

About the 45 and Up Study

The Sax Institute manages the 45 and Up Study – the largest ongoing study of healthy ageing in the Southern Hemisphere involving more than a quarter of a million NSW men and women.

The Study is a rich information source about the health of people as they age. It will provide the first complete picture of health as people move from mid to later life and allow governments and health policy makers to better plan health services and programs for our ageing population.

It is an open resource of world-class standard that researchers and policy-makers can apply to use and more than 440 researchers are currently using the Study in their work.

The Study aims to provide answers to many important health and quality of life questions, and will allow us to better understand the causes and outcomes of conditions such as cancer, heart disease, arthritis, depression and obesity. Its large size gives it power to answer research questions quickly and address a diverse range of questions, even those relating to uncommon conditions and small population groups.

The first major follow-up of those taking part in the Study began in 2012, and over time we will be asking all participants further questions about their health, lifestyle, and the medications they use. Participants have consented to their answers being linked to information sources such as hospital, pharmaceutical and general practice records to give the fullest possible picture of how our population is ageing.

The Sax Institute established the 45 and Up Study in 2004 and between 2005 and 2009 more than one in 10 NSW people 45 and over agreed to participate. It has ethical approval from The University of NSW Human Research Ethics Committee and is managed by the Sax Institute in collaboration with major partner Cancer Council NSW and partners: the National Heart Foundation of Australia (NSW Division); NSW Ministry of Health; *beyondblue*; Ageing, Disability and Home Care, NSW Department of Family and Community Services; the Australian Red Cross Blood Service; and UnitingCare Ageing.

About the Sax Institute

The Sax Institute is an internationally recognised leader in promoting the use of research evidence in health policy. We aim to be the bridge between health researchers and policy makers, giving each the tools to work more closely together for the health benefit of all Australians.

Our membership spans 39 public health and health services research groups and their universities. Established in 2002 as a not-for-profit organisation, our core funding is provided by the NSW Ministry of Health and we are also supported by other government, non-government, philanthropic and competitive research funding agencies.

Our mission is to improve health, health services and programs by increasing the use of research in policy making. We want to achieve wiser decisions for a healthier Australia.

Media contact: Kellie Bisset T: 02 9514 5975 M: 0434 614 578

45 and Up Study Partners:

