

# Uppsala Longitudinal Study of Adult Men (ULSAM): Age 70

**SND-ID:** ext0051-3.

**Is part of collection at SND:** [Swedish Cohort Consortium \(Cohorts.se\)](#), [Swedish Diet Cohort Consortium \(SDCC\)](#)

## **Creator/Principal investigator(s)**

Lars Lannfelt - Uppsala University, Department of Public Health and Caring Sciences

## **Research principal**

[Uppsala University](#) - Department of Public Health and Caring Sciences

## **Description**

ULSAM started as a health investigation, focused at identifying metabolic risk factors for cardiovascular disease, to which all 50 year-old men living in Uppsala in 1970 were invited. Of these, 82% (2322 men) participated in the investigation. The men were thereafter investigated again at ages 60, 70, 77, 82, 88 and 93 years. In the 93 years investigation, which was completed in spring 2015, even spouses to the men from original cohort have participated. ULSAM is focused on several areas with a wide range of phenotypes collected. These areas include glucose and insulin metabolism, blood pressure, anthropometry, lipids and fatty acid composition, diet, cognitive function, socio-economic factors, heredity, medical history, and common risk factors for cardiovascular disease. In the latest investigation we are particularly focusing on the factors leading to healthy ageing. The longitudinal design of the study contributes to the collection of the same (or similar) phenotypes at several points in time. The loss of follow up end points is very low due to yearly matching with official cause-of-death and hospital discharge registries. Very important research area in ULSAM is analysis of genetic factors affecting common diseases. We have DNA samples available from more than 1200 men. Using modern genotyping technologies, these samples have been analyzed for over 2.5 million SNPs. We are also planning to perform whole genome sequencing for all individuals with DNA samples available. Large number of researchers are using ULSAM data in their studies. ULSAM is involved in several international collaborations as well. Over 300 articles have been published from ULSAM initiation in 1970 and at least 30 doctoral theses explored data collected in our study.

Purpose:

The aim of Uppsala Study of Adult Men (ULSAM) is to investigate the risk factors for common diseases, including biochemical markers, variations in the genome and life style factors.

## **Unit of analysis**

[Individual](#)

## **Population**

Men born 1920-1924 in Uppsala county

## **Time Method**

[Longitudinal: Cohort/Event-based](#)

## **Sampling procedure**

[Total universe/Complete enumeration](#)

## **Time period(s) investigated**

1991 – 1995

## **Number of individuals/objects**

1221

## **Data format / data structure**

[Numeric](#)

### **Data collection 1**

- Mode of collection: Self-administered questionnaire: paper
- Time period(s) for data collection: 1990 – 1995
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

### **Data collection 2**

- Mode of collection: Psychological measurements and tests
- Time period(s) for data collection: 1990 – 1995
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

### **Data collection 3**

- Mode of collection: Focus group: face-to-face
- Time period(s) for data collection: 1990 – 1995
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

### **Data collection 4**

- Mode of collection: Face-to-face interview
- Time period(s) for data collection: 1990 – 1995
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

### **Data collection 5**

- Mode of collection: Participant laboratory observation
- Time period(s) for data collection: 1990 – 1995
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

### **Data collection 6**

- Mode of collection: Measurements and tests
- Time period(s) for data collection: 1990 – 1995
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

### **Data collection 7**

- Mode of collection: Telephone interview
- Time period(s) for data collection: 1990 – 1995
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

### **Data collection 8**

- Mode of collection: Laboratory observation
- Time period(s) for data collection: 1990 – 1995
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

### **Geographic spread**

Geographic location: [Sweden](#)

Geographic description: Uppsala county

### **Lowest geographic unit**

County (NUTS3)

### **Responsible department/unit**

Department of Public Health and Caring Sciences

### **Research area**

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

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

[Health](#) (CESSDA Topic Classification)

### **Keywords**

[Ageing](#), [Blood pressure](#), [Cohort studies](#), [Health surveys](#), [Dementia](#), [Dyspnea](#), [Residence characteristics](#), [Life style](#), [Medicine](#), [Nursing care](#), [Movement](#), [Exercise](#), [Muscular diseases](#), [Osteoporosis](#), [Urinary incontinence](#), [Mortality](#), [Neoplasms](#), [Diet](#), [Alcohol drinking](#), [Chest pain](#), [Diabetes mellitus](#), [Leisure activities](#), [Genetics](#), [Cardiovascular diseases](#), [Dietary supplements](#), [Body weight](#), [Angina pectoris](#), [Lung diseases](#), [Oral health](#), [Smoking](#), [Tobacco, smokeless](#), [Dairy products](#), [Family relations](#), [Feeding behavior](#), [Focus groups](#), [Foods, specialized](#), [Sedentary behavior](#), [Lifestyle factors](#), [Disabilities](#), [Swedish cohort consortium \(scc\)](#), [Swedish diet cohort consortium \(sdcc\)](#), [Sdcc](#), [Cohorts.se](#)

### **Publications**

#### **Link to publication list:**

[Publication list at the study website](#)

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**

[The study homepage](#)

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

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

[Uppsala Longitudinal Study of Adult Men \(ULSAM\): Age 50](#)

[Uppsala Longitudinal Study of Adult Men \(ULSAM\): Age 60](#)

[Uppsala Longitudinal Study of Adult Men \(ULSAM\): Age 77](#)

[Uppsala Longitudinal Study of Adult Men \(ULSAM\): Age 82](#)

[Uppsala Longitudinal Study of Adult Men \(ULSAM\): Age 88](#)

[Uppsala Longitudinal Study of Adult Men \(ULSAM\): Age 93](#)

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

[Swedish Cohort Consortium \(Cohorts.se\)](#)

[Swedish Diet Cohort Consortium \(SDCC\)](#)

## **Download metadata**

[DataCite](#)

[DDI 2.5](#)

[DDI 3.3](#)

[DCAT-AP-SE 2.0](#)

[JSON-LD](#)

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