

women's
health
AUSTRALIA

Australian Longitudinal Study
on Women's Health

Data book

For the nineteenth and twentieth six-month follow-up surveys of the 1921-26 cohort

Surveyed 2020-2022, when aged between 94-100 years

November 2022

Data book for waves 19 and 20 of the six-monthly survey of the 1921-1926 cohort (aged 94-100 years)

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Acknowledgements

The research on which this data book is based was conducted as part of the Australian Longitudinal Study on Women's Health by the University of Queensland and the University of Newcastle. We are grateful to the Australian Government Department of Health and Aged Care for funding and to the women who provided the survey data.

This document was prepared by David Fitzgerald, with help from the data management group of the Australian Longitudinal Study on Women's Health (ALSWH) at the Universities of Queensland and Newcastle.

Notes

This data book provides a summary of responses to the nineteenth and twentieth six-monthly follow-up surveys for the 1921-1926 ALSWH birth cohort. The surveys were returned between November 2020 and July 2022. There were 211 responses to the nineteenth survey and 135 to the twentieth survey.

This data book is ordered by the order of the questions on the paper questionnaire. The questionnaire number is given where appropriate. The derived variables do not have any questionnaire numbering.

The frequencies in this data book were weighted according to the area classification at baseline, which was to account for the deliberate over-sampling of women from rural and remote areas. The missing amounts were not weighted and nor were the number of non-missing values given for the non-categorical responses.

For information on the derived variables refer to the ALSWH website (<https://alswh.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

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Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q1 In general, would you say your health is:	Excellent	1	0.5		
	Very good	24	12.5	15	11.3
	Good	78	40.4	59	45.5
	Fair	72	37.1	47	36.2
	Poor	18	9.6	9	7.1
	Missing	2		1	
Q2 Compared to one year ago, how would you rate your health in general now	Much better	3	1.8		
	Somewhat better	5	2.8	3	2.1
	About the same	81	41.5	53	41.3
	Somewhat worse	89	45.3	64	49.6
	Much worse	17	8.6	9	7.0
	Missing	1			
Q3a The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Vigorous activities such as running, lifting heavy objects, participating in strenuous sports	Limited a lot	182	96.0	125	96.8
	Limited a little	7	3.5	4	3.2
	Not limited	1	0.5		
	Missing	6		1	
Q3b The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf	Limited a lot	115	62.2	84	66.9
	Limited a little	62	33.4	38	30.2
	Not limited	8	4.4	4	2.9
	Missing	11		5	
Q3c The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Lifting or carrying groceries	Limited a lot	98	52.0	70	55.6
	Limited a little	71	37.9	43	34.1
	Not limited	19	10.1	13	10.2
	Missing	8		5	
Q3d The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Climbing several flights of stairs	Limited a lot	153	78.9	92	74.5
	Limited a little	35	18.2	27	21.5
	Not limited	5	2.8	5	4.0
	Missing	5		9	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q3e The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Climbing one flight of stairs	Limited a lot	93	48.7	57	45.8
	Limited a little	64	33.6	39	31.4
	Not limited	34	17.7	28	22.8
	Missing	4		7	
Q3f The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Bending, kneeling or stooping	Limited a lot	79	40.6	56	44.5
	Limited a little	95	48.9	57	45.1
	Not limited	20	10.5	13	10.4
	Missing	5		5	
Q3g The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Walking more than one kilometre	Limited a lot	155	79.4	100	79.2
	Limited a little	25	12.6	17	13.1
	Not limited	16	8.0	10	7.7
	Missing	1		5	
Q3h The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Walking half a kilometre	Limited a lot	118	60.8	66	54.4
	Limited a little	44	22.6	38	31.3
	Not limited	32	16.6	17	14.3
	Missing	5		9	
Q3i The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Walking 100 metres	Limited a lot	55	28.6	29	22.5
	Limited a little	61	31.9	50	39.6
	Not limited	76	39.5	48	37.9
	Missing	5		5	
Q3j The following questions are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much? Bathing or dressing yourself	Limited a lot	35	17.8	13	10.1
	Limited a little	45	23.2	36	27.6
	Not limited	116	59.0	80	62.2
	Missing				
Q4a During the past four weeks, have you had any of the following problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical health? Cut down on the amount of time you spent on work or other activities	Yes	135	69.5	79	63.8
	No	59	30.5	45	36.2
	Missing	3		6	
Q4b During the past four weeks, have you had any of the following problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical health? Accomplished less than you would like	Yes	145	75.0	92	74.0
	No	48	25.0	32	26.0
	Missing	4		6	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q4c During the past four weeks, have you had any of the following problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical health? Were limited in the kind of work or other activities	Yes	151	77.7	93	76.2
	No	43	22.3	29	23.8
	Missing	4		7	
Q4d During the past four weeks, have you had any of the following problems with your work (including your work outside the home and housework) or other regular daily activities as a result of your physical health? Had difficulty performing the work or other activities (for example it took extra effort)	Yes	152	78.5	95	77.9
	No	42	21.5	27	22.1
	Missing	4		8	
Q5a During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Cut down on the amount of time you spent on work or other activities	Yes	70	36.4	38	31.3
	No	123	63.6	83	68.7
	Missing	6		9	
Q5b During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Accomplished less than you would like	Yes	94	48.9	60	48.7
	No	98	51.1	63	51.3
	Missing	6		7	
Q5c During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? Didn't do work or other activities as carefully as usual	Yes	66	34.3	43	34.8
	No	126	65.4	81	65.2
	Not Applicable	0	0.3		
	Missing	7		7	
Q6 During the past four weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbours or groups?	Not at all	81	41.2	46	36.5
	Slightly	39	20.0	26	21.1
	Moderately	28	14.5	16	12.7
	Quite a bit	34	17.2	28	22.4
	Extremely	14	7.1	9	7.3
	Missing	1		3	
Q7 How much bodily pain have you had during the past four weeks?	No bodily pain	28	14.5	17	13.3
	Very mild	32	16.4	14	11.2
	Mild	35	18.1	33	25.9
	Moderate	67	34.8	44	34.1
	Severe	25	13.0	19	14.7
	Very severe	6	3.2	1	0.8
	Missing	2		1	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q8 During the past four weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?	Not at all	54	28.4	29	22.7
	A little bit	45	23.8	37	28.8
	Moderately	42	22.0	27	20.7
	Quite a bit	35	18.6	29	22.8
	Extremely	14	7.2	6	5.0
	Missing	6		2	
Q9a For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Did you feel full of life?	All the time	2	1.2	0	0.4
	Most the time	38	19.9	23	18.4
	Good bit of time	25	13.4	23	18.2
	Some of time	40	21.1	24	19.0
	Little of time	46	24.6	31	24.0
	None of time	37	19.9	26	20.1
Q9b For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you been a very nervous person?	All the time	2	0.9	0	0.4
	Most the time	6	3.0		
	Good bit of time	0	0.3	3	2.6
	Some of time	26	14.0	21	17.4
	Little of time	43	23.1	22	18.1
	None of time	110	58.7	76	61.5
Q9c For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you felt so down in the dumps that nothing could cheer you up?	All the time	3	1.4	0	0.4
	Most the time	4	2.3		
	Good bit of time	5	2.7	3	2.1
	Some of time	19	9.9	20	15.8
	Little of time	39	20.5	25	19.2
	None of time	120	63.1	80	62.5
Q9d For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you felt calm and peaceful?	All the time	14	7.2	11	8.8
	Most the time	68	36.5	52	41.6
	Good bit of time	43	22.8	19	14.9
	Some of time	26	14.1	24	19.2
	Little of time	27	14.6	17	13.7
	None of time	9	4.8	2	1.8
	Missing	10		5	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q9e For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Did you have a lot of energy?	All the time	0	0.3	0	0.4
	Most the time	15	8.2	5	3.9
	Good bit of time	16	8.4	17	13.8
	Some of time	44	23.8	25	20.2
	Little of time	51	27.6	46	36.9
	None of time	59	31.8	31	24.9
	Missing	13		5	
Q9f For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you felt down?	All the time	2	1.2		
	Most the time	8	4.0	3	2.2
	Good bit of time	8	4.1	4	3.6
	Some of time	32	16.5	22	18.4
	Little of time	64	33.6	49	40.0
	None of time	78	40.7	44	35.7
	Missing	6		10	
Q9g For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Did you feel worn out?	All the time	4	2.0	1	1.2
	Most the time	25	12.9	13	10.6
	Good bit of time	22	11.3	14	11.8
	Some of time	53	27.7	35	29.2
	Little of time	63	33.0	38	31.4
	None of time	25	13.0	19	15.7
	Missing	4		10	
Q9h For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Have you been a happy person?	All the time	36	19.0	25	19.7
	Most the time	89	46.6	62	48.4
	Good bit of time	39	20.3	16	12.2
	Some of time	15	8.0	17	13.0
	Little of time	11	5.8	8	6.4
	None of time	0	0.3	0	0.4
	Missing	5		4	
Q9i For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past four weeks: Did you feel tired?	All the time	13	6.9	4	3.5
	Most the time	25	13.1	20	15.5
	Good bit of time	40	20.9	33	25.9
	Some of time	78	40.8	43	34.1
	Little of time	31	16.3	24	18.6
	None of time	4	1.9	3	2.5
	Missing	3		4	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q10 During the past four weeks, how much of the time have your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc)?	All the time	24	12.6	13	10.6
	Most the time	29	14.7	19	15.2
	Some of time	45	23.2	24	19.3
	Little of time	23	12.0	22	17.6
	None of time	73	37.5	47	37.3
	Missing	3		4	
Q11a How true or false is each of the following statements for you? I seem to get sick a little easier than other people	Definitely true	0	0.3	0	0.4
	Mostly true	2	1.2	1	0.8
	Don't know	32	17.4	16	13.3
	Mostly false	34	18.6	29	24.3
	Definitely false	113	62.5	74	61.2
	Missing	17		8	
Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	33	17.8	18	15.4
	Mostly true	57	31.0	49	41.1
	Don't know	49	26.9	39	32.1
	Mostly false	25	13.9	4	3.5
	Definitely false	19	10.4	10	8.0
	Missing	14		9	
Q11c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	30	16.3	17	14.4
	Mostly true	56	30.7	54	45.7
	Don't know	68	37.2	36	30.1
	Mostly false	15	8.0	5	4.0
	Definitely false	15	8.0	7	5.8
	Missing	13		11	
Q11d How true or false is each of the following statements for you? My health is excellent	Definitely true	13	7.1	4	3.5
	Mostly true	67	37.7	57	47.5
	Don't know	15	8.3	14	11.3
	Mostly false	54	30.0	28	23.3
	Definitely false	30	16.9	17	14.4
	Missing	18		10	
Q12a Do you have: Difficulty seeing newspaper print, even with glasses?	No	117	64.4	79	62.3
	Yes	65	35.6	48	37.7
	Missing	15		4	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q12b Do you have: Difficulty recognising people across the road, even with glasses?	No	120	65.9	82	65.3
	Yes	62	34.1	44	34.7
	Missing	15		4	
Q12c Do you have: Difficulty in hearing a conversation, even with a hearing aid?	No	98	53.8	62	48.9
	Yes	84	46.2	65	51.1
	Missing	15		4	
Q12d Do you have: Difficulty speaking?	No	176	96.8	118	93.2
	Yes	6	3.2	9	6.8
	Missing	15		4	
Q12e Do you have: None of the above	No	115	62.9	89	70.5
	Yes	68	37.1	37	29.5
	Missing	15		4	
Q13a In the last 12 months, have you had any of the following: Stiff or painful joints	Never	28	14.3	19	14.7
	Rarely	26	13.3	16	12.8
	Sometimes	67	34.2	45	35.7
	Often	75	38.3	47	36.8
	Missing	1		2	
Q13b Have you had any of the following problems in the last 12 months? Problems with one or both feet	Never	66	34.1	44	34.9
	Rarely	24	12.2	29	22.5
	Sometimes	63	32.7	37	29.1
	Often	40	20.9	17	13.5
	Missing	2		2	
Q13c In the last 12 months, have you had any of the following: Breathing difficulty	Never	86	44.1	59	46.4
	Rarely	47	24.2	24	18.9
	Sometimes	46	23.4	33	25.9
	Often	16	8.4	11	8.9
	Missing	2		1	
Q13d In the last 12 months, have you had any of the following: Leaking urine	Never	39	20.1	22	17.6
	Rarely	36	18.6	20	15.9
	Sometimes	63	32.5	44	34.5
	Often	56	28.7	41	32.0
	Missing	2		2	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q14a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	123	66.9	74	59.0
	Yes	61	33.1	51	41.0
	Missing	15		6	
Q14b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	129	70.1	97	77.4
	Yes	55	29.9	28	22.6
	Missing	15		6	
Q14c In the last 12 months, have you: Been injured as a result of a fall?	No	147	80.0	102	81.3
	Yes	37	20.0	23	18.7
	Missing	15		6	
Q14d In the last 12 months, have you: Needed to seek medical attention (e.g. Doctor, hospital) for an injury from a fall?	No	147	80.3	103	82.1
	Yes	36	19.7	22	17.9
	Missing	15		6	
Q14e In the last 12 months, have you: Had any other injury from an accident at your home? (e.g. burns, cuts, bruises)	No	141	76.7	99	78.9
	Yes	43	23.3	26	21.1
	Missing	15		6	
Q14f In the last 12 months, have you: None of these accidents	No	103	56.2	73	58.1
	Yes	80	43.8	53	41.9
	Missing	15		6	
Q15a Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term illness, disability or frailty? Yes, for someone who lives with me	No	180	94.7	118	93.7
	Yes	10	5.3	8	6.3
	Missing	9		4	
Q15b Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term illness, disability or frailty? Yes, for someone who lives elsewhere	No	190	99.7	126	100.0
	Yes	0	0.3		
	Missing	9		4	
Q15c Do you regularly provide care or assistance (e.g. personal care, transport) to any other person because of their long-term illness, disability or frailty? No, I do not provide care	No	11	5.6	8	6.3
	Yes	180	94.4	118	93.7
	Missing	9		4	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q16a How many times did you do each type of activity last week? Walking briskly (for recreation or exercise, or to get from place to place)	Mean	0.98		0.95	
	Std Error	0.17		0.21	
	N	192		123	
	N Missing	19		12	
Q16b How many times did you do each type of activity last week? Moderate leisure activity (like social tennis, moderate exercise classes, recreational swimming, dancing) or more vigorous leisure activity (that makes you breathe harder or puff or pant)	Mean	0.16		0.04	
	Std Error	0.07		0.03	
	N	194		122	
	N Missing	17		13	
Q16c How many times did you do each type of activity last week? Vigorous work in the house or garden (like vacuuming, mopping, cleaning windows, digging, mowing etc)	Mean	0.74		0.61	
	Std Error	0.23		0.18	
	N	194		122	
	N Missing	17		13	
Q17 What is your main (or most common) means of transport?	Car (you drive)	35	18.6	22	18.0
	Other	154	81.4	100	82.0
	Missing	8		7	
Q18 How do you manage on the income you have available?	Impossible	0	0.3	3	2.1
	Difficult always	1	0.8	1	0.8
	Difficult sometimes	13	6.6	7	5.4
	Not too bad	85	43.5	55	43.2
	Easy	95	48.9	62	48.5
	Missing	3		2	
Q19a Who lives with you? No-one, I live alone	No	62	35.2	40	32.9
	Yes	115	64.8	82	67.1
	Missing	22		10	
Q19b Who lives with you? Spouse or partner	No	164	92.2	110	90.3
	Yes	14	7.8	12	9.7
	Missing	22		10	
Q19c Who lives with you? Own children	No	151	85.2	106	87.1
	Yes	26	14.8	16	12.9
	Missing	22		10	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q19d Who lives with you? Other family members	No	175	98.6	118	96.6
	Yes	2	1.4	4	3.4
	Missing	22		10	
Q19e Who lives with you? Non-family members	No	156	87.9	111	90.5
	Yes	21	12.1	12	9.5
	Missing	22		10	
Q20 What is your present marital status?	Married	15	7.7	12	9.7
	Widowed	165	86.1	105	82.7
	Divorced	6	3.0	6	4.5
	Never Married	6	3.2	4	3.1
	Missing	4		2	
Q21 Do you regularly need help with daily tasks because of long-term illness, disability or frailty (e.g. personal care, getting around, preparing meals etc)?	Yes	87	44.9	61	48.7
	No	106	55.1	64	51.3
	Missing	4		5	
Q22a 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 (e.g. brushing hair, applying make-up)	No difficulty	153	78.3	100	80.4
	Some difficulty	31	15.6	18	14.8
	Unable to do	12	6.1	6	4.7
	Missing				
Q22b 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 (e.g. cutting meat, lifting glass or cup, opening milk carton)	No difficulty	149	76.2	88	71.0
	Some difficulty	45	23.0	33	26.4
	Unable to do	1	0.7	3	2.6
	Missing				
Q22c 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	122	62.2	82	64.4
	Some difficulty	54	27.8	40	31.2
	Unable to do	19	9.9	6	4.4
	Missing				
Q22d 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	140	72.9	98	78.5
	Some difficulty	42	21.8	21	16.8
	Unable to do	10	5.3	6	4.7
	Missing	3		5	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q22e 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	131	66.9	89	70.3
	Some difficulty	54	27.6	32	25.1
	Unable to do	11	5.4	6	4.7
	Missing	1		3	
Q22f 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	104	53.1	69	54.7
	Some difficulty	89	45.7	55	44.1
	Unable to do	2	1.2	1	1.2
	Missing				
Q22g 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	135	69.1	85	67.2
	Some difficulty	55	28.3	35	27.5
	Unable to do	5	2.6	7	5.3
	Missing				
Q22h 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	158	81.2	104	83.4
	Some difficulty	35	17.7	19	15.0
	Unable to do	2	1.0	2	1.6
	Missing	3		4	
Q22i 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	48	25.1	33	26.5
	Some difficulty	65	34.3	40	32.6
	Unable to do	77	40.6	51	40.9
	Missing	7		7	
Q22j 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 (e.g. cleaning, washing-up)	No difficulty	95	52.5	58	49.0
	Some difficulty	42	23.4	42	35.1
	Unable to do	44	24.2	19	15.9
	Missing	16		9	
Q22k 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 (e.g. vacuuming, yard work)	No difficulty	13	7.0	9	7.4
	Some difficulty	40	21.6	25	20.9
	Unable to do	131	71.4	86	71.6
	Missing	14		9	
Q22l 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 (e.g. writing cheques or keeping accounts)	No difficulty	145	74.9	87	68.7
	Some difficulty	24	12.6	26	20.5
	Unable to do	24	12.5	14	10.7
	Missing	2		4	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q22m 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	94	49.9	57	45.7
	Some difficulty	49	25.8	42	33.9
	Unable to do	46	24.3	26	20.4
	Missing	6		6	
Q22n 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	157	81.3	108	84.7
	Some difficulty	21	10.7	13	10.2
	Unable to do	16	8.1	6	5.0
	Missing	5		4	
Q22o 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	143	73.8	87	67.7
	Some difficulty	42	21.9	37	28.7
	Unable to do	8	4.3	5	3.6
	Missing	2		1	
Q22p 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	98	50.4	60	47.5
	Some difficulty	68	34.6	45	35.4
	Unable to do	29	15.0	22	17.1
	Missing	1		3	
Q23a In the last month have you needed help from another person to carry out any of these activities? Grooming (e.g. brushing hair, applying make-up)	Yes	25	12.7	16	12.3
	No	169	87.3	110	87.7
	Missing	2		5	
Q23b In the last month have you needed help from another person to carry out any of these activities? Eating (e.g. cutting meat, lifting glass or cup, opening milk carton)	Yes	30	15.5	27	21.1
	No	163	84.5	100	78.9
	Missing	2		4	
Q23c In the last month have you needed help from another person to carry out any of these activities? Bathing or taking a shower	Yes	51	26.0	26	20.4
	No	145	74.0	101	79.6
	Missing	1		3	
Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body	Yes	37	19.0	21	16.5
	No	156	81.0	105	83.5
	Missing	3		5	
Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body	Yes	43	22.5	21	16.8
	No	149	77.5	103	83.2
	Missing	4		8	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q23f In the last month have you needed help from another person to carry out any of these activities? Getting up from a chair	Yes	49	25.3	31	24.8
	No	144	74.7	93	75.2
	Missing	5		8	
Q23g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house	Yes	30	15.2	23	18.7
	No	165	84.8	102	81.3
	Missing	2		6	
Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	24	12.2	12	9.7
	No	171	87.8	112	90.3
	Missing	3		8	
Q23i 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	128	67.4	81	66.4
	No	62	32.6	41	33.6
	Missing	8		9	
Q23j In the last month have you needed help from another person to carry out any of these activities? Doing light housework (e.g. cleaning, washing-up)	Yes	74	39.6	41	34.0
	No	113	60.4	81	66.0
	Missing	9		8	
Q23k In the last month have you needed help from another person to carry out any of these activities? Doing heavy housework (e.g. vacuuming, yard work)	Yes	163	88.8	107	87.6
	No	20	11.2	15	12.4
	Missing	15		11	
Q23l In the last month have you needed help from another person to carry out any of these activities? Managing money (e.g. writing cheques or keeping accounts)	Yes	44	23.0	42	35.5
	No	147	77.0	77	64.5
	Missing	5		9	
Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	85	45.2	53	42.6
	No	103	54.8	71	57.4
	Missing	8		7	
Q23n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	36	18.8	17	14.0
	No	155	81.2	106	86.0
	Missing	5		8	
Q23o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	37	18.9	30	24.5
	No	157	81.1	93	75.5
	Missing	1		9	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q23p In the last month have you needed help from another person to carry out any of these activities? Doing leisure activities or hobbies	Yes	54	27.5	37	30.1
	No	142	72.5	87	69.9
	Missing				
Height (in cms)	Mean	155.00		155.68	
	Std Error	0.55		0.77	
	N	186		110	
	N Missing	25		25	
Weight (in kgs)	Mean	57.27		54.41	
	Std Error	0.84		1.03	
	N	185		110	
	N Missing	26		25	
BMI (Body Mass Index)	Mean	23.95		22.42	
	Std Error	0.39		0.44	
	N	171		98	
	N Missing	40		37	
BMI classification	Underweight, BMI < 18.5	17	10.1	19	19.5
	Healthy weight, 18.5 <= BMI < 25	88	54.0	51	53.6
	Overweight, 25 <= BMI < 30	41	25.3	21	21.5
	Obese, 30 <= BMI	17	10.5	5	5.4
	Missing	40		37	
Q26 Which of the following best describes your housing situation? Do you live in:	House	104	53.2	69	53.9
	Flat/unit/apartment	36	18.4	26	20.8
	Retirement Village	24	12.2	17	13.4
	Nursing Home	28	14.1	10	8.1
	Hostel	3	1.6	3	2.1
	Other	1	0.5	2	1.7
	Missing	2		2	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
Q28 Did someone help you fill in this survey?	No	148	76.0	101	78.9
	Yes, but I told them the answers	31	15.8	17	13.2
	Yes, but the helper answered using judgement	16	8.2	10	7.8
	Missing	1		2	
Age	Mean	96.80		97.16	
	Std Error	0.09		0.12	
	N	211		135	
	N Missing	0		0	
ARIA+ Grouped	Major cities of Australia	126	67.6	82	68.3
	Inner regional Australia	41	22.2	26	21.9
	Outer regional Australia	18	9.8	12	9.8
	Very Remote Australia	1	0.4		
	Missing	9		10	
Modified Monash Model	Metropolitan areas	125	67.0	82	68.3
	Regional centres	11	6.2	8	6.3
	Large rural towns	17	9.1	9	7.2
	Medium rural towns	7	3.5	6	5.1
	Small rural towns	26	13.8	16	13.1
	Very remote communities	1	0.4		
	Missing	9		10	
State of residence	NSW	58	30.6	40	32.7
	Vic	50	26.1	37	30.4
	Qld	31	15.9	16	13.3
	SA	22	11.4	5	4.0
	WA	17	9.0	11	9.1
	Tas	1	0.5	1	0.8
	ACT	12	6.5	12	9.7
	Missing	4		7	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
SF36 PAIN INDEX					
	Mean	55.58		54.07	
	Std Error	1.86		2.09	
	N	210		135	
	N Missing	1		0	
SF36 GENERAL HEALTH PERCEPTIONS					
	Mean	54.84		56.57	
	Std Error	1.36		1.61	
	N	197		126	
	N Missing	14		9	
SF36 MENTAL HEALTH INDEX					
	Mean	76.98		77.82	
	Std Error	1.17		1.36	
	N	208		132	
	N Missing	3		3	
SF36 PHYSICAL FUNCTIONING					
	Mean	30.61		31.46	
	Std Error	1.61		1.89	
	N	210		132	
	N Missing	1		3	
SF36 ROLE-EMOTIONAL					
	Mean	60.08		61.45	
	Std Error	2.91		3.77	
	N	205		128	
	N Missing	6		7	
SF36 ROLE-PHYSICAL					
	Mean	24.92		27.46	
	Std Error	2.42		3.31	
	N	208		129	
	N Missing	3		6	
SF36 SOCIAL FUNCTIONING					
	Mean	64.76		63.68	
	Std Error	2.16		2.77	
	N	210		133	
	N Missing	1		2	
SF36 VITALITY					
	Mean	45.09		45.42	
	Std Error	1.44		1.65	
	N	208		133	
	N Missing	3		2	

Data book for Six-Month Follow Up survey, 1921-26 cohort, Surveys 19 and 20, 2020 to 2022

<i>Item Description</i>	<i>Categories</i>	<i>Survey 19</i>	<i>%</i>	<i>Survey 20</i>	<i>%</i>
MENTAL COMPONENT SCALE-00 - AUST general					
	Mean	51.13		52.08	
	Std Error	0.75		0.96	
	N	192		114	
	N Missing	19		21	
MENTAL COMPONENT SCALE-00 - US General					
	Mean	52.34		53.24	
	Std Error	0.75		0.95	
	N	192		114	
	N Missing	19		21	
MENTAL COMPONENT SCALE-00 - WHA					
	Mean	50.34		51.26	
	Std Error	0.75		0.97	
	N	192		114	
	N Missing	19		21	
PHYSICAL COMPONENT SCALE-00 - AUST general					
	Mean	29.42		30.16	
	Std Error	0.67		0.84	
	N	192		114	
	N Missing	19		21	
PHYSICAL COMPONENT SCALE-00 - US General					
	Mean	29.93		30.73	
	Std Error	0.67		0.84	
	N	192		114	
	N Missing	19		21	
PHYSICAL COMPONENT SCALE-00 - WHA					
	Mean	40.06		40.67	
	Std Error	0.62		0.77	
	N	192		114	
	N Missing	19		21	