

The English Longitudinal Study of Ageing (ELSA)

Nurse visit

Summary of Data collection W1-9

Year	Modality	Sample	Refreshment
Wave 1 (2002/3)	CAPI	12,099	
Wave 2 (2004/5)	CAPI + Nurse visit	9,432 (7,666)	
Wave 3 (2006/7)	CAPI + Life History	9,771 (7,855)	HSE 2001-4
Wave 4 (2008/9)	CAPI + Nurse visit	11,050 (8,643)	HSE 2006
Wave 5 (2010/11)	CAPI	10,274	
Wave 6 (2012/13)	CAPI + Nurse visit	10,601 (8,054)	HSE 2009-11
Wave 7 (2014/15)	CAPI	9,666	HSE 2011-12
Wave 8 (2016/17)	CAPI + Nurse visit (50%)	8,445 (3,525)	
Wave 9 (2018/19)	CAPI + Nurse visit (50%)	8,736 (3,069)	HSE 2013/14/15

Sample sizes are all completed interviews **HSE** = Health Survey for England

CAPI = Computer Assisted Personal Interview

Wave 1 = Original sample interviewed in HSE 1998/1999/2001, age 50+ on 1 Mar 2002

Measures

- Blood pressure (Omron BP monitor)
- Grip strength (gripometer)
- Blood samples – including DNA samples
- Standing height (stadiometer)
- Weight
- Waist measurement
- Lung function (spirometer)
- Balance - 3 positions
- Leg raise - for respondents under 70
- Chair rises
- Hair sample

	Wave				
Physical examination and performance data	2	4	6	8	9
Sitting height	✓	✓			
Standing height	✓	✓	✓		
Weight	✓	✓	✓	✓ (I)	✓ (I)
Waist circumference	✓	✓			
Hip circumference	✓	✓	✓		
Blood pressure	✓	✓	✓	✓	✓
Lung function	✓	✓	✓		
Leg raise	✓	✓	✓		
Chair raises	✓	✓	✓		
Balance	✓	✓	✓		
Tandem stand	✓	✓	✓		
Grip strength	✓	✓	✓	✓	✓

(I): At interview

Blood assays	Wave				
	2	4	6	8	9
Triglycerides	✓	✓	✓	✓	✓
Total, LDL and DHL – cholesterol	✓	✓	✓	✓	✓
C-reactive protein, fibrinogen	✓	✓	✓	✓	✓
Apolipoprotein E (APOE)	✓				
Mean corpuscular haemoglobin	✓	✓			
Haemoglobin and ferritin	✓	✓	✓	✓	✓
White blood cell count		✓	✓	✓	✓
Fasting glucose, glycated haemoglobin	✓	✓	✓	✓	✓
Insulin-like growth factor 1 (IGF-1)		✓	✓	✓	✓
Vitamin D			✓	✓	✓
Dehydroepiandrosterone sulfate (DHEAS)		✓			
DNA extraction and storage	[✓]	[✓]	[✓]	[✓]	[✓]
Cortisol (from hair)			✓		
Cortisol (from saliva)		✓			
RNA Paxgene tubes				✓	✓

Cells in square brackets [✓] - only collected/assessed for refreshment sample or those who had not undertaken previously.

Nurse visits procedures

- Eligibility
- Consent
- Sampling weights

- Two examples:
 - Grip strength test
 - Blood sample

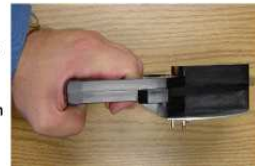
Grip Strength

1. Explain what will be required for the grip strength measurement
2. Obtain (oral) consent
3. Check ability to carry out the test
4. Demonstrate the test procedure (how to use gripometer)
5. Practice
6. Measurements
 - Procedure: O-D-O-D-O-D (Other times)
 - Stopping rules apply
7. Readings

Aligning the
Gripometer with
the hand



Gripometer lever
on second
phalanx
in gripping action



Blood Sample

1. Explain the purpose and procedure for taking blood
2. Check eligibility
3. Obtain oral and written consent
 - to take a blood sample
 - to send results to general practitioner
 - to store blood
 - to extract and store DNA
4. Fasting check
5. Blood sample
6. Labels
7. Safebox and analysis

Useful Resources

<https://www.elsa-project.ac.uk/training-resources>

- How to access the data
- Documentation (sample design, nurse protocols, nurse visit, and weighting)
- Overview of ELSA
- Overview of all areas of study and measures by wave