - being unable to stop or control worrying?
   - trouble falling or staying asleep?
   - poor appetite?

53. Which type of milk do you mostly have? (cross one box only)
- whole milk
- reduced fat milk
- skim milk
- soy milk
- other milk
- I don’t drink milk

54. About how many times each WEEK do you eat:
   (count all meals and snacks; put “0” if never eaten or if eaten less than once a week)

- beef, lamb or pork
- chicken, turkey or duck
- processed meat (include bacon, sausages, salami, devon, burgers etc)
- fish or seafood
- cheese

55. Please put a cross in the box if you NEVER eat:
- red meat
- chicken/poultry
- pork/ham
- dairy products
- any meat
- eggs
- sugar
- wheat products
- fish
- seafood
- cream
- cheese

56. About how many of the following do you usually eat:
   slices/pieces of brown/wholemeal bread each WEEK (also include multigrain/rye bread etc)
   bowls of breakfast cereal each WEEK

- bran cereal (allbran, branflakes etc.)
- biscuit cereal (weetbix, shredded wheat etc.)
- oat cereal (porridge etc.)
- muesli
- other (cornflakes, rice bubbles etc)

57. About how many serves of vegetables do you usually eat each DAY?
   A serve is half a cup of cooked vegetables or one cup of salad (put “0” if less than one a day, and include potatoes)
   I don’t eat vegetables
   number of serves of cooked vegetables each day
   number of serves of raw vegetables each day (e.g. salad)

58. About how many serves of fruit or glasses of fruit juice do you usually have each DAY?
   A serve is 1 medium piece or 2 small pieces or 1 cup of diced or canned fruit pieces (put “0” if you eat less than one a day)
   I don’t eat fruit
   number of serves of fruit each day
   number of glasses of fruit juice each day

Thank you very much for filling in the questionnaire
WE CAN ONLY USE THIS INFORMATION IF YOU SIGN THE CONSENT FORM OVERLEAF
Follow-up consent form - please read and sign to participate

The 45 and Up Study relies on the willingness of people to share information about their lives and experiences and to have their health followed over time. By signing this form you are agreeing to take part in the 45 and Up Study Follow-up and for that information to be used for health research. Participation is completely voluntary, and you are free to ask questions or to withdraw from the Study at any time by calling the Study Infoline on 1300 45 11 45. More information on the Study can be found at www.saxinstitute.org.au/our-work/45-up-study

I agree to take part in the 45 and Up Study Follow-up by:

- permitting the long-term storage and use of the information from my questionnaire for health-related research;
- the 45 and Up Study team combining the information I have given in this questionnaire with other health information that is part of the 45 and Up Study, including other questionnaire information and Medicare, medication, hospital, cancer, death and other health-related records, as outlined in the leaflet “Follow-up Questionnaire Information for Participants”;
- my information will only be used for the purposes outlined in the participant information leaflet entitled “Follow-up Questionnaire Information for Participants”, of which I have a copy;
- my information will be kept strictly confidential and will be used for health research only;
- reports and publications from the Study will be based on de-identified information and will not identify any individual taking part;
- my participation in this Study is entirely voluntary and my consent will continue to be valid following death or disablement unless withdrawn by my next of kin or other person responsible. I am free to withdraw from the 45 and Up Study and/or the 45 and Up Study Follow-up at any time by calling the Study Infoline on 1300 45 11 45;
- my decision whether or not to take part in the 45 and Up Study Follow-up or in any additional research will not disadvantage me or affect my future health care in any way.

I give my consent on the understanding that:

- I have been provided with information about the 45 and Up Study Follow-up, including how it will gather, store, use and disclose information about me, in the participant information leaflet. I have been given an opportunity to ask questions and have been fully informed about the Study.

Title__________________________First Name__________________________Last Name__________________________

Your Signature__________________________Date Today ______/______/______

Is your contact information up to date? Please let us know of any changes

Surname: __________________________
Given name(s): __________________________
Postal address: __________________________
Town or Suburb: __________________________
State or Territory: __________________________
Postcode: __________________________
Home phone: __________________________
Mobile: __________________________
Email address: __________________________

(please complete using block letters)

Sometimes we find that people have moved when we try to contact them again. It would be very helpful if you could give us the contact details of someone close to you (such as a relative or friend) who would be happy for us to contact them if we are unable to reach you. We would only get in touch with that person if we were unable to contact you directly and we would need to tell them our reason for contacting you. Please leave this section blank if you do not wish to provide these extra contact details.

Full name of contact person: __________________________
Phone number of contact person: __________________________

Thank you very much for taking part

If you have any questions, please ring the 45 and Up Study Infoline on 1300 45 11 45.
You can also write directly to:
Professor Emily Banks, Scientific Director
The 45 and Up Study
GPO Box 5289, Sydney NSW 2001

Please return your questionnaire in the reply paid envelope or post (no stamp required) to:
Confidential
The 45 and Up Study
Reply Paid 1005
BROADWAY NSW 2007