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
- 90% Live in their own house/apartment
- 7% Live in a retirement village
- 30% Widowed
- 20% have maintained a healthy weight range
  - 3% Underweight
  - 33% Overweight
- 38% engage in moderate/high physical activity
- 17% Provide care for others
- 45% Care for children on an occasional basis
- 27% Difficulty managing on income
- 36% Live on their own

2013
- 80% Live in their own house/apartment
- 17% Live in a retirement village
- 80% Widowed
- 20% have maintained a healthy weight range
  - 7% Underweight
  - 30% Overweight
- 20% engage in moderate/high physical activity
- 13% Provide care for others
- 14% Care for children on an occasional basis
- 20% Difficulty managing on income
- 60% Live on their own

CHRONIC DISEASE
- 48% High blood pressure
- 9% Diabetes
- 17% Heart disease
- 6% Stroke
- 20% Osteoporosis
- 42% Arthritis

70% 17% 36% 11% 40% 64%