

BRHS 30 year follow-up survey questionnaire

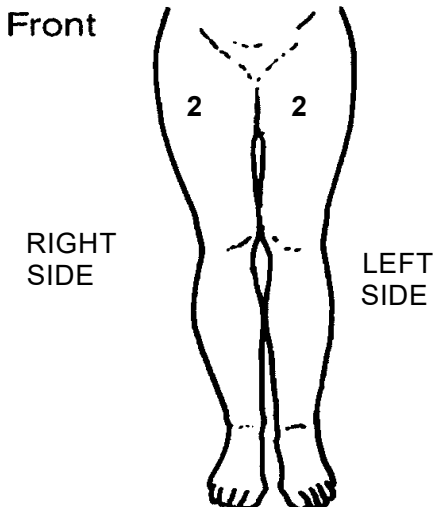
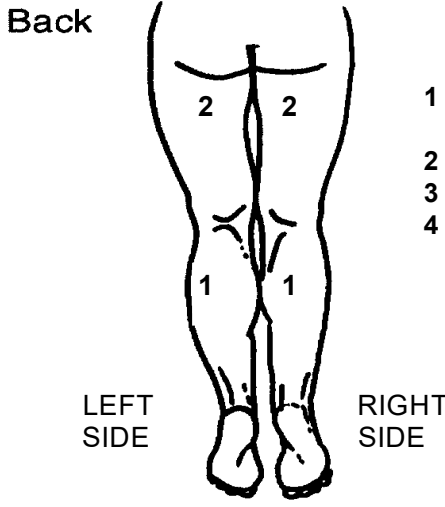
2010-12 (Q30)



Data notes and Questionnaire coding instructions protocol

Questionnaire method	Self-Administered postal questionnaire
Type of questionnaire	Structured questionnaire with open-ended questions coded using a questionnaire coding protocol
BRHS study time point (Year of follow-up)	30 year follow-up
Year	2010-2012
Mailing dates	2010-2012 with reminders at 6 weeks
Age range of sample	71-92
Number of completed questionnaires	2137
Response rate %	68%

BRHS cohort participants were invited for a further follow-up re-examination 30 years after their original recruitment into the study in 1978-80. A postal questionnaire was sent with an invitation to participate in the re-examination. The questionnaire was completed by 2137 of the study participants (68% response rate) now aged 71-92 years.

		194 Endocrine glands 195 Malignant neoplasm's of other and ill-defined sites 239 Neoplasm's of unspecified nature 239 Type not known
7.0 u	Other Medical Conditions	Use ICD 9
8.1	ARTHRITIS	1 Gout 2 Polymyalgia Rheumatic Arthritis PMR 3 Psoriasis Arthritis 4 Ankylosing Spondylitis 5 Reactive Arthritis 6 Multiple kinds Arthritis 8 Unspecified Arthritis 9 Other
8.2	JOINTS AFFECTED	Fingers and Knuckles = Hands, Toes and Ankles =Feet 1 Elbows/ Arms 2 Upper Limbs 3 Lower Limbs 4 Facial (Jaw) 5 Other Multi Combination 6 Back / Spine
9.0	JOINT PAIN, SWELLING OF STIFFNESS	As 8.2 above
11.4	Falls & Fractures	3 Several
12.1	OPERATIONS	1 if anything recorded
18.0 b	LEG PAIN	1 Claudication, narrowing of arteries 2 Musculoskeletal 3 All others
18.6	Site of leg pain When leg pain is marked, code the left and right leg separately as follows:-	
	<p>Front</p>  <p>Back</p>  <p>1 calf muscles (takes priority) 2 thigh or buttock 3 pain in other site 4 no pain in that leg</p>	

21	ALCOHOL	Always take the highest value ½ pint = 1 drink
22	PHYSICAL ACTIVITY	Always round down
22.6	SPORTING ACTIVITIES (taken from Q20)	Round DOWN to nearest hour
		01 Bowls/skittles 02 Swimming 03 Golf 04 Cycling 05 Racket sports (tennis,badminton,squash,table tennis) 06 Dancing 07 Rowing 08 Walking, Hiking 09 Fitness, weight training, Gym, Running, jogging 10 Fishing 11 Other
23.5	HEALTH SCALE	Range from 0-100. Estimate the point on the scale
29.1 & 29.2	SLEEP	Round down to nearest half hour
29.5		1 If anything is recorded in 'other' section
30.2	TEETH All=28, Most=20, Lots=10	
34.0	TIME SPENT ON VARIOUS ACTIVITIES If two values are given, take the LOWEST value If ANY amount is given (eg. only 10 minutes), then round up to 1	
44.3	MEDICINES CHOLESTEROL LOWERING DRUGS If more than one cholesterol lowering drug is recorded give priority to STATINS First digit denotes the type, Second digit provides the drug name	
	Fibrates	11 Bezafibrate, Bezalip, Bezalip mono Liparol XL, Bezagen XL, Zimbacol XL 12 Ciprofibrate Modalim 13 Fenofibrate Lipantil, Supralip 160 14 Gemfibrozil Lipid
	Statins	20 STATIN so described 21 Atorvastatin Lipitor 22 Fluvastatin Lescol Lescol XL 23 Pravastatin Lipostat 24 Simvastatin Zocor, <i>Simvador</i> 25 Rosuvastatin Crestor 26 Simvastatin with Ezetimibe Inegy
	Anion-exchange resin	31 Colestyramine Questran, Questran light 32 Colestipol Hydrochloride Colestid
	Nicotinic acid group	41 Acipimox Olbetam 42 Nicotinic acid Niaspan
	Fish oils	51 OMEGA-3-Acid Ethyl esters Omacor 52 OMEGA-3-Marine Triglycerides Maxepa
	Ezetimibe	61 Ezetrol

44.7	Aspirin	ICD code	
45.0	Medication	Use BNF & ICD codes	
	ICD Codes	ICD only for Heart related conditions or when Medicine code begins with 02 CVD & Diabetes Medications take priority. If lipid drug is given make sure the statin name is recorded on the previous page Q44.3	
		If statin as part of trial record BNF as 02.12.9.0	
	COMMON ICD CODES		
	Prevention/ Dr orders	888	Blood Pressure/hypertension 401
	Heart related	429	Angina 413
	Circulation/ Blood related	459	Heart Attack 410
	To thin Blood (anticoagulant)/ blood clots	459	Irregular heart beat 427
	Water/ Fluid Retention Oedema	457	Heart Failure 428
	Pain Relief	729	Stroke 436
	Leaking Heart valve	396	Diabetes 250
	Cholesterol/ Lipids	272	Arthritis 716
	Glaucoma	365	TIA 435

46.0	VITAMINS MINERALS AND Complementary Medicines			
46.4				
	Sanatogen	1	Complan	16
	Seven Seas	2	Bodycare	17
	Holland and Barratts	3	Hofels	18
	Boots	4	Superdrug	19
	Supermarket own brand	5	Kwai	20
	Gold Shield	6	Devil's claw	21
	Ensure	7	Simply Supplements	22
	Healthspan	8	Orovibe 7	23
	Fortisip	9	Valapale	24
	Centrum	10	Radiance	25
	Nature's Best	11	Caxido	26
	Healthy Direct	12	Icapis	27
	Multibionta	13	Cardioace	28
	Zipfit	14	Co-enzyme Q10	29
	Biocare	15		
46.6				
	01	Folic Acid		
	02	Cod liver Oil		
	03	Primrose Oil		
	04	Olive Oil		
	05	Iron		
	06	Zinc		
	07	Ginseng		
	08	Ginger		
	09	Ginko Biloba		
	10	Propolis B		
	11	Royal Jelly		
	12	St John's Wort		
	13	Other		
	20	Acupuncture		

D1.1	Diet	<ol style="list-style-type: none"> 1 Low Fat/ Cholesterol 2 Low Calorie/ Weight Loss 3 High fibre 4 Vegetarian 5 Diabetic 6 Pescetarian (Fish Eating Vegetarian) 7 Atkins 9 Other
D5.6	Fresh fruit	<p>Always code the least number of fruit eaten 3-5 pears code as 3 Citrus fruits add to Oranges or Grapefruit above 1lb = 16oz 1oz = 28g</p> <p>Quantity of other Fruits eaten Fruits that are not counted individually are counted as portions ¼ lb = 4 oz of Grapes = 1 portion, ½ lb = 8 oz of berries = 2 portions etc. 5 Dates/ Figs = 1 portion. 1 Kilo = 35oz = 8 portions, 4 dried apricots = 1 portion</p> <p>If a person writes only in season ignore that particular fruit. If frequency rather than quantity code this as 1 portion</p> <p>Melon = 2 portions, Papaya (Paw Paw) = 2 portions, Mango = 1 portion, Pineapple = 2 portions Punnet of berries (1/2lb) = 2 portions, Peach = 1 portion, plum = 1 portion etc</p>
D7	Bread	Maximum number of slices or bread / day = 7. If more than 7 code as 7
D13.0	Milk	<p>1pint = 570ml ½ = 285ml 1 tablespoon = 15ml 1FIOz = 30 mls</p> <ol style="list-style-type: none"> 1 Goats milk 2 Dried Milk 9 Other

D15.0**Fats**

Always code appropriate box ie check the brand is Low fat / full fat

Care is needed because many types occur in both full fat and low fat. Accept subjects judgement unless clear evidence to contrary

Butter

No coding required

Anchor, Lurpak, Sommerfield Country, Supermarket own brands

Full Fat Soft Margarine

Full-fat soft margarine 1 Clover, Golden Crown, Kerrymaid, Krona Gold, Stork, Supermarket own brands, Willow

High polyunsaturated 2 Benecol
Flora,
Soya margarine (all brands),
Sunflower margarine
Vitalite
I can't Believe its not Butter

High Mono unsaturated 3 Bertolli
Blue band,
Mono, St Ivel Mono, St Ivel,
Utterly Butterly (!)

Uncodeable Other 8
Missing 9

Low Fat Soft Margarine

General Low-fat soft margarine 1 Anchor half fat butter,
Clover,
Delight,
Krona
Supermarket own brands

High polyunsaturated 2 Benecol
Flora extra light,
Soya margarine's (all brands)
Sunflower margarine's,
Gold sunflower H.E.
Slimmers gold sunflower low fat
St Ivel Gold low fat sunflower
Value sunflower spread
Vitalite light/reduced fat,
I Can't Believe Its Not Butter Light

High Mono unsaturated 3 Bertolli
Olivite (Heinz weight watchers),
Olive Gold (incl reduced fat),
Olivio

Very low fat types 4 Delight extra low fat,
Gold lowest,
H.E. lowest ever 5% spread,
H.E. very low fat spread,
Outline,
Promise,
St Ivel Gold lowest low fat

Uncodeable Other 8
Missing 9

Hard Margarine

No coding required

D15.2	LARD AND RELATED FATS		
	High Poly or Mono Unsaturated	1	Solid mazola, White Flora,
	Lard and related animal fats	2	Goose Fat, Lard, Morrell, Suet
	Other Vegetable fats	3	Cookeen, Pura, Spry Crisp n Dry, Trex, Vegetable suet White cap cooking fat,
	Uncodeable Other	8	
	Missing	9	
D15.3	LIQUID VEGETABLE OIL		
	High Poly Unsaturated	1	Corn Oil (Mazola) Flaxseed Hemp Pumpkin Sesame oil, Soyabean Oil SunflowerOil, (Flora)
	High Mono Unsaturated	2	Canola Oil Groundnut Oil, Olive Oil (Aldi Solesta), Peanut Oil, Rapeseed Oil,
	Other Liquid Vegetable fat	3	own brand vegetable oil Again & Again Crisp n Dry Harry Ramsden Olivio
	Low Fat Oil Spray	4	Fry Light
	Lard and related animal fats	5	Ghee
	Uncodeable Other	8	
	Missing or vegetable oil	9	
D17.3, D17.5	Sugar		½ teaspoon round up to 1, try to code the actual amount taken.
D18.1	Alcohol 1 litre of spirits = 40 units		Alcohol round up amounts less than 1.