**EPIC\_NL consists of two subcohorts:**

**EPIC- Monitoring Project on Risk Factors and chronic diseases in the Netherlands (MORGEN), The**

**Netherlands**

The MORGEN cohort consists of a general population sample of 10 260 men and 12 394 women aged 20–59

years from three Dutch towns (Amsterdam, Doetinchem and Maastricht).20 From 1993 to 1997 each year a new

random sample, consisting of 6000 subjects, was examined. A total of 50 766 persons were invited to participate

in the MORGEN cohort. Those who replied received two questionnaires by mail (a general questionnaire on

socio-demographic factors, lifestyle and health indicators, and an FFQ and were invited to visit the local Public

Health Service for a medical examination). The EPIC-MORGEN cohort and the EPIC-PROSPECT cohort have

been joined to form the EPIC-NL cohort. All members of the EPIC-NL cohort are followed for changes in vital

status and the occurrence of diseases by linkage with several registries, including the Municipality registry for

vital status, the Dutch National Cancer registry for occurrence of cancer, the Central Bureau of Statistics registry

for causes of death, and a National Hospital Discharge Diagnosis registry for occurrence of cardiovascular

diseases or type 2 diabetes. Changes in some exposure status are assessed by questionnaires during follow-up.

Part of the MORGEN cohort (Doetinchem participants) is re-invited every five years for a physical examination

in addition to questionnaire information. The MORGEN cohort of EPIC-NL is linked to the Dutch Cancer

Registry because participants are residing in several geographical areas covered by different regional integral

cancer centres.

**EPIC-Prospect, the Netherlands**

A total of ~17 500 healthy women, living in Utrecht and surroundings, were enrolled.21 Women were recruited

from breast cancer screening participants, age 50-70 years at enrolment. The purpose of the EPIC-PROSPECT

study is to assess the relation between nutrition and cancer and other chronic diseases. Baseline information was

collected between 1993-1997 on the basis of two self-administered questionnaires and a medical examination.

The general questionnaire contains questions on demographic characteristics, presence of chronic diseases of

interest, and risk factors for chronic diseases of interest, i.e. blood pressure, serum cholesterol, reproductive

history of women, family history, smoking habits, drinking of alcohol, and physical activity. Dietary intake was

assessed using detailed food frequency questionnaires. A medical examination was performed including

measurement of blood pressure, anthropometric measurements and taking of blood. All EPIC-PROSPECT

participants are followed-up by questionnaire at 3-5 year intervals. The questionnaire collects information on

changes in lifestyle habits as well as on health status. All incident and prevalent cancer cases were identified

through linkage to the regional cancer registry, IKMN (Integraal Kankercentrum Midden Nederland), then from

the National Cancer Registry from 2008 onwards. Vital status and cause-specific mortality information is

obtained through linkage to the municipality registries and Central Buro of Statistics.

Beulens JWJ, Monninkhof EM, Verschuren WM, et al. Cohort profile: The EPIC-NL study. *Int J*

*Epidemiol* 2010;**39**:1170–8.



