The Oslo Study I was conducted in 1972-73 and the second round in 2000 (Oslo Study II). The study included epidemiological aspects of cardiovascular diseases (CVD) among men aged 20-49 years and how CVD could be prevented. The Oslo Study and the succeeding intervention trial are well known through nearly 100 publications.

**FIRST ROUND OF THE OSLO-STUDY - OSLO I**

About 30 000 men were invited to attend a health screening for tuberculosis during the period of May 1972 until December 1973. In addition, the screening was aimed at getting more information about risk factors for cardiovascular disease (1). The participants answered a 1-page questionnaire on symptoms, diseases and risk factors. Height, weight, and blood pressure were measured. A blood sample taken in the non-fasting state, was used for measurements of total serum cholesterol, triglycerides and glucose.

Almost 18 000 men attended the screening. Some of the attendees were, after additional health examination at the Ullevål University Hospital, invited to participate in a cardiovascular disease risk reduction trial. These persons experienced less cardiovascular disease and a lower mortality rate (2). Others were asked to take part in a study on medication for high blood pressure (3). There have been several follow-up studies of the participants regarding CVD disease and death. (4-7).

As one of the first large screenings in the world we got answers to many questions. We got to know that:
- 40-49 years old men with high risk could live longer and get fewer diseases if they consumed more low-fat food and stopped smoking (2).
- 40-49 years old men who were treated for high blood pressure, had reduced number of strokes (3).
- The risk of myocardial infarction was associated with socio-economical status (4).
- Smoking, high blood pressure and little physical activity increase the risk of stroke (5).
- Even small changes in ECG led to an increasing risk of dying from cardiovascular disease. Such findings would improve the chance of identifying persons at risk of heart disease (6).
- The screening improved the possibility to find persons that may get cardiovascular diseases (7).

The Oslo-study was the model study for later population based health studies on cardiovascular risk in Norway. These studies have all contributed much information on risk of myocardial infarction, stroke and diabetes, together with other sufferings and diseases.
References:

Further publications:

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SECOND ROUND OF THE OSLO STUDY - OSLO II

The second round of the Oslo-study was conducted in 2000, and was a follow-up screening of The Oslo Study in 1972/73

Participants in 2000
The data collection was conducted during the spring of 2000 in co-ordination with and prior to the Oslo Health
Study (HUBRO). All men previously invited to the Oslo Study in 1972/73 and who were residents in Oslo and Akershus were invited to the screening in 2000. Men who would be invited to the later HUBRO and MoRo studies in 2000 were not invited, but their data were later added to the Oslo Study-datafile. (MoRo was a survey in parts of Oslo (Romssås and Furuset) and acted as baseline for a community-based intervention project aimed at promoting physical activity and preventing obesity, diabetes and CHD. The intervention was evaluated with a new survey in 2003). Neither were persons who already participated in three CHD-prevention projects at Ullevål University Hospital invited, but they were later sent the questionnaires by mail. Data on blood pressure, weight and height from these three studies as well as results from the lipid analyses from these men, were later linked to the Oslo Study-datafile. Of men who met to the Oslo Study in 1972/73, 7 157 participated in the second round of the Oslo-study in 2000.

**Questionnaires, data collection and feedback**

The letter of invitation including two questionnaires, a 4-page main questionnaire and a 2-page supplementary questionnaire, was mailed two weeks prior to the appointment. The letter included information on how and where the clinical examination should take place. Both questionnaires were made in two versions, depending on the age of the participants. The main questionnaire was the same as the main questionnaire used in HUBRO and the version for those less than 68 years is translated into English.

The place of appointment was in the central east part of Oslo, as for the HUBRO-study. The questionnaires were handed in there. All participants signed a letter of consent. Blood-samples were stored for research purposes.

About two weeks after the examination the participants got a feedback-letter by post. The letter informed about the attendants height, weight, body mass index, blood pressure, total serum cholesterol, HDL-cholesterol, triglycerides and glucose. The letter also contained information about the importance of different risk factors. Persons with a high risk of cardiovascular disease and diabetes were recommended to further control with their local doctor.

**Results**

The results show considerable changes in risk factors for CHD during the 28 years between the two studies. The variation may be due to changes in lifestyle, use of medication and/or natural ageing. A substantial decline in the percentage daily smokers was registered. The study showed an increase in weight and body mass index in all age groups examined. The changes were more pronounced in the younger compared to the older age groups.

Several sub-projects are in progress and the results will be published continuously (publications).

More about the Oslo Study in Norwegian.

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