## **ETHIC STATEMENT**

The ASKLEPIOS study complies with the declaration of Helsinki, the protocol was approved by the Ethics Committee of the Ghent University Hospital and Ghent University (reference numbers 2002/133 and 2011/439; Belgian Registration Number B67020111695) and all subjects gave written informed consent.

The BLSA Study complies with the declaration of Helsinki, the protocol was approved by the Institutional Review Board Office for Research Integrity, MedStar Health Research Institute in Baltimore (USA), and participants signed written informed consent form.

The Guimaraes Study complies with the declaration of Helsinki, the protocol was approved by the Comite' de Etica da Administracao de Saude-Northern Administration Ethics Committee. All subjects signed a written consent form.

The Hygeia Study complies with the declaration of Helsinki, the protocol was approved by the Ethics Committee of the Athens Medical School, and participants signed written informed consent form

The LitHir Study for Primary Prevention complies with the declaration of Helsinki, the protocol was approved by the Vilnius Regional Bioethics Commintee of Clinical Research (08-11-2011 n° 158200-11-417-117).

The Malmoe Diet Cancer study complies with the declaration of Helsinki, the protocol was approved by the Ethical Committee at the Lund University in 1990 at baseline screening with reference number LU 51-90.

The Rotterdam study complies with the declaration of Helsinki, the protocol was approved by of Erasmus Medical Center, and written consent was obtained from all participants.

The SardiNIA Project complies with the declaration of Helsinki, the protocol was approved by the Institutional Review Board Office for Research Integrity, MedStar Health Research Institute, for NIA, and the Ethics Committee of ASL4 Lanusei, for the Sardinian side.

For the SHIP study, the Ethics Board of the Federal State of Mecklenburg-Vorpommern, Germany, has approved the study. All participants provided written, informed consent.

The SMART study was approved by Bro Taf Local Research Ethics Committee in Cardiff, UK.

Toledo Study for Healthy Ageing complies with the declaration of Helsinki, the protocol was approved by the Ethics Committee of the Complejo Hospitalario de Toledo and the Ethics Committee of the Hospital Universitario de Getafe.

The Vobarno study was approved by the institutional Ethical Committee on human research of the University of Brescia in 1992. All subjects gave written informed consent.

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