

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



the australian longitudinal
study on women's health

data book

*for the fifth and sixth six month follow-up surveys of
the 1921-26 cohort (2012-2015)*

december 2015

Data book for surveys 5 and 6 of the six month follow-up survey of the 1921-1926 cohort

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Notes

This data book provides a summary of responses to the fifth and sixth six monthly follow-up surveys for the 1921-1926 ALSWH birth cohort. The surveys were returned between 15th November 2013 and 27th October 2015. There were 2204 responses to the fifth survey and 1860 to the sixth survey.

This data book is ordered by the order of the questions on the paper questionnaire. The questionnaire number is given where appropriate. Some derived variables are given in place of the questionnaire item or immediately after it. The derived variables do not have any questionnaire numbering.

The frequencies in this data book were weighted according to the area classification 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 non-missing values given for the continuous responses.

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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Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
Q1 In general, would you say your health is:					
	Excellent	39	1.8	41	2.2
	Very good	347	15.6	295	15.9
	Good	933	42.1	760	40.8
	Fair	750	33.8	644	34.6
	Poor	148	6.7	120	6.5
	Missing	12		12	
Q2 Compared to one year ago, how would you rate your health in general now					
	Much better	45	2.0	26	1.4
	Somewhat better	76	3.4	75	4.0
	About the same	1245	56.0	1018	54.8
	Somewhat worse	754	33.9	641	34.5
	Much worse	104	4.7	96	5.2
	Missing	6		15	
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	1779	83.8	1502	83.5
	Limited a little	246	11.6	215	12.0
	Not limited	97	4.6	81	4.5
	Missing	101		71	
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	1147	53.9	1004	55.9
	Limited a little	687	32.3	547	30.4
	Not limited	294	13.8	246	13.7
	Missing	105		75	
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	816	38.3	688	38.3
	Limited a little	911	42.8	767	42.7
	Not limited	405	19.0	341	19.0
	Missing	97		79	
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	1324	63.6	1127	63.1
	Limited a little	545	26.2	481	27.0
	Not limited	212	10.2	177	9.9
	Missing	140		95	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</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	736	34.7	616	34.9
	Limited a little	824	38.9	675	38.2
	Not limited	559	26.4	475	26.9
	Missing	108		100	
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	891	41.7	737	40.9
	Limited a little	937	43.8	809	44.8
	Not limited	312	14.6	258	14.3
	Missing	88		58	
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	1350	63.6	1150	64.8
	Limited a little	510	24.0	395	22.3
	Not limited	262	12.3	229	12.9
	Missing	107		91	
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	990	47.0	858	48.8
	Limited a little	570	27.1	439	25.0
	Not limited	545	25.9	461	26.2
	Missing	125		110	
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	469	22.3	366	20.7
	Limited a little	742	35.3	649	36.7
	Not limited	891	42.4	754	42.6
	Missing	126		98	
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	213	9.7	158	8.6
	Limited a little	505	23.0	456	24.9
	Not limited	1473	67.3	1221	66.6
	Missing	38		34	
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	1319	61.2	1127	61.9
	No	838	38.8	694	38.1
	Missing	66		47	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
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	1595	74.7	1326	73.1
	No	540	25.3	488	26.9
	Missing	82		51	
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	1500	70.3	1286	71.5
	No	632	29.7	513	28.5
	Missing	90		64	
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	1521	71.2	1283	70.7
	No	616	28.8	532	29.3
	Missing	81		54	
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	715	33.3	614	33.9
	No	1434	66.7	1196	66.1
	Missing	71		58	
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	991	46.6	818	45.4
	No	1137	53.4	984	54.6
	Missing	89		64	
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	756	35.5	609	33.8
	No	1376	64.5	1195	66.2
	Missing	84		63	
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	868	39.5	742	40.2
	Slightly	442	20.1	360	19.6
	Moderately	400	18.2	332	18.0
	Quite a bit	369	16.8	305	16.6
	Extremely	121	5.5	104	5.6
	Missing	28		29	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
Q7 How much bodily pain have you had during the past four weeks?					
	No bodily pain	323	14.6	240	13.0
	Very mild	371	16.8	320	17.2
	Mild	385	17.4	312	16.8
	Moderate	760	34.4	666	35.9
	Severe	314	14.2	276	14.9
	Very severe	57	2.6	40	2.2
	Missing	19		21	
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	650	29.7	546	29.8
	A little bit	492	22.5	366	20.0
	Moderately	507	23.2	481	26.2
	Quite a bit	429	19.6	346	18.9
	Extremely	111	5.1	94	5.1
	Missing	32		36	
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	46	2.1	49	2.7
	Most the time	417	19.4	360	19.8
	Good bit of time	437	20.3	362	19.9
	Some of time	563	26.1	449	24.7
	Little of time	395	18.3	336	18.4
	None of time	297	13.8	265	14.5
	Missing	68		49	
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	15	0.7	12	0.7
	Most the time	37	1.7	44	2.4
	Good bit of time	75	3.5	46	2.5
	Some of time	301	13.9	241	13.1
	Little of time	515	23.8	421	23.0
	None of time	1218	56.4	1069	58.3
	Missing	63		38	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
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	15	0.7	7	0.4
	Most the time	19	0.9	19	1.0
	Good bit of time	61	2.8	41	2.2
	Some of time	238	11.0	185	10.1
	Little of time	374	17.2	318	17.4
	None of time	1465	67.5	1259	68.9
	Missing	50		37	
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	244	11.3	216	11.9
	Most the time	843	39.1	700	38.6
	Good bit of time	391	18.1	320	17.6
	Some of time	368	17.1	326	18.0
	Little of time	223	10.4	172	9.5
	None of time	85	4.0	82	4.5
	Missing	64		46	
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	42	1.9	27	1.5
	Most the time	209	9.7	217	12.0
	Good bit of time	357	16.6	274	15.1
	Some of time	517	24.1	488	26.9
	Little of time	511	23.8	401	22.1
	None of time	514	23.9	404	22.3
	Missing	73		52	
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	30	1.4	17	1.0
	Most the time	51	2.4	38	2.1
	Good bit of time	94	4.5	81	4.5
	Some of time	462	21.8	352	19.5
	Little of time	679	32.1	623	34.6
	None of time	801	37.8	689	38.3
	Missing	103		60	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
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	78	3.7	57	3.2
	Most the time	152	7.3	105	5.9
	Good bit of time	231	11.0	165	9.4
	Some of time	601	28.7	472	26.7
	Little of time	700	33.4	631	35.7
	None of time	333	15.9	335	19.0
	Missing	128		104	
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	414	19.0	346	18.9
	Most the time	1023	46.9	832	45.4
	Good bit of time	342	15.7	278	15.1
	Some of time	270	12.4	257	14.0
	Little of time	81	3.7	83	4.5
	None of time	51	2.3	38	2.1
	Missing	46		34	
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	156	7.1	102	5.5
	Most the time	276	12.6	208	11.3
	Good bit of time	392	17.9	342	18.5
	Some of time	877	40.1	743	40.2
	Little of time	397	18.2	390	21.1
	None of time	89	4.1	62	3.3
	Missing	38		22	
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	160	7.4	144	7.9
	Most the time	251	11.6	212	11.6
	Some of time	465	21.5	404	22.1
	Little of time	396	18.3	335	18.3
	None of time	897	41.3	736	40.2
	Missing	67		39	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
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	35	1.6	19	1.0
	Mostly true	59	2.8	57	3.2
	Don't know	346	16.3	279	15.4
	Mostly false	484	22.8	397	21.9
	Definitely false	1201	56.5	1056	58.4
	Missing	91		57	
Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	450	20.8	433	23.7
	Mostly true	838	38.8	692	37.9
	Don't know	441	20.4	346	19.0
	Mostly false	215	9.9	178	9.8
	Definitely false	215	10.0	174	9.6
	Missing	67		49	
Q11c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	248	11.6	239	13.2
	Mostly true	520	24.3	439	24.4
	Don't know	874	40.9	736	40.8
	Mostly false	230	10.8	169	9.4
	Definitely false	267	12.5	221	12.2
	Missing	80		63	
Q11d How true or false is each of the following statements for you? My health is excellent	Definitely true	193	9.0	196	10.8
	Mostly true	913	42.5	780	43.1
	Don't know	216	10.1	159	8.8
	Mostly false	407	18.9	331	18.3
	Definitely false	418	19.5	343	19.0
	Missing	74		59	
Q12a Do you have: Difficulty seeing newspaper print, even with glasses?	No	1558	71.5	1320	72.1
	Yes	622	28.5	511	27.9
	Missing	47		43	
Q12b Do you have: Difficulty recognising people across the road, even with glasses?	No	1611	73.9	1379	75.3
	Yes	568	26.1	452	24.7
	Missing	47		43	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
Q12c Do you have: Difficulty in hearing a conversation, even with a hearing aid?	No	1389	63.8	1140	62.3
	Yes	790	36.2	691	37.7
	Missing	47		43	
Q12d Do you have: Difficulty speaking?	No	2061	94.6	1748	95.5
	Yes	118	5.4	82	4.5
	Missing	47		43	
Q12e Do you have: None of the above	No	1160	53.2	998	54.5
	Yes	1020	46.8	833	45.5
	Missing	47		43	
Q13a In the last 12 months, have you had any of the following: Stiff or painful joints	Never	269	12.4	201	10.9
	Rarely	271	12.5	269	14.6
	Sometimes	820	37.7	673	36.6
	Often	816	37.5	696	37.9
	Missing	45		29	
Q13b Have you had any of the following problems in the last 12 months? Problems with one or both feet	Never	713	32.7	570	30.9
	Rarely	402	18.4	362	19.6
	Sometimes	562	25.8	537	29.1
	Often	504	23.1	379	20.5
	Missing	44		22	
Q13c In the last 12 months, have you had any of the following: Breathing difficulty	Never	1047	47.6	859	46.4
	Rarely	462	21.0	377	20.3
	Sometimes	477	21.7	435	23.5
	Often	214	9.7	182	9.8
	Missing	25		15	
Q13d In the last 12 months, have you had any of the following: Leaking urine	Never	651	29.5	502	26.9
	Rarely	458	20.8	418	22.4
	Sometimes	653	29.6	546	29.3
	Often	445	20.2	397	21.3
	Missing	19		7	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
Q14a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	1458	67.1	1259	68.7
	Yes	713	32.9	574	31.3
	Missing	51		37	
Q14b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	1648	75.9	1410	76.9
	Yes	523	24.1	423	23.1
	Missing	51		37	
Q14c In the last 12 months, have you: Been injured as a result of a fall?	No	1748	80.5	1511	82.5
	Yes	423	19.5	322	17.5
	Missing	51		37	
Q14d In the last 12 months, have you: Needed to seek medical attention (e.g. Doctor, hospital) for an injury from a fall?	No	1768	81.4	1511	82.5
	Yes	404	18.6	321	17.5
	Missing	51		37	
Q14e In the last 12 months, have you: Had any other injury from an accident at your home? (e.g. burns, cuts, bruises)	No	1850	85.2	1597	87.2
	Yes	322	14.8	235	12.8
	Missing	51		37	
Q14f In the last 12 months, have you: None of these accidents	No	1103	50.8	872	47.6
	Yes	1069	49.2	960	52.4
	Missing	51		37	
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	2040	94.3	1717	94.2
	Yes	124	5.7	107	5.8
	Missing	68		50	
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	2069	95.6	1735	95.1
	Yes	96	4.4	89	4.9
	Missing	68		50	
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	214	9.9	197	10.8
	Yes	1950	90.1	1626	89.2
	Missing	68		50	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
Q16a How many times did you do each type of activity last week? briskly (for recreation or exercise, or to get from place to place)	Walking				
	Mean	1.60		1.58	
	Std Error	0.07		0.09	
	N	2007		1715	
	N Missing	197		145	
Q16b How many times did you do each type of activity last week? 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)	Moderate				
	Mean	0.42		0.44	
	Std Error	0.03		0.06	
	N	2018		1721	
	N Missing	186		139	
Q16c How many times did you do each type of activity last week? work in the house or garden (like vacuuming, mopping, cleaning windows, digging, mowing etc)	Vigorous				
	Mean	1.12		1.08	
	Std Error	0.06		0.08	
	N	2003		1724	
	N Missing	201		136	
Q17 What is your main (or most common) means of transport?	Car (you drive)	757	35.5	636	35.0
	Other	1377	64.5	1181	65.0
	Missing	77		55	
Q18 How do you manage on the income you have available?	Impossible	31	1.4	9	0.5
	Difficult always	38	1.7	37	2.0
	Difficult sometimes	192	8.7	125	6.7
	Not too bad	1016	46.0	915	49.2
	Easy	932	42.2	772	41.6
	Missing	18		14	
Q19a Who lives with you? No-one, I live alone	No	767	35.5	624	34.2
	Yes	1390	64.5	1202	65.8
	Missing	65		51	
Q19b Who lives with you? Spouse or partner (partner/spouse)	No	1825	84.6	1571	86.0
	Yes	332	15.4	255	14.0
	Missing	65		51	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
Q19c Who lives with you? Own children	No	1946	90.2	1631	89.4
	Yes	211	9.8	194	10.6
	Missing	65		51	
Q19d Who lives with you? Other family members	No	2057	95.3	1763	96.5
	Yes	100	4.7	63	3.5
	Missing	65		51	
Q19e Who lives with you? Non-family members	No	2006	93.0	1684	92.2
	Yes	151	7.0	142	7.8
	Missing	65		51	
Q20 What is your present marital status?	Married	358	16.2	277	14.9
	De facto	1	0.1	1	0.1
	Widowed	1686	76.5	1445	77.7
	Separated	6	0.3	5	0.3
	Divorced	89	4.0	70	3.8
	Never Married	65	2.9	61	3.3
	Missing	18		9	
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	645	30.9	542	30.6
	No	1444	69.1	1226	69.4
	Missing	137		113	
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	1852	84.7	1553	84.5
	Some difficulty	293	13.4	259	14.1
	Unable to do	42	1.9	26	1.4
	Missing	41		32	
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	1764	81.2	1508	82.1
	Some difficulty	377	17.3	301	16.4
	Unable to do	32	1.5	26	1.4
	Missing	52		35	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
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	1700	77.5	1410	76.5
	Some difficulty	371	16.9	346	18.7
	Unable to do	122	5.5	88	4.8
	Missing	34		27	
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	1838	84.0	1523	83.1
	Some difficulty	283	12.9	258	14.1
	Unable to do	66	3.0	52	2.8
	Missing	42		36	
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	1797	82.2	1507	81.9
	Some difficulty	318	14.6	277	15.0
	Unable to do	71	3.3	56	3.0
	Missing	38		33	
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	1190	54.4	1019	55.2
	Some difficulty	963	44.0	795	43.1
	Unable to do	35	1.6	32	1.7
	Missing	37		29	
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	1683	76.8	1419	77.1
	Some difficulty	456	20.8	380	20.7
	Unable to do	52	2.4	41	2.2
	Missing	35		32	
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	1901	86.7	1599	86.8
	Some difficulty	255	11.6	221	12.0
	Unable to do	37	1.7	23	1.3
	Missing	34		28	
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	1065	50.0	898	50.5
	Some difficulty	631	29.6	514	28.9
	Unable to do	436	20.4	367	20.6
	Missing	100		88	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
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	1384	64.1	1135	62.8
	Some difficulty	505	23.4	449	24.8
	Unable to do	270	12.5	224	12.4
	Missing	66		61	
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	343	16.0	272	15.2
	Some difficulty	664	31.1	567	31.7
	Unable to do	1130	52.9	951	53.1
	Missing	93		84	
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	1779	81.8	1489	81.2
	Some difficulty	208	9.6	203	11.0
	Unable to do	189	8.7	143	7.8
	Missing	49		39	
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	1398	64.7	1157	63.5
	Some difficulty	489	22.6	439	24.1
	Unable to do	273	12.7	226	12.4
	Missing	64		51	
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	1954	89.3	1614	87.5
	Some difficulty	129	5.9	146	7.9
	Unable to do	105	4.8	84	4.5
	Missing	40		30	
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	1884	85.9	1570	84.8
	Some difficulty	249	11.3	228	12.3
	Unable to do	61	2.8	54	2.9
	Missing	31		20	
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	1303	60.1	1109	60.1
	Some difficulty	631	29.1	543	29.4
	Unable to do	234	10.8	193	10.5
	Missing	56		26	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
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	177	8.1	122	6.6
	No	2012	91.9	1724	93.4
	Missing	33		25	
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	253	11.6	209	11.5
	No	1922	88.4	1614	88.5
	Missing	48		45	
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	323	14.8	280	15.2
	No	1864	85.2	1565	84.8
	Missing	39		26	
Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body	Yes	231	10.5	194	10.5
	No	1959	89.5	1647	89.5
	Missing	36		31	
Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body	Yes	241	11.1	207	11.2
	No	1943	88.9	1638	88.8
	Missing	37		26	
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	458	20.9	390	21.1
	No	1727	79.1	1456	78.9
	Missing	38		28	
Q23g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house	Yes	194	8.8	180	9.8
	No	1994	91.2	1656	90.2
	Missing	35		35	
Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	117	5.3	116	6.3
	No	2073	94.7	1726	93.7
	Missing	31		25	
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	967	44.7	813	45.0
	No	1198	55.3	992	55.0
	Missing	64		65	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
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	558	26.1	435	24.2
	No	1583	73.9	1364	75.8
	Missing	78		70	
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	1628	76.8	1406	78.5
	No	492	23.2	386	21.5
	Missing	107		81	
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	398	18.2	326	17.9
	No	1781	81.8	1500	82.1
	Missing	46		46	
Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	600	28.0	517	28.5
	No	1545	72.0	1293	71.5
	Missing	78		59	
Q23n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	273	12.5	244	13.3
	No	1915	87.5	1592	86.7
	Missing	36		35	
Q23o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	256	11.7	232	12.6
	No	1929	88.3	1617	87.4
	Missing	36		24	
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	535	25.1	445	24.5
	No	1597	74.9	1373	75.5
	Missing	89		46	
Height (in cms)	Mean	157.74		157.72	
	Std Error	0.17		0.18	
	N	1984		1669	
	N Missing	220		191	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
Weight (in kgs)	Mean	60.82		60.88	
	Std Error	0.26		0.28	
	N	1960		1680	
	N Missing	244		180	
BMI (Body Mass Index)	Mean	24.51		24.53	
	Std Error	0.11		0.12	
	N	1857		1579	
	N Missing	347		281	
BMI classification	Underweight, BMI < 18.5	130	7.0	98	6.2
	Healthy weight, 18.5 <= BMI < 25	1007	54.0	831	52.8
	Overweight, 25 <= BMI < 30	517	27.7	475	30.2
	Obese, 30 <= BMI	212	11.3	171	10.8
	Missing	347		281	
Q26 Which of the following best describes your housing situation? Do you live in:	House	1129	52.3	928	51.0
	Flat/unit/apartment	442	20.5	373	20.5
	Mobile home/caravan	12	0.6	10	0.5
	Retirement Village	365	16.9	337	18.5
	Nursing Home	125	5.8	99	5.5
	Hostel	69	3.2	54	3.0
	Other	16	0.8	19	1.0
	Missing	67		55	
	ARIA+ Grouped	Major cities of Australia	1470	68.5	1241
Inner regional Australia		481	22.4	408	22.5
Outer regional Australia		171	8.0	146	8.0
Remote Australia		19	0.9	19	1.0
Very Remote Australia		4	0.2	2	0.1
Missing		82		59	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
State of residence					
	NSW	746	34.3	631	34.4
	Vic	549	25.3	450	24.5
	Qld	346	16.0	299	16.3
	SA	231	10.6	203	11.1
	WA	193	8.9	170	9.3
	Tas	67	3.1	52	2.8
	NT	2	0.1	1	0.0
	ACT	36	1.7	27	1.5
	Missing	53		37	
Q28 Did someone help you fill in this survey?					
	No	1812	83.9	1537	84.5
	Yes, but I told them the answers	233	10.8	194	10.7
	Yes, but the helper answered using judgement	116	5.4	89	4.9
	Missing	66		51	
Age					
	Mean	89.89		90.34	
	Std Error	0.03		0.03	
	N	2204		1860	
	N Missing	0		0	
Completion Method, Paper or Phone					
	Paper	2148	96.4	1807	96.5
	Phone	81	3.6	65	3.5
SF36 PAIN INDEX					
	Mean	55.83		55.06	
	Std Error	0.57		0.61	
	N	2193		1848	
	N Missing	11		12	
SF36 GENERAL HEALTH PERCEPTIONS					
	Mean	58.36		58.83	
	Std Error	0.44		0.49	
	N	2151		1819	
	N Missing	53		41	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	Survey 5	%	Survey 6	%
SF36 MENTAL HEALTH INDEX	Mean	77.49		77.86	
	Std Error	0.36		0.38	
	N	2165		1833	
	N Missing	39		27	
SF36 PHYSICAL FUNCTIONING	Mean	39.36		39.01	
	Std Error	0.58		0.62	
	N	2147		1822	
	N Missing	57		38	
SF36 ROLE-EMOTIONAL	Mean	61.49		62.30	
	Std Error	0.92		1.00	
	N	2121		1801	
	N Missing	83		59	
SF36 ROLE-PHYSICAL	Mean	30.69		30.86	
	Std Error	0.83		0.91	
	N	2131		1816	
	N Missing	73		44	
SF36 SOCIAL FUNCTIONING	Mean	68.05		68.03	
	Std Error	0.64		0.70	
	N	2190		1851	
	N Missing	14		9	
SF36 VITALITY	Mean	48.95		50.40	
	Std Error	0.45		0.49	
	N	2174		1837	
	N Missing	30		23	
MENTAL COMPONENT SCALE-00 - AUST general	Mean	51.28		51.71	
	Std Error	0.24		0.26	
	N	2017		1725	
	N Missing	187		135	

Data book for Six Month Follow-Up survey, 1921-26 cohort, Surveys 5 and 6, 2011 to 2015

<i>Item Description</i>	<i>Categories</i>	<i>Survey 5</i>	<i>%</i>	<i>Survey 6</i>	<i>%</i>
MENTAL COMPONENT SCALE-00 - US General					
	Mean	52.36		52.71	
	Std Error	0.23		0.25	
	N	2017		1725	
	N Missing	187		135	
MENTAL COMPONENT SCALE-00 - WHA					
	Mean	50.23		50.54	
	Std Error	0.23		0.25	
	N	2017		1725	
	N Missing	187		135	
PHYSICAL COMPONENT SCALE-00 - AUST general					
	Mean	31.96		31.96	
	Std Error	0.23		0.25	
	N	2017		1725	
	N Missing	187		135	
PHYSICAL COMPONENT SCALE-00 - US General					
	Mean	32.49		32.56	
	Std Error	0.23		0.25	
	N	2017		1725	
	N Missing	187		135	
PHYSICAL COMPONENT SCALE-00 - WHA					
	Mean	42.28		42.38	
	Std Error	0.21		0.22	
	N	2017		1725	
	N Missing	187		135	