

The 45 and Up Study E-News



DECEMBER 2011

www.45andup.org.au

Welcome to the 7th issue of the **45 and Up Study e-News**, a bulletin for members of the 45 and Up Study Research Network, researchers, policy makers and others with a professional interest in Australia's largest cohort study. In this e-News we give an update of the Study's progress, upcoming events and new uses of Study data for research projects.

Best wishes

Professor Emily Banks
Scientific Director
The 45 and Up Study

Dr Belinda Goodenough
Operations Director
The 45 and Up Study

Farewell and thanks to Dr Sonia Wutzke....

After many years of hard work and leadership at The Sax Institute, the 45 and Up Study team has bid a fond farewell to Research Assets Director, Dr Sonia Wutzke. We thank Sonia for her key inputs in helping to establish the Study as a premier research resource in Australia, and wish her well in her new career chapter. We also welcome Dr Belinda Goodenough into the role of Operations Director for the Study.

8th Annual Collaborators' meeting – held 29th September 2011

In the context of its eight year history, this year's meeting attracted the highest number of registrants: 174, which comprised 109 researchers and 65 representatives from partners, consumers and stakeholders. There were 21 free paper submissions in addition to three plenary presentations:

Professor Dame Valerie Beral, presented on *Large-scale research embedded in health service delivery: examples from the UK*. As a medically qualified epidemiologist from Oxford (originally from Sydney), Professor Beral has been Director of the Cancer Epidemiology Unit in Oxford since 1988 and is Principal Investigator of the 'Million Women Study'. She leads international collaborative studies of breast, ovarian and endometrial cancer.

Professor Alastair Leyland, presented on *Individual and area-based inequalities: using linked data to fill gaps*. Professor Leyland is the Programme Leader of the Managing Health, Variations in Health and Determinants of Health at the MRC Social and Public Health Services Unit in Glasgow; is joint President of Public Health Epidemiology at the European Public Health Association; and currently sits on the Public Health Research Funding Board of the National Institute of Health Research.

Dr Hidde van der Ploeg, from the University of Sydney, was selected to present his work as a research highlight from the free paper submissions using 45 and Up Study data. Dr van der Ploeg's presentation addressed sitting time and all-cause mortality risk, and has recently been accepted for publication in the Archives of Internal Medicine.

Launch of the Five-Year Follow-Up

On September 29th 2011, during the Annual Collaborators' meeting, Professor Dame Valerie Beral officially launched the first five year Follow-Up of the 45 and Up Study. This is an exciting milestone as the first recruits to the cohort begin receiving and completing their five-year follow-up questionnaires during 2012. We thank our many consultants and experts for input into the format and item content of the follow-up questionnaire.

2011 Baseline questionnaire data release

The 45 and Up Study team are constantly engaged in processes of cohort tracking and data quality maintenance. We are pleased to confirm that all baseline questionnaires (including a few returned too late for the first data release) have been checked and entered. We now have a new data release available which comprises baseline questionnaire responses for 267,165 participants. This new 2011 release will be supplied to all new approved projects. For any research team currently engaged in baseline questionnaire analyses who would like the updated data release, please email your request to the 45 and Up Study Coordinating Centre (45andUp@saxinstitute.org.au).

Recent research outputs

To date, 28 papers using data from the Study have either been published or accepted for publication in peer reviewed national and international journals. Recent publications address a range of topics and include:

- Paradise MB, Glozier NS, Naismith SL, Davenport TA, Hickie, IB. Subjective memory complaints, vascular risk factors and psychological distress in the middle-aged: a cross-sectional study. *BMC Psychiatry*. 2011; 11: 108. Published online 2011 July 1. doi: 10.1186/1471-244X-11-108
- Cockayne NL, Glozier N, Naismith SL, Christensen H, Neal B, Hickie IB. Internet-based treatment for older adults with depression and co-morbid cardiovascular disease: protocol for a randomised, double-blind, placebo controlled trial. *BMC Psychiatry*. 2011;11:10.
- Douglas K, Yen L, Korda R, Kljakovic M, Glasgow N. Chronic disease management items in general practice: A population-based study of variation in claims by claimant characteristics. *Med J Aust* 2011;195:198-202.
- Kendig H, Mealing N, Carr R, Lujic S, Byles J, Jorm L. Assessing patterns of Home and Community Care service use and client profiles in Australia: a cluster analysis approach using linked data. *Health and Social Care in the Community*, (in press).
- van der Ploeg H, Chey T, Korda R, Banks E, Bauman A. Sitting time and all-cause mortality risk in 222,497 Australian adults. *Arch Intern Med* (in press).

A number of these publications are available from the 45 and Up Study website, including a short publication giving an overview of the Study and cohort:

- Banks E, Jorm L, Wutzke S. The 45 and Up Study: fostering population health research in NSW. *NSW Public Health Bull*. 2011; 22:15-16.

Please note:

Technical review of all manuscripts and conference abstracts is required prior to submission for peer-review or publication. Submissions using Medicare data also need additional independent technical review by Medicare Australia. To request a technical review or for further information and assistance, please email the 45 and Up Study Coordinating Centre (45andUp@saxinstitute.org.au)

Research underway

Since the initial release of the 45 and Up Study Baseline Questionnaire Data in April 2010, there have been 111 project applications - 96 have been approved with 59 currently active on a very wide range of topics. In total, 43 projects have requested linkage of the baseline questionnaire to other data sets, and 15 have proposed to recontact the cohort for further information or participation. Every approved project has met criteria for scientific merit, ethics, and is in the public interest. More detail on projects which are underway can be found on our website.

Sub-studies update

Several sub-studies have commenced which aim to collect additional information from Study participants, an update on each of them is listed below:

- **The SEEF Project** has gathered additional data on the social, economic and environmental factors that influence health, with over 60,000 participants returning this questionnaire. Data collection is now complete and analysis is continuing.
- **The Skin Health Study** invited more than 8,000 Study participants to provide blood and skin cell samples and complete a questionnaire about their health and lifestyle. This project examines sun exposure, and factors such as sun sensitivity, HPV, smoking, and the relationship of these to skin cancer risk.
- **The Retirement Transition and Health Project** is an online data collection study collecting detailed information from around 2,000 participants, over four years, related to their retirement plans and then moving to retirement.
- **The CREDO Research Project** is a randomised controlled trial of a web-based intervention to improve depression, cognitive function and adherence for up to 500 people with comorbid cardiovascular disease.
- **The HAIL (Housing and Independent Living) Project** focused on the home and neighbourhood environments of around 200 community dwelling older people, to examine the extent to which these environments can be considered to be 'supportive'. Data collection is now complete and analysis is continuing.
- **The Life Histories and Health Project** is collecting data from Study participants to identify the long-term impacts of employment, family-building, housing, and migration over Australia's post-war era and the health implications for those who are now moving into retirement.
- **The Diabetes Risk Factor Survey** involved re-contacting around 2,000 Study participants to validate self-report of diabetes, as well as collect further information on health status, treatment and management of diabetes and related health care. Data collection is now complete and analysis is continuing.

Your expertise is valuable

The 45 and Up Study is a collaborative resource. As project applications increase in number and scope, we invite collaborators to act as independent peer-reviewers, and also to take part in project specific working groups. Thank you to everyone already helping with this process. If you would like to register your availability and areas of expertise (including consumer and partner representatives) then please send an email to: 45andup@saxinstitute.org.au

On the horizon

2012 is a big year for the 45 and Up Study. In addition to the first five-year Follow-up you can expect to hear some exciting updates on a number of initiatives. One large-scale project is the proposal to collect biospecimens from a large proportion of Study participants (in partnership with Cancer Council NSW) to create one of the largest biobanks in the world. A second key development is the potential for remote access to the 45 and Up Study data via the Secure Unified Research Environment, SURE (in partnership with Population Health Research Network). Stay tuned!

Partnerships in healthy ageing

The 45 and Up Study is managed by the Sax Institute in partnership with our major partner and principal supporter Cancer Council NSW. Our other valued partners include: the National Heart Foundation of Australia (NSW Division); *beyondblue: the national depression initiative*; NSW Health; Ageing, Disability and Home Care, Department of Human Services, NSW; and UnitingCare Ageing.



How to contact the 45 and Up Study

The Study is owned and managed by The Sax Institute. During 2011, the Sax Institute moved to new premises (near Central station, Sydney, NSW):

Level 2, 10 Quay Street, Haymarket, NSW 2000

For more information about the 45 and Up Study, or to submit an application to use the data, please contact the Study team at the Sax Institute by:

Phone 1300 45 11 45
Fax 02 9514 5952
Email 45andUp@saxinstitute.org.au
Post: The 45 and Up Study
Sax Institute
PO Box K617
Haymarket NSW 1240

saxinstitute

