

1921-26 COHORT SNAPSHOT

In 1996, more than 12,000 women aged 70-75 years joined the ALSWH.

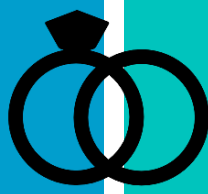
This snapshot highlights some of the changes in women who remain in the study - now aged 87-92 years (in 2013).

1996

2013



90%	Live in their own house/apartment	80%
7%	Live in a retirement village	17%



30%	Widowed	80%
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20%	have maintained a healthy weight range	
3%	Underweight	7%
33%	Overweight	30%



38%	engage in moderate / high physical activity	20%
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17%	Provide care for others	13%
45%	Care for children on an occasional basis	14%



27%	Difficulty managing on income	20%
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36%	Live on their own	60%
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CHRONIC DISEASE



48%	High blood pressure	70%
9%	Diabetes	17%
17%	Heart disease	36%
6%	Stroke	11%
20%	Osteoporosis	40%
42%	Arthritis	64%