

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



the australian longitudinal
study on women's health

data book

*for the fifth survey of the 1921-26 cohort
2008 (when they were aged 82-87 years)*

december 2009

Data book for the fifth of the 1921-1926 cohort (aged 82-87 years)

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Notes

During 2008 and 2009, 5560 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:

Australian Longitudinal Study on Women's Health
www.alswh.org.au

The University of Newcastle
Research Centre for Gender, Health & Ageing
University Drive
Callaghan NSW 2308
Phone: 02 4042 0686
Fax: 02 4042 0044
Email: info@alswh.org.au

The University of Queensland
School of Public Health
Herston Road
Herston QLD 4006
Phone: 07 3346 4723
Fax: 07 3365 5540
Email: sph-wha@sph.uq.edu.au

ALSWH Data book for the fifth 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	2287	41.2
	Yes	1	3260	58.8
	N Missing		59	
Q1b In the last 3 years have you been diagnosed with or treated for: Osteoarthritis	No	0	3887	70.1
	Yes	1	1661	29.9
	N Missing		59	
Q1c In the past three years, have you been diagnosed or treated for: Osteoporosis	No	0	4037	72.8
	Yes	1	1511	27.2
	N Missing		59	
Q1d In the last 3 years have you been diagnosed with or treated for: Parkinson's Disease	No	0	5486	98.9
	Yes	1	62	1.1
	N Missing		59	
Q1e In the last three years, have you been diagnosed with or treated for: Angina	No	0	5003	90.2
	Yes	1	545	9.8
	N Missing		59	
Q1f In the last three years, have you been diagnosed with or treated for: Heart attack	No	0	5301	95.6
	Yes	1	247	4.4
	N Missing		59	
Q1g In the last three years, have you been diagnosed with or treated for: Other heart problems	No	0	4595	82.8
	Yes	1	953	17.2
	N Missing		59	
Q1h In the last 3 years have you been diagnosed with or treated for: Diabetes (high blood sugar)	No	0	4896	88.3
	Yes	1	652	11.7
	N Missing		59	
Q1i In the past three years, have you been diagnosed or treated for: Asthma	No	0	5051	91.0
	Yes	1	497	9.0
	N Missing		59	

ALSWH Data book for the fifth 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: Bronchitis/emphysema	No	0	5140	92.6
	Yes	1	408	7.4
	N Missing		59	
Q1k In the past three years, have you been diagnosed or treated for: Stroke	No	0	5275	95.1
	Yes	1	272	4.9
	N Missing		59	
Q1l In the last 3 years have you been diagnosed with or treated for: Macular Degeneration	No	0	4898	88.3
	Yes	1	650	11.7
	N Missing		59	
Q1m In the last 3 years have you been diagnosed with or treated for: Glaucoma	No	0	4987	89.9
	Yes	1	561	10.1
	N Missing		59	
Q1n In the last 3 years have you been diagnosed with or treated for: Cataract	No	0	3800	68.5
	Yes	1	1748	31.5
	N Missing		59	
Q1o In the last 3 years have you been diagnosed with or treated for: Skin cancer	No	0	4280	77.1
	Yes	1	1268	22.9
	N Missing		59	
Q1p In the past three years, have you been diagnosed or treated for: Other cancer	No	0	5306	95.6
	Yes	1	242	4.4
	N Missing		59	
Q1q In the past three years, have you been diagnosed or treated for: Depression	No	0	5130	92.5
	Yes	1	417	7.5
	N Missing		59	
Q1r In the past three years, have you been diagnosed or treated for: Anxiety/nervous disorder	No	0	5211	93.9
	Yes	1	337	6.1
	N Missing		59	

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q1s In the last 3 years have you been diagnosed with or treated for: Alzheimer's Disease or Dementia	No	0	5403	97.4
	Yes	1	145	2.6
	N Missing		59	
Q1t In the past three years, have you been diagnosed or treated for: None of these conditions	No	0	5165	93.1
	Yes	1	383	6.9
	N Missing		59	
Q2a In the past three years, have you had any of the following operations? Hysterectomy	No	0	5034	98.5
	Yes	1	75	1.5
	N Missing		500	
Q2b In the last 3 years, have you had any of the following operations? Repair of prolapsed vagina, bladder or bowel	No	0	4894	95.8
	Yes	1	215	4.2
	N Missing		500	
Q2c In the last 3 years, have you had any of the following operations or procedures? Eye surgery (including cataract surgery)	No	0	3494	68.4
	Yes	1	1615	31.6
	N Missing		500	
Q2d In the last three years, have you had any of the following operations or procedures? Hip surgery for hip replacement	No	0	4920	96.3
	Yes	1	189	3.7
	N Missing		500	
Q2e In the last three years, have you had any of the following operations or procedures? Hip surgery for broken hip	No	0	4996	97.8
	Yes	1	113	2.2
	N Missing		500	
Q2f In the last three years, have you had any of the following operations or procedures? Bone density test	No	0	3871	75.8
	Yes	1	1237	24.2
	N Missing		500	
Q2g 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	4802	94.0
	Yes	1	306	6.0
	N Missing		500	

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q2h In the last 3 years have you had any of the following operations or procedures? Other surgery	No	0	4204	82.3
	Yes	1	905	17.7
	N Missing		500	
Q2i In the last three years, have you had any of the following operations or procedures? No operations or procedures. (In o6, None of these operations...)	No	0	3262	63.9
	Yes	1	1847	36.1
	N Missing		500	
Q3 How many times have you consulted a family doctor or another general practitioner in the last 12 months?	None	0	45	0.8
	1 or 2 times	1	383	6.9
	3 or 4 times	2	1377	24.9
	5-8 times	3	1698	30.8
	9-12 times	4	1108	20.1
	13-15 times	5	373	6.8
	16-19 times	6	148	2.7
	20 or more times	7	389	7.1
	N Missing		79	
Q4 Have you been admitted to hospital in the last 12 months? (coding 0-2 in old 5 and old 6)	No	0	3234	59.6
	Yes, but did not spend the night	1	596	11.0
	Yes, spent at least a night	2	1594	29.4
	N Missing		182	
Q5a Have you consulted the following people for your own health in the last 12 months? A physiotherapist	No	0	4292	78.9
	Yes	1	1148	21.1
	N Missing		160	
Q5b Have you consulted the following people for your own health in the last 12 months? A podiatrist or chiropodist	No	0	2713	49.9
	Yes	1	2727	50.1
	N Missing		160	
Q5c Have you consulted the following people for your own health in the last 12 months? An occupational therapist	No	0	5112	94.0
	Yes	1	328	6.0
	N Missing		160	

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q5d 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	4922	90.5
	Yes	1	518	9.5
	N Missing		160	
Q5e Have you consulted the following people for your own health in the last 12 months? None of these people	No	0	3390	62.3
	Yes	1	2051	37.7
	N Missing		160	
Q6a 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	3177	57.4
	Yes	1	2354	42.6
	N Missing		70	
Q6b 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	3902	70.5
	Yes	1	1630	29.5
	N Missing		70	
Q6c 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	4398	79.5
	Yes	1	1133	20.5
	N Missing		70	
Q6d 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	5376	97.2
	Yes	1	155	2.8
	N Missing		70	
Q6e Which of the following types of cover do you have for health services (excluding your Medicare card): Commonwealth Seniors Health Card	No	0	4267	77.1
	Yes	1	1265	22.9
	N Missing		70	
Q6f Which of the following types of cover do you have for health services (excluding your Medicare card): Pensioner Concession Card	No	0	2183	39.5
	Yes	1	3348	60.5
	N Missing		70	
Q6g Which of the following types of cover do you have for health services (excluding your Medicare card): None of these	No	0	5429	98.1
	Yes	1	103	1.9
	N Missing		70	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q7 In general, would you say your health is:				
	Excellent	1	159	2.9
	Very good	2	1111	19.9
	Good	3	2321	41.7
	Fair	4	1734	31.1
	Poor	5	246	4.4
	N Missing		29	
Q8 Compared to one year ago, how would you rate your health in general now				
	Much better	1	207	3.7
	Somewhat better	2	299	5.4
	About the same	3	3317	59.5
	Somewhat worse	4	1544	27.7
	Much worse	5	204	3.7
	N Missing		28	
Q9a 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	3893	77.0
	Limited a little	2	886	17.5
	Not limited	3	276	5.5
	N Missing		566	
Q9b 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	2041	38.9
	Limited a little	2	1998	38.1
	Not limited	3	1203	23.0
	N Missing		362	
Q9c 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	1453	27.6
	Limited a little	2	2284	43.3
	Not limited	3	1536	29.1
	N Missing		339	
Q9d 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	2549	50.2
	Limited a little	2	1719	33.9
	Not limited	3	808	15.9
	N Missing		573	

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q9e 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	1174	23.6
	Limited a little	2	1872	37.7
	Not limited	3	1920	38.7
	N Missing		677	
Q9f 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	1788	34.1
	Limited a little	2	2338	44.6
	Not limited	3	1110	21.2
	N Missing		374	
Q9g 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	2682	51.7
	Limited a little	2	1453	28.0
	Not limited	3	1051	20.3
	N Missing		451	
Q9h 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	1713	34.2
	Limited a little	2	1321	26.3
	Not limited	3	1983	39.5
	N Missing		621	
Q9i 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	802	16.1
	Limited a little	2	1323	26.6
	Not limited	3	2851	57.3
	N Missing		660	
Q9j 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	378	7.2
	Limited a little	2	832	15.8
	Not limited	3	4067	77.1
	N Missing		328	
Q10a 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	2800	51.6
	No	2	2627	48.4
	N Missing		173	
Q10b 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	3539	66.3
	No	2	1798	33.7
	N Missing		258	

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q10c 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	3260	61.3
	No	2	2059	38.7
	N Missing		295	
Q10d 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	3318	62.2
	No	2	2018	37.8
	N Missing		262	
Q11a 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	1343	25.0
	No	2	4038	75.0
	N Missing		232	
Q11b 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	2009	38.1
	No	2	3269	61.9
	N Missing		337	
Q11c 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	1396	26.5
	No	2	3875	73.5
	N Missing		348	
Q12 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	2652	48.0
	Slightly	2	1103	20.0
	Moderately	3	859	15.5
	Quite a bit	4	698	12.6
	Extremely	5	214	3.9
	N Missing		88	
Q13 How much bodily pain have you had during the past four weeks?	No bodily pain	1	913	16.4
	Very mild	2	1119	20.1
	Mild	3	942	17.0
	Moderate	4	1738	31.3
	Severe	5	709	12.8
	Very severe	6	132	2.4
	N Missing		51	

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q14 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	1840	33.4
	A little bit	2	1354	24.6
	Moderately	3	1152	20.9
	Quite a bit	4	950	17.2
	Extremely	5	213	3.9
	N Missing			85
Q15a 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	202	3.7
	Most the time	2	1226	22.7
	Good bit of time	3	1116	20.6
	Some of time	4	1482	27.4
	Little of time	5	847	15.7
	None of time	6	536	9.9
	N Missing			191
Q15b 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	70	1.3
	Most the time	2	140	2.6
	Good bit of time	3	192	3.6
	Some of time	4	717	13.4
	Little of time	5	1301	24.3
	None of time	6	2933	54.8
	N Missing			240
Q15c 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	29	0.5
	Most the time	2	84	1.6
	Good bit of time	3	129	2.4
	Some of time	4	519	9.6
	Little of time	5	886	16.4
	None of time	6	3743	69.4
	N Missing			207

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q15d 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	644	11.9
	Most the time	2	2252	41.6
	Good bit of time	3	925	17.1
	Some of time	4	942	17.4
	Little of time	5	453	8.4
	None of time	6	203	3.7
	N Missing			187
Q15e 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	139	2.6
	Most the time	2	902	16.8
	Good bit of time	3	943	17.6
	Some of time	4	1447	27.0
	Little of time	5	1106	20.6
	None of time	6	826	15.4
	N Missing			246
Q15f 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	0.9
	Most the time	2	110	2.1
	Good bit of time	3	203	3.9
	Some of time	4	1087	20.8
	Little of time	5	1666	31.9
	None of time	6	2112	40.4
	N Missing			395
Q15g 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	157	3.0
	Most the time	2	280	5.3
	Good bit of time	3	463	8.8
	Some of time	4	1599	30.5
	Little of time	5	1757	33.5
	None of time	6	987	18.8
	N Missing			363

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q15h 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	1086	19.9
	Most the time	2	2636	48.2
	Good bit of time	3	820	15.0
	Some of time	4	622	11.4
	Little of time	5	211	3.9
	None of time	6	92	1.7
	N Missing			138
Q15i 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	346	6.3
	Most the time	2	583	10.6
	Good bit of time	3	891	16.2
	Some of time	4	2291	41.7
	Little of time	5	1177	21.4
	None of time	6	210	3.8
	N Missing			111
Q16 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	262	4.7
	Most the time	2	498	9.0
	Some of time	3	1117	20.2
	Little of time	4	1020	18.4
	None of time	5	2639	47.7
	N Missing			70
Q17a 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	68	1.3
	Mostly true	2	218	4.1
	Don't know	3	814	15.3
	Mostly false	4	1034	19.4
	Definitely false	5	3182	59.8
	N Missing			301
Q17b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	1	1274	23.7
	Mostly true	2	2226	41.3
	Don't know	3	947	17.6
	Mostly false	4	497	9.2
	Definitely false	5	439	8.2
	N Missing			235

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q17c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	1	519	9.7
	Mostly true	2	1086	20.3
	Don't know	3	2378	44.6
	Mostly false	4	529	9.9
	Definitely false	5	824	15.4
	N Missing		284	
Q17d How true or false is each of the following statements for you? My health is excellent	Definitely true	1	584	10.9
	Mostly true	2	2529	47.4
	Don't know	3	427	8.0
	Mostly false	4	896	16.8
	Definitely false	5	895	16.8
	N Missing		291	
Q20a Do you have any of these sleeping problems? Waking up in the early hours of the morning	No	0	2472	45.1
	Yes	1	3014	54.9
	N Missing		114	
Q20b Do you have any of these sleeping problems? Lying awake for most of the night	No	0	4793	87.4
	Yes	1	692	12.6
	N Missing		114	
Q20c Do you have any of these sleeping problems? Taking a long time to get to sleep	No	0	3667	66.9
	Yes	1	1818	33.1
	N Missing		114	
Q20d Do you have any of these sleeping problems? Worry keeping you awake at night	No	0	4824	87.9
	Yes	1	662	12.1
	N Missing		114	
Q20e Do you have any of these sleeping problems? Sleeping badly at night	No	0	4096	74.7
	Yes	1	1390	25.3
	N Missing		114	
Q20f Do you have any of these sleeping problems? None of these problems	No	0	3990	72.7
	Yes	1	1496	27.3
	N Missing		114	

ALSWH Data book for the fifth survey of 1921-26 cohort

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q21a Do you have: Difficulty seeing newspaper print, even with glasses?	No	0	4283	78.7
	Yes	1	1159	21.3
	N Missing		169	
Q21b Do you have: Difficulty recognising people across the road, even with glasses?	No	0	4529	83.2
	Yes	1	912	16.8
	N Missing		169	
Q21c Do you have: Difficulty in hearing a conversation, even with a hearing aid?	No	0	4078	75.0
	Yes	1	1363	25.0
	N Missing		169	
Q21d Do you have: Difficulty speaking?	No	0	5246	96.4
	Yes	1	195	3.6
	N Missing		169	
Q21e Do you have: None of the above	No	0	2310	42.5
	Yes	1	3131	57.5
	N Missing		169	
Q23a In the last 12 months, have you had any of the following: Stiff or painful joints	Never	1	909	16.9
	Rarely	2	568	10.6
	Sometimes	3	2071	38.6
	Often	4	1819	33.9
	N Missing		243	
Q23b In the last 12 months, have you had any of the following: Back pain	Never	1	1158	21.6
	Rarely	2	706	13.2
	Sometimes	3	1876	35.0
	Often	4	1622	30.2
	N Missing		231	
Q23c Have you had any of the following problems in the last 12 months? Problems with one or both feet	Never	1	2190	41.2
	Rarely	2	715	13.5
	Sometimes	3	1341	25.2
	Often	4	1065	20.1
	N Missing		294	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q23d In the last 12 months, have you had any of the following: Breathing difficulty				
	Never	1	3064	57.4
	Rarely	2	831	15.6
	Sometimes	3	978	18.3
	Often	4	468	8.8
	N Missing		264	
Q23e In the last 12 months, have you had any of the following: Indigestion/heartburn				
	Never	1	2625	49.3
	Rarely	2	1074	20.2
	Sometimes	3	1234	23.2
	Often	4	388	7.3
	N Missing		281	
Q23f In the last 12 months, have you had any of the following: Chest pain				
	Never	1	3852	72.7
	Rarely	2	779	14.7
	Sometimes	3	562	10.6
	Often	4	109	2.1
	N Missing		307	
Q23g In the last 12 months, have you had any of the following: Urine that burns or stings				
	Never	1	3925	73.7
	Rarely	2	656	12.3
	Sometimes	3	601	11.3
	Often	4	144	2.7
	N Missing		276	
Q23h In the last 12 months, have you had any of the following: Passing urine more than twice during the night				
	Never	1	1807	33.1
	Rarely	2	906	16.6
	Sometimes	3	1477	27.0
	Often	4	1272	23.3
	N Missing		132	
Q23i In the last 12 months, have you had any of the following: Leaking urine				
	Never	1	2733	50.7
	Rarely	2	951	17.6
	Sometimes	3	1168	21.7
	Often	4	541	10.0
	N Missing		211	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q23j In the last 12 months, have you had any of the following: Constipation	Never	1	2548	46.9
	Rarely	2	1098	20.2
	Sometimes	3	1262	23.2
	Often	4	530	9.7
	N Missing		162	
Q23k In the last 12 months have you had any of the following: Poor memory	Never	1	1684	30.8
	Rarely	2	1062	19.4
	Sometimes	3	2109	38.5
	Often	4	621	11.3
	N Missing		129	
Q23l In the last 12 months have you had any of the following: Dizziness, loss of balance	Never	1	2412	44.2
	Rarely	2	1123	20.6
	Sometimes	3	1445	26.5
	Often	4	475	8.7
	N Missing		148	
Q23m Have you had any of the following problems in the last 12 months? Difficulty swallowing	Never	1	4351	80.0
	Rarely	2	554	10.2
	Sometimes	3	423	7.8
	Often	4	110	2.0
	N Missing		168	
Q23n Have you had any of the following problems in the last 12 months? Problems with teeth or gums	Never	1	3397	62.1
	Rarely	2	972	17.8
	Sometimes	3	859	15.7
	Often	4	238	4.3
	N Missing		135	
Q23o Have you had any of the following problems in the last 12 months? Anxiety/panic attacks	Never	1	4002	73.2
	Rarely	2	752	13.8
	Sometimes	3	575	10.5
	Often	4	139	2.5
	N Missing		134	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q24a When you get your medication from the pharmacy is it: still in its original packaging?	No	0	992	18.0
	Yes	1	4525	82.0
	N Missing		80	
Q24b When you get your medication from the pharmacy is it: already prepared into your daily doses (eg Webster pack)	No	0	4787	86.8
	Yes	1	730	13.2
	N Missing		80	
Q24c When you get your medication from the pharmacy is it: I do not take medication	No	0	5249	95.1
	Yes	1	268	4.9
	N Missing		80	
Q25a Do you experience and if so how much are you bothered by: urine leakage related to the feeling of urgency (coding 0-3 in old 6)	Not at all	0	2213	43.2
	Slightly	1	1747	34.1
	Moderately	2	859	16.8
	Greatly	3	307	6.0
	N Missing		510	
Q25b Do you experience and if so how much are you bothered by: urine leakage related to physical activity, coughing or sneezing. (coding 0-3 in old 6)	Not at all	0	2335	47.1
	Slightly	1	1731	34.9
	Moderately	2	667	13.5
	Greatly	3	223	4.5
	N Missing		632	
Q25c Do you experience and if so how much are you bothered by: small amounts of urine leakage (drops) (coding 0-3 in old 6)	Not at all	0	2575	52.6
	Slightly	1	1647	33.6
	Moderately	2	498	10.2
	Greatly	3	177	3.6
	N Missing		712	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q26 How often do you experience urine leakage? (coding 0-4 in old 6)	Never	0	1840	34.4
	Less than once a month	1	902	16.8
	A few times a month	2	950	17.7
	A few times a week	3	817	15.3
	Every day and/or night	4	846	15.8
	N Missing			262
Q27 How much urine do you lose each time? (coding 0-3 in old 6)	None	0	1527	29.7
	Drops	1	2027	39.4
	Small splashes	2	1062	20.7
	More	3	526	10.2
	N Missing			482
Q28a Please indicate how often you experience the following: Accidental leakage of solid stool	Never	0	4347	84.8
	Less than once per month	1	422	8.2
	More than a month, less than once per week	2	185	3.6
	More than a week, less than once per day	3	118	2.3
	Once or more per day	4	53	1.0
	N Missing			501
Q28b Please indicate how often you experience the following: Accidental leakage of liquid stool	Never	0	3894	76.6
	Less than once per month	1	714	14.1
	More than a month, less than once per week	2	239	4.7
	More than a week, less than once per day	3	165	3.3
	Once or more per day	4	68	1.3
	N Missing			546

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q28c Please indicate how often you experience the following: Accidental leakage of gas	Never	0	1866	36.5
	Less than once per month	1	857	16.8
	More than a month, less than once per week	2	699	13.7
	More than a week, less than once per day	3	769	15.1
	Once or more per day	4	921	18.0
	N Missing		527	
	Q28d Please indicate how often you experience the following: Do you wear a pad or undergarment?	Never	0	3258
Less than once per month		1	289	5.5
More than a month, less than once per week		2	230	4.3
More than a week, less than once per day		3	329	6.2
Once or more per day		4	1180	22.3
N Missing			345	
Q28e Please indicate how often you experience the following: Do you alter your lifestyle due to bowel leakage?		Never	0	4811
	Less than once per month	1	151	2.9
	More than a month, less than once per week	2	83	1.6
	More than a week, less than once per day	3	49	0.9
	Once or more per day	4	82	1.6
	N Missing		450	
	Q29a 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	73
Somewhat better now		2	61	1.1
About the same		3	1944	35.4
Somewhat worse now		4	2323	42.3
Much worse now		5	1095	19.9
N Missing			107	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q29b 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	194	3.6
	Somewhat better now	2	170	3.1
	About the same	3	2661	48.7
	Somewhat worse now	4	1657	30.3
	Much worse now	5	783	14.3
	N Missing		145	
Q29c 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	169	3.1
	Somewhat better now	2	147	2.7
	About the same	3	2663	48.6
	Somewhat worse now	4	1872	34.2
	Much worse now	5	626	11.4
	N Missing		138	
Q29d 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	144	2.6
	Somewhat better now	2	155	2.8
	About the same	3	2605	47.7
	Somewhat worse now	4	2010	36.8
	Much worse now	5	543	9.9
	N Missing		158	
Q29e 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	140	2.6
	Somewhat better now	2	153	2.8
	About the same	3	2800	51.3
	Somewhat worse now	4	1895	34.7
	Much worse now	5	472	8.7
	N Missing		144	
Q29f 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	47	0.8
	Somewhat better now	2	68	1.2
	About the same	3	1481	26.8
	Somewhat worse now	4	2703	48.9
	Much worse now	5	1229	22.2
	N Missing		80	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q30a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	0	3437	62.8
	Yes	1	2033	37.2
	N Missing		138	
Q30b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	0	4192	76.6
	Yes	1	1278	23.4
	N Missing		138	
Q30c In the last 12 months, have you: Been injured as a result of a fall?	No	0	4516	82.5
	Yes	1	955	17.5
	N Missing		138	
Q30d In the last 12 months, have you: Needed to seek medical attention (eg. Doctor, hospital) for an injury from a fall?	No	0	4567	83.5
	Yes	1	904	16.5
	N Missing		138	
Q30e In the last 12 months, have you: Had any other injury from an accident at your home? (eg. burns, cuts, bruises)	No	0	4466	81.6
	Yes	1	1005	18.4
	N Missing		138	
Q30f In the last 12 months, have you: Broken or fractured any bone/s?	No	0	5089	93.0
	Yes	1	381	7.0
	N Missing		138	
Q30g In the last 12 months, have you: None of these accidents	No	0	2977	54.4
	Yes	1	2494	45.6
	N Missing		138	
Q31a 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	4235	76.4
	Yes	1	1311	23.6
	N Missing		46	
Q31b 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	4505	81.2
	Yes	1	1041	18.8
	N Missing		46	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q31c 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	4630	83.5
	Yes	1	917	16.5
	N Missing		46	
Q31d 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	4998	90.1
	Yes	1	548	9.9
	N Missing		46	
Q31e 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	5401	97.4
	Yes	1	146	2.6
	N Missing		46	
Q31f 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	3965	71.5
	Yes	1	1582	28.5
	N Missing		46	
Q31g 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	3585	64.6
	Yes	1	1962	35.4
	N Missing		46	
Q31h 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	5027	90.6
	Yes	1	519	9.4
	N Missing		46	
Q31i 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	4965	89.5
	Yes	1	582	10.5
	N Missing		46	
Q31j 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	5374	96.9
	Yes	1	173	3.1
	N Missing		46	
Q31k 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	5312	95.8
	Yes	1	235	4.2
	N Missing		46	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q31l 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	5412	97.6
	Yes	1	135	2.4
	N Missing		46	
Q31m 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	5503	99.2
	Yes	1	43	0.8
	N Missing		46	
Q31n In the last 3 years, have you experienced any of the following events? None of these events	No	0	4232	76.3
	Yes	1	1315	23.7
	N Missing		46	
Q32a 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		2.31	
	Std Error		0.05	
	N		5413	
	N Missing		147	
Q32b 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		0.40	
	Std Error		0.02	
	N		5389	
	N Missing		171	
Q32c 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		0.39	
	Std Error		0.02	
	N		5375	
	N Missing		185	
Q32d 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		1.48	
	Std Error		0.04	
	N		5397	
	N Missing		163	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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		1.43	
	Std Error		0.06	
	N		5253	
	N Missing		307	
	Mean		6.11	
	Std Error		0.18	
	N		5253	
	N Missing		307	
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		0.52	
	Std Error		0.03	
	N		5356	
	N Missing		204	
	Mean		1.34	
	Std Error		0.09	
	N		5356	
	N Missing		204	
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		0.23	
	Std Error		0.02	
	N		5280	
	N Missing		280	
	Mean		1.31	
	Std Error		0.09	
	N		5280	
	N Missing		280	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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		1.61	
	Std Error		0.06	
	N		5279	
	N Missing		281	
	Mean		3.70	
	Std Error		0.14	
	N		5279	
	N Missing		281	
Q33a Total (mins) walking briskly	Mean		91.83	
	Std Error		3.34	
	N		5253	
	N Missing		307	
Q33b Total (mins) moderate leisure	Mean		32.43	
	Std Error		1.55	
	N		5356	
	N Missing		204	
Q33c Total (mins) vigorous leisure	Mean		14.99	
	Std Error		1.03	
	N		5280	
	N Missing		280	
Q33d Total (mins) vigorous chores	Mean		100.56	
	Std Error		3.76	
	N		5279	
	N Missing		281	
Q34 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	1	36	0.6
	1 serve	2	1114	20.0
	2-3 serves	3	2758	49.6
	4 serves	4	1188	21.4
	5 serves or more	5	466	8.4
	N Missing		39	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q35 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	1	98	1.8
	1 serve	2	1587	28.6
	2-3 serves	3	3253	58.5
	4 serves	4	467	8.4
	5 serves or more	5	152	2.7
	N Missing			42
Q36 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	176	3.2
	3-5 glasses	2	2282	41.1
	6-8 glasses	3	2694	48.6
	9 or more glasses	4	397	7.2
	N Missing			55
Q37a 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	5007	91.6
	Yes	1	457	8.4
	N Missing			134
Q37b Which of the following groups have you sought advice or help from in the last six months? Nursing or community health services	No	0	4815	88.1
	Yes	1	649	11.9
	N Missing			134
Q37c 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	5175	94.7
	Yes	1	289	5.3
	N Missing			134
Q37d 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	3732	68.3
	Yes	1	1732	31.7
	N Missing			134
Q37e 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	3783	69.2
	Yes	1	1681	30.8
	N Missing			134
Q37f 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	5387	98.6
	Yes	1	77	1.4
	N Missing			134

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q37g Which of the following groups have you sought advice or help from in the last six months? Ambulance service	No	0	4827	88.3
	Yes	1	637	11.7
	N Missing		134	
Q37h 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	5263	96.3
	Yes	1	201	3.7
	N Missing		134	
Q37i Which of the following groups have you sought advice or help from in the last six months? None of these groups	No	0	3060	56.0
	Yes	1	2404	44.0
	N Missing		134	
Q38 What is your main (or most common) means of transport?	Car (you drive)	1	1999	41.0
	Car (someone else drives)	2	1779	36.5
	Taxi	3	373	7.6
	Bus	4	511	10.5
	Tram or train	5	87	1.8
	other	6	127	2.6
	N Missing		674	
Q39a Do you use any aids for getting around? Motorised scooter	No	0	5286	96.6
	Yes	1	189	3.4
	N Missing		124	
Q39b Do you use any aids for getting around? Wheelchair (motorised or not)	No	0	5335	97.5
	Yes	1	139	2.5
	N Missing		124	
Q39c Do you use any aids for getting around? Walking or wheeled frame	No	0	4444	81.2
	Yes	1	1030	18.8
	N Missing		124	
Q39d Do you use any aids for getting around? Walking or quad stick	No	0	4105	75.0
	Yes	1	1370	25.0
	N Missing		124	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q39e Do you use any aids for getting around? I do not use any aids for getting around	No	0	2101	38.4
	Yes	1	3373	61.6
	N Missing		124	
Q40a Do you have a problem with transport? Getting to places at night	Yes	1	928	17.9
	No	2	1857	35.9
	Not Applicable	3	2387	46.2
	N Missing		452	
Q40b Do you have a problem with transport? Getting to local shops and services	Yes	1	595	11.3
	No	2	3786	72.0
	Not Applicable	3	878	16.7
	N Missing		360	
Q40c Do you have a problem with transport? Getting beyond your local neighbourhood	Yes	1	1001	19.1
	No	2	3124	59.5
	Not Applicable	3	1128	21.5
	N Missing		379	
Q41 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	887	16.5
	No	2	4478	83.5
	N Missing		239	
Q42a 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	4949	90.8
	Some difficulty	2	434	8.0
	Unable to do	3	67	1.2
	N Missing		155	
Q42b 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	4811	88.3
	Some difficulty	2	594	10.9
	Unable to do	3	41	0.7
	N Missing		164	
Q42c 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	4729	86.7
	Some difficulty	2	575	10.5
	Unable to do	3	149	2.7
	N Missing		151	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q42d 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	4890	90.0
	Some difficulty	2	438	8.1
	Unable to do	3	103	1.9
	N Missing		183	
Q42e 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	4793	88.4
	Some difficulty	2	521	9.6
	Unable to do	3	108	2.0
	N Missing		180	
Q42f 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	3641	66.7
	Some difficulty	2	1762	32.3
	Unable to do	3	59	1.1
	N Missing		132	
Q42g 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	4785	88.2
	Some difficulty	2	583	10.7
	Unable to do	3	57	1.0
	N Missing		180	
Q42h 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	5040	92.8
	Some difficulty	2	345	6.4
	Unable to do	3	44	0.8
	N Missing		174	
Q42i 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	3774	70.2
	Some difficulty	2	1116	20.8
	Unable to do	3	486	9.0
	N Missing		229	
Q42j 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	4158	76.1
	Some difficulty	2	1018	18.6
	Unable to do	3	288	5.3
	N Missing		148	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q42k 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	1535	28.1
	Some difficulty	2	2042	37.4
	Unable to do	3	1877	34.4
	N Missing		148	
Q42l 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	4855	88.8
	Some difficulty	2	385	7.0
	Unable to do	3	227	4.2
	N Missing		127	
Q42m 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	4403	80.5
	Some difficulty	2	752	13.8
	Unable to do	3	312	5.7
	N Missing		144	
Q42n 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	5143	94.3
	Some difficulty	2	215	4.0
	Unable to do	3	96	1.8
	N Missing		150	
Q42o 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	5120	92.9
	Some difficulty	2	307	5.6
	Unable to do	3	82	1.5
	N Missing		97	
Q42p 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	3991	73.6
	Some difficulty	2	1065	19.6
	Unable to do	3	370	6.8
	N Missing		174	
Q43a 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	259	4.7
	No	2	5218	95.3
	N Missing		122	
Q43b 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	437	8.0
	No	2	5050	92.0
	N Missing		121	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q43c 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	437	7.9
	No	2	5058	92.1
	N Missing		107	
Q43d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body	Yes	1	323	5.9
	No	2	5146	94.1
	N Missing		137	
Q43e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body	Yes	1	334	6.1
	No	2	5135	93.9
	N Missing		142	
Q43f 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	788	14.4
	No	2	4683	85.6
	N Missing		138	
Q43g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house	Yes	1	239	4.4
	No	2	5224	95.6
	N Missing		142	
Q43h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	1	168	3.1
	No	2	5305	96.9
	N Missing		132	
Q43i 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	1524	27.9
	No	2	3931	72.1
	N Missing		162	
Q43j 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	879	16.1
	No	2	4583	83.9
	N Missing		148	
Q43k 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	3537	64.9
	No	2	1912	35.1
	N Missing		160	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q43l 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	601	11.0
	No	2	4890	89.0
	N Missing		111	
Q43m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	1	817	15.0
	No	2	4635	85.0
	N Missing		155	
Q43n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	1	375	6.9
	No	2	5089	93.1
	N Missing		138	
Q43o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	1	336	6.1
	No	2	5175	93.9
	N Missing		95	
Q43p 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	747	13.8
	No	2	4654	86.2
	N Missing		202	
Q45 Which of the following best describes your housing situation? Do you live in:	House	1	3286	59.8
	Flat/unit/apartment	2	1196	21.8
	Mobile/caravan	3	31	0.6
	Retirement Village	4	774	14.1
	Nursing Home	5	78	1.4
	Hostel	6	96	1.8
	Other	7	30	0.5
	N Missing		107	
Q46a Who lives with you? No one, I live alone	No	0	2280	41.1
	Yes	1	3266	58.9
	N Missing		60	
Q46b Who lives with you? Spouse or partner (partner/spouse)	No	0	3963	71.5
	Yes	1	1583	28.5
	N Missing		60	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q46c Who lives with you? Own children	No	0	5100	92.0
	Yes	1	446	8.0
	N Missing		60	
Q46d Who lives with you? Other family members	No	0	5320	95.9
	Yes	1	226	4.1
	N Missing		60	
Q46e Who lives with you? Non-family members	No	0	5403	97.4
	Yes	1	143	2.6
	N Missing		60	
Q47 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	86	1.6
	Every week	2	916	16.7
	Every month	3	637	11.6
	Less than once a month	4	285	5.2
	Not at all	5	3564	64.9
	N Missing		121	
Q48 How do you manage on the income you have available?	Impossible	1	48	0.9
	Difficult always	2	227	4.1
	Difficult sometimes	3	721	13.0
	Not too bad	4	2700	48.7
	Easy	5	1845	33.3
	N Missing		60	
Q49 What is your present marital status?	Married	1	1637	29.4
	Defacto	2	15	0.3
	Widowed	3	3518	63.1
	Separated	4	34	0.6
	Divorced	5	205	3.7
	Never Married	6	164	3.0
	N Missing		36	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q51a 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	4900	91.2
	Yes	1	473	8.8
	N Missing		226	
Q51b 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	4931	91.8
	Yes	1	442	8.2
	N Missing		226	
Q51c 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	902	16.8
	Yes	1	4471	83.2
	N Missing		226	
Q52 Do you regularly provide (unpaid) care for grandchildren or other people's children?	Yes daily	1	34	0.6
	Yes weekly	2	87	1.6
	Yes occasionally	3	952	17.5
	Never	4	4363	80.3
	N Missing		169	
Q53a How often do your children, spouse or relatives make you feel loved and cared for?	Often	1	4705	85.0
	Sometimes	2	702	12.7
	Never	3	129	2.3
	N Missing		67	
Q53b How often do your friends make you feel loved and cared for?	Often	1	3886	70.4
	Sometimes	2	1476	26.8
	Never	3	155	2.8
	N Missing		88	
Q53c How often do you feel that your children, spouse or relatives listen to your worries?	Often	1	3250	59.4
	Sometimes	2	1823	33.3
	Never	3	398	7.3
	N Missing		126	
Q53d How often do you feel that your friends listen to your worries?	Often	1	2186	40.1
	Sometimes	2	2581	47.3
	Never	3	686	12.6
	N Missing		139	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q53e 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	3078	55.8
	Sometimes	2	1591	28.8
	Never	3	852	15.4
	N Missing		88	
Q53f 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	1416	25.8
	Sometimes	2	2253	41.1
	Never	3	1813	33.1
	N Missing		118	
Q53g How often do your children, spouse or relatives give you advice or information about medical, financial or family problems?	Often	1	1882	34.0
	Sometimes	2	2336	42.2
	Never	3	1322	23.9
	N Missing		67	
Q53h How often do your friends give you advice or information about medical, financial or family problems?	Often	1	584	10.6
	Sometimes	2	1987	35.9
	Never	3	2958	53.5
	N Missing		69	
Q54a How often have you experienced the following events? I was ignored or not taken seriously because of my age	Never	0	4316	79.8
	Once	1	306	5.7
	More than once	2	789	14.6
	N Missing		203	
Q54b How often have you experienced the following events? I was patronised or "talked down to" because of my age	Never	0	4181	77.6
	Once	1	408	7.6
	More than once	2	797	14.8
	N Missing		232	
Q54c How often have you experienced the following events? I was denied medical treatment because of my age	Never	0	5248	97.4
	Once	1	76	1.4
	More than once	2	65	1.2
	N Missing		218	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q55a These questions are about getting on with other people: Are you sad or lonely often?	No	0	4789	87.8
	Yes	1	664	12.2
	N Missing		144	
Q55b These questions are about getting on with other people: Do you feel uncomfortable with anyone in your family?	No	0	5084	93.2
	Yes	1	369	6.8
	N Missing		144	
Q55c These questions are about getting on with other people: Do you feel that nobody wants you around?	No	0	5323	97.6
	Yes	1	130	2.4
	N Missing		144	
Q55d These questions are about getting on with other people: Has anyone close to you tried to hurt you or harm you recently?	No	0	5388	98.8
	Yes	1	65	1.2
	N Missing		144	
Q55e 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	5248	96.2
	Yes	1	205	3.8
	N Missing		144	
Q55f These questions are about getting on with other people: Are you afraid of anyone in your family?	No	0	5425	99.5
	Yes	1	28	0.5
	N Missing		144	
Q55g These questions are about getting on with other people: None of the above	No	0	1030	18.9
	Yes	1	4423	81.1
	N Missing		144	
Q56a In the past month, have you: Gone to the movies, theatre, concerts, lectures?	Yes	1	2080	37.9
	No	2	3415	62.1
	N Missing		120	
Q56b In the past month, have you: Gone to a sporting event?	Yes	1	609	11.3
	No	2	4793	88.7
	N Missing		212	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q56c In the past month, have you: Played cards, bingo, pool, or some other game?	Yes	1	2103	38.6
	No	2	3342	61.4
	N Missing		165	
Q56d In the past month, have you: Eaten out at a restaurant?	Yes	1	4199	75.9
	No	2	1333	24.1
	N Missing		79	
Q56e In the past month, have you: Attended a religious service?	Yes	1	2340	42.7
	No	2	3146	57.3
	N Missing		125	
Q56f In the past month, have you: Attended a class or course?	Yes	1	868	15.9
	No	2	4573	84.1
	N Missing		168	
Q56g In the past month, have you: Used a computer / internet?	Yes	1	1030	18.7
	No	2	4466	81.3
	N Missing		121	
Q57a In the past month, what activities have you done? Have you: Taken care of houseplants or done any outdoor gardening?	Yes	1	4520	81.5
	No	2	1023	18.5
	N Missing		59	
Q57b In the past month, what activities have you done? Have you: Worked on a hobby or handiwork, like sewing, knitting or woodworking?	Yes	1	2871	52.0
	No	2	2645	48.0
	N Missing		90	
Q57c In the past month, what activities have you done? Have you: Painted pictures or played a musical instrument?	Yes	1	603	11.1
	No	2	4809	88.9
	N Missing		196	
Q57d In the past month, what activities have you done? Have you: Exercised with a group (eg yoga, walking, aqua-aerobics)?	Yes	1	1105	20.7
	No	2	4226	79.3
	N Missing		289	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q57e In the past month, what activities have you done? Have you: Written letters, poetry etc, read, did crosswords etc?	Yes	1	4607	83.6
	No	2	904	16.4
	N Missing		85	
Q57f In the past month, what activities have you done? Have you: Done any paid work?	Yes	1	81	1.5
	No	2	5389	98.5
	N Missing		131	
Q58 Did someone help you fill in this survey?	No	1	4713	86.6
	Yes, but I told them the answers	2	592	10.9
	Yes, but the helper answered using judgement	3	138	2.5
	N Missing		156	
ARIA+ Grouped into 5 categories	Major cities of Australia	1	3703	67.9
	Inner regional Australia	2	1196	21.9
	Outer regional Australia	3	487	8.9
	Remote Australia	4	56	1.0
	Very Remote Australia	5	12	0.2
	N Missing		131	
PF - Physical Functioning Subscale	Mean		48.30	
	Std Error		0.39	
	N		5267	
	N Missing		293	
RP - Role Physical Scale	Mean		39.64	
	Std Error		0.55	
	N		5341	
	N Missing		219	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
BP - Bodily Pain Subscale	Mean		58.91	
	Std Error		0.36	
	N		5538	
	N Missing		22	
GH - General Health Subscale	Mean		61.19	
	Std Error		0.29	
	N		5325	
	N Missing		235	
VT - Vitality Index Scale	Mean		53.09	
	Std Error		0.28	
	N		5434	
	N Missing		126	
SF - Social Functioning Scale	Mean		73.82	
	Std Error		0.38	
	N		5533	
	N Missing		27	
RE - Role Emotional Scale	Mean		69.94	
	Std Error		0.54	
	N		5241	
	N Missing		319	
MH - Mental Health Subscale	Mean		78.10	
	Std Error		0.23	
	N		5379	
	N Missing		181	
MCSA - Mental health summary score - standardised to the Australian population for relevant age cohort	Mean		51.33	
	Std Error		0.14	
	N		4811	
	N Missing		749	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
PCSWHA - Physical health summary score - standardised to the WHA population				
	Mean		44.76	
	Std Error		0.15	
	N		4811	
	N Missing		749	
MCSWHA - Mental health summary score - standardised to the WHA population				
	Mean		51.04	
	Std Error		0.15	
	N		4811	
	N Missing		749	
Age at time survey returned				
	Mean		84.21	
	Std Error		0.02	
	N		5560	
	N Missing		0	
What is your year of birth?				
	Mean		1923.56	
	Std Error		0.02	
	N		5560	
	N Missing		0	
WHO BMI group category				
	Underweight, BMI < 18.5	1	255	5.4
	Healthy weight, 18.5 <= BMI < 25	2	2348	50.0
	Overweight, 25 <= BMI < 30	3	1467	31.2
	Obese, 30 <= BMI	4	628	13.4
	N Missing		933	
Marital status (marital)				
	Married	1	1637	29.4
	De Facto	2	15	0.3
	Separated	3	34	0.6
	Divorced	4	205	3.7
	Widowed	5	3518	63.1
	Never married	6	164	3.0
	N Missing		36	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Exercise Status Grouped	Nil/sedentary	1	2589	50.1
	Low	2	1299	25.1
	Moderate	3	622	12.0
	High	4	658	12.7
	N Missing		443	
State participant resides in at the completion of each survey	NSW	1	1904	34.4
	Vic	2	1416	25.6
	Qld	3	878	15.9
	SA	4	573	10.4
	WA	5	495	9.0
	Tas	6	168	3.0
	NT	7	9	0.2
	ACT	8	86	1.5
	N Missing		73	
Type of survey completed (full or short phone). Note: useful variable indicating response when merging data sets across waves.	1	1	5601	100.0
Derived Activities of Daily Living, Grooming	No difficulty	0	4901	90.1
	Difficulty but no help required	1	276	5.1
	Help required	2	265	4.9
	N Missing		163	
Derived Activities of Daily Living, Eating	No difficulty	0	4750	87.3
	Difficulty but no help required	1	248	4.6
	Help required	2	440	8.1
	N Missing		174	
Derived Activities of Daily Living, Bathing or taking a shower	No difficulty	0	4694	86.1
	Difficulty but no help required	1	311	5.7
	Help required	2	447	8.2
	N Missing		152	

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<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	4857	89.5
	Difficulty but no help required	1	236	4.4
	Help required	2	332	6.1
	N Missing		185	
Derived Activities of Daily Living, Dressing your lower body	No difficulty	0	4767	88.0
	Difficulty but no help required	1	310	5.7
	Help required	2	338	6.2
	N Missing		187	
Derived Activities of Daily Living, Getting up from a chair	No difficulty	0	3596	66.2
	Difficulty but no help required	1	1042	19.2
	Help required	2	791	14.6
	N Missing		176	
Derived Activities of Daily Living, Walking inside the house	No difficulty	0	4752	87.8
	Difficulty but no help required	1	413	7.6
	Help required	2	248	4.6
	N Missing		188	
Derived Activities of Daily Living, Using the toilet	No difficulty	0	4998	92.1
	Difficulty but no help required	1	255	4.7
	Help required	2	172	3.2
	N Missing		178	
Derived Activities of Daily Living, Shopping	No difficulty	0	3552	65.7
	Difficulty but no help required	1	291	5.4
	Help required	2	1567	29.0
	N Missing		203	

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<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	4006	73.4
	Difficulty but no help required	1	533	9.8
	Help required	2	919	16.8
	N Missing		151	
Derived Activities of Daily Living, Doing heavy housework	No difficulty	0	1425	26.1
	Difficulty but no help required	1	396	7.2
	Help required	2	3644	66.7
	N Missing		142	
Derived Activities of Daily Living, Managing money	No difficulty	0	4724	86.4
	Difficulty but no help required	1	129	2.4
	Help required	2	617	11.3
	N Missing		121	
Derived Activities of Daily Living, Preparing meals	No difficulty	0	4284	78.5
	Difficulty but no help required	1	311	5.7
	Help required	2	865	15.8
	N Missing		150	
Derived Activities of Daily Living, Taking medications	No difficulty	0	5024	92.0
	Difficulty but no help required	1	57	1.0
	Help required	2	379	6.9
	N Missing		147	
Derived Activities of Daily Living, Using the telephone	No difficulty	0	5032	91.4
	Difficulty but no help required	1	132	2.4
	Help required	2	344	6.3
	N Missing		98	

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<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	3904	72.2
	Difficulty but no help required	1	616	11.4
	Help required	2	885	16.4
	N Missing		197	
Exercise statistic	Mean		493.44	
	Std Error		14.37	
	N		5117	
	N Missing		443	
Proportion of Life events 0 to 1	Mean		0.11	
	Std Error		0.00	
	N		5514	
	N Missing		46	
Derived Summary of Activities of Daily Living, (Not the instrumented or extended items)	Mean		1.57	
	Std Error		0.04	
	N		5155	
	N Missing		405	
Derived Summary of Instrumental Activities of Daily Living,	Mean		3.77	
	Std Error		0.06	
	N		5039	
	N Missing		521	
Memory Assessment Clinic Q (MAC-Q) cognitive decline scale	Mean		25.49	
	Std Error		0.06	
	N		5410	
	N Missing		150	
PCS_ABS - Physical health summary score - standardised against the entire Australian adult population	Mean		35.04	
	Std Error		0.17	
	N		4811	
	N Missing		749	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
MCS_ABS - Mental health summary score - standardised against the entire Australian adult population	Mean		52.23	
	Std Error		0.15	
	N		4811	
	N Missing		749	
PCS_US - Physical health summary score - standardised against the entire US adult population	Mean		35.42	
	Std Error		0.16	
	N		4811	
	N Missing		749	
MCS_US - Mental health summary score - standardised against the entire US adult population	Mean		53.36	
	Std Error		0.14	
	N		4811	
	N Missing		749	
Body Mass Index (BMI)	Mean		24.95	
	Std Error		0.07	
	N		4627	
	N Missing		933	
How much do you weigh without clothes or shoes?	Mean		63.04	
	Std Error		0.17	
	N		4955	
	N Missing		605	
How tall are you without shoes?	Mean		159.10	
	Std Error		0.10	
	N		4903	
	N Missing		657	
SEIFA index of Education and Occupation	Mean		1008.13	
	Std Error		1.34	
	N		5374	
	N Missing		186	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
SEIFA index Economic resources	Mean		996.13	
	Std Error		1.25	
	N		5374	
	N Missing		186	
SEIFA Index Socio-economic Disadvantage	Mean		1003.02	
	Std Error		1.19	
	N		5374	
	N Missing		186	
SEIFA Index Socio-economic Adv/Disadv	Mean		1003.33	
	Std Error		1.33	
	N		5374	
	N Missing		186	
Age at time of survey returned in years	Mean		83.78	
	Std Error		0.02	
	N		5560	
	N Missing		0	