

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

the australian longitudinal
study on women's health

data book

*for the first and second six month follow-up surveys of
the 1921-26 cohort (2011-2013)*

december 2013

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

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Notes

This data book provides a summary of responses to the first two six monthly follow-up surveys for the 1921-1926 ALSWH birth cohort. The surveys were returned between the 21st November 2011 and the 6th November 2013. There were 3816 responses to the first survey and 3309 to the second 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 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 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
Q1 In general, would you say your health is:					
	Excellent	73	1.9	76	2.3
	Very good	523	13.6	480	14.5
	Good	1668	43.4	1455	43.9
	Fair	1302	33.9	1074	32.4
	Poor	276	7.2	231	7.0
	Missing	26		20	
Q2 Compared to one year ago, how would you rate your health in general now					
	Much better	78	2.0	82	2.5
	Somewhat better	197	5.1	183	5.5
	About the same	2080	53.9	1873	56.3
	Somewhat worse	1286	33.4	1030	31.0
	Much worse	214	5.6	156	4.7
	Missing	14		15	
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	2922	80.6	2553	81.5
	Limited a little	517	14.2	425	13.5
	Not limited	188	5.2	157	5.0
	Missing	239		213	
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	1842	50.3	1625	51.6
	Limited a little	1253	34.2	1095	34.8
	Not limited	571	15.6	430	13.6
	Missing	220		200	
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	1271	34.3	1148	36.0
	Limited a little	1595	43.0	1381	43.3
	Not limited	840	22.7	660	20.7
	Missing	172		151	
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	2095	57.7	1866	59.6
	Limited a little	1129	31.1	939	30.0
	Not limited	409	11.2	324	10.3
	Missing	243		230	
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	1116	30.6	1001	31.6
	Limited a little	1442	39.6	1234	39.0
	Not limited	1086	29.8	928	29.3
	Missing	229		185	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
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	1441	38.6	1289	39.8
	Limited a little	1656	44.4	1429	44.1
	Not limited	633	17.0	522	16.1
	Missing	143		113	
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	2203	60.4	1927	60.8
	Limited a little	929	25.5	799	25.2
	Not limited	516	14.1	442	14.0
	Missing	227		185	
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	1553	43.2	1371	44.0
	Limited a little	996	27.7	837	26.9
	Not limited	1049	29.1	906	29.1
	Missing	290		232	
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	713	19.8	611	19.5
	Limited a little	1215	33.7	1046	33.3
	Not limited	1681	46.6	1481	47.2
	Missing	262		218	
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	361	9.5	292	8.9
	Limited a little	821	21.6	711	21.7
	Not limited	2616	68.9	2276	69.4
	Missing	67		64	
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	2205	62.3	1838	59.5
	No	1333	37.7	1253	40.5
	Missing	323		262	
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	2671	74.7	2254	72.3
	No	903	25.3	862	27.7
	Missing	295		230	
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	2526	72.2	2169	70.9
	No	973	27.8	892	29.1
	Missing	373		288	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
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	2609	72.6	2185	70.1
	No	983	27.4	930	29.9
	Missing	279		238	
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	1210	33.8	1024	32.6
	No	2366	66.2	2115	67.4
	Missing	297		208	
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	1644	45.7	1391	44.1
	No	1954	54.3	1764	55.9
	Missing	261		190	
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	1214	34.1	1074	34.5
	No	2346	65.9	2041	65.5
	Missing	315		244	
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	1612	42.5	1401	42.5
	Slightly	745	19.6	692	21.0
	Moderately	625	16.5	537	16.3
	Quite a bit	633	16.7	491	14.9
	Extremely	181	4.8	179	5.4
	Missing	74		43	
Q7 How much bodily pain have you had during the past four weeks?	No bodily pain	519	13.6	446	13.5
	Very mild	642	16.9	568	17.2
	Mild	651	17.1	578	17.5
	Moderate	1322	34.7	1160	35.1
	Severe	581	15.2	485	14.7
	Very severe	94	2.5	71	2.1
	Missing	61		30	
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	1119	29.5	982	29.9
	A little bit	831	21.9	742	22.6
	Moderately	883	23.3	781	23.7
	Quite a bit	736	19.4	617	18.8
	Extremely	217	5.7	167	5.1
	Missing	82		46	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
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	100	2.7	93	2.9
	Most the time	737	19.7	663	20.4
	Good bit of time	680	18.2	634	19.5
	Some of time	1071	28.6	914	28.1
	Little of time	667	17.8	582	17.9
	None of time	490	13.1	365	11.2
	Missing	126		89	
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	54	1.4	44	1.4
	Most the time	111	3.0	73	2.3
	Good bit of time	154	4.1	101	3.1
	Some of time	527	14.1	474	14.6
	Little of time	895	23.9	834	25.7
	None of time	1996	53.4	1725	53.0
	Missing	134		87	
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	38	1.0	19	0.6
	Most the time	74	2.0	56	1.7
	Good bit of time	104	2.8	87	2.7
	Some of time	411	10.9	302	9.2
	Little of time	680	18.1	622	19.0
	None of time	2454	65.2	2194	66.9
	Missing	105		59	
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	411	10.9	350	10.8
	Most the time	1407	37.4	1264	38.8
	Good bit of time	672	17.9	599	18.4
	Some of time	697	18.5	586	18.0
	Little of time	435	11.5	347	10.7
	None of time	142	3.8	109	3.4
	Missing	105		85	
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	69	1.8	56	1.7
	Most the time	453	12.1	435	13.4
	Good bit of time	555	14.9	541	16.6
	Some of time	949	25.4	803	24.7
	Little of time	906	24.3	769	23.7
	None of time	801	21.5	645	19.9
	Missing	138		99	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
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	47	1.3	35	1.1
	Most the time	99	2.7	85	2.7
	Good bit of time	201	5.4	125	3.9
	Some of time	779	21.0	685	21.4
	Little of time	1271	34.3	1066	33.2
	None of time	1306	35.3	1211	37.7
	Missing	159		132	
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	149	4.1	100	3.1
	Most the time	248	6.8	211	6.7
	Good bit of time	440	12.1	303	9.6
	Some of time	1011	27.8	896	28.2
	Little of time	1206	33.2	1045	33.0
	None of time	582	16.0	616	19.4
	Missing	232		170	
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	661	17.5	629	19.2
	Most the time	1810	47.8	1528	46.6
	Good bit of time	565	14.9	507	15.4
	Some of time	451	11.9	419	12.8
	Little of time	204	5.4	140	4.3
	None of time	92	2.4	60	1.8
	Missing	88		58	
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	267	7.0	197	6.0
	Most the time	471	12.4	355	10.8
	Good bit of time	723	19.1	610	18.5
	Some of time	1482	39.1	1319	40.1
	Little of time	715	18.9	664	20.2
	None of time	129	3.4	146	4.4
	Missing	79		47	
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	233	6.2	211	6.5
	Most the time	406	10.9	345	10.7
	Some of time	844	22.6	684	21.1
	Little of time	710	19.0	622	19.2
	None of time	1537	41.2	1377	42.5
	Missing	136		96	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</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	54	1.5	32	1.0
	Mostly true	155	4.2	136	4.2
	Don't know	618	16.7	524	16.1
	Mostly false	768	20.8	730	22.5
	Definitely false	2098	56.8	1824	56.2
	Missing	166		95	
Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	734	19.6	683	21.0
	Mostly true	1495	40.0	1281	39.4
	Don't know	654	17.5	603	18.5
	Mostly false	443	11.8	346	10.6
	Definitely false	413	11.0	341	10.5
	Missing	134		82	
Q11c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	437	11.8	361	11.2
	Mostly true	877	23.7	779	24.1
	Don't know	1514	40.9	1303	40.4
	Mostly false	368	9.9	346	10.7
	Definitely false	507	13.7	441	13.7
	Missing	160		112	
Q11d How true or false is each of the following statements for you? My health is excellent	Definitely true	363	9.7	305	9.4
	Mostly true	1625	43.6	1423	43.9
	Don't know	278	7.5	248	7.6
	Mostly false	690	18.5	634	19.6
	Definitely false	774	20.8	629	19.4
	Missing	141		106	
Q12a Do you have: Difficulty seeing newspaper print, even with glasses?	No	2799	74.5	2376	72.4
	Yes	960	25.5	907	27.6
	Missing	104		68	
Q12b Do you have: Difficulty recognising people across the road, even with glasses?	No	2935	78.1	2538	77.3
	Yes	824	21.9	745	22.7
	Missing	104		68	
Q12c Do you have: Difficulty in hearing a conversation, even with a hearing aid?	No	2497	66.4	2211	67.3
	Yes	1262	33.6	1072	32.7
	Missing	104		68	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
Q12d Do you have: Difficulty speaking?	No	3585	95.4	3115	94.9
	Yes	174	4.6	168	5.1
	Missing	104		68	
Q12e Do you have: None of the above	No	1869	49.7	1677	51.1
	Yes	1890	50.3	1606	48.9
	Missing	104		68	
Q13a In the last 12 months, have you had any of the following: Stiff or painful joints	Never	430	11.3	382	11.6
	Rarely	461	12.1	389	11.8
	Sometimes	1419	37.2	1252	37.9
	Often	1509	39.5	1281	38.8
	Missing	55		35	
Q13b Have you had any of the following problems in the last 12 months? Problems with one or both feet	Never	1252	32.8	1134	34.3
	Rarely	605	15.8	555	16.8
	Sometimes	985	25.8	846	25.6
	Often	973	25.5	766	23.2
	Missing	55		34	
Q13c In the last 12 months, have you had any of the following: Breathing difficulty	Never	1789	46.7	1573	47.4
	Rarely	805	21.0	676	20.4
	Sometimes	861	22.5	740	22.3
	Often	379	9.9	331	10.0
	Missing	32		20	
Q13d In the last 12 months, have you had any of the following: Leaking urine	Never	1266	32.9	977	29.4
	Rarely	797	20.7	724	21.8
	Sometimes	1071	27.9	992	29.9
	Often	709	18.4	625	18.8
	Missing	30		20	
Q14a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	2406	63.7	2115	64.9
	Yes	1374	36.3	1145	35.1
	Missing	88		83	
Q14b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	2842	75.2	2482	76.1
	Yes	938	24.8	778	23.9
	Missing	88		83	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
Q14c In the last 12 months, have you: Been injured as a result of a fall?	No	3050	80.7	2664	81.7
	Yes	730	19.3	597	18.3
	Missing	88		83	
Q14d In the last 12 months, have you: Needed to seek medical attention (e.g. Doctor, hospital) for an injury from a fall?	No	3078	81.4	2679	82.2
	Yes	702	18.6	581	17.8
	Missing	88		83	
Q14e In the last 12 months, have you: Had any other injury from an accident at your home? (e.g. burns, cuts, bruises)	No	3207	84.8	2771	85.0
	Yes	574	15.2	489	15.0
	Missing	88		83	
Q14f In the last 12 months, have you: None of these accidents	No	1995	52.8	1643	50.4
	Yes	1786	47.2	1617	49.6
	Missing	88		83	
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	3443	92.1	2990	92.9
	Yes	296	7.9	229	7.1
	Missing	137		120	
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	3483	93.2	3028	94.0
	Yes	256	6.8	192	6.0
	Missing	137		120	
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	537	14.4	412	12.8
	Yes	3202	85.6	2808	87.2
	Missing	137		120	
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	1.79		1.75	
	Std Error	0.06		0.06	
	N	3481		3018	
	N Missing	335		291	
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	0.49		0.43	
	Std Error	0.03		0.03	
	N	3491		3031	
	N Missing	325		278	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
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	1.50		1.24	
	Std Error	0.06		0.05	
	N	3471		3026	
	N Missing	345		283	
Q17 What is your main (or most common) means of transport?	Car (you drive)	1417	37.9	1191	36.9
	Other	2318	62.1	2034	63.1
	Missing	131		108	
Q18 How do you manage on the income you have available?	Impossible	26	0.7	30	0.9
	Difficult always	120	3.1	102	3.1
	Difficult sometimes	389	10.1	330	10.0
	Not too bad	1915	49.9	1639	49.6
	Easy	1389	36.2	1201	36.4
	Missing	36		39	
Q19a Who lives with you? No-one, I live alone	No	1397	37.2	1189	36.7
	Yes	2362	62.8	2047	63.3
	Missing	110		104	
Q19b Who lives with you? Spouse or partner (partner/spouse)	No	3037	80.8	2644	81.7
	Yes	722	19.2	591	18.3
	Missing	110		104	
Q19c Who lives with you? Own children	No	3379	89.9	2902	89.7
	Yes	380	10.1	333	10.3
	Missing	110		104	
Q19d Who lives with you? Other family members	No	3603	95.9	3098	95.7
	Yes	156	4.1	138	4.3
	Missing	110		104	
Q19e Who lives with you? Non-family members	No	3542	94.2	3030	93.7
	Yes	216	5.8	205	6.3
	Missing	110		104	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
Q20 What is your present marital status?	Married	767	19.9	640	19.3
	De facto	6	0.2	9	0.3
	Widowed	2790	72.5	2426	73.2
	Separated	19	0.5	11	0.3
	Divorced	142	3.7	123	3.7
	Never Married	122	3.2	107	3.2
	Missing	23		22	
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	1098	29.9	927	29.4
	No	2575	70.1	2222	70.6
	Missing	191		182	
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	3228	85.0	2759	84.2
	Some difficulty	487	12.8	449	13.7
	Unable to do	80	2.1	70	2.1
	Missing	71		61	
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	3154	83.4	2673	81.4
	Some difficulty	585	15.5	564	17.2
	Unable to do	44	1.2	46	1.4
	Missing	85		54	
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	2969	77.9	2553	77.5
	Some difficulty	633	16.6	558	16.9
	Unable to do	211	5.5	185	5.6
	Missing	60		47	
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	3188	84.2	2717	82.7
	Some difficulty	487	12.9	456	13.9
	Unable to do	111	2.9	112	3.4
	Missing	82		54	
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	3135	82.6	2634	80.1
	Some difficulty	532	14.0	530	16.1
	Unable to do	128	3.4	123	3.8
	Missing	73		53	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
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	2127	55.8	1845	56.0
	Some difficulty	1612	42.3	1377	41.8
	Unable to do	70	1.8	71	2.2
	Missing	57		46	
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	2995	78.9	2572	78.3
	Some difficulty	709	18.7	640	19.5
	Unable to do	92	2.4	74	2.2
	Missing	74		55	
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	3325	87.6	2811	85.5
	Some difficulty	411	10.8	415	12.6
	Unable to do	59	1.6	63	1.9
	Missing	70		54	
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	1939	53.1	1641	52.1
	Some difficulty	1021	28.0	907	28.8
	Unable to do	692	18.9	600	19.1
	Missing	220		185	
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	2497	66.6	2156	66.9
	Some difficulty	809	21.6	670	20.8
	Unable to do	441	11.8	398	12.3
	Missing	126		115	
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	750	20.3	611	19.2
	Some difficulty	1233	33.4	1023	32.2
	Unable to do	1707	46.3	1541	48.5
	Missing	189		170	
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	3081	81.4	2665	81.7
	Some difficulty	366	9.7	315	9.7
	Unable to do	336	8.9	284	8.7
	Missing	86		71	
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	2591	68.7	2234	68.6
	Some difficulty	715	19.0	620	19.0
	Unable to do	467	12.4	401	12.3
	Missing	101		80	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
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	3340	87.7	2921	88.7
	Some difficulty	268	7.0	203	6.2
	Unable to do	198	5.2	168	5.1
	Missing	62		53	
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	3337	87.2	2861	86.4
	Some difficulty	389	10.2	364	11.0
	Unable to do	99	2.6	88	2.7
	Missing	46		29	
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	2389	63.2	2060	63.0
	Some difficulty	985	26.1	869	26.6
	Unable to do	406	10.7	342	10.4
	Missing	83		64	
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	286	7.5	238	7.2
	No	3511	92.5	3057	92.8
	Missing	69		48	
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	390	10.3	367	11.2
	No	3385	89.7	2915	88.8
	Missing	102		60	
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	523	13.8	467	14.2
	No	3266	86.2	2823	85.8
	Missing	81		52	
Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body	Yes	394	10.4	364	11.0
	No	3399	89.6	2927	89.0
	Missing	77		52	
Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body	Yes	426	11.2	391	11.9
	No	3361	88.8	2893	88.1
	Missing	76		59	
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	805	21.4	651	19.8
	No	2961	78.6	2632	80.2
	Missing	95		63	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
Q23g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house	Yes	334	8.9	297	9.0
	No	3439	91.1	2987	91.0
	Missing	91		56	
Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	242	6.4	207	6.3
	No	3555	93.6	3082	93.7
	Missing	71		55	
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	1504	40.5	1362	42.0
	No	2209	59.5	1877	58.0
	Missing	151		108	
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	833	22.5	733	22.7
	No	2866	77.5	2500	77.3
	Missing	168		114	
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	2706	73.4	2358	73.9
	No	981	26.6	833	26.1
	Missing	186		151	
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	645	17.1	562	17.1
	No	3122	82.9	2720	82.9
	Missing	104		64	
Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	907	24.2	805	24.9
	No	2839	75.8	2435	75.1
	Missing	129		99	
Q23n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	489	12.9	416	12.6
	No	3298	87.1	2875	87.4
	Missing	88		50	
Q23o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	373	9.8	345	10.5
	No	3419	90.2	2946	89.5
	Missing	78		47	
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	789	21.3	732	22.7
	No	2910	78.7	2498	77.3
	Missing	176		109	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
Height (in cms)	Mean	158.14		158.25	
	Std Error	0.12		0.12	
	N	3564		3139	
	N Missing	252		170	
Weight (in kgs)	Mean	61.82		61.60	
	Std Error	0.20		0.21	
	N	3427		2984	
	N Missing	389		325	
BMI (Body Mass Index)	Mean	24.80		24.66	
	Std Error	0.08		0.08	
	N	3278		2866	
	N Missing	538		443	
BMI classification	Underweight, BMI < 18.5	185	5.6	175	6.0
	Healthy weight, 18.5 <= BMI < 25	1704	51.3	1513	52.1
	Overweight, 25 <= BMI < 30	1015	30.6	875	30.1
	Obese, 30 <= BMI	419	12.6	341	11.7
	Missing	538		443	
Q26 Which of the following best describes your housing situation? in: Do you live	House	2029	53.6	1757	53.5
	Flat/unit/apartment	826	21.8	681	20.7
	Mobile/caravan	12	0.3	14	0.4
	Retirement Village	594	15.7	543	16.5
	Nursing Home	191	5.0	163	5.0
	Hostel	120	3.2	105	3.2
	Other	15	0.4	19	0.6
	Missing	95		61	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
ARIA+ Grouped	Major cities of Australia	2367	68.2	878	71.4
	Inner regional Australia	758	21.8	259	21.0
	Outer regional Australia	301	8.7	84	6.8
	Remote Australia	39	1.1	9	0.7
	Very Remote Australia	5	0.2		
	Missing	388		2144	
State of residence	NSW	1352	35.5	1143	34.8
	Vic	967	25.4	816	24.9
	Qld	589	15.5	515	15.7
	SA	379	10.0	349	10.6
	WA	333	8.8	292	8.9
	Tas	117	3.1	105	3.2
	NT	3	0.1	2	0.1
	ACT	64	1.7	57	1.7
	Missing	59		54	
Q28 Did someone help you fill in this survey?	No	3080	81.6	2674	81.4
	Yes, but I told them the answers	465	12.3	427	13.0
	Yes, but the helper answered using judgement	231	6.1	184	5.6
	Missing	87		60	
Age	Mean	87.83		88.32	
	Std Error	0.02		0.03	
	N	3816		3309	
	N Missing	0		0	
Completion Method, Paper or Phone	Paper	3748	96.9	3216	96.3
	Phone	120	3.1	125	3.7
	Missing	2		1	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
SF36 PAIN INDEX	Mean	55.11		55.61	
	Std Error	0.43		0.46	
	N	3779		3292	
	N Missing	37		17	
SF36 GENERAL HEALTH PERCEPTIONS	Mean	57.83		58.46	
	Std Error	0.35		0.37	
	N	3700		3236	
	N Missing	116		73	
SF36 MENTAL HEALTH INDEX	Mean	76.16		77.22	
	Std Error	0.29		0.30	
	N	3729		3260	
	N Missing	87		49	
SF36 PHYSICAL FUNCTIONING	Mean	42.16		41.49	
	Std Error	0.44		0.47	
	N	3699		3210	
	N Missing	117		99	
SF36 ROLE-EMOTIONAL	Mean	62.59		63.33	
	Std Error	0.73		0.78	
	N	3491		3063	
	N Missing	325		246	
SF36 ROLE-PHYSICAL	Mean	29.54		31.80	
	Std Error	0.66		0.73	
	N	3522		3070	
	N Missing	294		239	
SF36 SOCIAL FUNCTIONING	Mean	69.40		70.10	
	Std Error	0.48		0.52	
	N	3774		3297	
	N Missing	42		12	
SF36 VITALITY	Mean	49.25		51.12	
	Std Error	0.35		0.37	
	N	3743		3271	
	N Missing	73		38	

Data book for six month follow-up survey, 1921-26 cohort, surveys 1 and 2, 2011 to 2013

<i>Item Description</i>	<i>Categories</i>	<i>Survey 1</i>	<i>%</i>	<i>Survey 2</i>	<i>%</i>
MENTAL COMPONENT SCALE-00 - AUST general					
	Mean	51.05		51.71	
	Std Error	0.19		0.20	
	N	3343		2925	
	N Missing	473		384	
MENTAL COMPONENT SCALE-00 - US General					
	Mean	52.17		52.77	
	Std Error	0.19		0.20	
	N	3343		2925	
	N Missing	473		384	
MENTAL COMPONENT SCALE-00 - WHA					
	Mean	49.94		50.51	
	Std Error	0.19		0.20	
	N	3343		2925	
	N Missing	473		384	
PHYSICAL COMPONENT SCALE-00 - AUST general					
	Mean	32.68		32.70	
	Std Error	0.18		0.20	
	N	3343		2925	
	N Missing	473		384	
PHYSICAL COMPONENT SCALE-00 - US General					
	Mean	33.10		33.21	
	Std Error	0.18		0.20	
	N	3343		2925	
	N Missing	473		384	
PHYSICAL COMPONENT SCALE-00 - WHA					
	Mean	42.86		42.96	
	Std Error	0.16		0.17	
	N	3343		2925	
	N Missing	473		384	