



Happy New Year!

from

The Tasmanian Longitudinal Health Study



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The TAHS team wishes you a safe and healthy New Year! We greatly appreciate your participation since you were recruited at school in 1968 to the Tasmanian Longitudinal Health Study (TAHS), formerly the Tasmanian Asthma Study. The data you contributed over the years has helped to improve scientific understandings of respiratory health, contributed to improvements in healthcare and respiratory health policy, and cemented the TAHS as the world's largest and longest-running study of respiratory health.

Study Progress Update

The TAHS 7th-Decade follow-up is now well underway and we are excited to share our progress with you!

So far, we have sent surveys and clinic invites to 15% of TAHS participants. We have received 553 completed surveys and 461 participants have attended their lung function clinic visit.

A poem from a participant

Relax, Inhale; Deeply,
Exhale, long, hard; Keep going...
Emptied lungs; Repeat.
Do it; For the Longitudinal Study,
The numbers count.

N.Smith

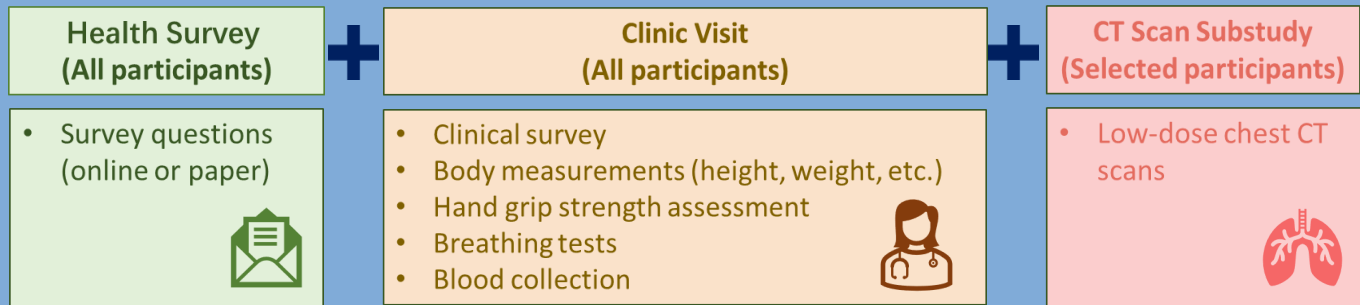
15%
Surveys
Sent

553
Complete
Surveys

461
Clinic
Visits

In case you missed our previous newsletters, details of the 7th-Decade follow-up are included over the page.

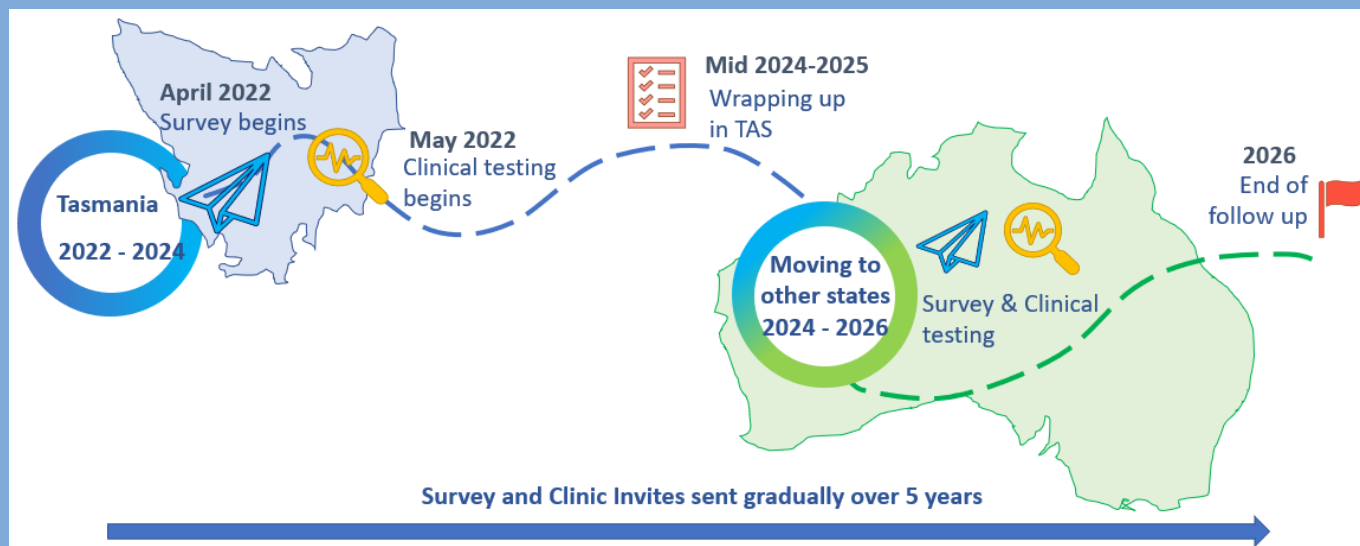
7th-Decade Follow-Up



Our 7th-Decade follow-up includes a Health Survey, similar to those you completed in the past, and a Clinic Visit. At the Clinic visit, we will perform the typical lung function tests, but this time we will also measure hand grip strength and take a blood sample. Participants are free to decline any test they are not comfortable with.

A sub-study of approximately 1,000 participants will also be invited to undergo a chest CT scan, to examine lung structures in detail.

This follow-up runs from 2022 to 2026. Most of that time will be spent in Tasmania, where over 70% of our participants still live. Invitations to attend the clinic visit and complete the survey will be sent out gradually over the years to stagger our participants across the clinics.



Get Involved!

If you have not yet confirmed your contact details and preference for an online or paper survey, please get in touch on 1800 110 711 or inq-tas@unimelb.edu.au

If you have done this, but have not received your survey and clinic invite, do not worry. We are sending them out gradually as more appointments become available at clinics in your area.