

Uppsala Longitudinal Study of Adult Men (ULSAM)

SND-ID: ext0051-1.

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

Citation

Nordström, P Uppsala Longitudinal Study of Adult Men (ULSAM) [Data set]. Uppsala University. Available at: <https://www.maelstrom-research.org/study/ulsam>

Creator/Principal investigator(s)

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Research principal

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

Description

Uppsala Longitudinal Study of Adult Men (ULSAM) is a unique, ongoing, longitudinal, epidemiologic study based on all available men, born between 1920 and 1924 and living in Uppsala County, Sweden. 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.

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.

Data contains personal data

Yes

Sensitive personal data

Yes

Type of personal data

The data are pseudonymized and contain indirect identifiers as well as different health, clinical and genetic data

Code key exists

Yes

Language

[English](#)

[Swedish](#)

Unit of analysis

[Individual/Patient](#)

Population

Men born 1920-1924 in Uppsala county

Time Method

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

Study design

Observational study

Sampling procedure

[Total universe/Complete enumeration](#)

Time period(s) investigated

1970 - 1973

1980 - 1984

1991 - 1995

1997 - 2001

2003 - 2005

2008 - 2009

2014 - 2015

Biobank is connected to the study

This study has used existing samples from a scientific collection or biobank

Response rate/participation rate

Age 50: 2322 individuals

Age 60: 1860 individuals

Age 70: 1221 individuals

Age 77: 839 individuals
Age 82: 530 individuals
Age 88: 354 individuals
Age 93: 168 individuals

Data format / data structure

Numeric

Data collection 1

- Description of the mode of collection:
Focus group: face-to-face
Psychological measurements and tests
Self-administered questionnaire: paper
Participant laboratory observation
Laboratory observation
Measurements and tests
Face-to-face interview
Telephone interview
- Time period(s) for data collection: 1970 - 1973
- Number of responses: 2322
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

Data collection 2

- Description of the mode of collection:
Focus group: face-to-face
Psychological measurements and tests
Self-administered questionnaire: paper
Participant laboratory observation
Laboratory observation
Measurements and tests
Face-to-face interview
Telephone interview
- Time period(s) for data collection: 1980 - 1984
- Number of responses: 1860
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

Data collection 3

- Description of the mode of collection:
Focus group: face-to-face
Psychological measurements and tests
Self-administered questionnaire: paper
Participant laboratory observation
Laboratory observation
Measurements and tests
Face-to-face interview
Telephone interview
- Time period(s) for data collection: 1991 - 1995

- Number of responses: 1221
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

Data collection 4

- Description of the mode of collection:
 - Focus group: face-to-face
 - Psychological measurements and tests
 - Self-administered questionnaire: paper
 - Participant laboratory observation
 - Laboratory observation
 - Measurements and tests
 - Face-to-face interview
 - Telephone interview
- Time period(s) for data collection: 1997 – 2001
- Number of responses: 839
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

Data collection 5

- Description of the mode of collection:
 - Focus group: face-to-face
 - Psychological measurements and tests
 - Self-administered questionnaire: paper
 - Participant laboratory observation
 - Laboratory observation
 - Measurements and tests
 - Face-to-face interview
 - Telephone interview
- Time period(s) for data collection: 2003 – 2005
- Number of responses: 530
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

Data collection 6

- Description of the mode of collection:
 - Focus group: face-to-face
 - Psychological measurements and tests
 - Self-administered questionnaire: paper
 - Participant laboratory observation
 - Laboratory observation
 - Measurements and tests
 - Face-to-face interview
 - Telephone interview
- Time period(s) for data collection: 2008 – 2009
- Number of responses: 354
- Source of the data: Registers/Records/Accounts: Medical/Clinical, Population group, Biological samples, Registers/Records/Accounts

Data collection 7

- Description of the mode of collection:
Focus group: face-to-face
Psychological measurements and tests
Self-administered questionnaire: paper
Participant laboratory observation
Laboratory observation
Measurements and tests
Face-to-face interview
Telephone interview
- Time period(s) for data collection: 2014 - 2015
- Number of responses: 168
- 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 (NUTS 3)

Highest geographic unit

County (NUTS 3)

Responsible department/unit

Department of Public Health and Caring Sciences

Ethics Review

Uppsala - Ref. Dnr 251/90

ULSAM-70: Dnr 251/90, godkänt 1991-08-21

Uppsala - Ref. Dnr 2013/350

ULSAM-93: Dnr 2013/350, godkänt 2013-10-23

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:

<https://pubmed.ncbi.nlm.nih.gov/collections/61573411/?sort=pubdate>

Accessibility level

Access to data through an external actor

Access to data is restricted

Homepage

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

Contacts for questions about the data

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Is part of collection at SND

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

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

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