

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

the australian longitudinal
study on women's health

data book

*for the six month follow-up surveys of
the 1921-26 cohort (surveys 1-8, 2011-2016)*

november 2016

Data book for surveys 7 and 8 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 seventh and eight six monthly follow-up surveys for the 1921-1926 ALSWH birth cohort. The surveys were returned between 18th July 2014 and 3rd May 2016. There were 1602 responses to the seventh survey and 1255 to the eighth survey.

This data book was ordered by the order of the questions on the paper questionnaire. The questionnaire number was given where appropriate. Some derived variables were given in place of the questionnaire item or immediately after it. The derived variables did 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 neither 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 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
Q1 In general, would you say your health is:					
	Excellent	44	2.7	29	2.4
	Very good	211	13.2	174	14.0
	Good	692	43.2	532	42.7
	Fair	550	34.3	441	35.4
	Poor	106	6.6	69	5.5
	N Missing	12		16	
Q2 Compared to one year ago, how would you rate your health in general now					
	Much better	14	0.9	21	1.7
	Somewhat better	61	3.8	52	4.1
	About the same	888	55.3	669	53.3
	Somewhat worse	559	34.8	463	36.9
	Much worse	83	5.1	49	3.9
	N Missing	11		11	
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	1349	87.4	1070	88.9
	Limited a little	147	9.6	101	8.4
	Not limited	47	3.1	33	2.7
	N Missing	69		64	
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	918	59.6	664	55.3
	Limited a little	453	29.4	385	32.0
	Not limited	169	11.0	152	12.7
	N Missing	72		64	
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	643	41.4	489	40.7
	Limited a little	636	41.0	492	40.9
	Not limited	273	17.6	222	18.5
	N Missing	57		60	
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	1013	66.0	772	64.7
	Limited a little	398	25.9	332	27.8
	Not limited	123	8.0	89	7.5
	N Missing	85		76	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	553	35.9	413	34.8
	Limited a little	605	39.3	455	38.4
	Not limited	382	24.8	317	26.8
	N Missing	83		80	
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	670	42.9	502	41.6
	Limited a little	686	44.0	534	44.3
	Not limited	204	13.1	170	14.1
	N Missing	52		60	
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	1028	67.4	785	65.9
	Limited a little	346	22.7	287	24.1
	Not limited	151	9.9	120	10.0
	N Missing	90		75	
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	725	47.7	555	47.4
	Limited a little	441	29.0	323	27.6
	Not limited	353	23.2	294	25.1
	N Missing	96		93	
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	349	22.7	257	21.4
	Limited a little	532	34.6	403	33.5
	Not limited	658	42.7	544	45.1
	N Missing	83		63	
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	138	8.6	107	8.7
	Limited a little	352	22.0	267	21.6
	Not limited	1107	69.3	862	69.7
	N Missing	20		29	
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	991	63.1	731	60.6
	No	579	36.9	475	39.4
	N Missing	45		50	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	1144	73.7	872	72.6
	No	408	26.3	330	27.4
	N Missing	59		58	
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	1124	72.6	853	71.2
	No	424	27.4	344	28.8
	N Missing	65		63	
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	1132	72.6	872	72.9
	No	428	27.4	325	27.1
	N Missing	56		63	
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	512	32.7	374	31.0
	No	1056	67.3	832	69.0
	N Missing	44		52	
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	725	46.8	503	41.9
	No	824	53.2	698	58.1
	N Missing	63		57	
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	516	33.3	380	31.6
	No	1032	66.7	824	68.4
	N Missing	61		59	
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	657	41.3	530	42.6
	Slightly	297	18.7	236	19.0
	Moderately	282	17.7	221	17.7
	Quite a bit	257	16.2	194	15.6
	Extremely	97	6.1	64	5.1
	N Missing	25		22	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
Q7 How much bodily pain have you had during the past four weeks?	No bodily pain	223	13.9	166	13.4
	Very mild	299	18.7	271	21.8
	Mild	263	16.4	202	16.2
	Moderate	565	35.3	414	33.3
	Severe	232	14.5	166	13.3
	Very severe	18	1.2	24	2.0
	N Missing	16		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	468	29.6	375	30.1
	A little bit	366	23.1	319	25.7
	Moderately	347	21.9	245	19.7
	Quite a bit	338	21.4	249	20.0
	Extremely	63	4.0	56	4.5
	N Missing	28		20	
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	39	2.5	41	3.4
	Most the time	306	19.7	227	18.8
	Good bit of time	288	18.5	236	19.6
	Some of time	392	25.2	283	23.5
	Little of time	307	19.8	241	20.0
	None of time	224	14.4	177	14.7
	N Missing	57		56	
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	19	1.3	18	1.5
	Most the time	19	1.3	14	1.1
	Good bit of time	48	3.2	25	2.1
	Some of time	209	13.6	163	13.6
	Little of time	333	21.7	269	22.4
	None of time	905	59.0	712	59.3
	N Missing	77		62	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	14	0.9	9	0.7
	Most the time	12	0.7	15	1.2
	Good bit of time	44	2.8	34	2.9
	Some of time	142	9.1	142	11.9
	Little of time	267	17.1	243	20.2
	None of time	1082	69.3	758	63.1
	N Missing	51		61	
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	179	11.5	125	10.5
	Most the time	608	38.8	460	38.6
	Good bit of time	264	16.9	221	18.6
	Some of time	322	20.6	214	18.0
	Little of time	144	9.2	113	9.5
	None of time	48	3.1	58	4.8
	N Missing	45		71	
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	25	1.6	18	1.5
	Most the time	163	10.4	119	9.9
	Good bit of time	234	15.0	201	16.8
	Some of time	383	24.5	269	22.5
	Little of time	383	24.5	295	24.7
	None of time	375	24.0	292	24.5
	N Missing	54		70	
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	11	0.7	10	0.8
	Most the time	27	1.7	28	2.3
	Good bit of time	52	3.3	49	4.1
	Some of time	328	21.1	232	19.4
	Little of time	519	33.5	423	35.4
	None of time	614	39.6	452	37.9
	N Missing	67		69	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	38	2.4	35	2.9
	Most the time	107	7.0	74	6.2
	Good bit of time	186	12.1	109	9.1
	Some of time	426	27.7	311	26.1
	Little of time	526	34.2	427	35.9
	None of time	256	16.6	236	19.8
	N Missing	84		74	
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	307	19.5	261	21.7
	Most the time	742	47.1	541	44.8
	Good bit of time	243	15.4	161	13.4
	Some of time	185	11.8	150	12.4
	Little of time	67	4.3	70	5.8
	None of time	31	2.0	24	2.0
	N Missing	41		50	
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	99	6.2	71	5.8
	Most the time	168	10.6	134	11.0
	Good bit of time	311	19.7	233	19.1
	Some of time	627	39.6	465	38.1
	Little of time	323	20.4	262	21.5
	None of time	55	3.5	55	4.5
	N Missing	33		39	
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	100	6.3	88	7.1
	Most the time	210	13.2	151	12.1
	Some of time	338	21.4	269	21.6
	Little of time	280	17.7	250	20.1
	None of time	657	41.4	486	39.1
	N Missing	28		20	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	16	1.1	13	1.2
	Mostly true	41	2.7	36	3.1
	Don't know	256	16.7	196	17.0
	Mostly false	336	22.0	269	23.3
	Definitely false	879	57.5	641	55.5
	N Missing	70		101	
Q11b How true or false is each of the following statements for you? I am as healthy as anybody I know	Definitely true	330	21.5	234	19.7
	Mostly true	614	40.1	494	41.7
	Don't know	296	19.3	249	21.0
	Mostly false	160	10.4	113	9.6
	Definitely false	132	8.6	95	8.0
	N Missing	74		83	
Q11c How true or false is each of the following statements for you? I expect my health to get worse	Definitely true	207	13.4	156	13.4
	Mostly true	377	24.5	306	26.1
	Don't know	665	43.1	447	38.3
	Mostly false	120	7.8	115	9.8
	Definitely false	174	11.2	145	12.4
	N Missing	64		91	
Q11d How true or false is each of the following statements for you? My health is excellent	Definitely true	150	9.8	112	9.8
	Mostly true	679	44.2	501	43.7
	Don't know	123	8.0	107	9.3
	Mostly false	286	18.6	215	18.8
	Definitely false	297	19.3	212	18.4
	N Missing	69		113	
Q12a Do you have: Difficulty seeing newspaper print, even with glasses?	No	1120	70.6	934	73.8
	Yes	467	29.4	332	26.2
	N Missing	25			
Q12b Do you have: Difficulty recognising people across the road, even with glasses?	No	1175	74.0	955	75.5
	Yes	413	26.0	311	24.5
	N Missing	25			

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
Q12c Do you have: Difficulty in hearing a conversation, even with a hearing aid?	No	1004	63.2	800	63.2
	Yes	583	36.8	466	36.8
	N Missing	25			
Q12d Do you have: Difficulty speaking?	No	1497	94.3	1205	95.2
	Yes	90	5.7	61	4.8
	N Missing	25			
Q12e Do you have: None of the above	No	861	54.2	695	54.9
	Yes	726	45.8	571	45.1
	N Missing	25			
Q13a In the last 12 months, have you had any of the following: Stiff or painful joints	Never	200	12.6	176	14.1
	Rarely	226	14.3	185	14.8
	Sometimes	593	37.4	443	35.5
	Often	565	35.7	444	35.6
	N Missing	28		19	
Q13b In the last 12 months, have you had any of the following: Problems with one or both feet	Never	505	32.0	436	34.8
	Rarely	266	16.9	247	19.7
	Sometimes	430	27.3	297	23.8
	Often	376	23.9	271	21.7
	N Missing	33		15	
Q13c In the last 12 months, have you had any of the following: Breathing difficulty	Never	753	47.5	581	46.4
	Rarely	319	20.1	270	21.5
	Sometimes	346	21.8	272	21.7
	Often	166	10.5	129	10.3
	N Missing	28		15	
Q13d In the last 12 months, have you had any of the following: Leaking urine	Never	457	28.7	346	27.6
	Rarely	332	20.9	277	22.1
	Sometimes	447	28.1	373	29.7
	Often	355	22.3	259	20.6
	N Missing	21		12	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
Q14a In the last 12 months, have you: Slipped, tripped, or stumbled (not including falls to the ground)?	No	1071	67.2	876	69.2
	Yes	521	32.8	390	30.8
	N Missing	23			
Q14b In the last 12 months, have you: Had a fall to the ground (does not include stumbles/trips)?	No	1222	76.8	957	75.6
	Yes	370	23.2	309	24.4
	N Missing	23			
Q14c In the last 12 months, have you: Been injured as a result of a fall?	No	1315	82.6	1014	80.1
	Yes	277	17.4	252	19.9
	N Missing	23			
Q14d In the last 12 months, have you: Needed to seek medical attention (e.g. Doctor, hospital) for an injury from a fall?	No	1312	82.4	1015	80.2
	Yes	280	17.6	251	19.8
	N Missing	23			
Q14e In the last 12 months, have you: Had any other injury from an accident at your home? (e.g. burns, cuts, bruises)	No	1344	84.4	1081	85.4
	Yes	248	15.6	185	14.6
	N Missing	23			
Q14f In the last 12 months, have you: None of these accidents	No	841	52.8	679	53.6
	Yes	751	47.2	587	46.4
	N Missing	23			
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	1513	95.4	1209	95.5
	Yes	73	4.6	57	4.5
	N Missing	33			
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	1505	94.8	1210	95.6
	Yes	82	5.2	56	4.4
	N Missing	33			
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	175	11.0	149	11.8
	Yes	1412	89.0	1117	88.2
	N Missing	33			

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	1.56		1.52	
	Std Error	0.09		0.09	
	N	1486		1158	
	N Missing	116		97	
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	0.46		0.27	
	Std Error	0.07		0.03	
	N	1482		1162	
	N Missing	120		93	
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	1.17		1.13	
	Std Error	0.08		0.12	
	N	1484		1171	
	N Missing	118		84	
Q17 What is your main (or most common) means of transport?	Car (you drive)	524	33.6	401	32.3
	Other	1033	66.4	842	67.7
	N Missing	50		25	
Q18 How do you manage on the income you have available?	Impossible	16	1.0	6	0.5
	Difficult always	24	1.5	28	2.2
	Difficult sometimes	102	6.3	73	5.8
	Not too bad	759	47.4	574	45.6
	Easy	701	43.8	578	45.9
	N Missing	16		7	
Q19a Who lives with you? No-one, I live alone	No	522	32.9	428	33.8
	Yes	1063	67.1	838	66.2
	N Missing	31			
Q19b Who lives with you? Spouse or partner (partner/spouse)	No	1383	87.2	1126	88.9
	Yes	202	12.8	140	11.1
	N Missing	31			

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
Q19c Who lives with you? Own children	No	1430	90.2	1146	90.6
	Yes	156	9.8	120	9.4
	N Missing	31			
Q19d Who lives with you? Other family members	No	1521	95.9	1213	95.8
	Yes	65	4.1	53	4.2
	N Missing	31			
Q19e Who lives with you? Non-family members	No	1482	93.5	1167	92.2
	Yes	103	6.5	99	7.8
	N Missing	31			
Q20 What is your present marital status?	Married	212	13.2	155	12.3
	De facto	1	0.1	1	0.1
	Widowed	1265	79.1	999	79.5
	Separated	6	0.4	4	0.3
	Divorced	61	3.8	55	4.4
	Never Married	53	3.3	43	3.4
	N Missing	16		7	
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	496	31.8	407	32.6
	No	1065	68.2	842	67.4
	N Missing	55		19	
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	1367	86.2	1079	86.8
	Some difficulty	192	12.1	141	11.4
	Unable to do	27	1.7	22	1.8
	N Missing	29		23	
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	1301	82.1	1002	80.5
	Some difficulty	261	16.5	226	18.2
	Unable to do	23	1.5	16	1.3
	N Missing	31		24	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	1223	76.7	972	77.8
	Some difficulty	297	18.6	216	17.3
	Unable to do	75	4.7	61	4.9
	N Missing	22		18	
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	1343	84.7	1051	83.9
	Some difficulty	200	12.6	167	13.4
	Unable to do	42	2.6	34	2.7
	N Missing	31		18	
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	1319	82.9	1000	80.3
	Some difficulty	225	14.2	211	16.9
	Unable to do	47	3.0	35	2.8
	N Missing	27		22	
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	869	54.6	663	53.0
	Some difficulty	694	43.6	558	44.6
	Unable to do	27	1.7	30	2.4
	N Missing	24		16	
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	1231	77.5	960	77.1
	Some difficulty	330	20.7	252	20.2
	Unable to do	29	1.8	34	2.7
	N Missing	26		24	
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	1377	86.3	1096	88.2
	Some difficulty	192	12.0	127	10.2
	Unable to do	26	1.6	19	1.5
	N Missing	24		24	
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	756	48.9	614	49.6
	Some difficulty	462	29.8	367	29.7
	Unable to do	330	21.3	256	20.7
	N Missing	59		26	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	1009	64.6	812	66.1
	Some difficulty	360	23.1	272	22.2
	Unable to do	192	12.3	143	11.6
	N Missing	59		39	
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	222	14.4	187	15.3
	Some difficulty	477	30.9	333	27.2
	Unable to do	846	54.8	703	57.5
	N Missing	61		43	
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	1289	81.2	1034	82.7
	Some difficulty	186	11.7	124	9.9
	Unable to do	113	7.1	93	7.5
	N Missing	24		16	
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	1036	65.8	785	63.2
	Some difficulty	328	20.8	286	23.1
	Unable to do	211	13.4	170	13.7
	N Missing	40		25	
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	1403	88.4	1114	89.5
	Some difficulty	109	6.9	77	6.2
	Unable to do	75	4.7	54	4.3
	N Missing	29		22	
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	1359	85.0	1067	85.5
	Some difficulty	192	12.0	139	11.2
	Unable to do	48	3.0	41	3.3
	N Missing	14		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	926	58.5	726	58.4
	Some difficulty	488	30.8	388	31.2
	Unable to do	169	10.7	130	10.5
	N Missing	28		20	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	101	6.3	75	6.0
	No	1491	93.7	1172	94.0
	N Missing	24		18	
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	170	10.7	132	10.6
	No	1413	89.3	1113	89.4
	N Missing	36		19	
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	227	14.3	174	13.9
	No	1362	85.7	1076	86.1
	N Missing	29		16	
Q23d In the last month have you needed help from another person to carry out any of these activities? Dressing your upper body	Yes	147	9.3	133	10.7
	No	1434	90.7	1110	89.3
	N Missing	33		23	
Q23e In the last month have you needed help from another person to carry out any of these activities? Dressing your lower body	Yes	172	10.9	137	11.0
	No	1404	89.1	1104	89.0
	N Missing	37		30	
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	327	20.7	279	22.4
	No	1251	79.3	966	77.6
	N Missing	37		26	
Q23g In the last month have you needed help from another person to carry out any of these activities? Walking inside the house	Yes	146	9.2	114	9.2
	No	1435	90.8	1122	90.8
	N Missing	34		26	
Q23h In the last month have you needed help from another person to carry out any of these activities? Using the toilet	Yes	85	5.4	73	5.9
	No	1501	94.6	1167	94.1
	N Missing	29		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	703	45.0	565	45.9
	No	858	55.0	665	54.1
	N Missing	56		38	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</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	397	25.4	295	24.1
	No	1163	74.6	927	75.9
	N Missing	57		54	
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	1207	78.6	978	80.0
	No	329	21.4	245	20.0
	N Missing	82		49	
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	283	17.9	208	16.9
	No	1295	82.1	1022	83.1
	N Missing	36		39	
Q23m In the last month have you needed help from another person to carry out any of these activities? Preparing meals	Yes	427	27.3	345	28.0
	No	1138	72.7	888	72.0
	N Missing	53		35	
Q23n In the last month have you needed help from another person to carry out any of these activities? Taking medications	Yes	205	12.9	143	11.5
	No	1382	87.1	1098	88.5
	N Missing	32		25	
Q23o In the last month have you needed help from another person to carry out any of these activities? Using the telephone	Yes	179	11.3	140	11.2
	No	1403	88.7	1103	88.8
	N Missing	32		21	
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	414	26.7	297	24.2
	No	1139	73.3	931	75.8
	N Missing	58		32	
Height (in cms)	Mean	157.60		157.50	
	Std Error	0.18		0.22	
	N	1470		909	
	N Missing	132		346	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
Weight (in kgs)	Mean	60.40		60.42	
	Std Error	0.30		0.38	
	N	1347		831	
	N Missing	255		424	
BMI (Body Mass Index)	Mean	24.35		24.40	
	Std Error	0.12		0.15	
	N	1344		829	
	N Missing	258		426	
BMI classification	Underweight, BMI < 18.5	88	6.5	66	7.7
	Healthy weight, 18.5 <= BMI < 25	737	54.7	428	50.1
	Overweight, 25 <= BMI < 30	375	27.9	269	31.5
	Obese, 30 <= BMI	147	10.9	91	10.7
	N Missing	258		426	
Q26 Which of the following best describes your housing situation? Do you live in:	House	825	51.8	635	51.1
	Flat/unit/apartment	317	19.9	252	20.3
	Mobile home/caravan	7	0.4	6	0.5
	Retirement Village	286	18.0	226	18.2
	Nursing Home	99	6.2	87	7.0
	Hostel	41	2.6	25	2.0
	Other	16	1.0	12	1.0
	N Missing	28		23	
	ARIA+ Grouped	Major cities of Australia	1082	68.6	846
Inner regional Australia		352	22.3	271	22.1
Outer regional Australia		128	8.1	101	8.2
Remote Australia		14	0.9	7	0.6
Very Remote Australia		2	0.1	1	0.1
N Missing		41		40	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
State of residence					
	NSW	550	34.6	434	35.1
	Vic	383	24.1	288	23.3
	Qld	260	16.4	198	16.0
	SA	174	11.0	144	11.6
	WA	144	9.0	113	9.1
	Tas	50	3.2	36	2.9
	NT, ACT	27	1.7	24	2.0
	N Missing	26		25	
Q28 Did someone help you fill in this survey?					
	No	1331	84.0	1054	85.0
	Yes, but I told them the answers	173	10.9	127	10.2
	Yes, but the helper answered using judgement	81	5.1	59	4.8
	N Missing	28		22	
Age					
	Mean	90.85		91.24	
	Std Error	0.04		0.04	
	N	1602		1255	
	N Missing	0		0	
Completion Method, Paper or Phone					
	Paper	1561	96.7	1227	97.1
	Phone	54	3.3	37	2.9
	N Missing	1		2	
SF36 PAIN INDEX					
	Mean	56.24		56.94	
	Std Error	0.66		0.75	
	N	1588		1242	
	N Missing	14		13	
SF36 GENERAL HEALTH PERCEPTIONS					
	Mean	58.30		58.46	
	Std Error	0.53		0.60	
	N	1545		1164	
	N Missing	57		91	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
SF36 MENTAL HEALTH INDEX	Mean	78.09		77.53	
	Std Error	0.40		0.49	
	N	1571		1210	
	N Missing	31		45	
SF36 PHYSICAL FUNCTIONING	Mean	37.57		38.38	
	Std Error	0.64		0.73	
	N	1570		1209	
	N Missing	32		46	
SF36 ROLE-EMOTIONAL	Mean	62.35		65.09	
	Std Error	1.08		1.20	
	N	1548		1199	
	N Missing	54		56	
SF36 ROLE-PHYSICAL	Mean	29.54		30.74	
	Std Error	0.97		1.11	
	N	1551		1201	
	N Missing	51		54	
SF36 SOCIAL FUNCTIONING	Mean	68.26		68.69	
	Std Error	0.76		0.85	
	N	1592		1245	
	N Missing	10		10	
SF36 VITALITY	Mean	49.36		50.18	
	Std Error	0.52		0.61	
	N	1577		1220	
	N Missing	25		35	
MENTAL COMPONENT SCALE-00 - AUST general	Mean	51.83		51.89	
	Std Error	0.26		0.32	
	N	1459		1076	
	N Missing	143		179	

Data book for Six Month Follow Up survey, 1921-26 cohort, Surveys 7 and 8, 2012 to 2016

<i>Item Description</i>	<i>Categories</i>	<i>Survey 7</i>	<i>%</i>	<i>Survey 8</i>	<i>%</i>
MENTAL COMPONENT SCALE-00 - US General					
	Mean	52.89		53.04	
	Std Error	0.26		0.32	
	N	1459		1076	
	N Missing	143		179	
MENTAL COMPONENT SCALE-00 - WHA					
	Mean	50.72		50.81	
	Std Error	0.26		0.32	
	N	1459		1076	
	N Missing	143		179	
PHYSICAL COMPONENT SCALE-00 - AUST general					
	Mean	31.57		31.90	
	Std Error	0.27		0.32	
	N	1459		1076	
	N Missing	143		179	
PHYSICAL COMPONENT SCALE-00 - US General					
	Mean	32.15		32.39	
	Std Error	0.27		0.32	
	N	1459		1076	
	N Missing	143		179	
PHYSICAL COMPONENT SCALE-00 - WHA					
	Mean	42.02		42.23	
	Std Error	0.24		0.28	
	N	1459		1076	
	N Missing	143		179	