

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.

BRITISH REGIONAL HEART STUDY
Coding schedule for Q30
30 year follow up Questionnaire

GENERAL

Please code using red **ink**. If two values given, take lowest.
Round down values less than 1, except for alcohol
Yes=1, No=2, dot(.)= not response/missing or not applicable

Coders Coder number to be recorded on the front page after the study number.
1= GR, 2= RW, 3= SA, 4= LL, 5=JC, 6 =N, 7=F, 8=F, 9=IC, 10=SN, 11=SW

Q1 Dates: please ensure that this is recorded numerically i.e. August =08

Q2.1 Other Heart and Circulation Problems

- 1 Pacemaker
- 2 Valve Related
- 3 Cardiomyopathy
- 9 Other

Irregular heartbeat = tick 'Atrial Fibrillation'

GENERAL If complete date is provided, please give/ circle the year to be entered

Q4.0 h INVESTIGATIONS

Make sure that information is correctly recorded elsewhere.
Aortic Graft= Aortic Aneurysm, Heart related = Other Heart Trouble, Cardiac Catheter = Angiogram, Aorta = Valve related

- 1 Valve related
- 2 Pacemaker
- 3 Surgery on arteries
- 9 Other

Q6.0	CANCER	<p>(See ICD 9 for additional codes)</p> <p>165 Respiratory Unspecified</p> <p>162 Trachea, Lung and Bronchus</p> <p>161 Larynx</p> <p>175 Breast</p> <p>193 Thyroid</p> <p>145 Oral (Lip, Salivary glands, Pharynx, Tongue)</p> <p>159 Gastrointestinal Unspecified</p> <p>150 Oesophagus</p> <p>151 Stomach</p> <p>152 Bowel</p> <p>153 Colon</p> <p>154 Rectum</p> <p>157 Pancreas</p> <p>155 Liver</p> <p>185 Prostate</p> <p>186 Testes</p> <p>187 Genito-urinary Unspecified</p> <p>188 Bladder</p> <p>189 Kidney</p> <p>208 Blood Unspecified</p> <p>207 Leukaemia</p> <p>208 Lymphoma /CLL</p> <p>170 Bone all sites</p> <p>171 Connective and other soft tissue</p> <p>172 Skin Unspecified / Melanoma (e.g. ear, nose etc-)</p> <p>172 Rodent Ulcer</p> <p>190 Eye</p> <p>191 Brain Tumour</p>
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		192 Other Neurological Sites 194 Endocrine glands 195 Malignant neoplasms of other and ill-defined sites 239 Neoplasms 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 of 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: -	<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;"> <p>Front</p> <p>RIGHT SIDE</p> <p>LEFT SIDE</p> </div> <div style="flex: 1;"> <p>Back</p> <p>LEFT SIDE</p> <p>RIGHT SIDE</p> </div> <div style="flex: 1; padding-left: 20px;"> <p>1=calf muscles (takes priority) 2 = thigh or buttock 3 = pain in other site 4 = no pain in that leg</p> </div> </div>

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 (e.g. 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 Lopid
	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																																																										
<div style="margin-bottom: 20px;"> <p>45.0 Use British National Formulary (BNF) codes for coding of medicines (1-13) and ICD 9 codes (3 digits) for reason for taking the medicine in coding boxes on questionnaire.</p> </div> <div style="text-align: center; margin-bottom: 20px;"> <p>Coding boxes for BNF codes</p> <table style="margin: auto; border-collapse: collapse;"> <tr> <td style="padding: 0 10px;">1</td> <td style="padding: 0 10px;">2</td> <td style="padding: 0 10px;">3</td> <td style="padding: 0 10px;">4</td> <td style="padding: 0 10px;">5</td> <td style="padding: 0 10px;">6</td> </tr> </table> </div> <div style="margin-bottom: 20px;"> <p>Medicine (BNF codes) </p> <p>Reason for taking code as ICD9 (3 digits) </p> </div> <p>Enter chapter in coding boxes 1&2, section in coding boxes 3&4, sub-section coding box 5 and further sub-section in coding box 6</p> <p>Example: A man reports taking warfarin for Atrial fibrillation</p> <p>Enter chapter: in coding boxes 1&2 = 02 section: in coding boxes 3&4 = 08 sub-section: coding box 5 = 2 further sub-section: in coding box 6 = 0</p> <p>ICD 9 code for Atrial Fibrillation = 427</p> <div style="text-align: center; margin-top: 20px;"> <p>→ </p> <p style="margin-left: 100px;"> </p> </div> <div style="margin-top: 20px;"> <p>MEDICINES (1-10) Coded using the British National Formulary (BNF) codes as above.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%;">Cholesterol Lowering Drugs</td> <td style="width: 60%;">Split into subcategories</td> </tr> <tr> <td style="padding-left: 40px;">Statins</td> <td>02.12.0.1 (Atorvastatin, Fluvastatin, Pravastatin, Rosuvastatin, simvastatin, Statin so described)</td> </tr> <tr> <td style="padding-left: 40px;">Bile acid sequestrants</td> <td>02.12.0.2</td> </tr> <tr> <td style="padding-left: 40px;">Ezetimibe</td> <td>02.12.0.3</td> </tr> <tr> <td style="padding-left: 40px;">Fibrates</td> <td>02.12.0.4</td> </tr> <tr> <td style="padding-left: 40px;">Nicotinic acid group</td> <td>02.12.0.5</td> </tr> <tr> <td style="padding-left: 40px;">Omega 3 fatty acid compounds</td> <td>02.12.0.6</td> </tr> <tr> <td style="padding-left: 40px;">Local sclerosants</td> <td>02.12.0.7</td> </tr> </table> </div> <hr style="border: 0.5px solid black; margin: 20px 0;"/> <div style="margin-top: 20px;"> <p>REASON for taking medicine (1-10) Reason is coded using ICD 9 Codes. Coded only for Heart related conditions or when Medicine code (BNF code) begins with 02 CVD & Diabetes Medications take priority.</p> <p style="margin-top: 10px;">COMMON ICD CODES</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%;">Prevention/ Dr orders</td> <td style="width: 10%; text-align: center;">888</td> <td style="width: 40%;">Blood Pressure/hypertension</td> <td style="width: 10%; text-align: center;">401</td> </tr> <tr> <td>Heart related</td> <td style="text-align: center;">429</td> <td>Angina</td> <td style="text-align: center;">413</td> </tr> <tr> <td>Circulation/ Blood related</td> <td style="text-align: center;">459</td> <td>Heart Attack</td> <td style="text-align: center;">410</td> </tr> <tr> <td>To thin Blood (anticoagulant)/ blood clots</td> <td style="text-align: center;">459</td> <td>Irregular heartbeat</td> <td style="text-align: center;">427</td> </tr> <tr> <td>Water/ Fluid Retention Oedema</td> <td style="text-align: center;">457</td> <td>Heart Failure</td> <td style="text-align: center;">428</td> </tr> <tr> <td>Pain Relief</td> <td style="text-align: center;">729</td> <td>Stroke</td> <td style="text-align: center;">436</td> </tr> <tr> <td>Leaking Heart valve</td> <td style="text-align: center;">396</td> <td>Diabetes</td> <td style="text-align: center;">250</td> </tr> <tr> <td>Cholesterol/ Lipids</td> <td style="text-align: center;">272</td> <td>Arthritis</td> <td style="text-align: center;">716</td> </tr> <tr> <td>Glaucoma</td> <td style="text-align: center;">365</td> <td>TIA</td> <td style="text-align: center;">435</td> </tr> </table> </div>			1	2	3	4	5	6	Cholesterol Lowering Drugs	Split into subcategories	Statins	02.12.0.1 (Atorvastatin, Fluvastatin, Pravastatin, Rosuvastatin, simvastatin, Statin so described)	Bile acid sequestrants	02.12.0.2	Ezetimibe	02.12.0.3	Fibrates	02.12.0.4	Nicotinic acid group	02.12.0.5	Omega 3 fatty acid compounds	02.12.0.6	Local sclerosants	02.12.0.7	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 heartbeat	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
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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		

PART II – YOUR DIET

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 Always code the least number of fruits eaten 3-5 pears code as 3 Citrus fruits add to Oranges or Grapefruit above 1lb = 16oz 1oz = 28g 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 If a person writes only in season ignore that particular fruit. If frequency rather than quantity code this as 1 portion 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	
D7	Bread Maximum number of slices or bread / day = 7. If more than 7 code as 7	
D13.0	Milk	1pint = 570ml ½ = 285ml 1 tablespoon = 15ml 1FIOz = 30 mls <ol style="list-style-type: none"> 1 Goats milk 2 Dried Milk 9 Other

D15.0		Fats Always code appropriate box i.e. 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 Monounsaturated	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 Monounsaturated	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 Monounsaturated	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 Monounsaturated	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	$\frac{1}{2}$ 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.	