



Factsheet

The 45 and Up Study: a guide for researchers

Australia's largest study into health and ageing

Since 2005, the 45 and Up Study has been following over a quarter of a million people to understand how Australians are ageing and the factors that promote good health and wellbeing.

Thanks to the incredible dedication of our participants, the 45 and Up Study has grown into Australia's largest ongoing study into health and ageing, and is continually revealing important new discoveries about life after 45 – evidence that is helping decision makers to improve healthcare outcomes and help Australians to live longer, healthier lives

Who can use the 45 and Up Study?

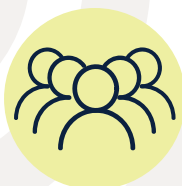
This world-class resource is available to all researchers, and we encourage and support the use of this longitudinal data to inform cutting-edge health research.

Already the 45 and Up Study has been a research resource for over 170 projects, involving more than 800 researchers across 90 organisations, which have resulted more than 500 research papers and over 12,000 citations. It is also proving a valuable resource for health decision makers with over 30 policy agencies planning to or using data from the 45 and Up Study

“The information we obtained from the 45 and Up Study provided us with a rich source of data that could address numerous health issues and advanced the knowledge in our field.”



Prof David Sibbritt, Head
School of Public Health, University of Technology Sydney



Over 700 researchers using the Study



Over 380 research articles published to date



Research projects span 90 organisations in 18 countries



Findings used by leading voices like the World Health Organisation



Evidence used by the Australian Government

What the 45 and Up Study offers researchers



Answers to diverse research questions

The size of the 45 and Up Study means that it can be used to provide answers to almost any question about health and ageing, including queries that relate to uncommon conditions and specific groups in the community, such as those living in remote parts of NSW.



Detailed information about participants

Participants in the Study provide demographic, lifestyle and health information through a brief baseline questionnaire and a re-survey every five years. Participants have also consented to linkage of this information with information sources such as hospital, pharmaceutical and general practice records. There is no other data source in Australia with such rich information about large numbers of participants.



Long term follow-up information

Long term information is the only way to explore health trajectories and causality. The 45 and Up Study can be used to understand how health is changing over time, which people have improving or deteriorating health, and the causes of these changes. In this way, the 45 and Up Study can be used to identify opportunities to intervene early to prevent disease or to manage it more effectively.



Insights into the use of services and programs

The Study's rich information and large numbers of participants means it can be used to answer many questions relevant to services and programs. For example, it can help understand who is using services, whether care is in accord with recommendations and whether population programs are making a difference.



A collaborative resource

Unlike most cohort studies, the 45 and Up Study has been designed specifically as a resource to support a wide range of research. The Sax Institute helps researchers access and use the data and also assists policy agencies to use the 45 and Up Study through our Analysis for Policy program.



Ever-growing data

The 45 and Up Study is on its way to becoming even more useful for researchers, with a new wave of COVID-19 data now being collected from our participants to help understand the effects of COVID-19 on the Australian population.

Start using the 45 and Up Study

If you're interested in accessing 45 and Up Study data, becoming a partner, collaborating on new research, collecting biospecimens, or new measures, please contact us at 45andUp.research@saxinstitute.org.au.

About the Sax Institute

The Sax Institute is an independent, not-for-profit organisation that improves health and wellbeing by driving better use of evidence in policies, programs and services.