Table 4. Overview of derived variables available at each BRHS physical examination study timepoint

These variables are in the derived datasets for each timepoint. Methods are described in the associated documentation files.

Derived variables Description	1978-80 Baseline (Q1)	1998-2000 20 year Survey (Q20)	2010-2012 30 year Survey (Q30)	2018-2019 40 year Survey (Q40)
Smoking status categories	✓	✓	✓	
Alcohol drinking categories	✓	✓		
Physical activity score categories	✓	✓	✓	
Body Mass Index (BMI)	✓		✓	✓
Index of Multiple Deprivation (IMD)		✓*	✓*	
Diet: Elderly Dietary Index (EDI)				
EDI Bread component score		✓	✓	✓
EDI Vegetables component score		✓	✓	✓
EDI Fruit component score		✓	✓	✓
EDI Legumes component score		✓	✓	✓
EDI Meat component score		✓	✓	✓
EDI Cereals component score		✓	✓	✓
EDI Olive oil component score		✓	✓	✓
EDI Fish/Seafood component score		✓	✓	✓
EDI Dairy component score		✓	✓	✓
EDI Alcohol			✓	
EDI Total score (excluding the Alcohol component)		✓	✓	✓
(sum of the 9 EDI component scores)				
EDI Total score (including the Alcohol component)			✓	
(sum of the 10 EDI component scores)				
Diet: Healthy Diet Indicator (HDI)		✓	✓	
Diet: Estimates of Macronutrient & micronutrient intake				
Fat		✓	✓	✓
Saturated fat		✓	✓	✓
Polyunsaturated fat		✓	✓	✓
Protein		✓	✓	✓
Carbohydrate		✓	✓	✓
Starch yes		✓	✓	✓
Sugar		✓	✓	✓
Alcohol		✓	✓	✓
Cereal fibre		✓	✓	✓
Vegetable fibre		✓	✓	✓
Vitamin C		✓	✓	✓
Total daily k calories		✓	✓	✓
Cholesterol		✓	✓	✓
Retinol(i.e. dietary vitamin A)		✓	✓	✓
Beta carotene		✓	✓	✓
Alpha tocopherol (i.e. dietary vitamin E)		✓	✓	✓
Dietary intake linoleic acid		✓	✓	✓
Iron		✓	✓	✓
Diet: Dietary patterns (PCA Factor scores & quartiles)				
High fat/low fibre diet		✓	✓	
High fat/low fibre diet quartiles		✓	✓	
Prudent diet		✓	✓	
Prudent diet quartiles		✓	✓	
High sugar diet		✓	✓	
High sugar diet quartiles		✓	✓	

✓* data are including in the Participant profile file.

cont.

Derived variables Description	1978-80 Baseline (Q1)	1998-2000 20 year Survey (Q20)	2010-2012 30 year Survey (Q30)	2018-2019 40 year Survey (Q40)
Medications				
Statins		✓	✓	
Fibrates		✓		
Anion exchange resins		✓		
Nicotinic Acid		✓		
Fish Oil		✓		
Ispaghula		✓		
Lipid lowering drugs		✓		✓
Aspirin use		✓		
Antiplatelet - Aspirin +BNF 2.9		✓		
Warfarin BNF 2.8.2.0		✓		
Blood pressure lowering medications		✓	✓	✓
Diabetic med Insulin BNF codes 6.1.1		✓	✓	✓
Diabetic medication BNF codes 6.1.2		✓	✓	✓
Fasting duration		✓		
Body composition				
Fat Free Weight (mass)		✓		
Fat Mass		✓		
Q20 Body fat		✓		
Ht standardised IMPEDANCE - height squared/q20impedance		✓		
ECG derived variables based on Minnesota codes from ECG				
MI or Ischaemia grade	✓	✓	✓	
Left Ventricular Hypertrophy		✓	✓	
Right Ventricular Hypertrophy		✓	✓	
Conduction defects based in Minnesota codes form ECG				
LBBB = Left Bundle Branch Block		✓	✓	
RBBB = Right Bundle Branch Block		✓	✓	
CHB = Complete Heart Block		✓	✓	
WPW= Wolff Parkinson White syndrome		✓	✓	
* Atrial Fibrillation only		✓	✓	
* Atrial Flutter only			✓	
* Atrial Tachycardia only			✓	
* Atrial Fibrillation OR Flutter			✓	
* Atrial Fibrillation OR Flutter OR Tachycardia			✓	
Frailty components				
Exhaustion- no energy			✓	✓
Unintentional weight loss			✓	✓
Low physical activity			✓	✓
Slow walk			✓	✓
Low grip			✓	✓
Frailty - score categories			✓	✓
Test Your Memory (TYM)				
TYM Total score			✓	✓**
TYM categories			✓	✓**

✓**derived variables can be found in the Test Your Memory (TYM) dataset

Table 5. Adjusted/standardised variables by BRHS study timepoint

These variables can be found in the **derived variables datasets** for each study timepoint. Methods are described in the associated documentation file.

Derived variables Description	1978-80 Baseline (Q1)	1998-2000 20 year Survey (Q20)	2010-2012 30 year Survey (Q30)	2018-2019 40 year Survey (Q40)
Blood pressure				
Sitting SBP (mean of 2 readings -adjusted)	✓	✓	✓	
Sitting DBP (mean of 2 readings -adjusted)	✓	✓	✓	
Standing SBP (mean of 2 readings -adjusted)		✓		
Standing DBP (mean of 2 readings -adjusted)		✓		
FEV1 (height standardised)		✓	✓	
Anthropometric measurements				
Hip Circumference (adjusted)		✓		
Subscapular skinfold (adjusted)		✓		
Triceps skinfold (adjusted)		✓		
Waist Circumference (adjusted)		✓		