

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

the australian longitudinal
study on women's health

data book

*for the ninth and tenth six month follow-up surveys
of the 1921-26 cohort (2015-2017)*

November 2017

Data book for waves 9 and 10 of the six monthly survey of the 1921-1926 cohort (aged 88-96 years)

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Notes

This data book provides a summary of responses to the ninth and tenth six monthly follow-up surveys for the 1921-1926 ALSWH birth cohort. The surveys were returned between July 2015 and February 2017. There were 1165 responses to the ninth survey and 810 to the tenth survey.

This data book is ordered by the order of the questions on the paper questionnaire. The questionnaire number is given where appropriate. The derived variables do not have any questionnaire numbering.

The frequencies in this data book were weighted according to area classification, to account for the Study's 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 non-categorical 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 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
Q1 In general, would you say your health is:					
	Excellent	18	1.6	19	2.4
	Very good	187	16.3	123	15.4
	Good	452	39.5	320	40.0
	Fair	405	35.3	291	36.3
	Poor	84	7.3	47	5.9
	Missing	15		7	
Q2 Compared to one year ago, how would you rate your health in general now					
	Much better	10	0.9	15	1.8
	Somewhat better	47	4.1	27	3.3
	About the same	656	57.1	441	54.7
	Somewhat worse	376	32.8	291	36.1
	Much worse	59	5.1	33	4.1
	Missing	12		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	992	90.0	700	91.5
	Limited a little	80	7.3	60	7.9
	Not limited	30	2.7	4	0.6
	Missing	60		44	
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	623	56.6	419	54.7
	Limited a little	368	33.5	272	35.5
	Not limited	109	9.9	76	9.8
	Missing	71		37	
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	477	43.0	327	42.7
	Limited a little	451	40.6	306	39.9
	Not limited	182	16.4	133	17.4
	Missing	51		38	
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	727	66.1	519	68.7
	Limited a little	280	25.5	180	23.9
	Not limited	92	8.4	56	7.5
	Missing	68		52	

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	420	38.3	272	35.9
	Limited a little	413	37.6	302	39.9
	Not limited	264	24.1	183	24.1
	Missing	74		50	
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	498	44.4	323	41.8
	Limited a little	463	41.4	344	44.5
	Not limited	160	14.3	105	13.6
	Missing	46		34	
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	733	67.1	503	66.3
	Limited a little	254	23.2	181	23.8
	Not limited	106	9.7	76	9.9
	Missing	70		54	
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	537	49.5	361	47.8
	Limited a little	272	25.1	207	27.4
	Not limited	275	25.3	187	24.8
	Missing	79		58	
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	235	21.5	176	23.1
	Limited a little	379	34.6	243	31.9
	Not limited	481	43.9	344	45.1
	Missing	72		42	
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	101	8.9	72	9.1
	Limited a little	261	22.9	195	24.7
	Not limited	777	68.2	522	66.1
	Missing	27		21	
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	734	65.0	491	62.2
	No	395	35.0	298	37.8
	Missing	35		21	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	860	76.7	589	75.1
	No	261	23.3	196	24.9
	Missing	40		25	
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	808	72.1	568	72.7
	No	312	27.9	214	27.3
	Missing	43		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	814	72.8	571	72.7
	No	305	27.2	214	27.3
	Missing	42		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	362	32.1	240	30.9
	No	765	67.9	539	69.1
	Missing	36		26	
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	487	43.4	340	43.8
	No	634	56.6	436	56.2
	Missing	42		31	
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	385	34.5	261	33.5
	No	733	65.5	518	66.5
	Missing	44		30	
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	462	40.3	322	40.4
	Slightly	245	21.3	178	22.3
	Moderately	186	16.2	140	17.5
	Quite a bit	183	16.0	122	15.2
	Extremely	72	6.3	37	4.6
	Missing	13		10	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
Q7 How much bodily pain have you had during the past four weeks?	No bodily pain	179	15.6	103	12.7
	Very mild	227	19.7	170	21.0
	Mild	201	17.5	138	17.0
	Moderate	372	32.3	288	35.5
	Severe	152	13.2	101	12.4
	Very severe	20	1.7	11	1.3
	Missing	8		2	
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	360	31.7	253	31.6
	A little bit	265	23.3	171	21.3
	Moderately	231	20.3	170	21.3
	Quite a bit	227	20.0	170	21.2
	Extremely	54	4.8	37	4.6
	Missing	24		11	
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	24	2.2	26	3.3
	Most the time	192	17.3	151	19.4
	Good bit of time	207	18.7	122	15.6
	Some of time	291	26.2	193	24.8
	Little of time	240	21.6	148	18.9
	None of time	155	14.0	140	18.0
	Missing	49		32	
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	10	0.9	1	0.1
	Most the time	17	1.6	13	1.6
	Good bit of time	41	3.7	21	2.7
	Some of time	130	11.7	93	11.9
	Little of time	242	21.8	195	25.0
	None of time	672	60.4	458	58.7
	Missing	49		31	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	7	0.7	4	0.5
	Most the time	13	1.2	12	1.5
	Good bit of time	31	2.8	25	3.2
	Some of time	125	11.2	90	11.6
	Little of time	209	18.8	150	19.2
	None of time	726	65.4	501	64.0
	Missing	48		26	
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	114	10.4	75	9.7
	Most the time	422	38.4	303	38.9
	Good bit of time	206	18.7	138	17.8
	Some of time	197	17.9	140	18.0
	Little of time	124	11.2	81	10.4
	None of time	37	3.4	40	5.2
	Missing	62		31	
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	9	0.8	13	1.6
	Most the time	114	10.4	75	9.7
	Good bit of time	143	13.0	115	14.9
	Some of time	273	24.9	197	25.5
	Little of time	287	26.2	188	24.4
	None of time	269	24.6	183	23.7
	Missing	62		37	
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	11	1.4
	Most the time	27	2.5	14	1.8
	Good bit of time	60	5.4	28	3.6
	Some of time	214	19.5	136	17.6
	Little of time	356	32.4	255	32.9
	None of time	439	40.0	330	42.6
	Missing	58		37	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	29	2.7	26	3.4
	Most the time	78	7.1	45	5.8
	Good bit of time	113	10.3	74	9.6
	Some of time	311	28.4	209	27.0
	Little of time	360	32.9	262	33.9
	None of time	204	18.6	158	20.4
	Missing	60		38	
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	195	17.4	142	18.1
	Most the time	519	46.3	360	45.7
	Good bit of time	189	16.9	124	15.7
	Some of time	129	11.5	104	13.2
	Little of time	74	6.6	37	4.7
	None of time	15	1.3	21	2.6
	Missing	35		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	74	6.5	47	5.9
	Most the time	124	10.9	76	9.6
	Good bit of time	224	19.7	141	17.8
	Some of time	446	39.2	321	40.6
	Little of time	219	19.3	169	21.4
	None of time	50	4.4	37	4.7
	Missing	22		18	
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	95	8.3	78	9.7
	Most the time	130	11.3	81	10.1
	Some of time	244	21.2	171	21.3
	Little of time	205	17.9	161	20.1
	None of time	475	41.3	312	38.9
	Missing	11		7	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	8	0.7	4	0.5
	Mostly true	38	3.6	22	3.0
	Don't know	165	15.5	122	16.0
	Mostly false	232	21.9	178	23.3
	Definitely false	616	58.2	435	57.2
	Missing	94		54	
Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	225	21.1	164	21.3
	Mostly true	430	40.4	299	38.8
	Don't know	217	20.4	168	21.8
	Mostly false	101	9.4	67	8.7
	Definitely false	93	8.7	72	9.3
	Missing	86		43	
Q11c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	146	13.6	97	12.9
	Mostly true	303	28.2	205	27.2
	Don't know	372	34.6	307	40.8
	Mostly false	117	10.9	68	9.1
	Definitely false	135	12.6	76	10.1
	Missing	82		51	
Q11d How true or false is each of the following statements for you? My health is excellent	Definitely true	102	9.8	74	9.8
	Mostly true	461	44.1	321	42.6
	Don't know	112	10.7	55	7.3
	Mostly false	160	15.3	137	18.1
	Definitely false	210	20.1	168	22.2
	Missing	109		57	
Q12a Do you have: Difficulty seeing newspaper print, even with glasses?	No	822	72.3	561	70.3
	Yes	315	27.7	237	29.7
	Missing	22		11	
Q12b Do you have: Difficulty recognising people across the road, even with glasses?	No	843	74.2	572	71.7
	Yes	293	25.8	226	28.3
	Missing	22		11	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
Q12c Do you have: Difficulty in hearing a conversation, even with a hearing aid?					
	No	686	60.3	480	60.1
	Yes	451	39.7	319	39.9
	Missing	22		11	
Q12d Do you have: Difficulty speaking?					
	No	1086	95.5	751	94.1
	Yes	51	4.5	47	5.9
	Missing	22		11	
Q12e Do you have: None of the above					
	No	604	53.1	432	54.1
	Yes	533	46.9	366	45.9
	Missing	22		11	
Q13a In the last 12 months, have you had any of the following: Stiff or painful joints					
	Never	150	13.1	104	13.0
	Rarely	180	15.8	131	16.5
	Sometimes	424	37.2	266	33.4
	Often	385	33.8	296	37.1
	Missing	18		13	
Q13b Have you had any of the following problems in the last 12 months? Problems with one or both feet					
	Never	398	34.9	287	35.7
	Rarely	182	16.0	142	17.7
	Sometimes	292	25.6	201	25.0
	Often	267	23.4	174	21.6
	Missing	20		6	
Q13c In the last 12 months, have you had any of the following: Breathing difficulty					
	Never	555	48.5	390	48.3
	Rarely	244	21.3	163	20.2
	Sometimes	230	20.1	167	20.7
	Often	116	10.1	88	10.8
	Missing	15		4	
Q13d In the last 12 months, have you had any of the following: Leaking urine					
	Never	308	26.8	226	27.9
	Rarely	257	22.4	163	20.1
	Sometimes	331	28.7	239	29.5
	Often	255	22.1	182	22.4
	Missing	7		2	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
Q14a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	754	66.8	516	64.8
	Yes	375	33.2	281	35.2
	Missing	28		15	
Q14b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	882	78.2	592	74.3
	Yes	246	21.8	204	25.7
	Missing	28		15	
Q14c In the last 12 months, have you: Been injured as a result of a fall?	No	938	83.1	656	82.3
	Yes	191	16.9	141	17.7
	Missing	28		15	
Q14d In the last 12 months, have you: Needed to seek medical attention (e.g. Doctor, hospital) for an injury from a fall?	No	935	82.8	652	81.8
	Yes	194	17.2	145	18.2
	Missing	28		15	
Q14e In the last 12 months, have you: Had any other injury from an accident at your home? (e.g. burns, cuts, bruises)	No	942	83.5	667	83.7
	Yes	187	16.5	130	16.3
	Missing	28		15	
Q14f In the last 12 months, have you: None of these accidents	No	567	50.3	410	51.5
	Yes	561	49.7	386	48.5
	Missing	28		15	
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	1063	94.2	762	96.0
	Yes	65	5.8	32	4.0
	Missing	30		17	
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	1078	95.5	762	95.9
	Yes	50	4.5	32	4.1
	Missing	30		17	
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	114	10.1	60	7.6
	Yes	1014	89.9	734	92.4
	Missing	30		17	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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		1.61	
	Std Error	0.09		0.13	
	N	1077		774	
	N Missing	88		36	
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		0.30	
	Std Error	0.03		0.05	
	N	1079		776	
	N Missing	86		34	
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	0.89		0.95	
	Std Error	0.07		0.12	
	N	1084		780	
	N Missing	81		30	
Q17 What is your main (or most common) means of transport?	Car (you drive)	347	30.6	244	30.3
	Other	789	69.4	561	69.7
	Missing	21		6	
Q18 How do you manage on the income you have available?	Impossible	10	0.9	3	0.3
	Difficult always	24	2.1	14	1.7
	Difficult sometimes	68	5.9	57	7.1
	Not too bad	529	46.2	367	45.3
	Easy	515	45.0	368	45.5
	Missing	10		3	
Q19a Who lives with you? No-one, I live alone	No	362	32.0	229	29.0
	Yes	770	68.0	561	71.0
	Missing	29		21	
Q19b Who lives with you? Spouse or partner (partner/spouse)	No	1010	89.2	707	89.5
	Yes	122	10.8	83	10.5
	Missing	29		21	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
Q19c Who lives with you? Own children	No	1011	89.3	716	90.7
	Yes	121	10.7	73	9.3
	Missing	29		21	
Q19d Who lives with you? Other family members	No	1079	95.3	756	95.7
	Yes	53	4.7	34	4.3
	Missing	29		21	
Q19e Who lives with you? Non-family members	No	1053	93.1	740	93.7
	Yes	78	6.9	49	6.3
	Missing	29		21	
Q20 What is your present marital status?	Married	127	11.0	93	11.5
	De facto	1	0.1	1	0.1
	Widowed	926	80.6	645	80.0
	Separated	7	0.6	2	0.3
	Divorced	46	4.0	34	4.2
	Never Married	43	3.7	31	3.9
	Missing	8		4	
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	383	33.6	270	33.8
	No	757	66.4	529	66.2
	Missing	19		10	
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	990	87.3	695	86.9
	Some difficulty	121	10.6	93	11.6
	Unable to do	24	2.1	12	1.4
	Missing	22		10	
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	887	78.5	645	80.9
	Some difficulty	231	20.5	135	17.0
	Unable to do	12	1.1	17	2.2
	Missing	28		12	

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	863	75.5	599	74.5
	Some difficulty	228	19.9	172	21.4
	Unable to do	52	4.6	33	4.1
	Missing	15		7	
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	940	82.6	654	81.5
	Some difficulty	168	14.7	131	16.3
	Unable to do	31	2.7	17	2.2
	Missing	19		10	
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	913	80.4	647	80.7
	Some difficulty	190	16.7	136	17.0
	Unable to do	33	2.9	19	2.4
	Missing	22		11	
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	583	51.2	415	52.1
	Some difficulty	534	46.9	368	46.1
	Unable to do	23	2.0	14	1.8
	Missing	20		14	
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	867	76.6	615	77.1
	Some difficulty	242	21.4	162	20.4
	Unable to do	22	1.9	20	2.5
	Missing	25		11	
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	981	87.0	698	87.4
	Some difficulty	129	11.4	94	11.7
	Unable to do	18	1.6	7	0.9
	Missing	24		9	
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	523	46.5	370	46.8
	Some difficulty	350	31.1	250	31.6
	Unable to do	252	22.4	170	21.5
	Missing	37		15	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	720	64.4	495	63.8
	Some difficulty	255	22.8	182	23.4
	Unable to do	143	12.8	99	12.8
	Missing	43		36	
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	140	12.4	105	13.3
	Some difficulty	340	30.1	234	29.7
	Unable to do	649	57.5	449	57.1
	Missing	33		25	
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	914	80.1	658	82.4
	Some difficulty	135	11.9	83	10.5
	Unable to do	91	8.0	57	7.1
	Missing	17		11	
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	720	63.6	498	63.8
	Some difficulty	255	22.5	176	22.6
	Unable to do	156	13.8	107	13.6
	Missing	30		26	
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	1003	88.2	685	86.5
	Some difficulty	80	7.0	76	9.6
	Unable to do	55	4.8	31	3.9
	Missing	18		18	
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	964	84.1	658	82.2
	Some difficulty	141	12.3	112	14.0
	Unable to do	41	3.6	30	3.7
	Missing	9		9	
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	652	57.2	468	58.7
	Some difficulty	365	32.0	240	30.0
	Unable to do	123	10.8	90	11.3
	Missing	16		13	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	87	7.7	53	6.7
	No	1048	92.3	748	93.3
	Missing	20		11	
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	150	13.3	107	13.4
	No	979	86.7	690	86.6
	Missing	26		17	
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	166	14.7	127	15.9
	No	965	85.3	674	84.1
	Missing	23		11	
Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body	Yes	109	9.7	84	10.6
	No	1014	90.3	711	89.4
	Missing	30		16	
Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body	Yes	127	11.4	89	11.2
	No	991	88.6	702	88.8
	Missing	36		21	
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	231	20.7	171	21.4
	No	888	79.3	629	78.6
	Missing	41		14	
Q23g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house	Yes	92	8.2	63	8.0
	No	1031	91.8	734	92.0
	Missing	31		16	
Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	63	5.6	50	6.3
	No	1053	94.4	746	93.7
	Missing	36		17	
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	526	47.0	364	46.2
	No	594	53.0	424	53.8
	Missing	40		23	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</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	263	23.8	184	23.9
	No	844	76.2	587	76.1
	Missing	55		47	
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	896	80.7	613	78.8
	No	214	19.3	165	21.2
	Missing	52		40	
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	209	18.6	124	15.7
	No	911	81.4	667	84.3
	Missing	36		20	
Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	322	28.9	221	28.2
	No	791	71.1	561	71.8
	Missing	47		30	
Q23n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	135	11.9	95	11.9
	No	996	88.1	702	88.1
	Missing	25		18	
Q23o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	141	12.4	101	12.6
	No	996	87.6	698	87.4
	Missing	18		14	
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	303	26.9	210	26.9
	No	822	73.1	571	73.1
	Missing	33		29	
Height (in cms)	Mean	157.14		157.03	
	Std Error	0.23		0.29	
	N	1026		718	
	N Missing	139		92	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
Weight (in kgs)	Mean	59.94		59.49	
	Std Error	0.34		0.45	
	N	1060		735	
	N Missing	105		75	
BMI (Body Mass Index)	Mean	24.39		24.20	
	Std Error	0.15		0.19	
	N	973		683	
	N Missing	192		127	
BMI classification	Underweight, BMI < 18.5	88	9.1	73	10.8
	Healthy weight, 18.5 <= BMI < 25	474	49.0	328	48.4
	Overweight, 25 <= BMI < 30	293	30.3	201	29.7
	Obese, 30 <= BMI	112	11.6	75	11.1
	Missing	192		127	
Q26 Which of the following best describes your housing situation? Do you live in:	House	588	51.5	399	50.0
	Flat/unit/apartment	222	19.5	175	21.9
	Mobile home/caravan				0.1
	Retirement Village	208	18.3	147	18.3
	Nursing Home	89	7.8	59	7.4
	Hostel	23	2.0	17	2.1
	Other	11	1.0	1	0.2
	Missing	16		9	
State of residence	NSW	401	35.3	279	35.0
	Vic	272	24.0	199	25.0
	Qld	186	16.4	121	15.2
	SA	124	10.9	89	11.2
	WA	99	8.7	65	8.2
	Tas	29	2.5	23	2.9
	ACT	24	2.1	20	2.5
	Missing	25		14	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
Q28 Did someone help you fill in this survey?	No	968	84.5	694	86.5
	Yes, but I told them the answers	114	10.0	66	8.2
	Yes, but the helper answered using judgement	63	5.5	43	5.4
	Missing	15		6	
Age	Mean	91.78		92.14	
	Std Error	0.04		0.05	
	N	1165		810	
	N Missing	0		0	
Completion Method, Paper or Phone	Paper	1117	96.6	791	97.8
	Phone	40	3.4	18	2.2
	Missing	1		2	
SF36 PAIN INDEX	Mean	57.63		56.65	
	Std Error	0.79		0.92	
	N	1158		808	
	N Missing	7		2	
SF36 GENERAL HEALTH PERCEPTIONS	Mean	58.57		57.96	
	Std Error	0.64		0.74	
	N	1076		764	
	N Missing	89		46	
SF36 MENTAL HEALTH INDEX	Mean	77.50		77.52	
	Std Error	0.50		0.59	
	N	1132		793	
	N Missing	33		17	
SF36 PHYSICAL FUNCTIONING	Mean	37.35		37.29	
	Std Error	0.75		0.90	
	N	1131		780	
	N Missing	34		30	

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<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
SF36 ROLE-EMOTIONAL					
	Mean	63.27		63.88	
	Std Error	1.27		1.49	
	N	1127		780	
	N Missing	38		30	
SF36 ROLE-PHYSICAL					
	Mean	28.39		29.46	
	Std Error	1.15		1.35	
	N	1129		788	
	N Missing	36		22	
SF36 SOCIAL FUNCTIONING					
	Mean	68.31		68.34	
	Std Error	0.90		1.05	
	N	1158		808	
	N Missing	7		2	
SF36 VITALITY					
	Mean	48.85		49.86	
	Std Error	0.62		0.76	
	N	1141		794	
	N Missing	24		16	
MENTAL COMPONENT SCALE-00 - AUST general					
	Mean	51.88		52.14	
	Std Error	0.33		0.39	
	N	1013		710	
	N Missing	152		100	
MENTAL COMPONENT SCALE-00 - US General					
	Mean	53.00		53.23	
	Std Error	0.33		0.39	
	N	1013		710	
	N Missing	152		100	
MENTAL COMPONENT SCALE-00 - WHA					
	Mean	50.74		50.96	
	Std Error	0.33		0.39	
	N	1013		710	
	N Missing	152		100	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 9 and 10, 2015 to 2017

<i>Item Description</i>	<i>Categories</i>	<i>Survey 9</i>	<i>%</i>	<i>Survey 10</i>	<i>%</i>
PHYSICAL COMPONENT SCALE-00 - AUST general					
	Mean	31.70		31.52	
	Std Error	0.32		0.38	
	N	1013		710	
	N Missing	152		100	
PHYSICAL COMPONENT SCALE-00 - US General					
	Mean	32.23		32.08	
	Std Error	0.32		0.38	
	N	1013		710	
	N Missing	152		100	
PHYSICAL COMPONENT SCALE-00 - WHA					
	Mean	42.13		42.04	
	Std Error	0.28		0.34	
	N	1013		710	
	N Missing	152		100	