

# The Malaysian Health and Adolescents Longitudinal Research Team study

<https://neurodegenerationresearch.eu/de/cohort/the-malaysian-health-and-adolescents-longitudinal-research-team-study/>

## Cohort Acronym

MyHeART

## Cohort type

General population-based cohort

## Disease

## Participant type

No diagnosis

## Profile

Recruitment Period 2012

Sample size at start or planned sample size if still recruiting

Estimated Current Sample Size

Age at Recruitment 13

Gender Male and Female

Abstract

The MyHeART study is longitudinal cohort study of 1361 schoolchildren (13-years old) attending 15 public secondary schools from the central (Kuala Lumpur and Selangor) and northern (Perak) regions of Peninsular Malaysia. The study used a stratified sampling design to select the study participants. Data collected at baseline included socio-economic, lifestyle (e.g. smoking, physical activity assessment, fitness assessment, seven-day diet history), and environmental information, anthropometric measurements, blood pressure, handgrip strength and bone mineral density. Blood samples for fasting blood glucose and lipid profiles, full blood count, renal profile, as well as bone profile and serum vitamin D were taken. This study cohort will be followed up again when participants turn 15, 17 and lastly, after a period of ten years (around the age of 27).

Country Malaysia

## Contact details

Institution name University of Malaya

Website <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4251135/>

Principal Investigator (PI) Majid Abdul Hazreen

Contact email [Hazreen.abdulmajid@gmail.com](mailto:Hazreen.abdulmajid@gmail.com)

Contact phone number

Funders (Core support)

## Variables Collected

### Brain related measures:

N/A

### Functional rating:

N/A

### Anthropometric:

Blood pressure, Height, Hip circumference, Waist circumference, Weight

### Physical:

Musculoskeletal

### Biological samples:

Blood

### Genotyping:

N/A

### Brain imaging:

N/A

### Brain banking:

N/A

### Lifestyle:

Alcohol, Dietary habits, Physical activity, Smoking

### Socio-economic:

Ethnic group, Family circumstances

### Health service utilisation:

N/A