

A3.10 ANGLO-CELTS, ADELAIDE, AUSTRALIA

DEMOGRAPHY

A3.Table 10.1. Source of income by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Pension only	51.7	47.8	61.0	75.8
Pension + superannuation + private means	37.0	44.6	31.9	19.5
Pension + job	2.2	1.1	0.7	0.0
Other income	9.0	6.5	6.4	4.7
Number of subjects (n)	489	92	598	149

A3.Table 10.2. Education level by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
None	0.4	1.1	1.5	3.4
Primary school	35.0	35.2	40.4	51.4
Some high school	15.0	14.3	24.1	19.6
High school	18.9	25.3	25.2	17.6
Technical or certificate	17.9	15.4	4.1	2.7
University or tertiary	12.8	8.8	4.6	5.4
Number of subjects (n)	492	91	606	148

A3.Table 10.3. Marital status by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never married	4.0	6.5	4.7	6.6
Married/living together	79.1	54.3	42.1	23.0
Widowed	10.9	37.0	50.2	69.1

Divorced/separated	6.0	2.2	2.9	1.3
Number of subjects (n)	497	92	615	152

A3.Table 10.4. Previous occupation by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Home duties	0.0	1.1	55.1	59.7
Professional	3.2	2.2	0.0	0.0
Administrative	8.2	3.3	0.3	0.0
Clerical	9.4	8.8	5.2	5.0
Sales	18.9	18.7	5.9	5.0
Work in transport or communication	26.8	38.5	17.9	18.7
Tradesman, production- process worker or labourer	27.0	19.8	12.8	10.1
Service, sport or recreational	6.4	7.7	2.7	1.4
Number of subjects (n)	466	91	598	149

A3.Table 10.5. Previous occupation of spouse by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Home duties	57.5	68.3	0.2	0.0
Professional	0.2	0.0	2.5	0.0
Administrative	1.1	0.0	6.6	10.3
Clerical	5.6	2.4	8.5	10.3
Sales	5.8	6.1	23.0	19.7
Work in transport or communication	16.4	11.0	25.5	26.5
Tradesman, production- process worker or labourer	10.8	11.0	25.7	23.9
Service, sport or recreational	2.6	1.2	7.9	9.4
Number of subjects (n)	464	82	517	117

A3.Table 10.6. Previous occupation in 4 categories by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Professional & administrative	11.4	5.5	4.3	4.5

Clerical & sales	28.3	28.6	28.0	28.4
Worker in transport or communication	26.8	38.5	34.1	35.1
Tradesman, production- process worker & service	33.5	27.5	33.7	32.1
Number of subjects (n)	466	91	558	134

A3.Table 10.7. Current occupational status by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Professional & administrative	11.4	5.5	4.3	4.5
Clerical & sales	28.3	28.6	28.0	28.4
Worker in transport or communication	26.8	38.5	34.1	35.1
Tradesman, production- process worker & service	33.5	27.5	33.7	32.1
Number of subjects (n)	466	91	558	134

HEALTH STATUS

A3.Table 10.8. Self-assessment of health by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Very good	18.2	21.5	18.2	18.5
Good	43.5	43.0	39.7	38.4
Fair	30.8	25.8	35.2	30.5
Poor	6.1	8.6	5.3	8.6
Very poor	1.4	1.1	1.7	4.0
Number of subjects (n)	494	93	605	151

A3.Table 10.9. Number of times GP (general practioner) consulted in the past year by group and gender.

ADELAIDE	Men (%)	Women (%)
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	70 - 79	80+	70 - 79	80+
Once or twice	25.1	23.9	19.3	16.6
Once every few months	37.9	35.9	41.6	39.1
About once a month	21.9	29.3	26.7	27.8
1-2 per fortnight	6.1	5.4	5.1	10.6
None	9.1	5.4	7.3	6.0
Number of subjects (n)	494	92	606	151

A3.Table 10.10. Hospitalisation in past year by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	15.6	17.4	13.6	16.8
No	84.4	82.6	86.4	83.2
Number of subjects (n)	494	92	603	149

A3.Table 10.11. Health conditons by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
High blood pressure	20.3	11.8	34.0	25.5
Heart condition	19.1	24.7	18.7	25.5
Diabetes	5.6	6.5	5.0	9.2
Stroke	6.0	3.2	6.3	5.2
Constipation	8.7	8.3	15.4	17.6
Diverticular disease	3.8	3.2	7.2	7.8
Bone fracture or osteoporosis	4.4	2.2	9.1	11.8
Bronchitis, asthma, emphysema	14.7	22.6	11.5	11.1

A3.Table 10.12. Regular use of supplements by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	32.4	39.8	45.5	47.0
No	67.6	60.2	54.5	53.0
Number of subjects (n)	491	88	604	149

A3.Table 10.13. Types of supplements by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Multi-vitamins or minerals	6.7	2.3	8.5	10.2
Vitamin E	4.5	3.4	6.5	3.4
Vitamin C	9.2	4.6	8.6	6.1
B-complex vitamins	2.4	1.1	5.8	4.1
Vitamin B6	1.4	1.1	1.7	0.0
Calcium	1.2	0.0	7.0	5.4
Plain bran	17.8	25.3	26.7	29.3
Wheatgerm	9.2	8.0	10.6	8.8
Iron	1.0	1.1	1.8	4.1
Potassium	1.0	4.6	3.0	4.1

A3.Table 10.14. Irregular use of supplements by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	13.1	10.1	13.2	13.0
No	86.9	89.9	86.8	87.0
Number of subjects (n)	467	79	536	123

A3.Table 10.15. Medications by group and gender.

ADELAIDE	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
Laxatives	17.4	25.8	23.4	26.2	
Metamucil, Fibrax	6.4	6.5	9.6	14.3	
Blood pressure tablets	25.6	16.1	36.5	31.0	
Heart tablets	14.5	29.0	20.8	35.7	
Rheumatism, arthritis preparations	26.7	16.1	33.5	42.9	
Antidepressants/ stimulants	8.1	6.5	9.1	4.8	
Vitamins or minerals	14.5	12.9	14.2	21.4	
Sleeping pills, sedatives or tranquillisers		20.9	32.3	35.0	52.4
Pain relievers or analgesics	21.5	22.6	31.0	40.5	
Antacids or indigestion remedies	23.8	29.0	23.4	23.8	

A3.Table 10.16. Self-assessment of weight by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Very under weight	2.4	3.4	2.1	2.5
Slightly under weight	10.7	13.8	9.3	15.0
Right weight	45.2	55.2	37.8	52.5
Slightly overweight	36.9	20.7	41.5	30.0
Very overweight	4.8	6.9	9.3	0.0
Number of subjects (n)	168	29	193	40

DIETARY HABITS

A3.Table 10.17. Cooking methods - vegetables by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Boiled	65.7	71.3	70.6	73.6
Steamed	19.0	13.8	20.4	17.8
Pressure cooked	4.3	6.3	3.7	0.8
Fired or roasted	2.0	1.3	0.9	3.1
Microwaved	5.6	2.5	3.5	0.8
Don't know	3.4	5.0	0.9	3.9
Number of subjects (n)	443	80	544	129

A3.Table 10.18. Soak vegetables before cooking by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	17.7	24.7	21.6	22.1
No	72.1	60.7	75.1	70.5
Don't know	10.3	14.6	3.3	7.4
Number of subjects (n)	487	89	602	149

A3.Table 10.19. Add soda to vegetables by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	4.1	6.7	6.0	2.7
No	89.4	79.8	92.2	90.5
Don't know	6.5	13.5	1.8	6.8
Number of subjects (n)	489	89	602	147

A3.Table 10.20. Eat fat on meat by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	32.7	41.8	20.9	23.3
No	66.5	57.1	77.3	74.0
Don't eat meat	0.8	1.1	1.8	2.7
Number of subjects (n)	492	91	611	150

A3.Table 10.21. Type of fat used for cooking meat by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Butter	3.2	4.7	6.2	9.2
Dripping, lard	19.1	19.8	17.8	23.9
Polyunsaturated margarine	13.7	16.3	16.8	19.7
Cooking or table margarine	5.4	8.1	4.8	5.6
Vegetable oils	40.3	31.4	37.5	23.9
None	13.1	9.3	14.0	9.9
Don't know	5.2	10.5	2.8	7.7
Number of subjects (n)	466	86	578	142

A3.Table 10.22. Add salt at table by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Always or nearly always	30.9	36.4	13.5	20.4
Sometimes after tasting the food	31.7	27.3	34.5	37.4

Rarely or never	37.4	36.4	52.1	42.2
Number of subjects (n)	492	88	609	147

A3.Table 10.23. Add salt for boiling food by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Always	55.5	58.9	60.8	59.2
Sometimes	21.7	16.7	20.0	18.4
Never	17.5	16.7	16.2	15.6
Don't know	4.7	7.8	1.7	6.1
No boiled food	0.6	0.0	1.3	0.7
Number of subjects (n)	492	90	605	147

A3.Table 10.24. "Who usually prepares your meals?" by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Me	15.2	25.0	85.0	70.4
Spouse/partner	62.1	42.4	2.0	2.0
Spouse/partner and me	14.4	5.4	4.1	2.6
A child/children	1.6	2.2	2.3	11.8
Receive meals on wheels	1.2	5.4	1.0	2.6
Other	5.5	19.6	5.6	10.5
Number of subjects (n)	494	92	606	152

A3.Table 10.25. "With whom are meals generally eaten?" by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Alone	13.8	26.7	45.1	49.0
Spouse/partner	77.1	51.1	40.2	20.3
A child/children	2.4	4.4	3.5	15.0
Other	6.7	17.8	11.2	15.7
Number of subjects (n)	494	90	605	153

A3.Table 10.26. Number of days a week a cookes meal is eaten by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
3 days or less than	1.8	0.0	2.6	0.0
4 days	1.2	0.0	3.1	2.4
5 days	2.9	6.7	11.8	9.5
6 days	12.4	13.3	11.3	9.5
7 days	81.8	80.0	71.3	78.6
Number of subjects (n)	170	30	195	42

A3.Table 10.27. How often meals are missed by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Often	2.0	3.2	1.5	0.0
Occasionally	9.4	12.9	17.3	14.3
Rarely	26.9	22.6	31.6	23.8
Never	60.8	61.3	49.5	61.9
Number of subjects (n)	171	31	196	42

FOOD INTAKE

A3.Table 10.28. Bread by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	1.0	3.3	2.2	1.4
Daily	93.8	92.2	89.7	95.2
3-4 times a week	3.7	2.2	5.0	2.0
1-2 times a week	1.2	2.2	3.2	1.4
Monthly	0.2	0.0	-	-
Number of subjects (n)	485	90	600	147

A3.Table 10.29. Cheese by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	67.5	54.3	65.00	67.5
Daily	5.7	7.4	6.80	7.3
3-4 times a week	6.9	11.1	6.30	7.3
1-2 times a week	10.5	19.8	14.60	13.8
Monthly	9.3	7.4	7.40	4.1
Number of subjects (n)	418	81	528	123

A3.Table 10.30. Other cheese by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	19.7	35.5	21.2	23.7
Daily	16.4	11.8	16.9	22.2
3-4 times a week	20.9	13.2	20.9	15.6
1-2 times a week	31.2	34.2	32.4	33.3
Monthly	11.9	5.3	8.6	5.2
Number of subjects (n)	446	76	561	135

A3.Table 10.31. Cake, buns, scones by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	16.6	23.9	19.3	22.6
Daily	18.1	30.7	11.6	11.7
3-4 times a week	18.5	12.5	16.9	18.2
1-2 times a week	34.7	25.0	34.8	33.6
Monthly	12.1	8.0	17.4	13.9
Number of subjects (n)	470	88	580	137

A3.Table 10.32. Ice cream by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	26.8	25.0	37.5	38.7

Daily	12.3	17.9	7.8	8.5
3-4 times a week	13.0	15.5	11.8	9.9
1-2 times a week	25.9	17.9	23.5	23.9
Monthly	22.1	23.8	19.3	19.0
Number of subjects (n)	471	84	574	142

A3.Table 10.33. Yoghurt (plain or flavoured) by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	85.4	90.5	69.7	80.3
Daily	2.8	0.0	5.5	4.5
3-4 times a week	1.5	0.0	3.7	0.8
1-2 times a week	5.6	3.6	9.5	5.3
Monthly	4.7	6.0	11.6	9.1
Number of subjects (n)	467	84	568	132

A3.Table 10.34. Cream by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	40.1	36.4	43.0	40.7
Daily	8.8	18.2	10.0	9.3
3-4 times a week	12.8	12.5	9.0	9.3
1-2 times a week	22.7	22.7	21.1	22.9
Monthly	15.5	10.2	16.9	17.9
Number of subjects (n)	476	88	579	140

A3.Table 10.35. Custard by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	43.9	37.8	51.2	42.6
Daily	3.2	7.8	3.0	6.4
3-4 times a week	5.5	5.6	4.9	5.7
1-2 times a week	19.3	23.3	18.7	24.1
Monthly	28.2	25.6	22.1	21.3

Number of subjects (n)	476	90	566	141
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A3.Table 10.36. Breakfast cereal by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	24.3	12.2	26.7	24.8
Daily	63.5	77.8	58.0	60.3
3-4 times a week	4.1	3.3	5.6	2.8
1-2 times a week	6.0	3.3	5.9	8.5
Monthly	2.1	3.3	3.7	3.5
Number of subjects (n)	485	90	591	141

A3.Table 10.37. Rice or bread & butter pudding by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	53.8	43.4	54.4	52.9
Daily	0.9	2.4	0.7	0.7
3-4 times a week	1.7	3.6	1.4	2.2
1-2 times a week	16.6	25.3	14.4	20.6
Monthly	27.0	25.3	29.1	23.5
Number of subjects (n)	463	83	564	136

A3.Table 10.38. Other puddings by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	54.7	53.8	62.0	63.9
Daily	3.8	7.5	3.4	5.3
3-4 times a week	5.6	5.0	3.0	5.3
1-2 times a week	16.4	17.5	13.4	12.8
Monthly	19.5	16.3	18.3	12.8
Number of subjects (n)	446	80	531	133

A3.Table 10.39. Rice other than pudding by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	46.5	48.2	48.4	48.4
Daily	0.4	1.2	0.4	0.0
3-4 times a week	1.3	3.6	2.4	1.6
1-2 times a week	22.7	18.1	14.4	19.0
Monthly	29.0	28.9	34.4	31.0
Number of subjects (n)	445	83	535	126

A3.Table 10.40. Jatz, Sao, Salada, Ryvita, etc. by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	48.6	57.6	33.6	39.7
Daily	9.9	12.9	17.3	13.7
3-4 times a week	9.3	7.1	13.4	10.7
1-2 times a week	17.3	15.3	23.8	29.8
Monthly	14.9	7.1	12.0	6.1
Number of subjects (n)	463	85	560	131

A3.Table 10.41. Spaghetti by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	56.1	62.7	59.7	62.5
Daily	0.9	0.0	0.4	1.6
3-4 times a week	1.9	1.2	1.3	0.0
1-2 times a week	12.6	15.7	10.0	14.1
Monthly	28.5	20.5	28.6	21.9
Number of subjects (n)	467	83	559	128

A3.Table 10.42. Other pasta by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	71.8	70.7	68.6	71.8
Daily	1.3	0.0	0.7	0.8
3-4 times a week	1.1	1.2	0.5	1.5

1-2 times a week	9.0	11.0	8.9	13.7
Monthly	16.7	17.1	21.2	12.2
Number of subjects (n)	454	82	548	131

A3.Table 10.43. Cold meat by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	16.3	13.8	24.7	31.2
Daily	12.3	17.2	7.2	10.1
3-4 times a week	18.0	17.2	12.0	11.6
1-2 times a week	35.4	35.6	32.9	36.2
Monthly	18.0	16.1	23.3	10.9
Number of subjects (n)	472	87	559	138

A3.Table 10.44. Canned or packet soup by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	40.0	46.1	44.0	41.9
Daily	4.5	6.6	2.9	2.9
3-4 times a week	8.9	9.2	6.4	14.0
1-2 times a week	25.4	27.6	27.3	27.9
Monthly	21.2	10.5	19.3	13.2
Number of subjects (n)	448	76	543	136

A3.Table 10.45. Homemade soup by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	18.2	19.3	19.3	26.8
Daily	12.8	24.1	11.5	13.0
3-4 times a week	25.1	18.1	25.4	20.3
1-2 times a week	31.5	30.1	31.4	31.2
Monthly	12.4	8.4	12.4	8.7
Number of subjects (n)	467	83	564	138

A3.Table 10.46. Honey, jam, marmalade by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	19.3	19.1	20.3	20.0
Daily	43.6	55.1	41.4	42.8
3-4 times a week	12.8	13.5	14.3	13.8
1-2 times a week	15.0	9.0	17.4	17.2
Monthly	9.3	3.4	6.6	6.2
Number of subjects (n)	486	89	587	145

A3.Table 10.47. Vegemite by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	49.4	56.0	43.9	35.0
Daily	18.6	22.6	22.8	32.1
3-4 times a week	7.4	7.1	8.4	11.4
1-2 times a week	16.0	9.5	17.2	17.9
Monthly	8.6	4.8	7.7	3.6
Number of subjects (n)	474	84	570	140

A3.Table 10.48. Lollies or chocolates by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	33.8	40.0	32.3	30.3
Daily	9.0	17.6	9.3	13.8
3-4 times a week	12.7	17.6	9.7	10.3
1-2 times a week	26.9	15.3	24.4	24.8
Monthly	17.7	9.4	24.4	20.7
Number of subjects (n)	480	85	579	145

A3.Table 10.49. Nuts by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never or rarely	51.1	57.6	52.7	61.6
Daily	3.6	5.9	4.8	7.2
3-4 times a week	5.9	3.5	5.1	2.2
1-2 times a week	15.0	10.6	13.6	11.6
Monthly	24.4	22.4	23.9	17.4
Number of subjects (n)	472	85	566	138

A3.Table 10.50. Turnip/swede by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	56.1	55.6	59.7	58.1
Daily	1.3	3.7	2.7	1.5
3-4 times a week	3.5	2.5	2.6	0.7
1-2 times a week	21.0	27.2	17.3	23.5
Monthly	18.1	11.1	17.7	16.2
Number of subjects (n)	458	81	549	136

A3.Table 10.51. Peas by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	9.5	5.8	13.8	12.3
Daily	4.1	10.5	7.6	6.2
3-4 times a week	24.5	23.3	15.5	17.1
1-2 times a week	48.9	50.0	46.0	50.7
Monthly	13.0	10.5	17.2	13.7
Number of subjects (n)	485	86	581	146

A3.Table 10.52. Pumpkin by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	19.6	21.6	16.8	12.6
Daily	14.0	23.9	27.0	19.6
3-4 times a week	24.6	6.8	22.1	30.1
1-2 times a week	30.7	35.2	26.0	26.6
Monthly	11.1	12.5	8.2	11.2

Number of subjects (n)	479	88	585	143
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A3.Table 10.53. Sweet corn by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	73.8	75.3	71.9	77.2
Daily	0.6	0.0	0.4	0.0
3-4 times a week	1.1	2.4	0.5	2.4
1-2 times a week	6.7	9.4	5.5	2.4
Monthly	17.7	12.9	21.7	18.1
Number of subjects (n)	462	85	548	127

A3.Table 10.54. Carrots by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	4.7	3.3	4.5	4.7
Daily	26.4	36.7	34.1	34.5
3-4 times a week	34.8	25.6	32.1	33.1
1-2 times a week	29.3	34.4	25.4	22.3
Monthly	4.7	0.0	4.0	5.4
Number of subjects (n)	488	90	602	148

A3.Table 10.55. Cabbage or coleslaw by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	16.3	25.6	21.6	20.1
Daily	6.3	5.8	6.3	7.2
3-4 times a week	15.2	12.8	13.0	17.3
1-2 times a week	42.7	34.9	38.5	40.3
Monthly	19.6	20.9	20.5	15.1
Number of subjects (n)	480	86	584	139

A3.Table 10.56. Mushrooms by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	54.5	57.0	55.8	61.1
Daily	0.4	0.0	0.4	0.0
3-4 times a week	1.1	1.2	2.5	1.5
1-2 times a week	12.7	8.1	13.3	11.5
Monthly	31.3	33.7	28.1	26.0
Number of subjects (n)	473	86	556	131

A3.Table 10.57. Green beans by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	12.1	11.8	10.1	7.6
Daily	4.4	5.9	9.2	6.9
3-4 times a week	21.7	23.5	24.7	20.8
1-2 times a week	47.6	50.6	40.1	53.5
Monthly	14.2	8.2	15.9	11.1
Number of subjects (n)	479	85	584	144

A3.Table 10.58. Silverbeet/spinach by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	37.4	40.7	36.9	39.3
Daily	2.1	3.5	3.9	2.9
3-4 times a week	5.3	12.8	6.5	6.4
1-2 times a week	26.3	24.4	27.0	33.6
Monthly	28.9	18.6	25.7	17.9
Number of subjects (n)	471	86	567	140

A3.Table 10.59. Baked beans by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	55.0	59.5	64.6	66.4
Daily	0.4	0.0	0.9	0.0
3-4 times a week	2.3	1.2	0.9	0.7

1-2 times a week	13.8	21.4	9.3	10.0
Monthly	28.5	17.9	24.3	22.9
Number of subjects (n)	471	84	568	140

A3.Table 10.60. Other beans by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	76.7	83.3	80.3	82.3
Daily	0.9	0.0	0.7	0.0
3-4 times a week	1.5	0.0	1.5	2.3
1-2 times a week	6.8	9.0	7.4	3.8
Monthly	14.1	7.7	10.1	11.5
Number of subjects (n)	454	78	543	130

A3.Table 10.61. Potatoes - boiled or mashed by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	2.0	5.6	3.7	2.0
Daily	56.9	61.1	57.3	63.8
3-4 times a week	26.8	20.0	22.6	22.1
1-2 times a week	12.5	13.3	14.0	11.4
Monthly	1.8	0.0	2.4	0.7
Number of subjects (n)	489	90	592	149

A3.Table 10.62. Potatoes -roasted or fried by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	16.8	28.6	24.4	28.6
Daily	3.3	4.8	1.8	3.6
3-4 times a week	6.8	7.1	6.0	8.6
1-2 times a week	54.6	35.7	49.6	41.4
Monthly	18.5	23.8	18.3	17.9
Number of subjects (n)	482	84	569	140

A3.Table 10.63. Potato crisps, twisties, etc. by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	84.9	82.4	85.0	87.5
Daily	0.0	2.4	-	-
3-4 times a week	1.1	1.2	0.5	0.0
1-2 times a week	2.4	1.2	2.7	2.9
Monthly	11.6	12.9	11.8	9.6
Number of subjects (n)	465	85	559	136

A3.Table 10.64. Brussel sprouts by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	28.3	36.5	32.3	36.9
Daily	2.9	5.9	3.8	2.8
3-4 times a week	8.7	10.6	6.4	9.2
1-2 times a week	35.6	34.1	37.2	34.0
Monthly	24.5	12.9	20.2	17.0
Number of subjects (n)	481	85	575	141

A3.Table 10.65. Broccoli by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	63.0	71.6	56.4	63.2
Daily	0.7	0.0	2.0	0.7
3-4 times a week	3.3	3.7	3.1	5.1
1-2 times a week	13.3	12.3	21.4	16.2
Monthly	19.8	12.3	17.1	14.7
Number of subjects (n)	460	81	551	136

A3.Table 10.66. Cauliflower by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never or rarely	9.1	13.5	11.4	10.1
Daily	3.1	3.4	4.8	1.4
3-4 times a week	10.6	10.1	13.5	14.9
1-2 times a week	51.9	47.2	47.0	54.1
Monthly	25.3	25.8	23.3	19.6
Number of subjects (n)	482	89	587	148

A3.Table 10.67. Celery by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	33.7	34.5	29.3	28.7
Daily	6.2	2.4	7.7	9.1
3-4 times a week	9.0	11.9	14.7	15.4
1-2 times a week	29.0	23.8	28.8	28.0
Monthly	22.2	27.4	19.5	18.9
Number of subjects (n)	469	84	570	143

A3.Table 10.68. Capsicum by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	68.8	79.3	66.7	74.5
Daily	3.1	1.2	2.0	5.8
3-4 times a week	3.9	3.7	2.7	2.9
1-2 times a week	13.3	6.1	13.7	7.3
Monthly	10.9	9.8	14.9	9.5
Number of subjects (n)	459	82	549	137

A3.Table 10.69. Tomato by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	9.3	10.5	11.7	12.3
Daily	20.9	23.3	23.4	19.9
3-4 times a week	28.0	24.4	23.1	25.3
1-2 times a week	35.0	32.6	30.0	34.2
Monthly	6.8	9.3	11.9	8.2

Number of subjects (n)	483	86	590	146
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A3.Table 10.70. Zucchini or eggplant by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	69.1	81.0	61.9	74.5
Daily	1.5	1.2	2.3	2.2
3-4 times a week	2.6	6.0	3.2	4.4
1-2 times a week	15.0	2.4	17.5	8.8
Monthly	11.8	9.5	15.0	10.2
Number of subjects (n)	466	84	559	137

A3.Table 10.71. Fresh apple/pear by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	10.7	17.6	8.5	16.1
Daily	35.1	44.7	49.5	37.6
3-4 times a week	18.4	12.9	18.6	16.8
1-2 times a week	28.5	16.5	18.6	26.2
Monthly	7.2	8.2	4.8	3.4
Number of subjects (n)	484	85	586	149

A3.Table 10.72. Fresh banana by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	17.2	22.6	18.7	20.0
Daily	15.5	15.5	22.5	17.9
3-4 times a week	17.2	11.9	16.5	16.6
1-2 times a week	37.4	35.7	31.5	37.2
Monthly	12.8	14.3	10.7	8.3
Number of subjects (n)	478	84	587	145

A3.Table 10.73. Fresh orange/mandarin by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	25.7	28.4	23.3	25.5
Daily	20.2	18.5	28.1	27.0
3-4 times a week	12.6	8.6	14.0	12.4
1-2 times a week	30.5	33.3	25.1	29.2
Monthly	10.9	11.1	9.5	5.8
Number of subjects (n)	475	81	566	137

A3.Table 10.74. Fresh grapefruit by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	73.8	79.0	67.3	72.7
Daily	6.5	6.2	8.1	6.3
3-4 times a week	4.5	0.0	4.7	2.3
1-2 times a week	6.1	9.9	10.2	12.5
Monthly	9.1	4.9	9.8	6.3
Number of subjects (n)	462	81	559	128

A3.Table 10.75. Fresh peach by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	29.2	33.7	24.5	25.6
Daily	17.9	18.1	24.1	15.8
3-4 times a week	11.9	12.0	17.6	26.3
1-2 times a week	30.3	26.5	25.5	21.1
Monthly	10.7	9.6	8.3	11.3
Number of subjects (n)	469	83	568	133

A3.Table 10.76. Fresh plums by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	45.9	54.3	45.7	50.4
Daily	11.5	9.9	15.0	7.8
3-4 times a week	9.3	11.1	9.3	14.7

1-2 times a week	20.0	9.9	22.3	21.7
Monthly	13.3	14.8	7.7	5.4
Number of subjects (n)	460	81	547	129

A3.Table 10.77. Fresh nectarines by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	39.6	50.6	32.5	38.5
Daily	14.1	14.5	22.2	17.7
3-4 times a week	10.8	7.2	14.4	16.2
1-2 times a week	22.5	14.5	22.2	16.9
Monthly	13.0	13.3	8.7	10.8
Number of subjects (n)	462	83	563	130

A3.Table 10.78. Fresh apricots by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	28.3	39.3	23.2	24.1
Daily	19.7	19.0	26.7	24.1
3-4 times a week	15.9	14.3	18.8	21.1
1-2 times a week	26.0	17.9	24.6	25.6
Monthly	10.1	9.5	6.8	5.3
Number of subjects (n)	466	84	570	133

A3.Table 10.79. Rockmelon by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	44.1	51.9	43.1	43.8
Daily	4.5	6.2	7.0	9.4
3-4 times a week	8.1	7.4	7.6	10.2
1-2 times a week	23.2	19.8	26.0	21.1
Monthly	20.0	14.8	16.2	15.6
Number of subjects (n)	469	81	554	128

A3.Table 10.80. Fresh grapes by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	31.0	37.8	30.2	37.3
Daily	18.0	25.6	22.2	18.7
3-4 times a week	11.5	7.3	12.1	17.2
1-2 times a week	26.8	18.3	23.7	17.9
Monthly	12.7	11.0	11.7	9.0
Number of subjects (n)	471	82	562	134

A3.Table 10.81. Fresh strawberries by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	32.2	39.8	26.2	30.4
Daily	4.1	4.8	5.3	7.2
3-4 times a week	7.1	6.0	7.6	8.7
1-2 times a week	30.7	25.3	32.7	34.1
Monthly	26.0	24.1	28.1	19.6
Number of subjects (n)	466	83	565	138

A3.Table 10.82. Stewed fruit by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	20.3	20.7	22.6	21.7
Daily	17.5	22.0	19.6	26.1
3-4 times a week	16.2	15.9	15.4	19.6
1-2 times a week	32.7	35.4	27.8	23.2
Monthly	13.3	6.1	14.5	9.4
Number of subjects (n)	474	82	571	138

A3.Table 10.83. Tinned fruit by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never or rarely	36.1	33.3	40.8	41.5
Daily	3.4	4.9	4.4	3.0
3-4 times a week	5.1	6.2	4.8	6.7
1-2 times a week	25.0	30.9	21.5	21.5
Monthly	30.3	24.7	28.5	27.4
Number of subjects (n)	468	81	568	135

A3.Table 10.84. Sultanas, raisins, currants by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	58.9	61.3	50.2	58.6
Daily	6.7	18.8	8.0	11.3
3-4 times a week	3.5	5.0	6.0	4.5
1-2 times a week	13.9	6.3	19.4	12.0
Monthly	17.0	8.8	16.5	13.5
Number of subjects (n)	460	80	552	133

A3.Table 10.85. Dried apricots by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	77.7	75.0	65.6	82.3
Daily	1.3	0.0	2.4	3.8
3-4 times a week	1.1	2.5	2.7	1.5
1-2 times a week	6.5	7.5	10.8	1.5
Monthly	13.4	15.0	18.4	10.8
Number of subjects (n)	462	80	553	130

A3.Table 10.86. Other dried fruit by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	70.0	70.9	60.4	69.0
Daily	4.4	5.1	6.1	3.1
3-4 times a week	2.4	3.8	2.9	3.9
1-2 times a week	6.8	6.3	10.4	7.0
Monthly	16.4	13.9	20.3	17.1

Number of subjects (n)	457	79	558	129
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A3.Table 10.87. Stew, casserole, curry or goulash by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	17.3	25.9	17.3	21.6
Fortnightly	27.0	13.6	31.4	22.3
once a week	35.8	44.4	32.9	36.7
twice a week	16.2	13.6	14.4	12.9
3-4 times a week	3.7	2.5	3.9	6.5
Number of subjects (n)	481	81	589	139

A3.Table 10.88. Fried steak by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	57.2	53.1	67.2	66.4
Fortnightly	15.4	13.6	10.9	7.2
once a week	18.7	23.5	17.0	20.0
twice a week	5.7	9.9	3.7	4.8
3-4 times a week	3.0	0.0	1.3	1.6
Number of subjects (n)	460	81	542	125

A3.Table 10.89. Grilled steak by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	47.7	48.1	52.3	50.8
Fortnightly	19.7	13.6	16.1	14.6
once a week	22.0	27.2	20.9	25.4
twice a week	7.8	8.6	8.8	5.4
3-4 times a week	2.8	2.5	1.8	3.8
Number of subjects (n)	463	81	545	130

A3.Table 10.90. Fried chops - lamb or pork by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	46.8	42.0	51.5	49.6
Fortnightly	14.4	11.1	14.2	11.3
once a week	24.4	29.6	22.9	26.3
twice a week	10.6	12.3	7.1	9.0
3-4 times a week	3.8	4.9	4.3	3.8
Number of subjects (n)	451	81	536	133

A3.Table 10.91. Grilled chops - lamb or pork by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	37.6	39.2	38.3	39.8
Fortnightly	17.7	16.5	14.3	16.4
once a week	31.9	25.3	28.5	21.9
twice a week	11.4	15.2	12.1	13.3
3-4 times a week	1.5	3.8	6.9	8.6
Number of subjects (n)	458	79	554	128

A3.Table 10.92. Mince meat by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	32.7	36.9	36.8	36.8
Fortnightly	30.8	32.1	30.6	24.3
once a week	27.6	20.2	26.0	29.4
twice a week	7.0	9.5	5.5	5.9
3-4 times a week	1.9	1.2	1.1	3.7
Number of subjects (n)	474	84	562	136

A3.Table 10.93. Chicken by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	15.5	9.1	10.9	13.1
Fortnightly	27.9	36.4	32.3	28.3
once a week	38.8	35.2	35.5	39.3

twice a week	12.6	8.0	15.8	11.7
3-4 times a week	5.2	11.4	5.4	7.6
Number of subjects (n)	484	88	594	145

A3.Table 10.94. Roasted meat by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	21.9	25.6	29.9	31.1
Fortnightly	31.4	17.4	30.9	22.7
once a week	38.1	45.3	35.8	38.6
twice a week	8.2	10.5	2.6	5.3
3-4 times a week	0.4	1.2	0.9	2.3
Number of subjects (n)	475	86	579	132

A3.Table 10.95. Fried sausages by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	54.3	43.9	63.5	64.3
Fortnightly	23.9	23.2	19.7	20.2
once a week	17.9	25.6	14.6	13.2
twice a week	3.0	7.3	1.3	1.6
3-4 times a week	0.9	0.0	0.9	0.8
Number of subjects (n)	468	82	548	129

A3.Table 10.96. Grilled sausages by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	65.7	72.0	71.5	73.0
Fortnightly	18.5	12.0	16.7	12.7
once a week	13.4	13.3	9.9	11.9
twice a week	1.8	2.7	1.3	0.8
3-4 times a week	0.7	0.0	0.6	1.6
Number of subjects (n)	449	75	533	126

A3.Table 10.97. Bacon by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	45.0	42.0	53.7	52.9
Fortnightly	22.3	24.7	21.6	18.8
once a week	19.5	14.8	15.8	17.4
twice a week	8.2	11.1	6.8	8.0
3-4 times a week	5.0	7.4	2.1	2.9
Number of subjects (n)	476	81	575	138

A3.Table 10.98. Liver by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	75.6	77.5	79.4	78.7
Fortnightly	19.5	13.8	15.2	15.7
once a week	4.3	7.5	4.7	3.9
twice a week	0.4	0.0	0.7	0.8
3-4 times a week	0.2	1.3	0.0	0.8
Number of subjects (n)	467	80	559	127

A3.Table 10.99. Fried fish by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	38.3	35.8	45.5	50.0
Fortnightly	28.7	27.2	26.0	24.6
once a week	27.0	34.6	24.8	20.9
twice a week	5.6	1.2	2.7	3.0
3-4 times a week	0.4	1.2	1.1	1.5
Number of subjects (n)	467	81	561	134

A3.Table 10.100. Fish - baked, grilled or steamed by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never or rarely	67.2	62.2	60.5	71.0
Fortnightly	14.6	12.2	17.8	16.9
once a week	15.1	23.0	16.7	10.5
twice a week	1.6	2.7	4.0	0.8
3-4 times a week	1.6	0.0	0.9	0.8
Number of subjects (n)	451	74	527	124

A3.Table 10.101. Canned fish by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	55.2	62.5	53.0	58.0
Fortnightly	31.1	26.3	35.1	22.9
once a week	10.7	8.8	9.4	16.8
twice a week	2.1	1.3	1.6	1.5
3-4 times a week	0.9	1.3	0.9	0.8
Number of subjects (n)	469	80	562	131

A3.Table 10.102. Meat pies, pasties or sausage rolls by group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	50.6	47.6	59.0	57.7
Fortnightly	28.9	31.0	26.5	20.4
once a week	15.1	14.3	11.3	20.4
twice a week	4.0	3.6	2.6	1.5
3-4 times a week	1.5	3.6	0.5	0.0
Number of subjects (n)	478	84	573	137

A3.Table 10.103. Milk consumed per month (ml) by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	499	93	617	154
Mean	10028.6	10565.7	10197.9	11107.7
SD	7411.3	6597.0	7494.4	8346.5
Std err	331.8	684.1	301.7	672.6
Minimum	0.0	0.0	0.0	0.0

Median	9771.4	9900.0	9021.7	9900.0
Maximum	76800.0	32657.4	66300.0	61800.0

A3.Table 10.104. Eggs consumed per month by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	485	92	604	148
Mean	12.50	12.60	8.06	8.49
SD	11.23	10.76	6.48	7.92
Std err	0.51	1.12	0.26	0.65
Minimum	0.00	0.00	0.00	0.00
Median	8.00	8.00	8.00	8.00
Maximum	84.00	56.00	40.00	52.00

A3.Table 10.105. Slices of bread consumed per week by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	489	91	605	150
Mean	27.15	24.54	21.74	22.53
SD	12.22	11.26	9.97	12.27
Std err	0.55	1.18	0.41	1.00
Minimum	0.00	0.00	0.00	2.00
Median	28.00	21.00	21.00	21.00
Maximum	84.00	49.00	70.00	84.00

A3.Table 10.106. Plain or sweet biscuits - number per week by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	381	66	457	113
Mean	10.74	14.82	9.44	9.38
SD	13.93	16.58	11.04	9.78
Std err	0.71	2.04	0.52	0.92
Minimum	0.00	0.00	0.00	0.00
Median	6.00	7.50	6.00	6.00

Maximum	84.00	56.00	70.00	42.00
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A3.Table 10.107. Cups of tea per day by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	478	87	597	146
Mean	3.21	3.41	3.36	3.53
SD	2.38	2.32	2.19	2.29
Std err	0.11	0.25	0.09	0.19
Minimum	0.00	0.00	0.00	0.00
Median	3.00	3.00	3.00	3.00
Maximum	20.00	10.00	12.00	12.00

A3.Table 10.108. Cups of coffee per day by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	460	82	566	142
Mean	1.66	1.24	1.48	1.28
SD	1.87	1.31	1.56	1.23
Std err	0.09	0.15	0.07	0.10
Minimum	0.00	0.00	0.00	0.00
Median	1.00	1.00	1.00	1.00
Maximum	20.00	6.00	13.00	6.00

A3.Table 10.109. Glasses of water per month by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	439	78	558	135
Mean	51.57	49.01	69.03	60.55
SD	54.75	45.22	57.51	51.67
Std err	2.61	5.12	2.44	4.45
Minimum	0.00	0.00	0.00	0.00
Median	30.00	30.00	60.00	60.00
Maximum	300.00	210.00	300.00	210.00

A3.Table 10.110. Glasses of fruit juice per month by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	442	80	543	126
Mean	14.01	13.61	18.53	14.95
SD	22.10	16.54	24.62	19.40
Std err	1.05	1.85	1.06	1.73
Minimum	0.00	0.00	0.00	0.00
Median	4.29	1.50	8.57	3.64
Maximum	210.00	90.00	210.00	90.00

A3.Table 10.111. Glasses of softdrink per month by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	426	75	509	127
Mean	14.77	13.79	13.37	15.62
SD	28.22	22.96	24.75	31.96
Std err	1.37	2.65	1.10	2.84
Minimum	0.00	0.00	0.00	0.00
Median	1.00	1.00	1.00	1.00
Maximum	180.00	120.00	210.00	210.00

A3.Table 10.112. Glasses of alcohol per month by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	449	76	510	122
Mean	33.87	30.90	10.23	10.09
SD	54.04	51.85	21.51	25.67
Std err	2.55	5.95	0.95	2.32
Minimum	0.00	0.00	0.00	0.00
Median	8.57	8.57	0.00	0.00
Maximum	300.00	353.57	120.00	180.00

A3.Table 10.113. Total number of teaspoons of sugar per day by group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	455	79	555	138
Mean	4.29	4.33	1.84	2.19
SD	5.68	4.34	3.42	3.47
Std err	0.27	0.49	0.15	0.30
Minimum	0.00	0.00	0.00	0.00
Median	3.00	4.00	0.00	0.00
Maximum	45.00	16.00	27.00	18.00

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A3.Table 10.114. Descriptive statistics for complex carbohydrate intake (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	103.08	107.37	87.37	90.24
SD	33.48	36.71	30.27	27.86
Min	13.20	25.90	6.20	34.60
5%	58.02	50.20	44.69	48.10
25%	78.10	80.05	66.30	70.80
50%	99.10	108.90	85.55	87.30
75%	124.20	133.20	105.83	105.90
95%	159.22	162.50	136.74	141.62
Maximum	241.70	224.00	233.00	180.40

A3.Table 10.115. Descriptive statistics for sugars (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135

Mean	123.24	131.74	113.04	114.38
SD	56.37	47.58	48.69	47.05
Min	23.50	35.80	21.80	27.90
5%	46.76	50.93	46.63	44.88
25%	85.10	97.88	78.68	80.70
50%	117.20	130.80	104.25	106.50
75%	153.20	160.80	141.40	145.30
95%	224.32	218.20	200.10	198.68
Maximum	504.00	262.10	335.60	260.50

A3.Table 10.116. Descriptive statistics for total carbohydrate intake (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	227.08	239.77	201.47	205.16
SD	77.24	70.79	68.07	62.03
Min	53.60	74.90	51.10	85.10
5%	118.50	107.55	104.13	115.16
25%	174.20	204.03	153.00	157.00
50%	215.80	236.40	192.55	197.80
75%	268.80	289.53	238.93	245.90
95%	361.18	359.75	327.41	327.12
Maximum	656.60	437.70	532.00	399.00

A3.Table 10.117. Descriptive statistics for % energy intake of complex carbohydrates by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	20.10	19.54	19.73	20.07
SD	4.37	3.95	4.36	4.70
Min	3.47	10.45	2.85	7.21
5%	13.48	12.86	12.77	12.30
25%	17.28	16.52	16.92	16.96
50%	20.01	19.72	19.60	19.77
75%	22.82	22.08	22.44	22.72

95%	27.42	26.33	27.01	28.90
Maximum	38.42	29.90	37.26	33.31

A3.Table 10.118. Descriptive statistics for % energy intake of sugars by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	23.39	24.18	25.03	24.77
SD	6.77	6.37	6.80	6.97
Min	6.82	10.24	7.94	9.75
5%	11.90	13.11	14.14	12.65
25%	18.79	19.91	20.33	20.26
50%	23.62	24.66	24.87	25.20
75%	27.70	28.27	29.33	29.31
95%	34.77	35.02	36.53	37.14
Maximum	45.21	42.17	56.17	41.74

A3.Table 10.119. Descriptive statistics for % energy intake of total carbohydrate by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	43.13	43.20	44.79	44.61
SD	6.98	6.64	6.01	7.14
Min	17.97	18.88	26.44	27.55
5%	30.26	28.13	35.30	31.30
25%	38.85	40.82	40.49	40.48
50%	43.53	43.40	44.86	44.69
75%	48.10	46.79	48.58	48.96
95%	53.13	53.04	54.30	56.98
Maximum	62.21	56.16	65.13	68.30

A3.Table 10.120. Descriptive statistics for protein intake of (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	76.77	79.05	70.78	71.89
SD	21.11	21.14	20.44	23.05
Min	31.10	33.20	10.00	30.90
5%	46.24	44.88	41.03	40.28
25%	62.10	65.45	56.98	54.60
50%	75.50	74.55	69.90	67.30
75%	88.70	92.33	80.90	85.80
95%	113.90	123.43	106.50	111.12
Maximum	190.80	138.30	179.90	168.00

A3.Table 10.121. Descriptive statistics for % energy intake of protein by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	16.04	15.61	17.18	16.77
SD	2.78	2.52	3.17	3.01
Min	8.43	8.92	7.67	9.46
5%	11.84	12.26	12.50	12.19
25%	14.11	13.71	15.10	14.78
50%	15.67	15.18	16.79	16.65
75%	17.82	17.55	19.09	18.44
95%	20.91	19.89	22.49	22.42
Maximum	28.21	22.86	34.52	27.08

A3.Table 10.122. Descriptive statistics for total fat (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	84.72	92.14	71.72	74.90
SD	28.77	29.95	25.60	24.26
Min	18.80	31.70	15.50	18.50
5%	45.52	38.95	36.92	37.44
25%	64.70	70.45	53.40	57.00

50%	82.80	91.85	68.90	70.60
75%	99.80	107.40	86.13	91.80
95%	135.78	147.75	116.22	117.78
Maximum	240.30	183.50	212.00	149.20

A3.Table 10.123. Descriptive statistics for PUFAs (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	13.49	12.39	11.92	10.66
SD	6.98	6.71	6.14	5.61
Min	2.10	1.90	0.70	2.30
5%	4.50	3.93	3.90	4.08
25%	8.30	7.30	6.90	6.10
50%	12.00	10.85	11.05	10.10
75%	18.10	16.10	16.00	13.90
95%	26.38	25.76	22.19	19.74
Maximum	47.60	34.60	51.50	37.90

A3.Table 10.124. Descriptive statistics for MUFAs (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	28.01	31.25	23.44	24.90
SD	9.86	11.05	8.92	8.40
Min	6.00	10.10	4.50	5.50
5%	14.66	12.60	11.63	11.02
25%	20.70	24.25	17.10	19.00
50%	27.10	30.50	22.30	23.20
75%	33.90	38.00	28.70	30.30
95%	45.88	52.20	38.57	39.16
Maximum	82.10	68.50	69.20	50.40

A3.Table 10.125. Descriptive statistics for SFAs (g/day) by age group and gender.

ADELAIDE	Men	Women
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	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	34.94	39.34	29.34	32.07
SD	13.77	13.67	11.93	11.88
Min	5.70	12.90	6.20	6.20
5%	16.26	16.93	13.50	13.74
25%	24.90	29.00	20.68	23.50
50%	33.30	39.70	27.70	30.30
75%	42.10	47.98	36.20	40.60
95%	59.14	62.98	50.90	52.84
Maximum	120.00	83.20	83.80	61.30

A3.Table 10.126. Descriptive statistics for % energy intake of total fat by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	37.65	38.62	36.95	37.69
SD	5.93	5.54	5.56	6.22
Min	19.36	26.52	18.43	16.08
5%	27.83	29.82	27.38	26.18
25%	33.94	35.29	33.52	34.77
50%	37.80	38.34	37.11	37.38
75%	41.44	41.29	40.63	41.66
95%	48.28	49.75	45.92	46.61
Maximum	56.61	59.80	53.25	55.80

A3.Table 10.127. Descriptive statistics for % energy intake of PUFAs by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	6.10	5.26	6.30	5.48
SD	2.83	2.62	2.95	2.63
Min	1.54	1.97	1.14	1.81
5%	2.39	2.50	2.50	2.33
25%	3.74	3.01	3.85	3.21

50%	5.72	4.39	5.85	4.98
75%	7.95	6.93	8.28	7.21
95%	11.53	11.33	11.28	10.51
Maximum	15.21	12.88	16.00	14.45

A3.Table 10.128. Descriptive statistics for % energy intake of MUFAs by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	12.46	13.06	12.04	12.52
SD	2.34	2.33	2.20	2.37
Min	6.35	8.96	6.23	4.78
5%	8.75	9.54	8.46	8.14
25%	10.97	11.63	10.49	11.32
50%	12.34	12.68	12.00	12.55
75%	13.79	14.06	13.57	13.83
95%	16.67	18.51	15.76	16.17
Maximum	20.45	21.15	18.94	18.78

A3.Table 10.129. Descriptive statistics for % energy intake of saturated fat by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	15.42	16.50	14.99	16.00
SD	3.33	2.93	3.21	3.51
Min	6.04	9.74	6.62	5.39
5%	10.16	11.00	9.79	9.58
25%	12.99	14.88	12.76	13.65
50%	15.33	16.47	14.89	16.48
75%	17.81	18.44	17.16	18.66
95%	20.87	21.67	20.24	21.58
Maximum	25.84	22.95	25.38	23.28

A3.Table 10.130. Descriptive statistics for fibre intake (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	20.35	20.86	20.97	20.20
SD	8.22	7.96	8.25	8.39
Min	1.60	7.00	0.70	5.60
5%	8.36	8.58	10.10	8.20
25%	15.10	15.28	14.90	14.60
50%	19.30	20.25	19.85	18.50
75%	24.60	25.48	26.40	24.80
95%	34.96	38.60	35.70	37.76
Maximum	59.30	43.00	64.40	51.40

A3.Table 10.131. Descriptive statistics for alcohol intake (g/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	8.73	7.85	2.44	2.56
SD	14.73	14.08	5.57	6.91
Min	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	1.20	1.00	0.00	0.00
75%	8.40	8.40	1.20	0.80
95%	42.10	32.50	16.90	16.90
Maximum	84.30	99.30	33.70	50.60

A3.Table 10.132. Descriptive statistics for % energy intake of alcohol by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	3.19	2.56	1.07	0.93
SD	5.38	4.53	2.50	2.31

Min	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.40	0.29	0.00	0.00
75%	4.18	4.06	0.51	0.34
95%	15.67	9.39	6.42	5.19
Maximum	36.93	28.99	16.84	13.85

A3.Table 10.133. Descriptive statistics for total energy intake (kJ/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	8281.5	8759.7	7132.7	7324.6
SD	2380.5	2358.2	2135.3	2014.2
Min	3229.9	2952.8	2172.3	3354.4
5%	5070.5	4630.7	4065.6	4306.4
25%	6615.8	7338.5	5730.2	5783.3
50%	8063.1	8618.3	6847.7	7073.4
75%	9605.9	10150.5	8247.5	8781.3
95%	12399.6	13337.0	10877.9	10622.4
Maximum	22644.0	15873.6	19134.3	13529.2

A3.Table 10.134. Descriptive statistics for total energy intake (kcal/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	1981.22	2095.62	1706.39	1752.30
SD	569.49	564.15	510.84	481.87
Min	772.70	706.41	519.69	802.49
5%	1213.05	1107.82	972.64	1030.23
25%	1582.73	1755.61	1370.87	1383.57
50%	1928.97	2061.78	1638.21	1692.20
75%	2298.06	2428.36	1973.09	2100.79
95%	2966.41	3190.67	2602.37	2541.25
Maximum	5417.23	3797.51	4577.58	3236.65

A3.Table 10.135. Descriptive statistics for calcium intake (mg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	929.32	1007.62	916.59	920.49
SD	393.60	339.03	395.64	365.61
Min	239.70	492.70	136.90	231.40
5%	418.18	535.25	368.54	412.78
25%	671.00	772.85	633.93	637.20
50%	885.00	966.40	846.75	887.40
75%	1123.70	1184.33	1145.80	1158.00
95%	1648.22	1713.50	1665.27	1631.34
Maximum	4076.90	2130.70	2472.70	1858.00

A3.Table 10.136. Descriptive statistics for iron intake (mg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	13.19	13.70	12.47	12.35
SD	3.70	3.79	3.83	3.70
Min	4.40	3.80	2.10	5.30
5%	7.48	7.83	7.12	7.16
25%	10.80	11.25	9.70	9.60
50%	12.90	13.15	12.20	11.70
75%	15.30	15.95	14.70	14.70
95%	20.02	21.10	19.19	19.26
Maximum	29.60	25.90	31.30	25.30

A3.Table 10.137. Descriptive statistics for zinc intake (mg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+

n	471	84	562	135
Mean	10.26	10.59	9.71	9.77
SD	3.04	3.05	3.07	3.32
Min	3.60	3.00	1.10	4.00
5%	5.80	6.08	5.40	5.58
25%	8.20	8.53	7.80	7.50
50%	9.90	10.05	9.45	9.00
75%	11.80	12.58	11.20	11.80
95%	15.94	16.68	14.89	15.10
Maximum	24.00	18.20	28.70	27.30

A3.Table 10.138. Descriptive statistics for vitamin C intake (mg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	86.82	85.43	99.81	92.45
SD	60.13	50.34	64.80	59.23
Min	10.90	12.80	0.90	11.40
5%	22.08	22.15	28.53	26.48
25%	43.30	42.33	52.03	44.90
50%	77.10	79.55	87.20	75.10
75%	119.30	119.23	132.50	122.30
95%	182.28	170.78	207.67	212.04
Maximum	591.30	294.10	533.80	302.60

A3.Table 10.139. Descriptive statistics for vitamin D intake (mg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	2.82	2.94	2.50	2.35
SD	1.92	1.95	1.73	1.85
Min	0.00	0.20	0.10	0.10
5%	0.60	0.33	0.50	0.50
25%	1.50	1.40	1.20	1.00
50%	2.40	2.50	2.20	1.80

75%	3.60	3.85	3.30	3.10
95%	7.20	6.75	6.10	6.80
Maximum	12.30	8.20	8.30	8.60

A3.Table 10.140. Descriptive statistics for vitamin E intake (mg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	4.27	4.17	4.05	3.64
SD	2.14	1.99	1.75	2.01
Min	-4.10	-0.50	-0.99	-3.00
5%	0.46	0.28	1.40	0.18
25%	3.10	3.03	2.80	2.30
50%	4.40	4.15	3.90	3.70
75%	5.50	5.68	5.10	4.80
95%	7.84	7.43	7.19	6.66
Maximum	11.00	8.40	10.60	11.60

A3.Table 10.141. Descriptive statistics for retinol equivalents (RE µg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	1022.0	1146.0	868.7	1005.3
SD	1308.3	2087.9	1298.3	1853.0
Min	21.9	123.7	33.5	21.9
5%	180.0	183.6	156.6	111.6
25%	297.5	330.7	256.8	253.9
50%	429.1	418.2	355.5	369.1
75%	705.3	617.0	515.9	583.9
95%	2966.2	4956.9	2766.0	4684.4
Maximum	9469.9	15862.4	9105.6	15933.2

A3.Table 10.142. Descriptive statistics for vitamin A (µg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	2055.6	2265.7	2010.5	2145.0
SD	1456.7	2234.2	1461.7	1915.6
Min	173.0	337.3	139.0	105.7
5%	608.7	694.1	624.3	631.5
25%	1055.3	1053.9	1086.9	1217.4
50%	1597.0	1501.1	1569.0	1657.6
75%	2506.5	2466.9	2319.4	2283.7
95%	4998.7	6663.0	4762.1	5236.4
Maximum	11028.7	16828.1	11461.7	17524.8

A3.Table 10.143. Descriptive statistics for thiamin intake (mg/day) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	1.22	1.29	1.15	1.18
SD	0.39	0.38	0.38	0.37
Min	0.30	0.50	0.20	0.40
5%	0.60	0.63	0.60	0.60
25%	1.00	1.03	0.90	0.90
50%	1.20	1.30	1.10	1.20
75%	1.50	1.60	1.40	1.40
95%	1.90	1.98	1.80	1.82
Maximum	2.80	2.30	2.70	2.20

A3.Table 10.144. Descriptive statistics for complex carbohydrate (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	12.56	12.22	12.33	12.54
SD	2.73	2.47	2.72	2.94
Min	2.17	6.53	1.78	4.51
5%	8.42	8.04	7.98	7.70

25%	10.80	10.33	10.58	10.60
50%	12.51	12.32	12.25	12.36
75%	14.26	13.80	14.03	14.20
95%	17.14	16.46	16.88	18.06
Maximum	24.01	18.69	23.29	20.82

A3.Table 10.145. Descriptive statistics for sugars (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	14.62	15.11	15.64	15.48
SD	4.23	3.98	4.25	4.36
Min	4.26	6.40	4.96	6.09
5%	7.44	8.19	8.84	7.90
25%	11.75	12.44	12.71	12.66
50%	14.76	15.41	15.54	15.75
75%	17.31	17.67	18.33	18.32
95%	21.73	21.89	22.83	23.21
Maximum	28.26	26.36	35.10	26.09

A3.Table 10.146. Descriptive statistics for total carbohydrate (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	27.28	27.41	28.13	28.10
SD	4.00	3.70	3.59	4.22
Min	13.47	16.50	16.35	18.34
5%	20.42	19.58	22.43	20.56
25%	24.82	25.68	25.51	25.52
50%	27.53	27.95	28.07	28.06
75%	30.06	29.63	30.39	30.75
95%	33.23	33.40	33.89	35.51
Maximum	38.86	35.25	40.64	42.48

A3.Table 10.147. Descriptive statistics for protein (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	9.43	9.18	10.11	9.87
SD	1.64	1.49	1.87	1.77
Min	4.96	5.25	4.51	5.56
5%	6.97	7.21	7.35	7.17
25%	8.30	8.07	8.88	8.70
50%	9.22	8.93	9.88	9.79
75%	10.48	10.32	11.23	10.85
95%	12.30	11.70	13.23	13.19
Maximum	16.60	13.45	20.31	15.93

A3.Table 10.148. Descriptive statistics for total fat (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	10.18	10.44	10.00	10.19
SD	1.60	1.50	1.50	1.68
Min	5.23	7.17	4.98	4.35
5%	7.52	8.06	7.40	7.08
25%	9.17	9.54	9.06	9.40
50%	10.22	10.36	10.03	10.10
75%	11.20	11.16	10.98	11.26
95%	13.05	13.45	12.41	12.60
Maximum	15.30	16.16	14.39	15.08

A3.Table 10.149. Descriptive statistics for saturated fats (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	4.17	4.46	4.05	4.33
SD	0.90	0.79	0.87	0.95
Min	1.63	2.63	1.79	1.46

5%	2.75	2.97	2.65	2.59
25%	3.51	4.02	3.45	3.69
50%	4.14	4.45	4.02	4.46
75%	4.81	4.98	4.64	5.04
95%	5.64	5.86	5.47	5.83
Maximum	6.98	6.20	6.86	6.29

A3.Table 10.150. Descriptive statistics for PUFAs (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	1.65	1.42	1.70	1.48
SD	0.77	0.71	0.80	0.71
Min	0.42	0.53	0.31	0.49
5%	0.65	0.68	0.68	0.63
25%	1.01	0.81	1.04	0.87
50%	1.55	1.19	1.58	1.35
75%	2.15	1.87	2.24	1.95
95%	3.12	3.06	3.05	2.84
Maximum	4.11	3.48	4.33	3.91

A3.Table 10.151. Descriptive statistics for MUFAs (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	3.37	3.53	3.25	3.38
SD	0.63	0.63	0.59	0.64
Min	1.72	2.42	1.68	1.29
5%	2.37	2.58	2.29	2.20
25%	2.96	3.14	2.84	3.06
50%	3.34	3.43	3.24	3.39
75%	3.73	3.80	3.67	3.74
95%	4.51	5.00	4.26	4.37
Maximum	5.53	5.72	5.12	5.08

A3.Table 10.152. Descriptive statistics for fibre (g/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	2.51	2.44	3.02	2.84
SD	0.91	0.86	1.06	1.19
Min	0.26	0.86	0.31	0.77
5%	1.23	1.18	1.59	1.30
25%	1.86	1.83	2.21	2.11
50%	2.39	2.29	2.82	2.65
75%	3.05	3.12	3.68	3.30
95%	4.06	4.08	4.93	4.79
Maximum	6.41	5.18	7.19	9.07

A3.Table 10.153. Descriptive statistics for calcium (mg/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	112.72	118.79	129.00	125.05
SD	35.00	42.59	43.26	36.13
Min	46.33	54.76	34.98	52.77
5%	62.60	80.25	68.48	68.81
25%	89.99	96.68	98.31	98.72
50%	108.58	111.88	122.44	122.07
75%	129.27	127.49	153.23	147.29
95%	174.47	199.05	213.74	188.12
Maximum	302.11	393.80	304.67	273.62

A3.Table 10.154. Descriptive statistics for iron (mg/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	1.62	1.59	1.78	1.71
SD	0.34	0.31	0.37	0.37
Min	0.72	1.05	0.87	1.03
5%	1.16	1.16	1.24	1.21

25%	1.38	1.38	1.51	1.49
50%	1.58	1.53	1.74	1.67
75%	1.82	1.77	2.00	1.93
95%	2.30	2.17	2.41	2.43
Maximum	3.21	2.68	3.34	3.25

A3.Table 10.155. Descriptive statistics for zinc (mg/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	1.27	1.23	1.39	1.35
SD	0.30	0.26	0.32	0.30
Min	0.59	0.63	0.50	0.68
5%	0.85	0.88	0.94	0.92
25%	1.06	1.05	1.16	1.16
50%	1.23	1.23	1.36	1.34
75%	1.43	1.39	1.55	1.52
95%	1.78	1.64	1.95	1.85
Maximum	2.42	2.26	2.93	2.60

A3.Table 10.156. Descriptive statistics for vitamin C (mg/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	10.68	10.37	14.34	12.98
SD	6.90	6.66	8.77	8.15
Min	1.62	1.85	0.41	1.87
5%	3.23	2.41	4.37	3.25
25%	5.59	4.78	7.67	6.92
50%	9.12	8.77	13.03	10.93
75%	13.93	14.27	18.74	18.06
95%	23.87	22.51	28.70	29.34
Maximum	56.07	31.34	69.93	39.69

A3.Table 10.157. Descriptive statistics for vitamin E (mg/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	0.52	0.48	0.58	0.51
SD	0.24	0.21	0.22	0.25
Min	-0.33	-0.06	-0.16	-0.29
5%	0.06	0.03	0.19	0.03
25%	0.40	0.35	0.44	0.39
50%	0.55	0.52	0.59	0.52
75%	0.68	0.63	0.72	0.67
95%	0.85	0.77	0.93	0.87
Maximum	1.15	0.88	1.34	1.13

A3.Table 10.158. Descriptive statistics for vitamin D (mg/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	0.34	0.33	0.35	0.31
SD	0.21	0.21	0.24	0.21
Min	0.00	0.05	0.01	0.02
5%	0.08	0.06	0.07	0.08
25%	0.19	0.18	0.19	0.15
50%	0.30	0.28	0.31	0.26
75%	0.44	0.43	0.46	0.43
95%	0.79	0.75	0.81	0.78
Maximum	1.18	1.03	2.07	1.02

A3.Table 10.159. Descriptive statistics for thiamin (mg/MJ) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	0.15	0.15	0.16	0.16
SD	0.03	0.04	0.04	0.04
Min	0.06	0.06	0.07	0.09
5%	0.10	0.09	0.11	0.11
25%	0.13	0.13	0.14	0.14
50%	0.15	0.15	0.16	0.16

75%	0.17	0.18	0.19	0.19
95%	0.21	0.22	0.23	0.23
Maximum	0.25	0.29	0.30	0.31

A3.Table 10.160. Descriptive statistics for vitamin A ($\mu\text{g}/\text{MJ}$) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
n	471	84	562	135
Mean	253.76	253.61	292.51	291.33
SD	177.47	211.20	222.22	228.82
Min	35.77	81.87	31.09	22.47
5%	88.05	94.32	100.29	106.97
25%	133.20	125.58	155.98	165.31
50%	199.00	182.19	215.90	237.22
75%	324.76	271.60	341.31	342.31
95%	608.97	674.83	737.71	621.86
Maximum	1346.72	1517.95	1744.68	1888.69

A3.Table 10.161. Percentage below two thirds of the US RDA by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
Protein	0.6	1.2	1.1	0.0
Calcium	11.9	3.6	27.9	28.9
Iron	0.2	1.2	0.5	0.0
Zinc	22.5	17.9	26.5	32.6
Ascorbic acid	7.9	8.3	1.4	3.7
Vitamin E	89.6	90.5	66.9	71.1
Vitamin A	2.1	1.2	2.8	3.0
Thiamin	2.3	1.2	1.1	0.7
Number of subjects (n)	471	84	562	135

ANTHROPOMETRY

A3.Table 10.162. Body mass index classification by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
< 19.9	7.6	16.7	19.4	28.6
20 - 25	56.7	53.3	49.0	42.9
25.1 - 29.9	28.1	23.3	24.0	26.2
≥ 30	7.6	6.7	7.7	2.4
Number of subjects (n)	171	30	196	42

A3.Table 10.163. Descriptive statistics for stature (cm) by age group and gender.

ADELAIDE	Men		Women	
	70 - 79	80+	70 - 79	80+
Mean	173.10	171.80	160.40	157.80
Standard deviation	7.10	6.90	7.80	6.20
Standard error	0.54	1.29	0.58	0.98
Minimum	153.00	160.00	128.00	148.00
Median	173.00	173.00	160.00	158.00
Maximum	188.00	185.00	200.00	175.00

SOCIAL & LIFESTYLE FACTORS

A3.Table 10.164. Living with whom by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Spouse only	72.7	44.6	39.4	20.9
Alone	13.7	30.4	46.0	46.6
Daughter & family	1.4	2.2	3.3	10.1
Son & family	0.6	1.1	1.0	6.1
Spouse & children	5.2	3.3	1.8	1.4
Other relatives	1.0	4.3	1.8	4.1
Friends	1.2	2.2	1.3	0.0

Other	4.2	12.0	5.4	10.8
Number of subjects (n)	498	92	609	148

A3.Table 10.165. Type of accomodation by age group and gender.

ADELAIDE	Men (%)		Women (%)		
	70 - 79	80+	70 - 79	80+	
Self-contained house	77.3	57.1	64.8	50.7	
Elderly home unit, cottage or flat	5.2	16.5	12.4	14.2	
Other home unit or flat	12.7	14.3	16.5	16.2	
Granny flat (flat attached to family home)		1.8	3.3	2.8	6.8
Hostel room (meals provided)	1.4	4.4	1.1	4.1	
Nursing home	0.4	2.2	1.1	2.0	
Other	1.2	2.2	1.1	6.1	
Number of subjects (n)	497	91	611	148	

A3.Table 10.166. Daily activities by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Knitting, sewing, craftwork	7.0	6.3	66.3	62.0
Other hobbies, painting, music	16.2	10.0	16.5	15.6
Gardening	80.1	66.7	70.2	48.0
Watching television	98.2	96.8	96.1	100.0
Listening to the radio	87.3	78.1	84.8	80.4
Church or religious activities	26.4	21.9	37.8	36.7
Going for a walk	71.2	65.6	72.6	47.9
Leisure sports (lawn bowls, table tennis, golf etc)	22.0	12.5	8.2	2.1
Other physical exercise	10.0	3.2	8.4	2.1
Attend senior citizen club	8.1	9.4	19.3	23.9
Attend other clubs	32.7	12.5	27.6	22.2
Reading	92.0	84.8	95.0	92.0
Voluntary work	15.7	6.5	18.8	10.9
Part-time job	6.9	3.2	2.2	0.0
Household repair or maintenance	77.3	53.1	21.0	6.7
Housework	50.0	65.6	96.0	81.6
Going out to sporting events	32.1	6.5	14.8	6.7

A3.Table 10.167. Social activities by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Attend weight watching group	0.6	0.0	2.7	0.0
Playing indoors games	29.8	17.2	34.4	39.2
Going dancing	2.5	3.4	2.8	0.0
Looking after pets, walking the dog	26.4	10.7	30.6	29.2
Spending time with children	53.6	40.0	61.1	57.4
Visiting relatives or friends	83.5	80.0	88.9	79.6
Having relatives or friends visit you	90.1	93.1	94.4	84.0
Going to relatives or friends place to eat	69.1	66.7	74.5	71.4
Having relatives or friends over to eat	73.0	75.9	78.5	72.0
Going to the cinema	8.8	0.0	13.2	2.2
Going to concert/plays/ballets	7.5	13.8	22.2	21.7
Eating out at a restaurant	41.6	27.6	46.2	23.9
Eating out at a take-away or cafe	9.6	10.3	12.5	4.4
Going for drives or picnics	61.5	37.9	62.4	55.3
Writing letters to friends or relatives	48.8	48.3	75.9	88.0
Shopping (not for groceries)	71.9	42.9	80.5	66.7

A3.Table 10.168. Enjoy food by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	87.0	71.4	75.1	86.3
No	13.0	28.6	24.9	13.7
Number of subjects (n)	169	35	205	51

A3.Table 10.169. Why food not enjoyed by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Food doesn't interest me	2.6	0.0	16.5	14.3
No company at mealtimes	5.3	35.3	24.7	14.3
Lost interest in cooking	7.9	0.0	17.6	28.6
Appetite is smaller	47.4	64.7	47.1	35.7
Food doesn't taste as good	21.1	17.6	12.9	35.7

Food doesn't smell as good	13.2	11.8	7.1	7.1
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A3.Table 10.170. Self-assessment of appetite by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Poor	3.6	5.7	3.4	3.9
Fair	19.5	34.3	30.2	23.5
Good	56.2	40.0	52.2	54.9
Very good	20.7	20.0	14.1	17.6
Number of subjects (n)	169	35	205	51

A3.Table 10.171. Eating problems by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Poorly fitting dentures	14.7	11.4	14.5	15.7
Some foods are too acid	11.8	5.7	20.8	9.8
Difficulty in chewing	11.2	17.1	6.3	5.9
Difficulty in swallowing	2.4	2.9	3.4	0.0
Indigestion or heartburn	27.1	22.9	29.5	35.3
Sore mouth	2.4	5.7	6.3	9.8
Dry mouth	7.6	2.9	15.0	17.6

A3.Table 10.172. "Is there food which you try to avoid or can't eat?" by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	55.2	45.5	67.0	58.8
No	44.8	54.5	33.0	41.2
Number of subjects (n)	154	33	188	51

A3.Table 10.173. Chewing problems (restricting choice of food) by age group and gender.

ADELAIDE	Men (%)	Women (%)
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	70 - 79	80+	70 - 79	80+
Yes	8.5	9.4	10.7	9.1
No	91.5	90.6	89.3	90.9
Number of subjects (n)	153	32	177	44

A3.Table 10.174. Difficulties with grocery shopping by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	4.7	6.5	19.0	35.7
No	68.4	61.3	74.9	40.5
Don't do shopping	26.9	32.3	6.2	23.8
Number of subjects (n)	171	31	195	42

A3.Table 10.175. On a diet at present by age group and gender.

ADELAIDE	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	12.1	4.3	15.6	11.3
No	87.9	95.7	84.3	87.3
Not sure	-	-	0.2	1.3
Number of subjects (n)	488	92	597	150

