Table 2. Components of Baseline Interviews in the Brazilian Longitudinal Study of Adult Health (ELSA-Brasil), 2008–2010

Questionnaire	Source of Data	Variable(s)
Sociodemographic characteristics	Both phase 1 and phase 2 interviews[a,b]	Age, gender, and race/ethnicity
		Social class (37)
		History of migration, location and duration of residence
		Educational and occupational history (participant and spouse)
		Family income and household assets
		Household characteristics and family composition (present and past)
		Marital history and partner characteristics
		Family caregiving
		Religion (both present and past)
		Parents' schooling and occupation
		Life conditions during childhood
Health and medical history	Both phase 1 and phase 2 interviews	Self-rated health, medical history of cardiovascular illnesses, diabetes, kidney disease, cancer, and other selected chronic diseases and medical procedures of interest
		Rose angina questionnaire (38) and questionnaires for intermittent claudication (38) and heart failure
		Headache questionnaire (39)
Occupational exposure	Both phase 1 and phase 2 interviews	Job stress (40)
		Job characteristics (degree of autonomy, access to funds and authority) (40)
		Retirement status
		Conflicts between work and family demands (41)
Family history of disease	Phase 1 interview[a]	History of specific diseases such as cardiovascular disease, diabetes, and sudden death
Reproductive health	Phase 2 interview[b]	Menarche, menstrual cycles, and menopause
		Contraceptive use
		Reproductive history
		Hormone therapy
		Infertility

Questionnaire	Source of Data	Variable(s)
Health care	Phase 2 interview	Access to preventive health care/examinations, health insurance, and utilization of health-care services
Psychosocial factors	Both phase 1 and phase 2 interviews	Neighborhood characteristics (leisure, sports, access to food purchasing) (42, 43)
		Social networks (44, 45)
		Experience of discrimination
		Social capital (46)
		Stressful life events (47)
		Self-rated social status (48)
		Birth weight and weight at age 20 years
Body weight history and body image	Phase 2 interview	Body image (current and desired) (49)
Food consumption	Phase 2 interview	Food frequency questionnaire (50)
Smoking	Phase 1 interview	Past and current cigarette smoking, exposure to secondhand smoke
Alcohol consumption	Phase 2 interview	Usual type and frequency of intake; drinking patterns
Physical activity		Current physical activity, including leisure and sport-related activity (51)
Medication use	Phase 2 interview	Prescription and nonprescription drugs, vitamin/dietary supplements, and other medications taken in the past month
		(Participants are instructed to bring all medications and prescription forms to the examination.)
Cognitive function	Phase 2 interview	3 standardized tests from the Consortium to Establish a Registry for Alzheimer's Disease (CERAD), validated for the Brazilian population (15): a word learning and retention test to evaluate memory; verbal fluency tests (semantic and phonemic) (16); and Trail Making Test B to evaluate executive functions related to attention, concentration, and psychomotor speed (17)
Mental health	Phase 2 interview	All 14 sections of the Clinical Interview Schedule—Revised (12): somatic symptoms, fatigue, concentration, depression, irritability, sleep, worry over physical health, depressive ideas, worry, anxiet phobia, panic, compulsions, and obsessions

Table 3. Components of Baseline Examinations and Measurements in the Brazilian Longitudinal Study of Adult Health (ELSA-Brasil), 2008–2010

Procedure	Description
Anthropometry	Weight, height, sitting height, and measurement of waist, hip, and neck circumferences (18, 52)
Blood pressure	Standard procedures (5 minutes' rest, 3 determinations), obtained using an oscillometric sphygmomanometer (Omron 765CP; Omron, Kyoto, Japan)
Ankle-brachial index	Ankle and arm blood pressures, obtained using standardized Doppler procedures (53)
Orthostatic hypotension	After a 20-minute rest with the participant lying supine, a blood pressure measurement was taken, and the measurement was repeated with the participant in a standing position.
Electrocardiography	Standard digital 12-lead ECG and 2-minute rhythm strip (Burdick Atria 6100; Cardiac Science, Bothell, Washington). Readings and diagnostic criteria are based on the Minnesota code definitions (20).
Heart rate variability	Temporal and spectral indexes determined from a 10-minute ECG recording obtained in the supine position from DII derivation at 250 Hz (WinCardio; Micromed, Brasila, Brazil)
Transthoracic echocardiography	Obtained with a commercially available ultrasound system with a 2- to 3.5-mHz transducer (Aplio XG; Toshiba Corporation, Toshigi, Japan)
Carotid-to-femoral pulse wave velocity	Aortic stiffness is measured using a validated and noninvasive automatic device (Complior SP; Artech Medical, Paris, France).
Carotid artery intima-media thickness	Carotid ultrasonography of both common carotid arteries with a linear transducer (nominal center transducer frequency of 7.5 MHz) (Aplio XG) with axial resolution of approximately 0.10 mm
Abdominal wall fat layers	Preperitoneal fat layer and subcutaneous fat layer obtained with a linear transducer (nominal center transducer frequency of 7.5 MHz) (Aplio XG)
Nonalcoholic fat steatosis	Liver ultrasonography (Aplio XG)
Retinal fundus photography	Images centered on the macula and optic disc of each eye obtained with a Canon CR-1 nonmydriatic system with an EOS 40D (10-mega camera (Canon, Tochigiken, Japan)
Oral glucose tolerance test	Standard 75-g oral glucose tolerance test following an overnight fasting and 2-hour postload glucose determinations

Table 4. Components of Baseline Laboratory Measurements in the Brazilian Longitudinal Study of Adult Health (ELSA-Brasil), 2008–2010

Analyte	Technical Reference
Whole blood cell count	Automatic method (center-specific)
Glucose	Hexokinase method (ADVIA Chemistry; Siemens, Deerfield, Illinois)
Total and high density lipoprotein cholesterol	Enzymatic colorimetric assay (ADVIA Chemistry)
Low density lipoprotein cholesterol	Calculated by means of the Friedewald equation
	If triglyceride levels >400 mg/dL: enzymatic colorimetric assay (ADVIA Chemistry)
Triglycerides	Enzymatic colorimetric assay (glycerol phosphate peroxidase) (ADVIA Chemistry)
Creatinine	Enzymatic colorimetric assay (Jaffé) (ADVIA Chemistry)
Gamma-glutamyltransferase	Kinetic colorimetric assay
Aspartate aminotransferase and alanine aminotransferase	Modified International Federation for Clinical Chemistry (enzymatic) assay (ADVIA Chemistry)
Uric acid	Enzymatic colorimetric assay (ADVIA Chemistry)
Calcium	Colorimetric assay (ADVIA Chemistry)
Glycated hemoglobin (hemoglobin A_{1c})	High pressure liquid chromatography (Bio-Rad Laboratories, Hercules, California)
High-sensitivity C-reactive protein	Immunochemistry (nephelometry) (Dade Behring; Siemens)
Thyroid-stimulating hormone and thyroxin	Immunoenzymatic assay (third generation) (Siemens)
Insulin	Immunoenzymatic assay (ELISA) (Siemens)
Chagas' disease antibody	Microplate ELISA (Chagatest ELISA; Wiener Laboratories, Rosario, Argentina)
Urinary sodium and potassium	Potentiometry (ion-selective electrodes) (ADVIA Chemistry)
Microalbuminuria	Immunochemical assay (nephelometry) (Dade Behring)

Abbreviation: ELISA, enzyme-linked immunosorbent assay.

Table. Aliquots available at the end of the study baseline for each participant.

	Fasting serum	Fasting EDTA plasma	Fasting plasma with citrate	Fasting plasma with heparin	Urine	Postprandial serum	Postprandial plasma with heparin
Cryotubes (local biobanks)	3	3	2	1	2	2	1
Straws (central biobank)	6	6	4	2	4	4	2

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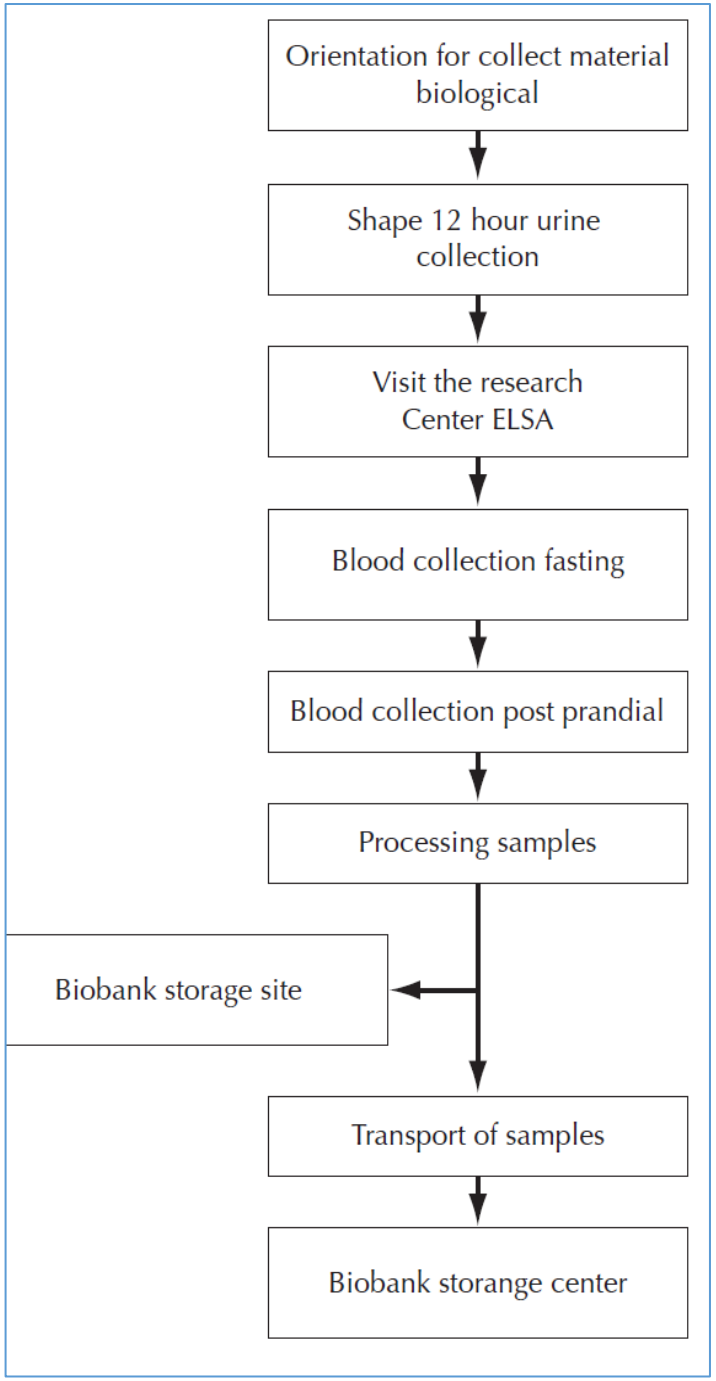

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