

AGING OF THE POLISH POPULATION - MEDICAL, PSYCHOLOGICAL, SOCIOLOGICAL AND ECONOMIC ASPECTS - THE POLSENIOR PROJECT

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The PolSenior Project is the largest interdisciplinary gerontological study in Poland, focused on various aspects of ageing. The aims of the Project are to assess health status and environmental determinants of ageing and to collect biological material for the evaluation of broad spectrum of ageing aspects, including genetic factors. 5800 elderly respondents randomly selected from the Polish Universal Electronic System for Registration of the Population divided into age-groups: one cohort of pre-old-age respondents (55-59) and six cohorts of respondents ranging: 65-69, 70-74, 75-79, 80-84, 85-89 and 90+ years will participate in the survey. Moreover, 1000 patients in 10 regions will be examined by geriatricians. Detailed health status is obtained by nurses filling a questionnaire including: medical history, socio-economic status, nutritional habits and quality of life (WHOQOL-BREF). The scope of the medical examination is much wider than in routine health status screening assessments and includes: blood pressure measurements, anthropometric measurements, and collecting of blood samples for laboratory and molecular tests. Upon May 2010, the investigations in 10 of 16 provinces in Poland have been completed, reaching a response rate of around 50%, approximately equal in age and sex groups. More than 5 500 participants underwent questionnaire survey and almost 4 000 blood samples have been collected for blood count and biochemical analysis. Genomic DNA has been isolated from 1 500 blood samples. More than 200 responders were examined by geriatricians. (Implemented under publicly-funded project no. PBZ-MEIN-9/2/2006, Ministry of Science and Higher Education)