

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

the australian longitudinal
study on women's health

data book

*for the third survey of the 1921-26 cohort
2002 (when they were aged 76-81 years)*

march 2004

Data book for the third survey of the 1921-1926 cohort (aged 76-81 years)

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Notes

During 2002 and 2003, 8,646 valid surveys were returned by members of the ALSWH 1921-26 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 third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q1a In the past three years, have you been diagnosed or treated for: High blood pressure (hypertension)	no	0	4020	47.5
	yes	1	4439	52.5
	N Missing		179	
Q1b In the last three years, have you been diagnosed with or treated for: Arthritis (including osteoarthritis, rheumatoid arthritis)	no	0	4788	56.6
	yes	1	3671	43.4
	N Missing		179	
Q1c In the past three years, have you been diagnosed or treated for: Osteoporosis	no	0	6745	79.7
	yes	1	1714	20.3
	N Missing		179	
Q1d In the last three years, have you been diagnosed with or treated for: Angina	no	0	7593	89.8
	yes	1	865	10.2
	N Missing		179	
Q1e In the last three years, have you been diagnosed with or treated for: Heart attack	no	0	8153	96.4
	yes	1	306	3.6
	N Missing		179	
Q1f In the last three years, have you been diagnosed with or treated for: Other heart problems	no	0	7387	87.3
	yes	1	1072	12.7
	N Missing		179	
Q1g In the last 3 years have you been diagnosed with or treated for: Diabetes (high blood sugar)	no	0	7600	89.8
	yes	1	859	10.2
	N Missing		179	
Q1h In the past three years, have you been diagnosed or treated for: Asthma	no	0	7661	90.6
	yes	1	798	9.4
	N Missing		179	
Q1i In the past three years, have you been diagnosed or treated for: Bronchitis/emphysema	no	0	7862	92.9
	yes	1	597	7.1
	N Missing		179	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q1j In the past three years, have you been diagnosed or treated for: Stroke	no	0	8171	96.6
	yes	1	287	3.4
	N Missing		179	
Q1k In the past three years, have you been diagnosed or treated for: Low iron level (iron deficiency or anaemia)	no	0	7935	93.8
	yes	1	524	6.2
	N Missing		179	
Q1l In the last 3 years have you been diagnosed with or treated for: Skin cancer	no	0	6605	78.1
	yes	1	1854	21.9
	N Missing		179	
Q1m In the past three years, have you been diagnosed or treated for: Other cancer	no	0	8070	95.4
	yes	1	389	4.6
	N Missing		179	
Q1n In the past three years, have you been diagnosed or treated for: Depression	no	0	7817	92.4
	yes	1	642	7.6
	N Missing		179	
Q1o In the past three years, have you been diagnosed or treated for: Anxiety/nervous disorder	no	0	7972	94.2
	yes	1	487	5.8
	N Missing		179	
Q1p In the last 3 years have you been diagnosed with or treated for: Alzheimer's Disease or Dementia	no	0	8371	99.0
	yes	1	88	1.0
	N Missing		179	
Q1q In the past three years, have you been diagnosed or treated for: None of these conditions	no	0	7513	88.8
	yes	1	946	11.2
	N Missing		179	
Q2a Have you had any of the following operations or procedures? Yes, in the last 3 years Eye surgery	no	0	6363	79.1
	yes	1	1683	20.9
	N Missing		621	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q2b Have you had any of the following operations or procedures? Yes, in the last 3 years Skin surgery (eg. cancer or sun spots removed)	no	0	5650	70.2
	yes	1	2396	29.8
	N Missing		621	
Q2c Have you had any of the following operations or procedures? Yes, in the last 3 years Endoscopy (gastroscopy, colonoscopy, sigmoidoscopy)	no	0	6399	79.5
	yes	1	1647	20.5
	N Missing		621	
Q2d Have you had any of the following operations or procedures? Yes, in the last 3 years (o3, o4, o5 and o6 wording: In the last 3 years, have you had...) Knee surgery or arthroscopy	no	0	7593	94.4
	yes	1	453	5.6
	N Missing		621	
Q2e Have you had any of the following operations or procedures? Yes, in the last 3 years Hip surgery	no	0	7766	96.5
	yes	1	280	3.5
	N Missing		621	
Q2f Have you had any of the following operations or procedures? Yes, in the last 3 years Heart surgery (heart bypass, angioplasty, angiography)	no	0	7703	95.7
	yes	1	343	4.3
	N Missing		621	
Q2g 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	7706	95.8
	yes	1	340	4.2
	N Missing		621	
Q2h In the last 3 years have you had any of the following operations or procedures? Other surgery	no	0	7289	90.6
	yes	1	756	9.4
	N Missing		621	
Q2i Have you had any of the following operations or procedures? Yes, in the last 3 years None of these operations or procedures	no	0	5313	66.0
	yes	1	2733	34.0
	N Missing		621	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q3 How many times have you consulted a family doctor or another general practitioner in the last 12 months?	None	0	93	1.1
	1 or 2 times	1	848	10.0
	3 or 4 times	2	2157	25.4
	5-8 times	3	2573	30.3
	9-12 times	4	1492	17.6
	13-15 times	5	570	6.7
	16-19 times	6	227	2.7
	20 or more times	7	533	6.3
	N Missing			132
Q4a Have you consulted the following people for your own health in the last 12 months? A hospital doctor (eg. in outpatients or casualty)	no	0	6838	81.1
	yes	1	1598	18.9
	N Missing			201
Q4b Have you consulted the following people for your own health in the last 12 months? A specialist doctor	no	0	4235	50.2
	yes	1	4202	49.8
	N Missing			201
Q4c Have you consulted the following people for your own health in the last 12 months? An optician	no	0	4425	52.4
	yes	1	4012	47.6
	N Missing			201
Q4d Have you consulted the following people for your own health in the last 12 months? A dentist	no	0	5143	61.0
	yes	1	3293	39.0
	N Missing			201
Q4e Have you consulted the following people for your own health in the last 12 months? A physiotherapist	no	0	7044	83.5
	yes	1	1393	16.5
	N Missing			201
Q4f Have you consulted the following people for your own health in the last 12 months? A podiatrist or chiropodist	no	0	5552	65.8
	yes	1	2885	34.2
	N Missing			201
Q4g Have you consulted the following services for your own health in the last 12 months? An 'alternative' health practitioner (eg herbalist, chiropractor, naturopath, acupuncturist etc)	no	0	7587	89.9
	yes	1	849	10.1
	N Missing			201

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q4h Have you consulted the following people for your own health in the last 12 months? None of these people	no	0	7648	90.7
	yes	1	788	9.3
	N Missing		201	
Q5 Approximately how many days in total have you spent in hospital in the last 12 months?	None	0	5900	70.7
	1-2 day	1	905	10.8
	3-7 days	2	687	8.2
	8-13 days	3	403	4.8
	14+ days	4	457	5.5
	N Missing		267	
Q6 Do you have Veterans' Affairs coverage for health services?	yes	1	1538	18.7
	no	2	6699	81.3
	N Missing		392	
Q7a This question is about health care Do you have private hospital insurance?	yes	1	4058	49.4
	no	2	4149	50.6
	N Missing		432	
Q7b This question is about health care Do you have private health insurance for ancillary services (eg dental, physiotherapy etc)?	yes	1	2635	34.8
	no	2	4945	65.2
	N Missing		1136	
Q8a During the last 4 weeks, have you used any medications that were prescribed or recommended by a doctor : For high blood pressure (hypertension)	no	0	3852	45.4
	yes	1	4627	54.6
	N Missing		153	
Q8b During the past four weeks have you taken any medications: Recommended or prescribed by a doctor For arthritis	no	0	5866	69.2
	yes	1	2613	30.8
	N Missing		153	
Q8c During the past four weeks have you taken any medications: Recommended or prescribed by a doctor For pain (headaches/backaches etc)	no	0	6262	73.8
	yes	1	2218	26.2
	N Missing		153	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q8d During the last 4 weeks, have you used any medications that were prescribed or recommended by a doctor : For heart problems	no	0	6846	80.7
	yes	1	1633	19.3
	N Missing		153	
Q8e During the last 4 weeks, have you used any medications that were prescribed or recommended by a doctor : For asthma or breathing difficulties	no	0	7458	87.9
	yes	1	1022	12.1
	N Missing		153	
Q8f During the last 4 weeks, have you used any medications that were prescribed or recommended by a doctor : For osteoporosis	no	0	6984	82.4
	yes	1	1496	17.6
	N Missing		153	
Q8g During the past four weeks have you taken any medications: Recommended or prescribed by a doctor For nerves/anxiety/worries	no	0	7891	93.1
	yes	1	588	6.9
	N Missing		153	
Q8h During the past four weeks have you taken any medications: Recommended or prescribed by a doctor To help you sleep	no	0	6865	81.0
	yes	1	1614	19.0
	N Missing		153	
Q8i During the past four weeks have you taken any medications: Recommended or prescribed by a doctor For tiredness/fatigue	no	0	8275	97.6
	yes	1	205	2.4
	N Missing		153	
Q8j During the past four weeks have you taken any medications: Recommended or prescribed by a doctor For depression	no	0	8072	95.2
	yes	1	408	4.8
	N Missing		153	
Q8k During the past four weeks have you taken any medications: Recommended or prescribed by a doctor For digestive/bowel problems	no	0	6950	82.0
	yes	1	1529	18.0
	N Missing		153	
Q8l During the past four weeks have you taken any medications: Recommended or prescribed by a doctor For skin problems (eg allergy or eczema)	no	0	7911	93.3
	yes	1	569	6.7
	N Missing		153	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q8m During the last 4 weeks, have you used any medications that were prescribed or recommended by a doctor : For diabetes	no	0	7875	92.9
	yes	1	604	7.1
	N Missing		153	
Q8n During the past four weeks have you taken any medications: Recommended or prescribed by a doctor For any chronic (long-term) illness or condition (eg hypertension)	no	0	7418	87.5
	yes	1	1061	12.5
	N Missing		153	
Q8o During the last 4 weeks, have you used any medications that were prescribed or recommended by a doctor : None of the above	no	0	7581	89.4
	yes	1	899	10.6
	N Missing		153	
Q9 How many different types of medication (eg. tablets or medicine) that were prescribed or recommended by a doctor have you used during the last 4 weeks?	None	0	781	9.2
	1 or 2	1	2607	30.6
	3 or 4	2	2610	30.7
	5-8	3	1841	21.6
	9-12	4	358	4.2
	more than 12	5	313	3.7
	N Missing		113	
Q10 Are you currently on hormone replacement therapy (HRT)?	yes	1	831	10.2
	no	2	7315	89.8
	N Missing		487	
Q12a Thinking about your own health care, how would you rate the following: Access to medical specialists if you need them	Excellent	1	1883	23.2
	Very good	2	2908	35.8
	Good	3	2236	27.5
	Fair	4	611	7.5
	Poor	5	149	1.8
	Don't know	6	342	4.2
N Missing		519		

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q12b Thinking about your own health care, how would you rate the following: Access to a hospital if you need it	Excellent	1	1885	23.6
	Very good	2	2654	33.3
	Good	3	2213	27.7
	Fair	4	521	6.5
	Poor	5	156	1.9
	Don't know	6	550	6.9
	N Missing		627	
Q12c Thinking about your own health care, how would you rate the following: Access to a GP who bulk bills	Excellent	1	2881	37.6
	Very good	2	2008	26.2
	Good	3	1271	16.6
	Fair	4	225	2.9
	Poor	5	576	7.5
	Don't know	6	710	9.3
	N Missing		1099	
Q12d Thinking about your own health care, how would you rate the following: Hours when a GP is available	Excellent	1	1247	16.0
	Very good	2	2745	35.1
	Good	3	2676	34.2
	Fair	4	780	10.0
	Poor	5	168	2.2
	Don't know	6	199	2.5
	N Missing		858	
Q12e Thinking about your own health care, how would you rate the following: Number of GPs you have to choose from	Excellent	1	1225	16.1
	Very good	2	2590	34.0
	Good	3	2329	30.6
	Fair	4	644	8.5
	Poor	5	244	3.2
	Don't know	6	585	7.7
	N Missing		1064	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q12f Thinking about your own health care, how would you rate the following: Ease of seeing the GP of your choice	Excellent	1	2246	28.1
	Very good	2	2663	33.4
	Good	3	2236	28.0
	Fair	4	566	7.1
	Poor	5	205	2.6
	Don't know	6	68	0.8
	N Missing		682	
Q12g Thinking about your own health care, how would you rate the following: Access to a female GP	Excellent	1	1294	17.5
	Very good	2	1774	24.0
	Good	3	1796	24.3
	Fair	4	548	7.4
	Poor	5	478	6.5
	Don't know	6	1493	20.2
	N Missing		1316	
Q12h Thinking about your own health care, how would you rate the following: How long you wait to get a GP appointment	Excellent	1	1671	20.9
	Very good	2	2912	36.3
	Good	3	2334	29.1
	Fair	4	814	10.2
	Poor	5	199	2.5
	Don't know	6	83	1.0
	N Missing		659	
Q12i Thinking about your own health care, how would you rate the following: Access to after-hours medical care	Excellent	1	715	9.0
	Very good	2	1460	18.5
	Good	3	1808	22.9
	Fair	4	1033	13.1
	Poor	5	713	9.0
	Don't know	6	2183	27.6
	N Missing		753	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q13 How would you rate the cost to you of your last visit to a general practitioner?	No cost to me	1	6174	72.7
	Excellent	2	294	3.5
	Very Good	3	564	6.6
	Good	4	780	9.2
	Fair	5	576	6.8
	Poor	6	109	1.3
	N Missing		141	
Q14a Do you have any of these sleeping problems? Waking up in the early hours of the morning	no	0	4452	52.4
	yes	1	4038	47.6
	N Missing		154	
Q14b Do you have any of these sleeping problems? Lying awake for most of the night	no	0	7710	90.8
	yes	1	780	9.2
	N Missing		154	
Q14c Do you have any of these sleeping problems? Taking a long time to get to sleep	no	0	6165	72.6
	yes	1	2325	27.4
	N Missing		154	
Q14d Do you have any of these sleeping problems? Worry keeping you awake at night	no	0	7608	89.6
	yes	1	882	10.4
	N Missing		154	
Q14e Do you have any of these sleeping problems? Sleeping badly at night	no	0	6732	79.3
	yes	1	1758	20.7
	N Missing		154	
Q14f Do you have any of these sleeping problems? None of these problems	no	0	5789	68.2
	yes	1	2701	31.8
	N Missing		154	
Q15a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	no	0	5654	69.4
	yes	1	2495	30.6
	N Missing		489	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q15b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	no	0	6659	81.7
	yes	1	1489	18.3
	N Missing		489	
Q15c In the last 12 months, have you: Been injured as a result of a fall?	no	0	7081	86.9
	yes	1	1068	13.1
	N Missing		489	
Q15d In the last 12 months, have you: Needed to seek medical attention (eg. Doctor, hospital) for an injury from a fall?	no	0	7113	87.3
	yes	1	1035	12.7
	N Missing		489	
Q15e In the last 12 months, have you: Had any other injury from an accident at your home? (eg. burns, cuts, bruises)	no	0	7303	89.6
	yes	1	846	10.4
	N Missing		489	
Q15f In the last 12 months, have you: Broken or fractured any bone/s?	no	0	7676	94.2
	yes	1	473	5.8
	N Missing		489	
Q15g In the last 12 months, have you: None of these accidents	no	0	3690	45.3
	yes	1	4459	54.7
	N Missing		489	
Q16a Do you have: Difficulty seeing newspaper print, even with glasses?	no	0	6822	82.5
	yes	1	1446	17.5
	N Missing		390	
Q16b Do you have: Difficulty in hearing a conversation, even with a hearing aid?	no	0	7176	86.8
	yes	1	1092	13.2
	N Missing		390	
Q16c Do you have: Difficulty shopping for food?	no	0	7598	91.9
	yes	1	670	8.1
	N Missing		390	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q16d Do you have: Difficulty in cooking and/or feeding yourself?	no	0	7909	95.7
	yes	1	359	4.3
	N Missing		390	
Q16e Do you have: None of the above	no	0	2525	30.5
	yes	1	5743	69.5
	N Missing		390	
Q17a In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the last three years. Major personal illness or injury	no	0	7021	83.2
	yes	1	1417	16.8
	N Missing		205	
Q17b In the last three years, have you experienced any of the following events? Old3 on: In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the LAST THREE YEARS. Major surgery (not including dental work)	no	0	7027	83.3
	yes	1	1411	16.7
	N Missing		205	
Q17c In the last three years, have you experienced any of the following events? Old3 on: In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the LAST THREE YEARS. Major decline in health of spouse or partner	no	0	7017	83.2
	yes	1	1421	16.8
	N Missing		205	
Q17d In the last 3 years, have you experienced any of the following events? Old3 on: In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the LAST THREE YEARS. Death of spouse or partner	no	0	7661	90.8
	yes	1	777	9.2
	N Missing		205	
Q17e In the last three years, have you experienced any of the following events? Major decline in health of other close family member or family friend Old3 on: In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the LAST THREE YEARS. Major	no	0	6577	77.9
	yes	1	1861	22.1
	N Missing		205	
Q17f In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the last three years. Death of other close family member or friend	no	0	5952	70.5
	yes	1	2487	29.5
	N Missing		205	
Q17g In the last 3 years, have you experienced any of the following events? Death of child Old3 on: In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the LAST THREE YEARS. Death of your child	no	0	8273	98.0
	yes	1	165	2.0
	N Missing		205	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q17h In the last 3 years, have you experienced any of the following events? Old3 on: In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the LAST THREE YEARS. Decreased income	no	0	7650	90.7
	yes	1	788	9.3
	N Missing		205	
Q17i In the last 3 years, have you experienced any of the following events? Old3 on: In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the LAST THREE YEARS. Moving house	no	0	7601	90.1
	yes	1	837	9.9
	N Missing		205	
Q17j In the last 3 years, have you experienced any of the following events? Old3 on: In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the LAST THREE YEARS. Being robbed	no	0	8061	95.5
	yes	1	377	4.5
	N Missing		205	
Q17k In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the last three years. Moving into hostel / institution.	no	0	8341	98.9
	yes	1	97	1.1
	N Missing		205	
Q17l In our last survey, we asked about major events you had experienced. This question is about events you may have experienced in the last three years. Spouse/ partner moving into hostel/ institution.	no	0	8322	98.6
	yes	1	116	1.4
	N Missing		205	
Q17m In the last 3 years, have you experienced any of the following events? None of these events	no	0	6113	72.4
	yes	1	2326	27.6
	N Missing		205	
Q18Aa In the last 12 months, have you had any of the following: Stiff or painful joints	Never	1	2555	30.8
	Rarely	2	717	8.6
	Sometimes	3	2660	32.1
	Often	4	2359	28.5
	N Missing		325	
Q18Ab In the last 12 months, have you had any of the following: Back pain	Never	1	3096	37.3
	Rarely	2	732	8.8
	Sometimes	3	2435	29.3
	Often	4	2047	24.6
	N Missing		326	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q18Ac Have you had any of the following problems in the last 12 months? Problems with one or both feet	Never	1	4637	56.5
	Rarely	2	546	6.6
	Sometimes	3	1591	19.4
	Often	4	1433	17.5
	N Missing		415	
Q18Ad In the last 12 months have you had any of the following: Allergies, hayfever, sinusitis	Never	1	5607	68.7
	Rarely	2	510	6.2
	Sometimes	3	1304	16.0
	Often	4	745	9.1
	N Missing		457	
Q18Ae In the last 12 months, have you had any of the following: Skin problems	Never	1	5701	70.2
	Rarely	2	628	7.7
	Sometimes	3	1206	14.8
	Often	4	591	7.3
	N Missing		490	
Q18Af In the last 12 months, have you had any of the following: Breathing difficulty	Never	1	6156	75.5
	Rarely	2	486	6.0
	Sometimes	3	981	12.0
	Often	4	533	6.5
	N Missing		464	
Q18Ag In the last 12 months, have you had any of the following: Indigestion/heartburn	Never	1	5249	63.9
	Rarely	2	792	9.6
	Sometimes	3	1457	17.7
	Often	4	719	8.7
	N Missing		412	
Q18Ah In the last 12 months, have you had any of the following: Chest pain	Never	1	6796	83.6
	Rarely	2	507	6.2
	Sometimes	3	647	8.0
	Often	4	181	2.2
	N Missing		493	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q18Ai In the last 12 months, have you had any of the following: Headaches/migraines	Never	1	5524	67.4
	Rarely	2	1067	13.0
	Sometimes	3	1206	14.7
	Often	4	394	4.8
	N Missing		427	
Q18Aj In the last twelve months have you had any of the following? Severe tiredness	Never	1	4770	57.8
	Rarely	2	731	8.9
	Sometimes	3	1765	21.4
	Often	4	990	12.0
	N Missing		371	
Q18Ak In the last 12 months, have you had any of the following: Urine that burns or stings	Never	1	6933	84.7
	Rarely	2	502	6.1
	Sometimes	3	597	7.3
	Often	4	157	1.9
	N Missing		435	
Q18Al In the last 12 months, have you had any of the following: Passing urine more than twice during the night	Never	1	4567	54.7
	Rarely	2	836	10.0
	Sometimes	3	1482	17.7
	Often	4	1464	17.5
	N Missing		273	
Q18Am Have you had any of the following problems in the last 12 months? Needing to rush to the toilet to pass urine	Never	1	4831	58.2
	Rarely	2	800	9.6
	Sometimes	3	1706	20.6
	Often	4	965	11.6
	N Missing		321	
Q18An In the last 12 months, have you had any of the following: Leaking urine	Never	1	6006	72.8
	Rarely	2	665	8.1
	Sometimes	3	1024	12.4
	Often	4	557	6.7
	N Missing		373	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q18Ao In the last 12 months, have you had any of the following: Constipation	Never	1	5435	65.5
	Rarely	2	923	11.1
	Sometimes	3	1265	15.2
	Often	4	677	8.2
	N Missing		329	
Q18Ap In the last 12 months, have you had any of the following: Haemorrhoids (piles)	Never	1	6880	83.9
	Rarely	2	428	5.2
	Sometimes	3	623	7.6
	Often	4	271	3.3
	N Missing		430	
Q18Aq In the last 12 months, have you had any of the following: Other bowel problems	Never	1	6952	85.3
	Rarely	2	343	4.2
	Sometimes	3	540	6.6
	Often	4	314	3.9
	N Missing		481	
Q18Ar In the last 12 months have you had any of the following: Poor memory	Never	1	4566	55.0
	Rarely	2	972	11.7
	Sometimes	3	2135	25.7
	Often	4	631	7.6
	N Missing		319	
Q18As In the last 12 months have you had any of the following: Clumsiness	Never	1	6241	76.1
	Rarely	2	881	10.7
	Sometimes	3	905	11.0
	Often	4	178	2.2
	N Missing		413	
Q18At In the last 12 months have you had any of the following: Dizziness, loss of balance	Never	1	5470	65.9
	Rarely	2	941	11.3
	Sometimes	3	1387	16.7
	Often	4	500	6.0
	N Missing		334	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q18Au Have you had any of the following problems in the last 12 months? Anxiety/panic attacks	Never	1	6927	84.1
	Rarely	2	591	7.2
	Sometimes	3	574	7.0
	Often	4	150	1.8
	N Missing		385	
Q18Ba For the problems you had, did you seek help? Stiff or painful joints	no	0	6447	74.8
	yes	1	2177	25.2
Q18Bb For the problems you had, did you seek help? Back pain	no	0	6737	78.1
	yes	1	1887	21.9
Q18Bc For the problems you had, did you seek help? Problems with one or both feet	no	0	7225	83.8
	yes	1	1399	16.2
Q18Bd For the problems you had, did you seek help? Allergies, hayfever, sinusitis	no	0	7841	90.9
	yes	1	783	9.1
Q18Be For the problems you had, did you seek help? Skin problems	no	0	7402	85.8
	yes	1	1222	14.2
Q18Bf For the problems you had, did you seek help? Breathing difficulty	no	0	7779	90.2
	yes	1	845	9.8
Q18Bg For the problems you had, did you seek help? Indigestion/heartburn	no	0	7723	89.6
	yes	1	901	10.4
Q18Bh For the problems you had, did you seek help? Chest pain	no	0	8058	93.4
	yes	1	566	6.6
Q18Bi For the problems you had, did you seek help? Headaches/migraines	no	0	8198	95.1
	yes	1	426	4.9
Q18Bj For the problems you had, did you seek help? Severe tiredness	no	0	8018	93.0
	yes	1	606	7.0

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q18Bk For the problems you had, did you seek help? Urine that burns or stings	no	0	8143	94.4
	yes	1	481	5.6
Q18BI For the problems you had, did you seek help? Passing urine more than twice during the night	no	0	8094	93.9
	yes	1	530	6.1
Q18Bm For the problems you had, did you seek help? Needing to rush to the toilet to pass urine	no	0	8228	95.4
	yes	1	396	4.6
Q18Bn For the problems you had, did you seek help? Leaking urine	no	0	8291	96.1
	yes	1	332	3.9
Q18Bo For the problems you had, did you seek help? Constipation	no	0	8166	94.7
	yes	1	458	5.3
Q18Bp For the problems you had, did you seek help? Haemorrhoids (piles)	no	0	8416	97.6
	yes	1	207	2.4
Q18Bq For the problems you had, did you seek help? Other bowel problems	no	0	8180	94.9
	yes	1	444	5.1
Q18Br For the problems you had, did you seek help? Poor memory	no	0	8447	97.9
	yes	1	177	2.1
Q18Bs For the problems you had, did you seek help? Clumsiness	no	0	8558	99.2
	yes	1	66	0.8
Q18Bt For the problems you had, did you seek help? Dizziness, loss of balance	no	0	7811	90.6
	yes	1	813	9.4
Q18Bu For the problems you had, did you seek help? Anxiety/panic attacks	no	0	8357	96.9
	yes	1	267	3.1

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q19 In general, would you say your health is:	Excellent	1	411	4.8
	Very good	2	2339	27.3
	Good	3	3557	41.5
	Fair	4	1959	22.9
	Poor	5	298	3.5
	N Missing		60	
Q20 Compared to one year ago, how would you rate your health in general now	Much better	1	429	5.0
	Somewhat better	2	596	7.0
	About the same	3	5461	63.8
	Somewhat worse	4	1809	21.1
	Much worse	5	264	3.1
	N Missing		66	
Q21a 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	5420	70.0
	Limited a little	2	1887	24.4
	Not limited	3	439	5.7
	N Missing		902	
Q21b 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	2064	25.4
	Limited a little	2	3104	38.1
	Not limited	3	2969	36.5
	N Missing		504	
Q21c 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	1468	18.4
	Limited a little	2	3038	38.2
	Not limited	3	3452	43.4
	N Missing		701	
Q21d 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	2986	37.9
	Limited a little	2	3070	39.0
	Not limited	3	1818	23.1
	N Missing		784	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q21e 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	1237	16.2
	Limited a little	2	2470	32.3
	Not limited	3	3929	51.5
	N Missing		1035	
Q21f 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	2336	29.2
	Limited a little	2	3489	43.7
	Not limited	3	2161	27.1
	N Missing		650	
Q21g 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	2899	36.2
	Limited a little	2	2331	29.1
	Not limited	3	2779	34.7
	N Missing		659	
Q21h 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	1656	21.4
	Limited a little	2	1637	21.2
	Not limited	3	4442	57.4
	N Missing		921	
Q21i 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	795	10.4
	Limited a little	2	1282	16.8
	Not limited	3	5558	72.8
	N Missing		1021	
Q21j 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	261	3.3
	Limited a little	2	662	8.5
	Not limited	3	6870	88.2
	N Missing		837	
Q22a 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	3396	41.1
	no	2	4860	58.9
	N Missing		384	
Q22b 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	4730	58.2
	no	2	3398	41.8
	N Missing		503	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q22c 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	3949	48.8
	no	2	4138	51.2
	N Missing		559	
Q22d 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	4199	51.5
	no	2	3958	48.5
	N Missing		477	
Q23a 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	1570	19.4
	no	2	6507	80.6
	N Missing		559	
Q23b 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	2489	31.4
	no	2	5448	68.6
	N Missing		704	
Q23c 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	1608	20.2
	no	2	6345	79.8
	N Missing		694	
Q24 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	4795	56.8
	Slightly	2	1505	17.8
	Moderately	3	996	11.8
	Quite a bit	4	889	10.5
	Extremely	5	257	3.0
	N Missing		186	
Q25 How much bodily pain have you had during the past four weeks?	No bodily pain	1	1649	19.4
	Very mild	2	1835	21.6
	Mild	3	1423	16.8
	Moderate	4	2463	29.0
	Severe	5	961	11.3
	Very severe	6	150	1.8
	N Missing		143	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q26 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	3365	39.7
	A little bit	2	2067	24.4
	Moderately	3	1611	19.0
	Quite a bit	4	1178	13.9
	Extremely	5	259	3.1
	N Missing			142
Q27a 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	309	3.8
	Most the time	2	2175	26.7
	Good bit of time	3	1652	20.3
	Some of time	4	2157	26.5
	Little of time	5	1141	14.0
	None of time	6	709	8.7
	N Missing			515
Q27b 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	100	1.2
	Most the time	2	207	2.6
	Good bit of time	3	271	3.4
	Some of time	4	1055	13.1
	Little of time	5	1890	23.4
	None of time	6	4558	56.4
	N Missing			554
Q27c 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	43	0.5
	Most the time	2	83	1.0
	Good bit of time	3	163	2.0
	Some of time	4	676	8.4
	Little of time	5	1225	15.1
	None of time	6	5903	72.9
	N Missing			550

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q27d 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	762	9.4
	Most the time	2	3347	41.2
	Good bit of time	3	1525	18.8
	Some of time	4	1490	18.3
	Little of time	5	668	8.2
	None of time	6	333	4.1
	N Missing		522	
Q27e 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	234	2.9
	Most the time	2	1624	20.2
	Good bit of time	3	1627	20.2
	Some of time	4	2154	26.7
	Little of time	5	1347	16.7
	None of time	6	1073	13.3
	N Missing		588	
Q27f 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	48	0.6
	Most the time	2	144	1.8
	Good bit of time	3	279	3.6
	Some of time	4	1562	20.0
	Little of time	5	2503	32.0
	None of time	6	3280	42.0
	N Missing		838	
Q27g 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	120	1.5
	Most the time	2	341	4.3
	Good bit of time	3	610	7.8
	Some of time	4	2184	27.8
	Little of time	5	2702	34.4
	None of time	6	1889	24.1
	N Missing		801	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q27h 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	1423	17.2
	Most the time	2	4432	53.5
	Good bit of time	3	1161	14.0
	Some of time	4	838	10.1
	Little of time	5	291	3.5
	None of time	6	137	1.7
	N Missing			352
Q27i 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	328	3.9
	Most the time	2	647	7.8
	Good bit of time	3	1183	14.2
	Some of time	4	3594	43.3
	Little of time	5	2124	25.6
	None of time	6	431	5.2
	N Missing			323
Q28 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	332	3.9
	Most the time	2	545	6.4
	Some of time	3	1421	16.8
	Little of time	4	1468	17.3
	None of time	5	4704	55.5
	N Missing			157
Q29a 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	109	1.4
	Mostly true	2	322	4.1
	Don't know	3	1028	13.1
	Mostly false	4	1393	17.7
	Definitely false	5	5015	63.7
	N Missing			803
Q29b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	1	2089	25.8
	Mostly true	2	3571	44.1
	Don't know	3	1187	14.7
	Mostly false	4	641	7.9
	Definitely false	5	610	7.5
	N Missing			551

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q29c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	1	548	6.9
	Mostly true	2	1252	15.8
	Don't know	3	3378	42.7
	Mostly false	4	960	12.1
	Definitely false	5	1776	22.4
	N Missing		758	
Q29d How true or false is each of the following statements for you? My health is excellent	Definitely true	1	1136	14.4
	Mostly true	2	4058	51.3
	Don't know	3	583	7.4
	Mostly false	4	1080	13.7
	Definitely false	5	1052	13.3
	N Missing		763	
Q30a 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?	no	0	5862	70.8
	yes	1	2423	29.2
	N Missing		339	
Q30b Next are some specific questions about your health and how you have been feeling in the past month. Have you been worrying a lot?	no	0	6085	73.2
	yes	1	2225	26.8
	N Missing		310	
Q30c Next are some specific questions about your health and how you have been feeling in the past month. Have you been irritable?	no	0	6580	79.6
	yes	1	1689	20.4
	N Missing		358	
Q30d Next are some specific questions about your health and how you have been feeling in the past month. Have you had difficulty relaxing?	no	0	6080	73.1
	yes	1	2236	26.9
	N Missing		317	
Q30e Next are some specific questions about your health and how you have been feeling in the past month. Have you been sleeping poorly?	no	0	4935	59.2
	yes	1	3396	40.8
	N Missing		297	
Q30f Next are some specific questions about your health and how you have been feeling in the past month. Have you had headaches or neckaches?	no	0	5243	63.0
	yes	1	3083	37.0
	N Missing		300	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q30g 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?	no	0	5496	65.7
	yes	1	2865	34.3
	N Missing		261	
Q30h 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?	no	0	6264	74.7
	yes	1	2125	25.3
	N Missing		239	
Q30i Next are some specific questions about your health and how you have been feeling in the past month. Have you had difficulty falling asleep?	no	0	5245	62.8
	yes	1	3104	37.2
	N Missing		280	
Q30j Next are some specific questions about your health and how you have been feeling in the past month. Have you been lacking energy?	no	0	3786	45.2
	yes	1	4595	54.8
	N Missing		250	
Q30k Next are some specific questions about your health and how you have been feeling in the past month. Have you lost interest in things?	no	0	7282	86.6
	yes	1	1122	13.4
	N Missing		233	
Q30l Next are some specific questions about your health and how you have been feeling in the past month. Have you lost confidence in yourself?	no	0	7016	83.6
	yes	1	1380	16.4
	N Missing		232	
Q30m Next are some specific questions about your health and how you have been feeling in the past month. Have you felt hopeless?	no	0	7657	91.3
	yes	1	727	8.7
	N Missing		250	
Q30n Next are some specific questions about your health and how you have been feeling in the past month. Have you had difficulty concentrating?	no	0	6460	77.5
	yes	1	1880	22.5
	N Missing		294	
Q30o Next are some specific questions about your health and how you have been feeling in the past month. Have you lost weight (due to poor appetite)?	no	0	7752	92.3
	yes	1	645	7.7
	N Missing		235	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q30p Next are some specific questions about your health and how you have been feeling in the past month. Have you been waking early?	no	0	3483	41.4
	yes	1	4923	58.6
	N Missing		225	
Q30q Next are some specific questions about your health and how you have been feeling in the past month. Have you felt slowed down?	no	0	3076	36.5
	yes	1	5354	63.5
	N Missing		189	
Q30r Next are some specific questions about your health and how you have been feeling in the past month. Have you tended to feel worse in the mornings?	no	0	6311	74.9
	yes	1	2120	25.1
	N Missing		199	
Q31 How satisfied are you with your physical ability to do what you want to do?	Completely satisfied	1	901	10.5
	Very satisfied	2	2210	25.9
	Somewhat satisfied	3	2879	33.7
	Somewhat dissatisfied	4	1619	19.0
	Very dissatisfied	5	678	7.9
	Completely dissatisfied	6	255	3.0
	N Missing		79	
Q32 Are you in bed or in a chair most or all of the day because of your health?	Every day	1	239	2.8
	Most days	2	244	2.9
	Some days	3	454	5.3
	Occasionally	4	1632	19.1
	Never	5	5968	69.9
	N Missing		87	
Q33a 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 now	1	94	1.1
	Somewhat better now	2	109	1.3
	About the same	3	2967	35.1
	Somewhat worse now	4	3821	45.2
	Much worse now	5	1460	17.3
	N Missing		165	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q33b 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 now	1	214	2.5
	Somewhat better now	2	240	2.8
	About the same	3	4227	50.1
	Somewhat worse now	4	2800	33.2
	Much worse now	5	950	11.3
	N Missing		195	
Q33c 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 now	1	173	2.0
	Somewhat better now	2	181	2.1
	About the same	3	4018	47.6
	Somewhat worse now	4	3260	38.6
	Much worse now	5	812	9.6
	N Missing		180	
Q33d 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 now	1	157	1.9
	Somewhat better now	2	256	3.0
	About the same	3	4086	48.5
	Somewhat worse now	4	3163	37.6
	Much worse now	5	757	9.0
	N Missing		215	
Q33e 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 now	1	149	1.8
	Somewhat better now	2	219	2.6
	About the same	3	4289	50.8
	Somewhat worse now	4	3148	37.3
	Much worse now	5	631	7.5
	N Missing		199	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q33f 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 now	1	67	0.8
	Somewhat better now	2	123	1.4
	About the same	3	2216	26.0
	Somewhat worse now	4	4375	51.3
	Much worse now	5	1750	20.5
	N Missing			88
Q34a 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		2.95	
	Std Error		0.05	
	N		8409	
	N Missing		237	
Q34b 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		0.61	
	Std Error		0.02	
	N		8394	
	N Missing		252	
Q34c 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		0.34	
	Std Error		0.02	
	N		8386	
	N Missing		260	
Q34d 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		2.24	
	Std Error		0.04	
	N		8402	
	N Missing		244	
Q35ah 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		1.93	
	Std Error		0.05	
	N		8185	
	N Missing		461	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q35am 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		7.07	
	Std Error		0.15	
	N		8185	
	N Missing		461	
Q35bh 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		0.93	
	Std Error		0.03	
	N		8321	
	N Missing		325	
Q35bm 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		1.62	
	Std Error		0.08	
	N		8321	
	N Missing		325	
Q35ch 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		0.22	
	Std Error		0.01	
	N		8321	
	N Missing		325	
Q35cm 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		0.97	
	Std Error		0.06	
	N		8321	
	N Missing		325	
Q35dh 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		2.73	
	Std Error		0.07	
	N		8221	
	N Missing		425	
Q35dm 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		4.01	
	Std Error		0.12	
	N		8221	
	N Missing		425	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q36a hrs sitting week day	Mean		5.20	
	Std Error		0.03	
	N		7443	
	N Missing		1203	
Q36b hrs sitting weekend day	Mean		5.58	
	Std Error		0.03	
	N		7202	
	N Missing		1444	
Q37 How often do you usually drink alcohol?	Never drink	1	3155	37.5
	Drink rarely	2	2028	24.1
	<once a week	3	512	6.1
	1-2 days a week	4	619	7.4
	3-4 days a week	5	514	6.1
	5-6 days a week	6	448	5.3
	Every day	7	1136	13.5
	N Missing		218	
Q38 On a day when you drink alcohol, how many drinks do you usually have?	Never drink alcohol	0	3566	43.3
	1-2 drinks per day	1	4337	52.7
	3-4 drinks per day	2	309	3.8
	5-8 drinks per day	3	22	0.3
	N Missing		408	
Q42 Which of the following best describes your housing situation? Do you live in:	House	1	5882	68.9
	Flat/unit/apartment	2	1813	21.2
	Mobile/caravan	3	60	0.7
	Retirement Village	4	662	7.8
	Nursing Home	5	26	0.3
	Hostel	6	49	0.6
	Other	7	46	0.5
	N Missing		92	
Q43a Which of the following are sources of income for you and your spouse? Government pension or allowance	no	0	1444	16.9
	yes	1	7121	83.1
	N Missing		62	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q43b Which of the following are sources of income for you and your spouse or partner (if you have one)? Superannuation	no	0	7045	82.3
	yes	1	1519	17.7
	N Missing		62	
Q43c Which of the following are sources of income for you and your spouse or partner (if you have one)? Other income	no	0	5653	66.0
	yes	1	2912	34.0
	N Missing		62	
Q44 How do you manage on the income you have available?	Impossible	1	82	1.0
	Difficult always	2	545	6.4
	Difficult sometimes	3	1531	17.9
	Not too bad	4	4392	51.3
	Easy	5	2006	23.4
	N Missing		64	
Q45 When you travel around your town, does someone assist you because of your health?	All the time	1	541	6.3
	Most of time	2	241	2.8
	Some of time	3	428	5.0
	Little of time	4	816	9.5
	None of time	5	6521	76.3
	N Missing		78	
Q46 What is your main (or most common) means of transport?	Car(you drive)	1	3972	50.8
	Car(someone else drives)	2	2308	29.5
	Taxi	3	294	3.8
	Bus	4	941	12.0
	tram or train	5	194	2.5
	other	6	109	1.4
	N Missing		678	
Q47 Are you capable of using public transport?	No, health	1	910	10.7
	No, other	2	357	4.2
	Yes	3	6825	80.4
	Not applicable	4	398	4.7
	N Missing		158	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q48 Is public transport available when you need it?	All of time	1	3266	38.6
	Most of time	2	1970	23.3
	Some of time	3	816	9.6
	Little of time	4	575	6.8
	None of time	5	676	8.0
	Not applicable	6	1165	13.8
	N Missing		181	
Q49 What is your present marital status?	Married	1	3771	43.9
	De Facto	2	32	0.4
	Widowed	3	4044	47.1
	Separated	4	96	1.1
	Divorced	5	367	4.3
	Never Married	6	270	3.2
	N Missing		37	
Q51a Who lives with you? No one, I live alone	no	0	4496	52.5
	yes	1	4062	47.5
	N Missing		66	
Q51b Who lives with you? Spouse or partner (partner/spouse)	no	0	4825	56.4
	yes	1	3733	43.6
	N Missing		66	
Q51c Who lives with you? Own children	no	0	7948	92.9
	yes	1	610	7.1
	N Missing		66	
Q51d Who lives with you? Other family members	no	0	8227	96.1
	yes	1	331	3.9
	N Missing		66	
Q51e Who lives with you? Non-family members	no	0	8446	98.7
	yes	1	112	1.3
	N Missing		66	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q52a Do you have pets in your household? No pet	no	0	2834	33.3
	yes	1	5679	66.7
	N Missing		116	
Q52b Do you have any pets in your household? Dog	no	0	6916	81.2
	yes	1	1597	18.8
	N Missing		116	
Q52c Do you have any pets in your household? Cat	no	0	7430	87.3
	yes	1	1084	12.7
	N Missing		116	
Q52d Do you have any pets in your household? Bird	no	0	7813	91.8
	yes	1	701	8.2
	N Missing		116	
Q52e Do you have any pets in your household? Other	no	0	8333	97.9
	yes	1	180	2.1
	N Missing		116	
Q53 Can you talk about your deepest problems with at least some of your family and friends?	Hardly ever	1	1263	14.8
	Some of the time	2	2559	30.0
	Most of the time	3	4695	55.1
	N Missing		108	
Q54 Other than members of your family how many persons in your local area do you feel you can depend on or feel very close to?	None	1	981	11.5
	1-2 people	2	3789	44.4
	>2 people	3	3766	44.1
	N Missing		84	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q55 How many times during the past week did you spend time with someone who does not live with you, that is, you went to see them or they came to visit you or you went out together?	None	0	593	7.0
	1	1	955	11.3
	2	2	1647	19.4
	3	3	1680	19.8
	4	4	1320	15.6
	5	5	772	9.1
	6	6	485	5.7
	>7	7	1022	12.1
	N Missing			155
Q56 How many times did you talk to someone, friends, relatives or others on the telephone in the past week (either they called you, or you called them)?	None	0	146	1.7
	1	1	185	2.2
	2	2	581	6.8
	3	3	1026	12.1
	4	4	1380	16.2
	5	5	1225	14.4
	6	6	964	11.3
	>7	7	3003	35.3
	N Missing			111
Q57 About how often did you go to meetings of clubs, religious meetings, or other groups that you belong to in the past week?	None	0	2807	32.9
	1	1	1910	22.4
	2	2	1711	20.1
	3	3	1158	13.6
	4	4	521	6.1
	5	5	202	2.4
	6	6	91	1.1
	>7	7	124	1.5
	N Missing			104
Q58 Do you do any volunteer work for any community or social organisations? (eg. fundraising, community welfare, church activities, organising groups or classes, etc.)	Every day	1	149	1.8
	Every week	2	1704	20.0
	Every month	3	1242	14.6
	<once a month	4	567	6.7
	Not at all	5	4836	56.9
	N Missing			128

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q59 Do you regularly provide (unpaid) care for grandchildren or other people's children?	Yes daily	1	160	1.9
	Yes weekly	2	450	5.3
	Yes occasionally	3	2660	31.3
	Never	4	5216	61.5
	N Missing		138	
Q60a Do you regularly provide care or assistance (eg personal care, transport) to any other person because of their long-term illness, disability or frailty? Yes, for someone who lives with me	no	0	7720	91.1
	yes	1	750	8.9
	N Missing		161	
Q60b Do you regularly provide care or assistance (eg personal care, transport) to any other person because of their long-term illness, disability or frailty? Yes, for someone who lives elsewhere	no	0	7105	83.9
	yes	1	1365	16.1
	N Missing		161	
Q60c Do you regularly provide care or assistance (eg personal care, transport) to any other person because of their long-term illness, disability or frailty? No, I do not provide care	no	0	2080	24.6
	yes	1	6390	75.4
	N Missing		161	
Q61 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	1108	13.2
	no	2	7290	86.8
	N Missing		249	
Q62a The following question is about assistance you receive from others: Do people help you to do odd jobs?	Yes	1	4609	58.0
	No	2	1528	19.2
	Dont need help	3	1810	22.8
	N Missing		701	
Q62b The following question is about assistance you receive from others: Do people give you information or advice?	Yes	1	3381	46.5
	No	2	2005	27.6
	Dont need help	3	1879	25.9
	N Missing		1424	
Q62c The following question is about assistance you receive from others: Do people help you if you call upon them to do so unexpectedly?	Yes	1	6027	77.6
	No	2	440	5.7
	Dont need help	3	1295	16.7
	N Missing		917	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q62d The following question is about assistance you receive from others: Do people help you, for example, when you are sick, when you have transport problems or when you need them to accompany you somewhere?	Yes	1	6705	81.2
	No	2	368	4.5
	Dont need help	3	1182	14.3
	N Missing		404	
Q63a These questions are about getting on with other people: Are you sad or lonely often?	no	0	7798	91.3
	yes	1	744	8.7
	N Missing		83	
Q63b These questions are about getting on with other people: Do you feel uncomfortable with anyone in your family?	no	0	8001	93.7
	yes	1	541	6.3
	N Missing		83	
Q63c These questions are about getting on with other people: Can you take your own medication and get around by yourself?	no	0	957	11.2
	yes	1	7585	88.8
	N Missing		83	
Q63d These questions are about getting on with other people: Do you feel that nobody wants you around?	no	0	8400	98.3
	yes	1	141	1.7
	N Missing		83	
Q63e 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?	no	0	8488	99.4
	yes	1	54	0.6
	N Missing		83	
Q63f These questions are about getting on with other people: Has anyone forced you to do things you didn't want to do?	no	0	8434	98.7
	yes	1	108	1.3
	N Missing		83	
Q63g These questions are about getting on with other people: Has anyone taken things that belong to you without your OK?	no	0	8350	97.8
	yes	1	192	2.2
	N Missing		83	
Q63h These questions are about getting on with other people: Do you trust most of the people in your family?	no	0	986	11.5
	yes	1	7556	88.5
	N Missing		83	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q63i These questions are about getting on with other people: Do you have enough privacy at home?	no	0	1070	12.5
	yes	1	7472	87.5
	N Missing		83	
Q63j These questions are about getting on with other people: Has anyone close to you tried to hurt you or harm you recently?	no	0	8454	99.0
	yes	1	88	1.0
	N Missing		83	
Q63k 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?	no	0	8262	96.7
	yes	1	280	3.3
	N Missing		83	
Q63l These questions are about getting on with other people: Are you afraid of anyone in your family?	no	0	8448	98.9
	yes	1	94	1.1
	N Missing		83	
Q63m These questions are about getting on with other people: None of the above	no	0	8206	96.1
	yes	1	336	3.9
	N Missing		83	
Q64a Which of the following groups have you sought advice or help from in the last six months? Food services (eg. Meals on Wheels)	no	0	7773	95.9
	yes	1	333	4.1
	N Missing		523	
Q64b Which of the following groups have you sought advice or help from in the last six months? Nursing or community health services	no	0	7416	91.5
	yes	1	689	8.5
	N Missing		523	
Q64c Which of the following groups have you sought advice or help from in the last six months? Respite services (in home care, day centre, or inpatient)	no	0	7878	97.2
	yes	1	228	2.8
	N Missing		523	
Q64d Which of the following groups have you sought advice or help from in the last six months? Homemaking services (eg. home care service, heavy laundry service)	no	0	6883	84.9
	yes	1	1223	15.1
	N Missing		523	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q64e Which of the following groups have you sought advice or help from in the last six months? Home maintenance services (eg. odd jobs, gardening)	no	0	5800	71.6
	yes	1	2305	28.4
	N Missing		523	
Q64f Which of the following groups have you sought advice or help from in the last six months? Counselling or other mental health services	no	0	8021	99.0
	yes	1	84	1.0
	N Missing		523	
Q64g Which of the following groups have you sought advice or help from in the last six months? Ambulance service	no	0	7499	92.5
	yes	1	606	7.5
	N Missing		523	
Q64h Which of the following groups have you sought advice or help from in the last six months? Social groups (eg. CWA, Senior Citizen's Centre, friendship groups, craft or exercise groups, church groups)	no	0	7267	89.7
	yes	1	838	10.3
	N Missing		523	
Q64i Which of the following groups have you sought advice or help from in the last six months? Support and advisory groups (eg. Arthritis Foundation, Pensioner Advisory service, Older Women's Network)	no	0	7862	97.0
	yes	1	244	3.0
	N Missing		523	
Q64j Which of the following groups have you sought advice or help from in the last six months? None of these groups	no	0	3739	46.1
	yes	1	4366	53.9
	N Missing		523	
Q65 (Proxy) If you filled in this survey for the participant, please answer the next three questions. Your Relationship to Participant	Family member	1	637	76.2
	Professional health worker	2	95	11.4
	Other	3	104	12.4
	N Missing		7848	
Q66 (Proxy) If you filled in this survey for the participant, please answer the next three questions. When you filled in this survey for the participant, which of the following applied	Participant told answers	1	592	79.9
	Proxy used own judgement	2	149	20.1
	N Missing		7939	

ALSWH Data book for the third survey of 1946-51 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Age at time survey returned	Mean		78.26	
	Std Error		0.02	
	N		8646	
	N Missing		0	
PF - Physical Functioning Subscale	Mean		58.19	
	Std Error		0.31	
	N		8078	
	N Missing		568	
RP - Role Physical Scale	Mean		50.06	
	Std Error		0.45	
	N		8202	
	N Missing		444	
BP - Bodily Pain Subscale	Mean		62.36	
	Std Error		0.29	
	N		8555	
	N Missing		91	
GH - General Health Subscale	Mean		65.66	
	Std Error		0.23	
	N		7954	
	N Missing		692	
VT - Vitality Index Scale	Mean		56.58	
	Std Error		0.23	
	N		8290	
	N Missing		356	
SF - Social Functioning Scale	Mean		78.51	
	Std Error		0.29	
	N		8563	
	N Missing		83	

ALSWH Data book for the third 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		76.19	
	Std Error		0.40	
	N		7984	
	N Missing		662	
MH - Mental Health Subscale	Mean		78.47	
	Std Error		0.18	
	N		8138	
	N Missing		508	
MCSA - Mental health summary score - standardised to the Australian population for relevant age cohort	Mean		51.92	
	Std Error		0.10	
	N		7135	
	N Missing		1511	
PCSWHA - Physical health summary score - standardised to the WHA population	Mean		47.95	
	Std Error		0.12	
	N		7135	
	N Missing		1511	
MCSWHA - Mental health summary score - standardised to the WHA population	Mean		51.31	
	Std Error		0.11	
	N		7135	
	N Missing		1511	
Age group at time of selection - 1st April 1996	Older	3	8624	100.0
Alcohol Status	Low intake drinker	1	3033	35.8
	Non drinker	2	3155	37.3
	Rarely drinks	3	2028	23.9
	Hazardous intake drinker	4	235	2.8
	Harmful intake drinker	5	18	0.2
	N Missing		162	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
What is your year of birth?	Mean		1923.47	
	Std Error		0.02	
	N		8646	
	N Missing		0	
State participant resides in at the completion of each survey	NSW	1	2999	34.8
	Vic	2	2223	25.8
	Qld	3	1407	16.3
	SA	4	887	10.3
	WA	5	734	8.5
	Tas	6	250	2.9
	NT	7	10	0.1
	ACT	8	113	1.3
	N Missing		1	
Duke Social Support Index subscore - Social interaction (4 items)	Mean		8.78	
	Std Error		0.02	
	N		8294	
	N Missing		352	
Exercise Status Grouped	Nil/sedentary	1	3145	39.0
	Low	2	2178	27.0
	Moderate	3	1202	14.9
	High	4	1537	19.1
	N Missing		594	
Goldberg Anxiety Scale Derived variable, sum of first 9 - anxiety only - units on the GADS (formerly known as GAS)	Mean		2.73	
	Std Error		0.03	
	N		8172	
	N Missing		474	
Goldberg Anxiety and Depression Scale. O3GADS - Anxiety and Depression separated into two variables goldanx and golddpr - this changed from o3gad to golddpr	Mean		2.69	
	Std Error		0.02	
	N		8320	
	N Missing		326	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Memory Assessment Clinic Q (MAC-Q) cognitive decline scale O3MACQ	Mean		25.50	
	Std Error		0.05	
	N		8429	
	N Missing		217	
Proportion of Life events 0 to 1	Mean		0.11	
	Std Error		0.00	
	N		8440	
	N Missing		206	
PCS_ABS - Physical health summary score - standardised against the entire Australian adult population	Mean		38.98	
	Std Error		0.14	
	N		7135	
	N Missing		1511	
MCS_ABS - Mental health summary score - standardised against the entire Australian adult population	Mean		52.68	
	Std Error		0.11	
	N		7135	
	N Missing		1511	
PCS_US - Physical health summary score - standardised against the entire US adult population	Mean		39.25	
	Std Error		0.14	
	N		7135	
	N Missing		1511	
MCS_US - Mental health summary score - standardised against the entire US adult population	Mean		53.78	
	Std Error		0.11	
	N		7135	
	N Missing		1511	
SEIFA Index Socio-economic Disadvantage	Mean		1006.49	
	Std Error		0.94	
	N		8600	
	N Missing		46	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
SEIFA Index Socio-economic Adv/Disadv	Mean		1004.04	
	Std Error		1.07	
	N		8600	
	N Missing		46	
SEIFA index Economic resources	Mean		1000.00	
	Std Error		1.06	
	N		8600	
	N Missing		46	
SEIFA index of Education and Occupation	Mean		1008.95	
	Std Error		1.05	
	N		8600	
	N Missing		46	
Body Mass Index Classification	Underweight, BMI < 18.5	1	309	3.9
	Acceptable weight, 18.5 <= BMI < 25	2	3833	48.8
	Overweight, 25 <= BMI < 30	3	2558	32.6
	Obese, 30 <= BMI	4	1151	14.7
	N Missing		822	
Body Mass Index (BMI)	Mean		25.30	
	Std Error		0.05	
	N		7824	
	N Missing		822	
How much do you weigh without clothes or shoes?	Mean		64.65	
	Std Error		0.13	
	N		8089	
	N Missing		557	
How tall are you without shoes?	Mean		159.91	
	Std Error		0.07	
	N		8163	
	N Missing		483	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Rural, remote and metropolitan area - area classification, allocated by postcode Old version (rrma_old)	Mean		2.10	
	Std Error		0.02	
	N		8582	
	N Missing		64	
ARIA+ Grouped into 5 categories	Major cities of Australia	1	5897	68.4
	Inner regional Australia	2	1844	21.4
	Outer regional Australia	3	772	9.0
	Remote Australia	4	93	1.1
	Very Remote Australia	5	15	0.2
	N Missing		2	
Age at time of survey returned in years	Mean		77.82	
	Std Error		0.02	
	N		8646	
	N Missing		0	