There are many unmet needs to diagnose, prevent and treat disease. Therefore, it is important to understand why some people stay healthy in old age, while others are affected by disease. Many risk factors for disease have their origin in early life. This is why we collect a large selection of data and biological samples from adults as well as from children. This overview provides information about the data that we collected from adults, age 18 and up, between 2006 and 2017.
baseline assessment 1A

questionnaires
- activities (physical activity, TV watching, informal care)
- birth
- body weight
- demographics (education, living situation)
- family composition
- family health history
- health status
- health perception
- medication use
- surgery
- independency (65+)

health care
- mental health (stress)
- nutrition
- personality
- living environment
- quality of life

questions for females
- menstruation, pregnancy
- sleeping
- smoking
- social support
- wellbeing
- work

interviews
- MMSE (65+)
- MINI

measurements
- skin autofluorescence
- anthropometry
- blood pressure
- ECG
- lung function
- RFFT

biological samples
- blood (fasting sample)
- 24h urine
- spot urine (morning)
- DNA

- albumin
- creatinine

lab samples
- eosinophil granulocytes
- erythrocytes
- free T3
- free T4
- gamma-GT
- glucose
- HDL cholesterol
- HbA1c
- hemocrit
- hemoglobin
- high-sensitivity CRP
- LDL cholesterol
- leukocytes
- lymphocytes
- monocytes
- mononuclear cells
- neutrophil granulocytes
- phosphophate
- potassium
- SSA prep
- sodium
- TSH
- thrombocytes
- triglycerides
- urea
- uric acid

second assessment 2A

questionnaires
- abdominal discomfort
- activities (physical activity, informal care)
- alcohol and drug use
- body weight
- demographics (education, living situation)
- vision
- family composition
- family health history
- fatigue
- food allergies
- health status

- social support
- somatisation
- surgery
- quality of life
- work

interviews
- MINI (digital)

measurements
- anthropometry
- blood pressure
- Cogstate cognitive tests
- ECG
- jump test
- lung function

biological samples
- high-sensitivity CRP
- monocytes
- mononuclear Cells
- neutrophil Granulocytes
- eosinophil Granulocytes
- cholesterol

- creatinine
- faeces
- scalp hair

lab samples
- HDL Cholesterol
- LDL cholesterol
- creatinine
- glucose
- HbA1c
- hemocrit
- hemoglobin
- potassium
- sodium
- triglycerides

follow-up questionnaire 2B

questionnaires
- activities (informal care, physical activity, sedentary behaviour, internet use)
- alcohol and drug use
- body weight
- childhood traumas
- demographics (education, marital status)
- earthquakes
- family
- food behaviour
- biological food

- health perception
- hearing
- medication compliance
- over the counter medication
- perceived living environment
- smoking

- social support
- wellbeing
- work
- work functioning

biological samples
in storage

blood
- serum (separating tube, tube with clot activator), plasma (EDTA, vacutainer tube)
- lymph (EDTA tube, plasma)
- HDL, LDL, HDL, LDL
- -80°C storage

urine
- 24 hour (native, mixed with ascorbic acid, early morning, fasting (native, mixed with ascorbic acid), -80°C storage

faeces
- -80°C storage

scalp hair
- room temperature