Many important genetic and non-genetic causes of major diseases still await discovery. Several big population-based biobanks have been undertaken this century, including the China Kadoorie Biobank (CKB) and UK Biobank, both based in Oxford. Each recruited 500,000 apparently healthy adults, recording lifestyle and physiological factors, storing biological samples, and monitoring their health through linkages with hospital records. CKB covered ten diverse areas distributed across China, and after >15 years of follow-up, it has recorded >1.5 million disease episodes of >5000 different disease types. Major findings are now emerging in CKB, some expected and some intriguingly unexpected but novel, including assessment of any causal protective effects of moderate alcohol drinking on CVD using the East Asian specific “flushing” genes. The big, maturing biobanks in the East and West — with different lifestyles, environments and genetic architectures — will greatly improve our understanding about aetiology of many diseases, benefiting populations worldwide.