Welcome to the 11th 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.

Best wishes,

Emily Banks
Scientific Director
The 45 and Up Study

Alison Cowle
Acting Study Director
The 45 and Up Study

FOLLOW-UP: FIRST PHASE NOW ALMOST COMPLETE!

It is now 12 months since the Study launched the first stage of the Follow-Up with a mailing to 41,440 45 and Up Study participants. A remarkable 65% response rate was achieved with the return of more than 27,000 questionnaires.

Almost all of these responses have now been reviewed for eligibility and it is anticipated that all processing for this phase will be finalised and data made available to researchers in early 2014.

Follow-up questionnaires were sent out to a further 86,250 Study participants in November 2013 and the rest of the cohort will be re-contacted for follow-up in the next 2 years.

The follow-up questionnaire includes many of the questions asked in the original baseline questionnaire as well as some new questions on items like doctor diagnoses of heart failure and atrial fibrillation; blood donation and vaccination; number of people living in the household; bodily pain including specifically lower back pain.

The data book summarising responses to the follow-up questionnaire will be available at the same time as the data release.

Reference copies of the follow-up questionnaires are available from our website.
The mood was celebratory at the 10th Annual Collaborators’ Meeting, held on Friday 11 October at the SMC Conference Centre, Sydney. It was a time to reflect on the many achievements of the Study in the previous decade and mark a major milestone.

Professor Bruce Armstrong gave an amusing reflection of the Study’s achievements over the previous decade. He finished by leading a rousing chorus of “Happy Birthday”, standing beside a themed birthday cake designed around the Study logo and baked by a member of Sax Institute staff.

The plenary sessions were chaired by Professor Sally Redman, CEO of the Sax Institute, and included a review of the Study’s first ten years, current position and future prospects by Professor Emily Banks. An update from 45 and Up Study partners was presented by Michael Woodhouse of the Department of Family and Community Services.

Associate Professor Freddy Sitas, Director of Research at Cancer Council NSW, gave a presentation on recent findings in the area of smoking and mortality followed by Professor Nick Glozier of the University of Sydney, who spoke about the CREDO Trial. This sub-study examined the effectiveness of cognitive behavioural therapy delivered via the internet on adults with high cardiovascular disease risk and depression.

An overview of Assessing Preventable Hospital Indicators: the APHID Study, was given by Professor Louisa Jorm from the University of Western Sydney and Sax Institute. Professor Sandra Eades, from the University of Sydney, reviewed care-giving and psychological distress among Aboriginal participants of the 45 and Up Study in relation to their health behaviours.

Four parallel sessions after lunch focused on cancer, cardiovascular disease and metabolic health, healthy ageing and health services, and mental health. The day’s program concluded with a masterclass, lead by Mark Bartlett of the Analysis for Policy Program at the Sax Institute. This focused on the use of geospatial analysis to interpret 45 and Up Study data.

The Sax Institute would like to warmly thank all contributors and attendees for making the 10th Annual 45 and Up Study Collaborators’ Meeting such a valuable event for the research community. We look forward to welcoming you back in late 2014.

COMING SOON – THE SEEF DATASET

In 2010, 100,000 45 and Up Study participants were invited by the University of Sydney to join the SEEF Project, an NHMRC funded project led by Professor Adrian Bauman at the University of Sydney, by completing and returning the 78 item SEEF questionnaire. SEEF is an acronym for the Social, Economic and Environmental Factors (that impact on healthy ageing). Approximately 60,000 Study participants responded.

The information from this project is being used by the original investigators but is also now available to external researchers. Variables collected by the SEEF questionnaire, but not on the baseline, include religion, sexuality, attendances at medical practices and home ownership.

Check the Sax Institute website towards the end of the year for details on the forthcoming release of these data.
RESEARCH UNDERWAY

Since the Study’s inception, 138 project applications have been received – with 119 approved and 81 currently active or completed. Every approved project has met criteria for scientific merit, ethics, and public interest. More detail on projects underway can be found on our website. Some recently approved project applications using 45 and Up Study data include:

**Title:** Risk factors for admission to residential aged care  
**Investigators:** Prof Julie Byles, Dr Lynn Francis, Ms Catherine Chojenta, A/Prof Fiona Blyth

**Title:** Sexual wellbeing and quality of life after prostate cancer: a comparative study of heterosexual and non-heterosexual men  
**Investigators:** Prof Jane Ussher, Mr Alan Brotherton, Prof Suzanne Chambers, Prof Ian Davis, Prof Gary Dowsett, A/Prof David Latini, A/Prof Janette Perz, A/Prof Scott Williams

**Title:** The finance and economics of primary health care  
**Investigators:** Prof Jane Hall, Prof Denzil Fiebig, Dr Ian McRae, Prof Marion Haas, A/Prof Stephen Goodall, Dr Milica Kecmanovic, Ms Patricia Kenny, Ms Sheena Arora

To date, more than 470 researchers across 40 organisations have used Study data including 50 early career and student researchers.

**Use of SURE for all new projects**

The Secure Unified Research Environment (SURE) was officially launched in July 2012 and is now successfully established as the method for the 45 and Up Study to provide researchers with a secure environment in which to remotely work with the data. Many researchers using data provided by the Department of Human Services (MBS and PBS) will already be familiar with the use of SURE.

SURE is not part of the 45 and Up Study. It is Australia’s first and only remote-access data research laboratory purpose-built for the analysis of linked, routinely collected data in a virtual environment. In order to improve the security with which the de-identified 45 and Up Study baseline and linked data sets are held, we will now be moving all new projects using the 45 and Up datasets to SURE. This will occur in a staged approach.

From 1 January 2014, all new projects using linked data and all existing projects requesting updates to their datasets, will be required to access these data via SURE. SURE has many advantages for both research teams and the coordinating centre and is particularly useful for facilitating remote access. This has recently been demonstrated with researchers analysing data from as far away as Scotland.

Researchers applying for data will be guided through the additional SURE processes by the 45 and Up Study coordinating centre staff. More information about the way SURE works to assist researchers can be found at www.sure.org.au.

Do you have other questions about SURE? Please contact the SURE team: sure-admin@saxinstitute.org.au
LATEST PAPERS FROM THE 45 AND UP STUDY

There have now been more than **seventy** peer-reviewed publications using 45 and Up Study data! Congratulations to all the teams and authors in helping the Study reach this milestone. Please remember if your paper has been accepted for publication, it is important that you notify us as soon as possible. This is a reporting requirement that we undertake to our Study partners. It will also give our communications team time to review your work and see if it is suitable for media promotion. We will always seek author permission to publicise the paper. A full list of publications is available on the website, and here are some recent papers:


GRANT SUCCESSES

Congratulations to the following team who were successful in obtaining a grant in the latest round of NHMRC funding. This is the 16th NHMRC/ARC grant awarded for the use of 45 and Up Study data:

**Investigators:** Dr Maarit Laaksonen (UNSW), A/Prof Karen Canfell, A/Prof Claire Vajdic, Dr Robert MacInnis

**Title:** Population-level relevance of risk factors for cancer.

**Award:** NHMRC Standard Project Grant - $310,292

From the NSW Cardiovascular Research Network, some news of success in the 2014/15 funding round:

**Investigators:** Prof Adrian Bauman, Prof Len Kritharidis, Prof Emily Banks, Dr Ding Ding, Prof John Chalmers, Ms Alicia Neubeck, Dr Anne Grunseit, Dr Philarath Phongsavan, Ms Blythe O’Hara, Dr Susan Furbur, Ms Janice Sangster.

**Title:** Improving outcomes for people with cardiovascular disease in the NSW community.

**Award:** CVRN Research Development Project Grant - $300,000

Did we miss your team’s grant? Please let us know!

DON’T FORGET TO QUOTE YOUR PROJECT NUMBER

The 45 and Up Study has a large and growing number of research teams using its data to complete their projects.

To allow staff to address your enquiries quickly and easily, researchers are asked to quote their five digit project number when contacting us.

A RECENT TRANSLATION TO POLICY

Congratulations to ANU’s Dr Rosemary Korda and team for their paper on obesity and hospitalization which was cited in the 2013 ACT Government Healthy Weight Action Plan, “Towards Zero Growth”:


The 45 and Up Study is keen to hear of any example of research translations – please let us know if you have seen any successes in this area with your own team’s research.
Technical Review of papers

It is a requirement of data use that all papers or conference presentations referencing analysis of the 45 and Up Study resource are submitted to the coordinating centre for technical review prior to submission for publication or abstract requests.

The purpose of this review is to ensure that technical aspects of the submitted work as they relate to the 45 and Up Study are accurate and consistent. In particular, this relates to the description of the 45 and Up Study, the Study variables, the Study’s stakeholders, and the scope of the reported analysis (relative to the approved project). It is not peer-review or statistical review.

The 45 and Up Study coordinating centre has recently developed some guidelines to help researchers in this process. These are now available via the Sax Institute website at Technical-review-guidelines.

We ask that you send the paper or abstract to us at least 30 days before submission. Every effort will be made to achieve a fast turnaround but adequate time for the technical review should be allowed before any external deadlines. In particular, this applies to papers requiring additional review by the Department of Human Services.

SEASON’S GREETINGS AND IMPORTANT DATES FOR HOLIDAY CLOSURES

The Sax Institute will be closed from Wednesday 25 December 2013, and will re-open on Thursday 2 January 2014.

The 45 and Up Study Coordinating Centre will be closed from Friday 20 December 2013, and will resume operations on Monday 13 January 2014.

If you are preparing an application for a grant in the next NHMRC round, please contact the coordinating centre now to allow sufficient time for us to assist you before the grant deadlines.

Season’s greetings and we look forward to an exciting new year ahead.

Happy Holidays!
AND FINALLY SOME STAFF NEWS

Kate Curtis recently began maternity leave. We send our warmest wishes to Kate, her husband Jeff and their baby boy at this exciting time.

We are pleased to welcome Carla Demos to the team in Kate’s role. Carla will be assisted by Tess Cooper, who has been very capably working in the coordinating centre since March.

Finally, we thank Kim Riordan for all her help with the 45 and Up Study over the past 6 months.

OUR PARTNERS

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:
National Heart Foundation of Australia (NSW Division)
beyondblue
NSW Ministry of Health
Family and Community Services
Australian Red Cross Blood Service
UnitingCare Ageing

We also warmly acknowledge other friends of the Study, both past and future.

HOW TO CONTACT THE 45 AND UP STUDY

The 45 and Up Study coordinating centre is located at the Sax Institute, NSW, Australia: Level 2, 10 Quay Street, Haymarket NSW 2000 (near Central Station in Sydney).

For more information about the Study, to submit a project application, or to share news about achievements, please contact the 45 and Up Study coordinating centre:

Phone 1300 45 11 45   Fax 02 9514 5952   Email 45andUp.research@saxinstitute.org.au

Post: The 45 and Up Study, Sax Institute, PO Box K617, Haymarket NSW 1240

Note: Direct line phone numbers for all Sax Institute staff will change early in 2014 so contact via the 1300 number is recommended.