

## COPLANT-Vienna Cohort

**An excellent cohort from BBMRI.at partner Medical University of Vienna at MedUni Wien Biobank**

COPLANT stands for COhort on PLANT-based diets. It is the largest contemporary cohort study in the German-speaking world, covering for different dietary patterns in equal proportions – including plant-based diets. It is a project run by the German Federal Institute for Risk Assessment (BfR) and seven other universities and institutions, including the Medical University of Vienna in cooperation with the University of Vienna.

The COPLANT study aims to close data gaps and enable scientifically based nutritional recommendations for a healthy and sustainable lifestyle. From early 2024 until the end of 2027, approx. 6,000 participants in total - including 800 participants aged 18–69 in Vienna - will be recruited to take part in the study.

### The study focuses on the following diets:

- omnivorous (a mixed diet, including all types of animal and plant products)
- pescatarian (no meat, but fish)
- vegetarian (no meat or fish, but dairy products and eggs)
- vegan (no animal products)

### Profile of the cohort:

<b>Research Area</b>	Plant-based diets, diet quality, nutrient deficiencies, cardio-metabolic health, bone health, planetary health
<b>Cohort Type</b>	Human, exposure cohort, prospective, longitudinal
<b>Cohort Size</b>	800 participants from Austria/Vienna, part of the multi-centre COPLANT cohort (comprising in total approx. 6,000 participants in Germany and Austria and 8 study centers; 30 years of follow-up)
<b>Donors/ Participants</b>	Volunteers sampled from the general population with the ability to provide informed consent and to communicate in German Age: 18-69 years Dietary habits: <ul style="list-style-type: none"> <li>• 25% omnivorous (mixed diet, including all types of animal and plant products)</li> <li>• 25% pescatarian (no meat, but fish)</li> <li>• 25% vegetarian (no meat or fish, but dairy products and eggs)</li> <li>• 25% vegan (no animal products)</li> </ul>

<b>Biological Sample Types (with Storage Condition)</b>	<ul style="list-style-type: none"> <li>• Serum</li> <li>• Plasma</li> <li>• Buffy coats</li> <li>• Spot urine</li> <li>• 24h urine</li> <li>• Stool</li> <li>• Hair</li> <li>• Saliva</li> </ul> <p>Samples stored at -80° C</p>
<b>Associated Data</b>	<ul style="list-style-type: none"> <li>• Questionnaires on socioeconomic status, nutrition, FFQ (food frequency questionnaire), health status, everyday life, lifestyle, medication intake, dietary supplements</li> <li>• Detailed nutritional assessment using 4-days weighed dietary records</li> <li>• BIA (body composition)</li> <li>• Waist and hip circumference</li> <li>• Bone quality (ultrasound-based assessment)</li> <li>• Hand grip strength</li> <li>• Blood pressure</li> <li>• Ultrasound (e.g., thyroid gland, liver, muscle, kidney, visceral fat, etc.)</li> <li>• Broad range of biomarkers</li> </ul>
<b>Collection Period</b>	Started 2024 – ongoing (for 30 years)
<b>Informed Consent</b>	Broad consent
<b>Access</b>	Yes; shared resource from 2028 on; academic collaboration only; short written proposal required; access granted by steering committee;
<b>Quality Standards</b>	The biological samples from the Austrian participants are stored at MedUni Wien Biobank which is included in quality management systems according to ISO 9001:2015; the central Biobank is placed at the University of Jena, Germany
<b>Contact</b>	<p>Principle investigators:</p> <ul style="list-style-type: none"> <li>• Ap. Prof. Maria Wakolbinger, PhD MSc <a href="mailto:maria.wakolbinger@meduniwien.ac.at">maria.wakolbinger@meduniwien.ac.at</a></li> <li>• Priv.-Doz. Dr. Martina Gaggl, MD, PhD, MPH <a href="mailto:martina.gaggl@meduniwien.ac.at">martina.gaggl@meduniwien.ac.at</a></li> <li>• Univ.-Prof. Mag. Dr. Karl-Heinz Wagner <a href="mailto:karl-heinz.wagner@univie.ac.at">karl-heinz.wagner@univie.ac.at</a></li> </ul>
<b>Publications (Scientific)</b>	None yet as only started in 2024
<b>Research Projects</b>	None yet as only started in 2024



COPLANT



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[About the COPLANT-Study \(English\)](#)

[Kohortenstudie zu pflanzenbasierter Ernährung - COPLANT \(Med Uni Wien\) \(German\)](#)



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BioMolecular resources  
Research Infrastructure  
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Exposome Austria  
Research Infrastructure  
National EIRENE Node

## Austrian Cohort Initiative Cohort Profile

COPLANT-Vienna



An excellent cohort from BBMRI.at partner Medical University of Vienna at MedUni Wien Biobank

Research area	Plant-based diets, nutrient deficiencies; cardiometabolic, bone and planetary health
Cohort type	Human, exposure, prospective, longitudinal
Cohort size	Approx. 6,000 (800 in Vienna)
Sample type	Serum, plasma, stool, hair, saliva, urine etc.
Data	Questionnaire, nutrition assessment, bone, ultrasound, bone, hand grip, biomarkers
PI	Prof Maria Wakolbinger, Dr Martina Gaggl, Prof Karl-Heinz Wagner

Details: <http://bit.ly/48fEmAM>



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COPLANT (COhort on PLANT-based diets) is the largest contemporary cohort study on dietary patterns in the German-speaking region. It spans diets from omnivorous to vegan and is conducted by 8 partners.

COPLANT examines links between plant-based diets and health to inform evidence-based recommendations for healthy, sustainable lifestyles. At MedUni Vienna and its biobank, 800 participants (aged 18–69) will be recruited.

