

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 fifth survey of the 1946-51 cohort  
2007 (when they were aged 56-61 years )*

december 2008



**Data book for the fifth survey of the 1946-1951 cohort (aged 56-61 years)**

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**Notes**

During 2007 and 2008, 10,638 valid surveys were returned by members of the ALSWH 1946-51 birth cohort.

This data book is ordered by the order the questions occurred in the questionnaire. Some derived variables are given in place of the questionnaire items or immediately after them.

The frequencies in this data book have been weighted.

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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**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q1 In general, would you say your health is:				
	Excellent	1	1271	12.1
	Very good	2	3945	37.6
	Good	3	3904	37.2
	Fair	4	1201	11.4
	Poor	5	173	1.7
	N Missing		41	
Q2 Compared to one year ago, how would you rate your health in general now				
	Much better	1	738	7.0
	Somewhat better	2	1330	12.7
	About the same	3	7039	67.0
	Somewhat worse	4	1288	12.3
	Much worse	5	104	1.0
	N Missing		40	
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	1	3688	35.7
	Limited a little	2	4836	46.8
	Not limited	3	1816	17.6
	N Missing		191	
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	1	671	6.4
	Limited a little	2	2523	24.2
	Not limited	3	7245	69.4
	N Missing		93	
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	1	467	4.5
	Limited a little	2	2309	22.1
	Not limited	3	7659	73.4
	N Missing		101	
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	1	1274	12.2
	Limited a little	2	3595	34.6
	Not limited	3	5531	53.2
	N Missing		136	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</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	1	366	3.5
	Limited a little	2	1490	14.3
	Not limited	3	8548	82.2
	N Missing		140	
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	1	1089	10.5
	Limited a little	2	4012	38.5
	Not limited	3	5316	51.0
	N Missing		120	
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	1	846	8.1
	Limited a little	2	1930	18.5
	Not limited	3	7636	73.3
	N Missing		115	
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	1	459	4.4
	Limited a little	2	985	9.5
	Not limited	3	8972	86.1
	N Missing		121	
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	1	211	2.0
	Limited a little	2	602	5.8
	Not limited	3	9614	92.2
	N Missing		105	
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	1	135	1.3
	Limited a little	2	415	4.0
	Not limited	3	9891	94.7
	N Missing		92	
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	1	1937	18.5
	No	2	8560	81.5
	N Missing		42	
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	1	3101	29.6
	No	2	7373	70.4
	N Missing		67	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	1	2504	23.9
	No	2	7971	76.1
	N Missing		72	
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	1	2668	25.5
	No	2	7800	74.5
	N Missing		75	
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	1	1490	14.2
	No	2	8991	85.8
	N Missing		58	
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	1	2259	21.6
	No	2	8208	78.4
	N Missing		79	
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	1	1560	14.9
	No	2	8908	85.1
	N Missing		80	
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	1	6537	62.2
	Slightly	2	2093	19.9
	Moderately	3	1033	9.8
	Quite a bit	4	683	6.5
	Extremely	5	163	1.5
	N Missing		26	
Q7 How much bodily pain have you had during the past four weeks?	No bodily pain	1	1850	17.6
	Very mild	2	3291	31.3
	Mild	3	2148	20.5
	Moderate	4	2318	22.1
	Severe	5	747	7.1
	Very severe	6	147	1.4
	N Missing		35	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	1	5266	50.1
	A little bit	2	2952	28.1
	Moderately	3	1320	12.6
	Quite a bit	4	791	7.5
	Extremely	5	185	1.8
	N Missing			28
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	1	502	4.8
	Most of the time	2	4013	38.4
	A good bit of the time	3	2273	21.7
	Some of the time	4	2134	20.4
	Little of the time	5	1032	9.9
	None of the time	6	509	4.9
	N Missing			83
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	1	120	1.1
	Most of the time	2	275	2.6
	A good bit of the time	3	449	4.3
	Some of the time	4	1433	13.7
	Little of the time	5	3073	29.3
	None of the time	6	5126	48.9
	N Missing			65
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	1	50	0.5
	Most of the time	2	144	1.4
	A good bit of the time	3	324	3.1
	Some of the time	4	918	8.8
	Little of the time	5	1964	18.7
	None of the time	6	7078	67.6
	N Missing			72

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	1	541	5.2
	Most of the time	2	4107	39.3
	A good bit of the time	3	2089	20.0
	Some of the time	4	2133	20.4
	Little of the time	5	1154	11.0
	None of the time	6	437	4.2
	N Missing		80	
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	1	323	3.1
	Most of the time	2	3306	31.7
	A good bit of the time	3	2429	23.3
	Some of the time	4	2365	22.7
	Little of the time	5	1300	12.5
	None of the time	6	707	6.8
	N Missing		112	
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	1	84	0.8
	Most of the time	2	241	2.3
	A good bit of the time	3	506	4.8
	Some of the time	4	1979	18.9
	Little of the time	5	4303	41.2
	None of the time	6	3333	31.9
	N Missing		101	
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	1	209	2.0
	Most of the time	2	541	5.2
	A good bit of the time	3	1160	11.1
	Some of the time	4	2795	26.8
	Little of the time	5	4080	39.0
	None of the time	6	1664	15.9
	N Missing		97	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	1	1071	10.2
	Most of the time	2	5477	52.3
	A good bit of the time	3	1690	16.1
	Some of the time	4	1482	14.2
	Little of the time	5	599	5.7
	None of the time	6	148	1.4
	N Missing			77
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	1	395	3.8
	Most of the time	2	927	8.8
	A good bit of the time	3	1643	15.7
	Some of the time	4	3551	33.9
	Little of the time	5	3528	33.7
	None of the time	6	427	4.1
	N Missing			66
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	1	192	1.8
	Most of the time	2	465	4.4
	Some of the time	3	1600	15.2
	Little of the time	4	1906	18.1
	None of the time	5	6341	60.4
	N Missing			30
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	1	131	1.3
	Mostly true	2	487	4.7
	Don't know	3	883	8.6
	Mostly false	4	2083	20.3
	Definitely false	5	6700	65.1
	N Missing			242
Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	1	3483	33.7
	Mostly true	2	4385	42.4
	Don't know	3	1163	11.3
	Mostly false	4	842	8.2
	Definitely false	5	461	4.5
	N Missing			211

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q11c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	1	441	4.3
	Mostly true	2	1433	13.9
	Don't know	3	3606	35.1
	Mostly false	4	1902	18.5
	Definitely false	5	2895	28.2
	N Missing			254
Q11d How true or false is each of the following statements for you? My health is excellent	Definitely true	1	2005	19.4
	Mostly true	2	5663	54.8
	Don't know	3	558	5.4
	Mostly false	4	1141	11.0
	Definitely false	5	961	9.3
	N Missing			200
Q12a How many times have you consulted the following people for your own health in the last twelve months? A family doctor or another general practitioner (GP)	None	0	604	5.8
	Once or twice	1	3459	32.9
	3 or 4 times	2	3165	30.1
	5 or 6 times	3	1740	16.6
	7 to 12 times	4	1063	10.1
	13 to 24 times	5	324	3.1
	25 or more times	6	147	1.4
	N Missing			36
Q12b How many times have you consulted the following people for your own health in the last twelve months? A hospital doctor (eg in outpatients or casualty)	None	0	8563	81.7
	Once or twice	1	1484	14.2
	3 or 4 times	2	261	2.5
	5 or 6 times	3	85	0.8
	7 to 12 times	4	55	0.5
	13 to 24 times	5	21	0.2
	25 or more times	6	14	0.1
	N Missing			56

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q12c How many times have you consulted the following people for your own health in the last twelve months? A specialist doctor	None	0	5299	50.6
	Once or twice	1	3394	32.4
	3 or 4 times	2	1128	10.8
	5 or 6 times	3	366	3.5
	7 to 12 times	4	198	1.9
	13 to 24 times	5	66	0.6
	25 or more times	6	26	0.3
	N Missing		65	
Q13a Have you consulted the following services for your own health in the last twelve months? A physiotherapist	Yes	1	2335	22.3
	No	2	8145	77.7
	N Missing		57	
Q13b Have you consulted the following people for your own health in the last twelve months? Counsellor / Psychologist / Social worker	Yes	1	848	8.1
	No	2	9639	91.9
	N Missing		54	
Q13c Have you consulted the following people for your own health in the last twelve months? A community nurse, practice nurse, or nurse practitioner	Yes	1	782	7.5
	No	2	9629	92.5
	N Missing		125	
Q13d Have you consulted the following people for your own health in the last twelve months? Optician / Optometrist	Yes	1	6044	57.7
	No	2	4436	42.3
	N Missing		54	
Q13e Have you consulted the following people for your own health in the last twelve months? Dietitian	Yes	1	691	6.6
	No	2	9771	93.4
	N Missing		71	
Q13f Have you consulted the following people for your own health in the last twelve months? Podiatrist	Yes	1	1770	16.9
	No	2	8694	83.1
	N Missing		71	
Q13g Have you consulted the following services for your own health in the last twelve months? Massage therapist	Yes	1	2721	26.0
	No	2	7749	74.0
	N Missing		64	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q13h Have you consulted the following services for your own health in the last twelve months? Naturopath/ Herbalist	Yes	1	983	9.4
	No	2	9471	90.6
	N Missing		85	
Q13i Have you consulted the following people for your own health in the last twelve months? A Chiropractor	Yes	1	1526	14.6
	No	2	8933	85.4
	N Missing		72	
Q13j Have you consulted the following people for your own health in the last twelve months? Osteopath	Yes	1	455	4.4
	No	2	9978	95.6
	N Missing		96	
Q13k Have you consulted the following services for your own health in the last twelve months? Acupuncturist	Yes	1	651	6.2
	No	2	9806	93.8
	N Missing		80	
Q13l Have you consulted the following services for your own health in the last twelve months? Other alternative health practitioner (eg aromatherapist, homeopath, reflexologist, iridologist)	Yes	1	690	6.7
	No	2	9659	93.3
	N Missing		183	
Q14a How often have you used the following therapies for your own health in the last 12 months? Vitamins / Minerals	Never	1	2410	23.1
	Rarely	2	1033	9.9
	Sometimes	3	2176	20.9
	Often	4	4815	46.1
	N Missing		95	
Q14b How often have you used the following therapies for your own health in the last 12 months? Yoga or Meditation	Never	1	7472	73.1
	Rarely	2	886	8.7
	Sometimes	3	1069	10.5
	Often	4	800	7.8
	N Missing		314	
Q14c How often have you used the following therapies for your own health in the last 12 months? Herbal medicines	Never	1	6296	61.4
	Rarely	2	1037	10.1
	Sometimes	3	1746	17.0
	Often	4	1170	11.4
	N Missing		293	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q14d How often have you used the following therapies for your own health in the last 12 months? Aromatherapy oils	Never	1	7102	69.4
	Rarely	2	1113	10.9
	Sometimes	3	1524	14.9
	Often	4	493	4.8
	N Missing		313	
Q14e How often have you used the following therapies for your own health in the last 12 months? Chinese medicines	Never	1	9250	90.7
	Rarely	2	424	4.2
	Sometimes	3	380	3.7
	Often	4	139	1.4
	N Missing		351	
Q14f How often have you used the following therapies for your own health in the last 12 months? Prayer or spiritual healing	Never	1	6840	66.6
	Rarely	2	657	6.4
	Sometimes	3	1276	12.4
	Often	4	1499	14.6
	N Missing		268	
Q14g How often have you used the following therapies for your own health in the last 12 months? Other alternative therapies	Never	1	8574	84.4
	Rarely	2	622	6.1
	Sometimes	3	636	6.3
	Often	4	327	3.2
	N Missing		387	
Q15a When you go to a General Practitioner: Do you go to the same place	Always	1	7979	76.3
	Most of time	2	2223	21.2
	Sometimes	3	198	1.9
	Rarely/never	4	63	0.6
	N Missing		69	
Q15b When you go to a General Practitioner: Do you usually see the same doctor	Always	1	5303	50.8
	Most of time	2	4282	41.0
	Sometimes	3	675	6.5
	Rarely/never	4	179	1.7
	N Missing		97	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q16 How would you rate the cost of your last visit to a general practitioner?	No cost	1	3846	36.6
	Good	2	1967	18.7
	Fair	3	3695	35.2
	Poor	4	802	7.6
	Don't know	5	190	1.8
	N Missing		38	
Q17 Do you have a Health Care Card ? This is a card that entitles you to discounts and assistance with medical expenses. This is not the same as a Medicare card.	Yes	1	2546	24.3
	No	2	7950	75.7
	N Missing		37	
Q18a Do you have private health insurance for hospital cover?	Yes	1	7270	69.5
	No, Vet affairs	2	41	0.4
	No, cannot afford it	3	1807	17.3
	No, not good value	4	690	6.6
	No, don't need it	5	264	2.5
	No, other reason	6	388	3.7
	N Missing		80	
Q18b Do you have private health insurance for ancillary services? (eg. dental, physiotherapy)	Yes	1	6436	61.4
	No, Vet affairs	2	36	0.3
	No, cannot afford it	3	2033	19.4
	No, not good value	4	1068	10.2
	No, don't need it	5	320	3.1
	No, services not available	6	11	0.1
	No, other reason	7	572	5.5
	N Missing		65	
Q19 Have you been admitted to hospital in the last 12 months? (coding 0-2 in old 5 and old 6)	No	1	8233	78.4
	Yes, day only	2	1200	11.4
	Yes, spent at least one night	3	1070	10.2
	N Missing		38	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q20a When did you last have: A pap test	In last 2 years	1	6443	61.9
	2 to 5 years	2	1268	12.2
	More than 5 yrs	3	2209	21.2
	Never	4	198	1.9
	Don't know	5	287	2.8
	N Missing		138	
Q20b When did you last have: A mammogram	In last 2 years	1	8647	82.8
	2 to 5 years	2	910	8.7
	More than 5 yrs	3	411	3.9
	Never	4	441	4.2
	Don't know	5	35	0.3
	N Missing		101	
Q21a Have you ever had an abnormal result from: A pap test ( : Have you ever had an abnormal pap test?)	Yes	1	2356	22.7
	No	2	7856	75.7
	Don't know	3	160	1.5
	N Missing		168	
Q21b Have you ever had an abnormal result from: A mammogram	Yes	1	2369	23.0
	No	2	7790	75.5
	Don't know	3	161	1.6
	N Missing		223	
Q22a_doctor In the past three years, have you: Had your blood pressure checked? Doctor	No	0	704	6.7
	Yes	1	9817	93.3
	N Missing		14	
Q22a_nurse In the past three years, have you: Had your blood pressure checked? Nurse	No	0	9271	88.1
	Yes	1	1250	11.9
	N Missing		14	
Q22a_other In the past three years, have you: Had your blood pressure checked? Other	No	0	9888	94.0
	Yes	1	632	6.0
	N Missing		14	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q22a_not_check In the past three years, have you: Had your blood pressure checked? Not checked	No	0	10254	97.5
	Yes	1	266	2.5
	N Missing		14	
Q22b_doctor In the past three years, have you: Had your cholesterol checked? Doctor	No	0	2235	21.2
	Yes	1	8285	78.8
	N Missing		14	
Q22b_nurse In the past three years, have you: Had your cholesterol checked? Nurse	No	0	10299	97.9
	Yes	1	221	2.1
	N Missing		14	
Q22b_other In the past three years, have you: Had your cholesterol checked? Other	No	0	10229	97.2
	Yes	1	291	2.8
	N Missing		14	
Q22b_not_check In the past three years, have you: Had your cholesterol checked? Not checked	No	0	8690	82.6
	Yes	1	1830	17.4
	N Missing		14	
Q22c_doctor In the past three years, have you: Had your blood sugar level checked? Doctor	No	0	2969	28.2
	Yes	1	7551	71.8
	N Missing		14	
Q22c_nurse In the past three years, have you: Had your blood sugar level checked? Nurse	No	0	10120	96.2
	Yes	1	401	3.8
	N Missing		14	
Q22c_other In the past three years, have you: Had your blood sugar level checked? Other	No	0	10016	95.2
	Yes	1	504	4.8
	N Missing		14	
Q22c_not_check In the past three years, have you: Had your blood sugar level checked? Not checked	No	0	8256	78.5
	Yes	1	2265	21.5
	N Missing		14	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q22d_doctor In the past three years, have you: Had your skin checked (eg spots, lesions, moles)? Doctor	No	0	4405	41.9
	Yes	1	6115	58.1
	N Missing		14	
Q22d_nurse In the past three years, have you: Had your skin checked (eg spots, lesions, moles)? Nurse	No	0	10480	99.6
	Yes	1	40	0.4
	N Missing		14	
Q22d_other In the past three years, have you: Had your skin checked (eg spots, lesions, moles)? Other	No	0	10262	97.5
	Yes	1	258	2.5
	N Missing		14	
Q22d_not_check In the past three years, have you: Had your skin checked (eg spots, lesions, moles)? Not checked	No	0	6373	60.6
	Yes	1	4147	39.4
	N Missing		14	
Q23a In the past three years, have you: Had your breasts examined by a doctor or nurse?	Yes	1	7195	68.6
	No	2	3290	31.4
	N Missing		52	
Q23b In the past three years, have you: Carried out regular monthly breast self examination?	Yes	1	5579	53.4
	No	2	4878	46.6
	N Missing		75	
Q23c In the last three years, have you had: A Bone density test	Yes	1	2999	28.6
	No	2	7485	71.4
	N Missing		51	
Q23d In the past three years, have you: Had a test for bowel cancer?	Yes	1	2557	24.4
	No	2	7922	75.6
	N Missing		55	
Q23e In the past three years, have you: Had a reminder from your general practice to have a screening test (eg blood pressure, cholesterol, blood sugar, skin)?	Yes	1	3354	32.3
	No	2	7043	67.7
	N Missing		137	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q24a In the past three years, have you received advice/information about lifestyle changes from any of these sources? A doctor	Yes	1	4313	41.2
	No	2	6164	58.8
	N Missing		69	
Q24b In the past three years, have you received advice/information about lifestyle changes from any of these sources? A nurse	Yes	1	476	4.6
	No	2	9873	95.4
	N Missing		192	
Q24c In the past three years, have you received advice/information about lifestyle changes from any of these sources? Other health professional (eg physiotherapist, naturopath)	Yes	1	1806	17.4
	No	2	8573	82.6
	N Missing		160	
Q24d In the past three years, have you received advice/information about lifestyle changes from any of these sources? Program or organisation (eg weight loss program, gym, self help group)	Yes	1	2597	25.0
	No	2	7779	75.0
	N Missing		175	
Q24e In the past three years, have you received advice/information about lifestyle changes from any of these sources? Books, magazines	Yes	1	5637	54.0
	No	2	4801	46.0
	N Missing		113	
Q24f In the past three years, have you received advice/information about lifestyle changes from any of these sources? The internet	Yes	1	2033	19.6
	No	2	8326	80.4
	N Missing		197	
Q24g In the past three years, have you received advice/information about lifestyle changes from any of these sources? Television	Yes	1	4674	44.8
	No	2	5757	55.2
	N Missing		118	
Q24h In the past three years, have you received advice/information about lifestyle changes from any of these sources? Radio	Yes	1	2954	28.5
	No	2	7419	71.5
	N Missing		182	
Q24i In the past three years, have you received advice/information about lifestyle changes from any of these sources? Family and friends	Yes	1	4295	41.3
	No	2	6113	58.7
	N Missing		140	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q24j In the past three years, have you received advice/information about lifestyle changes from any of these sources? Private health fund	Yes	1	1729	16.6
	No	2	8694	83.4
	N Missing		125	
Q25a Are you currently taking: The oral contraceptive pill	Yes	1	13	0.1
	No	2	10478	99.9
	N Missing		38	
Q25b Are you currently taking: Hormone replacement therapy (HRT)?	Yes	1	1804	17.2
	No	2	8661	82.8
	N Missing		63	
Q26a Have you: Had a hysterectomy	Yes	1	3172	30.5
	No	2	7212	69.5
	N Missing		131	
Q26b Have you had: A period or menstrual bleeding in the last 12 months	Yes	1	356	3.4
	No	2	6928	66.3
	Not Applicable	8	3160	30.3
	N Missing		88	
Q26c Have you had: A period or menstrual bleeding in the last 3 months	Yes	1	186	1.8
	No	2	7082	67.9
	Not Applicable	8	3160	30.3
	N Missing		105	
Q27 Compared with 12 months ago, are your periods:	No period 12 months	0	6728	64.7
	Less frequent	1	241	2.3
	Same	2	232	2.2
	More frequent	3	6	0.1
	Changeable	4	28	0.3
	Had hysterectomy	8	3160	30.4
	N Missing		151	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q28 If you have reached menopause, at what age did your periods completely stop?	Mean		50.81	
	Std Error		0.05	
	N		6841	
	N Missing		3797	
Q28na Menopause Non-Applicable	No	0	7215	68.5
	Yes	1	3319	31.5
Q29 Have you ever had Gestational Diabetes (diabetes during pregnancy)?	Yes	1	376	3.6
	No	2	10086	96.4
	N Missing		63	
Q30a Thinking about your own health care, how would you rate the following: Access to medical specialists if you need them	Excellent	1	3454	33.0
	Very good	2	3398	32.5
	Good	3	2089	20.0
	Fair	4	886	8.5
	Poor	5	322	3.1
	Don't know	6	321	3.1
	N Missing		63	
Q30b Thinking about your own health care, how would you rate the following: Access to a hospital if you need it	Excellent	1	3830	36.6
	Very good	2	3388	32.4
	Good	3	2127	20.3
	Fair	4	576	5.5
	Poor	5	195	1.9
	Don't know	6	355	3.4
	N Missing		63	
Q30c Thinking about your own health care, how would you rate the following: Access to medical care in an emergency	Excellent	1	3187	30.5
	Very good	2	3165	30.3
	Good	3	2171	20.8
	Fair	4	826	7.9
	Poor	5	291	2.8
	Don't know	6	794	7.6
	N Missing		92	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q30d Thinking about your own health care, how would you rate the following: Access to after-hours medical care				
	Excellent	1	1792	17.2
	Very good	2	2306	22.1
	Good	3	2316	22.2
	Fair	4	1625	15.6
	Poor	5	954	9.2
	Don't know	6	1423	13.7
	N Missing		116	
Q30e Thinking about your own health care, how would you rate the following: Access to a GP who bulk bills				
	Excellent	1	2491	23.9
	Very good	2	1609	15.4
	Good	3	1373	13.2
	Fair	4	1017	9.8
	Poor	5	2313	22.2
	Don't know	6	1617	15.5
	N Missing		112	
Q30f Thinking about your own health care, how would you rate the following: Access to a female GP				
	Excellent	1	2945	28.2
	Very good	2	2369	22.7
	Good	3	1987	19.1
	Fair	4	1092	10.5
	Poor	5	889	8.5
	Don't know	6	1143	11.0
	N Missing		111	
Q30g Thinking about your own health care, how would you rate the following: Hours when a GP is available				
	Excellent	1	1399	13.4
	Very good	2	2774	26.6
	Good	3	3250	31.2
	Fair	4	1888	18.1
	Poor	5	740	7.1
	Don't know	6	366	3.5
	N Missing		103	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q30h Thinking about your own health care, how would you rate the following: Number of GPs you have to choose from				
	Excellent	1	1874	18.0
	Very good	2	2627	25.2
	Good	3	3011	28.9
	Fair	4	1521	14.6
	Poor	5	861	8.3
	Don't know	6	513	4.9
	N Missing		124	
Q30i Thinking about your own health care, how would you rate the following: Ease of seeing the GP of your choice				
	Excellent	1	1917	18.4
	Very good	2	2576	24.8
	Good	3	2915	28.0
	Fair	4	1825	17.5
	Poor	5	1000	9.6
	Don't know	6	174	1.7
	N Missing		115	
Q30j Thinking about your own health care, how would you rate the following: How long you wait to get a GP appointment				
	Excellent	1	1351	13.0
	Very good	2	2639	25.3
	Good	3	3108	29.8
	Fair	4	2134	20.5
	Poor	5	1076	10.3
	Don't know	6	108	1.0
	N Missing		107	
Q30k Thinking about your own health care, how would you rate the following: The outcomes of your medical care (how much you are helped)				
	Excellent	1	2170	20.8
	Very good	2	3622	34.7
	Good	3	3211	30.7
	Fair	4	1055	10.1
	Poor	5	175	1.7
	Don't know	6	214	2.0
	N Missing		87	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q30l Thinking about your own health care, how would you rate the following: Ease of obtaining a mammogram				
	Excellent	1	4116	39.4
	Very good	2	3317	31.7
	Good	3	1976	18.9
	Fair	4	353	3.4
	Poor	5	167	1.6
	Don't know	6	522	5.0
	N Missing		77	
Q30m Thinking about your own health care, how would you rate the following: Ease of obtaining a Pap test				
	Excellent	1	3575	34.6
	Very good	2	2942	28.5
	Good	3	1850	17.9
	Fair	4	291	2.8
	Poor	5	80	0.8
	Don't know	6	1604	15.5
	N Missing		201	
Q30n Thinking about your own health care, how would you rate the following: Access to a counselling service if you need it				
	Excellent	1	1356	13.0
	Very good	2	1658	15.9
	Good	3	1656	15.8
	Fair	4	588	5.6
	Poor	5	293	2.8
	Don't know	6	4905	46.9
	N Missing		78	
Q31 In the past 12 months have you consulted a dentist?				
	No, I did not need to see a dentist	1	2526	24.2
	No, because no dentist available locally	2	34	0.3
	No, I could no get there, travel difficulties	3	22	0.2
	No, cost more than I could afford	4	610	5.8
	No, because of another reason	5	451	4.3
	Yes, I saw a dentist	6	6814	65.2
	N Missing		87	

*ALSWH Data book for the fifth survey of 1946-51 cohort*

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q32 How would you rate the overall condition of your teeth, dentures or gums?				
	Excellent	1	726	6.9
	Very good	2	2725	26.0
	Good	3	4149	39.5
	Fair	4	2289	21.8
	Poor	5	602	5.7
	N Missing		43	
Q33 There are 16 teeth, including wisdom teeth in the upper jaw. How many teeth do you have remaining in your upper jaw?				
	0	0	1571	15.4
	1	1	6	0.1
	2	2	24	0.2
	3	3	26	0.3
	4	4	41	0.4
	5	5	55	0.5
	6	6	129	1.3
	7	7	113	1.1
	8	8	261	2.6
	9	9	278	2.7
	10	10	524	5.2
	11	11	576	5.7
	12	12	1276	12.5
	13	13	1282	12.6
	14	14	2284	22.4
	15	15	709	7.0
	16	16	1023	10.1
	N Missing		436	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q34 There are 16 teeth, including wisdom teeth in the lower jaw. How many teeth do you have remaining in your lower jaw?	0	0	623	6.1
	1	1	10	0.1
	2	2	25	0.2
	3	3	19	0.2
	4	4	34	0.3
	5	5	62	0.6
	6	6	174	1.7
	7	7	146	1.4
	8	8	382	3.7
	9	9	366	3.6
	10	10	731	7.1
	11	11	699	6.8
	12	12	1344	13.1
	13	13	1394	13.6
	14	14	2466	24.0
	15	15	814	7.9
	16	16	988	9.6
	N Missing		310	
Q35 Do you wear a denture or false teeth in your upper jaw?	Yes	1	3529	33.6
	No	2	6965	66.4
	N Missing		41	
Q36 Do you wear a denture or false teeth in your lower jaw?	Yes	1	1580	15.1
	No	2	8905	84.9
	N Missing		46	
Q37a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	0	5719	54.9
	Yes	1	4702	45.1
	N Missing		113	
Q37b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	0	7419	71.2
	Yes	1	3002	28.8
	N Missing		113	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q37c In the last 12 months, have you: Been injured as a result of a fall?	No	0	8880	85.2
	Yes	1	1541	14.8
	N Missing		113	
Q37d In the last 12 months, have you: Needed to seek medical attention (eg. Doctor, hospital) for an injury from a fall?	No	0	9487	91.0
	Yes	1	934	9.0
	N Missing		113	
Q37e In the last 12 months, have you: Had any other injury from an accident at your home? (eg. burns, cuts, bruises)	No	0	9865	94.7
	Yes	1	556	5.3
	N Missing		113	
Q37f In the last 12 months, have you: Broken or fractured any bone/s?	No	0	9981	95.8
	Yes	1	440	4.2
	N Missing		113	
Q37g In the last 12 months, have you: None of these accidents	At least one of these	0	5262	50.5
	None of these	1	5159	49.5
	N Missing		113	
Q38a In the last 3 years have you been diagnosed with or treated for: Diabetes (high blood sugar)	No	0	9708	93.2
	Yes	1	704	6.8
	N Missing		129	
Q38b In the past three years, have you been diagnosed or treated for: Impaired glucose tolerance	No	0	10133	97.3
	Yes	1	279	2.7
	N Missing		129	
Q38c In the last 3 years have you been diagnosed with or treated for: Osteoarthritis	No	0	8778	84.3
	Yes	1	1635	15.7
	N Missing		129	
Q38d In the last 3 years have you been diagnosed with or treated for: Rheumatoid arthritis	No	0	9930	95.4
	Yes	1	482	4.6
	N Missing		129	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q38e In the last 3 years have you been diagnosed with or treated for: Other arthritis	No	0	9029	86.7
	Yes	1	1383	13.3
	N Missing		129	
Q38f In the past three years, have you been diagnosed or treated for: Heart disease (including heart attack, angina)	No	0	10031	96.3
	Yes	1	381	3.7
	N Missing		129	
Q38g In the past three years, have you been diagnosed or treated for: High blood pressure (hypertension)	No	0	7615	73.1
	Yes	1	2797	26.9
	N Missing		129	
Q38h In the past three years, have you been diagnosed or treated for: Stroke	No	0	10340	99.3
	Yes	1	73	0.7
	N Missing		129	
Q38i In the past three years, have you been diagnosed or treated for: Low iron level (iron deficiency or anaemia)	No	0	9729	93.4
	Yes	1	684	6.6
	N Missing		129	
Q38j In the past three years, have you been diagnosed or treated for: Asthma	No	0	9406	90.3
	Yes	1	1007	9.7
	N Missing		129	
Q38k In the past three years, have you been diagnosed or treated for: Bronchitis/emphysema	No	0	9770	93.8
	Yes	1	642	6.2
	N Missing		129	
Q38l In the past three years, have you been diagnosed or treated for: Osteoporosis	No	0	9746	93.6
	Yes	1	666	6.4
	N Missing		129	
Q38m In the past three years, have you been diagnosed or treated for: Breast cancer	No	0	10174	97.7
	Yes	1	239	2.3
	N Missing		129	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q38n In the past three years, have you been diagnosed or treated for: Cervical cancer	No	0	10369	99.6
	Yes	1	44	0.4
	N Missing		129	
Q38o In the last 3 years have you been diagnosed with or treated for: Skin cancer	No	0	9109	87.5
	Yes	1	1304	12.5
	N Missing		129	
Q38p In the past three years, have you been diagnosed or treated for: Other cancer	No	0	10251	98.5
	Yes	1	161	1.5
	N Missing		129	
Q38q In the past three years, have you been diagnosed or treated for: Depression	No	0	9080	87.2
	Yes	1	1333	12.8
	N Missing		129	
Q38r In the past three years, have you been diagnosed or treated for: Anxiety/nervous disorder	No	0	9406	90.3
	Yes	1	1007	9.7
	N Missing		129	
Q38s In the past three years, have you been diagnosed or treated for: Other psychiatric disorder	No	0	10312	99.0
	Yes	1	101	1.0
	N Missing		129	
Q38t In the past three years, have you been diagnosed or treated for: Chronic Fatigue Syndrome	No	0	10250	98.4
	Yes	1	163	1.6
	N Missing		129	
Q38u In the past three years, have you been diagnosed or treated for: Sexually transmitted infection (eg genital herpes or warts, chlamydia)	No	0	10291	98.8
	Yes	1	121	1.2
	N Missing		129	
Q38v In the past three years, have you been diagnosed or treated for: Other major illness or disability (please specify on line)	No	0	9702	93.2
	Yes	1	711	6.8
	N Missing		129	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q38w In the past three years, have you been diagnosed or treated for: None of these conditions	At least one of these	0	7302	70.1
	None of these	1	3111	29.9
	N Missing		129	
Q39a Compared with when you were in your twenties, how good are you at: Remembering the name of a person just introduced to you?	Much better	1	123	1.2
	Somewhat better	2	286	2.7
	About the same	3	4783	45.6
	Somewhat worse	4	4320	41.1
	Much worse	5	988	9.4
	N Missing		36	
Q39b Compared with when you were in your twenties, how good are you at: Recalling telephone numbers or other numbers that you use on a daily or weekly basis?	Much better	1	229	2.2
	Somewhat better	2	452	4.3
	About the same	3	6467	61.6
	Somewhat worse	4	2769	26.4
	Much worse	5	574	5.5
	N Missing		41	
Q39c Compared with when you were in your twenties, how good are you at: Recalling where you put objects (such as keys) in your home?	Much better	1	121	1.2
	Somewhat better	2	293	2.8
	About the same	3	5475	52.2
	Somewhat worse	4	4011	38.2
	Much worse	5	591	5.6
	N Missing		50	
Q39d Compared with when you were in your twenties, how good are you at: Remembering specific facts from a newspaper or magazine article you have just finished reading?	Much better	1	123	1.2
	Somewhat better	2	451	4.3
	About the same	3	5613	53.6
	Somewhat worse	4	3722	35.5
	Much worse	5	569	5.4
	N Missing		54	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q39e Compared with when you were in your twenties, how good are you at: Remembering the item(s) you intend to buy when you arrive at the shops?	Much better	1	130	1.2
	Somewhat better	2	332	3.2
	About the same	3	5510	52.6
	Somewhat worse	4	3982	38.0
	Much worse	5	530	5.1
	N Missing		49	
Q39f Compared with when you were in your twenties, how good are you at: In general, how would you describe your memory compared to when you were in your twenties?	Much better	1	104	1.0
	Somewhat better	2	252	2.4
	About the same	3	3661	34.9
	Somewhat worse	4	5467	52.2
	Much worse	5	991	9.5
	N Missing		53	
Q40a Have you had any of the following operations or procedures? Yes, in the last 3 years Both ovaries removed	No	0	10151	98.1
	Yes	1	196	1.9
	N Missing		197	
Q40b Past 3 years, had repair of prolapsed vagina/bladder/bowel	No	0	10036	97.0
	Yes	1	311	3.0
	N Missing		197	
Q40c Have you had any of the following operations or procedures? Yes, in the last 3 years Repair of prolapsed vagina, bladder or bowel	No	0	10239	99.0
	Yes	1	108	1.0
	N Missing		197	
Q40d In the past three years, have you had any of the following operations or procedures? Joint replacement (eg hip, knee)	No	0	10135	97.9
	Yes	1	212	2.1
	N Missing		197	
Q40e In the past three years, have you had any of the following operations? Mastectomy (removal of one or both breasts)	No	0	10282	99.4
	Yes	1	65	0.6
	N Missing		197	
Q40f In the past three years, have you had any of the following operations? Lumpectomy (removal of lump from breast)	No	0	10173	98.3
	Yes	1	174	1.7
	N Missing		197	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q40g In the past three years, have you had any of the following operations or procedures? Removal of skin cancer	No	0	8786	84.9
	Yes	1	1562	15.1
	N Missing		197	
Q40h In the past three years, have you had any of the following operations or procedures? Any cancer surgery (other than skin or breast)	No	0	10206	98.6
	Yes	1	141	1.4
	N Missing		197	
Q40i In the past three years, have you had any of the following operations or procedures? Chemotherapy or radiotherapy for any cancer	No	0	10152	98.1
	Yes	1	196	1.9
	N Missing		197	
Q40j In the past three years, have you had any of the following operations? Breast biopsy (taking sample of breast tissue)	No	0	9921	95.9
	Yes	1	427	4.1
	N Missing		197	
Q40k In the past three years, have you had any of the following operations or procedures? Hysteroscopy (investigative procedure to examine the uterus)	No	0	10058	97.2
	Yes	1	290	2.8
	N Missing		197	
Q40l Have you had any of the following operations or procedures? Yes, in the last 3 years Cholecystectomy (gall bladder removed)	No	0	10140	98.0
	Yes	1	208	2.0
	N Missing		197	
Q40m In the past three years, have you had any of the following operations? Gastroscopy/colonoscopy	No	0	8447	81.6
	Yes	1	1900	18.4
	N Missing		197	
Q40n Have you had any of the following operations or procedures? Yes, in the last 3 years None of these operations or procedures	At least one of these	0	4065	39.3
	None of these	1	6283	60.7
	N Missing		197	
Q41a Do you have any of these sleeping problems? Waking up in the early hours of the morning	No	0	4637	44.4
	Yes	1	5800	55.6
	N Missing		102	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q41b Do you have any of these sleeping problems? Lying awake for most of the night	No	0	8953	85.8
	Yes	1	1484	14.2
	N Missing		102	
Q41c Do you have any of these sleeping problems? Taking a long time to get to sleep	No	0	7236	69.3
	Yes	1	3200	30.7
	N Missing		102	
Q41d Do you have any of these sleeping problems? Worry keeping you awake at night	No	0	8168	78.3
	Yes	1	2269	21.7
	N Missing		102	
Q41e Do you have any of these sleeping problems? Sleeping badly at night	No	0	6531	62.6
	Yes	1	3906	37.4
	N Missing		102	
Q41f Do you have any of these sleeping problems? None of these problems	At least one of these	0	7864	75.3
	None of these	1	2573	24.7
	N Missing		102	
Q42a In the past four weeks, have you taken any: Medications prescribed by a doctor?	Yes	1	6931	66.2
	No	2	3535	33.8
	N Missing		76	
Q42b In the past four weeks, have you taken any: Medications / vitamins / supplements or herbal therapies bought without a prescription at the chemist, supermarket, or health food shop?	Yes	1	6579	65.4
	No	2	3474	34.6
	N Missing		467	
Q44Aa In the last 12 months have you had any of the following: Allergies, hayfever, sinusitis	Never	1	4367	42.2
	Rarely	2	1781	17.2
	Sometimes	3	2928	28.3
	Often	4	1270	12.3
	N Missing		191	



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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q44Ab In the last 12 months, have you had any of the following: Breathing difficulty	Never	1	7339	71.7
	Rarely	2	1366	13.3
	Sometimes	3	1251	12.2
	Often	4	282	2.8
	N Missing		302	
Q44Ac In the last 12 months, have you had any of the following: Indigestion/heartburn	Never	1	4782	46.4
	Rarely	2	2285	22.2
	Sometimes	3	2400	23.3
	Often	4	833	8.1
	N Missing		241	
Q44Ad In the last 12 months, have you had any of the following: Chest pain	Never	1	7884	77.6
	Rarely	2	1324	13.0
	Sometimes	3	845	8.3
	Often	4	111	1.1
	N Missing		388	
Q44Ae In the last 12 months, have you had any of the following: Headaches/migraines	Never	1	2457	23.7
	Rarely	2	3615	34.9
	Sometimes	3	3502	33.8
	Often	4	781	7.5
	N Missing		181	
Q44Af In the last twelve months have you had any of the following? Severe tiredness	Never	1	3115	30.3
	Rarely	2	2634	25.6
	Sometimes	3	3318	32.3
	Often	4	1206	11.7
	N Missing		249	
Q44Ag In the last 12 months, have you had any of the following: Stiff or painful joints	Never	1	2038	19.7
	Rarely	2	1830	17.7
	Sometimes	3	3905	37.7
	Often	4	2593	25.0
	N Missing		168	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q44Ah In the last 12 months, have you had any of the following: Back pain	Never	1	2475	23.8
	Rarely	2	2300	22.2
	Sometimes	3	3623	34.9
	Often	4	1985	19.1
	N Missing		146	
	Q44Ai In the last 12 months, have you had any of the following: Urine that burns or stings	Never	1	8111
Rarely		2	1437	13.9
Sometimes		3	699	6.8
Often		4	102	1.0
N Missing			187	
Q44Aj In the last 12 months, have you had any of the following: Haemorrhoids (piles)		Never	1	7323
	Rarely	2	1442	14.0
	Sometimes	3	1167	11.3
	Often	4	391	3.8
	N Missing		212	
	Q44Ak In the last 12 months, have you had any of the following: Other bowel problems	Never	1	7087
Rarely		2	1369	13.3
Sometimes		3	1374	13.4
Often		4	458	4.4
N Missing			251	
Q44Al In the last 12 months, have you had any of the following: Vaginal discharge or irritation		Never	1	8172
	Rarely	2	1319	12.8
	Sometimes	3	677	6.6
	Often	4	127	1.2
	N Missing		232	
	Q44Am In the last 12 months, have you had any of the following: Hot flushes	Never	1	4054
Rarely		2	1813	17.4
Sometimes		3	2683	25.8
Often		4	1855	17.8
N Missing			136	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q44An In the last 12 months, have you had any of the following: Night sweats	Never	1	5189	50.2
	Rarely	2	1708	16.5
	Sometimes	3	2125	20.6
	Often	4	1308	12.7
	N Missing		203	
Q44Ao In the last 12 months, have you had any of the following: Eyesight problems	Never	1	3766	36.6
	Rarely	2	2077	20.2
	Sometimes	3	3264	31.7
	Often	4	1182	11.5
	N Missing		238	
Q44Ap In the last 12 months, have you had any of the following: Leaking urine	Never	1	5635	54.3
	Rarely	2	1885	18.2
	Sometimes	3	2209	21.3
	Often	4	645	6.2
	N Missing		166	
Q44Aq In the last 12 months have you had any of the following: Mouth, teeth or gum problems	Never	1	5038	48.5
	Rarely	2	2595	25.0
	Sometimes	3	2274	21.9
	Often	4	488	4.7
	N Missing		141	
Q44Ar In the last 12 months have you had any of the following: Avoided eating some foods because of problems with your teeth, mouth or dentures	Never	1	7525	72.5
	Rarely	2	1344	13.0
	Sometimes	3	1108	10.7
	Often	4	396	3.8
	N Missing		163	
Q44As In the last 12 months have you had any of the following: Toothache	Never	1	7154	68.9
	Rarely	2	2126	20.5
	Sometimes	3	1013	9.8
	Often	4	93	0.9
	N Missing		145	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q44At In the last 12 months, have you had any of the following: Hearing problems	Never	1	6932	66.8
	Rarely	2	1425	13.7
	Sometimes	3	1457	14.0
	Often	4	559	5.4
	N Missing		153	
Q44Au In the last 12 months have you had any of the following? Depression	Never	1	6197	59.7
	Rarely	2	1793	17.3
	Sometimes	3	1784	17.2
	Often	4	613	5.9
	N Missing		140	
Q44Av In the last 12 months have you had any of the following? Anxiety	Never	1	5279	50.8
	Rarely	2	2333	22.5
	Sometimes	3	2193	21.1
	Often	4	579	5.6
	N Missing		150	
Q44Aw In the last 12 months, have you had any of the following: Episodes of intense anxiety (eg panic attacks)	Never	1	8350	80.7
	Rarely	2	1144	11.1
	Sometimes	3	693	6.7
	Often	4	160	1.5
	N Missing		179	
Q44Ax In the last 12 months, have you had any of the following: Palpitations (feeling that your heart is racing or fluttering in your chest)	Never	1	6155	59.2
	Rarely	2	2033	19.6
	Sometimes	3	1913	18.4
	Often	4	290	2.8
	N Missing		150	
Q44Ba For the problems you had, did you seek help? Allergies, hayfever, sinusitis	No	0	4478	43.2
	Yes	1	1523	14.7
	Not Applicable	8	4363	42.1
	N Missing		177	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q44Bb For the problems you had, did you seek help? Breathing difficulty	No	0	2101	20.5
	Yes	1	811	7.9
	Not Applicable	8	7334	71.6
	N Missing		292	
Q44Bc For the problems you had, did you seek help? Indigestion/heartburn	No	0	4495	43.6
	Yes	1	1040	10.1
	Not Applicable	8	4775	46.3
	N Missing		235	
Q44Bd For the problems you had, did you seek help? Chest pain	No	0	1678	16.5
	Yes	1	611	6.0
	Not Applicable	8	7880	77.5
	N Missing		382	
Q44Be For the problems you had, did you seek help? Headaches/migraines	No	0	7171	69.2
	Yes	1	734	7.1
	Not Applicable	8	2456	23.7
	N Missing		172	
Q44Bf For the problems you had, did you seek help? Severe tiredness	No	0	6479	63.0
	Yes	1	685	6.7
	Not Applicable	8	3112	30.3
	N Missing		246	
Q44Bg For the problems you had, did you seek help? Stiff or painful joints	No	0	6389	61.6
	Yes	1	1954	18.8
	Not Applicable	8	2034	19.6
	N Missing		158	
Q44Bh For the problems you had, did you seek help? Back pain	No	0	6090	58.6
	Yes	1	1829	17.6
	Not Applicable	8	2471	23.8
	N Missing		141	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q44Bi For the problems you had, did you seek help? Urine that burns or stings	No	0	1713	16.5
	Yes	1	533	5.2
	Not Applicable	8	8107	78.3
	N Missing		183	
Q44Bj For the problems you had, did you seek help? Haemorrhoids (piles)	No	0	2729	26.4
	Yes	1	278	2.7
	Not Applicable	8	7320	70.9
	N Missing		208	
Q44Bk For the problems you had, did you seek help? Other bowel problems	No	0	2495	24.2
	Yes	1	720	7.0
	Not Applicable	8	7079	68.8
	N Missing		245	
Q44Bl For the problems you had, did you seek help? Vaginal discharge or irritation	No	0	1732	16.8
	Yes	1	396	3.8
	Not Applicable	8	8171	79.3
	N Missing		228	
Q44Bm For the problems you had, did you seek help? Hot flushes	No	0	5596	53.8
	Yes	1	761	7.3
	Not Applicable	8	4052	38.9
	N Missing		130	
Q44Bn For the problems you had, did you seek help? Night sweats	No	0	4588	44.4
	Yes	1	560	5.4
	Not Applicable	8	5187	50.2
	N Missing		196	
Q44Bo For the problems you had, did you seek help? Eyesight problems	No	0	4528	43.9
	Yes	1	2017	19.6
	Not Applicable	8	3759	36.5
	N Missing		225	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q44Bp For the problems you had, did you seek help? Leaking urine	No	0	4383	42.2
	Yes	1	361	3.5
	Not Applicable	8	5632	54.3
	N Missing		163	
Q44Bq For the problems you had, did you seek help? Mouth, teeth or gums	No	0	3586	34.5
	Yes	1	1787	17.2
	Not Applicable	8	5027	48.3
	N Missing		137	
Q44Br For the problems you had, did you seek help? Avoided eating some foods because of problems with your teeth, mouth or dentures	No	0	2605	25.1
	Yes	1	245	2.4
	Not Applicable	8	7523	72.5
	N Missing		162	
Q44Bs For the problems you had, did you seek help? Toothache	No	0	2309	22.2
	Yes	1	941	9.1
	Not Applicable	8	7142	68.7
	N Missing		139	
Q44Bt For the problems you had, did you seek help? Hearing problems	No	0	3023	29.1
	Yes	1	429	4.1
	Not Applicable	8	6924	66.7
	N Missing		150	
Q44Bu For the problems you had, did you seek help? Depression	No	0	3324	32.0
	Yes	1	876	8.4
	Not Applicable	8	6194	59.6
	N Missing		135	
Q44Bv For the problems you had, did you seek help? anxiety	No	0	4345	41.8
	Yes	1	770	7.4
	Not Applicable	8	5274	50.8
	N Missing		145	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q44Bw For the problems you had, did you seek help? Episodes of intense anxiety (eg panic attacks)	No	0	1616	15.6
	Yes	1	392	3.8
	Not Applicable	8	8345	80.6
	N Missing		176	
Q44Bx For the problems you had, did you seek help? Palpitations (feeling that your heart is racing or fluttering in your chest)	No	0	3493	33.6
	Yes	1	753	7.2
	Not Applicable	8	6152	59.2
	N Missing		144	
Q45 In the past week, have you been feeling that life isn't worth living?	Yes	1	642	6.1
	No	2	9821	93.9
	N Missing		76	
Q46 In the past 6 months have you ever deliberately hurt yourself or done anything that you knew might have harmed or even killed you?	Yes	1	56	0.5
	No	2	10432	99.5
	N Missing		48	
Q47a Over the last 12 months, how stressed have you felt about the following areas of your life: Own health	Not stressed	2	5304	51.6
	Somewhat stressed	3	3206	31.2
	Moderately stressed	4	1243	12.1
	Very stressed	5	392	3.8
	Extremely stressed	6	128	1.2
	N Missing		274	
Q47b Over the last 12 months, how stressed have you felt about the following areas of your life: Health of other family members	Not applicable	1	319	3.1
	Not stressed	2	3168	30.5
	Somewhat stressed	3	3815	36.7
	Moderately stressed	4	1614	15.5
	Very stressed	5	960	9.2
	Extremely stressed	6	517	5.0
	N Missing		158	



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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q47c Over the last 12 months, how stressed have you felt about the following areas of your life: Work/Employment	Not applicable	1	3153	30.3
	Not stressed	2	2997	28.8
	Somewhat stressed	3	2447	23.5
	Moderately stressed	4	1007	9.7
	Very stressed	5	575	5.5
	Extremely stressed	6	235	2.3
	N Missing		134	
Q47d Over the last 12 months, how stressed have you felt about the following areas of your life: Living arrangements	Not stressed	2	7887	78.0
	Somewhat stressed	3	1447	14.3
	Moderately stressed	4	468	4.6
	Very stressed	5	211	2.1
	Extremely stressed	6	103	1.0
	N Missing		466	
Q47e Over the last 12 months, how stressed have you felt about the following areas of your life: Study	Not applicable	1	7476	71.9
	Not stressed	2	2479	23.9
	Somewhat stressed	3	299	2.9
	Moderately stressed	4	63	0.6
	Very stressed	5	48	0.5
	Extremely stressed	6	28	0.3
	N Missing		159	
Q47f Over the last 12 months, how stressed have you felt about the following areas of your life: Money	Not stressed	2	5207	50.6
	Somewhat stressed	3	3254	31.6
	Moderately stressed	4	1054	10.2
	Very stressed	5	500	4.9
	Extremely stressed	6	268	2.6
	N Missing		263	
Q47g Over the last 12 months, how stressed have you felt about the following areas of your life: Relationship with parents	Not applicable	1	5053	48.3
	Not stressed	2	3555	34.0
	Somewhat stressed	3	1160	11.1
	Moderately stressed	4	361	3.4
	Very stressed	5	237	2.3
	Extremely stressed	6	106	1.0
	N Missing		79	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q47h Over the last 12 months, how stressed have you felt about the following areas of your life: Relationship with partner/spouse	Not applicable	1	1927	18.4
	Not stressed	2	5356	51.2
	Somewhat stressed	3	2173	20.8
	Moderately stressed	4	558	5.3
	Very stressed	5	253	2.4
	Extremely stressed	6	200	1.9
	N Missing			79
Q47i Over the last 12 months, how stressed have you felt about the following areas of your life: Relationship with children	Not applicable	1	1089	10.4
	Not stressed	2	5647	53.8
	Somewhat stressed	3	2728	26.0
	Moderately stressed	4	620	5.9
	Very stressed	5	273	2.6
	Extremely stressed	6	130	1.2
	N Missing			66
Q47j Over the last 12 months, how stressed have you felt about the following areas of your life: Relationship with other family members	Not applicable	1	735	7.0
	Not stressed	2	6655	63.5
	Somewhat stressed	3	2252	21.5
	Moderately stressed	4	510	4.9
	Very stressed	5	204	1.9
	Extremely stressed	6	122	1.2
	N Missing			67
Q48a How much do you agree or disagree with each of the following statements? At home, I feel I have control over what happens in most situations	Strongly disagree	1	119	1.1
	Disagree	2	449	4.3
	Slightly disagree	3	642	6.1
	Slightly agree	4	1079	10.3
	Agree	5	5750	54.9
	Strongly agree	6	2430	23.2
	N Missing			77

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q48b How much do you agree or disagree with each of the following statements? I feel that what happens in my life is often determined by factors beyond my control	Strongly disagree	1	935	9.0
	Disagree	2	2972	28.5
	Slightly disagree	3	981	9.4
	Slightly agree	4	2618	25.1
	Agree	5	2408	23.1
	Strongly agree	6	527	5.0
	N Missing		102	
Q48c How much do you agree or disagree with each of the following statements? Over the next 5-10 years I expect to have more positive than negative experiences	Strongly disagree	1	132	1.3
	Disagree	2	452	4.3
	Slightly disagree	3	648	6.2
	Slightly agree	4	1577	15.1
	Agree	5	5553	53.2
	Strongly agree	6	2081	19.9
	N Missing		108	
Q48d How much do you agree or disagree with each of the following statements? I often have the feeling that I am being treated unfairly	Strongly disagree	1	2364	22.6
	Disagree	2	4465	42.6
	Slightly disagree	3	969	9.3
	Slightly agree	4	1784	17.0
	Agree	5	685	6.5
	Strongly agree	6	203	1.9
	N Missing		78	
Q48e How much do you agree or disagree with each of the following statements? In the past 10 years my life has been full of changes without my knowing what will happen next	Strongly disagree	1	1268	12.1
	Disagree	2	3438	32.9
	Slightly disagree	3	901	8.6
	Slightly agree	4	2240	21.4
	Agree	5	1917	18.3
	Strongly agree	6	691	6.6
	N Missing		85	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q48f How much do you agree or disagree with each of the following statements? I gave up trying to make big improvements or changes in my life a long time ago	Strongly disagree	1	2567	24.6
	Disagree	2	4490	42.9
	Slightly disagree	3	968	9.3
	Slightly agree	4	1245	11.9
	Agree	5	985	9.4
	Strongly agree	6	200	1.9
	N Missing		92	
Q49a Thinking about your current approach to life, please indicate how much you think each statement describes you: In uncertain times, I usually expect the best	Strongly disagree	1	158	1.5
	Disagree	2	1394	13.4
	Neutral	3	3341	32.2
	Agree	4	4611	44.5
	Strongly agree	5	867	8.4
	N Missing		178	
Q49b Thinking about your current approach to life, please indicate how much you think each statement describes you: If something can go wrong for me, it will	Strongly disagree	1	1977	19.0
	Disagree	2	4802	46.3
	Neutral	3	2038	19.6
	Agree	4	1385	13.3
	Strongly agree	5	176	1.7
	N Missing		167	
Q49c Thinking about your current approach to life, please indicate how much you think each statement describes you: I'm always optimistic about my future	Strongly disagree	1	98	0.9
	Disagree	2	1054	10.2
	Neutral	3	2255	21.7
	Agree	4	5730	55.2
	Strongly agree	5	1236	11.9
	N Missing		173	
Q49d Thinking about your current approach to life, please indicate how much you think each statement describes you: I hardly ever expect things to go my way	Strongly disagree	1	1926	18.5
	Disagree	2	5215	50.2
	Neutral	3	1988	19.1
	Agree	4	1160	11.2
	Strongly agree	5	106	1.0
	N Missing		157	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q49e Thinking about your current approach to life, please indicate how much you think each statement describes you: I rarely count on good things happening to me	Strongly disagree	1	2157	20.7
	Disagree	2	4940	47.5
	Neutral	3	1842	17.7
	Agree	4	1305	12.6
	Strongly agree	5	153	1.5
	N Missing		149	
Q49f Thinking about your current approach to life, please indicate how much you think each statement describes you: Overall, I expect more good things to happen to me than bad	Strongly disagree	1	126	1.2
	Disagree	2	575	5.5
	Neutral	3	1490	14.3
	Agree	4	6202	59.4
	Strongly agree	5	2050	19.6
	N Missing		106	
Q51Aa Which of the following events have you experienced? In the last 12 months Major personal illness	No	0	9692	92.2
	Yes	1	815	7.8
	N Missing		34	
Q51Ab Which of the following events have you experienced? In the last 12 months Major personal injury or involvement in a serious accident	No	0	10274	97.8
	Yes	1	233	2.2
	N Missing		34	
Q51Ac Which of the following events have you experienced: in the last 12 months Major personal achievement	No	0	9348	89.0
	Yes	1	1159	11.0
	N Missing		34	
Q51Ad Which of the following events have you experienced? In the last 12 months Birth of a grandchild	No	0	8367	79.6
	Yes	1	2139	20.4
	N Missing		34	
Q51Ae Which of the following events have you experienced? In the last 12 months Major surgery (not including dental work)	No	0	9870	93.9
	Yes	1	637	6.1
	N Missing		34	
Q51Af Which of the following events have you experienced? In the last 12 months Going through menopause	No	0	9190	87.5
	Yes	1	1316	12.5
	N Missing		34	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q51Ag Which of the following events have you experienced? In the last 12 months Major decline in health of spouse or partner	No	0	9595	91.3
	Yes	1	912	8.7
	N Missing		34	
Q51Ah Which of the following events have you experienced? In the last 12 months Major decline in health of other close family member or close friend	No	0	7383	70.3
	Yes	1	3124	29.7
	N Missing		34	
Q51Ai Which of the following events have you experienced? In the last 12 months Starting a new, close personal relationship	No	0	10318	98.2
	Yes	1	188	1.8
	N Missing		34	
Q51Aj Which of the following events have you experienced? In the last 12 months Infidelity of spouse or partner	No	0	10389	98.9
	Yes	1	118	1.1
	N Missing		34	
Q51Ak Which of the following events have you experienced? In the last 12 months Break-up of a close personal relationship	No	0	10187	97.0
	Yes	1	319	3.0
	N Missing		34	
Q51Al Which of the following events have you experienced? In the last 12 months Divorce	No	0	10416	99.1
	Yes	1	90	0.9
	N Missing		34	
Q51Am Which of the following events have you experienced? In the last 12 months Major conflict with teenage or older children	No	0	9703	92.3
	Yes	1	804	7.7
	N Missing		34	
Q51An Which of the following events have you experienced? In the last 12 months Child or family member leaving home (due to marriage, to attend university etc)	No	0	9748	92.8
	Yes	1	758	7.2
	N Missing		34	
Q51Ao Which of the following events have you experienced? In the last 12 months Death of spouse or partner	No	0	10422	99.2
	Yes	1	85	0.8
	N Missing		34	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q51Ap Which of the following events have you experienced? In the last 12 months Death of child	No	0	10455	99.5
	Yes	1	51	0.5
	N Missing		34	
Q51Aq Which of the following events have you experienced? In the last 12 months Death of other close family member	No	0	9060	86.2
	Yes	1	1447	13.8
	N Missing		34	
Q51Ar Which of the following events have you experienced? In the last 12 months Death of close friend	No	0	9500	90.4
	Yes	1	1006	9.6
	N Missing		34	
Q51As Which of the following events have you experienced? In the last 12 months Changing your type of work/hours/conditions/responsibilities at work	No	0	8343	79.4
	Yes	1	2164	20.6
	N Missing		34	
Q51At Which of the following events have you experienced: in the last 12 months Retirement	No	0	9889	94.1
	Yes	1	618	5.9
	N Missing		34	
Q51Au Which of the following events have you experienced: in the last 12 months Your spouse or partner retiring from work	No	0	9891	94.1
	Yes	1	616	5.9
	N Missing		34	
Q51Av Which of the following events have you experienced: In the last 12 months Being made redundant	No	0	10354	98.5
	Yes	1	152	1.5
	N Missing		34	
Q51Aw Which of the following events have you experienced: In the last 12 months Your spouse/partner being made redundant	No	0	10367	98.7
	Yes	1	139	1.3
	N Missing		34	
Q51Ax Which of the following events have you experienced? In the last 12 months Decreased income	No	0	8737	83.2
	Yes	1	1770	16.8
	N Missing		34	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q51Ay Which of the following events have you experienced? In the last 12 months Moving house	No	0	9608	91.4
	Yes	1	899	8.6
	N Missing		34	
Q51Az Which of the following events have you experienced? In the last 12 months Natural disaster (fire, flood, drought, earthquake etc) or house fire	No	0	10227	97.3
	Yes	1	280	2.7
	N Missing		34	
Q51Aaa Which of the following events have you experienced? In the last 12 months Major loss or damage to personal property	No	0	10386	98.9
	Yes	1	120	1.1
	N Missing		34	
Q51Abb Which of the following events have you experienced? In the last 12 months Being robbed	No	0	10292	98.0
	Yes	1	215	2.0
	N Missing		34	
Q51Acc Which of the following events have you experienced? In the last 12 months Being pushed, grabbed, shoved, kicked or hit	No	0	10374	98.7
	Yes	1	132	1.3
	N Missing		34	
Q51Add Which of the following events have you experienced? In the last 12 months Being forced to take part in unwanted sexual activity	No	0	10463	99.6
	Yes	1	44	0.4
	N Missing		34	
Q51Aee Which of the following events have you experienced? In the last 12 months Legal troubles or involved in a court case	No	0	10098	96.1
	Yes	1	409	3.9
	N Missing		34	
Q51Aff Which of the following events have you experienced? In the last 12 months Family member/close personal friend being arrested/in gaol	No	0	10321	98.2
	Yes	1	186	1.8
	N Missing		34	
Q51Agg Which of the following events have you experienced: In the last 12 months You or a family member involved in problem gambling	No	0	10262	97.7
	Yes	1	245	2.3
	N Missing		34	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q51Ba Have you experienced any of the following events? Yes, more than 12 months ago Major personal illness	No	0	7779	74.0
	Yes	1	2727	26.0
	N Missing		34	
Q51Bb Which of the following events have you experienced? More than 12 months ago Major personal injury or involvement in a serious accident	No	0	9448	89.9
	Yes	1	1058	10.1
	N Missing		34	
Q51Bc Which of the following events have you experienced: more than 12 months ago Major personal achievement	No	0	8603	81.9
	Yes	1	1904	18.1
	N Missing		34	
Q51Bd Which of the following events have you experienced? More than 12 months ago Birth of a grandchild	No	0	6990	66.5
	Yes	1	3516	33.5
	N Missing		34	
Q51Be Have you experienced any of the following events? Yes, more than 12 months ago Major surgery (not including dental work)	No	0	7786	74.1
	Yes	1	2721	25.9
	N Missing		34	
Q51Bf Which of the following events have you experienced: more than 12 months ago Going through menopause	No	0	4714	44.9
	Yes	1	5793	55.1
	N Missing		34	
Q51Bg Which of the following events have you experienced: more than 12 months ago Major decline in health of spouse or partner	No	0	9365	89.1
	Yes	1	1142	10.9
	N Missing		34	
Q51Bh Which of the following events have you experienced: more than 12 months ago Major decline in health of other close family member or close friend	No	0	7982	76.0
	Yes	1	2525	24.0
	N Missing		34	
Q51Bi Have you experienced any of the following events? Yes, more than 12 months ago Starting a new, close personal relationship	No	0	9465	90.1
	Yes	1	1041	9.9
	N Missing		34	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q51Bj Which of the following events have you experienced: more than 12 months ago Infidelity of spouse or partner	No	0	9470	90.1
	Yes	1	1037	9.9
	N Missing		34	
Q51Bk Which of the following events have you experienced: more than 12 months ago Break-up of a close personal relationship	No	0	9258	88.1
	Yes	1	1249	11.9
	N Missing		34	
Q51Bl Which of the following events have you experienced: more than 12 months ago Divorce	No	0	9152	87.1
	Yes	1	1354	12.9
	N Missing		34	
Q51Bm Which of the following events have you experienced: more than 12 months ago Major conflict with teenage or older children	No	0	9418	89.6
	Yes	1	1088	10.4
	N Missing		34	
Q51Bn Which of the following events have you experienced: more than 12 months ago Child or other family member leaving home ( due to marriage, to attend university etc)	No	0	7891	75.1
	Yes	1	2616	24.9
	N Missing		34	
Q51Bo Which of the following events have you experienced: more than 12 months ago Death of spouse or partner	No	0	10016	95.3
	Yes	1	491	4.7
	N Missing		34	
Q51Bp Have you experienced any of the following events? Yes, more than 12 months ago Death of a child	No	0	10108	96.2
	Yes	1	398	3.8
	N Missing		34	
Q51Bq Which of the following events have you experienced: more than 12 months ago Death of other close family member	No	0	6810	64.8
	Yes	1	3697	35.2
	N Missing		34	
Q51Br Have you experienced any of the following events? Yes, more than 12 months ago Death of a close friend	No	0	8703	82.8
	Yes	1	1804	17.2
	N Missing		34	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q51Bs Have you experienced any of the following events? Yes, more than 12 months ago Change in your type of work/hours/conditions/responsibilities at work	No	0	8482	80.7
	Yes	1	2025	19.3
	N Missing		34	
Q51Bt Which of the following events have you experienced: more than 12 months ago Retirement	No	0	8928	85.0
	Yes	1	1579	15.0
	N Missing		34	
Q51Bu Which of the following events have you experienced: more than 12 months ago Your spouse or partner retiring from work	No	0	8919	84.9
	Yes	1	1587	15.1
	N Missing		34	
Q51Bv Which of the following events have you experienced: More than 12 months ago Being made redundant	No	0	9924	94.5
	Yes	1	582	5.5
	N Missing		34	
Q51Bw Which of the following events have you experienced: More than 12 months ago Your spouse/partner being made redundant	No	0	9860	93.8
	Yes	1	646	6.2
	N Missing		34	
Q51Bx Have you experienced any of the following events? Yes, more than 12 months ago Decreased income	No	0	8197	78.0
	Yes	1	2310	22.0
	N Missing		34	
Q51By Which of the following events have you experienced: more than 12 months ago Moving house	No	0	7839	74.6
	Yes	1	2668	25.4
	N Missing		34	
Q51Bz Have you experienced any of the following events? Yes, more than 12 months ago Natural disaster (fire, flood, drought, earthquake etc) or house fire	No	0	10090	96.0
	Yes	1	417	4.0
	N Missing		34	
Q51Baa Have you experienced any of the following events? Yes, more than 12 months ago Major loss or damage to personal property	No	0	10107	96.2
	Yes	1	400	3.8
	N Missing		34	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q51Bbb Have you experienced any of the following events? Yes, more than 12 months ago Being robbed	No	0	9249	88.0
	Yes	1	1258	12.0
	N Missing		34	
Q51Bcc Have you experienced any of the following events? Yes, more than 12 months ago Being pushed, grabbed, shoved, kicked or hit	No	0	9936	94.6
	Yes	1	570	5.4
	N Missing		34	
Q51Bdd Have you experienced any of the following events? Yes, more than 12 months ago Being forced to take part in unwanted sexual activity	No	0	10133	96.4
	Yes	1	374	3.6
	N Missing		34	
Q51Bee Have you experienced any of the following events? Yes, more than 12 months ago Legal troubles or involvement in a court case	No	0	9707	92.4
	Yes	1	800	7.6
	N Missing		34	
Q51Bff Have you experienced any of the following events? Yes, more than 12 months ago Family member/close friend being arrested/in gaol	No	0	10069	95.8
	Yes	1	437	4.2
	N Missing		34	
Q51Bgg Which of the following events have you experienced: More than 12 months ago You or a family member involved in problem gambling	No	0	10171	96.8
	Yes	1	336	3.2
	N Missing		34	
Q51hh Have you experienced any of the following events? None of these events	At least one of these	0	10238	97.4
	None of these	1	269	2.6
	N Missing		34	
Q52a Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I was bothered by things that don't usually bother me	Rarely, none of time	0	7679	74.8
	Some of time	1	1811	17.6
	Moderate amount of time	2	583	5.7
	All/most of time	3	195	1.9
	N Missing		278	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q52b Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I had trouble keeping my mind on what I was doing	Rarely, none of time	0	6564	64.1
	Some of time	1	2674	26.1
	Moderate amount of time	2	754	7.4
	All/most of time	3	248	2.4
	N Missing		311	
Q52c Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I felt depressed	Rarely, none of time	0	7687	74.9
	Some of time	1	1690	16.5
	Moderate amount of time	2	604	5.9
	All/most of time	3	287	2.8
	N Missing		293	
Q52d Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I felt that everything I did was an effort	Rarely, none of time	0	6466	63.3
	Some of time	1	2561	25.1
	Moderate amount of time	2	752	7.4
	All/most of time	3	442	4.3
	N Missing		319	
Q52e Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I felt hopeful about the future	Rarely, none of time	0	1391	13.6
	Some of time	1	1439	14.1
	Moderate amount of time	2	2004	19.7
	All/most of time	3	5355	52.6
	N Missing		374	
Q52f Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I felt fearful	Rarely, none of time	0	8398	83.0
	Some of time	1	1171	11.6
	Moderate amount of time	2	375	3.7
	All/most of time	3	171	1.7
	N Missing		448	
Q52g Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? My sleep was restless	Rarely, none of time	0	2965	28.7
	Some of time	1	3482	33.7
	Moderate amount of time	2	2216	21.4
	All/most of time	3	1670	16.2
	N Missing		217	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q52h Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I was happy	Rarely, none of time	0	683	6.6
	Some of time	1	1213	11.8
	Moderate amount of time	2	2123	20.6
	All/most of time	3	6279	61.0
	N Missing		244	
Q52i Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I felt lonely	Rarely, none of time	0	7321	71.6
	Some of time	1	1747	17.1
	Moderate amount of time	2	755	7.4
	All/most of time	3	397	3.9
	N Missing		327	
Q52j Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I could not "get going"	Rarely, none of time	0	5679	55.4
	Some of time	1	3109	30.3
	Moderate amount of time	2	1031	10.1
	All/most of time	3	434	4.2
	N Missing		294	
Q52k Below is a list of the ways you might have felt or behaved. Please indicate how often you have felt this way during the last week? I felt terrific	Rarely, none of time	0	2267	22.1
	Some of time	1	1842	17.9
	Moderate amount of time	2	2722	26.5
	All/most of time	3	3444	33.5
	N Missing		276	
Q53a Next are some specific questions about your health and how you have been feeling in the past month. Have you felt keyed up or on edge?	Yes	1	5314	51.0
	No	2	5109	49.0
	N Missing		109	
Q53b Next are some specific questions about your health and how you have been feeling in the past month. Have you been worrying a lot?	Yes	1	4027	38.6
	No	2	6407	61.4
	N Missing		106	
Q53c Next are some specific questions about your health and how you have been feeling in the past month. Have you been irritable?	Yes	1	4141	39.8
	No	2	6275	60.2
	N Missing		127	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q53d Next are some specific questions about your health and how you have been feeling in the past month. Have you had difficulty relaxing?	Yes	1	4277	41.2
	No	2	6116	58.8
	N Missing		140	
Q53e Next are some specific questions about your health and how you have been feeling in the past month. Have you been sleeping poorly?	Yes	1	5855	56.2
	No	2	4566	43.8
	N Missing		116	
Q53f Next are some specific questions about your health and how you have been feeling in the past month. Have you had headaches or neckaches?	Yes	1	5378	51.6
	No	2	5053	48.4
	N Missing		108	
Q53g Next are some specific questions about your health and how you have been feeling in the past month. Have you had any of the following: trembling, tingling, dizzy spells, sweating, diarrhoea or needing to pass urine more often than usual?	Yes	1	3122	29.9
	No	2	7307	70.1
	N Missing		118	
Q53h Next are some specific questions about your health and how you have been feeling in the past month. Have you been worried about your health?	Yes	1	3145	30.1
	No	2	7294	69.9
	N Missing		103	
Q53i Next are some specific questions about your health and how you have been feeling in the past month. Have you had difficulty falling asleep?	Yes	1	4336	41.5
	No	2	6110	58.5
	N Missing		94	
Q54 Do you regularly need help with daily tasks because of long-term illness, disability or frailty (eg personal care, getting around, preparing meals etc)?	Yes	1	366	3.5
	No	2	10103	96.5
	N Missing		71	
Q57a In the last three years, have you: lost 5kg or more on purpose	Yes	1	3503	33.7
	No	2	6882	66.3
	N Missing		166	
Q57b In the last three years, have you: lost 5kg or more for any other reason	Yes	1	1061	10.3
	No	2	9223	89.7
	N Missing		257	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q57c In the last three years, have you: Gained 5kg or more?	Yes	1	3809	37.1
	No	2	6449	62.9
	N Missing		295	
Q58a Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Commercial weight loss program (eg Weight Watchers, Lite n' Easy, Sureslim, Jenny Craig)	Yes	1	1152	11.3
	No	2	9064	88.7
	N Missing		329	
Q58b Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Meal replacements or slimming products (eg OPTIFAST, Herbalife)	Yes	1	954	9.4
	No	2	9241	90.6
	N Missing		350	
Q58c Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Exercise	Yes	1	7433	73.6
	No	2	2671	26.4
	N Missing		462	
Q58d Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Cut down on the size of meals or between meal snacks	Yes	1	7415	72.1
	No	2	2869	27.9
	N Missing		267	
Q58e Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Cut down on fats (low fat) and / or sugars	Yes	1	7837	76.2
	No	2	2442	23.8
	N Missing		255	
Q58f Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Low glycaemic index (GI) diet	Yes	1	2413	24.2
	No	2	7543	75.8
	N Missing		602	
Q58g Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Diet book diets (eg Atkins, Zone, CSIRO diet, Liver cleansing diet)	Yes	1	1210	12.1
	No	2	8772	87.9
	N Missing		571	
Q58h Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Laxatives, diuretics or diet pills (eg Xenical, Reductil)	Yes	1	342	3.4
	No	2	9638	96.6
	N Missing		573	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q58i Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Fasting	Yes	1	177	1.8
	No	2	9795	98.2
	N Missing		579	
Q58j Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Smoking	Yes	1	455	4.6
	No	2	9498	95.4
	N Missing		599	
Q58k Have you used any of these methods to lose weight or to control your weight or shape in the last 12 months? Other	Yes	1	243	6.3
	No	2	3598	93.7
	N Missing		6799	
Q59 How often do you usually drink alcohol?	Never	0	658	6.3
	Never, but have in the past	1	699	6.7
	Rarely	2	2377	22.9
	< once week	3	1318	12.7
	1-2 days a week	4	1641	15.8
	3-4 days a week	5	1459	14.0
	5-6 days a week	6	1205	11.6
	Every day	7	1031	9.9
	N Missing		151	
Q60 On a day when you drink alcohol, how many drinks do you usually have?	Never drink	0	1363	13.3
	1-2 drinks	1	7464	72.9
	3-4 drinks	2	1251	12.2
	5-8 drinks	3	152	1.5
	9+ drinks	4	11	0.1
	N Missing		295	
Q61 How often do you have five or more drinks of alcohol on one occasion?	Never drink	0	1263	12.1
	Never	1	6617	63.4
	< once a month	2	1464	14.0
	Once a month	3	575	5.5
	Once a week	4	364	3.5
	> once a week	5	151	1.4
	N Missing		94	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q62a The next question is about your alcohol consumption during different stages of your life. On average, how many drinks did you usually drink per week in your: Late teens	No alcohol	0	5995	58.3
	1-7 drinks	1	3872	37.6
	8-14 drinks	2	327	3.2
	15+ drinks	3	95	0.9
	N Missing		260	
Q62b The next question is about your alcohol consumption during different stages of your life. On average, how many drinks did you usually drink per week in your: 20s	No alcohol	0	2893	28.2
	1-7 drinks	1	6387	62.2
	8-14 drinks	2	773	7.5
	15+ drinks	3	209	2.0
	N Missing		270	
Q62c The next question is about your alcohol consumption during different stages of your life. On average, how many drinks did you usually drink per week in your: 30s	No alcohol	0	2222	21.6
	1-7 drinks	1	6738	65.7
	8-14 drinks	2	1024	10.0
	15+ drinks	3	279	2.7
	N Missing		262	
Q62d The next question is about your alcohol consumption during different stages of your life. On average, how many drinks did you usually drink per week in your: 40s	No alcohol	0	2054	20.0
	1-7 drinks	1	6452	62.8
	8-14 drinks	2	1397	13.6
	15+ drinks	3	366	3.6
	N Missing		257	
Q62e The next question is about your alcohol consumption during different stages of your life. On average, how many drinks did you usually drink per week in your: 50s	No alcohol	0	1934	18.8
	1-7 drinks	1	6553	63.7
	8-14 drinks	2	1256	12.2
	15+ drinks	3	550	5.3
	N Missing		241	
Q63 How many glasses/cups of non-alcoholic drinks do you usually have each day (eg juice, tea coffee, water, milk, etc)?	0-2 glasses	1	377	3.6
	3-5 glasses	2	3104	29.7
	6-8 glasses	3	5050	48.3
	9 or more glasses	4	1922	18.4
	N Missing		77	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q64 How many pieces of fresh fruit do you usually eat per day? (Count 1/2 cup of diced fruit, berries or grapes as one piece)	None	0	14	0.1
	< 1 piece per day	1	1435	13.7
	1 piece per day	2	2143	20.4
	2 pieces per day	3	3593	34.3
	3 pieces per day	4	2293	21.9
	4 pieces per day	5	720	6.9
	5+ pieces per day	6	286	2.7
	N Missing			55
Q65 How many different vegetables do you usually eat per day? (Count all types, fresh, frozen or tinned.)	< 1 vegetable per day	0	136	1.3
	1 vegetable per day	1	235	2.3
	2 vegetables per day	2	1083	10.4
	3 vegetables per day	3	3417	32.7
	4 vegetables per day	4	2939	28.1
	5 vegetables per day	5	1844	17.6
	6+ vegetables per day	6	804	7.7
	N Missing			73
Q66 How many serves of vegetables do you usually eat each day? A serve = half a cup of cooked vegetables or a cup of salad vegetables	None	0	68	0.6
	1 serve	1	2067	19.7
	2-3 serves	2	5391	51.5
	4 serves	3	1965	18.8
	5 or more serves	4	979	9.4
	N Missing			66
Q67a What type of milk do you usually use? None	No	0	9843	93.9
	Yes	1	644	6.1
	N Missing			48
Q67b What type of milk do you usually use? Full cream milk	No	0	8369	79.8
	Yes	1	2118	20.2
	N Missing			48
Q67c What type of milk do you usually use? Reduced fat milk	No	0	6122	58.4
	Yes	1	4365	41.6
	N Missing			48

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q67d What type of milk do you usually use? Skim milk	No	0	7596	72.4
	Yes	1	2890	27.6
	N Missing		48	
Q67e What type of milk do you usually use? Soya milk	No	0	9557	91.1
	Yes	1	930	8.9
	N Missing		48	
Q68 How much milk do you usually use per day? (Include flavoured milk and milk added to tea, coffee, cereal etc.)	None	0	633	6.0
	< 250 ml	1	5535	52.9
	250-500 ml	2	3602	34.4
	500-750 ml	3	584	5.6
	> 750 ml	4	106	1.0
	N Missing		65	
Q69a What type of bread do you usually eat? I don't eat bread	No	0	10091	96.4
	Yes	1	373	3.6
	N Missing		70	
Q69b What type of bread do you usually eat? High fibre white bread	No	0	9686	92.6
	Yes	1	778	7.4
	N Missing		70	
Q69c What type of bread do you usually eat? White bread	No	0	8846	84.5
	Yes	1	1618	15.5
	N Missing		70	
Q69d What type of bread do you usually eat? Wholemeal bread	No	0	7614	72.8
	Yes	1	2850	27.2
	N Missing		70	
Q69e What type of bread do you usually eat? Rye bread	No	0	9400	89.8
	Yes	1	1064	10.2
	N Missing		70	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q69f What type of bread do you usually eat? Multi-grain bread	No	0	5209	49.8
	Yes	1	5256	50.2
	N Missing		70	
Q70 How many slices of bread do you usually eat per day? (Include all types, fresh or toasted and count one bread roll as 2 slices.)	< 1 slice per day	1	1800	17.4
	1 slice per day	2	1276	12.4
	2 slices per day	3	4183	40.5
	3 slices per day	4	1659	16.1
	4 slices per day	5	1280	12.4
	5-7 slices per day	6	119	1.1
	8+ slices per day	7	7	0.1
	N Missing		228	
Q71a Which spread do you usually put on bread? I don't usually use any fat spread	No	0	8018	78.1
	Yes	1	2248	21.9
	N Missing		277	
Q71b Which spread do you usually put on bread? Margarine of any kind	No	0	9396	91.5
	Yes	1	869	8.5
	N Missing		277	
Q71c Which spread do you usually put on bread? Polyunsaturated margarine	No	0	7341	71.5
	Yes	1	2924	28.5
	N Missing		277	
Q71d Which spread do you usually put on bread? Monounsaturated margarine	No	0	9299	90.6
	Yes	1	967	9.4
	N Missing		277	
Q71e Which spread do you usually put on bread? Butter and margarine blends	No	0	8596	83.7
	Yes	1	1669	16.3
	N Missing		277	
Q71f Which spread do you usually put on bread? Butter	No	0	8457	82.4
	Yes	1	1809	17.6
	N Missing		277	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q72 On average, how many eggs do you usually eat per week?	None	0	419	4.0
	< 1 egg a week	1	2748	26.2
	1-2 eggs a week	2	4988	47.5
	3-5 eggs per week	3	2044	19.5
	6+ eggs per week	4	292	2.8
	N Missing		45	
Q73a What types of cheese do you usually eat? I don't eat cheese	No	0	10197	97.3
	Yes	1	282	2.7
	N Missing		47	
Q73b What types of cheese do you usually eat? Hard cheeses, eg parmesan, romano	No	0	8808	84.1
	Yes	1	1671	15.9
	N Missing		47	
Q73c What types of cheese do you usually eat? Firm cheeses, eg cheddar, edam	No	0	4068	38.8
	Yes	1	6411	61.2
	N Missing		47	
Q73d What types of cheese do you usually eat? Soft cheeses, eg camembert, brie	No	0	8383	80.0
	Yes	1	2096	20.0
	N Missing		47	
Q73e What types of cheese do you usually eat? Ricotta or cottage cheese	No	0	9139	87.2
	Yes	1	1340	12.8
	N Missing		47	
Q73f What types of cheese do you usually eat? Cream cheese	No	0	9742	93.0
	Yes	1	738	7.0
	N Missing		47	
Q73g What types of cheese do you usually eat? Low fat cheese	No	0	7578	72.3
	Yes	1	2901	27.7
	N Missing		47	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74aa Over the last 12 months, on average, how often did you eat the following foods? All Bran	Never	1	7479	75.3
	< Once a week	2	1182	11.9
	Once a week or more	3	1268	12.8
	N Missing		603	
Q74ab Over the last 12 months, on average, how often did you eat the following foods? Sultana Bran, Fibre plus, Branflakes	Never	1	6760	69.4
	< Once a week	2	1378	14.2
	Once a week or more	3	1597	16.4
	N Missing		818	
Q74ac Over the last 12 months, on average, how often did you eat the following foods? Weet Bix, Vita Brits, Weeties	Never	1	5177	52.4
	< Once a week	2	1766	17.9
	Once a week or more	3	2945	29.8
	N Missing		674	
Q74ad Over the last 12 months, on average, how often did you eat the following foods? Cornflakes, Nutrigrain, Special K.	Never	1	6446	66.9
	< Once a week	2	1778	18.4
	Once a week or more	3	1414	14.7
	N Missing		939	
Q74ae Over the last 12 months, on average, how often did you eat the following foods? Porridge	Never	1	4295	43.3
	< Once a week	2	2652	26.7
	Once a week or more	3	2971	30.0
	N Missing		631	
Q74af Over the last 12 months, on average, how often did you eat the following foods? Muesli	Never	1	5219	53.7
	< Once a week	2	1715	17.7
	Once a week or more	3	2780	28.6
	N Missing		846	
Q74ag Over the last 12 months, on average, how often did you eat the following foods? Rice	Never	1	706	6.9
	< Once a week	2	3883	38.0
	Once a week or more	3	5639	55.1
	N Missing		323	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74ah Over the last 12 months, on average, how often did you eat the following foods? Pasta or noodles (includes lasagne)	Never	1	495	4.8
	< Once a week	2	4106	39.6
	Once a week or more	3	5760	55.6
	N Missing		190	
Q74ai Over the last 12 months, on average, how often did you eat the following foods? Nuts	Never	1	738	7.1
	< Once a week	2	3863	37.3
	Once a week or more	3	5752	55.6
	N Missing		194	
Q74aj Over the last 12 months, on average, how often did you eat the following foods? Peanut butter or peanut paste	Never	1	4264	41.5
	< Once a week	2	4257	41.5
	Once a week or more	3	1741	17.0
	N Missing		267	
Q74ak Over the last 12 months, on average, how often did you eat the following foods? Vegemite, Marmite, Promite	Never	1	2498	24.1
	< Once a week	2	3660	35.3
	Once a week or more	3	4211	40.6
	N Missing		162	
Q74al Over the last 12 months, on average, how often did you eat the following foods? Tinned or frozen fruit (any kind)	Never	1	2661	25.8
	< Once a week	2	4838	47.0
	Once a week or more	3	2802	27.2
	N Missing		222	
Q74am Over the last 12 months, on average, how often did you eat the following foods? Oranges or other citrus fruit	Never	1	1159	11.2
	< Once a week	2	4388	42.4
	Once a week or more	3	4794	46.4
	N Missing		201	
Q74an Over the last 12 months, on average, how often did you eat the following foods? Apples	Never	1	626	6.0
	< Once a week	2	2885	27.7
	Once a week or more	3	6917	66.3
	N Missing		108	



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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74ao Over the last 12 months, on average, how often did you eat the following foods? Pears	Never	1	1417	13.8
	< Once a week	2	4465	43.3
	Once a week or more	3	4421	42.9
	N Missing		243	
Q74ap Over the last 12 months, on average, how often did you eat the following foods? Bananas	Never	1	687	6.6
	< Once a week	2	2281	21.8
	Once a week or more	3	7496	71.6
	N Missing		74	
Q74aq Over the last 12 months, on average, how often did you eat the following foods? Watermelon, rockmelon, honey dew etc.	Never	1	1067	10.3
	< Once a week	2	5059	48.7
	Once a week or more	3	4257	41.0
	N Missing		154	
Q74ar Over the last 12 months, on average, how often did you eat the following foods? Pineapple	Never	1	2050	19.8
	< Once a week	2	6479	62.5
	Once a week or more	3	1839	17.7
	N Missing		179	
Q74as Over the last 12 months, on average, how often did you eat the following foods? Strawberries	Never	1	819	7.9
	< Once a week	2	5923	56.9
	Once a week or more	3	3668	35.2
	N Missing		130	
Q74at Over the last 12 months, on average, how often did you eat the following foods? Apricots	Never	1	1791	17.3
	< Once a week	2	6570	63.4
	Once a week or more	3	2009	19.4
	N Missing		174	
Q74au Over the last 12 months, on average, how often did you eat the following foods? Peaches and nectarines	Never	1	845	8.1
	< Once a week	2	5459	52.5
	Once a week or more	3	4090	39.3
	N Missing		146	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74av Over the last 12 months, on average, how often did you eat the following foods? Mango or paw paw	Never	1	2483	24.0
	< Once a week	2	5162	49.8
	Once a week or more	3	2711	26.2
	N Missing		198	
Q74aw Over the last 12 months, on average, how often did you eat the following foods? Avocado	Never	1	1819	17.5
	< Once a week	2	3862	37.1
	Once a week or more	3	4732	45.4
	N Missing		123	
Q74ax Over the last 12 months, on average, how often did you eat the following foods? Fruit or vegetable juice	Never	1	2496	24.1
	< Once a week	2	3475	33.5
	Once a week or more	3	4407	42.5
	N Missing		164	
Q74ay Over the last 12 months, on average, how often did you eat the following foods? Potatoes cooked without fat	Never	1	534	5.1
	< Once a week	2	2567	24.6
	Once a week or more	3	7335	70.3
	N Missing		93	
Q74az Over the last 12 months, on average, how often did you eat the following foods? Tomato sauce, tomato paste or dried tomatoes	Never	1	928	8.9
	< Once a week	2	4741	45.4
	Once a week or more	3	4764	45.7
	N Missing		106	
Q74aaa Over the last 12 months, on average, how often did you eat the following foods? Fresh or tinned tomatoes	Never	1	776	7.4
	< Once a week	2	3230	31.0
	Once a week or more	3	6426	61.6
	N Missing		112	
Q74abb Over the last 12 months, on average, how often did you eat the following foods? Peppers (capsicum)	Never	1	1383	13.3
	< Once a week	2	3500	33.6
	Once a week or more	3	5545	53.2
	N Missing		109	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74acc Over the last 12 months, on average, how often did you eat the following foods? Lettuce, endive or other salad greens	Never	1	157	1.5
	< Once a week	2	1415	13.5
	Once a week or more	3	8906	85.0
	N Missing		58	
Q74add Over the last 12 months, on average, how often did you eat the following foods? Cucumber	Never	1	897	8.6
	< Once a week	2	2386	22.8
	Once a week or more	3	7187	68.6
	N Missing		70	
Q74aee Over the last 12 months, on average, how often did you eat the following foods? Celery	Never	1	1147	11.0
	< Once a week	2	4522	43.3
	Once a week or more	3	4767	45.7
	N Missing		106	
Q74aff Over the last 12 months, on average, how often did you eat the following foods? Beetroot	Never	1	1282	12.3
	< Once a week	2	4899	46.9
	Once a week or more	3	4262	40.8
	N Missing		98	
Q74agg Over the last 12 months, on average, how often did you eat the following foods? Carrots	Never	1	133	1.3
	< Once a week	2	1519	14.5
	Once a week or more	3	8818	84.2
	N Missing		58	
Q74ahh Over the last 12 months, on average, how often did you eat the following foods? Cabbage or brussels sprouts	Never	1	1097	10.5
	< Once a week	2	5063	48.6
	Once a week or more	3	4268	40.9
	N Missing		95	
Q74aai Over the last 12 months, on average, how often did you eat the following foods? Cauliflower	Never	1	661	6.3
	< Once a week	2	4822	46.2
	Once a week or more	3	4958	47.5
	N Missing		88	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74ajj Over the last 12 months, on average, how often did you eat the following foods? Broccoli	Never	1	468	4.5
	< Once a week	2	2578	24.6
	Once a week or more	3	7422	70.9
	N Missing		69	
Q74akk Over the last 12 months, on average, how often did you eat the following foods? Silverbeet or spinach	Never	1	1749	16.8
	< Once a week	2	4847	46.6
	Once a week or more	3	3815	36.6
	N Missing		125	
Q74all Over the last 12 months, on average, how often did you eat the following foods? Peas	Never	1	491	4.7
	< Once a week	2	3763	36.0
	Once a week or more	3	6207	59.3
	N Missing		67	
Q74amm Over the last 12 months, on average, how often did you eat the following foods? Green beans	Never	1	382	3.6
	< Once a week	2	2999	28.6
	Once a week or more	3	7092	67.7
	N Missing		55	
Q74ann Over the last 12 months, on average, how often did you eat the following foods? Bean sprouts or alfalfa sprouts	Never	1	3753	35.9
	< Once a week	2	5619	53.8
	Once a week or more	3	1074	10.3
	N Missing		89	
Q74aoo Over the last 12 months, on average, how often did you eat the following foods? Baked beans	Never	1	2666	25.5
	< Once a week	2	5691	54.5
	Once a week or more	3	2094	20.0
	N Missing		78	
Q74app Over the last 12 months, on average, how often did you eat the following foods? Soya beans, soy bean curd or tofu	Never	1	7619	73.1
	< Once a week	2	2236	21.5
	Once a week or more	3	564	5.4
	N Missing		129	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74aqq Over the last 12 months, on average, how often did you eat the following foods? Other beans (include chick peas, lentils etc)	Never	1	4418	42.7
	< Once a week	2	4543	43.9
	Once a week or more	3	1397	13.5
	N Missing		184	
Q74arr Over the last 12 months, on average, how often did you eat the following foods? Pumpkin	Never	1	432	4.1
	< Once a week	2	3428	32.7
	Once a week or more	3	6611	63.1
	N Missing		61	
Q74ass Over the last 12 months, on average, how often did you eat the following foods? Onions or leeks	Never	1	428	4.1
	< Once a week	2	2133	20.4
	Once a week or more	3	7899	75.5
	N Missing		73	
Q74att Over the last 12 months, on average, how often did you eat the following foods? Garlic (not garlic tablets)	Never	1	1275	12.2
	< Once a week	2	3204	30.7
	Once a week or more	3	5954	57.1
	N Missing		94	
Q74auu Over the last 12 months, on average, how often did you eat the following foods? Mushrooms	Never	1	1210	11.6
	< Once a week	2	3841	36.7
	Once a week or more	3	5409	51.7
	N Missing		71	
Q74avv Over the last 12 months, on average, how often did you eat the following foods? Zucchini	Never	1	1097	10.5
	< Once a week	2	4386	41.9
	Once a week or more	3	4972	47.6
	N Missing		73	
Q74ba Over the last 12 months, on average, how often did you eat the following foods? Cheese	Never	1	300	2.9
	< Once a week	2	1054	10.1
	Once a week	3	1934	18.5
	2-4 a week	4	5171	49.3
	5+ a week	5	2019	19.3
	N Missing		54	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74bb Over the last 12 months, on average, how often did you eat the following foods? Ice cream	Never	1	1292	12.3
	< Once a week	2	5146	49.2
	Once a week	3	1907	18.2
	2-4 a week	4	1700	16.2
	5+ a week	5	424	4.1
	N Missing			68
Q74bc Over the last 12 months, on average, how often did you eat the following foods? Yoghurt	Never	1	1186	11.3
	< Once a week	2	1933	18.5
	Once a week	3	1538	14.7
	2-4 a week	4	3096	29.6
	5+ a week	5	2719	26.0
	N Missing			67
Q74bd Over the last 12 months, on average, how often did you eat the following foods? Beef	Never	1	567	5.4
	< Once a week	2	1239	11.8
	Once a week	3	3116	29.7
	2-4 a week	4	5072	48.4
	5+ a week	5	482	4.6
	N Missing			58
Q74be Over the last 12 months, on average, how often did you eat the following foods? Veal	Never	1	4099	39.3
	< Once a week	2	4112	39.4
	Once a week	3	1664	16.0
	2-4 a week	4	505	4.8
	5+ a week	5	48	0.5
	N Missing			121
Q74bf Over the last 12 months, on average, how often did you eat the following foods? Chicken	Never	1	321	3.1
	< Once a week	2	783	7.5
	Once a week	3	2829	27.0
	2-4 a week	4	6010	57.4
	5+ a week	5	533	5.1
	N Missing			58

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q74bg Over the last 12 months, on average, how often did you eat the following foods? Lamb	Never	1	974	9.3
	< Once a week	2	2627	25.1
	Once a week	3	4091	39.1
	2-4 a week	4	2594	24.8
	5+ a week	5	178	1.7
	N Missing			65
Q74bh Over the last 12 months, on average, how often did you eat the following foods? Pork	Never	1	1908	18.2
	< Once a week	2	4082	39.0
	Once a week	3	3165	30.3
	2-4 a week	4	1205	11.5
	5+ a week	5	95	0.9
	N Missing			69
Q74bi Over the last 12 months, on average, how often did you eat the following foods? Fish, steamed, grilled or baked	Never	1	481	4.6
	< Once a week	2	2548	24.3
	Once a week	3	4112	39.3
	2-4 a week	4	3011	28.7
	5+ a week	5	324	3.1
	N Missing			54
Q74bj Over the last 12 months, on average, how often did you eat the following foods? Fish, tinned (salmon, tuna, sardines etc)	Never	1	845	8.1
	< Once a week	2	2648	25.3
	Once a week	3	3274	31.3
	2-4 a week	4	3167	30.3
	5+ a week	5	534	5.1
	N Missing			65
Q75 How often do you currently smoke cigarettes or any tobacco products?	Daily	1	1022	9.7
	Weekly	2	66	0.6
	< weekly	3	64	0.6
	Not at all	4	9332	89.0
	N Missing			51

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q76 If you smoke daily, on average how many cigarettes do you smoke each day?	Mean		17.76	
	Std Error		0.30	
	N		1038	
	N Missing		9600	
Q77 If you smoke, but not daily, on average how many cigarettes do you smoke per week?	Mean		17.17	
	Std Error		1.75	
	N		86	
	N Missing		10552	
Q78 Have you ever smoked daily?	Yes	1	4153	39.7
	No	2	6302	60.3
	N Missing		80	
Q79 At what age did you finally stop smoking daily?	Mean		37.35	
	Std Error		0.20	
	N		3143	
	N Missing		7495	
Q80a Now think about all of the time you spend sitting during each day while at home, at work, while getting from place to place or during your spare time. How many hours in total do you typically spend sitting down while doing things like visiting friends, driving, reading, watching television, or working at a desk or computer? On	0	0	6	0.1
	1	1	104	1.1
	2	2	599	6.0
	3	3	974	9.8
	4	4	1626	16.4
	5	5	1360	13.7
	6	6	1521	15.4
	7	7	561	5.7
	8	8	1075	10.9
	9	9	331	3.3
	10	10	878	8.9
	11	11	128	1.3
	12	12	454	4.6
	13	13	62	0.6
	14	14	115	1.2
	15	15	64	0.7
	16	16	43	0.4
N Missing			666	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q80b Now think about all of the time you spend sitting during each day while at home, at work, while getting from place to place or during your spare time. How many hours in total do you typically spend sitting down while doing things like visiting friends, driving, reading, watching television, or working at a desk or computer?	0	0	21	0.2
	1	1	127	1.3
	2	2	601	6.2
	3	3	1033	10.7
	4	4	1750	18.1
	5	5	1458	15.1
	6	6	1772	18.3
	7	7	541	5.6
	8	8	1028	10.6
	9	9	189	2.0
	10	10	665	6.9
	11	11	46	0.5
	12	12	238	2.5
	13	13	19	0.2
	14	14	75	0.8
	15	15	73	0.8
	16	16	39	0.4
	N Missing		876	
Q81a How many times did you do each type of activity last week? Only count the number of times when the activity lasted for 10 minutes or more. Walking briskly (for recreation or exercise, or to get from place to place)	Mean		4.49	
	Std Error		0.05	
	N		10467	
	N Missing		171	
Q81b How many times did you do each type of activity last week? Only count the number of times when the activity lasted for 10 minutes or more. Moderate leisure activity (like social tennis, moderate exercise classes, recreational swimming, dancing)	Mean		1.06	
	Std Error		0.02	
	N		10477	
	N Missing		161	
Q81c How many times did you do each type of activity last week? Only count the number of times when the activity lasted for 10 minutes or more. Vigorous leisure activity (that makes you breathe harder or puff and pant like aerobics, competitive sport, vigorous cycling, running, swimming)	Mean		0.78	
	Std Error		0.02	
	N		10462	
	N Missing		176	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q81d How many times did you do each type of activity last week? Only count the number of times when the activity lasted for 10 minutes or more. Vigorous household or garden chores that make you breathe harder or puff and pant	Mean		2.49	
	Std Error		0.04	
	N		10455	
	N Missing		183	
Q83a The next question asks about physical activity in your main job (this could be paid work, unpaid work, caring etc - whatever you spend most of your 'working day' doing). During your usual working day, how often do you do each of the following? Sitting	All the time	1	357	3.5
	Most of the time	2	2751	27.2
	Some of the time	3	3540	35.0
	Little of the time	4	2304	22.8
	None of the time	5	1157	11.4
	N Missing		430	
Q83b The next question asks about physical activity in your main job (this could be paid work, unpaid work, caring etc - whatever you spend most of your 'working day' doing). During your usual working day, how often do you do each of the following? Standing	All the time	1	680	6.7
	Most of the time	2	2387	23.7
	Some of the time	3	4287	42.5
	Little of the time	4	1961	19.4
	None of the time	5	779	7.7
	N Missing		440	
Q83c The next question asks about physical activity in your main job (this could be paid work, unpaid work, caring etc - whatever you spend most of your 'working day' doing). During your usual working day, how often do you do each of the following? Walking	All the time	1	489	4.8
	Most of the time	2	2164	21.4
	Some of the time	3	4821	47.6
	Little of the time	4	2038	20.1
	None of the time	5	614	6.1
	N Missing		411	
Q83d The next question asks about physical activity in your main job (this could be paid work, unpaid work, caring etc - whatever you spend most of your 'working day' doing). During your usual working day, how often do you do each of the following? Heavy labour or physically demanding work Heavy labour or physically demanding	All the time	1	203	2.0
	Most of the time	2	548	5.4
	Some of the time	3	1402	13.8
	Little of the time	4	2311	22.8
	None of the time	5	5686	56.0
	N Missing		388	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q85a In a usual week, how much time in total do you spend doing the following things? Full-time (permanent) paid work	Don't do this activity	1	6961	68.6
	1-15 hours	2	140	1.4
	16-24 hours	3	152	1.5
	25-34 hours	4	402	4.0
	35-40 hours	5	1572	15.5
	41-48 hours	6	608	6.0
	49 hours or more	7	314	3.1
	N Missing			390
Q85b In a usual week, how much time in total do you spend doing the following things? Part-time permanent paid work	Don't do this activity	1	7694	76.8
	1-15 hours	2	716	7.1
	16-24 hours	3	767	7.7
	25-34 hours	4	675	6.7
	35-40 hours	5	128	1.3
	41-48 hours	6	15	0.2
	49 hours or more	7	19	0.2
	N Missing			507
Q85c In a usual week, how much time in total do you spend doing the following things? Casual paid work (no paid holiday or sick leave)	Don't do this activity	1	8670	87.8
	1-15 hours	2	693	7.0
	16-24 hours	3	263	2.7
	25-34 hours	4	162	1.6
	35-40 hours	5	66	0.7
	41-48 hours	6	10	0.1
	49 hours or more	7	8	0.1
	N Missing			657
Q85d In a usual week, how much time in total do you spend doing the following things? Home duties (own / family home)	Don't do this activity	1	262	2.6
	1-15 hours	2	5109	50.0
	16-24 hours	3	2195	21.5
	25-34 hours	4	1140	11.2
	35-40 hours	5	617	6.0
	41-48 hours	6	255	2.5
	49 hours or more	7	629	6.2
	N Missing			336

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q85e In a usual week, how much time in total do you spend doing the following things? Work without pay (eg family business)	Don't do this activity	1	8064	80.7
	1-15 hours	2	1361	13.6
	16-24 hours	3	234	2.3
	25-34 hours	4	123	1.2
	35-40 hours	5	64	0.6
	41-48 hours	6	37	0.4
	49 hours or more	7	115	1.2
	N Missing			535
Q85f In a usual week, how much time in total do you spend doing the following things? Looking for work	Don't do this activity	1	9923	97.6
	1-15 hours	2	224	2.2
	16-24 hours	3	10	0.1
	25-34 hours	4	3	0.0
	35-40 hours	5	2	0.0
	41-48 hours	6	0	0.0
	49 hours or more	7	1	0.0
	N Missing			381
Q85g In a usual week, how much time in total do you spend doing the following things? Unpaid voluntary work	Don't do this activity	1	7443	72.9
	1-15 hours	2	2474	24.2
	16-24 hours	3	187	1.8
	25-34 hours	4	63	0.6
	35-40 hours	5	16	0.2
	41-48 hours	6	5	0.0
	49 hours or more	7	16	0.2
	N Missing			342
Q85h In a usual week, how much time in total do you spend doing the following things? Active leisure (eg walking, exercise, sport)	Don't do this activity	1	1750	17.0
	1-15 hours	2	7974	77.4
	16-24 hours	3	456	4.4
	25-34 hours	4	66	0.6
	35-40 hours	5	26	0.3
	41-48 hours	6	5	0.0
	49 hours or more	7	22	0.2
	N Missing			244

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q85i In a usual week, how much time in total do you spend doing the following things? Passive leisure (eg TV, music, reading, relaxing)	Don't do this activity	1	238	2.3
	1-15 hours	2	6469	62.3
	16-24 hours	3	2240	21.6
	25-34 hours	4	865	8.3
	35-40 hours	5	300	2.9
	41-48 hours	6	132	1.3
	49 hours or more	7	147	1.4
	N Missing			170
Q85j In a usual week, how much time in total do you spend doing the following things? Studying	Don't do this activity	1	8815	85.1
	1-15 hours	2	1429	13.8
	16-24 hours	3	77	0.7
	25-34 hours	4	20	0.2
	35-40 hours	5	10	0.1
	41-48 hours	6	2	0.0
	49 hours or more	7	1	0.0
	N Missing			202
Q86a Managing time is often difficult. How often do you feel: That you are rushed, pressured, too busy?	Every day	1	1319	12.6
	Few times week	2	3581	34.3
	Once a week	3	2133	20.5
	Once a month	4	1955	18.7
	Never	5	1441	13.8
	N Missing			110
Q86b Managing time is often difficult. How often do you feel: That you have time on your hands that you don't know what to do with?	Every day	1	187	1.8
	Few times week	2	839	8.2
	Once a week	3	1007	9.8
	Once a month	4	1647	16.0
	Never	5	6602	64.2
	N Missing			259
Q87a Are you happy with your share of the following tasks and activities? Domestic work (shopping, cooking, cleaning etc)	Happy way it is	1	7666	73.2
	Like others to do more	2	2356	22.5
	Like other arrangement	3	382	3.6
	Not applicable	4	76	0.7
	N Missing			61

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q87b Are you happy with your share of the following tasks and activities? Child care	Happy way it is	1	2126	21.1
	Like others to do more	2	99	1.0
	Like other arrangement	3	62	0.6
	Not applicable	4	7783	77.3
	N Missing		452	
Q87c Are you happy with your share of the following tasks and activities? Caring for another adult (who is elderly/disabled/sick)	Happy way it is	1	1896	18.5
	Like others to do more	2	425	4.1
	Like other arrangement	3	293	2.9
	Not applicable	4	7654	74.5
	N Missing		266	
Q87d Are you happy with your share of the following tasks and activities? Other household work (gardening, home/car maintenance)	Happy way it is	1	7153	68.5
	Like others to do more	2	1952	18.7
	Like other arrangement	3	601	5.8
	Not applicable	4	734	7.0
	N Missing		98	
Q88 Do you regularly provide (unpaid) care for grandchildren or other people's children?	Daily	1	451	4.3
	Weekly	2	1621	15.4
	Occasionally	3	3545	33.8
	Never	4	4878	46.5
	N Missing		42	
Q89a Do you regularly provide care or assistance (eg personal care, transport) to any other person because of their long-term illness, disability or frailty? For someone who lives with you	Yes	1	876	8.3
	No	2	9625	91.7
	N Missing		38	
Q89b Do you regularly provide care or assistance (eg personal care, transport) to any other person because of their long-term illness, disability or frailty? For someone who lives elsewhere	Yes	1	2415	23.0
	No	2	8079	77.0
	N Missing		42	
Q90 How many people with a long term illness, disability or frailty do you regularly provide care for?	No care given	0	7196	69.3
	One person	1	2419	23.3
	Two people	2	591	5.7
	>Two people	3	178	1.7
	N Missing		137	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q91 How often do you provide this care or assistance?	No care given	0	7196	69.3
	Every day	1	924	8.9
	Several times a week	2	833	8.0
	Once a week	3	758	7.3
	Every few weeks	4	532	5.1
	Less often	5	147	1.4
	N Missing		134	
Q92 How much time do you usually spend providing such care or assistance on each occasion?	No care given	0	7196	69.3
	All day/night	1	360	3.5
	All day	2	196	1.9
	All night	3	14	0.1
	Several hours	4	1901	18.3
	About an hour	5	711	6.8
	N Missing		163	
Q93a Do you normally do any of the following kinds of work? Paid shift work	No	0	9266	92.3
	Yes	1	772	7.7
	N Missing		447	
Q93b Do you normally do any of the following kinds of work? Paid work at night	No	0	9532	95.0
	Yes	1	505	5.0
	N Missing		447	
Q93c Do you normally do any of the following kinds of work? Paid work from home	No	0	9560	95.2
	Yes	1	478	4.8
	N Missing		447	
Q93d Do you normally do any of the following kinds of paid work? Self employment	No	0	8772	87.4
	Yes	1	1266	12.6
	N Missing		447	
Q93e Do you normally do any of the following kinds of paid work? Paid work in more than one job	No	0	9511	94.8
	Yes	1	526	5.2
	N Missing		447	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q93f Do you normally do any of the following kinds of paid work? Casual paid work (work in a job which doesn't provide holiday pay or sick leave)	No	0	8651	86.2
	Yes	1	1386	13.8
	N Missing		447	
Q93g Do you normally do any of the following kinds of work? Paid work involving none of the above	No	0	7287	72.6
	Yes	1	2751	27.4
	N Missing		447	
Q93h Do you normally do any of the following kinds of work? I don't do any paid work	No	0	6198	61.7
	Yes	1	3840	38.3
	N Missing		447	
Q94a We would like to know your and your partner's main occupation now: Self	Manager/administrator	1	612	6.4
	Professional	2	1862	19.4
	Associate professional	3	683	7.1
	Tradesperson or related worker	4	220	2.3
	Advanced clerical/service worker	5	625	6.5
	Intermediate clerical/sales/service	6	1091	11.4
	Intermediate production/transport	7	41	0.4
	Elementary clerical/sales/service	8	444	4.6
	Labourer or related	9	443	4.6
	No paid job	10	3573	37.2
	N Missing		1004	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q94b We would like to know your and your partner's main occupation now: Partner	Manager/administrator	1	1199	13.0
	Professional	2	949	10.3
	Associate professional	3	655	7.1
	Tradesperson or related worker	4	887	9.6
	Advanced clerical/service worker	5	114	1.2
	Intermediate clerical/sales/service	6	191	2.1
	Intermediate production/transport	7	544	5.9
	Elementary clerical/sales/service	8	121	1.3
	Labourer or related	9	358	3.9
	No paid job	10	2658	28.8
	Don't know/no partner	11	1559	16.9
	N Missing		1294	
Q95 How do you manage on the income you have available?	Impossible	1	177	1.7
	Difficult always	2	986	9.4
	Difficult sometimes	3	2378	22.7
	Not too bad	4	4721	45.1
	Easy	5	2211	21.1
	N Missing		67	
Q96 Are there people who do NOT live with you who are dependent on your household income?	No	1	9540	91.1
	Yes, one	2	691	6.6
	More than one	3	236	2.3
	N Missing		73	
Q97 Women's employment patterns have changed a lot over recent years. We are keen to learn how women see retirement in their own lives. Please indicate the following description that best fits your life now. If you want to add more please write this on page 30.	Not retired	1	5170	49.5
	Partially retired	2	1573	15.0
	Retired from paid work	3	2881	27.6
	Gave up work over 20 years ago	4	689	6.6
	Never had paid work	5	143	1.4
	N Missing		82	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q98 When did you retire or give up work?Not Applicable	No	0	3998	38.0
	Yes	1	6536	62.0
Q99age At what age do you expect to retire (completely) from the paid workforce?	Mean		63.21	
	Std Error		0.06	
	N		3413	
	N Missing		7225	
Q99 At what age do you expect to retire (completely) from the paid workforce?	Do not expect to retire	1	569	5.5
	Retired	2	3452	33.6
	Don't know	3	3255	31.7
	Expect to retire	4	3002	29.2
	N Missing		277	
Q100age You have said when you expect to retire, but if you had the choice, at what age would you like to retire (completely) from the paid workforce?	Mean		61.92	
	Std Error		0.06	
	N		3607	
	N Missing		7031	
Q100 You have said when you expect to retire, but if you had the choice, at what age would you like to retire (completely) from the paid workforce?	Do not expect to retire	1	435	4.5
	Retired	2	3383	34.8
	Don't know	3	2698	27.7
	Expect to retire	4	3217	33.1
	N Missing		809	
Q101aa What are your current sources of income? Age pension / Service Pension / Widow's pension / War widow's pension	No	0	9844	94.3
	Yes	1	596	5.7
	N Missing		95	
Q101ab What are your current sources of income? Other government pension or allowance	No	0	8839	84.7
	Yes	1	1600	15.3
	N Missing		95	
Q101ac What are your current sources of income? Lump sum superannuation payout	No	0	10157	97.3
	Yes	1	283	2.7
	N Missing		95	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q101ad What are your current sources of income? A pension or annuity purchased with superannuation or some other funds	No	0	9584	91.8
	Yes	1	856	8.2
	N Missing		95	
Q101ae What are your current sources of income? Income from savings and investments (such as shares and property)	No	0	8310	79.6
	Yes	1	2130	20.4
	N Missing		95	
Q101af What are your current sources of income? Income from a business	No	0	9167	87.8
	Yes	1	1273	12.2
	N Missing		95	
Q101ag What are your current sources of income? Income or pension from your spouse / partner	No	0	8204	78.6
	Yes	1	2236	21.4
	N Missing		95	
Q101ah What are your current sources of income? Financial support from family	No	0	10362	99.3
	Yes	1	78	0.7
	N Missing		95	
Q101ai What are your current sources of income? Spouse / Partner's superannuation	No	0	9512	91.1
	Yes	1	928	8.9
	N Missing		95	
Q101aj What are your current sources of income? Wage or salary	No	0	4972	47.6
	Yes	1	5467	52.4
	N Missing		95	
Q101ak What are your current sources of income? Other sources	No	0	10305	98.7
	Yes	1	135	1.3
	N Missing		95	
Q101ba When you are over 65 what will be your sources of income? Age pension / Service Pension / Widow's pension / War widow's pension	No	0	5894	56.7
	Yes	1	4494	43.3
	N Missing		151	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q101bb When you are over 65 what will be your sources of income? Other government pension or allowance	No	0	9490	91.4
	Yes	1	898	8.6
	N Missing		151	
Q101bc When you are over 65 what will be your sources of income? Lump sum superannuation payout	No	0	8588	82.7
	Yes	1	1800	17.3
	N Missing		151	
Q101bd When you are over 65 what will be your sources of income? A pension or annuity purchased with superannuation or some other funds	No	0	7006	67.4
	Yes	1	3382	32.6
	N Missing		151	
Q101be When you are over 65 what will be your sources of income? Income from savings and investments (such as shares and property)	No	0	7341	70.7
	Yes	1	3047	29.3
	N Missing		151	
Q101bf When you are over 65 what will be your sources of income? Income from a business	No	0	9717	93.5
	Yes	1	671	6.5
	N Missing		151	
Q101bg When you are over 65 what will be your sources of income? Income or pension from your spouse / partner	No	0	8778	84.5
	Yes	1	1610	15.5
	N Missing		151	
Q101bh When you are over 65 what will be your sources of income? Financial support from family	No	0	10317	99.3
	Yes	1	70	0.7
	N Missing		151	
Q101bi When you are over 65 what will be your sources of income? Spouse / partner's superannuation	No	0	7625	73.4
	Yes	1	2763	26.6
	N Missing		151	
Q101bj When you are over 65 what will be your sources of income? Wage or salary	No	0	9669	93.1
	Yes	1	719	6.9
	N Missing		151	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q101bk When you are over 65 what will be your sources of income? Other sources	No	0	10323	99.4
	Yes	1	65	0.6
	N Missing		151	
Q102a Have you begun to think about your life in retirement? In particular, have you made any plans for the following aspects of your life? To be socially active with friends or family or the community	Not at all	1	1338	13.2
	Thought about it	2	4699	46.5
	Some plans	3	2220	22.0
	Firm plans	4	1850	18.3
	N Missing		447	
Q102b Have you begun to think about your life in retirement? In particular, have you made any plans for the following aspects of your life? To be mentally active (eg join a group, do word or number puzzles)	Not at all	1	1735	17.5
	Thought about it	2	4127	41.6
	Some plans	3	1822	18.4
	Firm plans	4	2227	22.5
	N Missing		653	
Q102c Have you begun to think about your life in retirement? In particular, have you made any plans for the following aspects of your life? To be physically active	Not at all	1	709	7.0
	Thought about it	2	4282	42.6
	Some plans	3	2404	23.9
	Firm plans	4	2666	26.5
	N Missing		483	
Q102d Have you begun to think about your life in retirement? In particular, have you made any plans for the following aspects of your life? To be financially secure	Not at all	1	675	6.7
	Thought about it	2	3191	31.8
	Some plans	3	3148	31.4
	Firm plans	4	3024	30.1
	N Missing		511	
Q102e Have you begun to think about your life in retirement? In particular, have you made any plans for the following aspects of your life? To be in some kind of paid, unpaid or voluntary work	Not at all	1	1932	19.3
	Thought about it	2	5263	52.5
	Some plans	3	1541	15.4
	Firm plans	4	1281	12.8
	N Missing		543	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q102f Have you begun to think about your life in retirement? In particular, have you made any plans for the following aspects of your life? To be in housing that meets your needs	Not at all	1	1379	13.8
	Thought about it	2	3830	38.3
	Some plans	3	1711	17.1
	Firm plans	4	3092	30.9
	N Missing		519	
Q103 When you are 65 how do you expect to manage on your available income?	Impossible	1	270	2.6
	Difficult always	2	1151	11.1
	Difficult sometimes	3	3295	31.7
	Not too bad	4	4559	43.9
	Easy	5	1105	10.6
	N Missing		144	
Q104a These questions are about getting on with other people: Are you sad or lonely often?	Yes	1	1367	13.1
	No	2	9065	86.9
	N Missing		98	
Q104b These questions are about getting on with other people: Do you feel uncomfortable with anyone in your family?	Yes	1	2221	21.3
	No	2	8213	78.7
	N Missing		96	
Q104c These questions are about getting on with other people: Can you take your own medication and get around by yourself?	Yes	1	9808	94.5
	No	2	567	5.5
	N Missing		143	
Q104d These questions are about getting on with other people: Do you feel that nobody wants you around?	Yes	1	355	3.4
	No	2	10091	96.6
	N Missing		92	
Q104e These questions are about getting on with other people: Does someone in your family make you stay in bed or tell you you're sick when you know you're not?	Yes	1	100	1.0
	No	2	10382	99.0
	N Missing		51	
Q104f These questions are about getting on with other people: Has anyone forced you to do things you didn't want to do?	Yes	1	599	5.7
	No	2	9872	94.3
	N Missing		68	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q104g These questions are about getting on with other people: Has anyone taken things that belong to you without your OK?	Yes	1	741	7.1
	No	2	9717	92.9
	N Missing		74	
Q104h These questions are about getting on with other people: Do you trust most people in your family?	Yes	1	9818	93.8
	No	2	647	6.2
	N Missing		72	
Q104i These questions are about getting on with other people: Do you have enough privacy at home?	Yes	1	9869	94.2
	No	2	611	5.8
	N Missing		52	
Q104j These questions are about getting on with other people: Has anyone close to you tried to hurt you or harm you recently?	Yes	1	310	3.0
	No	2	10162	97.0
	N Missing		65	
Q104k These questions are about getting on with other people: Has anyone close to you called you names or put you down or made you feel bad recently?	Yes	1	1466	14.0
	No	2	8999	86.0
	N Missing		65	
Q104l These questions are about getting on with other people: Are you afraid of anyone in your family?	Yes	1	355	3.4
	No	2	10116	96.6
	N Missing		60	
Q104m These questions are about getting on with other people: Does anyone in your family drink a lot of alcohol?	Yes	1	1633	15.6
	No	2	8813	84.4
	N Missing		84	
Q104n These questions are about getting on with other people: Have you ever been in a violent relationship with a partner/spouse?	Yes	1	1485	14.2
	No	2	8979	85.8
	N Missing		65	
Q105a If you have ever lived with a violent partner or spouse, in which years did you experience the violence? I have never lived with a violent partner or spouse	No	0	1615	16.5
	Yes	1	8192	83.5
	N Missing		746	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q105b If you have ever lived with a violent partner or spouse, in which years did you experience the violence? Before 1996	No	0	8414	85.8
	Yes	1	1392	14.2
	N Missing		746	
Q105c If you have ever lived with a violent partner or spouse, in which years did you experience the violence; 1996-1998	No	0	9561	97.5
	Yes	1	245	2.5
	N Missing		746	
Q105d If you have ever lived with a violent partner or spouse, in which years did you experience the violence; 1999-2001	No	0	9642	98.3
	Yes	1	164	1.7
	N Missing		746	
Q105e If you have ever lived with a violent partner or spouse, in which years did you experience the violence; 2002-2004	No	0	9698	98.9
	Yes	1	109	1.1
	N Missing		746	
Q105f If you have ever lived with a violent partner or spouse, in which years did you experience the violence; 2005-now	No	0	9738	99.3
	Yes	1	68	0.7
	N Missing		746	
Q106 What is your present marital status?	Married	1	7461	71.4
	De facto opposite sex	2	542	5.2
	De facto same sex	3	57	0.5
	Separated	4	372	3.6
	Divorced	5	1186	11.4
	Widowed	6	489	4.7
	Never married	7	340	3.3
	N Missing		90	
Q107a How many people live with you now? No one, I live alone	Do not live alone	0	8943	85.2
	Live alone	1	1555	14.8
	N Missing		36	
Q107b How many people live with you now? Partner or spouse	None	0	2485	23.7
	One	1	8013	76.3
	N Missing		36	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q107c How many people live with you now? Children under 16 years	None	0	10155	96.8
	One	1	243	2.3
	Two	2	69	0.7
	Three or more	3	29	0.3
	N Missing		37	
	Q107d How many people live with you now? Children 16-18 years	None	0	10267
One		1	212	2.0
Two		2	17	0.2
Three or more		3	0	0.0
N Missing			37	
Q107e How many people live with you now? Children over 18 years		None	0	8377
	One	1	1642	15.6
	Two	2	403	3.8
	Three or more	3	76	0.7
	N Missing		36	
	Q107f How many people live with you now? Your parents or in-laws	None	0	10254
One		1	220	2.1
Two		2	21	0.2
Three or more		3	0	0.0
N Missing			38	
Q107g How many people live with you now? Other adult relatives		None	0	10052
	One	1	327	3.1
	Two	2	93	0.9
	Three or more	3	25	0.2
	N Missing		37	
	Q107h How many people live with you now? Other adults (not family members)	None	0	10218
One		1	221	2.1
Two		2	35	0.3
Three or more		3	23	0.2
N Missing			38	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q108a People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to help you if you are confined to bed	None of time	1	844	8.1
	Little of time	2	1016	9.7
	Some of time	3	1402	13.4
	Most of time	4	2987	28.6
	All of time	5	4188	40.1
	N Missing			100
Q108b People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone you can count on to listen to you when you need to talk	None of time	1	277	2.6
	Little of time	2	788	7.5
	Some of time	3	1455	13.9
	Most of time	4	3575	34.2
	All of time	5	4365	41.7
	N Missing			84
Q108c People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to give you advice about a crisis	None of time	1	394	3.8
	Little of time	2	785	7.5
	Some of time	3	1626	15.6
	Most of time	4	3731	35.7
	All of time	5	3905	37.4
	N Missing			98
Q108d People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to take you to the doctor if you need it	None of time	1	411	3.9
	Little of time	2	633	6.1
	Some of time	3	934	8.9
	Most of time	4	3050	29.2
	All of time	5	5411	51.8
	N Missing			99
Q108e People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone who shows you love and affection	None of time	1	271	2.6
	Little of time	2	570	5.5
	Some of time	3	1102	10.6
	Most of time	4	2548	24.4
	All of time	5	5945	57.0
	N Missing			103

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q108f People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to have a good time with	None of time	1	242	2.3
	Little of time	2	669	6.4
	Some of time	3	1557	14.9
	Most of time	4	3151	30.2
	All of time	5	4830	46.2
	N Missing			97
Q108g People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to give you information to help you understand a situation	None of time	1	261	2.5
	Little of time	2	670	6.4
	Some of time	3	1613	15.5
	Most of time	4	3824	36.6
	All of time	5	4072	39.0
	N Missing			97
Q108h People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to confide in or talk to about yourself or your problems	None of time	1	342	3.3
	Little of time	2	844	8.1
	Some of time	3	1522	14.6
	Most of time	4	3384	32.4
	All of time	5	4356	41.7
	N Missing			93
Q108i People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone who hugs you	None of time	1	461	4.4
	Little of time	2	956	9.2
	Some of time	3	1509	14.5
	Most of time	4	2446	23.4
	All of time	5	5069	48.6
	N Missing			95
Q108j People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to get together with for relaxation	None of time	1	294	2.8
	Little of time	2	798	7.6
	Some of time	3	1716	16.4
	Most of time	4	3144	30.1
	All of time	5	4497	43.0
	N Missing			92

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q108k People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to prepare your meals if you are unable to do it for yourself	None of time	1	786	7.5
	Little of time	2	1013	9.7
	Some of time	3	1301	12.5
	Most of time	4	2758	26.4
	All of time	5	4591	43.9
	N Missing			89
Q108l People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone whose advice you really want	None of time	1	537	5.1
	Little of time	2	993	9.5
	Some of time	3	1760	16.9
	Most of time	4	3383	32.4
	All of time	5	3767	36.1
	N Missing			103
Q108m People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to do things with to help you get your mind off things	None of time	1	437	4.2
	Little of time	2	1018	9.8
	Some of time	3	1949	18.7
	Most of time	4	3462	33.2
	All of time	5	3569	34.2
	N Missing			102
Q108n People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to help with daily chores if you are sick	None of time	1	716	6.8
	Little of time	2	1130	10.8
	Some of time	3	1534	14.7
	Most of time	4	2934	28.1
	All of time	5	4133	39.6
	N Missing			92
Q108o People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to share your most private worries and fears with	None of time	1	796	7.6
	Little of time	2	1101	10.5
	Some of time	3	1424	13.6
	Most of time	4	3032	29.0
	All of time	5	4093	39.2
	N Missing			95

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q108p People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to turn to for suggestions about how to deal with a personal problem	None of time	1	515	4.9
	Little of time	2	1104	10.6
	Some of time	3	1607	15.4
	Most of time	4	3319	31.8
	All of time	5	3901	37.3
	N Missing			95
Q108q People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to do something enjoyable with	None of time	1	202	1.9
	Little of time	2	773	7.4
	Some of time	3	1672	16.0
	Most of time	4	3360	32.2
	All of time	5	4441	42.5
	N Missing			91
Q108r People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone who understands your problems	None of time	1	435	4.2
	Little of time	2	987	9.5
	Some of time	3	1734	16.6
	Most of time	4	3415	32.7
	All of time	5	3873	37.1
	N Missing			95
Q108s People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Someone to love and make you feel wanted	None of time	1	487	4.7
	Little of time	2	756	7.2
	Some of time	3	1238	11.8
	Most of time	4	2545	24.4
	All of time	5	5423	51.9
	N Missing			88
Q109 Are you a twin?	Yes - identical	1	68	0.7
	Yes - not identical	2	137	1.3
	No	3	10202	98.0
	N Missing			129

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q110a In general, are you satisfied with what you have achieved in your life so far in the areas of: Work	Very satisfied	1	2806	27.3
	Satisfied	2	6315	61.3
	Dissatisfied	3	992	9.6
	Very dissatisfied	4	182	1.8
	N Missing		242	
Q110b In general, are you satisfied with what you have achieved in your life so far in the areas of: Career	Very satisfied	1	2283	22.9
	Satisfied	2	5733	57.5
	Dissatisfied	3	1695	17.0
	Very dissatisfied	4	266	2.7
	N Missing		621	
Q110c In general, are you satisfied with what you have achieved in your life so far in the areas of: Study	Very satisfied	1	1571	16.2
	Satisfied	2	5514	57.0
	Dissatisfied	3	2264	23.4
	Very dissatisfied	4	322	3.3
	N Missing		940	
Q110d In general, are you satisfied with what you have achieved in your life so far in the areas of: Family relationships	Very satisfied	1	4482	43.1
	Satisfied	2	4960	47.7
	Dissatisfied	3	795	7.6
	Very dissatisfied	4	169	1.6
	N Missing		141	
Q110e In general, are you satisfied with what you have achieved in your life so far in the areas of: Partner/closest personal relationship	Very satisfied	1	4638	45.2
	Satisfied	2	3783	36.8
	Dissatisfied	3	1375	13.4
	Very dissatisfied	4	476	4.6
	N Missing		263	
Q110f In general, are you satisfied with what you have achieved in your life so far in the areas of: Friendships	Very satisfied	1	4101	39.3
	Satisfied	2	5536	53.1
	Dissatisfied	3	680	6.5
	Very dissatisfied	4	115	1.1
	N Missing		118	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q110g In general, are you satisfied with what you have achieved in your life so far in the areas of: Social activities	Very satisfied	1	2598	25.0
	Satisfied	2	6430	61.7
	Dissatisfied	3	1238	11.9
	Very dissatisfied	4	147	1.4
	N Missing		139	
Q111 Your relationship to the participant:	Family member	1	211	74.7
	Professional health worker	2	27	9.7
	Other	3	44	15.6
	N Missing		10394	
Q112 When you filled in this survey for the participant, which of the following applied:	Told me answers	1	140	62.9
	Used own judgement	2	83	37.1
	N Missing		10452	
Q82atotmin Total Minutes spent last week - walking briskly	Mean		214.41	
	Std Error		3.29	
	N		10147	
	N Missing		491	
Q82btotmin Total Minutes spent last week - moderate leisure activity	Mean		67.68	
	Std Error		1.50	
	N		10333	
	N Missing		305	
Q82ctotmin Total Minutes spent last week - vigorous leisure	Mean		40.89	
	Std Error		1.16	
	N		10345	
	N Missing		293	
Q82dtotmin Total Minutes spent last week - vigorous household/garden	Mean		204.38	
	Std Error		3.59	
	N		10133	
	N Missing		505	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q82ah If you add up all the times you spent in each activity last week, how much time did you spend altogether doing each type of activity? Walking briskly (for recreation or exercise, or to get from place to place)	Mean		3.44	
	Std Error		0.06	
	N		10147	
	N Missing		491	
Q82am If you add up all the times you spent in each activity last week, how much time did you spend altogether doing each type of activity? Walking briskly (for recreation or exercise, or to get from place to place)	Mean		7.99	
	Std Error		0.14	
	N		10147	
	N Missing		491	
Q82bh If you add up all the times you spent in each activity last week, how much time did you spend altogether doing each type of activity? Moderate leisure activity (like social tennis, moderate exercise classes, recreational swimming, dancing)	Mean		1.08	
	Std Error		0.02	
	N		10333	
	N Missing		305	
Q82bm If you add up all the times you spent in each activity last week, how much time did you spend altogether doing each type of activity? Moderate leisure activity (like social tennis, moderate exercise classes, recreational swimming, dancing)	Mean		2.84	
	Std Error		0.09	
	N		10333	
	N Missing		305	
Q82ch	Mean		0.64	
	Std Error		0.02	
	N		10345	
	N Missing		293	
Q82cm If you add up all the times you spent in each activity last week, how much time did you spend altogether doing each type of activity? Vigorous leisure activity (that makes you breathe harder or puff and pant like aerobics, competitive sport, vigorous cycling, running, swimming)	Mean		2.46	
	Std Error		0.09	
	N		10345	
	N Missing		293	
Q82dh	Mean		3.35	
	Std Error		0.06	
	N		10133	
	N Missing		505	



**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q82dm If you add up all the times you spent in each activity last week, how much time did you spend altogether doing each type of activity? Vigorous household or garden chores that make you breathe harder or puff and pant	Mean		3.50	
	Std Error		0.10	
	N		10133	
	N Missing		505	
PF - Physical Functioning Subscale	Mean		80.25	
	Std Error		0.20	
	N		10547	
	N Missing		91	
RP - Role Physical Scale	Mean		75.63	
	Std Error		0.36	
	N		10584	
	N Missing		54	
BP - Bodily Pain Subscale	Mean		68.10	
	Std Error		0.23	
	N		10629	
	N Missing		9	
GH - General Health Subscale	Mean		71.44	
	Std Error		0.20	
	N		10386	
	N Missing		252	
VT - Vitality Index Scale	Mean		60.19	
	Std Error		0.20	
	N		10593	
	N Missing		45	
SF - Social Functioning Scale	Mean		83.18	
	Std Error		0.23	
	N		10629	
	N Missing		9	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
RE - Role Emotional Scale				
	Mean		83.09	
	Std Error		0.32	
	N		10564	
	N Missing		74	
MH - Mental Health Subscale				
	Mean		75.66	
	Std Error		0.17	
	N		10592	
	N Missing		46	
PCSWHA - Physical health summary score - standardised to the WHA population				
	Mean		47.43	
	Std Error		0.11	
	N		10227	
	N Missing		411	
MCSWHA - Mental health summary score - standardised to the WHA population				
	Mean		52.86	
	Std Error		0.09	
	N		10227	
	N Missing		411	
Age group at time of selection - 1st April 1996				
	2	2	10534	100.0
Type of survey completed (full or short phone). Note: useful variable indicating response when merging data sets across waves.				
	1	1	10534	100.0
Labour Force Participation				
	Not in labour force	0	3351	32.0
	Labour force employed	1	7006	67.0
	Labour force unemployed	2	99	1.0
	N Missing		89	
Payment for work				
	Employed, not paid	0	885	8.5
	Employed, paid	1	6121	58.5
	not in labour force/unemployed	2	3450	33.0
	N Missing		89	

*ALSWH Data book for the fifth survey of 1946-51 cohort*

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Hours worked				
	1 to 15 hours	1	1258	12.0
	16 to 24 hours	2	1246	11.9
	25 to 34 hours	3	1201	11.5
	35 to 40 hours	4	1800	17.2
	40 to 48 hours	5	763	7.3
	49 + hours	6	738	7.1
	Not in Labour Force	7	3450	33.0
	N Missing		89	
Categories based on Hours worked (hrs)				
	Not in Lab Force/Unemployed	0	3450	33.0
	Part time	1	3705	35.4
	Full time	2	3301	31.6
	N Missing		89	
What is your year of birth?				
	1945	1945	10	0.1
	1946	1946	1585	15.0
	1947	1947	2042	19.4
	1948	1948	2112	20.0
	1949	1949	2088	19.8
	1950	1950	2208	21.0
	1951	1951	488	4.6
	1952	1952	3	0.0
	1953	1953	0	0.0
Age at time survey returned				
	Mean		58.50	
	Std Error		0.01	
	N		10638	
	N Missing		0	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
State participant resides in at the completion of each survey				
	NSW	1	3072	29.4
	Vic	2	2531	24.2
	Qld	3	2106	20.1
	SA	4	989	9.5
	WA	5	1117	10.7
	Tas	6	316	3.0
	NT	7	92	0.9
	ACT	8	224	2.1
	Overseas	9	19	0.2
	N Missing		87	
Alcohol status- NHMRC (AlcNHMRC)				
	Low risk drinker	1	6058	58.1
	Non-drinker	2	1357	13.0
	Rarely drinks	3	2377	22.8
	Risky drinker	4	551	5.3
	High risk drinker	5	90	0.9
	N Missing		110	
Alcohol pattern (AlcPAtt)				
	Low long-term risk, drinks at short-term risk less than weekly	1	8123	78.6
	Non-drinker	2	1357	13.1
	Low long-term risk, drinks at short-term risk weekly or more	3	213	2.1
	Risky/high risk drinker	4	641	6.2
	N Missing		203	
Smoking status - smokst				
	Never-smoker	1	6328	60.3
	Ex-smoker	2	3005	28.6
	Smoker <10 c/d	3	255	2.4
	Smoker 10-19 c/d	4	431	4.1
	Smoker > = 20 c/d	5	460	4.4
	Smoker indeterminate	6	9	0.1
	N Missing		46	

*ALSWH Data book for the fifth survey of 1946-51 cohort*

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Exercise Status Grouped	Nil/sedentary	1	1562	15.7
	Low	2	2560	25.7
	Moderate	3	2316	23.3
	High	4	3518	35.3
	N Missing		654	
Life satisfaction score	Mean		3.14	
	Std Error		0.00	
	N		10496	
	N Missing		142	
CES-D10	Mean		5.76	
	Std Error		0.05	
	N		10148	
	N Missing		490	
Mean Stress	Mean		0.54	
	Std Error		0.00	
	N		10588	
	N Missing		50	
Proportion of Life events 0 to 1	Mean		0.07	
	Std Error		0.00	
	N		10604	
	N Missing		34	
ALSWH metmin exercise groups	1	1	1791	17.3
	2	2	2163	20.8
	3	3	2465	23.8
	4	4	3959	38.1
	N Missing		176	
MACQ cognitive decline scale	Mean		24.44	
	Std Error		0.04	
	N		10578	
	N Missing		60	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
GoldAnx - Goldberg Anxiety Scale Derived variable, sum of first 9 - anxiety only - units on the GADS (formerly known as GAS)				
	Mean		3.79	
	Std Error		0.03	
	N		10498	
	N Missing		140	
The 6-item sum is referred to as the Revised Life Orientation Test (LOT-R) score. Higher scores indicate a more optimistic outlook.				
	Mean		16.18	
	Std Error		0.04	
	N		10513	
	N Missing		125	
MOS emotional/informational				
	Mean		3.93	
	Std Error		0.01	
	N		10543	
	N Missing		95	
Mean value of MOS scale values for Affectionate Support, 1 to 5				
	Mean		4.10	
	Std Error		0.01	
	N		10541	
	N Missing		97	
Mean value of MOS scale values for Tangible Support, 1 to 5				
	Mean		3.94	
	Std Error		0.01	
	N		10505	
	N Missing		133	
Mean value of MOS scale values for Positive Social Interaction, 1 to 5				
	Mean		3.98	
	Std Error		0.01	
	N		10540	
	N Missing		98	
Grouped Mean value of MOS scale values for Emotional/Informational Support, 1 to 5. Higher scores for subscales and the index indicate more social support.				
	All the time	1	5178	49.6
	Most of the time	2	3169	30.3
	Some of the time	3	1415	13.5
	None/little of the time	4	684	6.5
	N Missing		95	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Grouped Mean value of MOS scale values for Affectionate Support/Positive Social Interaction, 1 to 5. Higher scores for subscales and the index indicate more social support.	All the time	1	5984	57.3
	Most of the time	2	2679	25.6
	Some of the time	3	1251	12.0
	None/little of the time	4	531	5.1
	N Missing		97	
Grouped Mean value of MOS scale values for Tangible Support, 1 to 5 Higher scores for subscales and the index indicate more social support.	All the time	1	5305	51.0
	Most of the time	2	2874	27.6
	Some of the time	3	1266	12.2
	None/little of the time	4	953	9.2
	N Missing		133	
Grouped Mean value of MOS scale values for Social Support, 1 to 5. Higher scores for subscales and the index indicate more social support.	All the time	1	5571	53.4
	Most of the time	2	2897	27.8
	Some of the time	3	1365	13.1
	None/little of the time	4	607	5.8
	N Missing		98	
Life Control Scale	Mean		20.05	
	Std Error		0.05	
	N		10562	
	N Missing		76	
PCS_ABS - Physical health summary score - standardised against the entire Australian adult population	Mean		47.64	
	Std Error		0.10	
	N		10227	
	N Missing		411	
MCS_ABS - Mental health summary score - standardised against the entire Australian adult population	Mean		50.11	
	Std Error		0.10	
	N		10227	
	N Missing		411	
PCS_US - Physical health summary score - standardised against the entire US adult population	Mean		47.37	
	Std Error		0.10	
	N		10227	
	N Missing		411	

**ALSWH Data book for the fifth survey of 1946-51 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
MCS_US - Mental health summary score - standardised against the entire US adult population				
	Mean		51.32	
	Std Error		0.10	
	N		10227	
	N Missing		411	
ARIA+ Grouped into categories				
	Major cities	1	6681	63.5
	Inner regional	2	2503	23.8
	Outer regional	3	1142	10.8
	Remote	4	142	1.3
	Very remote	5	41	0.4
	Overseas	6	20	0.2
	N Missing		9	
What is your waist measurement? (If you are pregnant now, write in your waist measurement for the month prior to your pregnancy.)				
	Mean		89.31	
	Std Error		0.14	
	N		9459	
	N Missing		1179	
WHO BMI Groupings				
	Underweight, BMI < 18.5	1	129	1.3
	Healthy weight, 18.5 <= BMI < 25	2	4039	39.3
	Overweight, 25 <= BMI < 30	3	3444	33.5
	Obese, 30 <= BMI	4	2659	25.9
	N Missing		283	
How much do you weigh without clothes or shoes?				
	Mean		72.03	
	Std Error		0.15	
	N		10357	
	N Missing		281	
Body Mass Index (BMI)				
	Mean		27.20	
	Std Error		0.05	
	N		10342	
	N Missing		296	



*ALSWH Data book for the fifth survey of 1946-51 cohort*

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Menopausal Status (New in 2008)	Hysterectomy only	1	2160	20.5
	Oophorectomy only	2	113	1.1
	Hysterectomy and oophorectomy	3	1099	10.4
	HRT use	4	727	6.9
	OCP use	5	8	0.1
	Pre-menopausal	6	18	0.2
	Peri-menopausal	7	206	2.0
	Post-menopausal	8	6183	58.7
	Unclassifiable	9	17	0.2
	N Missing		2	
Menopausal Status Grouped (New in 2008)	Surgical menopause	1	3372	32.1
	HRT use	2	727	6.9
	OCP use	3	8	0.1
	Pre-menopausal	4	18	0.2
	Peri-menopausal	5	206	2.0
	Post-menopausal	6	6183	58.8
	N Missing		19	
How tall are you without shoes?	Mean		162.74	
	Std Error		0.06	
	N		10618	
	N Missing		20	
Age at time of survey returned in years	Mean		58.05	
	Std Error		0.01	
	N		10638	
	N Missing		0	
Raw value of m5q55a_kg	Mean		72.67	
	Std Error		0.18	
	N		9319	
	N Missing		1319	

*ALSWH Data book for the fifth survey of 1946-51 cohort*

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Raw value of m5q55a_st	Mean		10.43	
	Std Error		0.10	
	N		1178	
	N Missing		9460	
Raw value of m5q55a_lb	Mean		5.93	
	Std Error		0.19	
	N		740	
	N Missing		9898	
Raw value of m5q55b_cm	Mean		160.08	
	Std Error		0.40	
	N		4025	
	N Missing		6613	
Raw value of m5q55b_ft	Mean		5.45	
	Std Error		0.06	
	N		6607	
	N Missing		4031	
Raw value of m5q55b_in	Mean		4.71	
	Std Error		0.05	
	N		6298	
	N Missing		4340	