

Overview of **physical measurements** collected through the BRHS physical examinations 1978 – 2018

|                                             | 1978-80<br>Baseline | 1998-2000<br>20 year<br>Survey | 2010-2012<br>30 year<br>Survey | 2018-2019<br>40 year<br>Survey |
|---------------------------------------------|---------------------|--------------------------------|--------------------------------|--------------------------------|
|                                             | (Q1)                | (Q20)                          | (Q30)                          | Q40)                           |
| Height                                      | x                   | x                              | x                              | x                              |
| Weight                                      | x                   | x                              | x                              | x                              |
| Arm circumference                           |                     | x                              | x                              | x                              |
| Tricep skinfold                             |                     | x                              | x                              | x                              |
| Subscapular skinfold                        |                     | x                              | x                              | x                              |
| Waist Circumference                         |                     | x                              | x                              | x                              |
| Hip Circumference                           |                     | x                              | x                              | x                              |
| Calf Circumference                          |                     |                                |                                | x                              |
| Ankle Oedema                                |                     | x                              | x                              |                                |
| Leg Pulses - Dorsalis Pedis                 |                     | x                              |                                |                                |
| Leg Pulses - Post Tibial                    |                     | x                              |                                |                                |
|                                             |                     |                                |                                |                                |
| Lung Function                               | x                   | x                              | x                              | x                              |
|                                             |                     |                                |                                |                                |
| Ethnicity                                   |                     | x                              | x                              | x                              |
|                                             |                     |                                |                                |                                |
| Blood Pressure (BP)                         | x                   | x                              | x                              | x                              |
| - Seated BP                                 | x                   | x                              | x                              | x                              |
| - Standing BP                               |                     | x                              | x                              |                                |
| - Pulse Rate                                | x                   | x                              | x                              | x                              |
|                                             |                     |                                |                                |                                |
| Gait Speed                                  |                     |                                | x                              | x                              |
| Chair Rises                                 |                     |                                | x                              | x                              |
| Grip Strength                               |                     |                                | x                              | x                              |
|                                             |                     |                                |                                |                                |
| Bioimpedance                                |                     | x                              | x                              |                                |
| - Bodystat                                  |                     | x                              | x                              |                                |
| - Tanita Body composition analyzer          |                     |                                | x                              | x                              |
|                                             |                     |                                |                                |                                |
| Electrocardiogram (ECG)                     | x                   | x                              | x                              |                                |
|                                             |                     |                                |                                |                                |
| Dental assessments                          |                     |                                | x                              | x                              |
|                                             |                     |                                |                                |                                |
| Vascular ultrasound                         |                     |                                | x                              |                                |
| - Carotid intima-media thickness (CIMT)     |                     |                                | x                              |                                |
| - Carotid distensibility (CD)               |                     |                                | x                              |                                |
| - Carotid-femoral pulse wave velocity (PWV) |                     |                                | x                              |                                |
| - Pulse wave analysis (PWA)                 |                     |                                | x                              |                                |
| - Ankle-brachial pressure index             |                     |                                | x                              |                                |
|                                             |                     |                                |                                |                                |
| Bloods sample                               | x                   | x                              | x                              | x                              |
| - Blood group                               | x                   |                                |                                |                                |
| - Genetic material (blood sample)           |                     | x                              | x                              | x                              |
| - Metabolites (blood sample)                |                     | x                              |                                |                                |
| - Blood Biomarkers                          | x                   | x                              | x                              | x                              |
|                                             |                     |                                |                                |                                |
| Cognitive Assessment - Test Your Memory     |                     |                                | x                              | x                              |
| Bortner Score                               | x                   |                                |                                |                                |