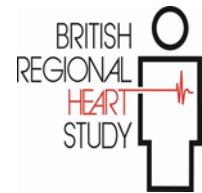


## **BRHS Derived variables**

### **2005 (Q05) Questionnaire**



#### **Included:**

1. The town from which the participant was recruited at baseline in 1978-80 (Q1)
2. Social class based on longest-held occupation in 1978-80 (Q1)
3. Derived - Age at the 2005 (Q05) Questionnaire time point
4. Derived – Dietary data: Macronutrients and micronutrients

## BRHS Derived variables - BRHS 2005(Q05) Questionnaire

Variable description	Units/Category labels	BRHS variable name	Data access
BRHS ID number		serial	yes
Town of residence/recruitment at Baseline in 1978-80 (Q1)	1-24	q1town	yes
Social class at baseline 1978-80 (Q1) (Based on longest held occupation)	1 = I 2 = II 3 = III Non-Manual 4 = III Manual 5 = IV 6 = V 8 = HMF Armed forces 9 = Missing	q1sc	yes
Age	years	q05age	yes
<b>Derived variables: Macronutrients and micronutrients</b>	<b>Units</b>	<b>BRHS Variable name</b>	<b>Data access</b>
Fat	mg/d	Q05FAT	yes
Saturated fat	mg/d	Q05SAT	yes
Polyunsaturated fat	mg/d	Q05POLY	yes
Protein	mg/d	Q05PROT	yes
Carbohydrate	mg/d	Q05CHO	yes
Starch	mg/d	Q05STCH	yes
Sugar	mg/d	Q05SUG	yes
Alcohol	mg/d	Q05ALC	yes
Cereal fibre	mg/d	Q05CF	yes
Vegetable fibre	mg/d	Q05VF	yes
Vitamin C	mg/d	Q05VITC	yes
Total daily k calories	kcal	Q05KCAL	yes
Cholesterol	mg/d	Q05CHOLEST	yes
Retinol (i.e. dietary vitamin A)	mg/d	Q05RETINEL	yes
Beta carotene	mg/d	Q05B_CAROT	yes
Alpha tocopherol (i.e. dietary vitamin E)	mg/d	Q05A_TOCOP	yes
Dietary intake linoleic acid	mg/d	Q05LINOLEIC	yes
Iron	mg/d	Q05IRON	yes

## METHODS

### 1. BRHS town names and numbers

These are the 24 towns in England, Scotland and Wales where BRHS were recruited from at baseline 1978-80 (Q1)

BRHS Town number	BRHS Town name
1	Harrogate
2	Shrewsbury
3	Lowestoft
4	Mansfield
5	Southport
6	Merthyr
7	Guildford
8	Burnley
9	Newcastle-Under-Lyme
10	Exeter
11	Dewsbury
12	Falkirk
13	Ipswich
14	Gloucester
15	Ayr
16	Dunfermline
17	Darlington
18	Carlisle
19	Maidstone
20	Grimsby
21	Bedford
22	Wigan
23	Scunthorpe
24	Hartlepool

### 2. Social class

Information collected from the Baseline (1978-80) questionnaire (question 4.4) on the longest-held occupation was coded to one of the Registrar General's six social classes, using the 1970 OPCS manual for occupational classification.

1 = I
2 = II
3 = III Non-Manual
4 = III Manual
5 = IV
6 = V
8 = HMF Armed forces
9 = Missing

### 3.0 Age

Age at the time participants completed the questionnaire. Calculated using the date participant completed the questionnaire (question 1). Where the date the participant completed the questionnaire (Q1.0 Today's date: day, month or year) was not completed or was wrong/inconsistent the date is estimated using the date the questionnaire arrived at the BRHS office - date from the date stamp at the back of the questionnaire was used. (Questionnaires were date stamped once they arrived).

### 4.0 Macronutrient and micronutrient estimates

A validated computer programme was used to calculate the total macronutrient and micronutrient intakes of all foods reported as consumed by the BRHS participants in the FFQ of the 2005 (Q05) Questionnaire and hence the total energy intake (Ref 1). This computer programme multiplied food frequency by standard portion sizes for each food and by the nutrient composition of the food obtained from the UK food composition tables (Ref 2). The distribution of total energy intakes was checked for any extreme values. A list of the macronutrient and micronutrient with estimated intakes are shown in the table below.

1: Wannamethee, SG, Lowe, GD, Rumley, A, et al. (2006) Associations of vitamin C status, fruit and vegetable intakes, and markers of inflammation and hemostasis. *Am J Clin Nutr* 83, 567–574.

2: Holland, B, Welch, AA, Unwin, ID, et al. (1991) McCance and Widdowson's the Composition of Foods, 5th ed. London: Royal Society of Chemistry and Ministry of Agriculture, Fisheries and Food.

Derived variables: Macronutrients and micronutrients	Units	BRHS Variable name	Data access
Fat	mg/d	Q05FAT	yes
Saturated fat	mg/d	Q05SAT	yes
Polyunsaturated fat	mg/d	Q05POLY	yes
Protein	mg/d	Q05PROT	yes
Carbohydrate	mg/d	Q05CHO	yes
Starch	mg/d	Q05STCH	yes
Sugar	mg/d	Q05SUG	yes
Alcohol	mg/d	Q05ALC	yes
Cereal fibre	mg/d	Q05CF	yes
Vegetable fibre	mg/d	Q05VF	yes
Vitamin C	mg/d	Q05VITC	yes
Total daily k calories	kcal	Q05KCAL	yes
Cholesterol	mg/d	Q05CHOLEST	yes
Retinol (i.e. dietary vitamin A)	mg/d	Q05RETINEL	yes
Beta carotene	mg/d	Q05B_CAROT	yes
Alpha tocopherol (i.e. dietary vitamin E)	mg/d	Q05A_TOCOP	yes
Dietary intake linoleic acid	mg/d	Q05LINOIEIC	yes
Iron	mg/d	Q05IRON	yes