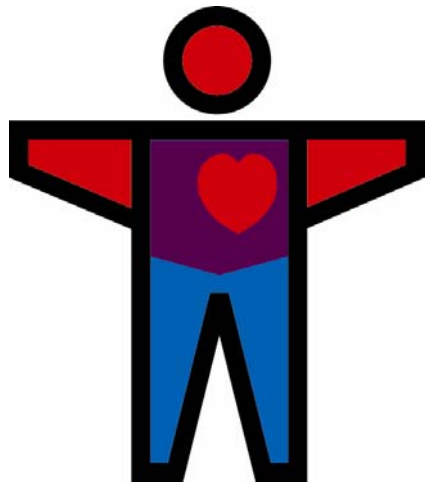


Celebrating 30 years of the MIDSPAN Studies



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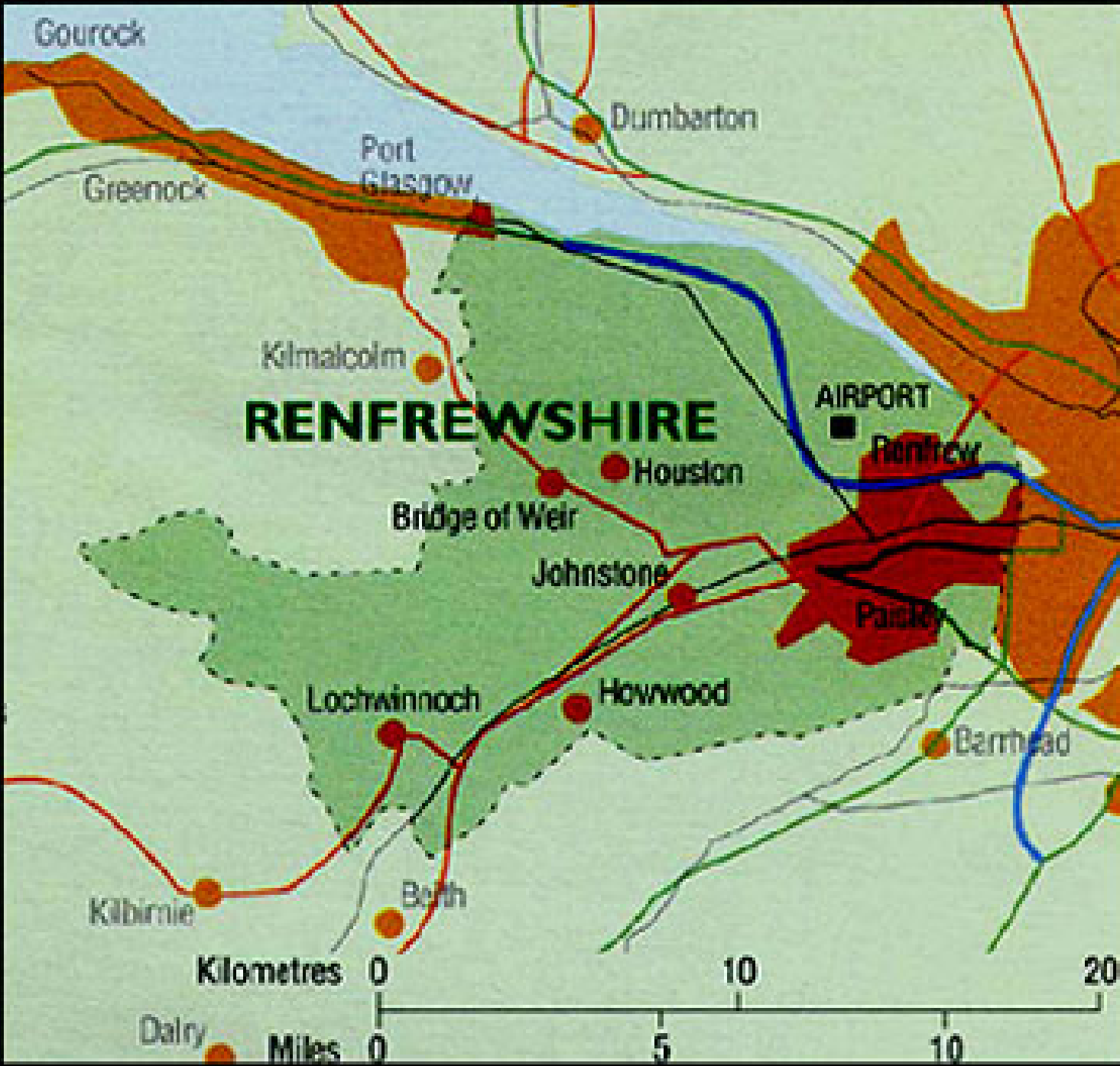




GEORGE SQUARE

PAISLEY TOWN CENTRE





LIFE EXPECTANCY AT BIRTH IN RENFREWSHIRE

	MEN	WOMEN
Scottish ranking	29/32	28/32
1992-4	70.7	76.9
2002-4	71.8	78.2
Increase	1.1	1.3
Average Scottish increase	2.1	1.6

SOURCE : Registrar General for Scotland, 2005

THE MIDSPAN STUDIES

Numbers

Occupational

COLLABORATIVE (1970-73)

7,028

General population

RENFREW and PAISLEY (1972-76)

15,402

FAMILY STUDY (1996)

2,338



RENFREW AND PAISLEY STUDY

7049 **men** and 8353 **women** aged 45-64 in 1972-76

80% of the general population

Cardio-respiratory screening survey at baseline

Follow up for mortality, cancer incidence and hospital admissions

Over 25 years of follow up





conducted by the Glasgow MMR Cardiorespiratory Screening Unit and the Department of Epidemiology and Preventive Medicine of the University of Glasgow
MMR Reference Number

Questionnaire

All information which could permit identification of the individual will be treated as strictly confidential, will be used only by persons engaged in and for the purposes of this survey, and will not be disclosed for any other purpose.

Please answer all the questions in this health record, and bring it with you when you come to the unit. Write a tick in the appropriate boxes. If you cannot give an exact answer, give the best estimate you can.

For official use only

1.01	1.02	1.03	1.04	1.05	1.06	1.07
------	------	------	------	------	------	------

Surname (Mr., Mrs., Miss)
(BLOCK LETTERS)

Christian names

Address

Works no:

Dept no:

Check no:

Family doctor Dr.

Address

1 a What is your occupation? (Please describe as fully as possible)

.....

.....

b Are you

1 a manager?

2 a foreman?

3 an employee?

4 self-employed without employees?

5 self-employed with employees?

2 a What is your date of birth?

Day of month Month Year

.....

b Were you born

1 in the country? (isolated dwelling, hamlet or small community)

2 in a village?

3 in a town?

4 in a city?

5 elsewhere? (e.g. at sea)

1.08

1.09

1.10	1.11	1.12
------	------	------

1.13

1.14	1.15	1.16	1.17	1.18	1.19
------	------	------	------	------	------

1.20

COLLECTED VARIABLES

QUESTIONNAIRE

- Sex, Marital status, date of birth
- Occupation, exercise,
- MRC bronchitis, chest wheeze
- Smoking habit
- Rose angina questionnaire
- Diabetes, severe chest pain
- Hospital admissions, BP Rx
- Asthma/hay fever

CLINICAL MEASUREMENTS

- Blood pressure, chest X-ray
- Tine test, sputum, plasma cholesterol,
- Blood sugar, cardiothoracic ratio,
- Height, weight, ECG
- Respiratory function,
- Biochemistry : Na, K, O₂, Hb
- Carboxyhaemoglobin

DERIVED DATA

- BMI, social class, deprivation category

EARLY ORIGINS



BASELINE CHARACTERISTICS

MEN

Shorter stature

Higher blood pressure

More smokers

Fewer ex-smokers

Lower FEV1

More reported angina

More breathlessness on effort

More COPD

WOMEN

Shorter stature

Higher cholesterol

Fewer smokers

Fewer ex-smokers

Lower FEV1

More breathlessness on effort

SOCIAL CLASS AND DEPRIVATION CATEGORY IN MEN

SOCIAL CLASS

DEPRIVATION CATEGORY

	1	3	4	5	6	7	ALL
I	114	90	48	72	19	2	345 (5%)
II	234	196	200	224	102	9	965 (14%)
III NM	102	123	207	252	132	12	828 (12%)
III M	114	235	616	1069	626	134	2794 (40%)
IV	52	122	325	575	383	95	1552 (22%)
V	6	16	64	132	135	80	433 (6%)
ALL	622 (9%)	782 (11%)	1460 (21%)	2324 (34%)	1397 (20%)	332 (5%)	6917

HEIGHT BY SOCIAL CLASS AND DEPRIVATION CATEGORY IN MEN

SOCIAL CLASS

DEPRIVATION CATEGORY

1 3 4 5 6 7

I 173 173 170 170 171 170

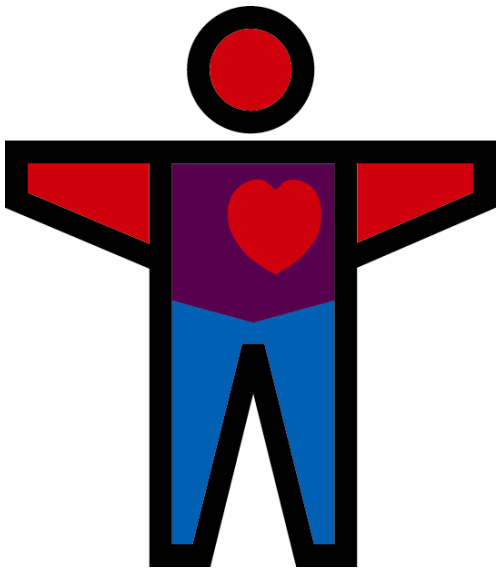
II 172 172 171 171 170 168

III NM 172 172 170 172 170 168

III M 171 170 169 169 168 168

IV 172 171 169 169 168 167

V 165 167 168 166 167 166



<http://www.gla.ac.uk/faculties/medicine/midspan/>



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The 25th MIDSPAN publication

Blood pressure measurement at screening and in general practice

DH Barlow DG Beevers VM Hawthorne HD Watt GAR Young

British Heart Journal 1977; 39:7-12



RANKED CAUSES OF DEATH OVER 25 YEARS

MEN

CHD	36%
Cancer	30%
Stroke	10%
Respiratory	9%
Other	7%
Other CVD	6%
Digestive	2%

WOMEN

CHD	30%
Cancer	28%
Stroke	15%
Respiratory	8%
Other	9%
Other CVD	7%
Digestive	3%

Unpublished data, 2004



The MIDSPAN 75th Birthday Stakes

Lady Paisley

2 to 1 ON

Female

70% survival

Non-smoker

Social class 1 or 2

Paisley Buddie

3 to 1 AGAINST

Male

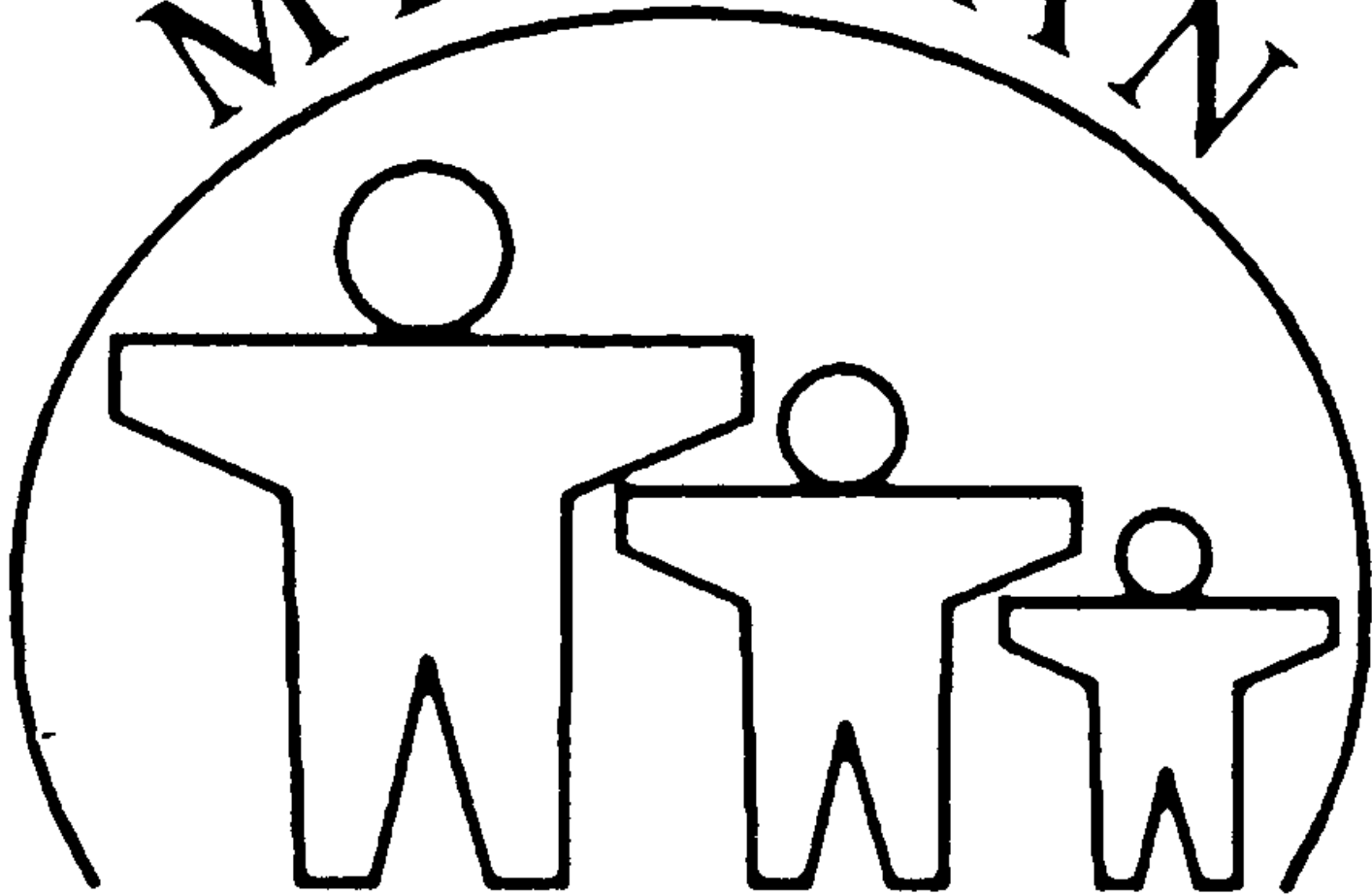
28% survival

Smoker

Social Class 4 or 5



MIDSPAN



PAISLEY

24p

Daily Express

YOUR LOCAL NEWS

No. 37088

TUESDAY, SEPTEMBER 7, 1993

SEARCH FOR 3000 'GUINEA PIG' KIDS

Children of 70s families sought for new health tests

A MASSIVE search has been launched to find thousands of people who took part in a unique health study carried out in Paisley and Renfrew more than 20 years ago.

They are wanted to help in a new survey which will investigate why some families experience heart disease and cancer more than others.

The move comes as findings of the first survey, carried out between 1972 and 1976, show that for a given level of smoking the rate of lung cancer in Paisley

By Anne Dalrymple

and Renfrew is twice as high as in other populations.

Results also show that the statistics are the same for heart attacks and cholesterol count.

This time round, however, it's the children of the 4000 parents involved in the original study who are desperately wanted by researchers at Glasgow University.

"Out of the 15,000 people who originally took part there are just over 4000 married couples," said Dr Graham Watt one of the research team.

"The problem for us is trying to contact them. We need their help to establish the whereabouts of their children so that we can go on and ask them if they would be willing to take part in this new study some 20 years on.

"On the basis of our own pilot study it is estimated that there are about 2000 to 3000 children still living in the Paisley, Renfrew and Glasgow areas."

"Our task is to try and find them."

Dr Watt added: "Despite all the advances in molecular biology, a huge limiting factor in understanding major diseases is the problem of finding populations which are suitable to study.

"There is probably nowhere else in the world just now where it is possible to carry out a study of the type that we propose.

"It would take other researchers 20 years to establish a similar opportunity to the one which exists at present in Paisley and Renfrew."

Between 1972 and 1976 when the original study was carried out 80 per cent of the population in Paisley and Renfrew took part. Measurements of blood pressure, cholesterol, glucose, height, weight and lung function were all taken.

It is the only study of cardiorespiratory disease and risks whose results can be

applied directly to health problems of people in the West of Scotland.

Dr Watt said: "The results have been very useful in explaining why there is so much heart disease and cancer in this part of the world. What we want to look at now is why some families suffer from these diseases more than others."

"The only people who can help us today with the vital information we need are the children of the couples involved in the original study."

If you know where they are now you can contact the research team on 041-9 46-7120 extension 1446 for more information.

MIDSPAN FAMILY STUDY



1040 sons and 1298 daughters from 1477 families

Aged 30-59 and living locally in 1996

Response rates : 72% for individuals
 84% for families



SIGNIFICANCE OF THE MIDSPAN STUDIES ?

COMPARATIVE OUTCOMES – 20 YEAR MORTALITY RATES

	Renfrew Paisley	Collaborative	Whitehall
CHD	16.8	11.5	10.6
Stroke	5.1	4.5	2.9
Respiratory	5.3	3.5	3.7
Ca Lung	6.5	3.1	2.4
All causes	51.2	35.5	32.2

RELATIVE RATE OF ALL CAUSE MORTALITY FOR WEST OF SCOTLAND STUDIES COMPARED WITH THE WHITEHALL STUDY

ADJUSTED
FOR

COLLABORATIVE

RENFREW
PAISLEY

Age

1.28 (1.21 – 1.36)

1.66 (1.59 – 1.73)

Age, height, FEV₁
socio-economic status and
Cardio-respiratory symptoms

0.97 (0.91 – 1.03)

1.13 (1.07 – 1.20)

WHAT'S NEXT ?

Cardiovascular disease

Carole Hart

Cancer and smoking

David Hole

Respiratory impairment

Mark Upton