

women's
health
a u s t r a l i a



the australian longitudinal
study on women's health

d a t a b o o k

*for the eleventh and twelfth six month follow-up surveys
of the 1921-26 cohort (2016-2018)*

November 2018

Data book for waves 11 and 12 of the six monthly survey of the 1921-1926 cohort (aged 89-97 years)

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Notes

This data book provides a summary of responses to the eleventh and twelfth six monthly follow-up surveys for the 1921-1926 ALSWH birth cohort. The surveys were returned between June 2016 and June 2018. There were 941 responses to the eleventh survey and 706 to the twelfth survey.

This data book is ordered by the order of the questions on the paper questionnaire. The questionnaire number is given where appropriate. Some derived variables are given in place of the questionnaire item or immediately after it. The derived variables do not have any questionnaire numbering.

The frequencies in this data book were weighted according to the area classification to account for the deliberate over-sampling of women from rural and remote areas. The missing amounts were not weighted and nor were the number of non-missing values given for the continuous responses.

For information on the derived variables refer to the ALSWH website (<http://www.alwsh.org.au/>). The ALSWH website has general information about the project; the investigators and staff; publications and presentations; information for participants; surveys; and information for potential data users. If you have any queries, please contact us at:

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Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|-------------------|----------------------|----------|----------------------|----------|
| Q1 In general, would you say your health is: | | | | | |
| | Excellent | 19 | 2.0 | 18 | 2.5 |
| | Very good | 177 | 18.8 | 111 | 15.9 |
| | Good | 355 | 37.6 | 286 | 41.3 |
| | Fair | 332 | 35.2 | 235 | 33.9 |
| | Poor | 60 | 6.4 | 44 | 6.3 |
| | Missing | 8 | | 8 | |
| Q2 Compared to one year ago, how would you rate your health in general now | | | | | |
| | Much better | 11 | 1.2 | 4 | 0.6 |
| | Somewhat better | 48 | 5.1 | 18 | 2.6 |
| | About the same | 478 | 50.6 | 373 | 53.6 |
| | Somewhat worse | 362 | 38.4 | 270 | 38.7 |
| | Much worse | 44 | 4.7 | 31 | 4.5 |
| | Missing | 5 | | 4 | |
| Q3a The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Vigorous activities such as running, lifting heavy objects, participating in strenuous sports | | | | | |
| | Limited a lot | 832 | 91.1 | 615 | 91.7 |
| | Limited a little | 62 | 6.7 | 45 | 6.7 |
| | Not limited | 20 | 2.2 | 11 | 1.7 |
| | Missing | 34 | | 30 | |
| Q3b The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf | | | | | |
| | Limited a lot | 569 | 63.1 | 405 | 60.7 |
| | Limited a little | 245 | 27.2 | 189 | 28.2 |
| | Not limited | 88 | 9.8 | 74 | 11.1 |
| | Missing | 46 | | 34 | |
| Q3c The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Lifting or carrying groceries | | | | | |
| | Limited a lot | 430 | 47.1 | 306 | 45.1 |
| | Limited a little | 357 | 39.1 | 255 | 37.6 |
| | Not limited | 126 | 13.8 | 118 | 17.3 |
| | Missing | 33 | | 21 | |
| Q3d The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Climbing several flights of stairs | | | | | |
| | Limited a lot | 643 | 72.2 | 469 | 70.1 |
| | Limited a little | 193 | 21.6 | 161 | 24.0 |
| | Not limited | 55 | 6.2 | 39 | 5.9 |
| | Missing | 58 | | 33 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|-------------------|----------------------|----------|----------------------|----------|
| Q3e The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Climbing one flight of stairs | Limited a lot | 370 | 41.6 | 253 | 37.8 |
| | Limited a little | 338 | 38.1 | 261 | 38.9 |
| | Not limited | 181 | 20.4 | 156 | 23.3 |
| | Missing | 59 | | 31 | |
| Q3f The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Bending, kneeling or stooping | Limited a lot | 421 | 46.5 | 304 | 44.8 |
| | Limited a little | 368 | 40.7 | 282 | 41.5 |
| | Not limited | 117 | 12.9 | 93 | 13.6 |
| | Missing | 38 | | 21 | |
| Q3g The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Walking more than one kilometre | Limited a lot | 623 | 69.6 | 470 | 70.4 |
| | Limited a little | 187 | 20.9 | 140 | 21.1 |
| | Not limited | 86 | 9.6 | 57 | 8.5 |
| | Missing | 51 | | 32 | |
| Q3h The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Walking half a kilometre | Limited a lot | 457 | 51.3 | 354 | 53.1 |
| | Limited a little | 231 | 25.9 | 162 | 24.3 |
| | Not limited | 203 | 22.8 | 150 | 22.6 |
| | Missing | 56 | | 38 | |
| Q3i The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Walking 100 metres | Limited a lot | 212 | 23.6 | 155 | 23.2 |
| | Limited a little | 302 | 33.6 | 234 | 35.0 |
| | Not limited | 385 | 42.8 | 280 | 41.8 |
| | Missing | 48 | | 31 | |
| Q3j The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Bathing or dressing yourself | Limited a lot | 100 | 10.8 | 56 | 8.2 |
| | Limited a little | 247 | 26.7 | 177 | 25.8 |
| | Not limited | 579 | 62.5 | 453 | 66.0 |
| | Missing | 20 | | 13 | |
| Q4a During the past four weeks, have you had any of the following problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical health? Cut down on the amount of time you spent on work or other activities | Yes | 585 | 63.8 | 427 | 62.3 |
| | No | 332 | 36.2 | 258 | 37.7 |
| | Missing | 30 | | 18 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|---|-------------------|----------------------|----------|----------------------|----------|
| Q4b During the past four weeks, have you had any of the following problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical health? Accomplished less than you would like | Yes | 694 | 76.4 | 506 | 74.0 |
| | No | 214 | 23.6 | 177 | 26.0 |
| | Missing | 38 | | 20 | |
| Q4c During the past four weeks, have you had any of the following problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical health? Were limited in the kind of work or other activities | Yes | 654 | 72.4 | 483 | 71.5 |
| | No | 250 | 27.6 | 193 | 28.5 |
| | Missing | 46 | | 28 | |
| Q4d During the past four weeks, have you had any of the following problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical health? Had difficulty performing the work or other activities (for example it took extra effort) | Yes | 649 | 71.2 | 476 | 69.9 |
| | No | 263 | 28.8 | 205 | 30.1 |
| | Missing | 39 | | 24 | |
| Q5a During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Cut down on the amount of time you spent on work or other activities | Yes | 308 | 33.7 | 226 | 33.3 |
| | No | 608 | 66.3 | 452 | 66.7 |
| | Missing | 32 | | 28 | |
| Q5b During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Accomplished less than you would like | Yes | 435 | 47.9 | 304 | 44.9 |
| | No | 474 | 52.1 | 373 | 55.1 |
| | Missing | 38 | | 30 | |
| Q5c During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Didn't do work or other activities as carefully as usual | Yes | 327 | 36.0 | 232 | 34.4 |
| | No | 580 | 64.0 | 442 | 65.6 |
| | Missing | 39 | | 33 | |
| Q6 During the past four weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbours or groups? | Not at all | 371 | 39.6 | 292 | 42.2 |
| | Slightly | 195 | 20.8 | 140 | 20.3 |
| | Moderately | 141 | 15.0 | 104 | 15.1 |
| | Quite a bit | 181 | 19.3 | 117 | 16.9 |
| | Extremely | 49 | 5.2 | 38 | 5.5 |
| | Missing | 14 | | 13 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|--|----------------------|----------|----------------------|----------|
| Q7 How much bodily pain have you had during the past four weeks? | No bodily pain | 146 | 15.5 | 122 | 17.6 |
| | Very mild | 175 | 18.6 | 122 | 17.5 |
| | Mild | 171 | 18.2 | 122 | 17.6 |
| | Moderate | 315 | 33.4 | 218 | 31.4 |
| | Severe | 110 | 11.7 | 96 | 13.8 |
| | Very severe | 24 | 2.6 | 15 | 2.1 |
| | Missing | 11 | | 10 | |
| | Q8 During the past four weeks, how much did pain interfere with your normal work (including both work outside the home and housework)? | Not at all | 292 | 31.5 | 227 |
| A little bit | | 229 | 24.7 | 156 | 22.5 |
| Moderately | | 178 | 19.2 | 143 | 20.7 |
| Quite a bit | | 180 | 19.4 | 133 | 19.2 |
| Extremely | | 48 | 5.2 | 33 | 4.7 |
| Missing | | 19 | | 12 | |
| Q9a For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Did you feel full of life? | | All the time | 31 | 3.4 | 20 |
| | Most the time | 157 | 17.2 | 137 | 20.6 |
| | Good bit of time | 169 | 18.6 | 110 | 16.6 |
| | Some of time | 233 | 25.6 | 148 | 22.3 |
| | Little of time | 158 | 17.4 | 142 | 21.3 |
| | None of time | 161 | 17.7 | 108 | 16.2 |
| | Missing | 33 | | 37 | |
| | Q9b For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you been a very nervous person? | All the time | 2 | 0.2 | 4 |
| Most the time | | 14 | 1.5 | 7 | 1.1 |
| Good bit of time | | 36 | 4.0 | 17 | 2.6 |
| Some of time | | 85 | 9.4 | 89 | 13.3 |
| Little of time | | 224 | 24.7 | 159 | 23.7 |
| None of time | | 543 | 60.1 | 392 | 58.6 |
| Missing | | 37 | | 36 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|---|-------------------|----------------------|----------|----------------------|----------|
| Q9c For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you felt so down in the dumps that nothing could cheer you up? | All the time | 4 | 0.4 | 1 | 0.1 |
| | Most the time | 5 | 0.5 | 10 | 1.4 |
| | Good bit of time | 22 | 2.5 | 23 | 3.5 |
| | Some of time | 115 | 12.7 | 75 | 11.1 |
| | Little of time | 154 | 17.0 | 143 | 21.3 |
| | None of time | 607 | 66.9 | 419 | 62.5 |
| | Missing | 36 | | 31 | |
| Q9d For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you felt calm and peaceful? | All the time | 95 | 10.4 | 77 | 11.4 |
| | Most the time | 334 | 36.5 | 246 | 36.6 |
| | Good bit of time | 169 | 18.5 | 118 | 17.5 |
| | Some of time | 177 | 19.3 | 143 | 21.1 |
| | Little of time | 101 | 11.0 | 62 | 9.2 |
| | None of time | 40 | 4.4 | 28 | 4.2 |
| | Missing | 32 | | 27 | |
| Q9e For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Did you have a lot of energy? | All the time | 11 | 1.3 | 13 | 2.0 |
| | Most the time | 83 | 9.2 | 66 | 10.0 |
| | Good bit of time | 116 | 12.8 | 104 | 15.7 |
| | Some of time | 225 | 25.0 | 139 | 20.9 |
| | Little of time | 219 | 24.4 | 174 | 26.2 |
| | None of time | 245 | 27.2 | 167 | 25.2 |
| | Missing | 43 | | 36 | |
| Q9f For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you felt down? | All the time | 3 | 0.3 | 3 | 0.4 |
| | Most the time | 14 | 1.5 | 26 | 3.9 |
| | Good bit of time | 34 | 3.8 | 26 | 4.0 |
| | Some of time | 192 | 21.5 | 114 | 17.3 |
| | Little of time | 300 | 33.5 | 206 | 31.3 |
| | None of time | 351 | 39.3 | 284 | 43.1 |
| | Missing | 45 | | 43 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|---|-------------------|----------------------|----------|----------------------|----------|
| Q9g For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Did you feel worn out? | All the time | 28 | 3.1 | 25 | 3.8 |
| | Most the time | 74 | 8.3 | 46 | 6.9 |
| | Good bit of time | 94 | 10.5 | 65 | 9.8 |
| | Some of time | 231 | 25.8 | 163 | 24.6 |
| | Little of time | 298 | 33.4 | 243 | 36.5 |
| | None of time | 169 | 18.8 | 122 | 18.4 |
| | Missing | 49 | | 35 | |
| Q9h For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you been a happy person? | All the time | 188 | 20.5 | 140 | 20.5 |
| | Most the time | 421 | 45.9 | 291 | 42.8 |
| | Good bit of time | 134 | 14.6 | 123 | 18.0 |
| | Some of time | 104 | 11.3 | 89 | 13.1 |
| | Little of time | 63 | 6.9 | 24 | 3.6 |
| | None of time | 8 | 0.9 | 14 | 2.1 |
| | Missing | 25 | | 21 | |
| Q9i For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Did you feel tired? | All the time | 57 | 6.2 | 47 | 6.9 |
| | Most the time | 144 | 15.7 | 68 | 9.9 |
| | Good bit of time | 167 | 18.2 | 143 | 21.0 |
| | Some of time | 335 | 36.5 | 231 | 34.0 |
| | Little of time | 170 | 18.5 | 158 | 23.3 |
| | None of time | 45 | 4.9 | 33 | 4.8 |
| | Missing | 26 | | 22 | |
| Q10 During the past four weeks, how much of the time have your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc)? | All the time | 88 | 9.4 | 56 | 8.1 |
| | Most the time | 105 | 11.1 | 91 | 13.3 |
| | Some of time | 220 | 23.4 | 135 | 19.7 |
| | Little of time | 165 | 17.6 | 104 | 15.2 |
| | None of time | 362 | 38.5 | 299 | 43.7 |
| | Missing | 11 | | 16 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|-------------------|----------------------|----------|----------------------|----------|
| Q11a How true or false is each of the following statements for you? I seem to get sick a little easier than other people | Definitely true | 2 | 0.3 | 6 | 0.9 |
| | Mostly true | 21 | 2.4 | 17 | 2.5 |
| | Don't know | 151 | 17.3 | 107 | 16.2 |
| | Mostly false | 195 | 22.4 | 126 | 19.0 |
| | Definitely false | 503 | 57.6 | 407 | 61.4 |
| | Missing | 64 | | 35 | |
| Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know | Definitely true | 187 | 21.0 | 166 | 24.9 |
| | Mostly true | 355 | 39.8 | 236 | 35.4 |
| | Don't know | 183 | 20.6 | 149 | 22.3 |
| | Mostly false | 102 | 11.4 | 72 | 10.8 |
| | Definitely false | 64 | 7.2 | 44 | 6.6 |
| | Missing | 45 | | 30 | |
| Q11c How true or false is each of the following statements for you? I expect my health to get worse | Definitely true | 134 | 15.0 | 85 | 13.0 |
| | Mostly true | 254 | 28.6 | 174 | 26.5 |
| | Don't know | 314 | 35.4 | 259 | 39.4 |
| | Mostly false | 74 | 8.4 | 65 | 9.8 |
| | Definitely false | 111 | 12.5 | 75 | 11.3 |
| | Missing | 59 | | 40 | |
| Q11d How true or false is each of the following statements for you? My health is excellent | Definitely true | 88 | 10.0 | 69 | 10.6 |
| | Mostly true | 394 | 44.5 | 287 | 44.1 |
| | Don't know | 59 | 6.7 | 52 | 8.1 |
| | Mostly false | 164 | 18.5 | 111 | 17.0 |
| | Definitely false | 181 | 20.4 | 131 | 20.2 |
| | Missing | 66 | | 46 | |
| Q12a Do you have: Difficulty seeing newspaper print, even with glasses? | No | 617 | 66.2 | 464 | 67.2 |
| | Yes | 315 | 33.8 | 227 | 32.8 |
| | Missing | 16 | | 14 | |
| Q12b Do you have: Difficulty recognising people across the road, even with glasses? | No | 663 | 71.2 | 491 | 71.2 |
| | Yes | 268 | 28.8 | 199 | 28.8 |
| | Missing | 16 | | 14 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|-------------------|----------------------|----------|----------------------|----------|
| Q12c Do you have: Difficulty in hearing a conversation, even with a hearing aid? | No | 521 | 55.9 | 400 | 57.9 |
| | Yes | 411 | 44.1 | 291 | 42.1 |
| | Missing | 16 | | 14 | |
| Q12d Do you have: Difficulty speaking? | No | 870 | 93.4 | 654 | 94.7 |
| | Yes | 62 | 6.6 | 37 | 5.3 |
| | Missing | 16 | | 14 | |
| Q12e Do you have: None of the above | No | 584 | 62.7 | 415 | 60.1 |
| | Yes | 348 | 37.3 | 276 | 39.9 |
| | Missing | 16 | | 14 | |
| Q13a In the last 12 months, have you had any of the following: Stiff or painful joints | Never | 132 | 14.1 | 103 | 14.7 |
| | Rarely | 144 | 15.3 | 111 | 16.0 |
| | Sometimes | 320 | 34.1 | 257 | 37.0 |
| | Often | 344 | 36.6 | 224 | 32.2 |
| | Missing | 10 | | 6 | |
| Q13b Have you had any of the following problems in the last 12 months? Problems with one or both feet | Never | 307 | 32.6 | 234 | 33.7 |
| | Rarely | 175 | 18.6 | 112 | 16.0 |
| | Sometimes | 263 | 27.9 | 188 | 27.1 |
| | Often | 197 | 20.9 | 161 | 23.2 |
| | Missing | 7 | | 7 | |
| Q13c In the last 12 months, have you had any of the following: Breathing difficulty | Never | 427 | 45.4 | 332 | 47.6 |
| | Rarely | 204 | 21.6 | 147 | 21.0 |
| | Sometimes | 212 | 22.5 | 153 | 21.9 |
| | Often | 99 | 10.5 | 66 | 9.4 |
| | Missing | 7 | | 5 | |
| Q13d In the last 12 months, have you had any of the following: Leaking urine | Never | 253 | 26.7 | 180 | 25.8 |
| | Rarely | 195 | 20.6 | 160 | 22.9 |
| | Sometimes | 278 | 29.4 | 206 | 29.5 |
| | Often | 220 | 23.2 | 152 | 21.7 |
| | Missing | 5 | | 3 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|-------------------|----------------------|----------|----------------------|----------|
| Q14a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)? | No | 578 | 62.2 | 455 | 65.7 |
| | Yes | 352 | 37.8 | 238 | 34.3 |
| | Missing | 21 | | 10 | |
| Q14b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)? | No | 688 | 74.1 | 523 | 75.5 |
| | Yes | 241 | 25.9 | 170 | 24.5 |
| | Missing | 21 | | 10 | |
| Q14c In the last 12 months, have you: Been injured as a result of a fall? | No | 740 | 79.7 | 563 | 81.3 |
| | Yes | 189 | 20.3 | 130 | 18.7 |
| | Missing | 21 | | 10 | |
| Q14d In the last 12 months, have you: Needed to seek medical attention (e.g. Doctor, hospital) for an injury from a fall? | No | 741 | 79.7 | 569 | 82.3 |
| | Yes | 188 | 20.3 | 123 | 17.7 |
| | Missing | 21 | | 10 | |
| Q14e In the last 12 months, have you: Had any other injury from an accident at your home? (e.g. burns, cuts, bruises) | No | 774 | 83.2 | 595 | 85.9 |
| | Yes | 156 | 16.8 | 98 | 14.1 |
| | Missing | 21 | | 10 | |
| Q14f In the last 12 months, have you: None of these accidents | No | 520 | 56.0 | 352 | 50.8 |
| | Yes | 409 | 44.0 | 341 | 49.2 |
| | Missing | 21 | | 10 | |
| Q15a Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term illness, disability or frailty? Yes, for someone who lives with me | No | 891 | 96.3 | 642 | 95.7 |
| | Yes | 34 | 3.7 | 29 | 4.3 |
| | Missing | 27 | | 26 | |
| Q15b Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term illness, disability or frailty? Yes, for someone who lives elsewhere | No | 898 | 97.1 | 644 | 96.1 |
| | Yes | 27 | 2.9 | 26 | 3.9 |
| | Missing | 27 | | 26 | |
| Q15c Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term illness, disability or frailty? No, I do not provide care | No | 59 | 6.4 | 55 | 8.2 |
| | Yes | 866 | 93.6 | 616 | 91.8 |
| | Missing | 27 | | 26 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|---|---------------------|----------------------|----------|----------------------|----------|
| Q16a How many times did you do each type of activity last week? Walking briskly (for recreation or exercise, or to get from place to place) | Mean | 1.49 | | 1.21 | |
| | Std Error | 0.13 | | 0.11 | |
| | N | 889 | | 657 | |
| | N Missing | 52 | | 49 | |
| Q16b How many times did you do each type of activity last week? Moderate leisure activity (like social tennis, moderate exercise classes, recreational swimming, dancing) or more vigorous leisure activity (that makes you breathe harder or puff or pant) | Mean | 0.24 | | 0.28 | |
| | Std Error | 0.03 | | 0.05 | |
| | N | 885 | | 668 | |
| | N Missing | 56 | | 38 | |
| Q16c How many times did you do each type of activity last week? Vigorous work in the house or garden (like vacuuming, mopping, cleaning windows, digging, mowing etc) | Mean | 0.88 | | 0.66 | |
| | Std Error | 0.10 | | 0.06 | |
| | N | 892 | | 673 | |
| | N Missing | 49 | | 33 | |
| Q17 What is your main (or most common) means of transport? | Car (you drive) | 241 | 25.9 | 185 | 26.9 |
| | Other | 690 | 74.1 | 501 | 73.1 |
| | Missing | 17 | | 15 | |
| Q18 How do you manage on the income you have available? | Impossible | 5 | 0.5 | 9 | 1.3 |
| | Difficult always | 22 | 2.4 | 17 | 2.4 |
| | Difficult sometimes | 64 | 6.8 | 53 | 7.6 |
| | Not too bad | 442 | 46.7 | 318 | 45.4 |
| | Easy | 413 | 43.7 | 303 | 43.2 |
| | Missing | 4 | | 1 | |
| Q19a Who lives with you? No-one, I live alone | No | 304 | 33.2 | 237 | 35.1 |
| | Yes | 612 | 66.8 | 440 | 64.9 |
| | Missing | 34 | | 23 | |
| Q19b Who lives with you? Spouse or partner | No | 832 | 90.8 | 611 | 90.2 |
| | Yes | 84 | 9.2 | 66 | 9.8 |
| | Missing | 34 | | 23 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|-------------------|----------------------|----------|----------------------|----------|
| Q19c Who lives with you? Own children | No | 825 | 90.1 | 595 | 87.9 |
| | Yes | 91 | 9.9 | 82 | 12.1 |
| | Missing | 34 | | 23 | |
| Q19d Who lives with you? Other family members | No | 877 | 95.8 | 647 | 95.5 |
| | Yes | 38 | 4.2 | 31 | 4.5 |
| | Missing | 34 | | 23 | |
| Q19e Who lives with you? Non-family members | No | 815 | 89.0 | 604 | 89.1 |
| | Yes | 101 | 11.0 | 74 | 10.9 |
| | Missing | 34 | | 23 | |
| Q20 What is your present marital status? | Married | 90 | 9.6 | 70 | 10.0 |
| | De facto | 0 | 0.1 | 0 | 0.1 |
| | Widowed | 768 | 81.7 | 571 | 81.8 |
| | Separated | 4 | 0.5 | 3 | 0.4 |
| | Divorced | 39 | 4.2 | 27 | 3.9 |
| | Never Married | 38 | 4.1 | 27 | 3.8 |
| | Missing | 9 | | 3 | |
| | | | | | |
| Q21 Do you regularly need help with daily tasks because of long-term illness, disability or frailty (e.g. personal care, getting around, preparing meals etc)? | Yes | 362 | 38.7 | 269 | 39.2 |
| | No | 574 | 61.3 | 418 | 60.8 |
| | Missing | 16 | | 12 | |
| Q22a In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Grooming (e.g. brushing hair, applying make-up) | No difficulty | 798 | 85.5 | 589 | 84.6 |
| | Some difficulty | 117 | 12.5 | 98 | 14.1 |
| | Unable to do | 19 | 2.0 | 9 | 1.3 |
| | Missing | 18 | | 8 | |
| Q22b In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Eating (e.g. cutting meat, lifting glass or cup, opening milk carton) | No difficulty | 707 | 76.3 | 545 | 78.4 |
| | Some difficulty | 203 | 21.9 | 143 | 20.5 |
| | Unable to do | 17 | 1.8 | 7 | 1.0 |
| | Missing | 25 | | 7 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|---|-------------------|----------------------|----------|----------------------|----------|
| Q22c In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Bathing or taking a shower | No difficulty | 670 | 71.2 | 494 | 70.6 |
| | Some difficulty | 218 | 23.1 | 160 | 22.9 |
| | Unable to do | 54 | 5.7 | 45 | 6.5 |
| | Missing | 10 | | 4 | |
| Q22d In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Dressing your upper body | No difficulty | 761 | 81.2 | 561 | 80.3 |
| | Some difficulty | 140 | 15.0 | 115 | 16.5 |
| | Unable to do | 36 | 3.8 | 23 | 3.2 |
| | Missing | 15 | | 5 | |
| Q22e In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Dressing your lower body | No difficulty | 720 | 77.4 | 548 | 80.0 |
| | Some difficulty | 172 | 18.5 | 110 | 16.1 |
| | Unable to do | 38 | 4.1 | 27 | 3.9 |
| | Missing | 19 | | 15 | |
| Q22f In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Getting up from a chair | No difficulty | 494 | 52.8 | 367 | 52.9 |
| | Some difficulty | 425 | 45.4 | 316 | 45.7 |
| | Unable to do | 17 | 1.8 | 10 | 1.5 |
| | Missing | 16 | | 11 | |
| Q22g In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Walking inside the house | No difficulty | 694 | 74.4 | 507 | 73.0 |
| | Some difficulty | 216 | 23.1 | 175 | 25.2 |
| | Unable to do | 23 | 2.5 | 12 | 1.8 |
| | Missing | 17 | | 10 | |
| Q22h In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Using the toilet | No difficulty | 787 | 83.9 | 588 | 84.2 |
| | Some difficulty | 135 | 14.4 | 103 | 14.8 |
| | Unable to do | 16 | 1.7 | 7 | 0.9 |
| | Missing | 14 | | 6 | |
| Q22i In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Shopping for personal items or groceries | No difficulty | 384 | 41.8 | 295 | 43.0 |
| | Some difficulty | 302 | 32.8 | 231 | 33.6 |
| | Unable to do | 233 | 25.4 | 161 | 23.4 |
| | Missing | 31 | | 18 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|-------------------|----------------------|----------|----------------------|----------|
| Q22j In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Doing light housework (e.g. cleaning, washing-up) | No difficulty | 530 | 58.3 | 415 | 60.9 |
| | Some difficulty | 236 | 25.9 | 154 | 22.7 |
| | Unable to do | 144 | 15.8 | 112 | 16.5 |
| | Missing | 48 | | 25 | |
| Q22k In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Doing heavy housework (e.g. vacuuming, yard work) | No difficulty | 96 | 10.6 | 82 | 12.2 |
| | Some difficulty | 258 | 28.4 | 180 | 26.7 |
| | Unable to do | 554 | 61.0 | 412 | 61.1 |
| | Missing | 42 | | 30 | |
| Q22l In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Managing money (e.g. writing cheques or keeping accounts) | No difficulty | 732 | 77.8 | 542 | 78.5 |
| | Some difficulty | 120 | 12.7 | 89 | 12.9 |
| | Unable to do | 89 | 9.4 | 60 | 8.7 |
| | Missing | 10 | | 8 | |
| Q22m In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Preparing meals | No difficulty | 540 | 58.1 | 385 | 56.4 |
| | Some difficulty | 225 | 24.2 | 183 | 26.8 |
| | Unable to do | 165 | 17.7 | 115 | 16.8 |
| | Missing | 27 | | 20 | |
| Q22n In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Taking medications | No difficulty | 811 | 86.8 | 600 | 86.8 |
| | Some difficulty | 74 | 8.0 | 54 | 7.9 |
| | Unable to do | 49 | 5.2 | 37 | 5.4 |
| | Missing | 18 | | 9 | |
| Q22o In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Using the telephone | No difficulty | 770 | 81.6 | 568 | 81.8 |
| | Some difficulty | 139 | 14.7 | 103 | 14.8 |
| | Unable to do | 35 | 3.7 | 24 | 3.5 |
| | Missing | 8 | | 6 | |
| Q22p In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Doing leisure activities or hobbies | No difficulty | 495 | 53.1 | 380 | 55.2 |
| | Some difficulty | 321 | 34.4 | 225 | 32.7 |
| | Unable to do | 117 | 12.5 | 83 | 12.1 |
| | Missing | 16 | | 12 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|---|-------------------|----------------------|----------|----------------------|----------|
| Q23a In the last month have you needed help from another person to carry out any of these activities? Grooming (e.g. brushing hair, applying make-up) | Yes | 75 | 8.0 | 57 | 8.2 |
| | No | 858 | 92.0 | 637 | 91.8 |
| | Missing | 15 | | 9 | |
| Q23b In the last month have you needed help from another person to carry out any of these activities? Eating (e.g. cutting meat, lifting glass or cup, opening milk carton) | Yes | 146 | 15.7 | 98 | 14.0 |
| | No | 784 | 84.3 | 599 | 86.0 |
| | Missing | 18 | | 7 | |
| Q23c In the last month have you needed help from another person to carry out any of these activities? Bathing or taking a shower | Yes | 181 | 19.3 | 124 | 17.7 |
| | No | 757 | 80.7 | 576 | 82.3 |
| | Missing | 12 | | 5 | |
| Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body | Yes | 116 | 12.5 | 87 | 12.6 |
| | No | 815 | 87.5 | 606 | 87.4 |
| | Missing | 20 | | 8 | |
| Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body | Yes | 133 | 14.3 | 82 | 11.8 |
| | No | 798 | 85.7 | 613 | 88.2 |
| | Missing | 17 | | 10 | |
| Q23f In the last month have you needed help from another person to carry out any of these activities? Getting up from a chair | Yes | 192 | 20.7 | 148 | 21.4 |
| | No | 738 | 79.3 | 546 | 78.6 |
| | Missing | 18 | | 9 | |
| Q23g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house | Yes | 97 | 10.4 | 62 | 8.9 |
| | No | 833 | 89.6 | 629 | 91.1 |
| | Missing | 24 | | 13 | |
| Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet | Yes | 60 | 6.5 | 43 | 6.2 |
| | No | 865 | 93.5 | 655 | 93.8 |
| | Missing | 24 | | 5 | |
| Q23i In the last month have you needed help from another person to carry out any of these activities? Shopping for personal items or groceries | Yes | 482 | 52.6 | 347 | 51.1 |
| | No | 435 | 47.4 | 332 | 48.9 |
| | Missing | 34 | | 20 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|---|-------------------|----------------------|----------|----------------------|----------|
| Q23j In the last month have you needed help from another person to carry out any of these activities? Doing light housework (e.g. cleaning, washing-up) | Yes | 264 | 29.1 | 197 | 29.1 |
| | No | 643 | 70.9 | 479 | 70.9 |
| | Missing | 45 | | 27 | |
| Q23k In the last month have you needed help from another person to carry out any of these activities? Doing heavy housework (e.g. vacuuming, yard work) | Yes | 765 | 83.8 | 563 | 84.5 |
| | No | 147 | 16.2 | 103 | 15.5 |
| | Missing | 46 | | 34 | |
| Q23l In the last month have you needed help from another person to carry out any of these activities? Managing money (e.g. writing cheques or keeping accounts) | Yes | 205 | 22.4 | 140 | 20.7 |
| | No | 712 | 77.6 | 539 | 79.3 |
| | Missing | 33 | | 22 | |
| Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals | Yes | 320 | 35.0 | 230 | 33.9 |
| | No | 594 | 65.0 | 449 | 66.1 |
| | Missing | 40 | | 27 | |
| Q23n In the last month have you needed help from another person to carry out any of these activities? Taking medications | Yes | 137 | 14.8 | 106 | 15.2 |
| | No | 792 | 85.2 | 589 | 84.8 |
| | Missing | 20 | | 10 | |
| Q23o In the last month have you needed help from another person to carry out any of these activities? Using the telephone | Yes | 123 | 13.1 | 95 | 13.6 |
| | No | 811 | 86.9 | 602 | 86.4 |
| | Missing | 16 | | 8 | |
| Q23p In the last month have you needed help from another person to carry out any of these activities? Doing leisure activities or hobbies | Yes | 296 | 32.1 | 206 | 29.9 |
| | No | 626 | 67.9 | 481 | 70.1 |
| | Missing | 28 | | 14 | |
| Height (in cms) | Mean | 157.42 | | 157.26 | |
| | Std Error | 0.23 | | 0.26 | |
| | N | 938 | | 703 | |
| | N Missing | 3 | | 3 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|---|----------------------------------|----------------------|----------|----------------------|----------|
| Weight (in kgs) | Mean | 59.80 | | 59.23 | |
| | Std Error | 0.36 | | 0.42 | |
| | N | 849 | | 620 | |
| | N Missing | 92 | | 86 | |
| BMI (Body Mass Index) | Mean | 24.16 | | 23.95 | |
| | Std Error | 0.15 | | 0.18 | |
| | N | 848 | | 619 | |
| | N Missing | 93 | | 87 | |
| BMI classification | Underweight, BMI < 18.5 | 62 | 7.3 | 55 | 9.2 |
| | Healthy weight, 18.5 <= BMI < 25 | 447 | 52.5 | 324 | 53.7 |
| | Overweight, 25 <= BMI < 30 | 257 | 30.2 | 169 | 28.0 |
| | Obese, 30 <= BMI | 85 | 10.0 | 55 | 9.1 |
| | Missing | 93 | | 87 | |
| Q26 Which of the following best describes your housing situation? Do you live in: | House | 448 | 47.4 | 338 | 48.3 |
| | Flat/unit/apartment | 187 | 19.8 | 138 | 19.7 |
| | Retirement Village | 177 | 18.7 | 133 | 19.0 |
| | Nursing Home | 94 | 9.9 | 64 | 9.2 |
| | Hostel | 32 | 3.4 | 25 | 3.5 |
| | Other | 8 | 0.8 | 2 | 0.3 |
| | Missing | 5 | | 4 | |
| | | | | | |
| State of residence | NSW | 334 | 35.7 | 237 | 34.6 |
| | Vic | 224 | 24.0 | 176 | 25.7 |
| | Qld | 147 | 15.7 | 106 | 15.5 |
| | SA | 107 | 11.4 | 76 | 11.2 |
| | WA | 70 | 7.4 | 54 | 7.9 |
| | Tas | 28 | 3.0 | 16 | 2.3 |
| | ACT | 25 | 2.7 | 19 | 2.7 |
| | Missing | 17 | | 15 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | Survey 11 | % | Survey 12 | % |
|---|--|--------------|------|--------------|------|
| Q28 Did someone help you fill in this survey? | | | | | |
| | No | 753 | 80.3 | 558 | 81.6 |
| | Yes, but I told them the answers | 116 | 12.4 | 86 | 12.6 |
| | Yes, but the helper answered using judgement | 69 | 7.4 | 40 | 5.8 |
| | Missing | 12 | | 15 | |
| Age | | | | | |
| | Mean | 92.84 | | 93.25 | |
| | Std Error | 0.05 | | 0.05 | |
| | N | 941 | | 706 | |
| | N Missing | 0 | | 0 | |
| Completion Method, Paper or Phone | | | | | |
| | Paper | 904 | 95.2 | 669 | 95.3 |
| | Phone | 46 | 4.8 | 33 | 4.7 |
| SF36 PAIN INDEX | | | | | |
| | Mean | 57.52 | | 57.95 | |
| | Std Error | 0.88 | | 1.03 | |
| | N | 935 | | 698 | |
| | N Missing | 6 | | 8 | |
| SF36 GENERAL HEALTH PERCEPTIONS | | | | | |
| | Mean | 57.96 | | 59.12 | |
| | Std Error | 0.71 | | 0.81 | |
| | N | 891 | | 680 | |
| | N Missing | 50 | | 26 | |
| SF36 MENTAL HEALTH INDEX | | | | | |
| | Mean | 77.86 | | 77.65 | |
| | Std Error | 0.54 | | 0.64 | |
| | N | 915 | | 683 | |
| | N Missing | 26 | | 23 | |
| SF36 PHYSICAL FUNCTIONING | | | | | |
| | Mean | 34.50 | | 35.60 | |
| | Std Error | 0.81 | | 0.95 | |
| | N | 913 | | 691 | |
| | N Missing | 28 | | 15 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | Survey 11 | % | Survey 12 | % |
|--|-------------------|--------------|---|--------------|---|
| SF36 ROLE-EMOTIONAL | | | | | |
| | Mean | 60.74 | | 62.30 | |
| | Std Error | 1.42 | | 1.66 | |
| | N | 905 | | 674 | |
| | N Missing | 36 | | 32 | |
| SF36 ROLE-PHYSICAL | | | | | |
| | Mean | 29.35 | | 30.74 | |
| | Std Error | 1.27 | | 1.47 | |
| | N | 908 | | 688 | |
| | N Missing | 33 | | 18 | |
| SF36 SOCIAL FUNCTIONING | | | | | |
| | Mean | 66.85 | | 68.80 | |
| | Std Error | 1.01 | | 1.18 | |
| | N | 934 | | 698 | |
| | N Missing | 7 | | 8 | |
| SF36 VITALITY | | | | | |
| | Mean | 48.05 | | 49.58 | |
| | Std Error | 0.71 | | 0.83 | |
| | N | 921 | | 685 | |
| | N Missing | 20 | | 21 | |
| MENTAL COMPONENT SCALE-00 - AUST general | | | | | |
| | Mean | 51.66 | | 51.85 | |
| | Std Error | 0.37 | | 0.43 | |
| | N | 829 | | 631 | |
| | N Missing | 112 | | 75 | |
| MENTAL COMPONENT SCALE-00 - US General | | | | | |
| | Mean | 52.73 | | 52.89 | |
| | Std Error | 0.37 | | 0.43 | |
| | N | 829 | | 631 | |
| | N Missing | 112 | | 75 | |
| MENTAL COMPONENT SCALE-00 - WHA | | | | | |
| | Mean | 50.54 | | 50.62 | |
| | Std Error | 0.37 | | 0.43 | |
| | N | 829 | | 631 | |
| | N Missing | 112 | | 75 | |

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 11 and 12, 2016 to 2018

| <i>Item Description</i> | <i>Categories</i> | <i>Survey 11</i> | <i>%</i> | <i>Survey 12</i> | <i>%</i> |
|--|-------------------|----------------------|----------|----------------------|----------|
| PHYSICAL COMPONENT SCALE-00 - AUST general | Mean | 31.20 | | 31.60 | |
| | Std Error | 0.34 | | 0.39 | |
| | N | 829 | | 631 | |
| | N Missing | 112 | | 75 | |
| PHYSICAL COMPONENT SCALE-00 - US General | Mean | 31.79 | | 32.22 | |
| | Std Error | 0.34 | | 0.39 | |
| | N | 829 | | 631 | |
| | N Missing | 112 | | 75 | |
| PHYSICAL COMPONENT SCALE-00 - WHA | Mean | 41.74 | | 42.13 | |
| | Std Error | 0.31 | | 0.35 | |
| | N | 829 | | 631 | |
| | N Missing | 112 | | 75 | |