

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

the australian longitudinal  
study on women's health

data book

*for the fourth survey of the 1921-26 cohort  
2005 (when they were aged 79-84 years)*

december 2006



**Data book for the first fourth of the 1921-1926 cohort (aged 79-84 years)**

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**Notes**

During 2005 and 2006, 7,158 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 fourth survey of 1921-26 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	3074	43.4
	Yes	1	4007	56.6
	N Missing		86	
Q1b In the last 3 years have you been diagnosed with or treated for: Osteoarthritis	No	0	4961	70.1
	Yes	1	2120	29.9
	N Missing		86	
Q1c In the last 3 years have you been diagnosed with or treated for: Rheumatoid arthritis	No	0	6655	94.0
	Yes	1	426	6.0
	N Missing		86	
Q1d In the last 3 years have you been diagnosed with or treated for: Other arthritis	No	0	5986	84.5
	Yes	1	1095	15.5
	N Missing		86	
Q1e In the past three years, have you been diagnosed or treated for: Osteoporosis	No	0	5408	76.4
	Yes	1	1673	23.6
	N Missing		86	
Q1f In the last three years, have you been diagnosed with or treated for: Angina	No	0	6312	89.1
	Yes	1	769	10.9
	N Missing		86	
Q1g In the last three years, have you been diagnosed with or treated for: Heart attack	No	0	6754	95.4
	Yes	1	327	4.6
	N Missing		86	
Q1h In the last three years, have you been diagnosed with or treated for: Other heart problems	No	0	6010	84.9
	Yes	1	1071	15.1
	N Missing		86	
Q1i In the last 3 years have you been diagnosed with or treated for: Diabetes (high blood sugar)	No	0	6266	88.5
	Yes	1	815	11.5
	N Missing		86	

**ALSWH Data book for the fourth survey of 1921-26 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: Asthma	No	0	6423	90.7
	Yes	1	658	9.3
	N Missing		86	
Q1k In the past three years, have you been diagnosed or treated for: Bronchitis/emphysema	No	0	6522	92.1
	Yes	1	560	7.9
	N Missing		86	
Q1l In the past three years, have you been diagnosed or treated for: Stroke	No	0	6793	95.9
	Yes	1	288	4.1
	N Missing		86	
Q1m In the last 3 years have you been diagnosed with or treated for: Cataract	No	0	4893	69.1
	Yes	1	2189	30.9
	N Missing		86	
Q1n In the last 3 years have you been diagnosed with or treated for: Skin cancer	No	0	5352	75.6
	Yes	1	1729	24.4
	N Missing		86	
Q1o In the past three years, have you been diagnosed or treated for: Other cancer	No	0	6757	95.4
	Yes	1	324	4.6
	N Missing		86	
Q1p In the past three years, have you been diagnosed or treated for: Depression	No	0	6551	92.5
	Yes	1	530	7.5
	N Missing		86	
Q1q In the past three years, have you been diagnosed or treated for: Anxiety/nervous disorder	No	0	6638	93.7
	Yes	1	443	6.3
	N Missing		86	
Q1r In the last 3 years have you been diagnosed with or treated for: Alzheimer's Disease or Dementia	No	0	6985	98.6
	Yes	1	96	1.4
	N Missing		86	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q1s In the past three years, have you been diagnosed or treated for: None of these conditions	No	0	6563	92.7
	Yes	1	518	7.3
	N Missing		86	
Q2Aa In the last three years, have you had any of the following operations or procedures? Cataract	No	0	4621	71.5
	Yes	1	1841	28.5
	N Missing		725	
Q2Ab In the last three years, have you had any of the following operations or procedures? Other eye surgery	No	0	6111	94.6
	Yes	1	351	5.4
	N Missing		725	
Q2Ac 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	6084	94.2
	Yes	1	378	5.8
	N Missing		725	
Q2Ad Have you had any of the following operations or procedures? Yes, in the last 3 years Hip surgery	No	0	6135	94.9
	Yes	1	327	5.1
	N Missing		725	
Q2Ae Have you had any of the following operations or procedures? Yes, in the last 3 years Heart surgery (heart bypass, angioplasty, angiography)	No	0	6159	95.3
	Yes	1	302	4.7
	N Missing		725	
Q2Af In the last three years, have you had any of the following operations or procedures? Bone density test	No	0	4818	74.6
	Yes	1	1644	25.4
	N Missing		725	
Q2Ag In the last 3 years have you had any of the following operations or procedures? Other surgery	No	0	5327	82.4
	Yes	1	1135	17.6
	N Missing		725	
Q2Ah None of these operations	No	0	4141	64.1
	Yes	1	2321	35.9
	N Missing		725	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q2Ba In the last three years, have you had any of the following operations or procedures? (I am on a waiting list) Cataract	No	0	6229	96.4
	Yes	1	235	3.6
	N Missing		723	
Q2Bb In the last three years, have you had any of the following operations or procedures? Other eye surgery	No	0	6432	99.5
	Yes	1	32	0.5
	N Missing		723	
Q2Bc In the last three years, have you had any of the following operations or procedures? (I am on a waiting list) Knee surgery or arthroscopy	No	0	6408	99.1
	Yes	1	56	0.9
	N Missing		723	
Q2Bd In the last three years, have you had any of the following operations or procedures? (I am on a waiting list) Hip surgery	No	0	6437	99.6
	Yes	1	27	0.4
	N Missing		723	
Q2Be In the last three years, have you had any of the following operations or procedures? (I am on a waiting list) Heart surgery (heart bypass, angioplasty, angiography)	No	0	6452	99.8
	Yes	1	12	0.2
	N Missing		723	
Q2Bf In the last three years, have you had any of the following operations or procedures? (I am on a waiting list) Bone density test	No	0	6431	99.5
	Yes	1	33	0.5
	N Missing		723	
Q2Bg In the last 3 years have you had any of the following operations or procedures? Other surgery	No	0	6423	99.4
	Yes	1	42	0.6
	N Missing		723	
Q3 How many times have you consulted a family doctor or another general practitioner in the last 12 months?	None	0	62	0.9
	1 or 2 times	1	578	8.3
	3 or 4 times	2	1835	26.2
	5-8 times	3	2098	29.9
	9-12 times	4	1301	18.6
	13-15 times	5	492	7.0
	16-19 times	6	197	2.8
	20 or more times	7	443	6.3
	N Missing		144	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	5566	79.2
	Yes	1	1461	20.8
	N Missing		137	
Q4b Have you consulted the following people for your own health in the last 12 months? A specialist doctor	No	0	3357	47.8
	Yes	1	3671	52.2
	N Missing		137	
Q4c Have you consulted the following people for your own health in the last 12 months? An optician	No	0	3596	51.2
	Yes	1	3431	48.8
	N Missing		137	
Q4d Have you consulted the following people for your own health in the last 12 months? A dentist	No	0	4213	59.9
	Yes	1	2815	40.1
	N Missing		137	
Q4e Have you consulted the following people for your own health in the last 12 months? A physiotherapist	No	0	5742	81.7
	Yes	1	1286	18.3
	N Missing		137	
Q4f Have you consulted the following people for your own health in the last 12 months? A podiatrist or chiropodist	No	0	4182	59.5
	Yes	1	2845	40.5
	N Missing		137	
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	6377	90.7
	Yes	1	650	9.3
	N Missing		137	
Q4h Have you consulted the following people for your own health in the last 12 months? None of these people	No	0	6413	91.3
	Yes	1	615	8.7
	N Missing		137	



**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q5 In the past 12 months have you consulted a specialist doctor?	No, I needed to see a specialist doctor but did not	1	63	1.1
	No, I did not need to see a specialist doctor	2	1843	32.0
	Yes, I saw a specialist doctor	3	3847	66.9
	N Missing		1512	
Q6a Why did you not consult a specialist doctor?	No	0	107	1.8
	Yes	1	111	1.9
	Not Applicable	2	5579	96.3
	N Missing		1459	
Q6b Why did you not consult a specialist doctor?	No	0	187	3.2
	Yes	1	30	0.5
	Not Applicable	2	5579	96.3
	N Missing		1459	
Q6c Why did you not consult a specialist doctor?	No	0	151	2.6
	Yes	1	66	1.1
	Not Applicable	2	5579	96.3
	N Missing		1459	
Q6d Why did you not consult a specialist doctor?	No	0	185	3.2
	Yes	1	33	0.6
	Not Applicable	2	5579	96.3
	N Missing		1459	
Q7 Have you been admitted to hospital in the last 12 months?	No	1	4294	62.8
	Yes, day only	2	894	13.1
	Yes, spent at least one night	3	1650	24.1
	N Missing		341	
Q8a In the last 12 months, have you been vaccinated against: Flu	Yes	1	5870	84.3
	No	2	1093	15.7
	N Missing		203	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q8b In the last 12 months, have you been vaccinated against: Pneumonia	Yes	1	2167	31.9
	No	2	4631	68.1
	N Missing		367	
Q9 In the past 12 months have you consulted a dentist?	No, I needed to see a dentist but did not	1	329	5.3
	No, I did not need to see a dentist	2	2915	46.6
	Yes, I saw a dentist	3	3007	48.1
	N Missing		981	
Q10a Why did you not consult a dentist?	No	0	446	7.1
	Yes	1	39	0.6
	Not Applicable	2	5820	92.3
	N Missing		924	
Q10b Why did you not consult a dentist?	No	0	395	6.3
	Yes	1	90	1.4
	Not Applicable	2	5820	92.3
	N Missing		924	
Q10c Why did you not consult a dentist?	No	0	342	5.4
	Yes	1	143	2.3
	Not Applicable	2	5820	92.3
	N Missing		924	
Q10d Why did you not consult a dentist?	No	0	321	5.1
	Yes	1	165	2.6
	Not Applicable	2	5820	92.3
	N Missing		924	
Q11a Which of the following types of cover do you have for health services (excluding your Medicare card): Private health insurance for hospital cover	No	0	4118	58.1
	Yes	1	2967	41.9
	N Missing		86	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q11b Which of the following types of cover do you have for health services (excluding your Medicare card): Private health insurance for ancillary services/ extras cover (eg dental, physiotherapy)	No	0	4994	70.5
	Yes	1	2090	29.5
	N Missing		86	
Q11c Which of the following types of cover do you have for health services (excluding your Medicare card): Department of Veterans' Affairs Gold Card	No	0	5787	81.7
	Yes	1	1298	18.3
	N Missing		86	
Q11d Which of the following types of cover do you have for health services (excluding your Medicare card): Department of Veterans' Affairs White Card	No	0	6884	97.2
	Yes	1	201	2.8
	N Missing		86	
Q11e Which of the following types of cover do you have for health services (excluding your Medicare card): Commonwealth Seniors Health Card	No	0	5592	78.9
	Yes	1	1493	21.1
	N Missing		86	
Q11f Which of the following types of cover do you have for health services (excluding your Medicare card): Pensioner Concession Card	No	0	2880	40.7
	Yes	1	4205	59.3
	N Missing		86	
Q11g Which of the following types of cover do you have for health services (excluding your Medicare card): None of these	No	0	6917	97.6
	Yes	1	168	2.4
	N Missing		86	
Q12 In general, would you say your health is:	Excellent	1	239	3.3
	Very good	2	1506	21.2
	Good	3	3044	42.8
	Fair	4	2024	28.4
	Poor	5	308	4.3
	N Missing		40	
Q13 Compared to one year ago, how would you rate your health in general now	Much better	1	288	4.0
	Somewhat better	2	469	6.6
	About the same	3	4455	62.6
	Somewhat worse	4	1666	23.4
	Much worse	5	238	3.3
	N Missing		51	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q14a 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	4769	73.7
	Limited a little	2	1351	20.9
	Not limited	3	354	5.5
	N Missing		727	
Q14b 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	2220	32.7
	Limited a little	2	2587	38.1
	Not limited	3	1982	29.2
	N Missing		409	
Q14c 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	1589	23.5
	Limited a little	2	2779	41.0
	Not limited	3	2403	35.5
	N Missing		418	
Q14d 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	2824	42.9
	Limited a little	2	2477	37.7
	Not limited	3	1276	19.4
	N Missing		635	
Q14e 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	1189	18.5
	Limited a little	2	2291	35.7
	Not limited	3	2932	45.7
	N Missing		795	
Q14f 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	2143	31.9
	Limited a little	2	2942	43.9
	Not limited	3	1624	24.2
	N Missing		452	
Q14g 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	2898	43.4
	Limited a little	2	1924	28.8
	Not limited	3	1854	27.8
	N Missing		527	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q14h 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	1800	27.8
	Limited a little	2	1545	23.9
	Not limited	3	3127	48.3
	N Missing		728	
Q14i 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	765	11.9
	Limited a little	2	1427	22.3
	Not limited	3	4217	65.8
	N Missing		787	
Q14j 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	377	5.6
	Limited a little	2	835	12.4
	Not limited	3	5532	82.0
	N Missing		425	
Q15a 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	3108	45.2
	No	2	3769	54.8
	N Missing		292	
Q15b 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	4284	62.9
	No	2	2523	37.1
	N Missing		364	
Q15c 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	3763	55.6
	No	2	2999	44.4
	N Missing		404	
Q15d 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	3903	57.4
	No	2	2900	42.6
	N Missing		370	
Q16a 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	1473	21.8
	No	2	5290	78.2
	N Missing		420	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q16b 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	2346	35.2
	No	2	4324	64.8
	N Missing		518	
Q16c 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	1558	23.5
	No	2	5079	76.5
	N Missing		551	
Q17 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	3661	51.9
	Slightly	2	1347	19.1
	Moderately	3	1022	14.5
	Quite a bit	4	783	11.1
	Extremely	5	243	3.4
	N Missing		122	
Q18 How much bodily pain have you had during the past four weeks?	No bodily pain	1	1196	16.9
	Very mild	2	1520	21.4
	Mild	3	1122	15.8
	Moderate	4	2159	30.4
	Severe	5	936	13.2
	Very severe	6	160	2.3
	N Missing		78	
Q19 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	2481	35.1
	A little bit	2	1691	24.0
	Moderately	3	1515	21.5
	Quite a bit	4	1138	16.1
	Extremely	5	236	3.3
	N Missing		108	
Q20a 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	257	3.8
	Most the time	2	1681	24.7
	Good bit of time	3	1458	21.4
	Some of time	4	1791	26.3
	Little of time	5	1018	14.9
	None of time	6	607	8.9
	N Missing		365	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q20b 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	79	1.2
	Most the time	2	155	2.3
	Good bit of time	3	261	3.8
	Some of time	4	874	12.8
	Little of time	5	1705	24.9
	None of time	6	3768	55.1
	N Missing			338
Q20c 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	34	0.5
	Most the time	2	72	1.1
	Good bit of time	3	111	1.6
	Some of time	4	593	8.7
	Little of time	5	1063	15.5
	None of time	6	4965	72.6
	N Missing			342
Q20d 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	758	11.0
	Most the time	2	2822	41.0
	Good bit of time	3	1208	17.6
	Some of time	4	1216	17.7
	Little of time	5	600	8.7
	None of time	6	270	3.9
	N Missing			305
Q20e 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	210	3.1
	Most the time	2	1241	18.1
	Good bit of time	3	1301	19.0
	Some of time	4	1832	26.7
	Little of time	5	1288	18.8
	None of time	6	992	14.4
	N Missing			330

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q20f 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	50	0.7
	Most the time	2	122	1.8
	Good bit of time	3	244	3.6
	Some of time	4	1317	19.6
	Little of time	5	2196	32.6
	None of time	6	2805	41.7
	N Missing		443	
Q20g 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	148	2.2
	Most the time	2	323	4.8
	Good bit of time	3	606	9.0
	Some of time	4	1896	28.0
	Little of time	5	2400	35.5
	None of time	6	1393	20.6
	N Missing		417	
Q20h 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	1379	19.9
	Most the time	2	3505	50.6
	Good bit of time	3	938	13.5
	Some of time	4	748	10.8
	Little of time	5	242	3.5
	None of time	6	120	1.7
	N Missing		257	
Q20i 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	375	5.4
	Most the time	2	638	9.1
	Good bit of time	3	1089	15.6
	Some of time	4	2953	42.3
	Little of time	5	1627	23.3
	None of time	6	296	4.2
	N Missing		194	



**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q21 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	272	3.9
	Most the time	2	556	7.9
	Some of time	3	1404	20.0
	Little of time	4	1277	18.2
	None of time	5	3526	50.1
	N Missing			140
Q22a 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	78	1.2
	Mostly true	2	308	4.5
	Don't know	3	863	12.8
	Mostly false	4	1263	18.7
	Definitely false	5	4256	62.9
	N Missing			422
Q22b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	1	1810	26.2
	Mostly true	2	2906	42.0
	Don't know	3	1078	15.6
	Mostly false	4	565	8.2
	Definitely false	5	552	8.0
	N Missing			274
Q22c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	1	526	7.7
	Mostly true	2	1183	17.3
	Don't know	3	3003	44.1
	Mostly false	4	744	10.9
	Definitely false	5	1360	20.0
	N Missing			357
Q22d How true or false is each of the following statements for you? My health is excellent	Definitely true	1	861	12.7
	Mostly true	2	3324	49.0
	Don't know	3	521	7.7
	Mostly false	4	1033	15.2
	Definitely false	5	1048	15.4
	N Missing			399

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q25a In the last 12 months, have you had any of the following: Stiff or painful joints	Never	1	882	12.9
	Rarely	2	879	12.9
	Sometimes	3	2691	39.5
	Often	4	2356	34.6
	N Missing		375	
Q25b In the last 12 months, have you had any of the following: Back pain	Never	1	1278	18.5
	Rarely	2	1069	15.5
	Sometimes	3	2465	35.7
	Often	4	2092	30.3
	N Missing		282	
Q25c Have you had any of the following problems in the last 12 months? Problems with one or both feet	Never	1	2329	34.1
	Rarely	2	1115	16.3
	Sometimes	3	1892	27.7
	Often	4	1491	21.8
	N Missing		364	
Q25d In the last 12 months have you had any of the following: Allergies, hayfever, sinusitis	Never	1	3725	55.4
	Rarely	2	924	13.7
	Sometimes	3	1419	21.1
	Often	4	660	9.8
	N Missing		440	
Q25e In the last 12 months, have you had any of the following: Skin problems	Never	1	3294	48.4
	Rarely	2	1290	18.9
	Sometimes	3	1552	22.8
	Often	4	677	9.9
	N Missing		377	
Q25f In the last 12 months, have you had any of the following: Breathing difficulty	Never	1	3770	54.8
	Rarely	2	1180	17.2
	Sometimes	3	1374	20.0
	Often	4	554	8.0
	N Missing		309	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q25g In the last 12 months, have you had any of the following: Indigestion/heartburn	Never	1	3133	45.7
	Rarely	2	1484	21.6
	Sometimes	3	1773	25.8
	Often	4	470	6.8
	N Missing		334	
	Q25h In the last 12 months, have you had any of the following: Chest pain	Never	1	4733
Rarely		2	1157	17.0
Sometimes		3	815	12.0
Often		4	109	1.6
N Missing			378	
Q25i In the last 12 months, have you had any of the following: Headaches/migraines		Never	1	3288
	Rarely	2	2013	29.3
	Sometimes	3	1302	19.0
	Often	4	260	3.8
	N Missing		327	
	Q25j In the last twelve months have you had any of the following? Severe tiredness	Never	1	1827
Rarely		2	1548	22.4
Sometimes		3	2558	37.0
Often		4	988	14.3
N Missing			265	
Q25k In the last 12 months, have you had any of the following: Urine that burns or stings		Never	1	4813
	Rarely	2	1123	16.2
	Sometimes	3	835	12.0
	Often	4	169	2.4
	N Missing		247	
	Q25l In the last 12 months, have you had any of the following: Passing urine more than twice during the night	Never	1	2172
Rarely		2	1508	21.4
Sometimes		3	1896	26.9
Often		4	1462	20.8
N Missing			135	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q25m Have you had any of the following problems in the last 12 months? Needing to rush to the toilet to pass urine	Never	1	2257	32.2
	Rarely	2	1540	22.0
	Sometimes	3	2220	31.6
	Often	4	997	14.2
	N Missing		166	
Q25n In the last 12 months, have you had any of the following: Leaking urine	Never	1	3755	54.2
	Rarely	2	1278	18.4
	Sometimes	3	1346	19.4
	Often	4	550	7.9
	N Missing		246	
Q25o In the last 12 months, have you had any of the following: Constipation	Never	1	3016	43.0
	Rarely	2	1730	24.7
	Sometimes	3	1679	23.9
	Often	4	589	8.4
	N Missing		167	
Q25p In the last 12 months, have you had any of the following: Haemorrhoids (piles)	Never	1	5088	73.5
	Rarely	2	829	12.0
	Sometimes	3	764	11.0
	Often	4	240	3.5
	N Missing		268	
Q25q In the last 12 months, have you had any of the following: Other bowel problems	Never	1	4871	72.0
	Rarely	2	761	11.3
	Sometimes	3	790	11.7
	Often	4	347	5.1
	N Missing		430	
Q25r In the last 12 months have you had any of the following: Poor memory	Never	1	1881	26.8
	Rarely	2	1651	23.5
	Sometimes	3	2845	40.6
	Often	4	637	9.1
	N Missing		156	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q25s In the last 12 months have you had any of the following: Clumsiness	Never	1	3098	44.5
	Rarely	2	2075	29.8
	Sometimes	3	1571	22.6
	Often	4	216	3.1
	N Missing		218	
Q25t In the last 12 months have you had any of the following: Dizziness, loss of balance	Never	1	2951	42.1
	Rarely	2	1651	23.5
	Sometimes	3	1929	27.5
	Often	4	486	6.9
	N Missing		155	
Q25u Have you had any of the following problems in the last 12 months? Tremor/shakes	Never	1	5440	78.1
	Rarely	2	725	10.4
	Sometimes	3	570	8.2
	Often	4	232	3.3
	N Missing		215	
Q25v Have you had any of the following problems in the last 12 months? Difficulty swallowing	Never	1	5630	80.5
	Rarely	2	697	10.0
	Sometimes	3	543	7.8
	Often	4	128	1.8
	N Missing		184	
Q25w Have you had any of the following problems in the last 12 months? Problems with teeth or gums	Never	1	4397	62.6
	Rarely	2	1243	17.7
	Sometimes	3	1131	16.1
	Often	4	257	3.7
	N Missing		152	
Q25x Have you had any of the following problems in the last 12 months? Anxiety/panic attacks	Never	1	5055	71.8
	Rarely	2	1127	16.0
	Sometimes	3	724	10.3
	Often	4	139	2.0
	N Missing		137	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q26a Do you have any of these sleeping problems? Waking up in the early hours of the morning	No	0	2869	41.3
	Yes	1	4077	58.7
	N Missing		228	
Q26b Do you have any of these sleeping problems? Lying awake for most of the night	No	0	5854	84.3
	Yes	1	1093	15.7
	N Missing		228	
Q26c Do you have any of these sleeping problems? Taking a long time to get to sleep	No	0	4382	63.1
	Yes	1	2564	36.9
	N Missing		228	
Q26d Do you have any of these sleeping problems? Worry keeping you awake at night	No	0	5860	84.4
	Yes	1	1086	15.6
	N Missing		228	
Q26e Do you have any of these sleeping problems? Sleeping badly at night	No	0	4949	71.2
	Yes	1	1998	28.8
	N Missing		228	
Q26f Do you have any of these sleeping problems? None of these problems	No	0	5241	75.4
	Yes	1	1706	24.6
	N Missing		228	
Q27a 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	76	1.1
	Somewhat better now	2	89	1.3
	About the same	3	2381	34.0
	Somewhat worse now	4	3198	45.6
	Much worse now	5	1265	18.0
	N Missing		169	
Q27b 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	205	2.9
	Somewhat better now	2	184	2.6
	About the same	3	3427	49.2
	Somewhat worse now	4	2265	32.5
	Much worse now	5	880	12.6
	N Missing		222	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q27c 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	178	2.6
	Somewhat better now	2	188	2.7
	About the same	3	3356	48.2
	Somewhat worse now	4	2576	37.0
	Much worse now	5	663	9.5
	N Missing		224	
Q27d 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	151	2.2
	Somewhat better now	2	216	3.1
	About the same	3	3260	47.0
	Somewhat worse now	4	2690	38.8
	Much worse now	5	613	8.8
	N Missing		246	
Q27e 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	184	2.6
	Somewhat better now	2	156	2.3
	About the same	3	3585	51.6
	Somewhat worse now	4	2520	36.3
	Much worse now	5	498	7.2
	N Missing		237	
Q27f 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	60	0.9
	Somewhat better now	2	80	1.1
	About the same	3	1868	26.5
	Somewhat worse now	4	3571	50.7
	Much worse now	5	1470	20.9
	N Missing		117	
Q28 Do you have: Difficulty seeing newspaper print, even with glasses?	Yes	1	1611	22.8
	No	2	5456	77.2
	N Missing		99	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q29 How would you rate the overall condition of your teeth, dentures or gums?	Poor	1	322	4.6
	Fair	2	1813	25.6
	Good	3	3002	42.5
	Very good	4	1531	21.7
	Excellent	5	403	5.7
	N Missing		106	
Q30 Do you wear a hearing aid?	No	1	5340	75.9
	Yes, some of time	2	841	12.0
	Yes, most of time	3	852	12.1
	N Missing		143	
Q31a Do you have difficulty in hearing a conversation, even with a hearing aid?	No	1	3902	58.3
	Sometimes	2	2266	33.8
	Often	3	530	7.9
	N Missing		496	
Q31b Does a hearing problem cause you to feel embarrassed when you meet new people?	No	1	5473	80.5
	Sometimes	2	1010	14.8
	Often	3	319	4.7
	N Missing		373	
Q31c Does a hearing problem cause you to feel frustrated when talking to members of your family?	No	1	5052	73.8
	Sometimes	2	1348	19.7
	Often	3	443	6.5
	N Missing		337	
Q31d Do you have difficulty hearing when someone speaks in a whisper?	No	1	2020	29.2
	Sometimes	2	2776	40.1
	Often	3	2120	30.6
	N Missing		265	
Q31e Do you feel handicapped by a hearing problem?	No	1	5030	73.3
	Sometimes	2	1307	19.1
	Often	3	521	7.6
	N Missing		318	



**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q31f Does a hearing problem cause you difficulty when visiting friends, relatives or neighbours?	No	1	5325	77.5
	Sometimes	2	1207	17.6
	Often	3	337	4.9
	N Missing		308	
Q31g Does a hearing problem cause you to attend religious services less often than you would like?	No	1	6342	94.0
	Sometimes	2	209	3.1
	Often	3	198	2.9
	N Missing		399	
Q31h Does a hearing problem cause you to have arguments with family members?	No	1	6373	92.6
	Sometimes	2	432	6.3
	Often	3	79	1.1
	N Missing		297	
Q31i Does a hearing problem cause you difficulty when listening to TV or radio?	No	1	4437	64.4
	Sometimes	2	1829	26.6
	Often	3	622	9.0
	N Missing		282	
Q31j Do you feel that any difficulty with your hearing limits or hampers your personal or social life?	No	1	5453	79.1
	Sometimes	2	1061	15.4
	Often	3	384	5.6
	N Missing		277	
Q31k Does a hearing problem cause you difficulty when in a restaurant with relatives or friends?	No	1	4420	64.1
	Sometimes	2	1805	26.2
	Often	3	669	9.7
	N Missing		277	
Q32a 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	5282	75.5
	Yes	1	1714	24.5
	N Missing		173	
Q32b Old2: 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	5632	80.5
	Yes	1	1364	19.5
	N Missing		173	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q32c Old2: 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	5634	80.5
	Yes	1	1362	19.5
	N Missing		173	
Q32d Old2: 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	6293	90.0
	Yes	1	703	10.0
	N Missing		173	
Q32e Old2: 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. Majo	No	0	5064	72.4
	Yes	1	1932	27.6
	N Missing		173	
Q32f 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	4626	66.1
	Yes	1	2371	33.9
	N Missing		173	
Q32g Old2: 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	6829	97.6
	Yes	1	167	2.4
	N Missing		173	
Q32h Old2: 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	6390	91.3
	Yes	1	606	8.7
	N Missing		173	
Q32i Old2: 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	6208	88.7
	Yes	1	788	11.3
	N Missing		173	
Q32j Old2: 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	6712	95.9
	Yes	1	284	4.1
	N Missing		173	
Q32k 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	6813	97.4
	Yes	1	183	2.6
	N Missing		173	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q32l 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	6870	98.2
	Yes	1	126	1.8
	N Missing		173	
Q32m Old2: In the last 3 years, have you experienced any of the following events? Old4 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 pushed, grabbed, shoved, kicked or hit	No	0	6957	99.4
	Yes	1	39	0.6
	N Missing		173	
Q32n In the last 3 years, have you experienced any of the following events? None of these events	No	0	5280	75.5
	Yes	1	1716	24.5
	N Missing		173	
Q34a 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	4736	69.8
	Yes	1	2048	30.2
	N Missing		391	
Q34b 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	4885	71.9
	Yes	1	1910	28.1
	N Missing		387	
Q34c Next are some specific questions about your health and how you have been feeling in the past month. Have you been irritable?	No	0	5389	80.1
	Yes	1	1340	19.9
	N Missing		458	
Q34d 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	4916	72.4
	Yes	1	1872	27.6
	N Missing		405	
Q34e 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	3972	58.2
	Yes	1	2853	41.8
	N Missing		370	
Q34f 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	4289	62.8
	Yes	1	2536	37.2
	N Missing		354	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q34g 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	4217	61.7
	Yes	1	2616	38.3
	N Missing		350	
Q34h 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	4900	71.6
	Yes	1	1939	28.4
	N Missing		346	
Q34i 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	4092	59.9
	Yes	1	2734	40.1
	N Missing		351	
Q34j 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	2801	40.7
	Yes	1	4073	59.3
	N Missing		318	
Q34k 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	5783	84.2
	Yes	1	1089	15.8
	N Missing		312	
Q34l 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	5573	80.9
	Yes	1	1312	19.1
	N Missing		313	
Q34m Next are some specific questions about your health and how you have been feeling in the past month. Have you felt hopeless?	No	0	6165	90.0
	Yes	1	689	10.0
	N Missing		344	
Q34n 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	5246	76.7
	Yes	1	1594	23.3
	N Missing		353	
Q34o 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	6145	89.2
	Yes	1	747	10.8
	N Missing		304	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q34p 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	2858	41.6
	Yes	1	4013	58.4
	N Missing		323	
Q34q 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	2082	30.0
	Yes	1	4861	70.0
	N Missing		247	
Q34r 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	4821	69.6
	Yes	1	2105	30.4
	N Missing		262	
Q35a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	0	4494	64.8
	Yes	1	2439	35.2
	N Missing		253	
Q35b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	0	5238	75.5
	Yes	1	1695	24.5
	N Missing		253	
Q35c In the last 12 months, have you: Been injured as a result of a fall?	No	0	5800	83.7
	Yes	1	1133	16.3
	N Missing		253	
Q35d In the last 12 months, have you: Needed to seek medical attention (eg. Doctor, hospital) for an injury from a fall?	No	0	5851	84.4
	Yes	1	1082	15.6
	N Missing		253	
Q35e In the last 12 months, have you: Had any other injury from an accident at your home? (eg. burns, cuts, bruises)	No	0	6074	87.6
	Yes	1	860	12.4
	N Missing		253	
Q35f In the last 12 months, have you: Broken or fractured any bone/s?	No	0	6431	92.8
	Yes	1	502	7.2
	N Missing		253	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q35g In the last 12 months, have you: None of these accidents	No	0	3480	50.2
	Yes	1	3453	49.8
	N Missing		253	
Q36a During the last 12 months, have you experienced any of the following: Pain, aching, stiffness or swelling in or around a joint or joints (like arms, hands, legs or feet) which were not related to an injury and lasted more than a month?	Yes	1	3400	55.3
	No	2	2751	44.7
	N Missing		1072	
Q36b During the last 12 months, have you experienced any of the following: Stiffness in the joint in the morning after getting up from bed, or after a long rest of the joint without movement?	Yes	1	3645	58.1
	No	2	2628	41.9
	N Missing		960	
Q37a How long does this stiffness last?	<= 30 mins	1	2482	40.0
	> 30 mins	2	1583	25.5
	Not Applicable	3	2142	34.5
	N Missing		1003	
Q37b Does this stiffness go away after exercise or movement in the joint?	Yes	1	3221	50.9
	No	2	964	15.2
	Not Applicable	3	2142	33.9
	N Missing		891	
Q38a 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		2.70	
	Std Error		0.05	
	N		6814	
	N Missing		344	
Q38b 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		0.49	
	Std Error		0.02	
	N		6800	
	N Missing		358	
Q38c 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		0.46	
	Std Error		0.02	
	N		6791	
	N Missing		367	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q38d 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		1.71	
	Std Error		0.04	
	N		6807	
	N Missing		351	
Q39ah 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		1.59	
	Std Error		0.05	
	N		6642	
	N Missing		516	
Q39am 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		6.29	
	Std Error		0.16	
	N		6642	
	N Missing		516	
Q39bh 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		0.71	
	Std Error		0.03	
	N		6770	
	N Missing		388	
Q39bm 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		1.58	
	Std Error		0.09	
	N		6770	
	N Missing		388	
Q39ch 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		0.27	
	Std Error		0.02	
	N		6706	
	N Missing		452	
Q39cm 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		1.47	
	Std Error		0.08	
	N		6706	
	N Missing		452	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q39dh 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		1.78	
	Std Error		0.06	
	N		6693	
	N Missing		465	
Q39dm 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		3.37	
	Std Error		0.12	
	N		6693	
	N Missing		465	
Q40 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 (coding 0-4 in o4)	None	0	58	0.8
	1 serve	1	1502	21.2
	2-3 serve	2	3572	50.3
	4 serves	3	1378	19.4
	5 serves or more	4	589	8.3
	N Missing		75	
Q41 How many serves of fruit do you usually eat each day? A serve = one medium piece or two small pieces of fruit or one cup of diced pieces (coding 0-4 in o4)	None	0	107	1.5
	1 serve	1	1942	27.3
	2-3 serve	2	4151	58.4
	4 serves	3	684	9.6
	5 serves or more	4	219	3.1
	N Missing		67	
Q42 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	203	2.9
	3-5 glasses	2	2656	37.3
	6-8 glasses	3	3592	50.5
	9 or more glasses	4	659	9.3
	N Missing		64	
Q43a 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	6514	94.8
	Yes	1	359	5.2
	N Missing		280	
Q43b Which of the following groups have you sought advice or help from in the last six months? Nursing or community health services	No	0	6243	90.8
	Yes	1	630	9.2
	N Missing		280	



**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q43c 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	6558	95.4
	Yes	1	315	4.6
	N Missing		280	
Q43d 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	5280	76.8
	Yes	1	1594	23.2
	N Missing		280	
Q43e 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	5059	73.6
	Yes	1	1815	26.4
	N Missing		280	
Q43f 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	6795	98.9
	Yes	1	78	1.1
	N Missing		280	
Q43g Which of the following groups have you sought advice or help from in the last six months? Ambulance service	No	0	6198	90.2
	Yes	1	675	9.8
	N Missing		280	
Q43h 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	6612	96.2
	Yes	1	261	3.8
	N Missing		280	
Q43i Which of the following groups have you sought advice or help from in the last six months? None of these groups	No	0	3237	47.1
	Yes	1	3636	52.9
	N Missing		280	
Q44 What is your main (or most common) means of transport?	Car(you drive)	1	2935	48.1
	Car(someone else drives)	2	1956	32.1
	Taxi	3	312	5.1
	Bus	4	660	10.8
	tram or train	5	117	1.9
	other	6	122	2.0
	N Missing		959	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q45 Is public transport available when you need it?	All the time	1	2613	37.7
	Most of time	2	1356	19.6
	Some of time	3	543	7.8
	Little of time	4	363	5.2
	None of time	5	683	9.9
	Not applicable	6	1380	19.9
	N Missing		270	
Q46a Do you have a problem with transport? Getting to places at night	Yes	1	1903	30.1
	No	2	4425	69.9
	N Missing		833	
Q46b Do you have a problem with transport? Getting to local shops and services	Yes	1	620	9.6
	No	2	5850	90.4
	N Missing		705	
Q46c Do you have a problem with transport? Getting beyond your local neighbourhood	Yes	1	1305	20.3
	No	2	5109	79.7
	N Missing		768	
Q47a During the past month, have you been to: Places in your immediate neighbourhood but beyond your property or apartment building (eg to shops, services, neighbours)	Yes	1	6607	93.9
	No	2	430	6.1
	N Missing		138	
Q47b During the past month, have you been to: Places outside your immediate neighbourhood	Yes	1	6054	86.0
	No	2	983	14.0
	N Missing		134	
Q48 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	824	12.2
	No	2	5948	87.8
	N Missing		398	
Q49a In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities ? Grooming (eg brushing hair, applying make-up)	No difficulty	1	6534	93.1
	Some difficulty	2	437	6.2
	Unable to do	3	47	0.7
	N Missing		161	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q49b In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Eating (eg cutting meat, lifting glass or cup, opening milk carton)	No difficulty	1	6470	92.3
	Some difficulty	2	502	7.2
	Unable to do	3	39	0.6
	N Missing		168	
Q49c In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities ? Bathing or taking a shower	No difficulty	1	6408	91.0
	Some difficulty	2	517	7.3
	Unable to do	3	113	1.6
	N Missing		141	
Q49d In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Dressing your upper body	No difficulty	1	6512	92.9
	Some difficulty	2	433	6.2
	Unable to do	3	61	0.9
	N Missing		173	
Q49e In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Dressing your lower body	No difficulty	1	6385	91.2
	Some difficulty	2	552	7.9
	Unable to do	3	63	0.9
	N Missing		184	
Q49f In the last month have you had any difficulty (for example, needing to take extra time , changing the activity or using a device to help you) in completing any of these activities? Getting up from a chair	No difficulty	1	4988	71.1
	Some difficulty	2	1991	28.4
	Unable to do	3	39	0.6
	N Missing		161	
Q49g In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Walking inside the house	No difficulty	1	6350	90.6
	Some difficulty	2	603	8.6
	Unable to do	3	56	0.8
	N Missing		175	
Q49h In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Using the toilet	No difficulty	1	6634	94.4
	Some difficulty	2	352	5.0
	Unable to do	3	39	0.6
	N Missing		162	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q49i In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Shopping for personal items or groceries	No difficulty	1	5426	78.3
	Some difficulty	2	1118	16.1
	Unable to do	3	383	5.5
	N Missing		258	
Q49j In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Doing light housework (eg cleaning, washing-up)	No difficulty	1	5785	82.5
	Some difficulty	2	1004	14.3
	Unable to do	3	225	3.2
	N Missing		169	
Q49k In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Doing heavy housework (eg vacuuming, yard work)	No difficulty	1	2610	37.2
	Some difficulty	2	2610	37.2
	Unable to do	3	1791	25.5
	N Missing		165	
Q49l In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Managing money (eg writing cheques or keeping accounts)	No difficulty	1	6434	91.5
	Some difficulty	2	419	6.0
	Unable to do	3	175	2.5
	N Missing		146	
Q49m In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Preparing meals	No difficulty	1	6094	86.8
	Some difficulty	2	666	9.5
	Unable to do	3	258	3.7
	N Missing		168	
Q49n In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Taking medications	No difficulty	1	6737	96.1
	Some difficulty	2	206	2.9
	Unable to do	3	71	1.0
	N Missing		171	
Q49o In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Using the telephone	No difficulty	1	6738	95.4
	Some difficulty	2	263	3.7
	Unable to do	3	59	0.8
	N Missing		115	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q49p In the last month have you had any difficulty (for example, needing to take extra time, changing the activity or using a device to help you) in completing any of these activities? Doing leisure activities or hobbies	No difficulty	1	5563	79.4
	Some difficulty	2	1079	15.4
	Unable to do	3	365	5.2
	N Missing		171	
Q50a In the last month have you needed help from another person to carry out any of these activities? Grooming (eg brushing hair, applying make-up)	Yes	1	261	3.7
	No	2	6786	96.3
	N Missing		133	
Q50b In the last month have you needed help from another person to carry out any of these activities? Eating (eg cutting meat, lifting glass or cup, opening milk carton)	Yes	1	364	5.2
	No	2	6667	94.8
	N Missing		150	
Q50c In the last month have you needed help from another person to carry out any of these activities? Bathing or taking a shower	Yes	1	420	6.0
	No	2	6617	94.0
	N Missing		144	
Q50d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body	Yes	1	340	4.8
	No	2	6676	95.2
	N Missing		162	
Q50e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body	Yes	1	341	4.9
	No	2	6656	95.1
	N Missing		178	
Q50f In the last month have you needed help from another person to carry out any of these activities? Getting up from a chair	Yes	1	836	11.9
	No	2	6184	88.1
	N Missing		169	
Q50g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house	Yes	1	288	4.1
	No	2	6723	95.9
	N Missing		174	
Q50h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	1	200	2.9
	No	2	6805	97.1
	N Missing		179	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q50i In the last month have you needed help from another person to carry out any of these activities? Shopping for personal items or groceries	Yes	1	1396	20.1
	No	2	5557	79.9
	N Missing		228	
Q50j In the last month have you needed help from another person to carry out any of these activities? Doing light housework (eg cleaning, washing-up)	Yes	1	817	11.7
	No	2	6168	88.3
	N Missing		203	
Q50k In the last month have you needed help from another person to carry out any of these activities? Doing heavy housework (eg vacuuming, yard work)	Yes	1	3919	56.2
	No	2	3058	43.8
	N Missing		214	
Q50l In the last month have you needed help from another person to carry out any of these activities? Managing money (eg writing cheques or keeping accounts)	Yes	1	596	8.5
	No	2	6420	91.5
	N Missing		175	
Q50m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	1	756	10.8
	No	2	6256	89.2
	N Missing		181	
Q50n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	1	355	5.1
	No	2	6655	94.9
	N Missing		180	
Q50o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	1	355	5.0
	No	2	6685	95.0
	N Missing		150	
Q50p In the last month have you needed help from another person to carry out any of these activities? Doing leisure activities or hobbies	Yes	1	756	10.9
	No	2	6184	89.1
	N Missing		239	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q52 Which of the following best describes your housing situation? Do you live in:				
	House	1	4501	64.3
	Flat/unit/apartment	2	1546	22.1
	Mobile/caravan	3	40	0.6
	Retirement Village	4	748	10.7
	Nursing Home	5	52	0.7
	Hostel	6	82	1.2
	Other	7	31	0.4
	N Missing		177	
Q53a Who lives with you? No one, I live alone				
	No	0	3323	46.8
	Yes	1	3773	53.2
	N Missing		71	
Q53b Who lives with you? Spouse or partner (partner/spouse)				
	No	0	4568	64.4
	Yes	1	2527	35.6
	N Missing		71	
Q53c Who lives with you? Own children				
	No	0	6554	92.4
	Yes	1	542	7.6
	N Missing		71	
Q53d Who lives with you? Other family members				
	No	0	6784	95.6
	Yes	1	312	4.4
	N Missing		71	
Q53e Who lives with you? Non-family members				
	No	0	6935	97.7
	Yes	1	161	2.3
	N Missing		71	
Q54 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	111	1.6
	Every week	2	1322	19.0
	Every month	3	936	13.4
	<once a month	4	409	5.9
	Not at all	5	4186	60.1
	N Missing		209	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q55a Which of the following are sources of income for you and your spouse or partner (if you have one)? Age pension	No	0	2852	40.1
	Yes	1	4255	59.9
	N Missing		57	
Q55b Which of the following are sources of income for you and your spouse or partner (if you have one)? Superannuation	No	0	5910	83.2
	Yes	1	1198	16.8
	N Missing		57	
Q55c Which of the following are sources of income for you and your spouse or partner (if you have one)? Partner Allowance and Wife Pension	No	0	6967	98.0
	Yes	1	140	2.0
	N Missing		57	
Q55d Which of the following are sources of income for you and your spouse or partner (if you have one)? Carer Payment or Carer Allowance	No	0	6818	95.9
	Yes	1	290	4.1
	N Missing		57	
Q55e Which of the following are sources of income for you and your spouse or partner (if you have one)? Disability Support Pension	No	0	7065	99.4
	Yes	1	43	0.6
	N Missing		57	
Q55f Which of the following are sources of income for you and your spouse or partner (if you have one)? Widow Allowance (including Widow B Pension)	No	0	7031	98.9
	Yes	1	76	1.1
	N Missing		57	
Q55g Which of the following are sources of income for you and your spouse or partner (if you have one)? War Widow's Pension	No	0	5992	84.3
	Yes	1	1115	15.7
	N Missing		57	
Q55h Which of the following are sources of income for you and your spouse or partner (if you have one)? Overseas Pension	No	0	6354	89.4
	Yes	1	753	10.6
	N Missing		57	
Q55i Which of the following are sources of income for you and your spouse or partner (if you have one)? Veteran's Service Pension	No	0	6211	87.4
	Yes	1	896	12.6
	N Missing		57	



**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q55j Which of the following are sources of income for you and your spouse or partner (if you have one)? Veteran's Disability Pension	No	0	6771	95.3
	Yes	1	337	4.7
	N Missing		57	
Q55k Which of the following are sources of income for you and your spouse or partner (if you have one)? Veteran's TPI	No	0	7051	99.2
	Yes	1	57	0.8
	N Missing		57	
Q55l Which of the following are sources of income for you and your spouse or partner (if you have one)? Income from interest, dividends or rent	No	0	4175	58.7
	Yes	1	2933	41.3
	N Missing		57	
Q55m Which of the following are sources of income for you and your spouse or partner (if you have one)? Income from own business or partnership	No	0	6933	97.5
	Yes	1	175	2.5
	N Missing		57	
Q55n Which of the following are sources of income for you and your spouse or partner (if you have one)? Other Government Pension or Allowance	No	0	6951	97.8
	Yes	1	157	2.2
	N Missing		57	
Q55o Which of the following are sources of income for you and your spouse or partner (if you have one)? Other income	No	0	6838	96.2
	Yes	1	270	3.8
	N Missing		57	
Q56 How do you manage on the income you have available?	Impossible	1	57	0.8
	Difficult always	2	341	4.8
	Difficult sometimes	3	1076	15.2
	Not too bad	4	3628	51.2
	Easy	5	1984	28.0
	N Missing		92	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q57 What is your present marital status?	Married	1	2565	36.0
	Defacto	2	19	0.3
	Widowed	3	3967	55.7
	Separated	4	53	0.7
	Divorced	5	285	4.0
	Never Married	6	232	3.3
	N Missing		45	
	Q59 If you are married, does your husband have a Veteran's Affairs Gold Card for health services?	Yes	1	1018
No		2	1449	30.3
Not applicable		3	2318	48.4
N Missing			2358	
Q60 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	832
	1-2 people	2	2841	40.2
	>2 people	3	3387	48.0
	N Missing		112	
	Q61 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	475
1		1	816	11.6
2		2	1499	21.2
3		3	1503	21.3
4		4	1055	14.9
5		5	583	8.2
6		6	358	5.1
>7		7	775	11.0
N Missing			111	
Q62 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	112
	1	1	144	2.0
	2	2	457	6.5
	3	3	784	11.1
	4	4	1066	15.1
	5	5	970	13.7
	6	6	911	12.9
	>7	7	2628	37.2
	N Missing		100	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q63 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	2488	35.6
	1	1	1589	22.7
	2	2	1507	21.5
	3	3	791	11.3
	4	4	345	4.9
	5	5	124	1.8
	6	6	57	0.8
	>7	7	93	1.3
	N Missing			168
Q64a How often do your children, spouse or relatives make you feel loved and cared for?	Often	1	5838	82.7
	Sometimes	2	1038	14.7
	Never	3	180	2.5
	N Missing			111
Q64b How often do your friends make you feel loved and cared for?	Often	1	4571	64.9
	Sometimes	2	2206	31.3
	Never	3	262	3.7
	N Missing			132
Q64c How often do you feel that your children, spouse or relatives listen to your worries?	Often	1	4047	57.9
	Sometimes	2	2428	34.7
	Never	3	519	7.4
	N Missing			188
Q64d How often do you feel that your friends listen to your worries?	Often	1	2720	39.1
	Sometimes	2	3343	48.1
	Never	3	893	12.8
	N Missing			220
Q64e How often can you count on your children, spouse or relatives to help with daily tasks like giving you a lift, shopping or helping with household chores?	Often	1	3775	53.6
	Sometimes	2	2142	30.4
	Never	3	1119	15.9
	N Missing			137

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q64f How often can you count on your friends to help with daily tasks like giving you a lift, shopping or helping with household chores?	Often	1	1892	27.0
	Sometimes	2	3070	43.8
	Never	3	2050	29.2
	N Missing		161	
Q64g How often do your children, spouse or relatives give you advice or information about medical, financial or family problems?	Often	1	2244	31.8
	Sometimes	2	3146	44.6
	Never	3	1664	23.6
	N Missing		118	
Q64h How often do your friends give you advice or information about medical, financial or family problems?	Often	1	718	10.2
	Sometimes	2	2897	41.0
	Never	3	3445	48.8
	N Missing		107	
Q65a 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	6071	88.6
	Yes	1	784	11.4
	N Missing		333	
Q65b 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	5764	84.1
	Yes	1	1091	15.9
	N Missing		333	
Q65c 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	1825	26.6
	Yes	1	5030	73.4
	N Missing		333	
Q66 Do you regularly provide (unpaid) care for grandchildren or other people's children?	Yes daily	1	77	1.1
	Yes weekly	2	232	3.4
	Yes occasionally	3	1960	28.4
	Never	4	4643	67.2
	N Missing		266	
Q67a In the past month, have you: Gone to the movies, theatre, concerts, lectures?	Yes	1	2674	38.2
	No	2	4318	61.8
	N Missing		189	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q67b In the past month, have you: Gone to a sporting event?	Yes	1	848	12.2
	No	2	6098	87.8
	N Missing		235	
Q67c In the past month, have you: Played cards, bingo, pool, or some other game?	Yes	1	2606	37.1
	No	2	4409	62.9
	N Missing		169	
Q67d In the past month, have you: Eaten out at a restaurant?	Yes	1	4929	70.2
	No	2	2089	29.8
	N Missing		148	
Q67e In the past month, have you: Attended a religious service?	Yes	1	2831	40.4
	No	2	4173	59.6
	N Missing		170	
Q67f In the past month, have you: Attended a class or course?	Yes	1	1202	17.3
	No	2	5757	82.7
	N Missing		214	
Q68a In the past month, what activities have you done? Have you: Taken care of houseplants or done any outdoor gardening?	Yes	1	5968	84.2
	No	2	1120	15.8
	N Missing		85	
Q68b In the past month, what activities have you done? Have you: Worked on a hobby or handiwork, like sewing, knitting or woodworking?	Yes	1	3891	55.1
	No	2	3176	44.9
	N Missing		111	
Q68c In the past month, what activities have you done? Have you: Painted pictures or played a musical instrument?	Yes	1	764	10.9
	No	2	6227	89.1
	N Missing		185	
Q68d In the past month, what activities have you done? Have you: Exercised with a group (eg yoga, walking, aqua-aerobics)?	Yes	1	1279	18.3
	No	2	5719	81.7
	N Missing		188	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q68e In the past month, what activities have you done? Have you: Written letters, poetry etc, read, did crosswords etc?	Yes	1	5822	82.7
	No	2	1220	17.3
	N Missing		131	
Q68f In the past month, what activities have you done? Have you: Done any paid work?	Yes	1	103	1.5
	No	2	6904	98.5
	N Missing		166	
Q70 Your relationship to the participant:	Family member	1	577	76.9
	health worker	2	28	3.7
	Other	3	145	19.4
	N Missing		6433	
Q71 When you filled in this survey for the participant, which of the following applied:	Participant told me	1	559	79.5
	My own judgement	2	144	20.5
	N Missing		6484	
PF - Physical Functioning Subscale	Mean		53.42	
	Std Error		0.35	
	N		6775	
	N Missing		383	
RP - Role Physical Scale	Mean		44.76	
	Std Error		0.50	
	N		6828	
	N Missing		330	
BP - Bodily Pain Subscale	Mean		59.70	
	Std Error		0.32	
	N		7113	
	N Missing		45	
GH - General Health Subscale	Mean		63.52	
	Std Error		0.26	
	N		6832	
	N Missing		326	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
VT - Vitality Index Scale	Mean		54.89	
	Std Error		0.25	
	N		6950	
	N Missing		208	
SF - Social Functioning Scale	Mean		75.87	
	Std Error		0.33	
	N		7138	
	N Missing		20	
RE - Role Emotional Scale	Mean		73.04	
	Std Error		0.46	
	N		6639	
	N Missing		519	
MH - Mental Health Subscale	Mean		78.70	
	Std Error		0.19	
	N		6861	
	N Missing		297	
MCSA - Mental health summary score - standardised to the Australian population for relevant age cohort	Mean		51.77	
	Std Error		0.12	
	N		6172	
	N Missing		986	
PCSWHA - Physical health summary score - standardised to the WHA population	Mean		46.31	
	Std Error		0.13	
	N		6172	
	N Missing		986	
MCSWHA - Mental health summary score - standardised to the WHA population	Mean		51.32	
	Std Error		0.12	
	N		6172	
	N Missing		986	
Age group at time of selection - 1st April 1996	Older	3	7165	100.0

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Duke Social Support Index subscore - Social interaction (4 items)				
	4	4	36	0.5
	5	5	156	2.3
	6	6	391	5.7
	7	7	846	12.4
	8	8	1299	19.0
	9	9	1545	22.6
	10	10	1583	23.1
	11	11	905	13.2
	12	12	85	1.2
	N Missing		325	
Exercise Status Grouped				
	Nil/sedentary	1	2814	43.0
	Low	2	1723	26.3
	Moderate	3	931	14.2
	High	4	1081	16.5
	N Missing		630	
Memory Assessment Clinic Q (MAC-Q) cognitive decline scale				
	Mean		25.48	
	Std Error		0.05	
	N		6898	
	N Missing		260	
Marital status (marital)				
	Married	1	2565	36.0
	De Facto	2	19	0.3
	Separated	3	53	0.7
	Divorced	4	285	4.0
	Widowed	5	3967	55.7
	Never married	6	232	3.3
	N Missing		45	



**ALSWH Data book for the fourth survey of 1921-26 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	2490	34.8
	Vic	2	1825	25.5
	Qld	3	1189	16.6
	SA	4	719	10.0
	WA	5	633	8.8
	Tas	6	208	2.9
	NT	7	7	0.1
	ACT	8	93	1.3
Age at time survey returned				
	Mean		81.24	
	Std Error		0.02	
	N		7158	
	N Missing		0	
What is your year of birth?				
	Mean		1923.51	
	Std Error		0.02	
	N		7157	
	N Missing		1	
Derived Activities of Daily Living, Grooming				
	No difficulty	0	6450	92.0
	Difficulty but no help required	1	297	4.2
	Help required	2	267	3.8
	N Missing		166	
Derived Activities of Daily Living, Eating				
	No difficulty	0	6381	91.2
	Difficulty but no help required	1	248	3.5
	Help required	2	371	5.3
	N Missing		177	
Derived Activities of Daily Living, Bathing or taking a shower				
	No difficulty	0	6323	90.0
	Difficulty but no help required	1	282	4.0
	Help required	2	424	6.0
	N Missing		149	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Derived Activities of Daily Living, Dressing your upper body	No difficulty	0	6437	91.9
	Difficulty but no help required	1	218	3.1
	Help required	2	347	5.0
	N Missing		177	
Derived Activities of Daily Living, Dressing your lower body	No difficulty	0	6323	90.5
	Difficulty but no help required	1	320	4.6
	Help required	2	345	4.9
	N Missing		189	
Derived Activities of Daily Living, Getting up from a chair	No difficulty	0	4917	70.3
	Difficulty but no help required	1	1237	17.7
	Help required	2	840	12.0
	N Missing		191	
Derived Activities of Daily Living, Walking inside the house	No difficulty	0	6272	89.7
	Difficulty but no help required	1	421	6.0
	Help required	2	303	4.3
	N Missing		188	
Derived Activities of Daily Living, Using the toilet	No difficulty	0	6562	93.6
	Difficulty but no help required	1	247	3.5
	Help required	2	205	2.9
	N Missing		172	
Derived Activities of Daily Living, Shopping	No difficulty	0	5188	74.8
	Difficulty but no help required	1	312	4.5
	Help required	2	1435	20.7
	N Missing		251	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Derived Activities of Daily Living, Doing light housework	No difficulty	0	5603	79.9
	Difficulty but no help required	1	539	7.7
	Help required	2	866	12.4
	N Missing		179	
Derived Activities of Daily Living, Doing heavy housework	No difficulty	0	2460	35.1
	Difficulty but no help required	1	515	7.3
	Help required	2	4037	57.6
	N Missing		175	
Derived Activities of Daily Living, Managing money	No difficulty	0	6264	89.1
	Difficulty but no help required	1	142	2.0
	Help required	2	620	8.8
	N Missing		153	
Derived Activities of Daily Living, Preparing meals	No difficulty	0	5930	84.5
	Difficulty but no help required	1	286	4.1
	Help required	2	804	11.4
	N Missing		168	
Derived Activities of Daily Living, Taking medications	No difficulty	0	6577	93.7
	Difficulty but no help required	1	76	1.1
	Help required	2	364	5.2
	N Missing		167	
Derived Activities of Daily Living, Using the telephone	No difficulty	0	6589	93.4
	Difficulty but no help required	1	96	1.4
	Help required	2	371	5.3
	N Missing		119	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Derived Activities of Daily Living, Doing leisure activities or hobbies	No difficulty	0	5429	77.8
	Difficulty but no help required	1	646	9.3
	Help required	2	903	12.9
	N Missing		203	
Derived Summary of Activities of Daily Living, (Not the instrumented or extended items)	Mean		1.27	
	Std Error		0.04	
	N		6743	
	N Missing		415	
Derived Summary of Instrumental Activities of Daily Living,	Mean		2.98	
	Std Error		0.05	
	N		6582	
	N Missing		576	
Y4GoldAnx - Goldberg Anxiety Scale Derived variable, sum of first 9 - anxiety only - units on the GADS (formerly known as GAS)	Mean		2.85	
	Std Error		0.03	
	N		6564	
	N Missing		594	
Goldberg Anxiety and Depression Scale. O3GADS - Anxiety and Depression separated into two variables goldanx and golddpr - this changed from o3gad to golddpr	Mean		2.94	
	Std Error		0.02	
	N		6724	
	N Missing		434	
Exercise statistic	Mean		603.46	
	Std Error		13.70	
	N		6528	
	N Missing		630	
Type of survey completed (full or short phone). Note: useful variable indicating response when merging data sets across waves.	Mean		1.00	
	Std Error		0.00	
	N		7158	
	N Missing		0	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Proportion of Life events 0 to 1	Mean		0.11	
	Std Error		0.00	
	N		6985	
	N Missing		173	
PCS_ABS - Physical health summary score - standardised against the entire Australian adult population	Mean		36.96	
	Std Error		0.15	
	N		6172	
	N Missing		986	
MCS_ABS - Mental health summary score - standardised against the entire Australian adult population	Mean		52.58	
	Std Error		0.12	
	N		6172	
	N Missing		986	
PCS_US - Physical health summary score - standardised against the entire US adult population	Mean		37.31	
	Std Error		0.15	
	N		6172	
	N Missing		986	
MCS_US - Mental health summary score - standardised against the entire US adult population	Mean		53.67	
	Std Error		0.12	
	N		6172	
	N Missing		986	
SEIFA Index Socio-economic Disadvantage	Mean		1010.79	
	Std Error		1.02	
	N		7110	
	N Missing		48	
SEIFA Index Socio-economic Adv/Disadv	Mean		1007.18	
	Std Error		1.17	
	N		7110	
	N Missing		48	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
SEIFA index of Education and Occupation				
	Mean		1011.37	
	Std Error		1.15	
	N		7110	
	N Missing		48	
SEIFA index Economic resources				
	Mean		987.70	
	Std Error		2.36	
	N		7156	
	N Missing		2	
ARIA+ Grouped into 5 categories				
	Major cities of Australia	1	4903	68.5
	Inner regional Australia	2	1537	21.5
	Outer regional Australia	3	636	8.9
	Remote Australia	4	76	1.1
	Very Remote Australia	5	10	0.1
	N Missing		2	
Rural, remote and metropolitan area - area classification, allocated by postcode Old version (rrma_old)				
	1	1	4334	61.0
	2	2	671	9.5
	3	3	463	6.5
	4	4	546	7.7
	5	5	988	13.9
	6	6	23	0.3
	7	7	78	1.1
	N Missing		61	
BMI classification				
	Underweight, BMI < 18.5	1	281	4.5
	Healthy weight, 18.5 <= BMI < 25	2	3155	50.0
	Overweight, 25 <= BMI < 30	3	2001	31.7
	Obese, 30 <= BMI	4	876	13.9
	N Missing		912	

**ALSWH Data book for the fourth survey of 1921-26 cohort**

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Body Mass Index (BMI)	Mean		25.18	
	Std Error		0.06	
	N		6246	
	N Missing		912	
How much do you weigh without clothes or shoes?	Mean		63.96	
	Std Error		0.15	
	N		6553	
	N Missing		605	
How tall are you without shoes?	Mean		159.47	
	Std Error		0.08	
	N		6540	
	N Missing		618	
Age at time of survey returned in years	Mean		80.81	
	Std Error		0.02	
	N		7158	
	N Missing		0	