

Vorarlberg Health Monitoring & Promotion Programme (VHM&PP)

An excellent preventive health care cohort by the Agency of Preventive and Social Medicine (Arbeitskreis für Vorsorge- und Sozialmedizin, aks gesundheit GmbH)

The [Vorarlberg Health Monitoring & Promotion Program \(VHM&PP\)](#) of [aks Wissenschaft](#) is one of the largest health databases in the world.

It contains datasets of health care programmes in Vorarlberg, with first data collected as part of preventive medical examinations in the mid-1960s. Between 1985 and 2005, over 700,000 examinations were conducted on approximately 180,000 individuals as part of the prospectively documented Vorarlberg health check-ups.

Objective of the cohort is to reveal risk factors for diseases, in particular cardiovascular and malignant diseases, for efficient and targeted public health-related planning and decision-making. This data cohort provides a solid foundation for researching connections between medical data, lifestyle, environmental influences, and health risks.

Profile of the cohort:

Research Area	Risk factors for diseases, in particular cardiovascular and malignant diseases
Cohort Type	Human population-based health data cohort
Cohort Size	>180,000 participants (males, females domiciled in Vorarlberg)
Donors/ Participants	Participants of the general health examination in Vorarlberg 1985-2005 aged ≥19 years, residence in Vorarlberg at time of examination
Biological Sample Types	No biological samples collected in the cohort
Associated Data	<ul style="list-style-type: none"> • (Socio-)demographics, • Medical history, • Symptoms, • Physical examination, • Clinical laboratory and imaging parameters, • Cancer screening results (mammography, skin, colon), • Lifestyle factors, • Nutrition <p>For details see figure below (Overview "Intersecting Subcohorts")</p>
Collection Period	1985 – 2005, routine annual follow-up for survival and cancer incidence ongoing

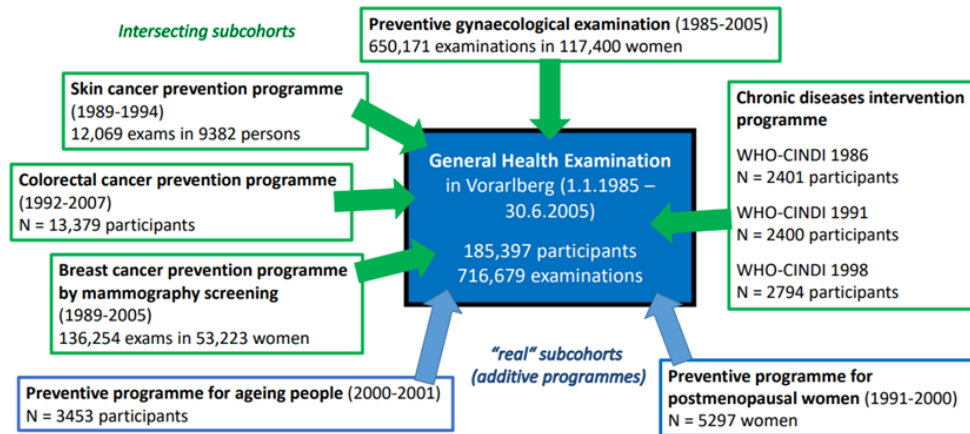
Informed Consent	<ul style="list-style-type: none"> • Written informed consent by all participants, • Additional broad consent approved by the local ethics committee in 2006 and 2021, yearly updated
Access	Yes - collaboration preferred
Quality Standards	Clinical laboratory and imaging parameters acquired as part of clinical routine
Contact	<p>Principal investigators:</p> <ul style="list-style-type: none"> • Prim. Priv.-Doz. Dr. Emanuel Zitt, Emanuel.Zitt@aks.or.at • Dr. Mag. Dr. Wolfgang Bronzek, Wolfgang.Bronzek@aks.or.at <p>Further contact:</p> <ul style="list-style-type: none"> • Prof. Mag. Dr. Hanno Ulmer, Hanno.Ulmer@aks.or.at
Publications (scientific)	<p>More than 150 scientific publications in peer reviewed journals 2003 – 2025</p> <p>Publication list see below</p>
Research Projects	<ul style="list-style-type: none"> • "Langzeit-Evaluation des Vorarlberger Melanom-Screening-Programms" (Förderung des Landes Vorarlberg 2022/23) • "Gamma-Glutamyl-Transferase (GGT) als potenzieller Serum-Marker für das Risiko von Hüftfrakturen" (Förderung des Landes Vorarlberg 2021/22) • "Evaluation des Vorarlberger Mammographie Screening-Projektes 1.1.1989 bis 31.12.2016 mit Berechnung von Inzidenz-, Mortalitätsraten, Unter- und Überdiagnosen" (Förderung des Landes Vorarlberg 2018/19) • Several grants of the WCRF (World Cancer Research Fund) (2008-2016) • 7th Framework Programme of the European Community • Grant of the HEI (Health Effects Institute) <p>Major research projects in recent years with VHM&PP involvement include:</p> <ul style="list-style-type: none"> • Me-Can Project: "Metabolic Syndrome and Cancer Project" • ESCAPE: "European Study of Cohorts for Air Pollution Effects" • ELAPSE: "Effects of Low-Level Air Pollution: A Study in Europe" • ERFC: "Emerging Risk Factors Collaboration" • NCD-RisC: "Non-Communicable Disease Risk Factor Collaboration"

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Overview

(cf. Stöhr S. & Klenk J. Systematische Aufarbeitung und Dokumentation der aks Daten. Kommentar zur Datenqualität. Master Thesis, Ulm University, 2004)



Publication list → please click [here](#)