

**Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)**

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 1 of 26

| Question  | Baseline<br>(Q1) | Q5  | Q1992 | Q1996 | Q20<br>Main | Q20<br>PA &<br>Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020  | Q2023 |
|---|------------------|-----|-------|-------|-------------|---------------------|-------|-------|-------|------|-------|-------|-------|-------|-------|--------|-------|
| COVID 19  |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       | C1-C15 | 7.22  |
| Medical History (MH)- self reported doctor diagnosis  |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       |        |       |
| MH: Acute coronary syndrome   |                  |     |       |       |             |                     |       |       |       |      |       | 2.0a  | 2.0a  | 2.0a  | 2.0a  | 2.0    | 2.0   |
| MH: Angina  | 10.1             | 2.0 | 3.0   | 3.0   | 1.0c        |                     | 2.0c  | 2.0c  | 2.0c  | 2.0a | 2.0a  | 2.0b  | 2.0b  | 2.0b  | 2.0b  | 2.1    | 2.1   |
| MH: Aortic Aneurysm   |                  |     | 3.0   | 3.0   | 1.0f        |                     | 2.0g  | 2.0g  | 2.0g  | 2.0b | 2.0b  | 2.0c  | 2.0c  | 2.0c  | 2.0c  | 2.2    | 2.2   |
| MH: Atrial Fibrillation   |                  |     |       |       |             |                     |       |       |       | 2.0c | 2.0c  | 2.0d  | 2.0d  | 2.0d  | 2.0d  | 2.3    | 2.3   |
| MH: Deep Vein Thrombosis  |                  |     |       |       | 1.0h        |                     | 2.0i  | 2.0i  | 2.0i  | 2.0d | 2.0d  | 2.0e  | 2.0e  | 2.0e  | 2.0e  | 2.4    | 2.4   |
| MH: Heart attack  | 10.1             | 2.0 | 3.0   | 3.0   | 1.0a        |                     | 2.0a  | 2.0a  | 2.0a  | 2.0e | 2.0e  | 2.0f  | 2.0f  | 2.0f  | 2.0f  | 2.5    | 2.5   |
| MH: Heart failure   |                  |     |       | 3.0   | 1.0b        |                     | 2.0b  | 2.0b  | 2.0b  | 2.0f | 2.0f  | 2.0g  | 2.0g  | 2.0g  | 2.0g  | 2.6    | 2.6   |
| MH: High blood pressure   | 10.1             | 2.0 | 3.0   | 3.0   | 1.0e        |                     | 2.0e  | 2.0e  | 2.0e  | 2.0h | 2.0g  | 2.0h  | 2.0h  | 2.0h  | 2.0h  | 2.7    | 2.7   |
| MH: High cholesterol  |                  |     |       |       |             |                     | 2.0f  | 2.0f  | 2.0f  | 2.0g | 2.0h  | 2.0i  | 2.0i  | 2.0i  | 2.0i  | 2.8    | 2.8   |
| MH: Narrowing or hardening of the leg arteries  |                  |     |       | 3.0   | 1.0g        |                     | 2.0h  | 2.0h  | 2.0h  | 2.0i | 2.0i  | 2.0j  | 2.0j  | 2.0j  | 2.0j  | 2.9    | 2.9   |
| MH: Pulmonary Embolism (clot on the lung)   |                  |     |       |       | 1.0i        |                     | 2.0j  | 2.0j  | 2.0j  | 2.0k | 2.0j  | 2.0k  | 2.0k  | 2.0k  | 2.0k  | 2.10   | 2.10  |
| MH: Other problems of the heart and circulation   |                  |     |       |       |             |                     | 2.1   | 2.1   | 2.1   | 2.1  | 2.0m  | 2.0l  | 2.0l  | 2.0l  | 2.11  | 2.11   |       |
| MH: Details of other problems of the heart and circulation  |                  |     |       |       |             |                     | 2.1   | 2.1   | 2.1   | 2.1a | 2.0n  | 2.0m  | 2.0m  | 2.0m  | 2.0m  | 2.12   | 2.12  |
| MH: Other heart trouble   | 10.1             | 2.0 | 3.0   | 3.0   | 1.0d        |                     | 2.0d  | 2.0d  | 2.0d  | 2.0j |       |       |       |       |       |        |       |
| MH: Stroke  | 10.1             | 2.0 | 3.0   | 6.0   | 3.0         |                     | 3.0   | 3.0   | 3.0   | 3.0  | 2.0k  | 3.0   | 3.0   | 3.0   | 3.0   | 3.0    | 3.0   |
| MH: Stroke - Year of last occurrence  |                  |     |       | 6.0   | 3.0         |                     | 3.0   | 3.0   | 3.0   | 3.0  |       |       |       |       | 3.0   | 3.0    | 3.0   |
| MH: Stroke - Did the symptoms last for more than 24 hours?  |                  |     |       |       | 6.0         | 3.0a                |       | 3.1   | 3.1   | 3.1  | 3.0a  |       | 3.0a  | 3.0a  | 3.0a  | 3.1    | 3.1   |
| MH: Stroke - Have you made a complete recovery from your stroke?  |                  |     |       |       | 6.0         |                     |       | 3.2   | 3.2   | 3.2  | 3.0b  |       | 3.0b  | 3.0b  | 3.0b  | 3.2    | 3.2   |
| MH: Stroke - Following your stroke, do you still need any help in carrying out everyday activities?               |                  |     |       |       | 6.0         |                     |       | 3.3   | 3.3   | 3.3  | 3.0c  |       |       |       | 3.0c  | 3.3    | 3.3   |
| MH: Stroke - Stroke, which body parts were affected?  |                  |     |       |       | 6.0         |                     |       |       |       |      |       |       |       |       |       |        |       |
| MH: Stroke - Transient Cerebral Ischemic Attack   |                  |     |       |       |             |                     |       |       |       |      |       | 2.0l  |       |       |       |        |       |
| Medical History (MH)- Investigations - self reported  |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       |        |       |
| MH: HEART INVESTIGATIONS Investigations and special treatment for conditions affecting your heart and circulation |                  |     |       | 4     | 4           | 2                   |       |       |       | 4    | 3     | 4     | 4     | 4     | 4     | 4      | 4     |
| MH: HEART INVESTIGATIONS - A referral for an echocardiogram ("echo")  |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       | 4.0a  | 4.0    | 4.0   |
| MH: HEART INVESTIGATIONS - An exercise ECG ("stress" or "treadmill") test   |                  |     | 4.0   | 4.1   |             |                     | 4.3   | 4.0c  | 4.0c  | 4.0c |       |       |       |       | 4.0b  | 4.1    | 4.1   |
| MH: HEART INVESTIGATIONS -CT scan of coronary arteries  |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       | 4.2    | 4.2   |
| MH: HEART INVESTIGATIONS -Angiogram or X-ray of coronary arteries (using a dye)                                   |                  |     | 4.0   | 4.2   |             |                     | 4.4   | 4.0d  | 4.0d  | 4.0d | 3.0a  | 4.0a  | 4.0a  | 4.0a  | 4.0c  | 4.3    | 4.3   |
| MH: HEART INVESTIGATIONS -Angioplasty (balloon treatment of coronary artery, PCI, stents)                         |                  |     | 4.0   | 4.3   | 2.0a        |                     | 4.5   | 4.0e  | 4.0e  | 4.0e | 3.0b  | 4.0b  | 4.0b  | 4.0b  | 4.0d  | 4.4    | 4.4   |
| MH: HEART INVESTIGATIONS -Coronary artery bypass graft operation ("heart bypass" or "CABG")                       |                  |     | 4.0   | 4.4   | 2.0b        |                     | 4.6   | 4.0f  | 4.0f  | 4.0f | 3.0c  | 4.0c  | 4.0c  | 4.0c  | 4.0e  | 4.5    | 4.5   |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 2 of 26

| Question   | Baseline<br>(Q1) | Q5  | Q1992 | Q1996 | Q20<br>Main | Q20<br>PA &<br>Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |     |
|--|------------------|-----|-------|-------|-------------|---------------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|-----|
| MH: HEART INVESTIGATIONS -Surgery to aorta for aneurysm  |                  |     | 4.0   |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: HEART INVESTIGATIONS -Other heart surgery - Valves   |                  |     | 4.0   |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: HEART INVESTIGATIONS -Other heart surgery - Pacemaker  |                  |     | 4.0   |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: HEART INVESTIGATIONS -Any other major surgery  |                  |     | 4.0   |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: HEART INVESTIGATIONS -Other tests, investigations or operations on your heart, arteries or veins?            |                  |     |       | 4.7   |             |                     | 4.7   | 4.0g  | 4.0g  | 4.0g |       |       |       |       | 4.0f  | 4.6   | 4.6   |     |
| MH: HEART INVESTIGATIONS -Details of other tests, investigations or operations on your heart, arteries or veins? |                  |     |       |       |             |                     | 4.7   | 4.0g  | 4.0g  | 4.0h |       |       |       |       | 4.0g  | 4.7   | 4.7   |     |
| MH: HEART INVESTIGATIONS -Referral to a heart specialist   |                  |     | 4.0   |       |             |                     | 4.1   | 4.0a  | 4.0a  | 4.0a |       |       |       |       |       |       |       |     |
| MH: HEART INVESTIGATIONS -Referral to chest pain clinic  |                  |     |       |       |             |                     | 4.2   | 4.0b  | 4.0b  | 4.0b |       |       |       |       |       |       |       |     |
| MH: HEART INVESTIGATIONS -Admission to hospital with chest pain, angina or heart attack                          |                  |     |       | 4.5   |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: HEART INVESTIGATIONS -Admission to hospital with other heart trouble   |                  |     |       | 4.6   |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: HEART INVESTIGATIONS -Have you ever taken part in a cardiac rehabilitation exercise programme?               |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       | 4.1   | 4.1   | 4.8   | 4.8 |
| MH: HEART INVESTIGATIONS - Cardiac Rehab -If yes, which year was this?   |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       | 4.1a  | 4.2   | 4.9   | 4.9 |
| Medical History (MH)- self reported doctor diagnosis   |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: Diabetes   |                  |     |       | 8     | 5           |                     | 5     | 5     | 5     | 5    | 4     | 5     | 5     | 5     | 5     | 5     | 5     | 5   |
| MH: Diabetes   | 10.1             | 2.0 | 3.0   | 8.0   | 5.1         |                     | 5.0   | 5.0   | 5.0   | 5.0  | 4.0   | 5.0   | 5.0   | 5.0   | 5.0   | 5.0   | 5.0   | 5.0 |
| MH: Diabetes year of diagnosis   |                  |     | 5.3   | 8.1   | 5.1a        |                     | 5.1   | 5.0   | 5.0   | 5.0  | 4.0   | 5.0   | 5.0   | 5.0   | 5.0   | 5.0   | 5.0   | 5.0 |
| MH: Diabetes - any complications of diabetes affecting your: feet/ kidneys/eyes/nerves                           |                  |     |       |       |             |                     | 5.2   | 5.1   | 5.1   | 5.1  | 4.1   | 5.1   | 5.1   | 5.1   | 5.1   | 5.1   | 5.1   | 5.1 |
| MH: Diabetes - Have your eyes been checked for signs of diabetes? Give the year of last check                    |                  |     |       |       |             |                     | 5.3   |       |       |      |       |       |       |       |       |       |       |     |
| MH: Diabetes- in what year did you begin regular treatment   |                  |     | 5.4   | 8.2   |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: Diabetes Treatment- Diet   |                  |     |       |       | 8.3         |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: Diabetes Treatment- Tablets  |                  |     |       |       | 8.4         |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: Diabetes Treatment- Insulin  |                  |     |       |       | 8.5         |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: Diabetes Treatment- attend diabetic clinic   |                  |     | 5.5   | 8.7   |             |                     |       |       |       |      |       |       |       |       |       |       |       |     |
| MH: Cancer   |                  |     |       |       | 4           |                     | 6     | 6     | 6     | 6    | 5     | 6     | 6     | 6     | 6     | 6     | 6     | 6   |
| MH: Cancer   |                  |     |       | 3.0   |             | 4.0                 | 6.0   | 6.0   | 6.0   | 6.0  | 5.0   | 6.0   | 6.0   | 6.0   | 6.0   | 6.0   | 6.0   | 6.0 |
| MH: Cancer Year of first diagnosis   |                  |     |       |       | 4.0a        |                     | 6.0a  | 6.0   | 6.0   | 6.0  | 5.0   | 6.0   | 6.0   | 6.0   | 6.0   | 6.0   | 6.0   | 6.0 |
| MH: Cancer Site (parts of the body affected)   |                  |     | 3.0   | 5.1   | 4.0a        |                     | 6.0b  | 6.1   | 6.1   | 6.1  | 5.1   | 6.1   | 6.1   | 6.1   | 6.1   | 6.1   | 6.1   | 6.1 |
| MH: Other medical conditions   |                  |     |       | 5     |             |                     | 8     |       | 8     | 7    | 6     | 7     | 7     | 9     | 7     | 7     | 7     | 7   |
| MH: Alzheimer's disease  |                  |     |       |       |             |                     |       |       |       |      | 7.0a  | 7.0a  | 7.0a  | 9.0a  | 7.0a  | 7.0   | 7.0   | 7.0 |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 3 of 26

| Question  | Baseline (Q1) | Q5  | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|---------------|-----|-------|-------|----------|---------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| MH: Anaemia   |               |     |       |       |          |               |       |       |       | 7.0a | 7.0b  | 7.0b  | 7.0b  | 9.0b  | 7.0b  | 7.1   | 7.1   |
| MH: Asthma  | 10.1          | 2.0 | 3.0   | 5.0   |          |               | 8.0a  | 7.0a  | 8.0a  | 7.0b | 7.0c  | 7.0c  | 7.0c  | 9.0c  | 7.0c  | 7.2   | 7.2   |
| MH: Bronchitis  | 10.1          | 2.0 | 3.0   | 5.0   |          |               | 8.0b  | 7.0b  | 8.0b  | 7.0c | 7.0d  | 7.0d  | 7.0d  | 9.0d  | 7.0d  | 7.3   | 7.3   |
| MH: Cataract  |               |     |       |       |          |               | 8.0c  | 7.0c  | 8.0c  | 7.0d | 7.0e  | 7.0e  | 7.0e  | 9.0e  | 7.0e  | 7.4   | 7.4   |
| MH: Chronic Kidney disease  |               |     |       |       |          |               |       |       | 8.0n  |      | 7.0f  | 7.0f  | 7.0f  | 9.0f  | 7.0f  | 7.5   | 7.5   |
| MH: Chronic obstructive pulmonary disease (COPD)  |               |     |       |       |          |               |       |       |       | 7.0e | 7.0g  | 7.0g  | 7.0g  | 9.0g  | 7.0g  | 7.6   | 7.6   |
| MH: Crohn's disease   |               |     |       |       |          |               |       |       |       | 7.0f |       |       |       |       | 7.0h  | 7.7   | 7.7   |
| MH: Dementia  |               |     |       |       |          |               |       |       |       |      | 7.0h  | 7.0h  | 7.0h  | 9.0h  | 7.0i  | 7.8   | 7.8   |
| MH: Depression  |               |     |       | 5.0   |          |               | 8.0d  | 7.0d  | 8.0d  | 7.0g | 7.0i  | 7.0i  | 7.0i  | 9.0i  | 7.0j  | 7.9   | 7.9   |
| MH: Emphysema   |               |     |       |       |          |               | 8.0e  | 7.0e  | 8.0e  | 7.0h | 7.0j  | 7.0j  | 7.0j  | 9.0j  | 7.0k  | 7.10  | 7.10  |
| MH: Gall bladder disease  | 10.1          | 2.0 | 3.0   | 5.0   |          |               | 8.0f  | 7.0f  | 8.0f  | 7.0i | 7.0k  |       |       |       | 7.0l  | 7.11  | 7.11  |
| MH: Gastric, peptic or duodenal ulcer   | 10.1          | 2.0 | 3.0   | 5.0   |          |               | 8.0g  | 7.0g  | 8.0g  | 7.0j | 7.0l  |       |       |       | 7.0m  | 7.12  | 7.12  |
| MH: Glaucoma  |               |     |       |       | 5.0      |               | 8.0h  | 7.0h  | 8.0h  | 7.0k | 7.0m  | 7.0k  | 7.0k  | 9.0k  | 7.0n  | 7.13  | 7.13  |
| MH: Gout  | 10.1          | 2.0 | 3.0   | 5.0   |          |               | 8.0i  | 7.0i  | 8.0i  | 7.0l | 7.0n  | 7.0l  |       | 9.0l  | 7.0o  | 7.14  | 7.14  |
| MH: Liver disease, cirrhosis or hepatitis   |               |     |       |       |          |               |       | 8.0   | 7.0   | 7.0m | 7.0o  |       |       |       | 7.0p  | 7.15  | 7.15  |
| MH: Macular degeneration  |               |     |       |       |          |               |       |       |       | 7.0n | 7.0p  | 7.0m  | 7.0l  | 9.0m  | 7.0q  | 7.16  | 7.16  |
| MH: Osteoporosis  |               |     |       | 5.0   |          |               | 8.0j  | 7.0j  | 8.0j  | 7.0o | 7.0q  | 7.0n  | 7.0m  | 9.0n  | 7.0r  | 7.17  | 7.17  |
| MH: Parkinson's disease   |               |     |       |       |          |               | 8.0k  | 7.0k  | 8.0k  | 7.0p | 7.0r  | 7.0o  | 7.0n  | 9.0o  | 7.0s  | 7.18  | 7.18  |
| MH: Pneumonia   |               |     |       |       | 5.0      |               | 8.0l  | 7.0l  | 8.0l  | 7.0q | 7.0s  | 7.0p  | 7.0o  | 9.0p  | 7.0t  | 7.19  | 7.19  |
| MH: Prostate trouble  |               |     |       |       |          |               | 8.0m  | 7.0m  | 8.0m  | 7.0r | 7.0t  |       |       |       | 7.0u  | 7.20  | 7.20  |
| MH: Shingles  |               |     |       |       |          |               |       |       |       | 7.0s |       |       |       |       | 7.0v  | 7.21  | 7.21  |
| MH: Thyroid disease   | 10.1          | 2.0 | 3.0   | 5.0   |          |               |       |       |       |      |       |       |       |       |       | 7.22  | 7.23  |
| MH: Ulcerative colitis  |               |     |       |       |          |               |       |       |       | 7.0t |       |       |       |       | 7.0w  | 7.23  | 7.24  |
| MH: Other conditions 1  | 10.1          | 2.0 |       |       |          |               | 8.0n  | 7.0n  | 8.0o  | 7.0u | 7.0u  | 7.0q  |       | 9.0q  | 7.0x  | 7.24  | 7.25  |
| MH: Other conditions 2  | 10.1          | 2.0 | 3.0   |       |          |               |       |       |       |      |       |       |       |       |       | 7.25  | 7.26  |
| Physical Health: The World Health Organisation (Rose) chest pain questionnaire            | 6             | 4   | 7     | 9     | 6        |               | 12    | 14    | 14    | 13   | 11    | 10    | 10    | 10    | 8     | 8     | 8     |
| Chest Pain: Do you ever have any pain or discomfort in your chest?                        | 6.1           | 4.1 | 7.1   | 9.1   | 6.0      |               | 12.0  | 14.0  | 14.0  | 13.0 | 11.0  | 10.0  | 10.0  | 10.0  | 8.0   | 8.0   | 8.0   |
| Chest Pain: When you walk at an ordinary pace on the level, does this produce chest pain? | 6.5           | 4.3 | 7.3   | 9.3   | 6.1c     |               | 12.0a | 14.1  | 14.1  | 13.1 | 11.1  | 10.1  | 10.1  | 10.1  | 8.1   | 8.1   | 8.1   |
| Chest Pain: When you walk uphill or hurry, does this produce chest pain?                  | 6.6           | 4.4 | 7.4   | 9.4   | 6.1d     |               | 12.0b | 14.2  | 14.2  | 13.2 | 11.2  | 10.2  | 10.2  | 10.2  | 8.2   | 8.2   | 8.2   |
| Chest Pain: Do you know the cause of the pain   |               |     |       |       | 6.1a     |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: Mark of the chest image where you get this pain or discomfort                 | 6.4           | 4.2 | 7.2   | 9.2   | 6.1b     |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: When did you last get this pain   | 6.2           |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: How often do you get this pain  | 6.3           |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: When you get any pain or discomfort in your chest on walking, what do you do  | 6.7           | 4.5 | 7.5   | 9.5   | 6.1e     |               |       |       |       |      |       |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 4 of 26

| Question  | Baseline (Q1) | Q5  | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|---------------|-----|-------|-------|----------|---------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| Chest Pain: Does the pain or discomfort in your chest go away if you stand still?   | 6.8           | 4.6 | 7.6   | 9.6   | 6.1f     |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: How long does it take to go away?   | 6.9           | 4.7 | 7.7   | 9.7   | 6.1g     |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: Overall is the chest pain   |               |     |       |       | 6.1h     |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: Have you previously had chest pain, which has stopped because of an operation?                                |               |     |       |       | 9.8      | 7.0           |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: if yes, operation details   |               |     |       |       | 9.8      | 7.0a          |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: Have you ever had a severe pain across the front of your chest lasting for half an hour or more?              | 5.1           | 5.1 | 8.1   | 10.1  | 8.0      |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: If yes, what year did this happen   |               |     | 5.3   | 8.2   | 10.3     | 8.0a          |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: Mark of the chest image where you get this pain or discomfort   | 5.2           |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Chest Pain: Did you see a doctor because of this pain?  | 5.3           | 5.2 | 8.3   | 10.2  | 8.0b     |               |       |       |       |      |       |       |       |       |       |       |       |
| <b>Physical Health: MRC Respiratory Symptoms</b>  |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Breathlessness:   |               |     | 10    | 12    |          |               | 13    | 15    | 15    | 14   | 13    | 11    | 12    | 11    | 9     | 9     | 9     |
| Breathlessness: Do you ever get short of breath walking with other people of your own age on level ground?                | 8.1           |     | 10.1  | 12.1  |          |               | 13.0  | 15.0  | 15.0  | 14.0 | 13.0  | 11.0  | 12.0  | 11.0  | 9.0   | 9.0   | 9.0   |
| Breathlessness: On walking uphill or upstairs, do you get more breathless than people of your own age?                    | 8.2           |     | 10.2  | 12.2  |          |               | 13.1  | 15.1  | 15.1  | 14.1 | 13.1  | 11.1  | 12.1  |       | 9.1   | 9.1   | 9.1   |
| Breathlessness: Do you ever have to stop walking because of breathlessness?   | 8.3           |     | 10.3  | 12.3  |          |               | 13.2  | 15.2  | 15.2  | 14.2 | 13.2  | 11.2  | 12.2  |       | 9.2   | 9.2   | 9.2   |
| Breathlessness: In the past year have you been awoken at night by an attack of shortness of breath?                       |               |     |       |       |          |               | 13.3  | 15.3  | 15.3  | 14.3 | 13.3  | 11.3  | 12.3  |       | 9.3   | 9.3   | 9.3   |
| Cough and Wheeze  |               |     | 11    | 14    |          |               |       | 15    | 15    | 15   | 12    |       | 11    |       | 10    | 10    | 10    |
| Cough and Wheeze: Do you usually bring up phlegm (or spit) from your chest first thing in the morning in the winter?      | 7.1           |     | 11.1  | 14.1  |          |               |       | 15.4  | 15.4  | 15.0 | 12.0  |       | 11.0  |       | 10.0  | 10.0  | 10.0  |
| Cough and Wheeze: Do you bring up phlegm like this on most days for as much as three months in the winter each year?      | 7.2           |     | 11.2  | 14.2  |          |               |       | 15.5  | 15.5  | 15.1 | 12.1  |       | 11.1  |       | 10.1  | 10.1  | 10.1  |
| Cough and Wheeze: In the past four years have you had a period of increased cough and phlegm lasting for 3 weeks or more? | 7.3           |     | 11.3  | 14.3  |          |               |       | 15.6  | 15.6  | 15.2 |       |       |       |       | 10.2  | 10.2  | 10.2  |
| Cough and Wheeze: Does your chest ever sound wheezy or whistling?   | 7.4           |     | 11.4  | 14.4  |          |               |       | 15.7  | 15.7  | 15.3 |       |       |       |       | 10.3  | 10.3  | 10.3  |
| Cough and Wheeze: If yes, does this happen on most days or nights?  | 7.5           |     | 11.4  | 14.4  |          |               |       | 15.8  | 15.8  | 15.4 |       |       |       |       | 10.4  | 10.4  | 10.4  |
| Cough and Wheeze: Does the weather affect your breathing and if so at what season of the year is it most affected         |               |     |       | 11.5  |          |               |       |       |       |      |       |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 5 of 26

| Question  | Baseline (Q1) | Q5  | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |    |
|---|---------------|-----|-------|-------|----------|---------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|----|
| Chest infections and antibiotics  |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |    |
| Chest infections and antibiotics: How many times in the past year have you had a chest infection requiring antibiotic treatment from your doctor? |               |     |       |       |          |               |       |       | 15.9  | 15.9 | 15.2  |       |       |       |       | 10.5  | 10.5  |    |
| Operations  |               |     |       |       |          |               |       | 13    | 13    | 12   |       |       |       |       |       | 11    | 11    |    |
| Operations: Have you had any major operations in the last 10 years?   |               |     |       | 5.2   |          |               |       | 13.0  | 13.0  | 12.0 |       |       |       |       | 11.0  | 11.0  | 11.0  |    |
| Operations: If yes, please give details:  |               |     |       |       |          |               |       | 13.0  | 13.0  | 12.1 |       |       |       |       | 11.1  | 11.1  | 11.1  |    |
| Bladder control/ Faecal Incontinence  |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |    |
| Incontinence: have you leaked even a small amount of urine?   |               |     |       |       |          |               |       |       |       |      |       |       |       |       | 11.2  | 11.2  | 11.2  |    |
| Incontinence: Did urine incontinence last more than a month   |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       | 11.3  | 11.3  |    |
| Incontinence: have you leaked even a small amount of faecal matter?   |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       | 11.4  | 11.4  |    |
| Incontinence: Did faecal incontinence last more than a month  |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       | 11.5  | 11.5  |    |
| Physical Health: Leg Pain (Edinburgh Claudication Questionnaire)  | 9             |     | 9     | 11    | 9        |               |       | 17    | 17    | 18   | 15    |       |       |       |       | 12    | 12    | 12 |
| Physical Health: Ankle Swelling   |               |     |       | 13.0  |          |               |       |       |       |      |       |       |       |       |       |       |       |    |
| Physical Health: Arthritis  | 10.1          | 2.0 | 3.0   | 5.0   |          |               | 7     | 9     | 9     | 8    | 9     | 8     | 8     | 7     | 13    | 13    | 13    |    |
| Physical Health: Joint pain, swelling or stiffness  |               |     |       |       |          |               | 9     | 10    | 10    | 9    | 10    | 9     | 9     | 8     | 14    | 14    | 14    |    |
| Physical Health: Lower back pain  |               |     |       |       |          |               | 10    | 11    | 11    | 10   | 7     |       |       |       | 15    | 15    | 15    |    |
| Physical Health: Falls  |               | 20  | 22.1  |       |          |               | 11.2  | 12    | 12    | 11   | 14    | 13    | 13    | 12    | 16    | 16    | 16    |    |
| Physical Health: Fractures  |               |     | 22.2  |       |          |               | 11    | 12    | 12    | 11   | 8.0   | 12    | 13    |       | 17    | 17    | 17    |    |
| Physical Health: Dizziness  |               | 20  |       |       |          |               | 11    | 12    | 12    | 11.0 | 14.0  | 14.0  | 13.5  | 13.0  | 17    | 17.10 | 17.10 |    |
| Physical Health: Eyesight   |               |     |       | 5.4   | 5.4      |               | 16    | 16    | 16    | 16   | 15    | 14    | 14    | 14    | 19    | 21    | 21    |    |
| Physical Health: Hearing  |               |     |       | 5.4   | 5.4      |               | 17    | 16    | 16    | 17   | 17    | 16    | 15    | 15    | 20    | 20    | 20    |    |
| Physical Health: Weight   |               | 7   | 12    | 15    |          |               | 14    | 18    | 18    | 19   | 18    | 17    | 16    | 18    | 21    | 19    | 19    |    |
| Physical Health: Height   |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       | 19    |    |
| Your overall health: Euro QoL ED-5L   |               | 1.0 | 2.0   | 2.0   | 13       |               | 18    | 23    | 22    | 23   | 27    | 24    | 24    | 21    | 18    | 18    | 18    |    |
| Overall health: Pain/discomfort   |               |     |       |       | 13.1     |               | 18.1  | 23.1  | 22.1  | 23.1 | 27.1  | 24.1  | 24.1  | 21.1  | 18.1  | 18.1  | 18.1  |    |
| Overall health: Usual activities e.g. work, study, housework, family or leisure activities  |               |     |       |       | 13.2     |               |       |       |       | 23.2 | 27.2  | 24.2  | 24.2  | 21.2  | 18.2  | 18.2  | 18.2  |    |
| Overall health: Mobility  |               |     |       |       | 13.4     |               | 18.2  | 23.2  | 22.2  | 23.3 | 27.3  | 24.3  | 24.3  | 21.3  | 18.3  | 18.3  | 18.3  |    |
| Overall health: Anxiety/depression  |               |     |       |       | 13.5     |               | 18.3  | 23.3  | 22.3  | 23.4 | 27.4  | 24.4  | 24.4  | 21.4  | 18.4  | 18.4  | 18.4  |    |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 6 of 26

| Question  | Baseline (Q1) | Q5   | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|---------------|------|-------|-------|----------|---------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| Overall health: Health scale 0-100  |               |      |       |       | 13.7     |               | 18.7  | 23.8  | 22.8  | 23.5 | 27.5  | 24.5  | 24.5  | 21.5  | 18.5  | 18.5  | 18.5  |
| Overall health: Self care   |               |      |       |       | 13.3     |               |       |       |       |      |       |       |       |       |       |       |       |
| Overall health: Self-rated general health   |               | 1.0  | 2.0   | 2.0   | 13.0     |               | 18.0  | 23.0  | 22.0  | 23.0 | 27.0  | 24.0  | 24.0  | 21.0  | 18.0  | 18.0  | 18.0  |
| Memory  |               |      |       |       | 13.6     |               |       | 23.7  | 22.7  |      |       |       |       |       |       |       |       |
| Health Behaviours: Smoking  |               |      |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Smoking   | 12            | 9    | 14    | 16    | 10       |               | 20    | 19    | 19    | 20   | 20    | 19    | 18    | 17    | 22    | 22    | 22    |
| Smoking: Cigarettes?  | 12.1i         |      | 14.6  | 16.6  | 10.0     |               |       |       |       |      | 20.0  | 19.0  | 18.0  | 17.0  | 22.0  | 22.0  | 22.0  |
| Smoking: Pipe   | 12.4          | 9.3  | 14.4  | 16.2  | 10.3     |               | 22.0  | 20.0  | 20.0  | 20.3 |       |       |       |       |       |       |       |
| Smoking: Cigar  | 12.5          | 9.3  | 14.4  | 16.2  | 10.4     |               | 22.1  | 20.1  | 20.1  | 20.4 |       |       |       |       |       |       |       |
| Smoking: If hand-rolled, how much tobacco do you use a week?                        |               |      |       |       | 10.1a    |               | 20.2  | 19.2  |       |      |       |       |       |       |       |       |       |
| Smoking: Do you want to give up smoking?  |               |      |       |       | 16.1     |               | 20.3  | 19.3  |       |      |       |       |       |       |       |       |       |
| Smoking: Have you tried to give up smoking?   |               |      |       |       | 16.1     |               | 20.4  | 19.4  |       |      |       |       |       |       |       |       |       |
| Smoking: Cessation help offered?  |               |      |       |       |          |               | 20.5  | 19.4  |       |      |       |       |       |       |       |       |       |
| Smoking: Cessation what helped  |               |      |       |       |          |               | 21.1  |       |       |      |       |       |       |       |       |       |       |
| Smoking: Secondary Exposure: Does your wife/ partner smoke cigarettes               |               |      |       |       | 10.5     |               |       |       |       |      |       |       |       |       |       |       |       |
| Smoking: Cessation reasons  |               |      | 14.8  | 16.7  |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Taste and smell: ability to smell things?   |               |      |       |       |          |               |       |       |       |      |       |       |       |       | 62.1  | 49.0  | 48.0  |
| Taste and smell: ability to taste food or drink?                                    |               |      |       |       |          |               |       |       |       |      |       |       |       |       | 62.2  | 49.1  | 48.1  |
| Health Behaviours: Alcohol  |               |      |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Alcohol Intake  | 11            | 10   | 15    | 17    | 11       |               | 23    | 21    | 21    | 21   | 21    | 20    | 19    | 16    | 23    | 23    | 23    |
| Alcohol Intake: Would you describe your present alcohol intake as                   | 11.6i         | 10.1 | 15.1  | 17.1  | 11.0     |               | 23.0  | 21.0  | 21.0  | 21.0 | 21.0  | 20.0  | 19.0  | 16.0  | 23.0  | 23.0  | 23.0  |
| Alcohol Intake: How much do you usually drink on the days when you drink alcohol?   | 11.6iii       | 10.2 | 15.2  | 17.2  | 11.1     |               | 23.1  | 21.1  | 21.1  | 21.1 | 21.1  | 20.1  | 19.1  | 16.1  | 23.1  | 23.1  | 23.1  |
| Alcohol Intake: How many alcoholic drinks do you have during an average week?       |               |      |       |       | 11.2     |               | 23.2  | 21.2  | 21.2  | 21.2 | 21.2  | 20.2  | 19.3  |       | 23.2  | 23.2  | 23.2  |
| Alcohol Intake: Have you ever been a regular drinker of more than 6 drinks per day? |               |      | 15.3  | 17.3  |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Alcohol Intake: What type of drink do you usually take?                             | 11.6ii        |      | 15.4  | 17.4  | 11.3     |               | 23.3  | 21.3  | 21.3  | 21.3 | 21.3  |       |       |       | 23.3  | 23.3  | 23.3  |
| Alcohol Intake: Changes in your alcohol intake?                                     |               |      | 15.5  | 17.5  | 11.5     |               | 23.6  | 21.6  | 21.6  | 21.7 | 21.6  |       |       |       |       |       |       |
| Alcohol Intake: Reasons for reduction   |               |      | 15.6  | 17.6  | 11.6     |               | 23.7  | 21.7  | 21.7  | 21.8 |       |       |       |       |       |       |       |
| Alcohol Intake: When do you drink alcohol with meals....                            |               |      |       |       | 11.4     |               | 23.5  | 21.5  | 21.5  | 21.6 |       |       |       |       |       |       |       |
| Alcohol Intake: CAGE questionnaire  |               |      |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 7 of 26

| Question  | Baseline (Q1) | Q5   | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |       |  |
|---|---------------|------|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| Alcohol Intake: Have you ever felt you ought to cut down on your drinking   |               |      | 16.1  |       |          |               |       |       | 21.8  | 21.9  |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Have people annoyed you by criticizing your drinking  |               |      | 16.2  |       |          |               |       |       | 21.9  | 21.10 |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Have you ever felt bad or guilty about your drinking  |               |      | 16.3  |       |          |               |       |       | 21.10 | 21.11 |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Have you had a drink first thing in the morning (eye-opener) to steady your nerves or get rid of a hangover |               |      | 16.4  |       |          |               |       |       | 21.11 | 21.12 |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Ex-Drinkers   |               |      | 17    |       |          |               |       |       |       |       |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Ex-Drinkers - why do you not drink at present?  |               | 10.3 | 17.1  | 17.6  |          |               |       |       |       |       |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Ex- Drinkers- Did you drink in the past   |               | 10.4 | 17.2  |       |          |               |       |       |       |       |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Ex-Drinkers- How often do you drink?  |               | 10.5 |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Ex- Drinkers- Number of drinks per day  |               | 10.6 |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |       |  |
| Alcohol Intake: Ex drinkers- how long have you given up   |               |      | 17.3  |       |          |               |       |       |       |       |       |       |       |       |       |       |       |       |  |
| Water intake  |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 24    | 24    | 24    |       |  |
| How many glasses of water do you drink a day?   |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 24.0  | 24.0  | 24.0  |       |  |
| Diet: Snacks  |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 29    | 25    | D10   | D10   |  |
| Diet: How many times a day do you snack on Savoury snacks (e.g. crisps/ salted nuts)?                                       |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 29.0  | 25.0a | D10.0 | D10.0 |  |
| Diet: How many times a day do you snack on sweet snacks (e.g. biscuits /cakes/chocolate/sweets)?                            |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 29.1  | 25.0b | D10.1 | D10.1 |  |
| Health/ Social Services: Meals  |               |      |       |       |          |               |       |       |       |       |       |       |       |       |       | 25    | 25    |       |  |
| Health/ Social Services: Do you receive help with preparing your meals?   |               |      |       |       |          |               |       |       |       |       |       |       |       |       |       | 25.1  | 25.0  |       |  |
| Health/ Social Services: Meals provided by Social/Local Authority services or private provider?                             |               |      |       |       |          |               |       |       |       |       |       |       |       |       |       | 25.1a | 25.1  |       |  |
| Health/ Social Services: Meals provided by Friends/family?  |               |      |       |       |          |               |       |       |       |       |       |       |       |       |       | 25.1b | 25.2  |       |  |
| Health/ Social Services: Meals provided by other  |               |      |       |       |          |               |       |       |       |       |       |       |       |       |       | 25.1c | 25.3  |       |  |
| Muscle strength and endurance activities  |               |      |       |       |          |               | 19.5  | 24.8  | 23.8  | 22.9  | 23.8  |       |       | 20.8  | 20.8  | 28    | 28    | 27    |  |
| Grip Strength- Rate your hand grip strength compared to other people your age?  |               |      |       |       |          |               |       |       |       |       | 22    | 21    |       |       | 25    | 29    | 29    | 28    |  |
| Strengthening and Balance Exercises   |               |      |       |       |          |               |       |       |       |       | 24.0  |       | 21.0  |       | 30    | 30    | 29    |       |  |
| Mobility Aids: Do you use any mobility aids?  |               |      |       |       |          |               |       |       |       | 28.0  | 26.0  | 23.0  | 27.0  | 26.0  | 33.0  | 33    | 32    |       |  |
| Mobility: How would you describe your current mobility?   |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 40.0  | 33.0  | 32.0  |       |  |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 8 of 26

| Question  | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |      |
|---|---------------|----|-------|-------|----------|---------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|
| Health Behaviours: Physical activity (PA)   | 13            |    | 18    | 18    | 12       | Q20           | 19    | 24    | 23    | 22   | 23    | 22    | 20    | 20    | 26    | 26    | 25    |      |
| PA: Do you make regular journeys every day or most days either walking or cycling?  |               |    |       |       | 12.0     |               | 19.0  | 24.0  | 23.0  | 22.0 | 23.0  | 22.0  | 20.0  | 20.0  | 26.0  | 26.0  | 25.0  |      |
| PA: Do you walk or cycle to work each day   | 13.1i         |    | 18.1  | 18.1  |          |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: Work Journeys- How many minutes do these journeys take in total each day  | 13.1i         |    | 18.2  | 18.2  |          |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: Apart from work journeys, do you walk or cycle on weekdays  | 13.1ii        |    | 18.3  | 18.3  |          |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: Non work journeys- time   | 13.1ii        |    | 18.4  | 18.4  |          |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: Would you say that in your occupation you are or were physically?   | 13.1iii       |    | 18.5  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: How many hours do you normally spend walking e.g. on errands or for leisure in the average week?  |               |    |       |       | 12.1     |               | 19.0a | 24.1  | 23.1  | 22.1 | 23.1  | 22.1  | 20.1  | 20.1  | 26.1  | 26.1  | 25.1  |      |
| PA: Which of the following best describes your usual walking pace?  |               |    |       |       | 12.2     |               | 19.1  | 24.2  | 23.2  | 22.2 | 23.2  | 22.2  | 20.2  | 20.2  | 26.2  | 26.2  | 25.2  |      |
| PA: How many hours do you normally spend cycling in the average week?   |               |    |       |       | 12.3     |               | 19.2  | 24.3  | 23.3  | 22.3 | 23.3  |       | 20.3  | 20.3  | 26.3  | 26.3  | 25.3  |      |
| PA: On a normal day, how many times do you climb a flight of stairs, (assuming that 1 flight of stairs has 10 steps)?   |               |    |       |       |          |               |       |       |       |      |       | 23.4  | 20.4  | 20.4  | 26.4  | 26.4  | 25.4  |      |
| PA: Do not climb stairs   |               |    |       |       | 3.0      |               |       |       |       |      |       | 23.4  |       | 20.4  | 20.4  | 26.4a | 26.5  | 25.5 |
| PA: Compared with a man who spends two hours on most days on activities such as: walking, gardening, household chores, DIY projects, how physically active would you consider yourself? | 13.2          |    | 18.6  | 18.5  | 12.4     |               | 19.3  | 24.4  | 23.4  | 22.4 | 23.5  | 22.3  | 20.5  | 20.5  | 26.5  | 26.6  | 25.6  |      |
| PA: Do you do active physical exercises such as running, swimming, dancing, golf, tennis, squash, jogging, bowls, cycling, hiking, etc.?  | 13.3          |    | 18.8  | 18.6  | 12.5     |               | 19.4  | 24.5  | 23.5  | 22.5 | 23.6  |       | 20.6  | 20.6  | 26.6  | 26.7  | 25.7  |      |
| PA: If you ticked frequently, please state type of activities:  | 13.4          |    | 18.9  | 18.6  | 12.5a    |               | 19.4a | 24.6  | 23.6  | 22.6 | 23.6a |       | 20.6a | 20.6a | 26.7  | 26.8  | 25.8  |      |
| PA: How many times a month on average do you take part in these activities?   |               |    | 18.11 |       |          |               |       |       |       |      |       | 23.6b |       | 20.6b | 20.6b |       |       |      |
| PA: In winter   | 13.6          |    | 18.11 | 18.7  | 12.5c    |               | 19.4b | 24.7  | 23.7  | 22.7 | 23.7a |       | 20.7a | 20.7a | 26.8  | 26.9  | 25.9  |      |
| PA: In summer   | 13.6          |    | 18.11 | 18.7  | 12.5c    |               | 19.4b | 24.7  | 23.7  | 22.8 | 23.7b |       | 20.7b | 20.7b | 26.9  | 26.10 | 25.10 |      |
| PA: How many years have you been engaged in these sorts of physical activities  | 13.5          |    | 18.10 | 18.6  | 12.5b    |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: Gardening - Light hours per week  |               |    | 18.7  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: Gardening - moderate hours per week   |               |    | 18.7  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: Gardening - Heavy hours per week  |               |    | 18.7  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: How many miles do you walk in an average week   |               |    |       |       |          | 1.1           |       |       |       |      |       |       |       |       |       |       |       |      |
| PA: How many journeys of at least a mile do you walk each week  |               |    |       |       |          |               | 1.2   |       |       |      |       |       |       |       |       |       |       |      |
| PA: Household Activities Hours per week Light activities  |               |    |       |       |          |               | 2.0   |       |       |      |       |       |       |       |       |       |       |      |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 9 of 26

| Question  | Baseline (Q1) | Q5   | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|---------------|------|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| PA: Household Activities Hours per week Moderate activities   |               |      |       |       |          | 2.0           |       |       |       |       |       |       |       |       |       |       |       |
| PA: Household Activities Hours per week Heavy activities  |               |      |       |       |          | 2.0           |       |       |       |       |       |       |       |       |       |       |       |
| PA: Other Activities in the past year   |               |      |       |       |          | 4.0           |       |       |       |       |       |       |       |       |       |       |       |
| PA: Do you participate in vigorous activities   |               |      |       |       |          | 5.0           |       |       |       |       |       |       |       |       |       |       |       |
| PA: Time spent on vigorous activity   |               |      |       |       |          | 5.1           |       |       |       |       |       |       |       |       |       |       |       |
| PA: Activity levels compared with three years ago   |               |      |       |       |          | 5.2           |       |       |       |       |       |       |       |       |       |       |       |
| PA: Activity levels reduced why?  |               |      |       |       |          | 5.3           |       |       |       |       |       |       |       |       |       |       |       |
| PA: General Fitness   |               |      |       |       |          |               |       |       |       | 27    | 25    |       | 22    |       | 27    | 27    | 26    |
| PA General Fitness: Can you do any of the following activities:                                       |               |      |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| PA General Fitness: run a short distance?   |               |      |       |       |          |               |       |       |       | 27.0  | 25.0  |       | 22.0  |       | 27.0  | 27.0  | 26.0  |
| PA General Fitness: do heavy work around the house (e.g. lifting & moving heavy furniture)            |               |      |       |       |          |               |       |       |       | 27.1  | 25.1  |       | 22.1  |       | 27.1  | 27.1  | 26.1  |
| PA General Fitness: do gardening (e.g. raking leaves, weeding & pushing the lawn mower)               |               |      |       |       |          |               |       |       |       | 27.2  | 25.2  |       | 22.2  |       | 27.2  | 27.2  | 26.2  |
| PA General Fitness: participate in moderate activities like golf, bowling, dancing or doubles tennis? |               |      |       |       |          |               |       |       |       | 27.3  | 25.3  |       | 22.3  |       | 27.3  | 27.3  | 26.3  |
| PA General Fitness: participate in strenuous sports like swimming or singles tennis?                  |               |      |       |       |          |               |       |       |       | 27.4  | 25.4  |       | 22.4  |       | 27.4  | 27.4  | 26.4  |
| PA General Fitness: have sexual relations?  |               |      |       |       |          |               |       |       |       | 27.5  | 25.5  |       | 22.5  |       | 27.5  | 27.5  | 26.5  |
| Recent Illness: Stress and illness in last 3 months   |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 41    | 39    | 38    |
| Recent Illness: Have you been stressed or severely ill in the past 3 months?                          |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 41.0  | 39.0  | 38.0  |
| Recent Illness: Are you currently experiencing dementia and/or prolonged severe sadness?              |               |      |       |       |          |               |       |       |       |       |       |       |       |       | 41.1  | 39.1  | 38.1  |
| Disability  |               | 19   | 21    | 14    |          | 15            | 22    | 24    | 24    | 28    | 25    | 25    | 22    | 31    | 31    | 31    | 31    |
| Disability: Do you have any long-standing illness, disability or infirmity?                           |               |      | 21.1  | 14.0  |          | 15.0          | 22.0  | 24.0  |       | 28.0  | 25.0  | 25.0  | 22.0  | 31.0  | 31.0  | 30.0  |       |
| Disability: What is the long-standing illness/ problem?   |               |      | 21.1  |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Disability: Does this long-standing illness or disability limit your activities in any way?           |               |      | 21.1  | 14.0a |          | 15.0a         | 22.0a | 24.0a |       | 28.0a | 25.0a | 25.0a | 22.0a | 31.0a | 31.1  | 30.1  |       |
| Disability: Long-standing illness how does limit activities?  |               |      | 21.1  |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Disability: Long-standing illness do you receive a disability allowance?                              |               |      |       |       | 14.0b    |               | 15.0b | 22.0b | 24.0b |       | 28.0b | 25.0b | 25.0b | 22.0b | 31.0b | 31.2  | 30.2  |
| Disability: Impacts Going up or down stairs   |               | 19.1 | 21.2  | 14.1a |          | 15.1a         | 22.1a | 24.1a | 24.1a | 29.1a | 26.0a | 26.0a | 23.0a | 32.0a | 32.0  | 31.0  |       |
| Disability: Impacts of Bending down   |               | 19.1 | 21.2  | 14.1b |          | 15.1b         | 22.1b | 24.1b | 24.1b | 29.1b | 26.0b | 26.0b | 23.0b | 32.0b | 32.1  | 31.1  |       |
| Disability: Impacts Straightening up  |               | 19.1 | 21.2  |       |          | 15.1c         | 22.1c | 24.1c | 24.1c | 29.1c | 26.0c | 26.0c | 23.0c | 32.0c | 32.2  | 31.2  |       |
| Disability: Impacts Keeping your balance  |               | 19.1 | 21.2  | 14.1c |          | 15.1d         | 22.1d | 24.1d | 24.1d | 29.1d | 26.0d | 26.0d | 23.0d | 32.0d | 32.3  | 31.3  |       |
| Disability: Impacts Going out of the house  |               | 19.1 | 21.2  |       |          | 15.1e         | 22.1e | 24.1e | 24.1e | 29.1e | 26.0e | 26.0e | 23.0e | 32.0e | 32.4  | 31.4  |       |
| Disability: Impacts Walking 400 yards   |               | 19.1 | 21.2  | 14.1d |          | 15.1f         | 22.1f | 24.1f | 24.1f | 29.1f | 26.0f | 26.0f | 23.0f | 32.0f | 32.5  | 31.5  |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 10 of 26

| Question   | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Disability: Current health impacts Job at work paid employment   |               |    | 19.2  | 21.3  | 14.2a    |               | 15.2a | 22.2a | 24.2a | 24.2a | 29.2a | 26.1a | 26.1a | 23.1a | 32.1a | 32.6  | 31.6  |
| Disability: Current health impacts Household chores  |               |    | 19.2  | 21.3  | 14.2b    |               | 15.2b | 22.2b | 24.2b | 24.2b | 29.2b | 26.1b | 26.1b | 23.1b | 32.1b | 32.7  | 31.7  |
| Disability: Current health impacts social life   |               |    | 19.2  | 21.3  | 14.2c    |               | 15.2c | 22.2c | 24.2c | 24.2c | 29.2c | 26.1c | 26.1c | 23.1c | 32.1c | 32.8  | 31.8  |
| Disability: Current health impacts Sex life  |               |    | 19.2  | 21.3  |          |               | 15.2d | 22.2d | 24.2d |       |       |       |       |       |       |       |       |
| Disability: Current health impacts Interests and hobbies   |               |    | 19.2  | 21.3  | 14.2d    |               | 15.2e | 22.2e | 24.2e | 24.2d | 29.2d | 26.1d | 26.1d | 23.1d | 32.1d | 32.9  | 31.9  |
| Disability: Current health impacts Holidays and outings  |               |    | 19.2  | 21.3  | 14.2e    |               | 15.2f | 22.2f | 24.2f | 24.2e | 29.2e | 26.1e | 26.1e | 23.1e | 32.1e | 32.10 | 31.10 |
| Disability: Current health impacts Family relationships  |               |    | 19.2  | 21.3  | 14.2f    |               |       |       |       |       |       |       |       |       |       |       |       |
| Disability: Current health impacts: Do you have any difficulties getting about outdoors?                           |               |    | 19.3  |       |          |               |       |       |       |       | 29.3  | 26.2  | 26.2  | 23.2  | 32.2  | 32.11 | 31.11 |
|  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Sleeping Patterns  |               |    |       |       |          |               | 18    | 23    | 22    | 29    | 32    | 29    | 30    | 27    | 63    | 50    | 49    |
| Sleep: On most nights, how would you rate the quality of your sleep?   |               |    |       |       |          |               | 18.4  | 23.4  | 22.4  | 29.0  | 32.0  | 29.0  | 30.0  | 27.0  | 63.0  | 50.0  | 49.0  |
| Sleep: Hours spent sleeping - Night / Day  |               |    |       |       |          |               | 18.5  | 23.4  | 22.4  | 29.1  | 32.1  | 29.1  | 30.1  | 27.1  | 63.1a | 50.1  | 49.1  |
| Sleep: How often do you feel excessively sleepy during the day?  |               |    |       |       |          |               |       |       |       |       |       |       | 30.3  |       | 63.2  | 50.3  | 49.3  |
| Sleep: During the last month, did you have difficulties falling asleep at night?                                   |               |    |       |       |          |               |       | 23.5  | 22.5  | 29.3  | 32.3  | 29.3  | 30.4  |       | 63.3  | 50.4  | 49.4  |
| Sleep: During the last month, have you often woken up during the early hours and are unable to get back to sleep?  |               |    |       |       |          |               |       | 23.6  | 22.6  | 29.4  | 32.4  | 29.4  | 30.5  |       | 63.4  | 50.5  | 49.5  |
| Sleep: During the last month, have you had trouble maintaining sleep at night?                                     |               |    |       |       |          |               |       |       |       |       | 32.5  | 29.5  | 30.6  |       | 63.5  | 50.6  | 49.6  |
| Sleep: During the last month, how often do you wake up feeling tired and worn out after the usual amount of sleep? |               |    |       |       |          |               |       |       |       |       | 29.6  | 30.7  |       |       | 63.6  | 50.7  | 49.7  |
| Sleep: Do you snore while asleep   |               |    |       |       |          |               | 18.6  |       |       | 29.6  | 33.0  |       |       |       |       | 50.8  | 49.8  |
| Sleep: During the last month, have you snored loudly while asleep?   |               |    |       |       |          |               |       |       |       | 29.7  | 33.1  |       | 30.8  |       | 63.7  |       |       |
| Sleep: most frequent reasons for waking  |               |    |       |       |          |               |       |       |       | 29.5  |       |       |       |       |       |       |       |
| Sleep: Sleep apnoea  |               |    |       |       |          |               |       |       |       |       |       |       |       |       | 63.8  | 50.9  | 49.9  |
| Sleep: Have you ever been told that you hold your breath during sleep (stop breathing for at least 10 seconds)     |               |    |       |       |          |               |       |       |       | 29.8  | 33.2  |       |       |       |       |       |       |
| Sleep: Have you ever woken short of breath during sleep  |               |    |       |       |          |               |       |       |       | 29.9  | 33.3  |       |       |       |       |       |       |
|  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Activities of daily living (ADL)   |               |    |       |       |          |               | 28    | 31    | 29    | 25    | 30    | 27    | 28    | 24    | 34    | 34    | 33    |
| ADL: What is the furthest you can walk on your own without stopping and without discomfort?                        |               |    |       |       |          |               | 28.0  | 31.0  | 29.0  | 25.0  | 30.1  | 27.0  | 28.0  | 24.0  | 34.0  | 34.0  | 33.0  |
| ADL: Can you walk up and down a flight of 12 stairs without resting?   |               |    |       |       |          |               | 28.1  | 31.1  | 29.1  | 25.1  | 30.2  | 27.1  | 28.1  | 24.1  | 34.1  | 34.1  | 33.1  |
| ADL: When standing, can you bend down and pick up a shoe from the floor?   |               |    |       |       |          |               | 28.2  | 31.2  | 29.2  | 25.2  | 30.3  | 27.2  | 28.2  | 24.2  | 34.2  | 34.2  | 33.2  |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 11 of 26

| Question   | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| ADL: When sitting, can you rise from a chair of knee height, without using your hands?                     |               |    |       |       |          |               |       |       |       |       | 27.3  | 28.3  | 24.3  | 34.3  | 34.3  | 33.3  |       |
| ADL: Would you say there has been any change in your ability to do practical things in the past two years? |               |    |       |       |          |               |       |       |       |       |       | 28.4  |       | 34.4  | 34.4  | 33.4  |       |
| Instrumental Activities of Daily Living (IADLs):   |               |    |       |       |          |               | 29    | 32    | 30    | 26    | 31    | 28    | 29    | 30    | 35    | 35    | 34.0  |
| IADL: Reaching or extending your arms above shoulder level   |               |    |       |       |          | 29.0a         | 32.0a | 30.0a | 26.0a | 31.0a | 28.0a | 29.0a | 30.0a | 35.0a | 35.0  | 34.0  |       |
| IADL: Pulling or pushing large objects like a living room chair  |               |    |       |       |          | 29.0b         | 32.0b | 30.0b | 26.0b | 31.0b | 28.0b | 29.0b | 30.0b | 35.0b | 35.1  | 34.1  |       |
| IADL: Walking across a room  |               |    |       |       |          | 29.0c         | 32.0c | 30.0c | 26.0c | 31.0c | 28.0c | 29.0c | 30.0c | 35.0c | 35.2  | 34.2  |       |
| IADL: Getting in and out of bed on your own  |               |    |       |       |          | 29.0d         | 32.0d | 30.0d | 26.0d | 31.0d | 28.0d | 29.0d | 30.0d | 35.0d | 35.3  | 34.3  |       |
| IADL: Getting in and out of a chair on your own  |               |    |       |       |          | 29.0e         | 32.0e | 30.0e | 26.0e | 31.0e | 28.0e | 29.0e | 30.0e | 35.0e | 35.4  | 34.4  |       |
| IADL: Dressing and undressing yourself on your own   |               |    |       |       |          | 29.0f         | 32.0f | 30.0f | 26.0f | 31.0f | 28.0f | 29.0f | 30.0f | 35.0f | 35.5  | 34.5  |       |
| IADL: Bathing or showering   |               |    |       |       |          | 29.0g         | 32.0g | 30.0g | 26.0g | 31.0g | 28.0g | 29.0g | 30.0g | 35.0g | 35.6  | 34.6  |       |
| IADL: Feeding yourself, including cutting food   |               |    |       |       |          | 29.0h         | 32.0h | 30.0h | 26.0h | 31.0h | 28.0h | 29.0h | 30.0h | 35.0h | 35.7  | 34.7  |       |
| IADL: Getting to and using the toilet on your own  |               |    |       |       |          | 29.0i         | 32.0i | 30.0i | 26.0i | 31.0i | 28.0i | 29.0i | 30.0i | 35.0i | 35.8  | 34.8  |       |
| IADL: Lifting and carrying something as heavy as 10 lbs, (e.g. a bag of groceries)                         |               |    |       |       |          | 29.0j         | 32.0j | 30.0j | 26.0j | 31.0j | 28.0j | 29.0j | 30.0j | 35.0j | 35.9  | 34.9  |       |
| IADL: Shopping for personal items such as toilet items or medicine by yourself                             |               |    |       |       |          | 29.0k         | 32.0k | 30.0k | 26.0k | 31.0k | 28.0k | 29.0k | 30.0k | 35.0k | 35.10 | 34.10 |       |
| IADL: Doing light housework (e.g. washing up)  |               |    |       |       |          | 29.0l         | 32.0l | 30.0l | 26.0l | 31.0l | 28.0l | 29.0l | 30.0l | 35.0l | 35.11 | 34.11 |       |
| IADL: Preparing your own meals by yourself   |               |    |       |       |          | 29.0m         | 32.0m | 30.0m | 26.0m | 31.0m | 28.0m | 29.0m | 30.0m | 35.0m | 35.12 | 34.12 |       |
| IADL: Using the telephone by yourself  |               |    |       |       |          | 29.0n         | 32.0n | 30.0n | 26.0n | 31.0n | 28.0n | 29.0n | 30.0n | 35.0n | 35.13 | 34.13 |       |
| IADL: Taking medications by yourself   |               |    |       |       |          | 29.0o         | 32.0o | 30.0o | 26.0o | 31.0o | 28.0o | 29.0o | 30.0o | 35.0o | 35.14 | 34.14 |       |
| IADL: Managing money (e.g. paying bills etc)   |               |    |       |       |          | 29.0p         | 32.0p | 30.0p | 26.0p | 31.0p | 28.0p | 29.0p | 30.0p | 35.0p | 35.15 | 34.15 |       |
| IADL: Using public transport on your own   |               |    |       |       |          | 29.0q         | 32.0q | 30.0q | 26.0q | 31.0q | 28.0q | 29.0q | 30.0q | 35.0q | 35.16 | 34.16 |       |
| IADL: Driving a car on your own  |               |    |       |       |          | 29.0r         | 32.0r | 30.0r | 26.0r | 31.0r | 28.0r | 29.0r | 30.0r | 35.0r | 35.17 | 34.17 |       |
| IADL: Gripping with hands (e.g. opening a jam jar)   |               |    |       |       |          |               | 32.0s | 30.0s | 26.0s | 31.0s | 28.0s | 29.0s | 30.0s | 35.0s | 35.18 | 34.18 |       |
| Cognitive Impairment / Dementia  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Memory: How often do you have trouble remembering things?  |               |    |       |       |          |               |       |       |       | 37.0  | 47.0  | 37.0  | 39.0  | 39.0  | 64.0  | 51.0  | 50.0  |
| Memory: Did you have more trouble than usual remembering recent events?                                    |               |    |       |       |          |               |       |       |       | 37.1  | 47.1  | 37.1  | 39.1  |       | 64.1  | 51.1  | 50.1  |
| Memory: Did you have more trouble than usual remembering a short list of items such as a shopping list?    |               |    |       |       |          |               |       |       |       | 37.2  | 47.2  | 37.2  | 39.2  | 39.1  | 64.2  | 51.2  | 50.2  |
| Memory: Did you have trouble remembering things from one second to the next?                               |               |    |       |       |          |               |       |       |       | 37.3  | 47.3  | 37.3  | 39.3  | 39.2  | 64.3  | 51.3  | 50.3  |
| Memory: Did you have any difficulty in understanding or following spoken instruction?                      |               |    |       |       |          |               |       |       |       | 37.4  | 47.4  | 37.4  | 39.4  | 39.3  | 64.4  | 51.4  | 50.4  |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 12 of 26

| Question  | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|---------------|----|-------|-------|----------|---------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| Memory: Did you have more trouble than usual following a group conversation or a plot on TV due to your memory? |               |    |       |       |          |               |       |       |       | 37.5 | 47.5  | 37.5  | 39.5  | 39.4  | 64.5  | 51.5  | 50.5  |
| Memory: Did you have trouble finding your way around familiar streets?  |               |    |       |       |          |               |       |       |       | 37.6 | 47.6  | 37.6  | 39.6  | 39.5  | 64.6  | 51.6  | 50.6  |
| Memory: Did you have trouble getting things organised/ organising your day?                                     |               |    |       |       |          |               |       |       |       | 37.7 | 47.7  | 37.7  | 39.7  | 39.6  | 64.7  | 51.7  | 50.7  |
| Memory: Did you have trouble concentrating on things e.g. reading a book?                                       |               |    |       |       |          |               |       |       |       | 37.8 | 47.8  | 37.8  | 39.8  | 39.7  | 64.8  | 51.8  | 50.8  |
| Memory: Forgetfulness- has forgetfulness affected your daily life?  |               |    |       |       |          |               |       |       |       |      |       | 37.9  | 39.9  | 39.8  | 65.0  | 52.0  | 51.0  |
| Recent major life events  |               |    |       |       |          |               | 30    |       |       | 40   |       | 36    |       | 66    | 53    | 52    |       |
| Appetite: Quality of appetite   |               |    |       |       |          |               |       |       |       |      |       | 18.0  | 17.0  | 19.0  | 36.0  | 36.0  | 35.0  |
| Appetite and eating: Illness  |               |    |       |       |          |               |       |       |       |      |       |       |       |       | 37.0  | 37.0  | 36.0  |
| Appetite and eating: Malnutrition   |               |    |       |       |          |               |       |       |       |      |       |       |       |       | 39    | 38    | 37    |
| Shopping for food   |               |    |       |       |          |               |       |       |       |      |       |       |       |       | 38    | 38.4  | 37.4  |
| Oral Health: Dental Health (mouth, teeth and or dentures)   |               |    |       |       |          |               |       |       |       | 30   | 36    | 31    | 32    | 31    | 50    | 40    | 39    |
| Oral Health: General Dental Health  |               |    |       |       |          |               |       |       |       | 30   | 36    | 31    | 32    | 31    | 50    | 40    | 39    |
| Oral Health: Your teeth   |               |    |       |       |          |               |       |       |       | 30   | 36    | 31    | 32    | 31    | 51    | 40    | 39    |
| Oral Health: Back teeth(molars)   |               |    |       |       |          |               |       |       |       |      |       |       |       |       | 52    | 41    | 40    |
| Oral Health: Difficulty chewing   |               |    |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Oral Health: Do you have difficulty chewing any foods because of problems with your teeth, mouth or dentures?   |               |    |       |       |          |               |       |       |       |      |       | 31.2  | 32.2  | 31.2  | 53.1  | 42.0  | 41.0  |
| Oral Health: Do you avoid eating some foods because of problems with your teeth, mouth or dentures?             |               |    |       |       |          |               |       |       |       |      |       | 31.3  | 32.3  | 31.3  | 53.2  | 42.1  | 41.1  |
| Oral Health: Does it take you longer to finish a meal than other people of your own age?                        |               |    |       |       |          |               |       |       |       |      |       | 31.4  | 32.4  | 31.4  | 53.3  | 42.2  | 41.2  |
| Oral Health: Tooth brushing   |               |    |       |       |          |               |       |       |       |      |       |       |       |       | 31.5  | 54    | 43    |
| Oral Health: Toothbrush used?   |               |    |       |       |          |               |       |       |       |      |       |       |       |       |       | 43.0  | 42.0  |
| Oral Health: How frequently do you brush your teeth?  |               |    |       |       |          |               |       |       |       |      |       |       |       |       | 31.5  | 54.1  | 43.1  |
| Oral Health: Do you have difficulty brushing your teeth?  |               |    |       |       |          |               |       |       |       |      |       |       |       |       | 54.2  | 43.2  | 42.2  |
| Oral Health: Visiting the dentist   |               |    |       |       |          |               | 24.1d | 25.2d |       | 32   | 36    |       | 32.7  |       | 55    | 44    | 43    |
| Preventative Health Care: Have you seen your dentist in the last year?  |               |    |       |       |          |               | 24.1d | 25.2d |       |      |       |       | 32.7  |       | 55.0  | 44.0  | 43.0  |
| Oral Health: Reason to go to the dentist / hygienist for:   |               |    |       |       |          |               |       |       |       | 32.0 |       |       |       |       | 55.1  | 44.1  | 43.1  |
| Oral Health: Reason for not visiting the dentist- difficulty to get to the dental surgery                       |               |    |       |       |          |               |       |       |       |      |       |       |       |       | 55.2  | 44.2  | 43.2  |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 13 of 26

| Question   | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |    |
|--|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----|
| Oral Health: Reason for not visiting the dentist- financial cost                                       |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       | 44.3  | 43.3  |    |
| Oral Health: Reason for not visiting the dentist- No Need  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       | 44.4  | 43.4  |    |
| Oral Health: Reason for not visiting the dentist- Other  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       | 44.5  | 43.5  |    |
| Oral Health: How long has it been since you last visited the dentist                                   |               |    |       |       |          |               |       |       |       | 32.1  | 36.0  |       |       |       |       |       |       |    |
| Oral Health: Dental problems   |               |    |       |       |          |               |       |       |       | 30    | 37    | 31    | 32    | 33.0  | 56    | 45    | 44    |    |
| Oral Health: Toothache   |               |    |       |       |          |               |       |       |       | 30.6a |       | 31.9a | 32.8a | 33.0a | 56.1  | 45.0  | 44.0  |    |
| Oral Health: Loose tooth   |               |    |       |       |          |               |       |       |       | 30.6b | 37.2c | 31.9b | 32.8b | 33.0b | 56.2  | 45.1  | 44.1  |    |
| Oral Health: Sensitive teeth   |               |    |       |       |          |               |       |       |       | 30.5  | 37.1  | 31.9c | 32.8c | 33.0c | 56.3  | 45.2  | 44.2  |    |
| Oral Health: Mouth ulcers  |               |    |       |       |          |               |       |       |       |       |       |       |       |       | 56.4  | 45.3  | 44.3  |    |
| Oral Health: Bleeding gums   |               |    |       |       |          |               |       |       |       |       | 37.2b | 31.9d | 32.8d | 33.0d | 56.5  | 45.4  | 44.4  |    |
| Oral Health: Other gum problems  |               |    |       |       |          |               |       |       |       |       |       | 31.9e | 32.8e | 33.0e | 56.6  | 45.5  | 44.5  |    |
| Oral Health: Soreness or cracking around the corners of the mouth                                      |               |    |       |       |          |               |       |       |       |       |       |       |       |       | 56.7  | 45.6  | 44.6  |    |
| Oral Health: Fractured tooth   |               |    |       |       |          |               |       |       |       | 30.6d | 37.2d |       |       |       |       |       |       |    |
| Oral Health: Loose ill-fitting dentures  |               |    |       |       |          |               |       |       |       | 30.6d | 37.2e |       |       |       |       |       |       |    |
| Oral Health: bad position of teeth (eg crooked or gap) deformity of the mouth                          |               |    |       |       |          |               |       |       |       | 30.6c | 37.2f |       |       |       |       |       |       |    |
| Oral Health: Colour, shape or size of teeth  |               |    |       |       |          |               |       |       |       | 30.6e |       |       |       |       |       |       |       |    |
| Oral Health: or any other dental condition please specify  |               |    |       |       |          |               |       |       |       | 30.6f | 37.2g |       |       |       |       |       |       |    |
| Oral Health: dental difficulties or difficulties   |               |    |       |       |          |               |       |       |       |       | 37.2h |       |       |       |       |       |       |    |
| Oral Health: Toothache, sensitive tooth, tooth decay (hole in tooth)                                   |               |    |       |       |          |               |       |       |       |       | 37.2a |       |       |       | 33    | 56    | 45    |    |
| Oral Health: In the past 6 months have you experienced toothache or severe discomfort with your teeth? |               |    |       |       |          |               |       |       |       | 30.4  | 37.0  |       |       |       |       |       |       |    |
| Oral Health: Dental problems affecting your daily life   |               |    |       |       |          |               |       |       |       | 30.7  | 37.3  |       |       |       |       | 57    | 46    | 45 |
| Oral Health: Dentures  |               |    |       |       |          |               |       |       |       |       |       | 31    | 32    | 32.0  | 58    | 47    | 46    |    |
| Oral Health: Upper Teeth   |               |    |       |       |          |               |       |       |       |       |       | 31    |       | 32    | 59    | 47    | 46    |    |
| Oral Health: Lower Teeth   |               |    |       |       |          |               |       |       |       |       |       | 31    |       | 32.0  | 60    | 47    | 46    |    |
| Oral Health: Dry Mouth -Xerostomia Inventory (XI)  |               |    |       |       |          |               |       |       |       | 31    | 38    | 32    | 33    | 34    | 61    | 48    | 47    |    |
| Social Engagement: Time Use  |               |    |       |       |          |               | 30    | 33    | 27    |       | 46    | 36    | 38.0  | 38    | 67    | 54    | 53    |    |
| Social Engagement: Looking after wife/partner  |               |    |       |       |          |               | 30.0  | 33.0a | 27.0a | 34.0a | 46.0a | 36.0a | 38.0a | 38.0a | 67.0a | 54.0  | 53.0  |    |
| Social Engagement: Looking after other adult family members or friend                                  |               |    |       |       |          |               | 30.0  | 33.0b | 27.0b | 34.0b | 46.0b | 36.0b | 38.0b | 38.0b | 67.0b | 54.1  | 53.1  |    |
| Social Engagement: Looking after grandchildren   |               |    |       |       |          |               | 30.0  | 33.0c | 27.0c | 34.0c | 46.0c | 36.0c | 38.0c | 38.0c | 67.0c | 54.2  | 53.2  |    |
| Social Engagement: Spending time with family, friends and neighbours                                   |               |    |       |       |          |               |       | 33.0d | 27.0d | 34.0d | 46.0d |       |       |       | 67.0d | 54.3  | 53.3  |    |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 14 of 26

| Question   | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Social Engagement: Talking to friends/relatives on the telephone/video calls     |               |    |       |       |          |               |       |       | 27.0e | 34.0e | 46.0e |       |       |       | 67.0e | 54.4  | 53.4  |
| Social Engagement: In paid work  |               |    |       |       |          |               | 30.0  | 33.0e | 27.0f | 34.0f | 46.0f |       |       |       | 67.0f | 54.5  | 53.5  |
| Social Engagement: In voluntary work   |               |    |       |       |          |               | 30.0  | 33.0f | 27.0g | 34.0g | 46.0g |       |       |       | 67.0g | 54.6  | 53.6  |
| Social Engagement: In a pub or club  |               |    |       |       |          |               | 30.0  | 33.0i | 27.0j | 34.0k | 46.0k |       |       |       | 67.0h | 54.7  | 53.7  |
| Social Engagement: Attending religious services                                  |               |    |       |       |          |               | 30.0  | 33.0j | 27.0k | 34.0l | 46.0l |       |       |       | 67.0i | 54.8  | 53.8  |
| Social Engagement: Playing cards, games, or bingo                                |               |    |       |       |          |               | 30.0  | 33.0k | 27.0l | 34.0m | 46.0m |       |       |       | 67.0j | 54.9  | 53.9  |
| Social Engagement: Visiting the cinema/restaurants/sporting events               |               |    |       |       |          |               | 30.0  | 33.0l | 27.0m | 34.0n | 46.0n |       |       |       | 67.0k | 54.10 | 53.10 |
| Social Engagement: active sports or exercise                                     |               |    |       |       | 18.8     |               |       |       |       |       |       |       |       |       |       |       |       |
| Social Engagement: On housework  |               |    |       | 18.8  |          |               | 30.0  | 33.0g | 27.0h | 34.0h | 46.0h |       |       |       | 67.0l | 54.11 | 53.11 |
| Social Engagement: On light gardening (pruning and weeding)                      |               |    |       | 18.8  |          |               | 30.0  | 33.0h | 27.0i | 34.0i | 46.0i |       |       |       | 67.0m | 54.12 | 53.12 |
| Social Engagement: On heavy gardening (digging & mowing)                         |               |    |       | 18.8  |          |               | 30.0  | 33.0h | 27.0i | 34.0j | 46.0j |       |       |       | 67.0n | 54.13 | 53.13 |
| Social Engagement: Watching television/videos/DVD's                              |               |    |       |       |          |               | 30.0  | 33.0m | 27.0n | 34.0o | 46.0o | 36.0d | 38.0d | 38.0d | 67.0o | 54.14 | 53.14 |
| Social Engagement: Reading   |               |    |       |       |          |               | 30.0  | 33.0n | 27.0o | 34.0p | 46.0p | 36.0e | 38.0e | 38.0e | 67.0p | 54.15 | 53.15 |
| Social Engagement: Attending class or course of study                            |               |    |       |       |          |               | 30.0  | 33.0o | 27.0p | 34.0q | 46.0q |       |       |       | 67.0q | 54.16 | 53.16 |
| Social Engagement: Using a computer  |               |    |       |       |          |               |       | 33.0p | 27.0q | 34.0r | 46.0r | 36.0f | 38.0f | 38.0f | 67.0r | 54.17 | 53.17 |
| Social Engagement: Driving or sitting in a car                                   |               |    |       |       |          |               |       |       |       | 34.0s | 46.0s | 36.0g | 38.0g | 38.0g | 67.0s | 54.18 | 53.18 |
| Social Engagement: Have you been on any day or overnight trips in the last year? |               |    |       |       |          |               | 31.0  | 34.0  | 28.0  | 36.0  | 46.1  |       | 38.1  |       | 68.0a | 55.1  | 54.1  |
| Social Engagement: Have you been on holiday in the last year?                    |               |    | 23.7  | 19.7  |          |               | 31.0  | 35.0  | 28.1  | 36.1  | 46.2  |       | 38.2  |       | 68.0b | 55.2  | 54.2  |
| Social Engagement: Are you planning to go on holiday next year?                  |               |    | 23.8  | 19.8  |          |               |       |       |       |       | 46.3  |       | 38.3  |       | 68.0c | 55.3  | 54.3  |
| Social Engagement: Do you use the internet and/or email?                         |               |    |       |       |          |               |       | 36.0  | 28.2  | 36.0  | 46.4  |       | 38.4  |       | 68.0d | 55.4  | 54.4  |
| Social Engagement: Do you use social media?                                      |               |    |       |       |          |               |       |       |       |       |       |       |       |       | 68.0e | 55.5  | 54.5  |
| Social Engagement: Do you use a "touch screen" mobile phone?                     |               |    |       |       |          |               |       |       |       |       |       |       |       |       | 68.0f | 55.6  | 54.6  |
| Social Engagement: Have you written a personal letter or email in the last week? |               |    | 23.3  | 19.3  |          |               |       |       |       |       | 46.5  |       | 38.5  |       | 68.0g | 55.7  | 54.7  |
| Social Engagement: Do you take a weekly or monthly magazine or journal?          |               |    | 23.4  | 19.4  |          |               |       |       |       |       | 46.6  |       | 38.6  |       | 68.0h | 55.8  | 54.8  |
| Social Engagement: Did you vote in the last general or local elections?          |               |    | 23.6  | 19.6  |          |               |       |       |       |       | 46.7  |       | 38.7  |       | 68.0i | 55.9  | 54.9  |
| Social Engagement: Do you have access to a telephone                             |               |    | 23.1  | 19.1  |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Social Engagement: Have you made a personal phone call in the last week          |               |    | 23.2  | 19.2  |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Social Engagement: Do you attend religious services or meetings                  |               |    | 23.5  | 19.5  |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Social Engagement: Do you use the public library                                 |               |    | 23.9  | 19.9  |          |               |       |       |       |       |       |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 15 of 26

| Question   | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30 | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020  | Q2023   |      |
|--|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-----|-------|-------|-------|-------|-------|--------|---------|------|
| Social Engagement: Are you a member of any club, society or group                                  |               |    | 23.10 | 19.10 |          |               |       |       |       |     |       |       |       |       |       |        |         |      |
| Social Engagement: Have you attended a meeting of the club, society or group in the last month?    |               |    | 23.11 | 19.11 |          |               |       |       |       |     |       |       |       |       |       |        |         |      |
| Loneliness- UCLA -3  |               |    |       |       |          |               |       |       |       |     |       |       |       |       |       |        |         |      |
| Loneliness: UCLA -3: How often do you feel you lack companionship?                                 |               |    |       |       |          |               |       |       |       |     | 45.0  | 35.0  | 37.0  | 37.0  | 69.0a | 56.0   | 55.0    |      |
| Loneliness: UCLA -3: How often do you feel isolated from others?                                   |               |    |       |       |          |               |       |       |       |     | 45.1  | 35.1  | 37.1  | 37.1  | 69.0b | 56.1   | 55.1    |      |
| Loneliness: UCLA -3: How often do you feel left out?   |               |    |       |       |          |               |       |       |       |     | 45.2  | 35.2  | 37.2  | 37.2  | 69.0c | 56.2   | 55.2    |      |
| Loneliness: How often do you feel in tune with the people around you?                              |               |    |       |       |          |               |       |       |       |     | 45.3  | 35.3  | 37.3  | 37.3  | 69.0d | 56.3   | 55.3    |      |
| Loneliness: I feel lonely  |               |    |       |       |          |               |       |       |       |     |       |       |       |       | 72.0n | 59.13  | 58.13   |      |
| Loneliness- Contact with relatives and friends   |               |    |       | 15.0  |          |               |       |       |       |     |       |       |       |       |       | C12-13 | 55.4-11 |      |
| Depression/ Tiredness / Exhaustion   |               |    |       |       |          |               |       |       |       |     | 34    | 30    | 31    | 28    | 70    | 57     | 56      |      |
| During the past week, how often did you feel that everything you did was an effort?                |               |    |       |       |          |               |       |       |       |     | 34.0  | 30.0  | 31.0  | 28.0  | 70.1  | 57.1   | 56.1    |      |
| During the past week, how often did you feel that you could not get "going"?                       |               |    |       |       |          |               |       |       |       |     |       |       |       |       |       |        |         |      |
| Geriatric Depression Scale   |               |    |       |       |          |               |       |       |       |     | 38.0  | 48    | 38    | 40    | 40    | 71     | 58      | 57   |
| Geriatric Depression Scale: Are you basically satisfied with your life?                            |               |    |       |       |          |               |       |       |       |     | 38.0a | 48.0a | 38.0a | 40.0a | 40.0a | 71.0a  | 58.0    | 57.0 |
| Geriatric Depression Scale: Do you feel that your life is empty?                                   |               |    |       |       |          |               |       |       |       |     | 38.0b | 48.0b | 38.0b | 40.0b | 40.0b | 71.0b  | 58.1    | 57.1 |
| Geriatric Depression Scale: Are you afraid that something bad is going to happen to you?           |               |    |       |       |          |               |       |       |       |     | 38.0c | 48.0c | 38.0c | 40.0c | 40.0c | 71.0c  | 58.2    | 57.2 |
| Geriatric Depression Scale: Do you feel happy most of the time?                                    |               |    |       |       |          |               |       |       |       |     | 38.0d | 48.0d | 38.0d | 40.0d | 40.0d | 71.0d  | 58.3    | 57.3 |
| Geriatric Depression Scale: Do you drop many of your activities and interests?                     |               |    |       |       |          |               |       |       |       |     | 38.0e | 48.0e | 38.0e | 40.0e | 40.0e | 71.0e  | 58.4    | 57.4 |
| Geriatric Depression Scale: Do you prefer to stay at home, rather than going out to do new things? |               |    |       |       |          |               |       |       |       |     | 38.0f | 48.0f | 38.0f | 40.0f | 40.0f | 71.0f  | 58.5    | 57.5 |
| Geriatric Depression Scale: Did you feel full of energy?   |               |    |       |       |          |               |       |       |       |     | 38.0i | 48.0g | 38.0g | 40.0g | 40.0g | 71.0g  | 58.6    | 57.6 |
| Geriatric Depression Scale: Do you often feel helpless?  |               |    |       |       |          |               |       |       |       |     | 38.0g |       |       |       |       | 71.0h  | 58.7    | 57.7 |
| Geriatric Depression Scale: Do you feel pretty worthless the way you are now?                      |               |    |       |       |          |               |       |       |       |     | 38.0h |       |       |       |       |        |         |      |
| Geriatric Depression Scale: Do you think that most people are better off than you are?             |               |    |       |       |          |               |       |       |       |     | 38.0j |       |       |       |       |        |         |      |
| Geriatric Depression Scale: Are you in good spirits most of the time?                              |               |    |       |       |          |               |       |       |       |     | 38.0k |       |       |       |       |        |         |      |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 16 of 26

| Question  | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30 | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-----|-------|-------|-------|-------|-------|-------|-------|
| Older People's Quality of Life questionnaire (OPQOL-brief)  |               |    |       |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| OPQOL-brief: I enjoy my life overall  |               |    |       |       |          |               |       |       |       |     | 49.0a |       | 40.1a |       | 72.0a | 59.0  | 58.0  |
| OPQOL-brief: I look forward to things   |               |    |       |       |          |               |       |       |       |     | 49.0b |       | 40.1b |       | 72.0b | 59.1  | 58.1  |
| OPQOL-brief: I am healthy enough to get out and about   |               |    |       |       |          |               |       |       |       |     | 49.0c |       | 40.1c |       | 72.0c | 59.2  | 58.2  |
| OPQOL-brief: My family, friends or neighbours would help me if needed   |               |    |       |       |          |               |       |       |       |     | 49.0d |       | 40.1d |       | 72.0d | 59.3  | 58.3  |
| OPQOL-brief: I have social or leisure activities/hobbies that I enjoy doing   |               |    |       |       |          |               |       |       |       |     | 49.0e |       | 40.1e |       | 72.0e | 59.4  | 58.4  |
| OPQOL-brief: I try to stay involved with things   |               |    |       |       |          |               |       |       |       |     | 49.0f |       | 40.1f |       | 72.0f | 59.5  | 58.5  |
| OPQOL-brief: I am healthy enough to have my independence  |               |    |       |       |          |               |       |       |       |     | 49.0g |       | 40.1g |       | 72.0g | 59.6  | 58.6  |
| OPQOL-brief: I can please myself in what I do   |               |    |       |       |          |               |       |       |       |     | 49.0h |       | 40.1h |       | 72.0h | 59.7  | 58.7  |
| OPQOL-brief: I feel safe where I live   |               |    |       |       |          |               |       |       |       |     | 49.0i |       | 40.1i |       | 72.0i | 59.8  | 58.8  |
| OPQOL-brief: I get pleasure from my home  |               |    |       |       |          |               |       |       |       |     | 49.0j |       | 40.1j |       | 72.0j | 59.9  | 58.9  |
| OPQOL-brief: I take life as it comes and make the best of things  |               |    |       |       |          |               |       |       |       |     | 49.0k |       | 40.1k |       | 72.0k | 59.10 | 58.10 |
| OPQOL-brief: I feel lucky compared to most people   |               |    |       |       |          |               |       |       |       |     | 49.0l |       | 40.1l |       | 72.0l | 59.11 | 58.11 |
| OPQOL-brief: I have enough money to pay for household bills   |               |    |       |       |          |               |       |       |       |     | 49.0m |       | 40.1m |       | 72.0m | 59.12 | 58.12 |
| Center for Epidemiologic Studies Depression Scale Revised (CESD-R10)  |               |    |       |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| CES Depression-R10: I was bothered by things that usually don't bother me   |               |    |       |       |          |               |       |       |       |     | 31.0a |       |       |       |       |       |       |
| CES Depression-R10: I had trouble keeping my mind on what I was doing   |               |    |       |       |          |               |       |       |       |     | 31.0b |       |       |       |       |       |       |
| CES Depression-R10: I felt depressed  |               |    |       |       |          |               |       |       |       |     | 31.0c |       |       |       |       |       |       |
| CES Depression-R10: I felt that everything I did was an effort  |               |    |       |       |          |               |       |       |       |     | 31.0d |       |       |       |       |       |       |
| CES Depression-R10: I felt hopeful about the future   |               |    |       |       |          |               |       |       |       |     | 31.0e |       |       |       |       |       |       |
| CES Depression-R10: I felt fearful  |               |    |       |       |          |               |       |       |       |     | 31.0f |       |       |       |       |       |       |
| CES Depression-R10: Sleep: My sleep was restless  |               |    |       |       |          |               |       |       |       |     | 31.0g |       |       |       |       |       |       |
| CES Depression-R10: I was happy   |               |    |       |       |          |               |       |       |       |     | 31.0h |       |       |       |       |       |       |
| CES Depression-R10: I felt lonely   |               |    |       |       |          |               |       |       |       |     | 31.0j |       |       |       |       |       |       |
| CES Depression-R10: I could not "get going"   |               |    |       |       |          |               |       |       |       |     | 31.0m |       |       |       |       |       |       |
| Patient Health Questionnaire-9 (PHQ-9)  |               |    |       |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| PHQ-9: Depression: The impact of these problems for you to do your work, take care of things at home, or get along with other people? |               |    |       |       |          |               |       |       |       |     | 31.1  |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 17 of 26

| Question   | Baseline (Q1) | Q5  | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|---------------|-----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Local Area- Services   |               |     |       |       |          |               |       |       |       | 39    |       |       |       |       |       |       |       |
| Local Area- Services: Would you say that this is an area in which you enjoy living?                |               |     |       |       |          |               |       |       |       | 39.0  |       |       |       |       |       |       |       |
| Local Area- Services: Social and leisure activities for people like yourself                       |               |     |       |       |          |               |       |       |       | 39.0a |       |       |       |       |       |       |       |
| Local Area- Services: Facilities for people of your age  |               |     |       |       |          |               |       |       |       | 39.0b |       |       |       |       |       |       |       |
| Local Area- Services: The quality & frequency of rubbish collection                                |               |     |       |       |          |               |       |       |       | 39.0c |       |       |       |       |       |       |       |
| Local Area- Services: Your local health service (e.g. your GP or the local hospital)               |               |     |       |       |          |               |       |       |       | 39.0d |       |       |       |       |       |       |       |
| Local Area- Services: Local transport to where you want to go                                      |               |     |       |       |          |               |       |       |       | 39.0e |       |       |       |       |       |       |       |
| Local Area- Services: Your area for having somewhere nice to go for a walk                         |               |     |       |       |          |               |       |       |       | 39.0f |       |       |       |       |       |       |       |
|  |               |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Your Local Area- Safety  |               |     |       |       |          |               |       |       |       | 40    |       |       |       |       |       |       |       |
| Your Local Area- Safety Walking alone in the daytime   |               |     |       |       |          |               |       |       |       | 40.0a |       |       |       |       |       |       |       |
| Your Local Area- Safety Walking alone after dark   |               |     |       |       |          |               |       |       |       | 40.0b |       |       |       |       |       |       |       |
| Your Local Area- Greenery- Neighbourhood has lots of green space.                                  |               |     |       |       |          |               |       |       |       | 41.0  |       |       |       |       |       |       |       |
|  |               |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Your Local Area- Environment:  |               |     |       |       |          |               |       |       |       | 42    |       |       |       |       |       |       |       |
|  |               |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Demographic data   |               | 8   | 13    | 23    | 16       |               | 27    | 29    | 25    | 33    | 39    | 33    | 34    | 35    | 73    | 60    | 59.0  |
| Demographic data: Martial Status   | 1.3           | 8.1 | 13.1  | 23.1  | 16.0     |               | 27.0  | 29.0  | 25.0  | 33.0  | 39.0  | 33.0  | 34.0  | 35.0  | 73.1  | 60.0  | 59.0  |
| Demographic data: If you are widowed, divorced/separated, please give the year when this occurred: |               |     |       |       |          |               | 27.0a | 29.1  | 25.1  | 33.1  |       |       |       |       | 73.2  | 60.1  | 59.1  |
| Demographic data If married- does your wife work   |               | 8.2 |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Demographic data: Currently, who do you live with?   |               |     |       | 23.2  | 16.1     |               | 27.1  | 29.2  | 25.2  | 33.2  | 39.1  | 33.1  | 34.1  | 35.1  | 73.3  | 60.2  | 59.2  |
| Demographic data: Where were you born- Town, County, Country                                       | 1             |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| MH: Birthweight- self reported   |               |     |       |       |          | D20a          |       |       |       |       |       |       |       |       |       |       |       |
| Demographic data: How many years have you lived within 10 miles of this town                       | 1.2           |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Demographic data: If you have moved to this area within the last 5 years, where did you come from  | 1.2           |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Demographic data: How many children do you have  | 1.4           |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Demographic data: Please state the age at which your full-time education ended                     |               |     |       | 23.5  |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Demographic data: Do you have any pets?  |               |     |       |       |          | 16.4          |       |       |       |       |       |       |       |       | 74.0  | 61.0  | 64.0  |
|  |               |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 18 of 26

| Question  | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30 | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-----|-------|-------|-------|-------|-------|-------|-------|
| <b>FAMILY HISTORY (FH)</b>  |               |    |       |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH: Diabetes - Have any of your close blood relatives ever had diabetes?                                |               |    |       | 8.6   | 5.0      |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Occupation, Work & Retirement What job did your father do for the longest period of his working life |               |    | 21.5  |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Occupation, Work & Retirement: Father Job Manual or non-manual                                       |               |    |       | 21.7  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH: Birthweight of your Children  |               |    |       |       |          | D20b          |       |       |       |     |       |       |       |       |       |       |       |
| FH Father- Where was he born- Town, County, Country   | 2.1           |    |       |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - is he still alive?  | 2.2           |    | 6.1   | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father- how old was he when he died  | 2.3           |    | 6.2   | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father- Cause of his death   | 2.4           |    |       | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - Heart Trouble   | 2.4           |    | 6.3   | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - High Blood Pressure   | 2.4           |    | 6.3   | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - Stroke  | 2.4           |    | 6.3   | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
|   |               |    |       |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - respiratory disease   | 2.4           |    |       | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - Diabetes  |               |    | 6.3   |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - Cancer of Lung  | 2.4           |    |       | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - other cancer  | 2.4           |    |       | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - Cancer  | 2.4           |    | 6.3   | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - Accident or injury  | 2.4           |    |       | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Father - Other   | 2.4           |    |       | 24.1  |          |               |       |       |       |     |       |       |       |       |       |       |       |
|   |               |    |       |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother- Where was she born- Town, County, Country  | 3.1           |    |       |       |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - is she still alive?   | 3.2           |    | 6.4   | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother- how old was she when she died  | 3.3           |    | 6.5   | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother- cause of death   | 3.4           |    |       | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - Heart Trouble   | 3.4           |    | 6.6   | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - High Blood Pressure   | 3.4           |    | 6.6   | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - Stroke  | 3.4           |    | 6.6   | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - respiratory disease   | 3.4           |    |       | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - Cancer of breast  | 3.4           |    |       | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - other cancer  | 3.4           |    |       | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - Cancer  | 3.4           |    | 6.6   | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - Accident or injury  | 3.4           |    |       | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - Other   | 3.4           |    |       | 24.2  |          |               |       |       |       |     |       |       |       |       |       |       |       |
| FH Mother - Diabetes  |               |    | 6.6   |       |          |               |       |       |       |     |       |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 19 of 26

| Question   | Baseline (Q1) | Q5  | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|---------------|-----|-------|-------|----------|---------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| FH Siblings- How many OLDER siblings do you have                                   |               |     | 6.7   |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Siblings- How many YOUNGER siblings do you have                                 |               |     | 6.8   |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Siblings- Are you one of twins or triplets                                      |               |     | 6.9   |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Siblings - Heart Trouble  |               |     | 6.10  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Siblings - High Blood Pressure  |               |     | 6.10  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Siblings - Stroke   |               |     | 6.10  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Siblings - Diabetes   |               |     | 6.10  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Siblings - Cancer   |               |     | 6.10  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Siblings- did any of your siblings die at birth or in their first year of life? |               |     | 6.11  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| FH Paternal Grandmother Year of Birth, Place of Birth, Age at death                |               |     |       |       |          |               |       |       |       | 26.0 |       |       |       |       |       |       |       |
| FH Parental Grandfather Year of Birth, Place of Birth, Age at death                |               |     |       |       |          |               |       |       |       | 26.1 |       |       |       |       |       |       |       |
| FH Maternal Grandmother Year of Birth, Place of Birth, Age at death                |               |     |       |       |          |               |       |       |       | 26.2 |       |       |       |       |       |       |       |
| FH Maternal Grandfather Year of Birth, Place of Birth, Age at death                |               |     |       |       |          |               |       |       |       | 26.3 |       |       |       |       |       |       |       |
|  |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Wealth: Financial resources  |               |     |       |       |          |               |       |       |       |      | 41    | 34    |       | 36    |       | 62    | 61    |
| Wealth: Home ownership   |               | 8.3 | 13.2  | 23.3  | 16.2     |               | 27.2  | 29.3  | 25.3  | 33.3 | 41.0  | 34.0  | 35.0  | 36.0  | 75.0  | 62.0  | 60.0  |
| Wealth: How are you managing financially?  |               |     |       |       |          |               |       | 29.6  | 25.7  | 33.5 | 41.1  |       |       |       | 76.0  | 62.1  | 61.0  |
| Wealth: Financial support on retirement -Pension                                   |               |     |       | 23.8  |          |               |       | 29.7  | 25.8  |      |       |       |       |       |       |       |       |
| Wealth: Private medical insurance  |               |     |       |       |          |               | 27.6  | 29.6  | 25.6  |      |       |       |       |       |       |       |       |
| Wealth: Private medical treatment  |               |     |       |       |          |               | 27.7  |       |       |      |       |       |       |       |       |       |       |
| Wealth: Car available for your own use?  |               |     |       | 23.4  | 16.3     |               | 27.4  | 29.5  | 25.5  | 33.4 | 43.0  |       |       |       | 77.0  | 63.0  | 63.0  |
| Wealth: How many cars are there available for use in your household                |               | 8.4 | 13.3  |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
|  |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Personal circumstances:  |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       |       |
| Personal circumstances: Do you currently drive yourself?                           |               |     |       |       |          |               |       |       |       |      | 43.1  |       |       |       | 77.1  | 63.1  | 63.1  |
| Personal circumstances: have you given up driving                                  |               |     |       |       |          |               |       |       |       |      | 43.2  |       |       |       |       |       |       |
| Personal circumstances: If yes, at what did you give up driving                    |               |     |       |       |          |               |       |       |       |      | 43.3  |       |       |       |       |       |       |
| Personal circumstances: Why did you give up driving?                               |               |     |       |       |          |               |       |       |       |      | 43.4  |       |       |       |       |       |       |
| Personal circumstances: Which transport do you use most often                      |               |     |       |       |          | 1.0           |       |       |       |      |       |       |       |       |       |       |       |
| Personal circumstances: During the winter is your accommodation warm?              |               |     |       |       |          |               | 27.3  | 29.4  | 25.4  |      |       |       |       |       |       |       | 62    |
| Personal circumstances: Managing your health                                       |               |     |       |       |          |               |       |       |       |      |       |       |       |       |       |       | 65.1  |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 20 of 26

| Question   | Baseline<br>(Q1) | Q5  | Q1992 | Q1996 | Q20<br>Main | Q20<br>PA &<br>Diet | Q2003 | Q2005 | Q2007 | Q30  | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|------------------|-----|-------|-------|-------------|---------------------|-------|-------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| Personal circumstances: Managing the health of others in your household                                  |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       |       | 65.2  |
| Personal circumstances: Maintaining your physical activity   |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       |       | 65.3  |
| Fuel Poverty:  |                  |     |       |       |             |                     |       |       |       |      | 42.0  |       |       |       | 78.0  | 64.0  | 61    |
| Heating System to heat home:   |                  |     |       |       | 16.5        |                     |       |       |       | 42.3 |       |       |       |       |       |       |       |
| Fuel used to heat home   |                  |     |       |       | 16.5        |                     |       |       |       |      |       |       |       |       |       |       | 62    |
| Fuel used for Cooking  |                  |     |       |       | 16.7        |                     |       |       |       |      |       |       |       |       |       |       |       |
| Home insulation:   |                  |     |       |       | 16.6        |                     |       |       |       | 42.4 |       |       |       |       |       |       |       |
| Occupation, Work & Retirement  | 4                | 11  | 21    | 23    | 17          |                     | 27.5  |       |       |      |       |       |       |       |       |       |       |
| Occupation, Work & Retirement: Unemployment  |                  | 12  |       |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Early Life- up to 10   |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Early Life circumstances: Did you have a bathroom in your house  |                  |     |       | 22.1  |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Early Life circumstances Did you have a hot water tap in your house                                      |                  |     |       | 22.2  |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Early Life circumstances Did you share a bedroom with siblings   |                  |     |       | 22.3  |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Early Life circumstances: Did your family own a car  |                  |     |       | 22.4  |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Illness and Injury   |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Illness or injury: Have you had an illness or injury which has kept you off work for more than one month |                  |     | 6.1   |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Illness or injury: How long was the longest sick period  |                  |     | 6.3   |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Illness or injury: What was the illness or injury  |                  |     | 6.4   |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Wellbeing: ONS Four measures of personal well-being  |                  |     |       |       |             |                     |       |       |       |      |       |       |       |       |       |       |       |
| Wellbeing: Satisfaction  |                  |     |       |       |             |                     |       |       |       |      | 44.0  |       |       |       |       |       |       |
| Wellbeing: Happiness   |                  |     |       |       |             |                     |       |       |       |      | 44.1  |       |       |       |       |       |       |
| Wellbeing: Anxious   |                  |     |       |       |             |                     |       |       |       |      | 44.2  |       |       |       |       |       |       |
| Wellbeing: Worthwhile  |                  |     |       |       |             |                     |       |       |       |      | 44.3  |       |       |       |       |       |       |
| Vitamins and minerals  |                  |     |       | 7.6   | 18.6        |                     |       | 28    | 35    | 46   | 52    |       |       |       | 79    | 65    | 67    |
| Medicines - British National Formulary Codes   |                  |     |       |       | 18          |                     | 26    | 27    | 34    | 45   | 52    | 40    | 43    | 42    | 81    | 66    | 68    |
| Medication: Do you take any regular medication?  | 10.2             | 3.0 | 5.0   | 7.4   |             |                     | 25.0  | 26.0  | 33.0  | 44.0 | 51.0  | 39.0  | 42.0  | 41.0  | 80.0  | 66.0  | 68.0  |
| Medication: If yes, do you take treatment to lower blood pressure  | 10.2             | 3.1 | 5.1   |       | 18.0        |                     | 25.0c | 26.0b | 33.0b | 44.1 | 51.1  |       |       |       |       |       |       |
| Medication: If yes, do you take treatment to lower blood cholesterol                                     | 10.2             |     |       |       |             |                     | 25.0d | 26.0c | 33.0c | 44.2 | 51.2  |       |       |       |       |       |       |
| Medication: If you are on treatment to lower your cholesterol, please give the name of the medicine      |                  |     |       |       |             |                     | 25.1a | 26.1a | 33.1a | 44.3 |       |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 21 of 26

| Question   | Baseline (Q1) | Q5  | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|---------------|-----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Medication: If you are on treatment to lower your cholesterol, please tell me the amount you take each day |               |     |       |       |          |               | 25.1b | 26.1b | 33.1b |       |       |       |       |       |       |       |       |
| Medication: If yes, do you take treatment for any form of heart disease                                    |               |     |       |       |          |               | 25.0b | 26.0a | 33.0a |       |       |       |       |       |       |       |       |
| Medication: If yes, do you take treatment to lower triglycerides   |               |     | 5.1   |       |          |               |       |       |       | 33.0d |       |       |       |       |       |       |       |
| Medication: Diuretics  |               | 3.1 | 5.1   |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Tranquillisers   | 10.2          | 3.1 | 5.1   |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Anti-depressants   |               |     | 5.1   |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Sleeping Tablets   |               |     | 5.1   |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Insulin injections   | 10.2          | 3.1 | 5.1   |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Tablets for diabetics  | 10.2          | 3.1 |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Diet for diabetics   |               |     | 5.1   |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Pain killers   | 10.2          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Anti Coagulants  | 10.2          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Other regular treatment  | 10.2          |     | 5.1   |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication: Other treatment please specify   |               | 3.1 | 5.1   |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Blood Cholesterol Test   |               |     |       |       | 19       |               |       |       |       |       |       |       |       |       |       |       |       |
| Cholesterol: Have you had your blood cholesterol measured  |               |     |       |       | 5.3      | 19.0          |       |       |       |       |       |       |       |       |       |       |       |
| Cholesterol: If yes, what was the result   |               |     |       |       | 5.3      | 19.0a         |       |       |       |       |       |       |       |       |       |       |       |
| Cholesterol: If High, have you been advised to take any particular action- Diet                            |               |     |       |       |          | 19.0b         |       |       |       |       |       |       |       |       |       |       |       |
| Cholesterol: If High, have you been advised to take any particular action- Drug                            |               |     |       |       |          | 19.0b         |       |       |       |       |       |       |       |       |       |       |       |
| Recent medication uses within the last 48 hours  | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication used within the last 48 hours: Tranquillisers   | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication within the last 48 hours: Pain killers  | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication use within last 48 hours: Anti-hypertensive drugs   | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication used within the last 48 hours: Anti Coagulants  | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication use within last 48 hours: Lipid Lowering drugs  | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication within last 48 hours: Oral anti diabetics   | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication used within the last 48 hours: Insulin injections   | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication used within the last 48 hours: Any Others   | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Medication within the last 48 hours: Don't Know  | 10.3          |     |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 22 of 26

| Question   | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Medication Aspirin use   |               |    | 5.2   | 7.1   | 18.3     |               | 25.0a | 26.2  | 33.2  | 44.4  |       |       |       |       |       |       |       |
| Medication: Warfarin use   |               |    |       |       | 18.4     |               |       |       |       | 44.8  |       |       |       |       |       |       |       |
| Medication: GTN use  |               |    |       |       | 18.5     |               |       |       |       |       |       |       |       |       |       |       |       |
| Health/ Social Services:   |               |    |       |       |          |               |       |       |       |       |       |       |       | 41    |       |       |       |
| Health/ Social Services: Home Help/ home care assistant  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0a |       |       |       |
| Health/ Social Services: Nursing Services  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0b |       |       |       |
| Health/ Social Services: approximately how many times in the last year have you consulted your GP about a health problem?        |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0c |       |       |       |
| Health/ Social Services: Meals on Wheels   |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0d |       |       |       |
| Health/ Social Services: Physiotherapist   |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0e |       |       | 66.8  |
| Health/ Social Services: Occupational Therapist  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0f |       |       |       |
| Health/ Social Services: Speech Therapist  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0g |       |       |       |
| Health/ Social Services: Social Worker   |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0h |       |       |       |
| Health/ Social Services: Day Centre  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0i |       |       |       |
| Health/ Social Services: Day Hospital  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0j |       |       |       |
| Health/ Social Services: GP (Family doctor)  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.0k |       |       | 66.1  |
| Health/ Social Services: During the last 3 months, did you attend the casualty or outpatient department of hospital as a patient |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.1  |       |       |       |
| Health/ Social Services: What was the problem  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.1  |       |       |       |
| Health/ Social Services: Optician  |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.2a |       |       |       |
| Health/ Social Services: Audiologist   |               |    |       |       |          |               |       |       |       |       |       |       |       | 41.2b |       |       |       |
| Health/ Social Services: Dental Health care services   |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       | 66.2  |
| Health/ Social Services: Getting Medication  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       | 66.0  |
| Health/ Social Services: Social care & support services  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       | 66.3  |
| Health/ Social Services: Medical Appointments  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       | 66.4  |
| Health/ Social Services: Hospital Appointments   |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       | 66.5  |
| Health/ Social Services: Planned surgeries   |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       | 66.6  |
| Health/ Social Services: Dental treatment  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       | 66.7  |
| Health/ Social Services: other planned treatment (eg Chemotherapy)   |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       | 66.9  |
| Health Care  |               |    |       |       |          |               |       |       |       | 25    | 32    | 43    |       |       |       |       |       |
| Preventative Health Care: how many times in the last year have you consulted your GP about a health problem?                     |               |    |       |       |          |               |       |       | 24.2  | 25.0  | 32.0  | 43.0  |       |       |       |       |       |
| Preventative Health Care: If none, in what year did you last consult a GP about a health problem?                                |               |    |       |       |          |               |       |       | 24.0  | 25.1  | 32.1  | 43.1  |       |       |       |       |       |
| Preventative Health Care: Blood pressure check   |               |    |       |       |          |               |       |       | 24.1a | 25.2a | 32.2a | 43.2  |       |       |       |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 23 of 26

| Question  | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Preventative Health Care: Blood Cholesterol check                                     |               |    |       |       |          |               | 24.1b | 25.2b | 32.2b | 43.3  |       |       |       |       |       |       |       |
| Preventative Health Care: Flu vaccination   |               |    |       |       |          |               | 24.1c | 25.2c | 32.2c |       |       |       |       |       |       |       | 10.6  |
| Preventative Health Care: Foot care from a chiropodist                                |               |    |       |       |          |               | 24.1e | 25.2e |       |       |       |       |       |       |       |       |       |
| Blood Fasting - time  |               |    |       |       | 20       |               |       |       |       |       |       |       |       |       |       |       |       |
| Diet: Are you on any special diet e.g. vegetarian, low fat, diabetic?                 |               |    |       | 20.2  |          | D1            |       | D1.0  |       | D1.0  |       |       |       |       | D1.0  |       |       |
| Diet: If yes, please give details:  |               |    |       |       |          | D1            |       | D1.1  |       | D1.1  |       |       |       |       | D1.1  |       |       |
| Diet: Meat  | 11.1          |    |       | 20.1  |          |               |       |       |       |       | D1    |       | D1    |       |       | D1    | D1    |
| Diet: Beef including minced beef, beef burgers  |               |    |       |       |          | D2a           |       | D2.0  |       | D2.0  |       |       |       |       | D2.0  | D1.0  | D1.0  |
| Diet: Lamb  |               |    |       |       |          | D2b           |       | D2.1  |       | D2.1  |       |       |       |       | D2.1  | D1.0  | D1.0  |
| Diet: Pork, bacon, ham, salami  |               |    |       |       |          | D2c           |       | D2.2  |       | D2.2  |       |       |       |       | D2.2  | D1.0  | D1.0  |
| Diet: Chicken, turkey, other poultry  | 11.1          |    |       | 20.1  |          | D2            |       | D2.3  |       | D2.3  |       |       |       |       | D2.3  | D1.1  | D1.1  |
| Diet: Tinned meat of all types, corned beef, etc                                      |               |    |       |       |          | D2e           |       | D2.4  |       | D2.4  |       |       |       |       | D2.4  | D1.2  | D1.2  |
| Diet: Pork Sausages   |               |    |       |       |          | D2f           |       | D2.5  |       | D2.5  |       |       |       |       | D2.5  | D1.3  | D1.3  |
| Diet: Beef Sausages   |               |    |       |       |          | D2g           |       | D2.6  |       | D2.6  |       |       |       |       | D2.6  | D1.3  | D1.3  |
| Diet: Meat Pie, Pasties   |               |    |       |       |          | D2h           |       | D2.7  |       | D2.7  |       |       |       |       | D2.7  | D1.3  | D1.3  |
| Diet: Liver, kidney, heart  |               |    |       |       |          | D2i           |       | D2.8  |       | D2.8  |       |       |       |       | D2.8  | D1.4  | D1.4  |
| Diet: Fish  | 11.1          |    |       | 20.1  |          |               |       |       |       |       | D2    |       | D2    |       |       | D2    | D2    |
| Diet: White fish cod, haddock, hake, plaice, fish fingers, etc                        |               |    |       |       |          | D3a           |       | D3.0  |       | D3.0  |       |       |       |       | D3.0  | D2.0  | D2.0  |
| Diet: Kippers, herrings, pilchards, tuna, sardines, salmon, mackerel including tinned |               |    |       |       |          | D3b           |       | D3.1  |       | D3.1  |       |       |       |       | D3.1  | D2.1  | D2.1  |
| Diet: Shellfish   |               |    |       |       |          | D3c           |       | D3.2  |       | D3.2  |       |       |       |       | D3.2  | D2.2  | D2.2  |
| Diet: Vegetables fresh, tinned, dried, frozen   |               |    |       | 20.1  |          |               |       |       |       |       | D3    |       | D3    |       |       | D3    | D3    |
| Diet: Potatoes: boiled, baked, mashed   |               |    |       |       |          | D4a           |       | D4.0  |       | D4.0  |       |       |       |       | D4.0  |       |       |
| Diet: chips or fries from shop  |               |    |       |       |          | D4 bi         |       | D4.1  |       | D4.1  |       |       |       |       | D4.1  |       |       |
| Diet: chips or fried cooked at home   |               |    |       |       |          | D4b ii        |       | D4.2  |       | D4.2  |       |       |       |       | D4.2  |       |       |
| Diet: roast potatoes  |               |    |       |       |          | D4b iii       |       | D4.3  |       | D4.3  |       |       |       |       | D4.3  |       |       |
| Diet: Green vegetables, salads  |               |    |       | 20.1  |          | D4c           |       | D4.4  |       | D4.4  |       |       |       |       | D4.4  |       |       |
| Diet: Carrots   |               |    |       |       |          | D4            |       | D4.5  |       | D4.5  |       |       |       |       | D4.5  |       |       |
| Diet: Parsnips, swedes, turnips, beetroot, and other root vegetables                  |               |    |       |       |          | D4e           |       | D4.6  |       | D4.6  |       |       |       |       | D4.6  |       |       |
| Diet: Baked or butter beans, lentils, peas, chickpeas, sweetcorn                      |               |    |       |       |          | D4f           |       | D4.7  |       | D4.7  |       |       |       |       | D4.7  |       |       |
| Diet: Onions cooked, raw, pickled   |               |    |       |       |          | D4g           |       | D4.8  |       | D4.8  |       |       |       |       | D4.8  |       |       |
| Diet: Garlic  |               |    |       |       |          | D4h           |       | D4.9  |       | D4.9  |       |       |       |       | D4.9  |       |       |
| Diet: Spaghetti and other pasta   |               |    |       |       |          | D4i           |       | D4.10 |       | D4.10 |       |       | D6    |       | D4.10 | D6.0  | D6.0  |
| Diet: Rice all types except pudding rice  |               |    |       |       |          | D4j           |       | D4.11 |       | D4.11 |       |       | D6    |       | D4.11 | D6.1  | D6.1  |
| Diet: Tomatoes fresh, tinned, pureed  |               |    |       |       |          | D4k           |       | D4.12 |       | D4.12 |       |       |       |       | D4.12 |       |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 24 of 26

| Question   | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |      |
|--|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Diet: How often do you eat fresh vegetables in summer                        |               |    |       | 20.1  |          | D4l           |       | D4.13 |       | D4.13 |       |       |       |       |       | D4.13 | D3.2  | D3.2 |
| Diet: How often do you eat fresh vegetables in winter                        |               |    |       | 20.1  |          | D4m           |       | D4.14 |       | D4.14 |       |       |       |       |       | D4.14 | D3.3  | D3.3 |
| Diet: Fresh Fruit  |               |    |       | 20.1  |          |               |       |       |       |       | D3    |       | D3    |       |       | D3    | D3    |      |
| Diet: How often do you eat fresh Fruit in summer                             |               |    |       |       |          | D4a           |       | D5.0  |       | D5.0  |       |       |       |       |       | D5.0  | D3.0  | D3.0 |
| Diet: How often do you eat fresh fruit in winter                             |               |    |       |       |          | D4b           |       | D5.1  |       | D5.1  |       |       |       |       |       | D5.1  | D3.1  | D3.1 |
| Diet: Number of apples eaten a week  |               |    |       |       |          | D4c           |       | D5.2  |       | D5.2  |       |       |       |       |       | D5.2  |       |      |
| Diet: Number of pears eaten a week   |               |    |       |       |          | D4            |       | D5.3  |       | D5.3  |       |       |       |       |       | D5.3  |       |      |
| Diet: Number of oranges or grapefruit eaten a week                           |               |    |       |       |          | D4e           |       | D5.4  |       | D5.4  |       |       |       |       |       | D5.4  |       |      |
| Diet: Number of bananas eaten a week   |               |    |       |       |          | D4f           |       | D5.5  |       | D5.5  |       |       |       |       |       | D5.5  |       |      |
| Diet: Number of other fruits eaten a week (please give name and quantity)    |               |    |       |       |          | D4g           |       | D5.6  |       | D5.6  |       |       |       |       |       | D5.6  |       |      |
| Diet: Cheese   | 11.1          |    |       | 20.1  |          |               |       |       |       |       | D5    |       | D5    |       |       | D5    | D5    |      |
| Diet: Full-fat cheese e.g. Cheddar, Leicester, Stilton, Brie, soft cheeses   |               |    |       |       |          | D6            |       | D6.0  |       | D6.0  |       |       |       |       |       | D6.0  | D5.0  | D5.0 |
| Diet: Low-fat cheese e.g. Edam, Cottage cheese, reduced fat cheeses          |               |    |       |       |          | D6            |       | D6.1  |       | D6.1  |       |       |       |       |       | D6.1  | D5.1  | D5.1 |
| Diet: Bread  | 11.2          |    |       | 20.3  |          |               |       |       |       |       | D4    |       | D4    |       |       | D4    | D4    |      |
| Diet: White bread  |               |    |       |       |          | D7a           |       | D7.0  |       | D7.0  |       |       |       |       |       | D7.0  | D4.0  | D4.0 |
| Diet: Brown bread  |               |    |       |       |          | D7b           |       | D7.1  |       | D7.1  |       |       |       |       |       | D7.1  | D4.1  | D4.1 |
| Diet: Whole meal   |               |    |       |       |          | D7c           |       | D7.3  |       | D7.3  |       |       |       |       |       | D7.3  | D4.1  | D4.1 |
| Diet: Bread rolls  |               |    |       |       |          | D7            |       | D7.4  |       | D7.4  |       |       |       |       |       | D7.4  |       |      |
| Diet: Crispbread Ryvita, cream crackers, etc                                 |               |    |       |       |          | D7e           |       | D7.5  |       | D7.5  |       |       |       |       |       | D7.5  | D6.2  | D6.2 |
| Please give name of crispbread etc:  |               |    |       |       |          |               |       | D7.6  |       | D7.6  |       |       |       |       |       | D7.6  |       |      |
| Diet: White bread: how many slices/ rolls per day and thickness              |               |    |       |       |          | D7f i         |       | D7.7  |       | D7.7  |       |       |       |       |       | D7.7  |       |      |
| Diet: Brown bread: how many slices/ rolls per day and thickness              |               |    |       |       |          | D7f ii        |       | D7.8  |       | D7.8  |       |       |       |       |       | D7.8  |       |      |
| Diet: Whole bread meal: how many slices/ rolls per day and thickness         |               |    |       |       |          | D7f iii       |       | D7.9  |       | D7.9  |       |       |       |       |       | D7.9  |       |      |
| Diet: Bread rolls: how many slices/ rolls per day and thickness              |               |    |       |       |          | D7f iv        |       | D7.10 |       | D7.10 |       |       |       |       |       | D7.10 |       |      |
| Diet: Breakfast Cereals  | 11.1          |    |       |       |          |               |       |       |       |       | D6    |       | D6    |       |       | D6.3  | D6.3  |      |
| Diet: Grapenuts, Porridge, Ready Brek, Special K, Sugar Puffs, Rice Crispies |               |    |       |       |          | D8a           |       | D8.0  |       | D8.0  |       |       |       |       |       | D8.0  |       |      |
| Diet: Cornflakes, Muesli, Shredded Wheat, Sultana Bran, Weetabix             |               |    |       |       |          | D8b           |       | D8.1  |       | D8.1  |       |       |       |       |       | D8.1  |       |      |
| Diet: Bran Flakes, Puffed wheat,   |               |    |       |       |          | D8c           |       | D8.2  |       | D8.2  |       |       |       |       |       | D8.2  |       |      |
| Diet: All Bran, Wheat Bran   |               |    |       |       |          | D8            |       | D8.3  |       | D8.3  |       |       |       |       |       | D8.3  |       |      |
| Diet: Another Cereal please give name:                                       |               |    |       |       |          | D8e           |       | D8.4  |       | D8.4  |       |       |       |       |       | D8.4  |       |      |
| Diet: Biscuits, puddings and sweets  |               |    |       |       |          |               |       |       |       |       | D8    |       | D8    |       |       | D8.1  | D8.1  |      |
| Diet: Digestive biscuits, plain biscuits                                     |               |    |       |       |          | D9a           |       | D9.0  |       | D9.0  |       |       |       |       |       | D9.0  |       |      |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 25 of 26

| Question   | Baseline (Q1) | Q5 | Q1992 | Q1996 | Q20 Main | Q20 PA & Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|---------------|----|-------|-------|----------|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Diet: Sweet biscuits, sponge cakes, scones, buns                           |               |    |       |       | D9b      |               | D9.1  |       |       | D9.1  |       |       |       |       |       | D9.1  |       |
| Diet: Ice cream, sweet yoghurts, trifle                                    |               |    |       |       | D9c      |               | D9.2  |       |       | D9.2  |       |       |       |       |       | D9.2  |       |
| Diet: Fruit cake, fruit bread, plum pudding                                |               |    |       |       | D9       |               | D9.3  |       |       | D9.3  |       |       |       |       |       | D9.3  |       |
| Diet: Fruit tart, jam tart, fruit crumble                                  |               |    |       |       | D9e      |               | D9.4  |       |       | D9.4  |       |       |       |       |       | D9.4  |       |
| Diet: Milk puddings, rice, tapioca   |               |    |       |       | D9f      |               | D9.5  |       |       | D9.5  |       |       |       |       |       | D9.5  |       |
| Diet: Tinned fruit, jellies  |               |    |       |       | D9g      |               | D9.6  |       |       | D9.6  |       |       |       |       |       | D9.6  |       |
| Diet: Sweet sauces, chocolate, custard                                     |               |    |       |       | D9h      |               | D9.7  |       |       | D9.7  |       |       |       |       |       | D9.7  |       |
| Diet: Chocolate, chocolate bars, sweets all types                          |               |    |       |       | D9i      |               | D9.8  |       |       | D9.8  |       |       |       |       |       | D9.8  |       |
| Diet: Eggs   | 11.1          |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Diet: Eggs boiled, poached, fried, scrambled                               |               |    |       |       | D10a     |               | D10.0 |       |       | D10.0 |       |       |       |       |       | D10.0 |       |
| Diet: Eggs in baked dishes e.g. flans, quiches, soufflés, egg custard, etc |               |    |       |       | D10b     |               | D101  |       |       | D101  |       |       |       |       |       | D101  |       |
| Diet: Other foods  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Diet: Soups of all kinds, home-made, tinned, packet                        |               |    |       |       | D11a     |               | D11.0 |       |       | D11.0 |       |       |       |       |       | D11.0 |       |
| Diet: Nuts, nut butter e.g. salted or unsalted peanuts                     |               |    |       |       | D11b     |               | D11.1 |       |       | D11.1 | D8    |       | D8    |       | D11.1 | D8.0  | D8.0  |
| Diet: Savoury snacks e.g. potato crisps, corn chips, crackers              |               |    |       |       | D11c     |               | D11.2 |       |       | D11.2 | D8    |       | D8    |       | D11.2 | D8.0  | D8.0  |
| Diet: Chutney, brown sauce, tomato sauce                                   |               |    |       |       | D11      |               | D11.3 |       |       | D11.3 |       |       |       |       |       | D11.3 |       |
| Diet: Sweet spreads e.g. jam, honey, marmalade, chocolate spread           |               |    |       |       | D11e     |               | D11.4 |       |       | D11.4 |       |       |       |       |       | D11.4 |       |
| Diet: Drinks and Juices n-alcoholic  |               |    |       |       |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Diet: Natural fruit juices including tomato juice                          |               |    |       |       | D12a     |               | D12.0 |       |       | D12.0 |       |       |       |       |       | D12.0 |       |
| Diet: Fizzy drinks and n-diet squashes                                     |               |    |       |       | D12b     |               | D12.1 |       |       | D12.1 |       |       |       |       |       | D12.1 |       |
| Diet: Low calorie (diet) squashes and fizzy drinks                         |               |    |       |       | D12c     |               | D12.2 |       |       | D12.2 |       |       |       |       |       | D12.2 |       |
| Diet: Milk   | 11.5          |    |       | 20.6  | D13      |               | D13   |       | D13   | D9    |       | D9    |       | D13   | D9    | D9    |       |
| Diet: Salt   |               |    |       |       | D15      |               | D14   |       | D14   |       |       |       |       |       | D14   |       |       |
| Diet: FATS   | 11.3          |    |       | 20.5  |          |               |       |       |       |       |       |       |       |       |       |       |       |
| Diet: What do you usually spread on bread?                                 |               |    |       |       | D14a     |               | D15.0 |       | D15.0 |       |       |       |       |       |       | D15.0 |       |
| Diet: How do you normally spread the fat?                                  |               |    |       |       | D14b     |               | D15.1 |       | D15.1 |       |       |       |       |       |       | D15.1 |       |
| Diet: How often do you eat home-fried food cooked with:<br>-               |               |    |       |       | D14c     |               |       |       |       |       |       |       |       |       |       |       |       |
| Diet: Lard, dripping, solid vegetable oil                                  |               |    |       |       |          |               | D15.2 |       | D15.2 |       |       |       |       |       |       | D15.2 |       |
| Diet: Liquid vegetable oil   |               |    |       |       |          |               | D15.3 |       | D15.3 |       |       |       |       |       |       | D15.3 |       |
| Diet: How many people normally eat in your household?                      |               |    |       |       | D16      |               | D16.0 |       | D16.0 |       |       |       |       |       |       | D16.0 |       |
| Diet household: Butter   |               |    |       |       | D17      |               | D16.1 |       | D16.1 |       |       |       |       |       |       | D16.1 |       |
| Diet household: Margarine  |               |    |       |       | D17      |               | D16.2 |       | D16.2 |       |       |       |       |       |       | D16.2 |       |
| Diet household: Lard and solid vegetable oil                               |               |    |       |       | D17      |               | D16.3 |       | D16.3 |       |       |       |       |       |       | D16.3 |       |
| Diet household: Liquid vegetable oil                                       |               |    |       |       | D17      |               | D16.4 |       | D16.4 |       |       |       |       |       |       | D16.4 |       |
| Diet household: Olive Oil  |               |    |       |       | D17      |               | D16.5 |       | D16.5 | D7    |       | D7    |       | D16.5 | D7.0  | D7.0  |       |

Table 7: Overview of questions included in the BRHS questionnaires by study time point (1978 to 2023)

See copies of questionnaires for the exact wording of the questions used. Corresponding question numbers are given in the cells of table below.

Page 25 of 26

| Question   | Baseline<br>(Q1) | Q5 | Q1992 | Q1996 | Q20<br>Main | Q20<br>PA &<br>Diet | Q2003 | Q2005 | Q2007 | Q30   | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|--|------------------|----|-------|-------|-------------|---------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Diet household: Cream                              |                  |    |       |       |             | D17                 |       | D16.6 |       | D16.6 |       |       |       |       | D16.6 |       |       |
| Diet household: Full- fat cheese                   |                  |    |       |       |             | D17                 |       | D16.7 |       | D16.7 |       |       |       |       | D16.7 |       |       |
| Diet household: Low-fat cheese                     |                  |    |       |       |             | D17                 |       | D16.8 |       | D16.8 |       |       |       |       | D16.8 |       |       |
| Diet household: Sugar                              | 11.4             |    |       |       |             | D17                 |       | D16.9 |       | D16.9 |       |       |       |       | D16.9 |       |       |
| Diet: Coffee                                       |                  |    |       |       |             | D18a                |       | D17.0 |       | D17.0 |       |       |       |       | D17.0 |       |       |
| Diet: Tea  |                  |    |       |       |             | D18c                |       | D17.4 |       | D17.4 |       |       |       |       | D17.4 |       |       |
| Diet: Other Hot Drinks                             |                  |    |       |       |             | D18e                |       | D17.7 |       | D17.7 |       |       |       |       | D17.7 |       |       |
| Diet: Alcoholic Drinks                             |                  |    |       |       |             | D19                 |       | D18.0 |       | D18.0 | D11   |       | D11   |       | D18.0 | D11.0 | D11.0 |
| Supplementary questions/ General comments          |                  |    |       |       |             |                     |       |       |       |       |       | X     | X     | X     | X     | X     | S3    |
| Your views- health or healthy long life            |                  |    |       |       |             |                     |       |       |       |       |       |       |       |       |       |       | S1    |
| Your experience of being a BRHS cohort participant |                  |    |       |       |             |                     |       |       |       |       |       |       |       |       |       |       | S2    |
| Help received in completing survey form            |                  |    |       |       |             |                     |       |       |       |       |       |       |       |       |       |       | S4    |

| Question  | Baseline<br>(Q1) | Q5 | Q1992 | Q1996 | Q20<br>Main | Q20<br>PA &<br>Diet | Q2003 | Q2005 | Q2007 | Q30 | Q2014 | Q2015 | Q2016 | Q2017 | Q2018 | Q2020 | Q2023 |
|---|------------------|----|-------|-------|-------------|---------------------|-------|-------|-------|-----|-------|-------|-------|-------|-------|-------|-------|
| <b>Cognitive and Personality questionnaires:-<br/>Self completed during physical examinations</b> |                  |    |       |       |             |                     |       |       |       |     |       |       |       |       |       |       |       |
| Bortner- personality questionnaire  | X                |    |       |       |             |                     |       |       |       |     |       |       |       |       |       |       |       |
| Test your memory (TYM) - cognitive questionnaire  |                  |    |       |       |             |                     |       |       |       |     | X     |       |       |       | X     |       |       |