

German National Cohort

Summary:

The German National Cohort is a nation-wide cohort study that aims to elucidate the development of common illnesses such as cardiovascular diseases, cancer, diabetes, dementia and infectious diseases. It will be a basis for identifying genetic and lifestyle-related risk factors as well as developing new methods of prevention and early detection of these diseases. The network of the German National Cohort includes research institutes of the Helmholtz Association, universities and the Leibniz Association.

200,000 study participants will be recruited in 18 German study centers using random samples of the population between the ages of 20 and 69 years with 10-20 years of follow-up. The examination includes a basic program with cardiovascular diagnostics, lung function test, measurement of height, weight, waist and hip circumference, a handgrip test, visual, auditory, and cognitive tests and a detailed questionnaire regarding health status, medical history as well psychosocial factors. The intensive program includes further 3-D-heart ultrasound, and whole-body MRI scan.

Main phase

In October 2014 the main phase of the German National Cohort started. 10,000 randomly selected participants will be examined in the study center Berlin-Mitte of Charité. All participants will undergo the 3 to 4 hours long basic program; a random sample of 20% will undergo the 5 to 6 hours long intensive program.

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main phase

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Reiss K, Dragano N, Ellert U, Fricke J, Greiser KH, Keil T, Krist L, Moebus S, Pundt N, Schlaud M, Yesil-Jürgens R, Zeeb H, Zimmermann H, Razum O, Jöckel KH, Becher H. Comparing sampling strategies to recruit migrants for an epidemiological study. Results from a German feasibility study. Eur J Public Health 2014;24(5):721-6.

Wichmann HE, Kaaks R, Hoffmann W, Jöckel KH, Greiser KH, Linseisen J. Die Nationale Kohorte [The German National Cohort]. Bundesgesundheitsblatt Gesundheitsforschung Gesundheitsschutz. 2012 Jun;55(6-7):781-7.