

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

the australian longitudinal
study on women's health

data book

*for the sixth survey of the 1921-26 cohort
2011 (when they were aged 85-90 years)*

december 2012

Data book for the sixth survey of the 1921-1926 cohort (aged 85-90 years)

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Notes

During 2011 and 2012, 4,055 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 sixth 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	1606	39.6
	Yes	1	2447	60.4
	N Missing		44	
Q1b In the last 3 years have you been diagnosed with or treated for: Osteoarthritis	No	0	2682	66.2
	Yes	1	1372	33.8
	N Missing		44	
Q1c In the last 3 years have you been diagnosed with or treated for: Rheumatoid arthritis	No	0	3818	94.2
	Yes	1	236	5.8
	N Missing		44	
Q1d In the last 3 years have you been diagnosed with or treated for: Other arthritis	No	0	3495	86.2
	Yes	1	559	13.8
	N Missing		44	
Q1e In the past three years, have you been diagnosed or treated for: Osteoporosis	No	0	3026	74.6
	Yes	1	1028	25.4
	N Missing		44	
Q1f In the last 3 years have you been diagnosed with or treated for: Parkinson's Disease	No	0	4014	99.0
	Yes	1	40	1.0
	N Missing		44	
Q1g In the last three years, have you been diagnosed with or treated for: Angina	No	0	3610	89.0
	Yes	1	444	11.0
	N Missing		44	
Q1h In the last three years, have you been diagnosed with or treated for: Heart attack	No	0	3850	95.0
	Yes	1	204	5.0
	N Missing		44	
Q1i In the last three years, have you been diagnosed with or treated for: Other heart problems	No	0	3284	81.0
	Yes	1	770	19.0
	N Missing		44	

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

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q1j In the last 3 years have you been diagnosed with or treated for: Diabetes (high blood sugar)	No	0	3566	88.0
	Yes	1	488	12.0
	N Missing		44	
Q1k In the past three years, have you been diagnosed or treated for: Asthma	No	0	3707	91.5
	Yes	1	346	8.5
	N Missing		44	
Q1l In the past three years, have you been diagnosed or treated for: Bronchitis/emphysema	No	0	3813	94.1
	Yes	1	241	5.9
	N Missing		44	
Q1m In the past three years, have you been diagnosed or treated for: Stroke	No	0	3866	95.4
	Yes	1	188	4.6
	N Missing		44	
Q1n In the last 3 years have you been diagnosed with or treated for: Macular Degeneration	No	0	3402	83.9
	Yes	1	652	16.1
	N Missing		44	
Q1o In the last 3 years have you been diagnosed with or treated for: Glaucoma	No	0	3634	89.6
	Yes	1	420	10.4
	N Missing		44	
Q1p In the last 3 years have you been diagnosed with or treated for: Cataract	No	0	2905	71.7
	Yes	1	1149	28.3
	N Missing		44	
Q1q In the last 3 years have you been diagnosed with or treated for: Skin cancer	No	0	3052	75.3
	Yes	1	1002	24.7
	N Missing		44	
Q1r In the past three years, have you been diagnosed or treated for: Other cancer	No	0	3846	94.9
	Yes	1	208	5.1
	N Missing		44	

ALSWH Data book for the sixth 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: Depression	No	0	3739	92.2
	Yes	1	315	7.8
	N Missing		44	
Q1t In the past three years, have you been diagnosed or treated for: Anxiety/nervous disorder	No	0	3799	93.7
	Yes	1	254	6.3
	N Missing		44	
Q1u In the last 3 years have you been diagnosed with or treated for: Alzheimer's Disease or Dementia	No	0	3891	96.0
	Yes	1	162	4.0
	N Missing		44	
Q1v In the LAST 3 YEARS have you been diagnosed with or treated for: Diverticulitis	No	0	3675	90.7
	Yes	1	379	9.3
	N Missing		44	
Q1w In the LAST 3 YEARS have you been diagnosed with or treated for: Anaemia (low iron)	No	0	3658	90.2
	Yes	1	396	9.8
	N Missing		44	
Q1x In the LAST 3 YEARS have you been diagnosed with or treated for: Thyroid problems	No	0	3578	88.3
	Yes	1	476	11.7
	N Missing		44	
Q1y In the past three years, have you been diagnosed or treated for: None of these conditions	No	0	3846	94.9
	Yes	1	207	5.1
	N Missing		44	
Q2a In the last 3 years, have you had any of the following operations? Repair of prolapsed vagina, bladder or bowel	No	0	3568	95.9
	Yes	1	151	4.1
	N Missing		383	
Q2b In the last 3 years, have you had any of the following operations or procedures? Eye surgery (including cataract surgery)	No	0	2630	70.7
	Yes	1	1089	29.3
	N Missing		383	

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

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q2c In the last three years, have you had any of the following operations or procedures? Hip surgery or hip replacement	No	0	3494	93.9
	Yes	1	225	6.1
	N Missing		383	
Q2d In the LAST 3 YEARS, have you had any of the following operations or procedures? Heart procedures or surgery (eg stent, pace-maker, bypass, open heart surgery)	No	0	3410	91.7
	Yes	1	309	8.3
	N Missing		383	
Q2e 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	3527	94.8
	Yes	1	192	5.2
	N Missing		383	
Q2f 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	1635	44.0
	Yes	1	2084	56.0
	N Missing		383	
Q3a In the last 12 months, have you had any of the following: Stiff or painful joints	Never	1	1176	29.9
	Rarely	2	297	7.6
	Sometimes	3	1236	31.5
	Often	4	1218	31.0
	N Missing		157	
Q3b In the last 12 months, have you had any of the following: Back pain	Never	1	1311	33.4
	Rarely	2	336	8.6
	Sometimes	3	1085	27.6
	Often	4	1194	30.4
	N Missing		162	
Q3c Have you had any of the following problems in the last 12 months? Problems with one or both feet	Never	1	2202	57.0
	Rarely	2	247	6.4
	Sometimes	3	671	17.4
	Often	4	743	19.2
	N Missing		224	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q3d In the last 12 months, have you had any of the following: Breathing difficulty	Never	1	2730	70.5
	Rarely	2	277	7.1
	Sometimes	3	517	13.4
	Often	4	347	9.0
	N Missing		219	
	Q3e In the last 12 months, have you had any of the following: Indigestion/heartburn	Never	1	2614
Rarely		2	403	10.5
Sometimes		3	593	15.4
Often		4	250	6.5
N Missing			220	
Q3f In the last 12 months, have you had any of the following: Chest pain		Never	1	3207
	Rarely	2	263	6.9
	Sometimes	3	285	7.4
	Often	4	74	1.9
	N Missing		251	
	Q3g In the last 12 months, have you had any of the following: Urine that burns or stings	Never	1	3064
Rarely		2	287	7.4
Sometimes		3	375	9.7
Often		4	133	3.4
N Missing			229	
Q3h In the last 12 months, have you had any of the following: Passing urine more than twice during the night		Never	1	1695
	Rarely	2	384	9.8
	Sometimes	3	913	23.2
	Often	4	943	24.0
	N Missing		150	
	Q3i In the last 12 months, have you had any of the following: Leaking urine	Never	1	2338
Rarely		2	405	10.4
Sometimes		3	706	18.1
Often		4	457	11.7
N Missing			180	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q3j In the last 12 months, have you had any of the following: Constipation	Never	1	2309	58.9
	Rarely	2	463	11.8
	Sometimes	3	738	18.8
	Often	4	409	10.4
	N Missing		176	
	Q3k In the last 12 months have you had any of the following: Poor memory	Never	1	1927
Rarely		2	497	12.6
Sometimes		3	1068	27.1
Often		4	447	11.3
N Missing			151	
Q3l In the last 12 months have you had any of the following: Dizziness, loss of balance		Never	1	2159
	Rarely	2	508	12.9
	Sometimes	3	874	22.2
	Often	4	391	9.9
	N Missing		165	
	Q3m Have you had any of the following problems in the last 12 months? Difficulty swallowing	Never	1	3384
Rarely		2	191	4.9
Sometimes		3	231	5.9
Often		4	91	2.3
N Missing			189	
Q3n Have you had any of the following problems in the last 12 months? Problems with teeth or gums		Never	1	2982
	Rarely	2	370	9.5
	Sometimes	3	419	10.7
	Often	4	145	3.7
	N Missing		176	
	Q3o Have you had any of the following problems in the last 12 months? Anxiety/panic attacks	Never	1	3262
Rarely		2	281	7.2
Sometimes		3	286	7.3
Often		4	91	2.3
N Missing			171	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q4 How many times have you consulted a family doctor or another general practitioner in the last 12 months?	None	0	32	0.8
	1 or 2 times	1	384	9.5
	3 or 4 times	2	1089	27.0
	5-8 times	3	1207	30.0
	9-12 times	4	721	17.9
	13-15 times	5	240	6.0
	16-19 times	6	128	3.2
	20 or more times	7	225	5.6
	N Missing		68	
Q5 Have you been admitted to hospital in the last 12 months? (coding 0-2 in old 5 and old 6)	No	0	2344	59.6
	Yes, but did not spend the night	1	366	9.3
	Yes, spent at least a night	2	1220	31.0
	N Missing		165	
Q6a Have you consulted the following people for your own health in the last 12 months? A physiotherapist	No	0	3071	76.9
	Yes	1	921	23.1
	N Missing		116	
Q6b Have you consulted the following people for your own health in the last 12 months? A podiatrist or chiroprapist	No	0	1689	42.3
	Yes	1	2303	57.7
	N Missing		116	
Q6c Have you consulted the following people for your own health in the last 12 months? An occupational therapist	No	0	3684	92.3
	Yes	1	308	7.7
	N Missing		116	
Q6d 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	3642	91.2
	Yes	1	350	8.8
	N Missing		116	
Q6e Have you consulted the following people for your own health in the last 12 months? None of these people	No	0	2712	67.9
	Yes	1	1280	32.1
	N Missing		116	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q7a 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	2309	56.8
	Yes	1	1759	43.2
	N Missing		30	
Q7b 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	2897	71.2
	Yes	1	1171	28.8
	N Missing		30	
Q7c 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	3105	76.3
	Yes	1	963	23.7
	N Missing		30	
Q7d 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	3955	97.2
	Yes	1	113	2.8
	N Missing		30	
Q7e Which of the following types of cover do you have for health services (excluding your Medicare card): Commonwealth Seniors Health Card	No	0	3078	75.7
	Yes	1	990	24.3
	N Missing		30	
Q7f Which of the following types of cover do you have for health services (excluding your Medicare card): Pensioner Concession Card	No	0	1719	42.3
	Yes	1	2349	57.7
	N Missing		30	
Q7g Which of the following types of cover do you have for health services (excluding your Medicare card): None of these	No	0	4002	98.4
	Yes	1	66	1.6
	N Missing		30	
Q8 What is your present marital status?	Married	1	883	21.6
	Defacto	2	7	0.2
	Widowed	3	2875	70.5
	Separated	4	22	0.6
	Divorced	5	166	4.1
	Never Married	6	126	3.1
	N Missing		16	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q10 In general, would you say your health is:				
	Excellent	1	92	2.3
	Very good	2	745	18.3
	Good	3	1727	42.4
	Fair	4	1289	31.7
	Poor	5	220	5.4
	N Missing		21	
Q11 Compared to one year ago, how would you rate your health in general now				
	Much better	1	123	3.0
	Somewhat better	2	230	5.6
	About the same	3	2314	56.8
	Somewhat worse	4	1212	29.8
	Much worse	5	196	4.8
	N Missing		19	
Q12a 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	3063	82.8
	Limited a little	2	459	12.4
	Not limited	3	176	4.8
	N Missing		414	
Q12b 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	1828	47.9
	Limited a little	2	1316	34.5
	Not limited	3	673	17.6
	N Missing		293	
Q12c 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	1265	33.3
	Limited a little	2	1572	41.4
	Not limited	3	958	25.2
	N Missing		308	
Q12d 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	2110	57.7
	Limited a little	2	1097	30.0
	Not limited	3	452	12.4
	N Missing		460	

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

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q12e 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	1064	29.4
	Limited a little	2	1387	38.3
	Not limited	3	1167	32.2
	N Missing		498	
Q12f 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	1504	40.0
	Limited a little	2	1587	42.2
	Not limited	3	670	17.8
	N Missing		320	
Q12g 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	2254	60.1
	Limited a little	2	919	24.5
	Not limited	3	576	15.4
	N Missing		365	
Q12h 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	1562	43.0
	Limited a little	2	913	25.2
	Not limited	3	1156	31.8
	N Missing		467	
Q12i 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	705	19.7
	Limited a little	2	1061	29.7
	Not limited	3	1807	50.6
	N Missing		522	
Q12j 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	324	8.4
	Limited a little	2	686	17.9
	Not limited	3	2834	73.7
	N Missing		245	
Q13a 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	2120	54.3
	No	2	1785	45.7
	N Missing		199	
Q13b 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	2688	69.7
	No	2	1170	30.3
	N Missing		238	

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

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q13c 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	2496	65.4
	No	2	1321	34.6
	N Missing		275	
Q13d 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	2533	65.7
	No	2	1320	34.3
	N Missing		246	
Q14a 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	1035	26.9
	No	2	2807	73.1
	N Missing		277	
Q14b 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	1524	40.4
	No	2	2250	59.6
	N Missing		347	
Q14c 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	1052	27.9
	No	2	2719	72.1
	N Missing		357	
Q15 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	1839	46.1
	Slightly	2	798	20.0
	Moderately	3	633	15.9
	Quite a bit	4	541	13.6
	Extremely	5	174	4.4
	N Missing		112	
Q16 How much bodily pain have you had during the past four weeks?	No bodily pain	1	564	14.0
	Very mild	2	775	19.2
	Mild	3	726	17.9
	Moderate	4	1301	32.2
	Severe	5	588	14.5
	Very severe	6	90	2.2
	N Missing		60	

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

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q17 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	1218	30.6
	A little bit	2	915	23.0
	Moderately	3	921	23.1
	Quite a bit	4	738	18.5
	Extremely	5	187	4.7
	N Missing			116
Q18a 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	108	2.8
	Most the time	2	790	20.2
	Good bit of time	3	767	19.6
	Some of time	4	1077	27.5
	Little of time	5	709	18.1
	None of time	6	465	11.9
	N Missing			182
Q18b 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	52	1.3
	Most the time	2	95	2.4
	Good bit of time	3	151	3.8
	Some of time	4	560	14.3
	Little of time	5	942	24.0
	None of time	6	2118	54.1
	N Missing			185
Q18c 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	16	0.4
	Most the time	2	41	1.0
	Good bit of time	3	117	3.0
	Some of time	4	391	9.9
	Little of time	5	670	17.0
	None of time	6	2707	68.7
	N Missing			156

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

<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q18d 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	440	11.2
	Most the time	2	1569	39.8
	Good bit of time	3	716	18.2
	Some of time	4	729	18.5
	Little of time	5	319	8.1
	None of time	6	166	4.2
	N Missing		168	
Q18e 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	92	2.4
	Most the time	2	494	12.7
	Good bit of time	3	664	17.1
	Some of time	4	997	25.6
	Little of time	5	855	22.0
	None of time	6	790	20.3
	N Missing		213	
Q18f 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	31	0.8
	Most the time	2	75	2.0
	Good bit of time	3	175	4.6
	Some of time	4	817	21.5
	Little of time	5	1273	33.6
	None of time	6	1421	37.5
	N Missing		316	
Q18g 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	96	2.5
	Most the time	2	241	6.4
	Good bit of time	3	408	10.8
	Some of time	4	1163	30.7
	Little of time	5	1187	31.3
	None of time	6	698	18.4
	N Missing		320	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q18h 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	783	19.7
	Most the time	2	1911	48.0
	Good bit of time	3	623	15.6
	Some of time	4	447	11.2
	Little of time	5	148	3.7
	None of time	6	73	1.8
	N Missing			123
Q18i 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	240	6.0
	Most the time	2	476	11.9
	Good bit of time	3	752	18.9
	Some of time	4	1600	40.1
	Little of time	5	770	19.3
	None of time	6	148	3.7
	N Missing			110
Q19 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	244	6.1
	Most the time	2	413	10.3
	Some of time	3	827	20.6
	Little of time	4	760	19.0
	None of time	5	1765	44.0
	N Missing			92
Q20a 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	43	1.1
	Mostly true	2	175	4.6
	Don't know	3	619	16.2
	Mostly false	4	761	19.9
	Definitely false	5	2224	58.2
	N Missing			268
Q20b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	1	827	21.3
	Mostly true	2	1597	41.1
	Don't know	3	727	18.7
	Mostly false	4	376	9.7
	Definitely false	5	354	9.1
	N Missing			215

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q20c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	1	414	10.8
	Mostly true	2	881	23.0
	Don't know	3	1663	43.4
	Mostly false	4	345	9.0
	Definitely false	5	530	13.8
	N Missing		265	
Q20d How true or false is each of the following statements for you? My health is excellent	Definitely true	1	380	10.0
	Mostly true	2	1740	45.6
	Don't know	3	375	9.8
	Mostly false	4	633	16.6
	Definitely false	5	687	18.0
	N Missing		283	
Q23a Do you have any of these sleeping problems? Waking up in the early hours of the morning	No	0	1892	46.9
	Yes	1	2141	53.1
	N Missing		60	
Q23b Do you have any of these sleeping problems? Lying awake for most of the night	No	0	3522	87.3
	Yes	1	512	12.7
	N Missing		60	
Q23c Do you have any of these sleeping problems? Taking a long time to get to sleep	No	0	2721	67.5
	Yes	1	1313	32.5
	N Missing		60	
Q23d Do you have any of these sleeping problems? Worry keeping you awake at night	No	0	3559	88.2
	Yes	1	474	11.8
	N Missing		60	
Q23e Do you have any of these sleeping problems? Sleeping badly at night	No	0	3085	76.5
	Yes	1	948	23.5
	N Missing		60	
Q23f Do you have any of these sleeping problems? Taking medications to help you sleep	No	0	3070	76.1
	Yes	1	964	23.9
	N Missing		60	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q23g Do you have any of these sleeping problems? None of these problems	No	0	3033	75.2
	Yes	1	1001	24.8
	N Missing		60	
Q24a Do you have: Difficulty seeing newspaper print, even with glasses?	No	0	3046	76.7
	Yes	1	926	23.3
	N Missing		129	
Q24b Do you have: Difficulty recognising people across the road, even with glasses?	No	0	3199	80.5
	Yes	1	773	19.5
	N Missing		129	
Q24c Do you have: Difficulty in hearing a conversation, even with a hearing aid?	No	0	2695	67.9
	Yes	1	1276	32.1
	N Missing		129	
Q24d Do you have: Difficulty speaking?	No	0	3822	96.2
	Yes	1	150	3.8
	N Missing		129	
Q24e Do you have: None of the above	No	0	1912	48.1
	Yes	1	2059	51.9
	N Missing		129	
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	1846	46.7
	Slightly	1	1232	31.2
	Moderately	2	598	15.1
	Greatly	3	278	7.0
	N Missing		147	
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	2037	52.1
	Slightly	1	1187	30.4
	Moderately	2	482	12.3
	Greatly	3	201	5.1
	N Missing		183	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	2133	54.7
	Slightly	1	1155	29.6
	Moderately	2	453	11.6
	Greatly	3	157	4.0
	N Missing		202	
Q26 How often do you experience urine leakage? (coding 0-4 in old 6)	Never	0	1297	33.0
	Less than once a month	1	543	13.8
	A few times a month	2	624	15.9
	A few times a week	3	682	17.3
	Every day and/or night	4	789	20.0
	N Missing		161	
Q27 How much urine do you lose each time? (coding 0-3 in old 6)	None	0	1204	30.7
	Drops	1	1389	35.4
	Small splashes	2	860	21.9
	More	3	471	12.0
	N Missing		171	
Q28a Please indicate how often you experience the following: Accidental leakage of solid stool	Never	0	3211	84.0
	Less than once per month	1	327	8.5
	More than a month, less than once per week	2	148	3.9
	More than a week, less than once per day	3	89	2.3
	Once or more per day	4	49	1.3
	N Missing		294	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q28b Please indicate how often you experience the following: Accidental leakage of liquid stool	Never	0	2791	74.7
	Less than once per month	1	576	15.4
	More than a month, less than once per week	2	185	4.9
	More than a week, less than once per day	3	118	3.2
	Once or more per day	4	67	1.8
	N Missing		377	
	Q28c Please indicate how often you experience the following: Accidental leakage of gas	Never	0	1431
Less than once per month		1	565	15.1
More than a month, less than once per week		2	463	12.4
More than a week, less than once per day		3	537	14.4
Once or more per day		4	734	19.7
N Missing			383	
Q28d Please indicate how often you experience the following: Do you wear a pad or undergarment?		Never	0	2126
	Less than once per month	1	212	5.4
	More than a month, less than once per week	2	159	4.1
	More than a week, less than once per day	3	232	5.9
	Once or more per day	4	1181	30.2
	N Missing		201	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q28e Please indicate how often you experience the following: Do you alter your lifestyle due to bowel leakage?	Never	0	3550	91.5
	Less than once per month	1	129	3.3
	More than a month, less than once per week	2	73	1.9
	More than a week, less than once per day	3	42	1.1
	Once or more per day	4	87	2.2
	N Missing			214
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	60	1.5
	Somewhat better now	2	46	1.2
	About the same	3	1353	33.8
	Somewhat worse now	4	1723	43.0
	Much worse now	5	824	20.6
	N Missing			89
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	132	3.3
	Somewhat better now	2	110	2.8
	About the same	3	1828	45.7
	Somewhat worse now	4	1266	31.7
	Much worse now	5	663	16.6
	N Missing			102
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	137	3.4
	Somewhat better now	2	99	2.5
	About the same	3	1955	48.8
	Somewhat worse now	4	1339	33.5
	Much worse now	5	474	11.8
	N Missing			97

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	91	2.3
	Somewhat better now	2	127	3.2
	About the same	3	1902	47.6
	Somewhat worse now	4	1411	35.3
	Much worse now	5	466	11.7
	N Missing		110	
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	97	2.4
	Somewhat better now	2	118	3.0
	About the same	3	2009	50.4
	Somewhat worse now	4	1337	33.6
	Much worse now	5	422	10.6
	N Missing		130	
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	34	0.8
	Somewhat better now	2	40	1.0
	About the same	3	1065	26.3
	Somewhat worse now	4	1902	47.0
	Much worse now	5	1009	24.9
	N Missing		47	
Q30a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	0	2544	63.6
	Yes	1	1458	36.4
	N Missing		95	
Q30b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	0	3022	75.5
	Yes	1	981	24.5
	N Missing		95	
Q30c In the last 12 months, have you: Been injured as a result of a fall?	No	0	3226	80.6
	Yes	1	777	19.4
	N Missing		95	
Q30d In the last 12 months, have you: Needed to seek medical attention (eg. Doctor, hospital) for an injury from a fall?	No	0	3268	81.6
	Yes	1	734	18.4
	N Missing		95	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q30e In the last 12 months, have you: Had any other injury from an accident at your home? (eg. burns, cuts, bruises)	No	0	3283	82.0
	Yes	1	719	18.0
	N Missing		95	
Q30f In the last 12 months, have you: None of these accidents	No	0	2196	54.9
	Yes	1	1806	45.1
	N Missing		95	
Q31a In the LAST THREE YEARS have you had: Broken bones?	No	0	3451	87.1
	Yes	1	513	12.9
	N Missing		132	
Q31b In the LAST THREE YEARS have you had: A bone density test?	No	0	2879	72.6
	Yes	1	1086	27.4
	N Missing		132	
Q31c In the LAST THREE YEARS have you had: Surgery for broken bones?	No	0	3748	94.5
	Yes	1	216	5.5
	N Missing		132	
Q31d In the LAST THREE YEARS have you had: None of the above	No	0	1385	34.9
	Yes	1	2579	65.1
	N Missing		132	
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	3024	74.6
	Yes	1	1029	25.4
	N Missing		52	
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 decline in health of spouse or partner	No	0	3422	84.4
	Yes	1	631	15.6
	N Missing		52	
Q32c 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	3641	89.8
	Yes	1	412	10.2
	N Missing		52	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q32d 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	3931	97.0
	Yes	1	122	3.0
	N Missing		52	
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	2972	73.3
	Yes	1	1081	26.7
	N Missing		52	
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	2555	63.0
	Yes	1	1498	37.0
	N Missing		52	
Q32g 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	3697	91.2
	Yes	1	356	8.8
	N Missing		52	
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. Moving house	No	0	3669	90.5
	Yes	1	384	9.5
	N Missing		52	
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. Being robbed	No	0	3948	97.4
	Yes	1	105	2.6
	N Missing		52	
Q32j 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	3795	93.6
	Yes	1	258	6.4
	N Missing		52	
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. Spouse/ partner moving into hostel/ institution.	No	0	3935	97.1
	Yes	1	118	2.9
	N Missing		52	
Q32l 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	4026	99.3
	Yes	1	27	0.7
	N Missing		52	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q32m In the last 3 years, have you experienced any of the following events? None of these events	No	0	2901	71.6
	Yes	1	1152	28.4
	N Missing		52	
Q33a 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		1.87	
	Std Error		0.05	
	N		3905	
	N Missing		150	
Q33b 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		0.31	
	Std Error		0.02	
	N		3898	
	N Missing		157	
Q33c 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. Old2-Old3: Vigorous leisure activity (that makes you breathe harder or puff and pant like aerobics, competitive sport, vigorous cycling, running, swimming) Old4 on: More vigorous lei	Mean		0.37	
	Std Error		0.02	
	N		3887	
	N Missing		168	
Q33d 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		1.27	
	Std Error		0.05	
	N		3903	
	N Missing		152	
Q34atotmin Total (mins) walking briskly	Mean		71.73	
	Std Error		3.57	
	N		3815	
	N Missing		240	
Q34btotmin Total (mins) moderate leisure	Mean		23.77	
	Std Error		2.09	
	N		3876	
	N Missing		179	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q34ctotmin Total (mins) vigorous leisure	Mean		14.38	
	Std Error		1.49	
	N		3830	
	N Missing		225	
Q34dtotmin Total (mins) vigorous chores	Mean		74.68	
	Std Error		3.47	
	N		3851	
	N Missing		204	
Q36 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	24	0.6
	1 serve	2	844	20.9
	2-3 serves	3	2056	51.0
	4 serves	4	806	20.0
	5 serves or more	5	300	7.4
	N Missing		66	
Q37 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	84	2.1
	1 serve	2	1384	34.2
	2-3 serves	3	2155	53.3
	4 serves	4	338	8.4
	5 serves or more	5	81	2.0
	N Missing		51	
Q38 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	154	3.8
	3-5 glasses	2	1893	46.9
	6-8 glasses	3	1775	44.0
	9 or more glasses	4	216	5.4
	N Missing		53	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q39 How often do you usually drink alcohol?	Never drink	1	1632	40.4
	Drink rarely	2	949	23.5
	<once a week	3	335	8.3
	1-2 days a week	4	275	6.8
	3-4 days a week	5	229	5.7
	5-6 days a week	6	185	4.6
	Every day	7	441	10.9
	N Missing		46	
Q40 On a day when you drink alcohol, how many drinks do you usually have?	Never drink alcohol	0	1881	48.0
	1-2 drinks per day	1	1945	49.7
	3-4 drinks per day	2	79	2.0
	5-8 drinks per day	3	4	0.1
	9+ drinks a day	4	6	0.2
	N Missing		172	
Q41 Which of the following best describes your smoking status now?	Never smoked	1	2871	71.3
	Used to smoke	2	1085	26.9
	Occasionally	3	30	0.7
	Regularly	4	42	1.1
	N Missing		69	
Q42a 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	3538	88.8
	Yes	1	446	11.2
	N Missing		107	
Q42b Which of the following groups have you sought advice or help from in the last six months? Nursing or community health services	No	0	3307	83.0
	Yes	1	677	17.0
	N Missing		107	
Q42c 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	3660	91.9
	Yes	1	325	8.1
	N Missing		107	
Q42d 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	2450	61.5
	Yes	1	1534	38.5
	N Missing		107	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q42e 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	2567	64.4
	Yes	1	1417	35.6
	N Missing		107	
Q42f 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	3928	98.6
	Yes	1	57	1.4
	N Missing		107	
Q42g Which of the following groups have you sought advice or help from in the last six months? Ambulance service	No	0	3342	83.9
	Yes	1	643	16.1
	N Missing		107	
Q42h 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	3860	96.9
	Yes	1	125	3.1
	N Missing		107	
Q42i Which of the following groups have you sought advice or help from in the last six months? None of these groups	No	0	2635	66.1
	Yes	1	1349	33.9
	N Missing		107	
Q43 If you were to consider your life in general these days, how happy or unhappy would you say you are on the whole? (Mark one only)	Extremely happy	1	215	5.3
	Very happy	2	1247	30.8
	Pretty happy	3	1847	45.6
	Unhappy sometimes	4	674	16.6
	Unhappy usually	5	69	1.7
	N Missing		50	
Q44 How do you manage on the income you have available?	Impossible	1	29	0.7
	Difficult always	2	117	2.9
	Difficult sometimes	3	426	10.5
	Not too bad	4	1972	48.6
	Easy	5	1515	37.3
	N Missing		44	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q45 What is your main (or most common) means of transport?	Car (you drive)	1	1280	35.6
	Car (someone else drives)	2	1469	40.8
	Taxi	3	350	9.7
	Bus	4	324	9.0
	Tram or train	5	60	1.7
	other	6	113	3.1
	N Missing		459	
Q46a Do you use any aids for getting around? Motorised scooter	No	0	3800	95.2
	Yes	1	190	4.8
	N Missing		109	
Q46b Do you use any aids for getting around? Wheelchair (motorised or not)	No	0	3830	96.0
	Yes	1	160	4.0
	N Missing		109	
Q46c Do you use any aids for getting around? Walking or wheeled frame	No	0	2843	71.3
	Yes	1	1147	28.7
	N Missing		109	
Q46d Do you use any aids for getting around? Walking or quad stick	No	0	2757	69.1
	Yes	1	1234	30.9
	N Missing		109	
Q46e Do you use any aids for getting around? I do not use any aids for getting around	No	0	2050	51.4
	Yes	1	1941	48.6
	N Missing		109	
Q47a Do you have a problem with transport? Getting to places at night	Yes	1	656	17.8
	No	2	1171	31.7
	Not Applicable	3	1869	50.6
	N Missing		412	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q47b Do you have a problem with transport? Getting to local shops and services	Yes	1	528	14.1
	No	2	2497	66.4
	Not Applicable	3	735	19.5
	N Missing		343	
Q47c Do you have a problem with transport? Getting beyond your local neighbourhood	Yes	1	812	21.7
	No	2	2021	54.0
	Not Applicable	3	911	24.3
	N Missing		369	
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	899	22.7
	No	2	3063	77.3
	N Missing		143	
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	3475	87.8
	Some difficulty	2	433	10.9
	Unable to do	3	49	1.2
	N Missing		154	
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	3316	84.5
	Some difficulty	2	563	14.3
	Unable to do	3	48	1.2
	N Missing		177	
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	3246	81.6
	Some difficulty	2	548	13.8
	Unable to do	3	182	4.6
	N Missing		134	
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	3406	86.4
	Some difficulty	2	451	11.4
	Unable to do	3	87	2.2
	N Missing		168	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	3361	85.5
	Some difficulty	2	475	12.1
	Unable to do	3	95	2.4
	N Missing		177	
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	2411	60.6
	Some difficulty	2	1515	38.1
	Unable to do	3	54	1.4
	N Missing		128	
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	3316	83.8
	Some difficulty	2	571	14.4
	Unable to do	3	69	1.8
	N Missing		163	
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	3551	90.0
	Some difficulty	2	347	8.8
	Unable to do	3	49	1.2
	N Missing		162	
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	2415	62.3
	Some difficulty	2	968	25.0
	Unable to do	3	495	12.8
	N Missing		232	
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	2783	70.4
	Some difficulty	2	848	21.5
	Unable to do	3	319	8.1
	N Missing		155	
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	833	21.2
	Some difficulty	2	1419	36.0
	Unable to do	3	1687	42.8
	N Missing		167	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	3363	84.4
	Some difficulty	2	379	9.5
	Unable to do	3	244	6.1
	N Missing		109	
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	2868	72.5
	Some difficulty	2	725	18.3
	Unable to do	3	362	9.2
	N Missing		148	
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	3610	90.2
	Some difficulty	2	236	5.9
	Unable to do	3	157	3.9
	N Missing		104	
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	3565	88.8
	Some difficulty	2	367	9.1
	Unable to do	3	82	2.0
	N Missing		92	
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	2653	67.0
	Some difficulty	2	926	23.4
	Unable to do	3	381	9.6
	N Missing		143	
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	268	6.7
	No	2	3706	93.3
	N Missing		120	
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	415	10.5
	No	2	3558	89.5
	N Missing		128	
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	471	11.8
	No	2	3514	88.2
	N Missing		113	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
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	356	9.0
	No	2	3605	91.0
	N Missing		138	
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	355	9.0
	No	2	3597	91.0
	N Missing		149	
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	702	17.8
	No	2	3245	82.2
	N Missing		149	
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	248	6.3
	No	2	3710	93.7
	N Missing		149	
Q50h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	1	166	4.2
	No	2	3793	95.8
	N Missing		139	
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	1379	35.1
	No	2	2553	64.9
	N Missing		177	
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	806	20.5
	No	2	3121	79.5
	N Missing		178	
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	2827	72.2
	No	2	1086	27.8
	N Missing		193	
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	595	15.0
	No	2	3379	85.0
	N Missing		127	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q50m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	1	817	20.8
	No	2	3109	79.2
	N Missing		175	
Q50n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	1	400	10.1
	No	2	3573	89.9
	N Missing		128	
Q50o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	1	338	8.5
	No	2	3650	91.5
	N Missing		110	
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	698	17.8
	No	2	3216	82.2
	N Missing		192	
Q51 Which of the following best describes your housing situation? Do you live in:	House	1	2198	54.9
	Flat/unit/apartment	2	880	22.0
	Mobile/caravan	3	17	0.4
	Retirement Village	4	625	15.6
	Nursing Home	5	141	3.5
	Hostel	6	112	2.8
	Other	7	34	0.8
	N Missing		95	
Q52a Who lives with you? No one, I live alone	No	0	1472	36.7
	Yes	1	2537	63.3
	N Missing		95	
Q52b Who lives with you? Spouse or partner (partner/spouse)	No	0	3174	79.2
	Yes	1	835	20.8
	N Missing		95	
Q52c Who lives with you? Own children	No	0	3646	91.0
	Yes	1	363	9.0
	N Missing		95	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q52d Who lives with you? Other family members	No	0	3819	95.3
	Yes	1	190	4.7
	N Missing		95	
Q52e Who lives with you? Non-family members	No	0	3829	95.5
	Yes	1	180	4.5
	N Missing		95	
Q53 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	41	1.0
	Every week	2	469	11.7
	Every month	3	398	10.0
	Less than once a month	4	196	4.9
	Not at all	5	2890	72.4
	N Missing		118	
Q54 Do you regularly provide (unpaid) care for grandchildren or other people's children?	Yes daily	1	28	0.7
	Yes weekly	2	37	0.9
	Yes occasionally	3	444	11.1
	Never	4	3480	87.2
	N Missing		118	
Q55a 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	3768	94.7
	Yes	1	211	5.3
	N Missing		128	
Q55b 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	3742	94.1
	Yes	1	236	5.9
	N Missing		128	
Q55c 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	441	11.1
	Yes	1	3538	88.9
	N Missing		128	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q56 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	342	8.5
	1	1	541	13.5
	2	2	721	18.0
	3	3	791	19.7
	4	4	557	13.9
	5	5	377	9.4
	6	6	268	6.7
	>7	7	416	10.4
	N Missing			87
Q57 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	126	3.1
	1	1	130	3.2
	2	2	263	6.5
	3	3	540	13.3
	4	4	663	16.4
	5	5	572	14.1
	6	6	460	11.3
	>7	7	1300	32.1
	N Missing			45
Q58 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	1552	39.2
	1	1	897	22.6
	2	2	785	19.8
	3	3	413	10.4
	4	4	176	4.5
	5	5	75	1.9
	6	6	28	0.7
	>7	7	36	0.9
	N Missing			140
Q59 Does it seem that your family and friends (ie people who are important to you) understand you?	Hardly ever	1	66	1.6
	Some of time	2	485	12.1
	Most of time	3	3450	86.2
	N Missing			93

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q60 Do you feel useful to your family and friends (people important to you)?	Hardly ever	1	378	9.5
	Some of time	2	1239	31.2
	Most of time	3	2349	59.2
	N Missing		126	
Q61 Do you know what is going on with your family and friends?	Hardly ever	1	127	3.2
	Some of time	2	859	21.5
	Most of time	3	3004	75.3
	N Missing		106	
Q62 When you are talking with your family and friends do you feel you are being listened to?	Hardly ever	1	72	1.8
	Some of time	2	659	16.5
	Most of time	3	3271	81.7
	N Missing		98	
Q63 Do you feel you have a definite role (place) in your family and among your friends?	Hardly ever	1	143	3.6
	Some of time	2	676	17.0
	Most of time	3	3168	79.5
	N Missing		107	
Q64 Can you talk about your deepest problems with at least some of your family and friends?	Hardly ever	1	317	7.9
	Some of time	2	873	21.9
	Most of time	3	2800	70.2
	N Missing		111	
Q65 How many people in your local area do you feel you can depend on or feel very close to (other than members of your family)?	None	1	453	11.2
	1-2 people	2	1767	43.8
	More than 2 people	3	1811	44.9
	N Missing		60	
Q66 How satisfied are you with the kinds of relationships you have with your family and friends?	Very dissatisfied	1	290	7.2
	Somewhat dissatisfied	2	260	6.5
	Satisfied	3	3466	86.3
	N Missing		77	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q67a How often have you experienced the following events? I was ignored or not taken seriously because of my age	Never	0	3099	78.1
	Once	1	350	8.8
	More than once	2	517	13.0
	N Missing		139	
Q67b How often have you experienced the following events? I was patronised or "talked down to" because of my age	Never	0	3073	77.8
	Once	1	376	9.5
	More than once	2	500	12.7
	N Missing		159	
Q67c How often have you experienced the following events? I was denied medical treatment because of my age	Never	0	3879	97.3
	Once	1	67	1.7
	More than once	2	42	1.1
	N Missing		116	
Q68a These questions are about getting on with other people: Are you sad or lonely often?	No	0	3497	87.6
	Yes	1	496	12.4
	N Missing		100	
Q68b These questions are about getting on with other people: Do you feel uncomfortable with anyone in your family?	No	0	3707	92.8
	Yes	1	287	7.2
	N Missing		100	
Q68c These questions are about getting on with other people: Do you feel that nobody wants you around?	No	0	3889	97.4
	Yes	1	105	2.6
	N Missing		100	
Q68d These questions are about getting on with other people: Has anyone close to you tried to hurt you or harm you recently?	No	0	3944	98.8
	Yes	1	50	1.2
	N Missing		100	
Q68e 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	3870	96.9
	Yes	1	123	3.1
	N Missing		100	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q68f These questions are about getting on with other people: Are you afraid of anyone in your family?	No	0	3958	99.1
	Yes	1	36	0.9
	N Missing		100	
Q68g These questions are about getting on with other people: None of the above	No	0	726	18.2
	Yes	1	3267	81.8
	N Missing		100	
Q69a In the past month, have you: Gone to the movies, theatre, concerts, lectures?	Yes	1	1543	38.5
	No	2	2462	61.5
	N Missing		97	
Q69b In the past month, have you: Gone to a sporting event?	Yes	1	322	8.2
	No	2	3586	91.8
	N Missing		189	
Q69c In the past month, have you: Played cards, bingo, pool, or some other game?	Yes	1	1545	39.0
	No	2	2416	61.0
	N Missing		137	
Q69d In the past month, have you: Eaten out at a restaurant?	Yes	1	2957	73.5
	No	2	1068	26.5
	N Missing		75	
Q69e In the past month, have you: Attended a religious service?	Yes	1	1527	38.4
	No	2	2452	61.6
	N Missing		117	
Q69f In the past month, have you: Attended a class or course?	Yes	1	637	16.1
	No	2	3316	83.9
	N Missing		146	
Q69g In the past month, have you: Used a computer / internet?	Yes	1	782	19.6
	No	2	3215	80.4
	N Missing		102	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q70a In the past month, what activities have you done? Have you: Taken care of houseplants or done any outdoor gardening?	Yes	1	3077	76.0
	No	2	971	24.0
	N Missing		51	
Q70b In the past month, what activities have you done? Have you: Worked on a hobby or handiwork, like sewing, knitting or woodworking?	Yes	1	1857	46.8
	No	2	2109	53.2
	N Missing		140	
Q70c In the past month, what activities have you done? Have you: Painted pictures?	Yes	1	179	4.7
	No	2	3644	95.3
	N Missing		291	
Q70d In the past month, what activities have you done? Have you: Played a musical instrument?	Yes	1	295	7.6
	No	2	3582	92.4
	N Missing		234	
Q70e In the past month, what activities have you done? Have you: Exercised with a group (eg yoga, walking, aqua-aerobics)?	Yes	1	852	21.8
	No	2	3061	78.2
	N Missing		196	
Q70f In the past month, what activities have you done? Have you: Written letters, read, done crosswords etc?	Yes	1	3479	86.3
	No	2	554	13.7
	N Missing		67	
Q70g In the past month, what activities have you done? Have you: Written poetry or undertaken other creative writing?	Yes	1	324	8.4
	No	2	3546	91.6
	N Missing		243	
Q70h In the past month, what activities have you done? Have you: Done any paid work?	Yes	1	39	1.0
	No	2	3958	99.0
	N Missing		99	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Q71 Did someone help you fill in this survey?	No	1	3262	82.9
	Yes, but I told them the answers	2	497	12.6
	Yes, but the helper answered using judgement	3	175	4.4
	N Missing		158	
ARIA+ Grouped into 5 categories	Major cities of Australia	1	2785	68.0
	Inner regional Australia	2	886	21.6
	Outer regional Australia	3	370	9.0
	Remote Australia	4	47	1.2
	Very Remote Australia	5	5	0.1
	N Missing		3	
PF - Physical Functioning Subscale	Mean		42.93	
	Std Error		0.45	
	N		3802	
	N Missing		253	
RP - Role Physical Scale	Mean		36.34	
	Std Error		0.64	
	N		3839	
	N Missing		216	
BP - Bodily Pain Subscale	Mean		56.72	
	Std Error		0.42	
	N		4021	
	N Missing		34	
GH - General Health Subscale	Mean		59.71	
	Std Error		0.34	
	N		3839	
	N Missing		216	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
VT - Vitality Index Scale	Mean		50.68	
	Std Error		0.33	
	N		3933	
	N Missing		122	
SF - Social Functioning Scale	Mean		71.65	
	Std Error		0.46	
	N		4023	
	N Missing		32	
RE - Role Emotional Scale	Mean		68.14	
	Std Error		0.65	
	N		3724	
	N Missing		331	
MH - Mental Health Subscale	Mean		77.68	
	Std Error		0.26	
	N		3903	
	N Missing		152	
MCSA - Mental health summary score - standardised to the Australian population for relevant age cohort	Mean		51.00	
	Std Error		0.16	
	N		3424	
	N Missing		631	
PCSWHA - Physical health summary score - standardised to the WHA population	Mean		43.23	
	Std Error		0.17	
	N		3424	
	N Missing		631	
MCSWHA - Mental health summary score - standardised to the WHA population	Mean		51.03	
	Std Error		0.17	
	N		3424	
	N Missing		631	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Age at time survey returned	Mean		87.14	
	Std Error		0.02	
	N		4055	
	N Missing		0	
What is your year of birth?	Mean		1923.62	
	Std Error		0.02	
	N		4055	
	N Missing		0	
Age widowed	Mean		83.28	
	Std Error		0.28	
	N		426	
	N Missing		3629	
DSSI score	Mean		30.86	
	Std Error		0.09	
	N		3951	
	N Missing		104	
DSSI social interaction	Mean		8.64	
	Std Error		0.03	
	N		3813	
	N Missing		242	
DSSI satisfaction with support	Mean		19.07	
	Std Error		0.04	
	N		3775	
	N Missing		280	
How much do you weigh without clothes or shoes?	Mean		62.14	
	Std Error		0.20	
	N		3544	
	N Missing		511	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
How tall are you without shoes?				
	Mean		158.57	
	Std Error		0.11	
	N		3526	
	N Missing		529	
Body Mass Index (BMI)				
	Mean		24.71	
	Std Error		0.08	
	N		3304	
	N Missing		751	
WHO BMI group category				
	Underweight, BMI < 18.5	1	238	7.0
	Healthy weight, 18.5 <= BMI < 25	2	1714	50.5
	Overweight, 25 <= BMI < 30	3	1021	30.1
	Obese, 30 <= BMI	4	422	12.4
	N Missing		751	
Marital status (marital)				
	Married	1	883	21.6
	De Facto	2	7	0.2
	Separated	3	22	0.6
	Divorced	4	166	4.1
	Widowed	5	2875	70.5
	Never married	6	126	3.1
	N Missing		16	
Exercise statistic				
	Mean		390.58	
	Std Error		15.02	
	N		3724	
	N Missing		331	
Exercise Status Grouped				
	Nil/sedentary	1	2149	57.2
	Low	2	848	22.6
	Moderate	3	369	9.8
	High	4	391	10.4
	N Missing		331	

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<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	1402	35.1
	Vic	2	1014	25.4
	Qld	3	621	15.6
	SA	4	408	10.2
	WA	5	352	8.8
	Tas	6	114	2.9
	NT	7	6	0.1
	ACT	8	73	1.8
	N Missing		102	
Proportion of Life events 0 to 1	Mean		0.11	
	Std Error		0.00	
	N		4003	
	N Missing		52	
Derived Activities of Daily Living, Grooming	No difficulty	0	3423	86.5
	Difficulty but no help required	1	265	6.7
	Help required	2	271	6.8
	N Missing		156	
Derived Activities of Daily Living, Eating	No difficulty	0	3253	82.9
	Difficulty but no help required	1	250	6.4
	Help required	2	420	10.7
	N Missing		188	
Derived Activities of Daily Living, Bathing or taking a shower	No difficulty	0	3212	81.1
	Difficulty but no help required	1	276	7.0
	Help required	2	475	12.0
	N Missing		146	
Derived Activities of Daily Living, Dressing your upper body	No difficulty	0	3370	85.6
	Difficulty but no help required	1	207	5.3
	Help required	2	362	9.2
	N Missing		179	

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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 lower body	No difficulty	0	3331	84.6
	Difficulty but no help required	1	249	6.3
	Help required	2	358	9.1
	N Missing		176	
Derived Activities of Daily Living, Getting up from a chair	No difficulty	0	2379	60.4
	Difficulty but no help required	1	851	21.6
	Help required	2	709	18.0
	N Missing		169	
Derived Activities of Daily Living, Walking inside the house	No difficulty	0	3283	83.2
	Difficulty but no help required	1	397	10.1
	Help required	2	264	6.7
	N Missing		178	
Derived Activities of Daily Living, Using the toilet	No difficulty	0	3518	89.3
	Difficulty but no help required	1	248	6.3
	Help required	2	172	4.4
	N Missing		170	
Derived Activities of Daily Living, Shopping	No difficulty	0	2224	57.0
	Difficulty but no help required	1	239	6.1
	Help required	2	1441	36.9
	N Missing		209	
Derived Activities of Daily Living, Doing light housework	No difficulty	0	2670	67.6
	Difficulty but no help required	1	413	10.5
	Help required	2	865	21.9
	N Missing		164	

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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 heavy housework	No difficulty	0	736	18.7
	Difficulty but no help required	1	246	6.3
	Help required	2	2956	75.1
	N Missing		167	
Derived Activities of Daily Living, Managing money	No difficulty	0	3244	81.2
	Difficulty but no help required	1	137	3.4
	Help required	2	616	15.4
	N Missing		104	
Derived Activities of Daily Living, Preparing meals	No difficulty	0	2776	70.3
	Difficulty but no help required	1	293	7.4
	Help required	2	879	22.3
	N Missing		154	
Derived Activities of Daily Living, Taking medications	No difficulty	0	3504	87.5
	Difficulty but no help required	1	84	2.1
	Help required	2	418	10.4
	N Missing		101	
Derived Activities of Daily Living, Using the telephone	No difficulty	0	3484	86.9
	Difficulty but no help required	1	176	4.4
	Help required	2	351	8.7
	N Missing		96	
Derived Activities of Daily Living, Doing leisure activities or hobbies	No difficulty	0	2565	65.1
	Difficulty but no help required	1	528	13.4
	Help required	2	850	21.6
	N Missing		165	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
Derived Summary of Activities of Daily Living, (Not the instrumented or extended items)	Mean		2.11	
	Std Error		0.06	
	N		3674	
	N Missing		381	
Derived Summary of Instrumental Activities of Daily Living,	Mean		4.73	
	Std Error		0.07	
	N		3587	
	N Missing		468	
Memory Assessment Clinic Q (MAC-Q) cognitive decline scale	Mean		25.70	
	Std Error		0.07	
	N		3942	
	N Missing		113	
Alcohol status- NHMRC (AlcNHMRC)	Low risk drinker	1	1355	33.7
	Non-drinker	2	1881	46.8
	Rarely drinks	3	720	17.9
	Risky drinker	4	59	1.5
	High risk drinker	5	7	0.2
	N Missing		68	
Smoking Status Short	Never smoked	1	2871	71.3
	Ex smoker	2	1085	26.9
	Smoke occasionally	3	30	0.7
	Smoke regularly	4	42	1.1
	N Missing		69	
PCS_ABS - Physical health summary score - standardised against the entire Australian adult population	Mean		33.27	
	Std Error		0.19	
	N		3424	
	N Missing		631	
MCS_ABS - Mental health summary score - standardised against the entire Australian adult population	Mean		52.04	
	Std Error		0.17	
	N		3424	
	N Missing		631	

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<i>Item Description</i>	<i>Categories</i>	<i>Values</i>	<i>Number</i>	<i>%</i>
PCS_US - Physical health summary score - standardised against the entire US adult population	Mean		33.70	
	Std Error		0.19	
	N		3424	
	N Missing		631	
MCS_US - Mental health summary score - standardised against the entire US adult population	Mean		53.19	
	Std Error		0.17	
	N		3424	
	N Missing		631	
SEIFA index of Education and Occupation	Mean		1009.14	
	Std Error		1.57	
	N		4012	
	N Missing		43	
SEIFA index Economic resources	Mean		996.35	
	Std Error		1.43	
	N		4012	
	N Missing		43	
SEIFA Index Socio-economic Disadvantage	Mean		1002.96	
	Std Error		1.38	
	N		4012	
	N Missing		43	
SEIFA Index Socio-economic Adv/Disadv	Mean		1004.01	
	Std Error		1.55	
	N		4012	
	N Missing		43	
Age at time of survey returned in years	Mean		86.71	
	Std Error		0.02	
	N		4055	
	N Missing		0	