The 45 and UP Study
GPO Box 5289
Sydney NSW 2001

Helpline: 1300 45 11 45
www.45andUp.org.au

THE 45 AND UP STUDY
Research to improve health and wellbeing

17 March 2008

THE 45 AND UP STUDY – TRACKING AGEING FOR A HEALTHIER FUTURE

Australia's largest follow-up study into healthy ageing, The 45 and Up Study, is enabling internationally leading research in NSW to examine how people can remain healthy and independent as they age, and where possible prevent serious disease, according to the Study's founders.

"The 45 and Up Study is providing information that will be vital to shape health policies and services for a rapidly ageing population," said Associate Professor Emily Banks, Scientific Director of The 45 and Up Study.

The 45 and Up Study is being conducted in NSW, because of the diversity, spread and size of population in the state. Now well under way, it will eventually recruit 250,000 men and women aged 45 and over throughout NSW – about 10% of this age group – and follow their health over the coming decades. Anyone aged 45 and over and living in NSW can take part.

"The information collected by the 45 and Up Study will help researchers and policy makers gain a better understanding of how to prevent and provide the best possible care for conditions such as cancer, cardiovascular disease, arthritis, depression, Alzheimer's disease and diabetes," said Associate Professor Banks.

The 45 and Up Study, which already has over 60,000 participants, is run by The Sax Institute, in partnership with: The Cancer Council NSW; The NSW Division of the National Heart Foundation of Australia; NSW Health; *beyondblue:* the national depression initiative; and The NSW Department of Ageing Disability and Home Care (DADHC).

"Australia, and particularly NSW, is experiencing an ageing boom. The number of Australians aged 65 and over is expected to increase by around 50% in the next 15 to 20 years," said Andrew Penman, CEO of the Cancer Council NSW.

"As the population ages, it's in everyone's interests that they do so as healthily as possible. The 45 and Up Study will make a major contribution to that aim."

Several research projects have applied to use data from the Study, and seven of these projects have so far received funding. The research projects under way include:

- Sun exposure and cancers other than skin cancer
- The relationship between dental health and diet and general health
- Poor memory, mental health and wellbeing in ageing
- Understanding risk factors for cancer
- The cost of disease in older workers and the opportunities for treatment and prevention
- The social, economic and environmental factors associated with ageing
- Determining aged care trajectories

The 45 and UP Study
GPO Box 5289
Sydney NSW 2001

Helpline: 1300 45 11 45
www.45andUp.org.au

THE 45 AND UP STUDY
Research to improve health and wellbeing

"Anyone aged over 45 in NSW can take part in the Study. By doing so, they can actually make a difference to the future of health care for older people in NSW," said Associate Professor Banks.

Potential participants in the eligible age group are randomly sampled from Medicare Australia's enrolment database (Medicare has no other role in the Study) and then mailed an invitation to participate in the Study. The Study also welcomes volunteer participants.

"The confidentiality of information provided to the Study by participants is absolutely paramount. There are strict and comprehensive policies and procedures in place to keep data secure and confidential. Taking part in the Study is voluntary, and participants can withdraw at any time," said Associate Professor Banks.

Further information about The 45 and Up Study can be obtained by calling the Help Line on 1300 45 11 45 or visiting www.45andup.org.au

Media Contact:
Gillian Tatt, Communications Manager, The 45 and Up Study, on 02 9514 5953 or 0413 593 568.