

Table 1 Subject recruitment to the total EPIC cohort by country as of March 1998

	Subjects included in the study with:		Additional subjects to be recruited	End of subject recruitment
	Questionnaire	Blood collection		
Spain	41 552	39 792		Completed 1996
Italy	43 822	43 822		Completed Feb 1998
UK	76 041	40 901		Completed Feb 1998
The Netherlands	40 659	36 885		Completed Feb 1998
France	72 000	14 000		Completed 1993
Germany	44 055	44 055	9 000	Nov 1998
Greece	22 516	22 516	4 000	Nov 1998
Total 7 countries	340 645	241 971	13 000	
Associated projects: Sweden	57 932	62 122		Completed 1996
Denmark	57 174	56 800		Completed 1997
Total 9 countries	455 751	360 893	13 000	

Table 2 Procedures for the Health Check in the Norfolk EPIC Study

Measurement	Description
Height (Lohman et al, 1991)	Measured to the nearest millimetre, without shoes using free-standing stadiometer
Weight (Lohman et al, 1991)	Measured to the nearest 0.2 kg, without shoes in light clothing using digital scales (Salter, UK)
Body circumferences (Lohman et al, 1991)	All measured to the nearest millimetre at end of expiration, in light clothing with a D loop non-stretch fibreglass tape
Chest	Defined as maximum circumference at the level of the nipple
Waist	Defined as either the minimum circumference at the natural waistline between the lower rib margin and the iliac crest (with belts moved) or, when the minimum circumference was not identifiable, as the circumference at the level of the navel
Hip	Maximum circumferences between the iliac crest and the crotch (greatest of two measurements)
Blood pressure	Two measurements taken of diastolic and systolic blood pressure using Accutorr Sphygmomanometer (Datascope, UK), after participant has sat for 3 min. Arm held horizontal at the level of the mid-sternum. Medium or large cuff size used according to arm circumference
Urinalysis	Spot urine stored for further analysis. Immediate urinalysis performed with Multistix 8SG (Bayer Diagnostics, UK)
Spirometry (Cox et al, 1993)	FEV ₁ , FVC and PEFR measured using portable spirometer (MicroMedical, UK)

Table 3 Assays performed on blood samples from all EPIC-Norfolk participants who underwent a health check

Assay	Method
Full blood count	Measured on Coulter MD Haemolyser
Total cholesterol, HDL cholesterol, triglyceride	Measured on RA 1000 (Bayer Diagnostics, Basingstoke)
LDL cholesterol	Calculated using Friedewald formula (Friedewald et al, 1972) except where triglyceride > 4 mmol l ⁻¹
HbA1c	Measured using Diamat ion exchange HPLC (Bio-Rad Laboratories, Hemel Hempstead, UK) (Standing et al, 1992)
Free T4, TSH	Measured using AutoDELFIA time resolved fluoroimmunoassay kits (Wallac, Finland)
Vitamin C	Fluorometric assay (Vuilleumier, 1989)

Table 4 Prevalence of cigarette smoking among participants recruited to the EPIC in Norfolk cohort by end October 1995 ($n=11\,996$), by age and sex with comparison to the Health Survey for England, 1993

Age group	Men			Women		
	45-54	55-64	65-74	45-54	55-64	65-74
Norfolk EPIC cohort						
<i>n</i>	1847	1760	1836	2358	2166	2029
Never smoked (%)	38.9	35.0	22.4	56.2	62.1	55.2
Ex-smoker (%)	46.3	54.0	67.7	29.7	27.2	37.0
Current smoker (%)	14.8	11.0	9.8	14.2	10.7	7.8
Health Survey for England						
Never smoked (%)	34	27	19	46	51	49
Ex-smoker (%)	39	49	61	26	24	34
Current smoker (%)	28	25	20	27	25	18

Table 5 Anthropometric, blood pressure and total cholesterol measurements for participants in the Norfolk EPIC cohort seen by the end of October 1995

	Men			Women		
	45-54	55-64	65-74	45-54	55-64	65-74
<i>n</i>	1848	1766	1853	2363	2182	2052
Height (cm)	175 (6.63)	174 (7.91)	172 (7.11)	162 (7.92)	161 (7.53)	159 (6.01)
	165-186	164-185	161-183	153-172	152-171	149-169
Weight (kg)	80.6 (11.6)	80.9 (11.3)	78.9 (11.2)	67.7 (12.0)	69.4 (12.0)	67.1 (11.2)
	63.4-102	63.6-101	62.0-97.0	52.0-91.0	53.4-90.6	51.4-87.4
Body mass index (kg m ⁻²)	26.2 (3.29)	26.7 (3.75)	26.7 (3.68)	25.7 (4.55)	26.7 (4.46)	26.6 (4.19)
	21.5-32.1	21.8-32.4	21.8-32.4	20.4-34.2	21.0-34.8	20.7-34.0
WHR	0.92 (0.13)	0.93 (0.07)	0.94 (0.06)	0.77 (0.06)	0.79 (0.07)	0.82 (0.07)
	0.82-1.01	0.83-1.03	0.85-1.05	0.69-0.88	0.70-0.90	0.72-0.92
Systolic blood pressure (mmHg)	131 (15.4)	137 (17.9)	144 (19.5)	126 (16.7)	135 (18.0)	143 (19.5)
	109-157	111-170	113-177	103-156	107-166	114-178
Diastolic blood pressure (mmHg)	82.7 (10.5)	84.3 (11.4)	84.8 (12.1)	77.8 (10.9)	81.4 (11.1)	83.6 (12.2)
	67.0-102	67.0-105	67.0-106	61.5-96.5	64.5-101	66.0-103
Total cholesterol (mmol l ⁻¹)	6.02 (1.09)	6.09 (1.11)	6.11 (1.11)	5.83 (1.05)	6.53 (1.18)	6.81 (1.23)
	4.30-7.90	4.40-8.10	4.40-8.00	4.30-7.60	4.70-8.60	4.90-8.90
HDL cholesterol (mmol l ⁻¹)	1.22 (0.32)	1.20 (0.32)	1.21 (0.33)	1.55 (0.41)	1.52 (0.40)	1.52 (0.41)
	0.80-1.80	0.80-1.80	0.80-1.80	1.00-2.30	1.00-2.20	0.90-2.30
LDL cholesterol (mmol l ⁻¹)	3.97 (1.16)	4.07 (1.22)	4.03 (1.15)	3.68 (1.07)	4.24 (1.15)	4.46 (1.18)
	2.46-5.67	2.49-5.76	2.48-5.76	2.27-5.36	2.62-6.16	2.71-6.39
Triglycerides (mmol l ⁻¹)	2.01 (1.27)	2.08 (1.28)	2.03 (1.13)	1.37 (0.82)	1.72 (0.97)	1.87 (1.10)
	0.70-4.40	0.80-4.30	0.80-4.10	0.60-2.90	0.70-3.60	0.80-3.70

Data shown are mean (s.d.) and 5th and 95th percentiles. WHR, waist hip ratio; HDL, high density lipoprotein; LDL, low density lipoprotein.

Table 6 Anthropometric, blood pressure and total cholesterol measurements for the population of England in 1993, taken from the Health Survey for England 1993 (Bennett et al, 1995)

Age group	Men			Women		
	45-54	55-64	65-74	45-54	55-64	65-74
Height (cm)	175 (163-186)	173 (162-184)	171 (160-182)	162 (152-172)	160 (150-171)	158 (148-168)
Weight (kg)	82 (62-104)	81 (61-103)	78 (58-99)	70 (52-95)	70 (52-94)	68 (50-90)
BMI (kg m ⁻³)	26.8 (21.3-33.0)	27.0 (21.3-33.5)	26.7 (20.8-32.6)	26.6 (20.5-36.1)	27.2 (21.2-36.5)	27.0 (20.5-36.2)
Systolic blood pressure (mmHg)	138 (116-168)	146 (119-182)	152 (120-189)	134 (110-168)	144 (113-182)	156 (123-198)
Diastolic blood pressure (mmHg)	82 (65-102)	85 (68-106)	84 (65-104)	76 (58-96)	78 (60-96)	80 (61-106)
Total cholesterol (mmol l ⁻¹)	6.15 (4.5-8.1)	6.25 (4.6-8.2)	6.13 (4.3-8.1)	6.03 (4.4-7.9)	6.62 (4.8-8.7)	6.94 (5.1-8.9)

Data shown are mean (5th and 9th percentiles).

Table 7 Number of deaths by major cause in EPIC participants with a Health Check recruited before 31 October 1997 ($n = 21\,453$), flagged with ONS and notified to EPIC by 31 January 1998

Cause of death	Men	Women	Total
Cancer	82	80	162
Cardiac	104	34	138
Cerebrovascular	13	19	32
Aneurysm	10	2	12
Other	34	36	70
Unknown	3	4	7
Total	246	175	421

Table 8 Number of incident cancer diagnoses for the 10 most common sites registered by the East Anglian Cancer Registry before 31 January 1998 among all EPIC participants who had undergone a Health Check by 31 March 1997 (*n*=21 452)

	Men	Women	Total
Non-melanoma skin	60	53	113
Breast	-	52	52
Colon and rectum	16	20	36
Prostate	28	-	28
Corpus uteri	-	18	18
Lung	11	3	14
Oesophagus	8	3	11
Malignant melanoma	3	7	10
Non-Hodgkin's lymphoma	4	6	10
Unknown primary site	4	5	9
Total	134	167	301