

## Baseline adults

### Questionnaires

baseline (18-65, 65+)

### Biomaterial collection

24-hour urine, DNA, fasting blood, fasting urine (EMS)

### Laboratory analyses

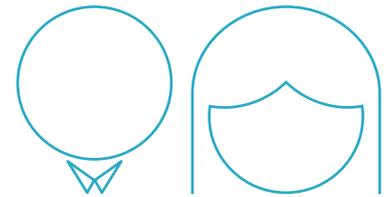
blood biomarkers, urine biomarkers

### Measurements

AGE reader, anthropometry, blood pressure, ECG, long function test, RFFT

### Interviews

MMSE (65+), MINI



### Questionnaire



### Questionnaires baseline adults

birth, body weight, daytime spending, demographics, education, family composition, family health, health care, health perception, health status, independency (65+), living environment, living situation, medication use, nutrition, personality, physical activity, quality of life, questions for females, sleeping, smoking, social support, stress, surgery, wellbeing, work

### Biomaterial storage baseline adults

Blood: serum (septum separated tube, tube with clot activator), plasma (K2-EDTA tube, citrate tube), -80°C storage

DNA: -80°C storage

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

### Biomaterial



## First follow-up adults

### Questionnaires

FUP2 (18-65, 65+)

### Biomarkers baseline adults

Blood: ALAT, ASAT, albumin, alkaline phosphatase, anti-CCP, anti-dsDNA, apolipo A1, apolipo B100, basophilic granulocytes, CTD Screen, calcium, cholesterol, creatinine, eosinophil granulocytes, erythrocytes, free T3, free T4, gamma-GT, glucose, HDL cholesterol, HbA1c, hematocrit, hemoglobin, high-sensitivity CRP, LDL cholesterol, leukocytes, lymphocytes, monocytes, mononuclear cells, neutrophil granulocytes, phosphate, potassium, SSA preg, sodium, TSH, thrombocytes, triglycerides, ureum, uric acid

Urine: albumin, creatinine

### Measurements



### Questionnaires first follow-up adults

birth weight, body weight, demographics, family composition, family health, health care, health perception, health status, independency (65+), informal care, living situation, medication use, mobile phone use, nutrition, physical activity, quality of life, sleeping, smoking, stress, surgery, work

### Biomarkers



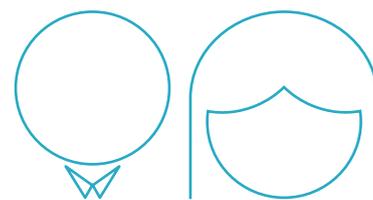
## Second follow-up adults

### Questionnaires

FUP3 (18+)

## Questionnaires second follow-up adults

body weight, daytime sleeping, demographics, family composition, health care, health perception, health status, medication use, informal care, noise exposure, nutrition, personality, physical activity, quality of life, self-management ability, smoking, stress, surgery, work



### Second screening and third follow up adults

#### Questionnaires

FUP4 (18+)

#### Biomaterial collection

24-hour urine, DNA, fasting blood, feces, scalp hair

#### Laboratory analyses

blood biomarkers, urine biomarkers

#### Measurements

anthropometry, blood pressure, Cogstate, ECG, jump test, long function test

#### Interviews

MINI (digital)

#### Questionnaire



## Questionnaires second screening adults

alcohol and drug use, body weight, demographics, education, family composition, fatigue, food allergy, health care, health perception, health status, informal care, medication use, mental health, nutrition, scalp hair, physical activity, physical complaints, quality of life, smoking, stress, vision, work

#### Biomaterial



## Biomaterial storage second screening adults

Blood: serum (septom separated tube, tube with clot activator), plasma (K2-EDTA tube, citrate tube), buffycoat (K2-EDTA tube), -80 °C storage

DNA: -80 °C storage

Urine: 24 hour (native, mixed with ascorbic acid), -80 °C storage

Feces: -80 °C storage

Scalp hair: room temperature

#### Measurements



## Biomarkers second screening adults

Blood: basophilic granulocytes, cholesterol, creatinine, eosinophil granulocytes, erythrocytes, glucose, HDL cholesterol, HbA1c, hematocrit, hemoglobin, LDL cholesterol, leukocytes, lymphocytes, monocytes, neutrophil granulocytes, potassium, thrombocytes, triglycerides

Urine: creatine

#### Biomarkers



### Fourth follow-up adults

#### Questionnaires

FUP4 (18+)

## Questionnaires fourth follow-up adults

alcohol and drug use, biological food, body weight, childhood traumas, demographics, earthquakes, education, food behavior, health perception, hearing, informal care, internet use, medication compliance, over the counter medication, perceived living environment, physical activity, sedentary behavior, smoking, social support, volunteer work, well-being, work (functioning)