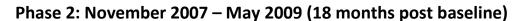
Figure 1: The Newcastle 85+ Study Timeline and Overview

#### Baseline: June 2006 - October 2007

- \*A detailed health assessment comprising questionnaires, measurements, function tests conducted over 3 visits plus 1 additional visit to collect fasting blood, weight and bioimpedence measures
- \*A review of general practice records – comprising extraction of details pertaining to 'ever' diagnosed diseases, current prescribed medication, and use of general practice services in the past 12 months
- \*Consent to 'flag' participants with the Health and Social Care Information Centre to provide details [date and case] in the event of death and to access hospital and social service records



A detailed health assessment – comprising questionnaires, measurements, function tests [to include: repeated, modified and new measures] – conducted over 2 visits, with an additional visit to collect non-fasting blood and weight

# Phase 3: June 2009 - October 2010 (36 months post baseline)

A detailed health assessment – comprising questionnaires, measurements, function tests [to include: repeated, modified and new measures] – conducted over 2 visits, with an additional visit to collect fasting blood, weight and bioimpedence measures

A review of general practice records – comprising extraction of details pertaining to diagnosed diseases since baseline, current prescribed medication and use of general practice services in the past 12 months

## Phase 4: June 2011 – March 2013 (60 months post baseline)

- \*A reduced health assessment comprising questionnaires, measurements, function tests [to include: repeated, modified and new measures] conducted over 1 visit
- \*A review of general practice records comprising extraction of details pertaining to diagnosed diseases since phase 3 current prescribed medication, and us of general practice services in the past 12 months

## Phase 5: Oct 2016 - May 2018

A repeat health assessment conducted over one visit in the participants' place of residence. A review of general practice records of all participants who completed Phase 4.

#### Note:

- All aspects of the health assessment were conducted by a trained research nurse in participants' usual place of residence [own home or institution]
- Review of general practice records were conducted by a trained research nurse in participants' registering general practice