

# The Cohort of Swedish Men (COSM) - The Cohort of Swedish Men, COSM 2009 lifestyle

**SND-ID:** ext0015-3.

**Is part of collection at SND:** [Swedish Cohort Consortium \(Cohorts.se\)](#), [SIMPLER - Swedish Infrastructure for Medical Population-Based Life-Course and Environmental Research](#), [NEAR - National E-Infrastructure for Aging Research in Sweden](#)

## Citation

<https://www.simpler4health.se/researchers/publication-policy/>

## Creator/Principal investigator(s)

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## Research principal

[Uppsala University](#) - Department of Surgical Science

## Description

The Cohort of Swedish Men is a large population-based cohort of over 45,000 men in the counties of Västmanland and Örebro. All men born 1918-1952 who were residing in Västmanland and Örebro County in 1997 received an invitation to participate in this research study and a questionnaire to answer and return. Approximately 48,000 men responded. Follow-ups were done during 2008/2009 and 2019. The study examine associations of environmental/modifiable risk factors with several cancer sites (e.g., prostate, colorectal and renal cell cancer), myocardial infarction, stroke, cataracts, as well as death causes. The study has a longitudinal design, and to complement the update on exposure data record linkages to the nationwide Cancer Register, the In-Patient Register, and the Cause of Death Register and Population Register are also done.

The questionnaires used in the Cohort of Swedish men are the same as the ones that have been used in the Swedish Mammography Cohort (SMC). For updated information on questionnaires and variable lists please visit <https://www.simpler4health.se/researchers/>.

Purpose:

The general aim of the Cohort of Swedish Men (COSM) is to assess relationships between a number of modifiable factors (diet, vitamin supplement use, physical activity, smoking, alcohol, body weight, other anthropometric measures etc.) and the occurrence of several major chronic diseases.

For more detailed information please visit the SIMPLER website, <https://www.simpler4health.se/researchers/cohorts/>.

For restrictions in data use see <https://www.simpler4health.se/researchers/rules-and-guidelines/> and <https://www.simpler4health.se/researchers/publication-policy/>.

An additional third questionnaire was sent in 2009 to those cohort members who completed the 1997 questionnaire. The 2009 Life style questionnaire collected information on diet and alcohol intake (132-item FFQ), dietary supplements, smoking, physical activity, and sun habits. The questionnaire can be

found at <https://www.simpler4health.se/researchers/questionnaires/>.

**Data contains personal data**

Yes

**Sensitive personal data**

Yes

**Type of personal data**

health data

**Code key exists**

Yes

**Language**

[English](#)

**Population**

Men born 1918-1952 in Örebro and Västmanland counties.

**Study design**

Observational study

Cohort study

**Description of study design**

Longitudinal cohort study

**Sampling procedure**

[Total universe/Complete enumeration](#)

In 1997 all men who lived in Västmanland or Örebro County and were born 1918-1952 received an invitation by mail to participate in this research study together with a questionnaire to be answered and returned. Follow-ups have been performed approximately every tenth year starting in 2008. At the follow-up 2008/2009 the questionnaire was extended and separated into two questionnaires. An additional follow-up was done during 2019.

**Time period(s) investigated**

1997 - Ongoing

**Biobank is connected to the study**

The study has collected samples/material which are stored in a scientific collection or biobank

Scientific collection or biobank name: Uppsala biobank/SIMPLER

Type(s) of sample: DNA

**Response rate/participation rate**

90% / The questionnaire was sent to 29 068 participants, 26 156 participants answered the questionnaire.

## Data format / data structure

[Numeric](#)

## Data collection 1

- Mode of collection: Self-administered questionnaire
- Time period(s) for data collection: 2009 – 2009-06-30
- Source of the data: Population group

## Geographic spread

Geographic location: [Sweden](#)

Geographic description: Örebro och Västmanland counties, Sweden.

## Lowest geographic unit

Municipality

## Highest geographic unit

Country

## Responsible department/unit

Department of Surgical Science

## Ethics Review

Uppsala - Ref. 2018/262 och 2018/263

## Research area

[Medical and health sciences](#) (Standard för svensk indelning av forskningsämnen 2011)

[Clinical medicine](#) (Standard för svensk indelning av forskningsämnen 2011)

[Cancer and oncology](#) (Standard för svensk indelning av forskningsämnen 2011)

[Endocrinology and diabetes](#) (Standard för svensk indelning av forskningsämnen 2011)

[Cardiac and cardiovascular systems](#) (Standard för svensk indelning av forskningsämnen 2011)

[Orthopaedics](#) (Standard för svensk indelning av forskningsämnen 2011)

[Geriatrics](#) (Standard för svensk indelning av forskningsämnen 2011)

[General practice](#) (Standard för svensk indelning av forskningsämnen 2011)

[Public health, global health, social medicine and epidemiology](#) (Standard för svensk indelning av forskningsämnen 2011)

[Nutrition and dietetics](#) (Standard för svensk indelning av forskningsämnen 2011)

## Keywords

[Anthropometry](#), [Cohort studies](#), [Hearing](#), [Life style](#), [Follow-up studies](#), [Heart failure](#), [Longitudinal studies](#), [Prospective studies](#), [Exercise](#), [Population surveillance](#), [Survival](#), [Tinnitus](#), [Urination disorders](#), [Arthritis, rheumatoid](#), [Drug therapy](#), [Risk factors](#), [Myocardial infarction](#), [Stroke](#), [Diet](#), [Alcohol drinking](#), [Medical history taking](#), [Work](#), [Asthma](#), [Fractures, bone](#), [Thrombosis](#), [Bronchitis, chronic](#), [Crohn disease](#), [Diabetes mellitus](#), [Cause of death](#), [Eczema](#), [Obesity](#), [Leisure activities](#), [Intermittent claudication](#), [Gallstones](#), [Cataract](#), [Glaucoma](#), [Dermatitis, atopic](#), [Health](#), [Health status](#), [Hypertension](#), [Irritable bowel syndrome](#), [Cholesterol](#), [Dietary supplements](#), [Pulmonary disease, chronic obstructive](#),

[Body height](#), [Body weight](#), [Angina pectoris](#), [Arthralgia](#), [Lung neoplasms](#), [Drug utilization](#), [Gastritis](#), [Migraine disorders](#), [Environment](#), [Multiple sclerosis](#), [Oral health](#), [Depression](#), [Kidney calculi](#), [Kidney neoplasms](#), [Parkinson disease](#), [Prostatic neoplasms](#), [Psoriasis](#), [Registries](#), [Rhinitis, allergic, seasonal](#), [Smoking](#), [Disease](#), [Social support](#), [Stress, psychological](#), [Vision, ocular](#), [Sleep](#), [Colonic neoplasms](#), [Colitis, ulcerative](#), [Vitamins](#), [Vertigo](#), [Heredity](#), [Hypersensitivity](#), [Cohorts.se](#), [Swedish cohort consortium \(scc\)](#), [Near - national e-infrastructure for aging research](#)

## **Publications**

Harris H, Håkansson N, Olofsson C, Julin B, Åkesson A, Wolk A. The Swedish Mammography Cohort and the Cohort of Swedish Men: Study design and characteristics of 2 population-based longitudinal cohorts. *OA Epidemiology*;1(2):16, 2013.

**DOI:** <https://doi.org/10.13172/2053-079X-1-2-943>

## **Link to publication list:**

[Publications SIMPLER](#)

If you have published anything based on these data, [please notify us](#) with a reference to your publication(s). If you are responsible for the catalogue entry, you can update the metadata/data description in DORIS.

## **Accessibility level**

Access to data through an external actor

Access to data is restricted

## **Homepage**

[SIMPLER's webpage](#)

[For researchers](#)

[NEAR platform - SIMLER](#)

## **Contact for questions about the data**

SIMPLER

[simpler@surgsci.uu.se](mailto:simpler@surgsci.uu.se)

## **Related research data in SND's catalogue**

[The Cohort of Swedish Men \(COSM\) - The Cohort of Swedish Men, COSM 1997](#)

[The Swedish Mammography Cohort \(SMC\) 1987](#)

[The Swedish Mammography Cohort \(SMC\) 1997](#)

[The Swedish Mammography Cohort \(SMC\) 2008 health](#)

[The Swedish Mammography Cohort \(SMC\) 2009 lifestyle](#)

[The Cohort of Swedish Men \(COSM\) - The Cohort of Swedish Men, COSM 2008 health](#)

[The Swedish Mammography Cohort \(SMC\) 2019 lifestyle](#)

[The Swedish Mammography Cohort \(SMC\) 2019 health](#)

[The Cohort of Swedish Men \(COSM\) - The Cohort of Swedish Men, COSM 2019 health](#)

[The Cohort of Swedish Men \(COSM\) - The Cohort of Swedish Men, COSM 2019 lifestyle](#)

[The Swedish Mammography Cohort Clinical Subcohorts \(SMC Clinical Subcohorts\) - SMC Clinical](#)

[Subcohort visit 1 Uppsala \(2003-2009\)](#)

[The Swedish Mammography Cohort Clinical Subcohorts \(SMC Clinical Subcohorts\) - SMC Clinical Subcohort visit 2 Uppsala \(2015--\)](#)

[The Swedish Mammography Cohort Clinical Subcohorts \(SMC Clinical Subcohorts\) - SMC Clinical Subcohort visit 1 Västerås \(2010-2019\)](#)

[The Cohort of Swedish Men Clinical Subcohorts \(COSM Clinical Subcohorts\) - COSM Clinical Subcohort visit 1 Västerås \(2010-2019\)](#)

[The Cohort of Swedish Men Clinical Subcohorts \(COSM Clinical Subcohorts\) - COSM Clinical Subcohort Örebro \(2014--\)](#)

### **Is part of collection at SND**

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