

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



the australian longitudinal
study on women's health

d a t a b o o k

*for the third and fourth six month follow-up surveys of
the 1921-26 cohort (2011-2014)*

december 2014

Data book for survey 3 and 4 of the six monthly survey of the 1921-1926 cohort

This work is copyright. Permission to use or reproduce material in this book for the purpose of free distribution is not required, provided that proper acknowledgement of the source is given. For other uses, apart from any permitted use under the Copyright Act 1968, no part may be reproduced by any process without written permission from the Director, Australian Longitudinal Study on Women's Health, University of Queensland.

Acknowledgements

This study is funded by a grant from the Australian Government Department of Health. This document was prepared by Carl Holder and 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. The research team would like to thank all participants who contributed to the project.

Notes

This data book provides a summary of responses to the third and fourth six monthly follow-up surveys for the 1921-1926 ALSWH birth cohort. The surveys were returned between November 2012 and November 2014. There were 2920 responses to the third survey and 2488 to the fourth 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:

Australian Longitudinal Study on Women's Health

www.alsw.org.au

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

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

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey</i>		<i>Survey</i>	
		<i>3</i>	<i>%</i>	<i>4</i>	<i>%</i>
Q1 In general, would you say your health is:					
	Excellent	66	2.2	57	2.3
	Very good	425	14.5	403	16.2
	Good	1217	41.6	1061	42.6
	Fair	1021	34.9	807	32.4
	Poor	194	6.6	165	6.6
	Missing	20		17	
Q2 Compared to one year ago, how would you rate your health in general now					
	Much better	60	2.1	48	1.9
	Somewhat better	146	5.0	121	4.8
	About the same	1561	53.5	1383	55.4
	Somewhat worse	1007	34.5	830	33.3
	Much worse	145	5.0	113	4.5
	Missing	20		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	2264	82.1	1948	81.9
	Limited a little	365	13.2	304	12.8
	Not limited	129	4.7	126	5.3
	Missing	179		128	
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	1456	52.3	1255	52.4
	Limited a little	951	34.2	815	34.0
	Not limited	374	13.5	326	13.6
	Missing	151		125	
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	1057	37.6	853	35.1
	Limited a little	1179	41.9	1082	44.6
	Not limited	577	20.5	493	20.3
	Missing	127		86	
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	1663	60.5	1452	60.8
	Limited a little	806	29.3	702	29.4
	Not limited	282	10.2	235	9.8
	Missing	194		139	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</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	877	31.7	734	30.6
	Limited a little	1092	39.4	978	40.7
	Not limited	800	28.9	689	28.7
	Missing	168		119	
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	1114	39.4	957	39.3
	Limited a little	1254	44.4	1051	43.2
	Not limited	457	16.2	426	17.5
	Missing	117		75	
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	1725	61.9	1510	63.0
	Limited a little	686	24.6	566	23.6
	Not limited	373	13.4	321	13.4
	Missing	163		129	
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	1220	44.7	1036	43.9
	Limited a little	762	27.9	670	28.4
	Not limited	750	27.5	656	27.8
	Missing	213		161	
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	584	21.2	461	19.5
	Limited a little	922	33.4	847	35.8
	Not limited	1250	45.4	1060	44.8
	Missing	186		138	
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	264	9.1	205	8.3
	Limited a little	621	21.5	564	22.8
	Not limited	2006	69.4	1706	68.9
	Missing	46		35	
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	1728	60.1	1428	58.6
	No	1148	39.9	1009	41.4
	Missing	75		72	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</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	2089	73.0	1698	70.4
	No	773	27.0	712	29.6
	Missing	84		94	
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	1997	70.2	1631	68.1
	No	849	29.8	763	31.9
	Missing	105		111	
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	2030	70.9	1671	69.2
	No	833	29.1	744	30.8
	Missing	86		92	
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	960	33.6	764	31.4
	No	1901	66.4	1673	68.6
	Missing	87		73	
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	1293	45.6	1043	43.0
	No	1544	54.4	1381	57.0
	Missing	109		90	
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	989	34.8	795	32.9
	No	1851	65.2	1623	67.1
	Missing	109		92	
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	1176	40.6	1044	42.1
	Slightly	553	19.1	515	20.8
	Moderately	521	18.0	410	16.5
	Quite a bit	489	16.9	383	15.5
	Extremely	156	5.4	126	5.1
	Missing	45		28	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey</i>		<i>Survey</i>	
		<i>3</i>	<i>%</i>	<i>4</i>	<i>%</i>
Q7 How much bodily pain have you had during the past four weeks?	No bodily pain	405	13.9	362	14.6
	Very mild	507	17.4	420	16.9
	Mild	470	16.1	432	17.3
	Moderate	1009	34.6	870	35.0
	Severe	450	15.4	352	14.1
	Very severe	74	2.5	53	2.1
	Missing	30		18	
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	853	29.5	757	30.5
	A little bit	655	22.6	568	22.9
	Moderately	636	22.0	555	22.4
	Quite a bit	590	20.4	458	18.5
	Extremely	160	5.5	140	5.7
	Missing	50		29	
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	76	2.7	90	3.7
	Most the time	587	20.5	514	20.9
	Good bit of time	538	18.8	463	18.8
	Some of time	770	26.9	691	28.1
	Little of time	542	18.9	390	15.9
	None of time	349	12.2	312	12.7
	Missing	85		53	
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	47	1.6	38	1.6
	Most the time	60	2.1	43	1.7
	Good bit of time	100	3.5	82	3.4
	Some of time	442	15.5	332	13.6
	Little of time	644	22.6	576	23.6
	None of time	1558	54.6	1375	56.2
	Missing	98		61	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey</i>		<i>Survey</i>	
		<i>3</i>	<i>%</i>	<i>4</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	27	0.9	24	1.0
	Most the time	34	1.2	21	0.9
	Good bit of time	77	2.7	58	2.3
	Some of time	314	10.9	240	9.7
	Little of time	523	18.1	441	17.8
	None of time	1910	66.2	1693	68.4
	Missing	62		32	
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	333	11.6	302	12.2
	Most the time	1111	38.8	969	39.2
	Good bit of time	491	17.2	414	16.7
	Some of time	530	18.5	464	18.8
	Little of time	297	10.4	230	9.3
	None of time	99	3.5	94	3.8
	Missing	84		40	
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	56	2.0	52	2.1
	Most the time	349	12.2	280	11.4
	Good bit of time	410	14.3	403	16.4
	Some of time	784	27.4	659	26.9
	Little of time	660	23.0	557	22.7
	None of time	607	21.2	501	20.4
	Missing	81		57	
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	36	1.3	28	1.1
	Most the time	74	2.6	54	2.2
	Good bit of time	127	4.5	81	3.4
	Some of time	585	20.7	490	20.2
	Little of time	966	34.1	797	32.9
	None of time	1042	36.8	972	40.1
	Missing	121		86	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</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	96	3.5	76	3.2
	Most the time	213	7.7	138	5.8
	Good bit of time	290	10.5	232	9.8
	Some of time	801	29.1	679	28.7
	Little of time	914	33.2	812	34.3
	None of time	441	16.0	430	18.2
	Missing	189		141	
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	566	19.7	454	18.4
	Most the time	1341	46.6	1196	48.4
	Good bit of time	453	15.7	350	14.2
	Some of time	341	11.9	302	12.2
	Little of time	124	4.3	120	4.8
	None of time	54	1.9	50	2.0
	Missing	62		42	
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	196	6.8	131	5.3
	Most the time	317	11.0	273	11.0
	Good bit of time	549	19.0	440	17.8
	Some of time	1149	39.8	1023	41.4
	Little of time	571	19.8	501	20.2
	None of time	103	3.6	106	4.3
	Missing	54		31	
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	202	7.1	180	7.3
	Most the time	296	10.3	239	9.7
	Some of time	626	21.9	505	20.4
	Little of time	504	17.6	465	18.8
	None of time	1230	43.1	1085	43.8
	Missing	87		37	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
			<i>%</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	29	1.0	27	1.1
	Mostly true	124	4.4	81	3.3
	Don't know	468	16.7	402	16.5
	Mostly false	601	21.4	538	22.1
	Definitely false	1591	56.6	1390	57.0
	Missing	121		72	
Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	616	21.7	535	21.9
	Mostly true	1115	39.3	971	39.7
	Don't know	545	19.2	475	19.4
	Mostly false	312	11.0	250	10.2
	Definitely false	250	8.8	213	8.7
	Missing	97		65	
Q11c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	346	12.1	278	11.5
	Mostly true	669	23.4	620	25.5
	Don't know	1175	41.2	964	39.7
	Mostly false	271	9.5	219	9.0
	Definitely false	393	13.8	344	14.2
	Missing	94		78	
Q11d How true or false is each of the following statements for you? My health is excellent	Definitely true	273	9.6	220	9.1
	Mostly true	1246	43.7	1128	46.5
	Don't know	249	8.7	198	8.2
	Mostly false	511	17.9	443	18.3
	Definitely false	575	20.1	436	18.0
	Missing	98		81	
Q12a Do you have: Difficulty seeing newspaper print, even with glasses?	No	2044	71.8	1767	72.3
	Yes	802	28.2	678	27.7
	Missing	88		69	
Q12b Do you have: Difficulty recognising people across the road, even with glasses?	No	2185	76.8	1847	75.5
	Yes	661	23.2	598	24.5
	Missing	88		69	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey</i>		<i>Survey</i>	
		<i>3</i>	<i>%</i>	<i>4</i>	<i>%</i>
Q12c Do you have: Difficulty in hearing a conversation, even with a hearing aid?	No	1860	65.3	1589	65.0
	Yes	987	34.7	856	35.0
	Missing	88		69	
Q12d Do you have: Difficulty speaking?	No	2697	94.7	2333	95.4
	Yes	150	5.3	112	4.6
	Missing	88		69	
Q12e Do you have: None of the above	No	1482	52.0	1260	51.5
	Yes	1365	48.0	1185	48.5
	Missing	88		69	
Q13a In the last 12 months, have you had any of the following: Stiff or painful joints	Never	362	12.5	287	11.6
	Rarely	363	12.5	333	13.4
	Sometimes	1062	36.6	906	36.5
	Often	1116	38.5	954	38.5
	Missing	39		31	
Q13b Have you had any of the following problems in the last 12 months? Problems with one or both feet	Never	873	30.2	845	34.1
	Rarely	514	17.8	437	17.6
	Sometimes	787	27.2	638	25.7
	Often	717	24.8	560	22.6
	Missing	49		32	
Q13c In the last 12 months, have you had any of the following: Breathing difficulty	Never	1339	46.0	1174	47.1
	Rarely	608	20.9	533	21.4
	Sometimes	684	23.5	550	22.1
	Often	281	9.7	233	9.4
	Missing	27		20	
Q13d In the last 12 months, have you had any of the following: Leaking urine	Never	864	29.7	720	28.9
	Rarely	610	20.9	546	21.9
	Sometimes	875	30.0	730	29.2
	Often	565	19.4	500	20.0
	Missing	24		14	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>
Q14a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	1938	67.5	1621	66.0
	Yes	932	32.5	834	34.0
	Missing	65		53	
Q14b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	2161	75.3	1871	76.2
	Yes	708	24.7	584	23.8
	Missing	65		53	
Q14c In the last 12 months, have you: Been injured as a result of a fall?	No	2318	80.8	2043	83.2
	Yes	551	19.2	412	16.8
	Missing	65		53	
Q14d In the last 12 months, have you: Needed to seek medical attention (e.g. Doctor, hospital) for an injury from a fall?	No	2337	81.5	2036	82.9
	Yes	532	18.5	420	17.1
	Missing	65		53	
Q14e In the last 12 months, have you: Had any other injury from an accident at your home? (e.g. burns, cuts, bruises)	No	2399	83.6	2104	85.7
	Yes	471	16.4	352	14.3
	Missing	65		53	
Q14f In the last 12 months, have you: None of these accidents	No	1445	50.4	1230	50.1
	Yes	1424	49.6	1225	49.9
	Missing	65		53	
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	2633	92.9	2253	93.0
	Yes	201	7.1	170	7.0
	Missing	100		85	
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	2658	93.8	2284	94.3
	Yes	177	6.2	139	5.7
	Missing	100		85	
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	373	13.2	302	12.5
	Yes	2462	86.8	2120	87.5
	Missing	100		85	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>N</i>	<i>%</i>	<i>N</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		1.67		1.73
	Std Error		0.07		0.07
	N	2666		2268	
	N Missing	254		220	
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		0.44		0.43
	Std Error		0.03		0.03
	N	2678		2277	
	N Missing	242		211	
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		1.35		1.17
	Std Error		0.06		0.06
	N	2673		2272	
	N Missing	247		216	
Q17 What is your main (or most common) means of transport?	Car (you drive)	1010	35.6	901	37.2
	Other	1829	64.4	1522	62.8
	Missing	94		79	
Q18 How do you manage on the income you have available?	Impossible	26	0.9	21	0.8
	Difficult always	75	2.6	66	2.7
	Difficult sometimes	248	8.5	213	8.6
	Not too bad	1449	49.9	1125	45.2
	Easy	1105	38.1	1062	42.7
	Missing	35		23	
Q19a Who lives with you? No-one, I live alone	No	1057	37.1	874	35.9
	Yes	1792	62.9	1561	64.1
	Missing	93		72	
Q19b Who lives with you? Spouse or partner (partner/spouse)	No	2366	83.1	2035	83.5
	Yes	482	16.9	401	16.5
	Missing	93		72	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>
Q19c Who lives with you? Own children	No	2556	89.7	2187	89.8
	Yes	293	10.3	248	10.2
	Missing	93		72	
Q19d Who lives with you? Other family members	No	2722	95.6	2321	95.3
	Yes	126	4.4	114	4.7
	Missing	93		72	
Q19e Who lives with you? Non-family members	No	2634	92.5	2265	93.0
	Yes	214	7.5	170	7.0
	Missing	93		72	
Q20 What is your present marital status?	Married	531	18.2	428	17.1
	De facto	2	0.1	2	0.1
	Widowed	2184	74.6	1881	75.2
	Separated	12	0.4	10	0.4
	Divorced	102	3.5	96	3.8
	Never Married	94	3.2	84	3.4
	Missing	15		10	
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	861	30.9	722	30.0
	No	1931	69.1	1681	70.0
	Missing	142		111	
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	2438	84.3	2093	84.6
	Some difficulty	395	13.7	331	13.4
	Unable to do	60	2.1	49	2.0
	Missing	46		34	
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	2351	81.2	2050	83.0
	Some difficulty	502	17.4	393	15.9
	Unable to do	41	1.4	26	1.1
	Missing	52		39	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</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	2219	76.4	1944	78.6
	Some difficulty	517	17.8	408	16.5
	Unable to do	167	5.7	121	4.9
	Missing	35		33	
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	2389	82.4	2080	83.8
	Some difficulty	411	14.2	321	12.9
	Unable to do	101	3.5	80	3.2
	Missing	41		29	
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	2345	80.9	2027	81.7
	Some difficulty	445	15.4	371	15.0
	Unable to do	108	3.7	83	3.4
	Missing	41		29	
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	1602	55.2	1354	54.5
	Some difficulty	1247	42.9	1081	43.5
	Unable to do	55	1.9	47	1.9
	Missing	34		26	
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	2235	77.3	1915	77.2
	Some difficulty	587	20.3	510	20.6
	Unable to do	69	2.4	54	2.2
	Missing	51		37	
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	2503	86.5	2161	87.5
	Some difficulty	338	11.7	275	11.1
	Unable to do	52	1.8	35	1.4
	Missing	43		38	
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	1433	51.0	1289	53.2
	Some difficulty	817	29.1	654	27.0
	Unable to do	560	19.9	478	19.7
	Missing	133		102	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</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	1854	64.8	1628	66.4
	Some difficulty	658	23.0	537	21.9
	Unable to do	350	12.2	285	11.6
	Missing	89		70	
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	497	17.7	408	17.0
	Some difficulty	928	33.1	809	33.7
	Unable to do	1381	49.2	1182	49.3
	Missing	133		101	
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	2365	82.1	2036	82.0
	Some difficulty	250	8.7	260	10.5
	Unable to do	266	9.2	186	7.5
	Missing	51		30	
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	1930	66.9	1661	67.7
	Some difficulty	578	20.0	478	19.5
	Unable to do	379	13.1	313	12.8
	Missing	56		58	
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	2569	88.3	2214	89.0
	Some difficulty	192	6.6	169	6.8
	Unable to do	149	5.1	106	4.3
	Missing	36		29	
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	2527	86.4	2175	87.1
	Some difficulty	320	10.9	263	10.5
	Unable to do	76	2.6	61	2.4
	Missing	21		16	
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	1797	62.0	1568	63.4
	Some difficulty	806	27.8	642	26.0
	Unable to do	293	10.1	263	10.6
	Missing	45		39	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</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	221	7.6	183	7.4
	No	2678	92.4	2295	92.6
	Missing	40		31	
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	319	11.1	257	10.4
	No	2556	88.9	2201	89.6
	Missing	61		48	
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	418	14.5	354	14.3
	No	2472	85.5	2115	85.7
	Missing	50		36	
Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body	Yes	323	11.2	269	10.9
	No	2570	88.8	2203	89.1
	Missing	48		34	
Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body	Yes	327	11.3	286	11.6
	No	2573	88.7	2187	88.4
	Missing	43		37	
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	593	20.5	485	19.6
	No	2294	79.5	1993	80.4
	Missing	49		34	
Q23g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house	Yes	250	8.6	211	8.5
	No	2641	91.4	2266	91.5
	Missing	54		35	
Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	166	5.7	137	5.5
	No	2732	94.3	2341	94.5
	Missing	44		33	
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	1226	43.2	1023	41.8
	No	1615	56.8	1424	58.2
	Missing	99		60	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey</i>		<i>Survey</i>	
		<i>3</i>	<i>%</i>	<i>4</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	636	22.3	544	22.3
	No	2208	77.7	1890	77.7
	Missing	103		71	
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	2151	76.7	1836	76.5
	No	654	23.3	565	23.5
	Missing	135		97	
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	540	18.8	406	16.4
	No	2329	81.2	2063	83.6
	Missing	68		36	
Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	719	25.2	652	26.8
	No	2136	74.8	1782	73.2
	Missing	85		71	
Q23n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	381	13.2	296	11.9
	No	2505	86.8	2181	88.1
	Missing	58		33	
Q23o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	341	11.8	267	10.7
	No	2554	88.2	2217	89.3
	Missing	48		26	
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	706	24.9	568	23.4
	No	2133	75.1	1861	76.6
	Missing	104		79	
Height (in cms)	Mean	158.23		158.19	
	Std Error	0.13		0.15	
	N	2694		2022	
	N Missing	226		466	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>N</i>	<i>%</i>	<i>N</i>	<i>%</i>
Weight (in kgs)	Mean	61.63		61.63	
	Std Error	0.23		0.26	
	N	2509		1874	
	N Missing	411		614	
BMI (Body Mass Index)	Mean	24.67		24.66	
	Std Error	0.09		0.10	
	N	2445		1846	
	N Missing	475		642	
BMI classification	Underweight, BMI < 18.5	143	5.8	98	5.2
	Healthy weight, 18.5 <= BMI < 25	1286	52.1	995	53.3
	Overweight, 25 <= BMI < 30	737	29.9	555	29.8
	Obese, 30 <= BMI	302	12.2	218	11.7
	Missing	475		642	
Q26 Which of the following best describes your housing situation? Do you live in:	House	1509	52.7	1287	52.9
	Flat/unit/apartment	598	20.9	506	20.8
	Mobile home/caravan	9	0.3	7	0.3
	Retirement Village	482	16.8	411	16.9
	Nursing Home	162	5.7	127	5.2
	Hostel	87	3.0	75	3.1
	Other	18	0.6	21	0.9
	Missing	77		74	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	<i>Survey 3</i>		<i>Survey 4</i>	
		<i>n</i>	<i>%</i>	<i>n</i>	<i>%</i>
ARIA+ Grouped	Major cities of Australia	1944	68.3	1646	68.3
	Inner regional Australia	630	22.1	538	22.3
	Outer regional Australia	242	8.5	202	8.4
	Remote Australia	25	0.9	21	0.9
	Very Remote Australia	5	0.2	4	0.2
	Missing	85		94	
	State of residence				
	NSW	1012	35.2	851	34.9
	Vic	741	25.7	628	25.8
	Qld	459	15.9	381	15.6
	SA	291	10.1	256	10.5
	WA	240	8.3	209	8.6
	Tas	83	2.9	74	3.0
	NT	3	0.1	3	0.1
	ACT	49	1.7	38	1.5
	Missing	48		63	
Q28 Did someone help you fill in this survey?	No	2358	82.6	2017	83.3
	Yes, but I told them the answers	316	11.1	280	11.5
	Yes, but the helper answered using judgement	182	6.4	124	5.1
	Missing	79		83	
	Age				
	Mean	88.85		89.37	
	Std Error	0.03		0.03	
	N	2920		2488	
	N Missing	0		0	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	Survey 3	%	Survey 4	%
SF36 PAIN INDEX					
	Mean	55.22		56.11	
	Std Error	0.50		0.54	
	N	2902		2478	
	N Missing	18		10	
SF36 GENERAL HEALTH PERCEPTIONS					
	Mean	58.34		59.23	
	Std Error	0.40		0.42	
	N	2848		2434	
	N Missing	72		54	
SF36 MENTAL HEALTH INDEX					
	Mean	77.10		77.76	
	Std Error	0.33		0.34	
	N	2869		2463	
	N Missing	51		25	
SF36 PHYSICAL FUNCTIONING					
	Mean	40.92		41.15	
	Std Error	0.50		0.53	
	N	2838		2429	
	N Missing	82		59	
SF36 ROLE-EMOTIONAL					
	Mean	61.96		64.18	
	Std Error	0.80		0.85	
	N	2820		2402	
	N Missing	100		86	
SF36 ROLE-PHYSICAL					
	Mean	31.58		33.53	
	Std Error	0.73		0.80	
	N	2848		2406	
	N Missing	72		82	
SF36 SOCIAL FUNCTIONING					
	Mean	68.91		70.18	
	Std Error	0.56		0.60	
	N	2904		2478	
	N Missing	16		10	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 3 and 4, 2013 to 2014

<i>Item Description</i>	<i>Categories</i>	Survey 3	%	Survey 4	%
SF36 VITALITY	Mean	49.78		51.09	
	Std Error	0.39		0.42	
	N	2878		2466	
	N Missing	42		22	
MENTAL COMPONENT SCALE-00 - AUST general	Mean	51.19		51.92	
	Std Error	0.21		0.22	
	N	2687		2292	
	N Missing	233		196	
MENTAL COMPONENT SCALE-00 - US General	Mean	52.25		52.97	
	Std Error	0.21		0.22	
	N	2687		2292	
	N Missing	233		196	
MENTAL COMPONENT SCALE-00 - WHA	Mean	50.07		50.76	
	Std Error	0.21		0.22	
	N	2687		2292	
	N Missing	233		196	
PHYSICAL COMPONENT SCALE-00 - AUST general	Mean	32.43		32.78	
	Std Error	0.21		0.22	
	N	2687		2292	
	N Missing	233		196	
PHYSICAL COMPONENT SCALE-00 - US General	Mean	32.93		33.31	
	Std Error	0.20		0.22	
	N	2687		2292	
	N Missing	233		196	
PHYSICAL COMPONENT SCALE-00 - WHA	Mean	42.69		42.99	
	Std Error	0.18		0.20	
	N	2687		2292	
	N Missing	233		196	