

A3.11 ANGLO-CELTS, MOSGIEL, NEW ZEALAND

DEMOGRAPHY

A3.Table 11.1. Age group by gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
(%)	73.9	26.1	67.4	32.6
Number of subjects (n)	193	68	314	152

A3.Table 11.2. Marital status by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never married	2.1	1.5	6.8	7.3
Married/living together	80.5	63.6	38.0	10.7
Widowed	15.3	33.3	53.9	81.3
Divorced/separated	2.1	1.5	1.3	0.7
Number of subjects (n)	190	66	308	150

HEALTH STATUS

A3.Table 11.3. Regular use of supplements by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	7.9	9.0	16.0	13.4
No	92.1	91.0	84.0	86.6

Number of subjects (n)	191	67	312	149
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A3.Table 11.4. Types of supplements by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Multi-vitamins or minerals	1.0	3.0	2.2	1.3
Vitamin E	1.0	1.5	1.3	1.3
Vitamin C	1.6	1.5	3.8	2.7
B-complex vitamins	0.0	0.0	1.3	1.3
Vitamin B6	0.0	0.0	0.0	0.0
Calcium	0.5	0.0	5.1	2.0
Iron	0.5	4.5	2.9	5.4
Potassium	2.1	3.0	3.2	2.7
Number of subjects(n)	191	67	312	149

A3.Table 11.5. Occasional use of supplements by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	4.80	0.00	6.10	5.00
No	95.20	100.00	93.90	95.00
Number of subjects (n)	188	64	309	140

DIETARY HABITS

A3.Table 11.6. Cooking methods - vegetable by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Boiled	80.7	77.6	71.9	70.7
Steamed	14.1	11.9	19.5	23.3
Pressure cooked	0.5	1.5	1.0	0.7
Microwaved	4.7	7.5	6.1	3.3

Eat mainly raw	-	-	0.6	0.0
Don't know	0.0	1.5	1.0	2.0
Number of subjects (n)	192	67	313	150

A3.Table 11.7. Soak vegetables before cooking by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	16.1	17.9	13.7	17.3
No	80.7	74.6	84.1	77.3
Don't know	3.1	7.5	2.2	5.3
Number of subjects (n)	192	67	314	150

A3.Table 11.8. Eat fat on meat by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	31.3	31.3	11.8	16.8
No	68.2	68.7	87.2	83.2
Don't eat meat	0.5	0.0	1.0	0.0
Number of subjects (n)	192	67	313	149

A3.Table 11.9. Type of fat used for cooking meat by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Don't eat fried	3.1	6.0	6.1	10.1
Butter	6.8	6.0	11.5	8.8
Dripping, lard	43.5	35.8	34.2	39.9
Polyunsaturated margarine	3.7	6.0	7.0	2.7
Vegetable oils	25.1	19.4	22.7	18.9
None	15.7	14.9	17.3	10.8
Don't know	2.1	11.9	1.3	8.8
Number of subjects (n)	191	67	313	148

A3.Table 11.10. Add salt at table by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Always or nearly always	34.4	25.4	16.9	20.1
Sometimes after tasting the food	33.3	40.3	35.1	31.5
Rarely or never	31.3	34.3	47.3	47.0
Use a salt substitution	1.0	0.0	0.6	1.3
Number of subjects (n)	192	67	313	149

A3.Table 11.11. Add salt in cooking by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Always	80.2	79.1	78.3	69.8
Sometimes	12.0	10.4	14.6	17.4
Never	6.8	3.0	5.4	5.4
Don't know	0.5	7.5	1.0	4.7
Don't have any	0.5	0.0	0.6	2.7
Number of subjects (n)	192	67	314	149

A3.Table 11.12. Who does the cooking by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Respondent	27.9	30.3	79.5	69.1
Respondent's spouse	47.9	31.8	1.9	1.3
Other member(s) of household	0.5	3.0	1.3	4.0
Voluntary/Statutory worker(s) from outside household	0.0	1.5	0.3	0.0
Shared with 2,3,4 or 5 above	23.7	28.8	14.9	11.4
Residential home/hospital	0.0	4.5	1.9	14.1
Number of subjects (n)	190	66	308	149

FOOD INTAKE

A3.Table 11.13. Eggs per month by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	192	67	314	152
Mean	10.60	8.16	8.20	6.71
SD	8.21	6.43	6.16	5.63
Std err	0.59	0.79	0.35	0.46
Minimum	0.00	0.00	0.00	0.00
Median	8.00	8.00	8.00	4.00
Maximumimum	56.00	30.00	48.00	30.00

A3.Table 11.14. Total slices of bread per week by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	191	67	313	147
Mean	25.10	22.85	21.51	19.49
SD	10.81	11.81	10.61	8.90
Std err	0.78	1.44	0.60	0.73
Minimum	0.00	0.00	0.00	0.00
Median	28.00	21.00	21.00	21.00
Maximumimum	70.00	66.00	57.00	42.00

A3.Table 11.15. Plain or sweet biscuits - number per week by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	191	68	314	150
Mean	15.32	16.35	12.38	13.19
SD	12.57	12.29	10.56	10.36
Std err	0.91	1.49	0.60	0.85
Minimum	0.00	0.00	0.00	0.00
Median	14.00	14.00	10.00	14.00
Maximumimum	70.00	56.00	56.00	78.00

A3.Table 11.16. Cups of tea per day by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	192	67	314	150
Mean	3.88	4.18	4.05	4.17
SD	2.21	3.04	2.18	2.25
Std err	0.16	0.37	0.12	0.18
Minimum	0.00	0.00	0.00	0.00
Median	4.00	4.00	4.00	4.00
Maximumimum	12.00	20.00	12.00	12.00

A3.Table 11.17. Cups of coffee per day by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	67	314	150
Mean	1.11	0.82	0.94	0.65
SD	1.39	1.04	1.39	1.06
Std err	0.10	0.13	0.08	0.09
Minimum	0.00	0.00	0.00	0.00
Median	1.00	1.00	0.00	0.00
Maximumimum	8.00	6.00	10.00	6.00

A3.Table 11.18. Glasses of water per month by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	191	67	313	149
Mean	53.09	47.45	65.90	56.48
SD	58.80	43.70	56.81	48.82
Std err	4.26	5.34	3.21	4.00
Minimum	0.00	0.00	0.00	0.00
Median	30.00	30.00	60.00	60.00
Maximumimum	300.00	150.00	360.00	240.00

A3.Table 11.19. Glasses of fruit juice per month by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+

n	189	66	313	147
Mean	13.30	13.36	15.43	11.10
SD	30.13	23.25	28.42	20.47
Std err	2.19	2.86	1.61	1.69
Minimum	0.00	0.00	0.00	0.00
Median	0.00	0.00	3.00	0.00
Maximumimum	240.00	120.00	210.00	120.00

A3.Table 11.20. Glasses of softdrink per month by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	192	67	313	147
Mean	12.93	14.55	11.47	13.49
SD	23.98	33.70	23.10	29.11
Std err	1.73	4.12	1.31	2.40
Minimum	0.00	0.00	0.00	0.00
Median	1.00	0.00	0.00	0.00
Maximumimum	150.00	180.00	150.00	240.00

A3.Table 11.21. Glasses of alcohol per month by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	192	66	312	147
Mean	34.05	11.32	7.25	2.35
SD	61.00	24.28	19.40	10.13
Std err	4.40	2.99	1.10	0.84
Minimum	0.00	0.00	0.00	0.00
Median	7.00	0.00	0.00	0.00
Maximumimum	360.00	120.00	120.00	90.00

A3.Table 11.22. Total number of teaspoons of sugar per day by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	313	149
Mean	3.26	2.17	1.27	1.32

SD	4.31	3.57	2.67	2.86
Std err	0.31	0.44	0.15	0.24
Minimum	0.00	0.00	0.00	0.00
Median	1.00	1.00	0.00	0.00
Maximumimum	18.00	16.00	20.00	16.00

A3.Table 11.23. Regular cheese by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	6.2	13.2	9.9	9.9
Daily	16.1	22.1	16.9	15.1
3-4 times a week	24.4	13.2	22.7	19.7
1-2 times a week	43.0	38.2	37.7	42.1
Monthly	10.4	13.2	12.8	13.2
Number of subjects (n)	193	68	313	152

A3.Table 11.24. Cottage cheese by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	89.1	98.5	83.0	91.4
Daily	0.5	0.0	0.6	0.0
3-4 times a week	0.5	0.0	2.2	2.6
1-2 times a week	4.2	0.0	5.4	2.0
Monthly	5.7	1.5	8.7	3.9
Number of subjects (n)	192	68	312	152

A3.Table 11.25. Ice cream by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	16.2	22.1	26.8	23.7
Daily	7.3	10.3	6.7	8.6
3-4 times a week	7.3	11.8	8.3	11.2
1-2 times a week	39.3	30.9	29.0	34.9
Monthly	29.8	25.0	29.3	21.7

Number of subjects (n)	191	68	314	152
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A3.Table 11.26. Yoghurt by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	83.9	85.3	69.5	77.6
Daily	3.1	4.4	2.3	3.3
3-4 times a week	2.1	0.0	6.4	3.3
1-2 times a week	2.1	4.4	13.2	7.2
Monthly	8.8	5.9	8.7	8.6
Number of subjects (n)	193	68	311	152

A3.Table 11.27. Cream by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	32.6	38.2	38.3	31.6
Daily	7.8	13.2	4.5	10.5
3-4 times a week	4.1	10.3	5.1	17.1
1-2 times a week	21.8	11.8	19.2	19.1
Monthly	33.7	26.5	32.9	21.7
Number of subjects (n)	193	68	313	152

A3.Table 11.28. Custard by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	41.7	32.4	41.3	27.6
Daily	0.5	2.9	1.3	3.3
3-4 times a week	3.6	4.4	5.8	7.2
1-2 times a week	18.2	42.6	23.4	44.7
Monthly	35.9	17.6	28.2	17.1
Number of subjects (n)	192	68	312	152

A3.Table 11.29. Cakes, buns, scones by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	7.3	2.9	9.3	11.3
Daily	21.8	27.9	19.2	27.2
3-4 times a week	21.8	20.6	23.4	19.2
1-2 times a week	41.5	36.8	37.5	35.8
Monthly	7.8	11.8	10.6	6.6
Number of subjects (n)	193	68	312	151

A3.Table 11.30. Vegemite by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	39.1	41.2	29.9	27.6
Daily	17.2	19.1	21.0	20.4
3-4 times a week	9.4	10.3	11.1	16.4
1-2 times a week	20.8	23.5	23.9	26.3
Monthly	13.5	5.9	14.0	9.2
Number of subjects (n)	192	68	314	152

A3.Table 11.31. Peanut butter by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	75.0	82.4	72.8	78.9
Daily	4.2	4.4	4.2	0.7
3-4 times a week	4.2	2.9	1.9	2.6
1-2 times a week	8.3	4.4	12.1	9.9
Monthly	8.3	5.9	8.9	7.9
Number of subjects (n)	192	68	313	152

A3.Table 11.32. Rice pudding by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	48.9	39.7	52.5	28.5
Daily	0.5	1.5	0.6	1.3
3-4 times a week	0.0	2.9	2.2	2.0

1-2 times a week	12.1	25.0	15.9	43.0
Monthly	38.4	30.9	28.7	25.2
Number of subjects (n)	190	68	314	151

A3.Table 11.33. Other puddings by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	28.3	31.3	36.3	26.0
Daily	15.7	19.4	11.1	25.3
3-4 times a week	7.9	19.4	11.5	16.0
1-2 times a week	26.7	13.4	24.2	20.7
Monthly	21.5	16.4	16.9	12.0
Number of subjects (n)	191	67	314	150

A3.Table 11.34. Rice by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	57.1	58.2	50.6	52.3
Daily	0.0	1.5	0.3	0.7
3-4 times a week	0.0	4.5	1.3	2.0
1-2 times a week	12.2	14.9	13.1	12.8
Monthly	30.7	20.9	34.6	32.2
Number of subjects (n)	189	67	312	149

A3.Table 11.35. Crackers, Salada by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	39.3	47.8	22.0	31.8
Daily	8.4	7.5	12.1	16.6
3-4 times a week	13.1	9.0	20.4	15.9
1-2 times a week	27.7	20.9	31.3	25.2
Monthly	11.5	14.9	14.1	10.6
Number of subjects (n)	191	67	313	151

A3.Table 11.36. Tinned spaghetti by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	46.4	56.7	51.3	47.0
3-4 times a week	0.5	0.0	0.0	1.3
1-2 times a week	6.8	4.5	6.5	14.6
Monthly	46.4	38.8	42.3	37.1
Number of subjects (n)	192	67	310	151

A3.Table 11.37. Other pasta by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	67.5	71.6	59.3	64.7
Daily	0.5	0.0	-	-
3-4 times a week	0.5	0.0	0.3	0.7
1-2 times a week	8.9	6.0	8.7	10.7
Monthly	22.5	22.4	31.7	24.0
Number of subjects (n)	191	67	312	150

A3.Table 11.38. Breakfast cereal by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	34.4	25.4	42.4	33.3
Daily	53.1	61.2	38.9	50.7
3-4 times a week	4.7	10.4	8.9	6.7
1-2 times a week	4.2	3.0	5.7	7.3
Monthly	3.6	0.0	4.1	2.0
Number of subjects (n)	192	67	314	150

A3.Table 11.39. Ham by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	30.7	45.5	37.7	38.4

Daily	1.0	0.0	-	-
3-4 times a week	1.0	0.0	0.6	1.3
1-2 times a week	16.7	7.6	12.5	12.6
Monthly	50.5	47.0	49.2	47.7
Number of subjects (n)	192	66	313	151

A3.Table 11.40. Corned beef by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	19.3	24.2	28.7	24.7
Daily	-	-	0.3	0.0
3-4 times a week	-	-	0.3	0.7
1-2 times a week	17.2	19.7	10.2	22.7
Monthly	63.5	56.1	60.5	52.0
Number of subjects (n)	192	66	314	150

A3.Table 11.41. Luncheon meat by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	55.5	63.2	59.2	67.1
Daily	0.5	2.9	0.0	0.7
3-4 times a week	0.5	1.5	1.6	1.3
1-2 times a week	10.5	10.3	14.0	14.1
Monthly	33.0	22.1	25.2	16.8
Number of subjects (n)	191	68	314	149

A3.Table 11.42. Tinned or packet soup by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	46.6	49.3	41.2	36.0
Daily	3.1	3.0	1.3	2.0
3-4 times a week	4.2	3.0	5.8	10.0
1-2 times a week	25.1	34.3	26.4	31.3
Monthly	20.9	10.4	25.4	20.7

Number of subjects (n)	191	67	311	150
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A3.Table 11.43. Homemade soup by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	9.9	19.4	7.0	7.9
Daily	16.8	17.9	21.0	23.8
3-4 times a week	32.5	29.9	33.8	29.8
1-2 times a week	31.9	26.9	30.9	33.8
Monthly	8.9	6.0	7.3	4.6
Number of subjects (n)	191	67	314	151

A3.Table 11.44. Honey, jam, marmalade by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	9.3	10.4	11.1	6.6
Daily	61.1	68.7	56.7	56.3
3-4 times a week	13.0	9.0	14.0	16.6
1-2 times a week	13.0	10.4	15.0	17.9
Monthly	3.6	1.5	3.2	2.6
Number of subjects (n)	193	67	314	151

A3.Table 11.45. Lollies, chocolates by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	25.0	21.2	29.1	24.5
Daily	10.9	15.2	7.3	14.6
3-4 times a week	10.4	9.1	11.2	11.9
1-2 times a week	35.9	40.9	27.8	23.2
Monthly	17.7	13.6	24.6	25.8
Number of subjects (n)	192	66	313	151

A3.Table 11.46. Nuts by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	58.1	71.6	55.1	67.8
Daily	2.1	3.0	3.5	5.9
3-4 times a week	3.1	1.5	4.5	4.6
1-2 times a week	9.9	9.0	14.0	7.9
Monthly	26.7	14.9	22.9	13.8
Number of subjects (n)	191	67	314	152

A3.Table 11.47. Mayonnaise by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	14.1	22.1	10.8	11.9
Daily	5.2	7.4	8.3	7.3
3-4 times a week	32.3	25.0	36.0	30.5
1-2 times a week	44.8	38.2	37.3	43.7
Monthly	3.6	7.4	7.6	6.6
Number of subjects (n)	192	68	314	151

A3.Table 11.48. Turnip by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	12.5	17.9	14.1	11.3
Daily	1.6	1.5	1.9	0.7
3-4 times a week	5.7	6.0	7.7	8.7
1-2 times a week	41.1	53.7	41.9	54.7
Monthly	39.1	20.9	34.5	24.7
Number of subjects (n)	192	67	313	150

A3.Table 11.49. Parsnip by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	14.6	11.9	19.9	17.6
Daily	1.0	1.5	0.6	0.0
3-4 times a week	4.7	6.0	4.2	3.4

1-2 times a week	45.8	52.2	46.5	50.7
Monthly	33.9	28.4	28.8	28.4
Number of subjects (n)	192	67	312	148

A3.Table 11.50. Green peas by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	4.1	7.5	7.0	4.7
Daily	3.1	7.5	3.8	4.7
3-4 times a week	19.2	25.4	18.8	30.0
1-2 times a week	63.2	49.3	56.9	54.7
Monthly	10.4	10.4	13.4	6.0
Number of subjects (n)	193	67	313	150

A3.Table 11.51. Pumpkin by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	9.9	20.6	8.0	11.3
Daily	1.0	4.4	1.6	4.0
3-4 times a week	12.0	17.6	17.8	22.5
1-2 times a week	51.6	45.6	53.2	50.3
Monthly	25.5	11.8	19.4	11.9
Number of subjects (n)	192	68	314	151

A3.Table 11.52. Corn by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	55.5	68.7	48.4	54.3
Daily	-	-	0.3	0.0
3-4 times a week	1.6	0.0	2.6	0.7
1-2 times a week	16.8	10.4	14.4	11.9
Monthly	26.2	20.9	34.3	33.1
Number of subjects (n)	191	67	312	151

A3.Table 11.53. Carrots by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	1.6	3.0	1.0	1.3
Daily	14.0	23.9	20.1	20.5
3-4 times a week	35.2	41.8	42.0	49.0
1-2 times a week	45.1	28.4	34.1	27.8
Monthly	4.1	3.0	2.9	1.3
Number of subjects (n)	193	67	314	151

A3.Table 11.54. Cabbage by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	8.9	16.4	8.7	10.7
Daily	2.6	4.5	4.5	2.7
3-4 times a week	19.3	23.9	23.4	15.3
1-2 times a week	59.9	49.3	50.0	61.3
Monthly	9.4	6.0	13.5	10.0
Number of subjects (n)	192	67	312	150

A3.Table 11.55. Mushrooms by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	51.1	62.7	59.0	66.0
Daily	-	-	-	-
3-4 times a week	1.1	0.0	1.9	0.7
1-2 times a week	9.5	10.4	11.2	14.0
Monthly	38.4	26.9	27.9	19.3
Number of subjects (n)	190	67	312	150

A3.Table 11.56. Silverbeet by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never or rarely	15.5	16.4	12.7	11.3
Daily	4.1	1.5	6.7	8.6
3-4 times a week	15.0	23.9	21.0	14.6
1-2 times a week	43.5	43.3	45.5	55.6
Monthly	21.8	14.9	14.0	9.9
Number of subjects (n)	193	67	314	151

A3.Table 11.57. Baked beans by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	39.3	47.8	50.2	48.3
Daily	0.5	0.0	-	-
3-4 times a week	1.0	0.0	-	-
1-2 times a week	13.1	14.9	10.5	20.8
Monthly	46.1	37.3	39.3	30.9
Number of subjects (n)	191	67	313	149

A3.Table 11.58. Other beans by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	74.3	77.6	75.7	83.1
Daily	0.0	1.5	0.3	0.0
3-4 times a week	1.0	4.5	2.2	2.0
1-2 times a week	8.4	9.0	8.0	6.1
Monthly	16.2	7.5	13.7	8.8
Number of subjects (n)	191	67	313	148

A3.Table 11.59. Potatoes - boiled by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	0.5	1.5	1.3	0.0
Daily	88.6	92.5	78.0	89.4
3-4 times a week	9.3	6.0	14.0	6.6
1-2 times a week	1.6	0.0	6.1	3.3
Monthly	-	-	0.6	0.7

Number of subjects (n)	193	67	314	151
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A3.Table 11.60. Roast potatoes by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	22.0	25.4	30.4	34.2
Daily	0.5	0.0	1.0	0.7
3-4 times a week	2.1	4.5	1.3	0.7
1-2 times a week	34.0	38.8	29.4	37.6
Monthly	41.4	31.3	38.0	26.8
Number of subjects (n)	191	67	313	149

A3.Table 11.61. Fried potatoes by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	37.0	53.7	50.5	57.0
Daily	-	-	0.3	1.3
3-4 times a week	1.6	0.0	-	-
1-2 times a week	24.0	16.4	13.7	10.1
Monthly	37.5	29.9	35.5	31.5
Number of subjects (n)	192	67	313	149

A3.Table 11.62. Potato crisps by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	73.3	82.1	81.5	84.6
Daily	0.5	1.5	0.3	0.7
3-4 times a week	0.5	0.0	0.3	2.0
1-2 times a week	5.8	6.0	2.9	5.4
Monthly	19.9	10.4	15.0	7.4
Number of subjects (n)	191	67	313	149

A3.Table 11.63. Onions by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	6.7	13.4	11.5	11.3
Daily	10.9	6.0	15.3	12.7
3-4 times a week	23.3	19.4	21.3	28.7
1-2 times a week	43.0	49.3	41.4	33.3
Monthly	16.1	11.9	10.5	14.0
Number of subjects (n)	193	67	314	150

A3.Table 11.64. Mixed vegetables by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	29.2	35.8	27.2	19.3
Daily	6.8	1.5	4.8	7.3
3-4 times a week	9.4	17.9	14.1	13.3
1-2 times a week	33.9	35.8	34.9	47.3
Monthly	20.8	9.0	18.9	12.7
Number of subjects (n)	192	67	312	150

A3.Table 11.65. Brussel sprouts by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	42.4	43.9	31.9	28.4
Daily	0.5	6.1	2.2	2.7
3-4 times a week	4.7	4.5	4.5	2.7
1-2 times a week	26.7	28.8	32.3	41.9
Monthly	25.7	16.7	29.1	24.3
Number of subjects (n)	191	66	313	148

A3.Table 11.66. Broccoli by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	44.3	50.0	39.5	37.4
Daily	-	-	1.3	2.0
3-4 times a week	3.6	3.0	4.2	4.1

1-2 times a week	33.9	28.8	36.3	36.1
Monthly	18.2	18.2	18.6	20.4
Number of subjects (n)	192	66	311	147

A3.Table 11.67. Green beans by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	15.1	13.6	13.7	12.0
Daily	3.6	9.1	3.8	5.3
3-4 times a week	14.1	19.7	17.9	14.0
1-2 times a week	47.4	43.9	47.9	55.3
Monthly	19.8	13.6	16.6	13.3
Number of subjects (n)	192	66	313	150

A3.Table 11.68. Cauliflower by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	4.7	16.7	5.8	10.0
Daily	1.0	1.5	1.9	1.3
3-4 times a week	7.3	9.1	12.1	11.3
1-2 times a week	63.2	54.5	60.4	50.7
Monthly	23.8	18.2	19.8	26.7
Number of subjects (n)	193	66	313	150

A3.Table 11.69. Celery by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	49.7	45.5	34.8	37.6
Daily	2.6	0.0	3.8	1.3
3-4 times a week	5.2	7.6	14.1	4.7
1-2 times a week	21.5	18.2	27.5	27.5
Monthly	20.9	28.8	19.8	28.9
Number of subjects (n)	191	66	313	149

A3.Table 11.70. Capsicum by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	86.9	95.5	80.9	94.6
Daily	-		0.6	0.0
3-4 times a week	0.5	0.0	1.9	0.7
1-2 times a week	4.2	0.0	4.8	1.4
Monthly	8.4	4.5	11.8	3.4
Number of subjects (n)	191	66	314	148

A3.Table 11.71. Tomato by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	3.6	6.1	5.4	4.7
Daily	32.6	25.8	43.6	28.7
3-4 times a week	34.2	37.9	29.6	36.7
1-2 times a week	24.9	27.3	17.8	24.7
Monthly	4.7	3.0	3.5	5.3
Number of subjects (n)	193	66	314	150

A3.Table 11.72. Courgettes by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	64.4	86.4	55.7	66.2
Daily	1.6	0.0	2.9	1.4
3-4 times a week	4.7	4.5	8.6	2.0
1-2 times a week	12.0	6.1	16.2	14.2
Monthly	17.3	3.0	16.6	16.2
Number of subjects (n)	191	66	314	148

A3.Table 11.73. Kumara by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never or rarely	79.1	84.8	68.4	66.9
Daily	0.5	0.0	0.3	0.0
3-4 times a week	1.0	1.5	1.0	1.4
1-2 times a week	4.7	3.0	8.3	10.1
Monthly	14.7	10.6	22.0	21.6
Number of subjects (n)	191	66	313	148

A3.Table 11.74. Leeks by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	22.0	28.8	25.8	29.5
Daily	1.0	0.0	0.6	0.7
3-4 times a week	3.1	6.1	8.6	4.0
1-2 times a week	45.0	39.4	38.5	45.0
Monthly	28.8	25.8	26.4	20.8
Number of subjects (n)	191	66	314	149

A3.Table 11.75. Lettuce by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	4.7	10.6	6.1	9.3
Daily	11.5	12.1	22.6	16.7
3-4 times a week	34.9	33.3	35.7	30.0
1-2 times a week	41.1	34.8	27.4	38.7
Monthly	7.8	9.1	8.3	5.3
Number of subjects (n)	192	66	314	150

A3.Table 11.76. Asparagus by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	69.8	69.7	63.7	60.4
Daily	0.5	0.0	1.6	0.0
3-4 times a week	1.0	0.0	3.2	2.0
1-2 times a week	8.9	7.6	9.2	14.1
Monthly	19.8	22.7	22.3	23.5

Number of subjects (n)	192	66	314	149
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A3.Table 11.77. Yams by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	64.4	75.8	61.3	61.1
Daily	-	-	0.6	1.3
3-4 times a week	1.6	0.0	1.9	2.7
1-2 times a week	13.1	15.2	13.7	17.4
Monthly	20.9	9.1	22.4	17.4
Number of subjects (n)	191	66	313	149

A3.Table 11.78. Apple/ pear by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	7.8	12.1	5.1	5.3
Daily	38.0	36.4	45.2	46.0
3-4 times a week	16.1	16.7	18.8	13.3
1-2 times a week	29.2	27.3	24.2	27.3
Monthly	8.9	7.6	6.7	8.0
Number of subjects (n)	192	66	314	150

A3.Table 11.79. Banana by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	12.0	11.9	8.3	8.6
Daily	23.6	17.9	28.3	25.2
3-4 times a week	13.6	11.9	19.7	24.5
1-2 times a week	33.5	38.8	35.4	29.1
Monthly	17.3	19.4	8.3	12.6
Number of subjects (n)	191	67	314	151

A3.Table 11.80. Orange by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	20.4	17.9	20.7	14.6
Daily	11.0	11.9	18.8	19.9
3-4 times a week	12.6	7.5	15.0	19.2
1-2 times a week	36.6	38.8	34.1	33.8
Monthly	19.4	23.9	11.5	12.6
Number of subjects (n)	191	67	314	151

A3.Table 11.81. Grapefruit by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	69.1	71.2	59.1	62.4
Daily	6.3	0.0	8.3	6.0
3-4 times a week	5.2	3.0	6.4	2.7
1-2 times a week	7.9	7.6	11.5	16.1
Monthly	11.5	18.2	14.7	12.8
Number of subjects (n)	191	66	313	149

A3.Table 11.82. Peach by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	22.5	23.9	15.0	19.3
Daily	8.9	10.4	16.6	7.3
3-4 times a week	13.6	17.9	17.3	22.0
1-2 times a week	32.5	34.3	38.7	36.7
Monthly	22.5	13.4	12.5	14.7
Number of subjects (n)	191	67	313	150

A3.Table 11.83. Plums by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	36.1	37.3	34.4	33.3
Daily	5.2	10.4	9.2	6.0
3-4 times a week	10.5	10.4	12.4	11.3

1-2 times a week	26.2	26.9	30.3	34.7
Monthly	22.0	14.9	13.7	14.7
Number of subjects (n)	191	67	314	150

A3.Table 11.84. Nectarines by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	21.6	26.9	16.3	15.9
Daily	7.9	10.4	17.3	9.3
3-4 times a week	16.3	11.9	20.4	15.9
1-2 times a week	32.1	41.8	37.4	43.7
Monthly	22.1	9.0	8.6	15.2
Number of subjects (n)	190	67	313	151

A3.Table 11.85. Apricots by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	10.5	19.7	11.5	13.3
Daily	9.4	13.6	15.3	12.0
3-4 times a week	23.0	13.6	26.1	25.3
1-2 times a week	35.6	39.4	38.5	37.3
Monthly	21.5	13.6	8.6	12.0
Number of subjects (n)	191	66	314	150

A3.Table 11.86. Rockmelon (cantaloupe) by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	95.8	97.0	93.3	92.6
Daily	-	-	-	-
3-4 times a week	0.5	1.5	1.0	0.0
1-2 times a week	1.0	0.0	2.2	5.4
Monthly	2.6	1.5	3.5	2.0
Number of subjects (n)	191	67	312	149

A3.Table 11.87. Tropical fruit by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	96.9	100.0	93.9	93.2
Daily	-	-	0.3	0.7
3-4 times a week	-	-	0.6	0.0
1-2 times a week	2.1	0.0	2.9	3.4
Monthly	1.0	0.0	2.2	2.7
Number of subjects (n)	191	66	312	148

A3.Table 11.88. Kiwi fruit by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	43.5	42.4	26.4	26.7
Daily	10.5	12.1	13.4	12.0
3-4 times a week	4.7	9.1	15.3	20.7
1-2 times a week	15.7	15.2	29.3	22.0
Monthly	25.7	21.2	15.6	18.7
Number of subjects (n)	191	66	314	150

A3.Table 11.89. Grapes by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	46.1	50.0	39.3	40.0
Daily	3.7	6.1	4.8	4.0
3-4 times a week	4.7	0.0	7.7	6.0
1-2 times a week	12.6	19.7	17.6	30.7
Monthly	33.0	24.2	30.7	19.3
Number of subjects (n)	191	66	313	150

A3.Table 11.90. Strawberries by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never or rarely	24.6	25.8	16.9	21.3
Daily	2.6	1.5	2.9	2.0
3-4 times a week	8.4	7.6	9.9	8.0
1-2 times a week	32.5	31.8	41.2	44.7
Monthly	31.9	33.3	29.1	24.0
Number of subjects (n)	191	66	313	150

A3.Table 11.91. Stewed fruit by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	14.1	10.6	17.3	12.1
Daily	18.2	25.8	18.5	24.2
3-4 times a week	22.9	21.2	22.4	18.8
1-2 times a week	30.7	31.8	29.7	33.6
Monthly	14.1	10.6	12.1	11.4
Number of subjects (n)	192	66	313	149

A3.Table 11.92. Tinned pineapple by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	22.5	31.8	26.2	21.3
Daily	1.6	0.0	1.3	0.0
3-4 times a week	1.6	3.0	2.9	2.0
1-2 times a week	20.4	22.7	20.8	30.0
Monthly	53.9	42.4	48.9	46.7
Number of subjects (n)	191	66	313	150

A3.Table 11.93. Other tinned fruit by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	33.3	37.3	37.4	30.0
Daily	2.6	3.0	1.0	1.3
3-4 times a week	2.6	6.0	3.2	4.7
1-2 times a week	18.5	16.4	21.4	24.0
Monthly	42.9	37.3	37.1	40.0

Number of subjects (n)	189	67	313	150
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A3.Table 11.94. Sultanas, raisins, etc. by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	63.9	53.7	50.2	57.3
Daily	4.7	6.0	4.2	4.0
3-4 times a week	3.1	9.0	5.1	4.7
1-2 times a week	10.5	14.9	20.4	20.0
Monthly	17.8	16.4	20.1	14.0
Number of subjects (n)	191	67	313	150

A3.Table 11.95. Dried apricots by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	90.6	88.1	89.1	88.7
Daily	0.5	0.0	0.6	0.0
3-4 times a week	-	-	0.3	0.0
1-2 times a week	2.6	3.0	0.3	2.7
Monthly	6.3	9.0	9.6	8.7
Number of subjects (n)	191	67	312	150

A3.Table 11.96. Other dried fruit by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	73.8	65.2	65.1	63.8
Daily	3.7	6.1	2.2	7.4
3-4 times a week	0.0	1.5	2.2	1.3
1-2 times a week	6.8	7.6	9.9	13.4
Monthly	15.7	19.7	20.5	14.1
Number of subjects (n)	191	66	312	149

A3.Table 11.97. Stew/ casserole by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	7.9	18.5	10.5	13.6
About fortnightly	36.1	26.2	34.8	23.1
Once a week	41.4	35.4	34.8	42.2
Twice a week	11.0	20.0	16.9	19.7
3-4 times a week	3.7	0.0	2.9	1.4
Number of subjects (n)	191	65	313	147

A3.Table 11.98. Fried steak by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	53.6	58.5	67.4	78.9
About fortnightly	25.0	30.8	16.9	8.8
Once a week	19.3	6.2	14.4	11.6
Twice a week	1.6	4.6	1.0	0.7
3-4 times a week	0.5	0.0	0.3	0.0
Number of subjects (n)	192	65	313	147

A3.Table 11.99. Grilled steak by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	61.8	73.8	65.8	76.4
About fortnightly	18.8	12.3	18.8	13.5
Once a week	16.8	13.8	12.8	8.8
Twice a week	2.1	0.0	2.2	0.7
3-4 times a week	0.5	0.0	0.3	0.7
Number of subjects (n)	191	65	313	148

A3.Table 11.100. Fried chops by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	45.3	47.7	53.2	58.5
About fortnightly	20.5	20.0	21.7	15.6
Once a week	29.5	26.2	21.0	20.4

Twice a week	2.6	4.6	4.1	4.8
3-4 times a week	2.1	1.5	0.0	0.7
Number of subjects (n)	190	65	314	147

A3.Table 11.101. Grilled chops by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	58.1	56.9	56.4	61.9
About fortnightly	19.4	21.5	23.1	16.3
Once a week	19.4	16.9	16.3	18.4
Twice a week	2.1	4.6	3.5	3.4
3-4 times a week	1.0	0.0	0.6	0.0
Number of subjects (n)	191	65	312	147

A3.Table 11.102. Mince meat by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	12.0	10.8	12.1	9.6
About fortnightly	40.8	40.0	42.7	35.6
Once a week	37.7	36.9	34.7	39.0
Twice a week	7.3	9.2	8.6	15.8
3-4 times a week	2.1	3.1	1.9	0.0
Number of subjects (n)	191	65	314	146

A3.Table 11.103. Fried chicken by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	33.2	46.2	44.9	44.2
About fortnightly	40.5	30.8	30.4	34.0
Once a week	20.5	18.5	18.3	17.7
Twice a week	5.8	4.6	5.8	4.1
3-4 times a week	-	-	0.6	0.0
Number of subjects (n)	190	65	312	147

A3.Table 11.104. Boiled chicken by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	52.6	58.5	36.4	34.2
About fortnightly	33.7	18.5	38.3	32.2
Once a week	11.1	16.9	16.3	28.1
Twice a week	1.6	6.2	7.3	5.5
3-4 times a week	1.1	0.0	1.6	0.0
Number of subjects (n)	190	65	313	146

A3.Table 11.105. Roast meat by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	17.3	20.0	34.1	29.9
About fortnightly	38.2	43.1	31.8	25.9
Once a week	34.0	29.2	26.1	28.6
Twice a week	8.4	7.7	6.4	15.0
3-4 times a week	2.1	0.0	1.6	0.7
Number of subjects (n)	191	65	314	147

A3.Table 11.106. Fried sausages by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	40.3	53.8	56.1	68.9
About fortnightly	33.0	23.1	27.1	18.2
Once a week	23.0	15.4	15.6	10.8
Twice a week	3.1	6.2	1.0	2.0
3-4 times a week	0.5	1.5	0.3	0.0
Number of subjects (n)	191	65	314	148

A3.Table 11.107. Grilled sausages by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Never or rarely	69.1	72.3	65.4	64.9
About fortnightly	13.6	15.4	23.1	26.4
Once a week	16.2	6.2	9.9	8.1
Twice a week	1.0	3.1	1.6	0.7
3-4 times a week	0.0	3.1	-	-
Number of subjects (n)	191	65	312	148

A3.Table 11.108. Bacon by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	26.7	39.4	33.4	39.9
About fortnightly	37.2	43.9	39.8	37.2
Once a week	27.2	10.6	21.7	22.3
Twice a week	6.8	4.5	4.5	0.7
3-4 times a week	2.1	1.5	0.6	0.0
Number of subjects (n)	191	66	314	148

A3.Table 11.109. Liver by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	73.2	76.9	75.0	72.3
About fortnightly	22.6	18.5	19.9	25.0
Once a week	4.2	3.1	5.1	1.4
Twice a week	0.0	1.5	0.0	1.4
3-4 times a week	-	-	-	-
Number of subjects (n)	190	65	312	148

A3.Table 11.110. Fried fish by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	39.3	59.1	56.2	56.2
About fortnightly	33.0	24.2	26.8	27.4
Once a week	24.6	13.6	14.4	15.1
Twice a week	2.6	3.0	2.2	1.4
3-4 times a week	0.5	0.0	0.3	0.0

Number of subjects (n)	191	66	313	146
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A3.Table 11.111. Baked fish by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	51.3	44.6	43.5	35.8
About fortnightly	27.7	35.4	27.8	37.8
Once a week	17.3	16.9	22.4	23.0
Twice a week	3.1	3.1	6.1	3.4
3-4 times a week	0.5	0.0	0.3	0.0
Number of subjects (n)	191	65	313	148

A3.Table 11.112. Tinned fish by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	56.8	66.2	55.4	59.2
About fortnightly	32.1	29.2	33.8	29.9
Once a week	9.5	4.6	8.6	8.8
Twice a week	1.1	0.0	1.9	2.0
3-4 times a week	0.5	0.0	0.3	0.0
Number of subjects (n)	190	65	314	147

A3.Table 11.113. Shellfish by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	93.7	96.9	94.2	97.3
About fortnightly	6.3	3.1	4.8	1.4
Once a week	-	-	0.3	0.7
Twice a week	-	-	0.3	0.7
3-4 times a week	-	-	0.3	0.0
Number of subjects (n)	190	65	313	147

A3.Table 11.114. Meatpies, pasties, sausage rolls, etc. by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never or rarely	46.1	47.7	60.4	64.2
About fortnightly	39.3	29.2	29.7	18.9
Once a week	12.6	15.4	8.6	9.5
Twice a week	1.6	4.6	0.0	1.4
3-4 times a week	0.5	3.1	1.3	6.1
Number of subjects (n)	191	65	313	148

NUTRIENT INTAKES & DENSITIES

A3.Table 11.115. Descriptive statistics for complex carbohydrates (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	116.75	117.73	97.84	99.71
SD	28.34	31.04	28.87	24.58
Min	50.44	67.57	29.05	30.75
5%	79.94	71.57	54.36	57.03
25%	98.36	98.55	78.30	81.72
50%	111.17	114.45	96.27	100.17
75%	131.74	130.40	114.35	116.58
95%	172.33	174.27	146.66	136.35
Maximum	226.50	231.15	214.52	179.91

A3.Table 11.116. Descriptive statistics for sugar (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	158.10	173.84	148.95	156.10
SD	50.23	53.75	46.78	47.47
Min	39.45	59.50	53.22	57.78

5%	87.51	85.79	75.85	93.54
25%	123.36	140.40	117.58	122.55
50%	152.60	165.15	146.20	148.71
75%	188.28	210.95	177.12	183.22
95%	262.32	269.92	232.25	240.64
Maximum	317.01	316.81	362.70	358.85

A3.Table 11.117. Descriptive statistics for total carbohydrate (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	274.96	291.69	246.92	255.93
SD	68.14	73.11	65.36	60.70
Min	128.69	143.15	101.66	122.50
5%	180.63	173.63	144.18	161.03
25%	222.59	243.01	203.89	212.36
50%	269.22	285.60	242.70	251.51
75%	311.50	339.37	284.39	294.56
95%	418.22	411.85	368.47	360.42
Maximum	459.89	548.07	479.67	478.39

A3.Table 11.118. Descriptive statistics for % energy intake of complex carbohydrate by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	21.80	21.72	21.26	21.27
SD	3.56	3.76	3.41	3.59
Min	12.16	13.13	9.65	13.29
5%	16.06	16.63	15.58	15.42
25%	19.48	18.53	19.11	18.83
50%	21.83	21.36	21.22	21.30
75%	23.73	24.01	23.34	24.08
95%	27.45	29.31	26.82	26.43
Maximum	34.94	32.51	30.39	31.52

A3.Table 11.119. Descriptive statistics for % energy intake of sugars by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	29.12	31.49	32.42	32.98
SD	6.18	5.23	6.44	5.65
Min	8.86	19.30	16.17	16.84
5%	19.91	24.10	22.64	23.71
25%	25.35	27.67	28.16	29.30
50%	28.65	30.40	31.84	32.85
75%	32.74	35.66	36.11	36.25
95%	39.60	41.41	45.07	43.09
Maximum	48.50	44.34	55.95	49.35

A3.Table 11.120. Descriptive statistics for % energy intake of carbohydrate by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	50.94	53.24	53.71	54.28
SD	5.93	4.02	5.44	4.50
Min	32.51	43.49	40.31	36.34
5%	40.18	47.12	44.80	47.20
25%	47.70	50.24	50.04	51.36
50%	51.05	53.10	53.36	54.26
75%	55.30	56.22	57.05	57.19
95%	60.28	60.32	63.60	61.82
Maximum	67.21	62.07	71.89	65.78

A3.Table 11.121. Descriptive statistics for protein (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	67.84	66.65	59.35	58.89

SD	17.49	17.25	14.96	13.66
Min	21.44	24.73	23.87	29.84
5%	42.64	41.35	36.42	38.06
25%	57.97	54.66	48.79	48.32
50%	65.76	64.32	58.24	58.21
75%	75.21	77.08	67.77	67.51
95%	96.38	101.17	88.50	84.17
Maximum	172.41	119.41	101.31	100.51

A3.Table 11.122. Descriptive statistics for % energy intake of protein by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	13.43	12.97	13.91	13.39
SD	2.26	1.81	2.48	1.99
Min	8.58	7.64	8.91	8.57
5%	9.95	9.94	10.26	10.35
25%	12.01	11.93	12.30	12.11
50%	13.07	13.00	13.59	13.29
75%	14.50	13.89	15.27	14.32
95%	17.93	16.17	18.35	17.03
Maximum	21.39	18.43	27.68	19.42

A3.Table 11.123. Descriptive statistics for total fat (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	77.05	78.69	64.24	66.66
SD	19.80	22.32	19.36	17.47
Min	25.78	35.37	11.20	23.73
5%	46.38	50.33	34.36	39.73
25%	64.38	60.10	52.47	53.39
50%	75.98	74.34	63.28	64.55
75%	87.62	93.88	73.85	77.46
95%	109.30	125.63	99.96	98.53
Maximum	156.80	128.02	129.41	114.69

A3.Table 11.124. Descriptive statistics for PUFAs (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	10.27	10.20	9.04	8.17
SD	4.22	4.77	4.37	3.54
Min	3.50	2.63	1.36	2.37
5%	4.58	3.98	3.54	3.56
25%	6.87	6.37	5.50	5.47
50%	10.07	9.47	7.88	7.44
75%	12.72	12.88	12.51	10.25
95%	18.84	19.02	16.65	15.45
Maximum	25.00	26.82	25.63	18.46

A3.Table 11.125. Descriptive statistics for MUFAs (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	25.26	25.48	20.63	21.21
SD	6.82	7.16	6.50	5.83
Min	8.52	10.12	3.26	7.31
5%	14.47	15.66	10.67	12.22
25%	21.41	20.24	16.19	17.01
50%	25.11	24.44	20.37	20.32
75%	28.96	30.62	24.33	24.80
95%	36.29	40.45	32.49	31.74
Maximum	59.48	43.02	43.28	37.12

A3.Table 11.126. Descriptive statistics for SFAs (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	33.81	35.16	27.82	30.45
SD	10.75	11.84	10.11	9.49

Min	8.31	16.65	5.42	10.85
5%	17.77	19.24	13.15	15.69
25%	26.12	26.07	21.39	22.60
50%	32.27	32.36	27.25	30.48
75%	40.53	43.07	33.82	36.42
95%	53.22	61.24	47.71	47.13
Maximum	69.66	64.35	59.88	59.05

A3.Table 11.127. Descriptive statistics for % energy intake of total fat by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	32.91	33.05	32.09	32.56
SD	4.02	3.48	4.49	3.71
Min	19.91	25.34	11.31	21.61
5%	25.12	27.07	24.23	26.52
25%	30.24	30.73	29.46	29.90
50%	33.28	33.33	32.61	32.99
75%	35.52	35.74	35.14	34.94
95%	39.48	37.85	38.97	38.31
Maximum	41.12	39.88	42.85	41.50

A3.Table 11.128. Descriptive statistics for % energy intake of PUFAs by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	4.46	4.27	4.52	4.03
SD	1.73	1.53	1.79	1.58
Min	1.90	1.98	1.38	1.68
5%	2.90	2.27	2.29	2.33
25%	2.95	2.86	2.88	2.81
50%	3.84	4.09	4.12	3.48
75%	5.98	5.50	5.86	5.44
95%	7.36	7.04	7.48	7.04
Maximum	9.91	7.43	9.99	8.57

A3.Table 11.129. Descriptive statistics for % energy intake of MUFAs by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	10.78	10.71	10.29	10.34
SD	1.51	1.22	1.69	1.39
Min	6.60	8.01	3.29	7.04
5%	7.95	8.59	7.36	8.00
25%	9.95	9.78	9.31	9.35
50%	10.77	10.72	10.36	10.34
75%	11.78	11.60	11.39	11.26
95%	13.47	12.66	13.20	12.59
Maximum	14.44	13.41	14.94	13.62

A3.Table 11.130. Descriptive statistics for % energy intake of saturated fat (SFAs) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	14.36	14.77	13.88	14.83
SD	2.92	2.98	3.33	2.78
Min	7.24	8.79	5.48	8.61
5%	9.93	9.66	8.35	9.47
25%	12.04	12.75	11.58	13.05
50%	14.48	14.79	13.92	15.27
75%	16.81	16.86	16.39	16.99
95%	19.18	19.64	18.76	18.76
Maximum	20.58	21.23	21.97	20.69

A3.Table 11.131. Descriptive statistics for fibre (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146

Mean	23.12	23.67	22.49	22.45
SD	6.71	7.21	6.46	5.51
Min	8.41	13.04	8.28	9.74
5%	13.84	14.16	12.55	14.09
25%	17.96	18.41	17.97	18.88
50%	21.96	22.28	22.16	22.07
75%	28.16	28.03	26.24	25.40
95%	35.29	40.67	33.65	32.19
Maximum	44.68	46.36	49.66	41.54

A3.Table 11.132. Descriptive statistics for alcohol intake (g/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	9.67	3.22	2.00	0.67
SD	17.25	6.89	5.41	2.86
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%	1.97	0.00	0.00	0.00
75%	11.27	3.38	0.56	0.00
95%	50.70	20.84	13.52	2.99
Maximum	101.39	33.80	33.80	25.35

A3.Table 11.133. Descriptive statistics for % energy intake of alcohol by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	3.17	1.23	0.81	0.30
SD	5.45	2.79	2.26	1.38
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%	0.61	0.00	0.00	0.00
75%	4.34	0.96	0.25	0.00

95%	16.03	7.31	5.22	1.31
Maximum	29.53	15.50	16.93	13.39

A3.Table 11.134. Descriptive statistics for total energy intake (kJ/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	8645.8	8761.3	7356.1	7542.1
SD	1934.0	2080.0	1807.4	1658.7
Min	3715.0	3999.3	2860.9	3649.6
5%	5911.2	5997.0	4524.8	4879.3
25%	7349.1	7172.8	6148.9	6273.7
50%	8483.5	8838.9	7344.0	7417.0
75%	9638.2	10002.9	8486.4	8579.8
95%	11804.8	12753.3	10553.7	10498.0
Maximum	17137.4	14840.3	13187.2	13135.6

A3.Table 11.135. Descriptive statistics for total energy intake (kcal/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	2068.36	2096.01	1759.83	1804.32
SD	462.69	497.60	432.38	396.82
Min	888.75	956.77	684.42	873.11
5%	1414.16	1434.68	1082.49	1167.29
25%	1758.17	1715.97	1471.02	1500.88
50%	2029.54	2114.56	1756.95	1774.41
75%	2305.78	2393.03	2030.24	2052.59
95%	2824.12	3051.02	2524.81	2511.47
Maximum	4099.85	3550.31	3154.84	3142.48

A3.Table 11.136. Descriptive statistics for calcium (mg/day) by age group and gender.

NEW ZEALAND	Men	Women
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	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Mean	819.36	928.36	795.95	844.98
SD	259.90	347.05	310.57	327.28
Min	150.78	309.80	230.12	258.73
5%	462.41	448.70	378.28	337.00
25%	650.06	696.00	593.53	630.57
50%	793.29	915.69	731.71	793.63
75%	957.18	1131.71	956.23	1031.22
95%	1231.04	1634.37	1413.03	1508.40
Maximum	1925.87	2058.24	2057.50	1910.18

A3.Table 11.137. Descriptive statistics for iron (mg/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	11.71	11.42	10.09	10.01
SD	3.02	2.75	2.61	2.35
Min	4.45	4.60	4.01	4.85
5%	7.38	8.04	6.05	6.34
25%	9.82	9.40	8.28	8.15
50%	11.65	10.87	9.89	9.84
75%	13.23	13.18	11.67	11.33
95%	17.50	17.63	14.58	14.05
Maximum	25.93	18.07	22.30	16.69

A3.Table 11.138. Descriptive statistics for zinc (mg/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	9.30	9.13	8.09	7.96
SD	2.40	2.28	2.05	1.78
Min	2.96	3.39	3.39	4.07
5%	5.92	5.74	4.86	5.52
25%	7.96	7.62	6.74	6.76
50%	8.95	8.89	7.83	7.93
75%	10.42	10.25	9.34	9.05

95%	12.74	13.40	11.95	11.11
Maximum	23.03	16.77	14.29	13.17

A3.Table 11.139. Descriptive statistics for vitamin C (mg/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	107.36	114.70	121.60	119.46
SD	65.38	73.82	72.02	70.65
Min	23.86	28.51	26.80	26.02
5%	39.40	44.24	45.26	47.19
25%	63.23	61.22	70.46	71.26
50%	87.09	97.22	106.89	104.59
75%	138.00	140.20	148.07	147.90
95%	241.81	286.64	264.58	250.10
Maximum	396.72	391.29	534.29	443.13

A3.Table 11.140. Descriptive statistics for vitamin D (mg/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	3.01	2.68	2.50	2.23
SD	1.47	1.60	1.36	1.18
Min	0.51	0.38	0.30	0.28
5%	0.85	0.58	0.70	0.51
25%	2.03	1.46	1.40	1.32
50%	2.86	2.49	2.21	2.05
75%	3.78	3.74	3.42	3.05
95%	5.53	5.78	5.04	4.21
Maximum	9.12	8.17	7.05	6.44

A3.Table 11.141. Descriptive statistics for vitamin E (mg/day) by age group and gender.

NEW ZEALAND	Men	Women
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	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	8.22	8.47	7.83	7.65
SD	2.28	2.51	2.44	1.98
Min	3.07	3.08	2.78	3.92
5%	4.78	5.40	4.15	4.59
25%	6.71	6.99	5.88	6.34
50%	8.01	8.13	7.73	7.53
75%	9.83	9.43	9.38	8.78
95%	11.95	12.69	12.17	11.39
Maximum	16.10	18.02	18.08	12.72

A3.Table 11.142. Descriptive statistics for retinol equivalents (RE $\mu\text{g}/\text{day}$) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	1 90	65	311	146
Mean	603.37	620.89	547.66	588.35
SD	388.28	515.65	390.44	452.66
Min	142.16	170.33	105.54	99.49
5%	243.98	217.78	181.68	196.33
25%	334.40	298.11	296.63	303.54
50%	433.87	439.22	385.17	421.37
75%	918.27	708.51	699.34	906.54
95%	1317.74	1551.33	1423.56	1214.41
Maximum	1839.16	3300.92	1876.88	3067.21

A3.Table 11.143. Descriptive statistics for vitamin A ($\mu\text{g}/\text{day}$) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	1500.38	1622.06	1503.35	1610.84
SD	608.53	732.00	600.36	609.34
Min	415.05	508.63	406.34	352.25
5%	728.72	594.84	712.65	742.07
25%	1053.45	1093.03	1058.15	1156.36
50%	1360.56	1566.03	1404.91	1527.57

75%	1835.34	2029.74	1858.00	2021.74
95%	2726.69	2972.17	2730.04	2718.07
Maximum	3548.88	4436.45	3563.36	4094.10

A3.Table 11.144. Descriptive statistics for thiamin (mg/day) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	1.20	1.28	1.13	1.18
SD	0.35	0.40	0.34	0.34
Min	0.45	0.52	0.46	0.52
5%	0.75	0.71	0.61	0.66
25%	0.96	1.02	0.88	0.94
50%	1.14	1.19	1.11	1.16
75%	1.40	1.51	1.31	1.39
95%	1.82	2.06	1.78	1.77
Maximum	2.57	2.31	2.31	2.65

A3.Table 11.145. Descriptive statistics for complex carbohydrate (g/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	13.62	13.58	13.29	13.30
SD	2.23	2.35	2.13	2.25
Min	7.60	8.21	6.03	8.31
5%	10.04	10.39	9.74	9.64
25%	12.18	11.58	11.94	11.77
50%	13.65	13.35	13.26	13.31
75%	14.83	15.01	14.59	15.05
95%	17.16	18.32	16.77	16.52
Maximum	21.84	20.32	18.99	19.70

A3.Table 11.146. Descriptive statistics for sugars (g/MJ) by age group and gender.

NEW ZEALAND	Men	Women
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	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	18.20	19.68	20.26	20.61
SD	3.86	3.27	4.03	3.53
Min	5.54	12.06	10.11	10.52
5%	12.44	15.07	14.15	14.82
25%	15.84	17.29	17.60	18.31
50%	17.91	19.00	19.90	20.53
75%	20.46	22.29	22.57	22.66
95%	24.75	25.88	28.17	26.93
Maximum	30.31	27.71	34.97	30.84

A3.Table 11.147. Descriptive statistics for total carbohydrate (g/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	31.84	33.27	33.57	33.93
SD	3.71	2.51	3.40	2.81
Min	20.32	27.18	25.19	22.71
5%	25.12	29.45	28.00	29.50
25%	29.82	31.40	31.28	32.10
50%	31.90	33.18	33.35	33.91
75%	34.56	35.13	35.66	35.74
95%	37.67	37.70	39.75	38.63
Maximum	42.01	38.79	44.93	41.11

A3.Table 11.148. Descriptive statistics for protein (g/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	7.90	7.63	8.18	7.87
SD	1.33	1.06	1.46	1.17
Min	5.05	4.49	5.24	5.04
5%	5.85	5.85	6.04	6.09
25%	7.07	7.02	7.23	7.12
50%	7.69	7.65	8.00	7.82

75%	8.53	8.17	8.98	8.43
95%	10.54	9.51	10.79	10.02
Maximum	12.58	10.84	16.28	11.43

A3.Table 11.149. Descriptive statistics for total fat (g/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	8.90	8.93	8.67	8.80
SD	1.09	0.94	1.21	1.00
Min	5.38	6.85	3.06	5.84
5%	6.79	7.32	6.55	7.17
25%	8.17	8.31	7.96	8.08
50%	8.99	9.01	8.81	8.92
75%	9.60	9.66	9.50	9.44
95%	10.67	10.23	10.53	10.35
Maximum	11.11	10.78	11.58	11.22

A3.Table 11.150. Descriptive statistics for SFAs (g/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	3.88	3.99	3.75	4.01
SD	0.79	0.81	0.90	0.75
Min	1.96	2.38	1.48	2.33
5%	2.68	2.61	2.26	2.56
25%	3.25	3.45	3.13	3.53
50%	3.91	4.00	3.76	4.13
75%	4.54	4.56	4.43	4.59
95%	5.18	5.31	5.07	5.07
Maximum	5.56	5.74	5.94	5.59

A3.Table 11.151. Descriptive statistics for PUFAs (g/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+

n	190	65	311	146
Mean	1.20	1.15	1.22	1.09
SD	0.47	0.41	0.48	0.43
Min	0.52	0.54	0.37	0.45
5%	0.62	0.61	0.62	0.63
25%	0.80	0.77	0.78	0.76
50%	1.04	1.11	1.11	0.94
75%	1.62	1.49	1.58	1.47
95%	1.99	1.90	2.02	1.90
Maximum	2.68	2.01	2.70	2.32

A3.Table 11.152. Descriptive statistics for MUFAs (g/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	2.91	2.89	2.78	2.80
SD	0.41	0.33	0.46	0.38
Min	1.78	2.17	0.89	1.90
5%	2.15	2.32	1.99	2.16
25%	2.69	2.64	2.52	2.53
50%	2.91	2.90	2.80	2.80
75%	3.18	3.14	3.08	3.04
95%	3.64	3.42	3.57	3.40
Maximum	3.90	3.63	4.04	3.68

A3.Table 11.153. Descriptive statistics for fibre (g/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	2.73	2.73	3.12	3.04
SD	0.74	0.62	0.82	0.72
Min	1.10	1.54	1.31	1.49
5%	1.64	1.74	1.95	2.08
25%	2.24	2.25	2.58	2.49
50%	2.66	2.63	3.11	2.90
75%	3.20	3.27	3.59	3.50
95%	4.06	3.75	4.43	4.37

Maximum	5.41	4.32	9.22	5.35
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A3.Table 11.154. Descriptive statistics for iron (mg/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	1.36	1.32	1.39	1.34
SD	0.22	0.22	0.25	0.24
Min	0.79	0.89	0.84	0.74
5%	1.04	0.97	1.02	1.02
25%	1.21	1.16	1.23	1.17
50%	1.34	1.32	1.38	1.31
75%	1.47	1.46	1.52	1.49
95%	1.79	1.68	1.74	1.81
Maximum	2.17	2.11	3.18	2.04

A3.Table 11.155. Descriptive statistics for zinc (mg/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	1.08	1.05	1.11	1.07
SD	0.19	0.15	0.19	0.16
Min	0.67	0.67	0.69	0.76
5%	0.82	0.79	0.85	0.81
25%	0.97	0.95	0.98	0.95
50%	1.06	1.03	1.10	1.07
75%	1.17	1.13	1.20	1.16
95%	1.45	1.32	1.43	1.35
Maximum	1.74	1.52	2.11	1.64

A3.Table 11.156. Descriptive statistics for vitamin C (mg/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	12.51	13.06	16.95	15.91

SD	6.95	7.58	9.69	8.28
Min	3.86	4.14	2.79	3.66
5%	4.99	5.56	6.56	6.41
25%	7.57	7.26	10.17	9.26
50%	10.09	11.14	14.58	14.47
75%	16.28	16.20	20.69	19.99
95%	28.79	29.62	37.84	30.61
Maximum	38.54	43.12	61.63	47.53

A3.Table 11.157. Descriptive statistics for vitamin E (mg/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	0.96	0.97	1.07	1.02
SD	0.21	0.19	0.24	0.20
Min	0.48	0.63	0.42	0.56
5%	0.63	0.72	0.70	0.75
25%	0.80	0.84	0.90	0.86
50%	0.95	0.94	1.05	1.00
75%	1.11	1.09	1.23	1.17
95%	1.29	1.32	1.47	1.40
Maximum	1.65	1.59	2.28	1.61

A3.Table 11.158. Descriptive statistics for vitamin D (mg/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	0.35	0.30	0.34	0.30
SD	0.16	0.15	0.17	0.14
Min	0.08	0.06	0.06	0.05
5%	0.10	0.08	0.11	0.09
25%	0.25	0.16	0.20	0.19
50%	0.34	0.31	0.32	0.26
75%	0.45	0.41	0.44	0.40
95%	0.64	0.57	0.64	0.56
Maximum	1.03	0.74	1.02	0.66

A3.Table 11.159. Descriptive statistics for thiamin (mg/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	0.14	0.15	0.15	0.16
SD	0.03	0.03	0.03	0.03
Min	0.07	0.09	0.08	0.09
5%	0.10	0.10	0.11	0.11
25%	0.12	0.13	0.13	0.13
50%	0.14	0.14	0.15	0.15
75%	0.16	0.16	0.17	0.18
95%	0.18	0.21	0.20	0.21
Maximum	0.21	0.23	0.29	0.29

A3.Table 11.160. Descriptive statistics for vitamin A (µg/MJ) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
n	190	65	311	146
Mean	176.68	184.81	209.76	218.75
SD	72.18	74.49	94.11	88.63
Min	62.52	76.67	70.23	59.64
5%	91.00	101.17	112.69	113.18
25%	126.03	135.20	149.89	154.79
50%	158.31	164.98	181.66	211.76
75%	209.88	224.94	250.17	263.91
95%	317.95	343.19	356.27	393.88
Maximum	532.35	498.13	1095.53	631.67

A3.Table 11.161. Percentage below two thirds of the RDA by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
N	190	65	311	146
Protein	1.6	3.1	1.3	0.7
Calcium	10.5	13.8	35.7	30.8
Iron	0.5	1.5	0.6	0.0

Zinc	25.3	30.8	53.1	53.4
Vitamin C	0.5	0.0	0.0	0.0
Vitamin E	24.7	21.5	8.7	6.2
Vitamin A	0.5	0.0	1.6	0.7
Thiamin	1.1	1.5	0.6	0.0

ANTHROPOMETRY

A3.Table 11.162. Descriptive statistics for body mass index (kg/m²) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	202	75	322	152
Mean	26.07	24.97	26.23	24.85
SD	3.41	3.48	4.77	4.41
Minimum	15.23	17.41	13.94	12.45
5%	19.88	19.80	19.13	18.37
25%	23.73	22.66	22.65	22.11
50%	26.28	24.61	26.08	24.62
66%	27.75	26.12	28.02	26.10
95%	31.00	31.23	34.60	32.06
Maximumimum	36.59	36.85	45.44	41.78

A3.Table 11.163. Descriptive statistics for waist-hip ratio by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	203	76	323	164
Mean	0.96	0.94	0.86	0.88
SD	0.06	0.05	0.18	0.18
Minimum	0.77	0.83	0.63	0.71
5%	0.84	0.86	0.75	0.76
25%	0.92	0.90	0.80	0.81
50%	0.96	0.95	0.84	0.86

66%	0.99	0.97	0.87	0.89
95%	1.05	1.03	0.97	1.01
Maximumimum	1.11	1.05	2.94	2.73

A3.Table 11.164. Descriptive statistics for middle arm muscle area (cm²) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	200	75	324	163
Mean	50.94	44.26	41.39	38.37
SD	10.10	7.82	9.77	9.71
Minimum	20.45	31.59	21.91	16.85
5%	33.64	33.13	26.96	24.23
25%	44.22	38.03	34.39	31.57
50%	50.60	43.69	40.97	37.99
66%	55.03	47.56	44.99	42.34
95%	68.60	60.40	58.13	54.83
Maximumimum	78.59	63.74	83.59	81.62

A3.Table 11.165. Body mass index (kg/m²) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
<19.9	5.4	5.3	6.8	13.1
20 - 25	32.2	49.3	34.8	41.8
25.01 - 29.9	53.0	40.0	39.1	32.0
>= 30	9.4	5.3	19.3	13.1
Number of subjects (n)	202	75	322	153

A3.Table 11.166. Waist-hip ratio by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
< 0.9 (Men),	18.7	23.6	--	--
< 0.8 (Women)	--	--	24.5	19.4
> =0.9 (Men),	81.3	76.3	--	--

>= 0.8 (Women)	--	--	75.5	80.6
Number of subjects (n)	56	223	111	377

BIOLOGICAL MEASUREMENTS

A3.Table 11.167. Descriptive statistics for systolic blood pressure (mmHg) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	202	74	320	164
Mean	147.05	145.54	151.01	153.39
SD	23.10	24.51	21.51	23.66
Minimum	90.00	105.00	81.00	98.00
5%	112.30	113.00	114.10	118.00
25%	132.00	125.00	136.25	137.50
50%	143.00	142.00	150.00	152.00
66%	155.32	150.00	161.00	162.00
95%	189.00	192.50	187.00	189.50
Maximumimum	220.00	200.00	214.00	246.00

A3.Table 11.168. Descriptive statistics for diastolic blood pressure (mmHg) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	202	74	320	164
Mean	80.30	76.51	82.23	80.98
SD	9.82	12.18	10.80	12.39
Minimum	59.00	48.00	51.00	7.00
5%	64.15	57.50	66.05	60.00
25%	74.00	69.00	75.25	74.00
50%	80.00	75.00	81.50	82.00
66%	84.00	80.00	86.00	87.00
95%	95.85	99.50	101.00	98.75

Maximumimum	134.00	110.00	118.00	116.00
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A3.Table 11.169. Descriptive statistics for cholesterol (mmol/L) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	195	69	295	152
Mean	6.05	5.57	6.67	6.48
SD	1.10	0.98	1.30	1.31
Minimum	2.98	3.29	3.82	3.41
5%	4.44	4.15	4.69	4.48
25%	5.27	4.86	5.78	5.51
50%	6.01	5.53	6.56	6.39
66%	6.50	5.90	7.09	6.94
95%	7.81	7.21	8.89	8.98
Maximumimum	9.70	8.88	11.49	9.70

A3.Table 11.170. Descriptive statistics for HDL cholesterol (mmol/L) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	195	69	295	151
Mean	1.12	1.19	1.37	1.40
SD	0.38	0.38	0.35	0.39
Minimum	0.38	0.42	0.69	0.68
5%	0.65	0.63	0.82	0.83
25%	0.92	0.93	1.13	1.10
50%	1.05	1.13	1.32	1.37
66%	1.17	1.30	1.48	1.51
95%	1.83	1.79	2.00	2.11
Maximumimum	3.85	2.51	2.60	2.90

A3.Table 11.171. Descriptive statistics for triglycerides (mmol/L) by age group and gender.

NEW ZEALAND	Men	Women
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	70 - 79	80+	70 - 79	80+
N	195	69	293	150
Mean	2.25	2.06	2.17	1.91
SD	1.03	1.71	1.10	0.97
Minimum	0.71	0.82	0.66	0.50
5%	1.04	0.88	0.92	0.92
25%	1.54	1.09	1.44	1.25
50%	2.08	1.45	1.97	1.66
66%	2.41	1.87	2.34	1.99
95%	4.45	4.87	4.33	3.79
Maximumimum	7.00	11.38	8.68	6.94

A3.Table 11.172. Descriptive statistics for glucose 2 hour post-prandial (mmol/L) by age group and gender.

NEW ZEALAND	Men		Women	
	70 - 79	80+	70 - 79	80+
N	194	70	302	153
Mean	6.03	6.19	6.33	6.73
SD	2.02	1.68	2.18	2.15
Minimum	3.60	3.40	3.10	4.10
5%	4.18	4.17	4.30	4.60
25%	5.00	5.10	5.10	5.50
50%	5.60	5.65	5.90	6.30
66%	6.10	6.57	6.50	6.97
95%	9.08	9.96	10.39	10.60
Maximumimum	20.60	11.70	22.60	20.30

SOCIAL & LIFESTYLE FACTORS

A3.Table 11.173. Problems chewing food by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	9.5	6.1	13.7	9.5

no	90.5	93.9	86.3	90.5
Number of subjects(n)	189	66	306	148

A3.Table 11.174. Problems swallowing food by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	3.7	1.5	6.9	3.4
no	96.3	98.5	93.1	96.6
Number of subjects(n)	188	65	304	149

A3.Table 11.175. Own natural teeth by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
full set	15.8	9.1	9.4	0.7
either upper or lower	22.1	12.1	10.0	12.0
none	62.1	78.8	80.6	87.3
Number of subjects(n)	190	66	309	150

A3.Table 11.176. Wear false teeth by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	91.0	93.8	94.2	98.0
no	9.0	6.2	5.8	2.0
Number of subjects(n)	189	65	309	150

A3.Table 11.177. Frequent problems with food getting stuck under false teeth by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	14.5	10.9	12.1	13.0
no	85.5	89.1	87.9	87.0
Number of subjects(n)	172	64	290	146

A3.Table 11.178. False teeth limit type of food eaten by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	4.7	4.6	10.6	7.5
no	95.3	95.4	89.4	92.5
Number of subjects(n)	172	65	293	146

A3.Table 11.179. Problems with false teeth by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
no problem	80.6	75.4	73.3	72.1
minor problems	12.6	18.5	17.6	17.7
moderate problems	6.9	6.2	8.4	8.8
a lot or continual problems	0.0	0.0	0.7	1.4
Number of subjects(n)	175	65	296	147

A3.Table 11.180. Who does the shopping by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Respondent	32.6	27.3	61.7	37.6
Respondent's spouse	22.1	16.7	4.2	1.3
Other member(s) of household	0.5	3.0	0.6	5.4
Person(s) from outside household	0.0	7.6	1.6	10.7
Voluntary/Statutory worker(s) from outside household	0.5	0.0	0.6	3.4
Shared with 2,3,4 or 5 above	44.2	40.9	29.2	28.2
Residential home/hospital	0.0	4.5	1.9	13.4
Number of subjects (n)	190	66	308	149

A3.Table 11.181. How healthy are you compared with people of your own age by age group and gender.

NEW ZEALAND	Men (%)	Women (%)
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	70 - 79	80+	70 - 79	80+
much more healthy	6.3	13.6	5.2	14.0
a little more healthy	33.3	47.0	37.0	44.7
about the same	52.9	34.8	50.5	38.0
a little less healthy	7.4	3.0	6.9	3.3
a lot less healthy	-	1.5	0.3	-
Number of subjects(n)	189	66	305	150

A3.Table 11.182. Do you think there is a lot you can do to keep healthy in old age by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes, strongly agree	59.4	48.5	61.2	57.0
yes, agree	30.5	37.9	33.2	32.2
unsure	8.0	10.6	4.9	10.1
no, disagree	1.6	3.0	0.7	0.7
no, disagree strongly	0.5	-	-	-
Number of subjects(n)	187	66	307	149

A3.Table 11.183. Mini mental state score by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
N	186	64	297	137
mean	27.5	26.8	27.5	25.7
SD	4.1	2.6	2.6	4.4
min	0.0	18.0	19.0	0.0
5%	22.0	21.3	22.9	18.0
25%	27.0	26.0	26.0	24.0
50%	29.0	27.0	28.0	27.0
75%	30.0	29.0	29.0	29.0
95%	30.0	30.0	30.0	30.0
Maximum	30.0	30.0	30.0	30.0

A3.Table 11.184. Geriatric depression scale by age group and gender.

NEW ZEALAND	Men (%)	Women (%)
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	70 - 79	80+	70 - 79	80+
N	190	64	309	150
mean	5.0	6.4	6.1	6.6
SD	3.3	3.8	3.9	3.8
min	0.0	1.0	0.0	0.0
5%	1.0	2.0	1.0	2.0
25%	3.0	4.0	3.0	4.0
50%	4.0	5.0	5.0	6.0
~75%	7.0	9.0	8.0	8.3
95%	12.0	13.3	14.5	14.5
maximum	17.0	24.0	20.0	20.0

A3.Table 11.185. Suffer from constipation by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
severely	2.6	9.4	7.1	10.7
moderately	11.6	14.1	14.9	21.5
mildly	8.4	15.6	10.0	12.8
rarely	38.4	29.7	33.3	34.9
never	38.9	31.3	34.6	20.1
Number of subjects(n)	190	64	309	149

A3.Table 11.186. Any foods avoided because of upset bowels by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	12.4	4.7	14.4	10.9
no	87.6	95.3	85.6	89.1
Number of subjects(n)	185	64	306	147

A3.Table 11.187. Foods regularly eaten for bowels by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	41.5	48.4	62.8	68.2
no	58.5	51.6	37.2	31.8

Number of subjects(n)	188	64	309	148
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A3.Table 11.188. How often bowels opened in last week by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
more than twice daily	4.2	1.5	5.2	1.3
1-2 times a day	87.3	87.7	81.6	75.2
once every 2 days	7.4	6.2	9.1	16.8
once every 3-5 days	1.1	4.6	3.6	6.0
once a week	0.0	0.0	0.6	0.7
Number of subjects(n)	189	65	309	149

A3.Table 11.189. On a diet at present by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	10.9	15.2	11.8	10.6
No	89.1	84.8	88.2	89.4
Number of subjects (n)	192	66	314	151

A3.Table 11.190. Use bran, wheatgerm, etc. score by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	13.2	22.7	20.8	17.4
no	86.8	77.3	79.2	82.6
Number of subjects(n)	190	66	312	144

A3.Table 11.191. Food avoidances by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	25.3	30.8	43.9	31.8
no	74.7	69.2	56.1	68.2
Number of subjects(n)	190	65	312	148

A3.Table 11.192. Miss meals by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes, often	3.1	1.5	1.9	1.3
yes, occasionally	9.9	10.6	15.6	8.7
rarely	24.1	33.3	31.5	28.2
No, I never miss	62.8	54.5	51.0	61.7
Number of subjects(n)	191	66	314	149

A3.Table 11.193. Do you have a refrigerator by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	99.0	98.5	99.0	97.3
no	1.0	1.5	1.0	2.7
Number of subjects(n)	191	66	314	148

A3.Table 11.194. Do you have a stove and oven by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	95.3	93.9	95.5	91.9
no	4.7	6.1	4.5	8.1
Number of subjects(n)	191	66	314	148

A3.Table 11.195. Do you have a storage palce by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	87.4	89.4	88.2	89.9
no	12.6	10.6	11.8	10.1
Number of subjects(n)	190	66	314	148

A3.Table 11.196. Do you have a microwave oven by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
yes	34.2	21.2	24.5	23.6
no	65.8	78.8	75.5	76.4
Number of subjects(n)	190	66	314	148

A3.Table 11.197. Do you have control over your health by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
a great deal	44.7	37.7	45.4	37.8
some	40.5	41.0	46.4	41.3
very little	11.1	14.8	5.6	12.6
none at all	3.7	6.6	2.6	8.4
Number of subjects(n)	190	61	304	143

A3.Table 11.198. Is exercise important by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
not sure	12.0	12.5	15.1	16.7
not important	6.3	4.7	3.8	7.6
quite important	36.6	46.9	44.2	45.1
very important	45.0	35.9	36.9	30.6
Number of subjects(n)	191	64	312	144

A3.Table 11.199. Avoid weight gain by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
not sure	4.2	4.7	5.1	6.2
not important	3.1	6.3	2.6	0.7
quite important	36.1	51.6	40.4	46.9
very important	56.5	37.5	51.9	46.2
Number of subjects(n)	191	64	312	145

A3.Table 11.200. Do you take supplements by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
not sure	37.4	36.5	41.3	36.4
not important	52.6	52.4	48.1	51.0
quite important	7.4	7.9	8.7	10.5
very important	2.6	3.2	1.9	2.1
Number of subjects(n)	190	63	310	143

A3.Table 11.201. Do you avoid smoking by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
not sure	4.5	8.3	5.8	6.3
not important	3.9	6.3	5.2	7.8
quite important	12.9	12.5	40.8	39.1
very important	78.8	72.9	48.2	46.9
Number of subjects(n)	311	144	191	64

A3.Table 11.202. Do you have a balanced diet by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
not sure	5.8	6.3	2.9	5.6
not important	5.2	7.8	1.0	0.7
quite important	40.8	39.1	37.2	38.9
very important	48.2	46.9	59.0	54.9
Number of subjects(n)	191	64	312	144

A3.Table 11.203. Do you add bran daily by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
not sure	30.4	34.9	29.3	27.1
not important	38.2	31.7	36.7	38.2

quite important	20.9	28.6	23.5	25.0
very important	10.5	4.8	10.6	9.7
Number of subjects(n)	191	63	311	144

A3.Table 11.204. Socialising by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
not sure	3.7	4.8	3.2	3.4
not important	15.2	22.2	10.6	4.1
quite important	53.4	47.6	41.7	44.5
very important	27.7	25.4	44.6	47.9
Number of subjects(n)	191	63	312	146

A3.Table 11.205. Do you avoid excess alcohol by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
not sure	3.7	7.8	3.2	4.1
not important	6.8	4.7	4.2	6.2
quite important	37.7	29.7	24.7	27.4
very important	51.8	57.8	67.9	62.3
Number of subjects(n)	191	64	312	146

A3.Table 11.206. Willing to change by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
very willing	30.5	27.7	39.4	31.9
quite willing	32.1	35.4	35.8	36.1
might be interested	26.3	18.5	16.1	20.1
not interested	11.1	18.5	8.7	11.8
Number of subjects(n)	190	65	310	144

A3.Table 11.207. How active are you compared with people of your own age by age group and gender.

NEW ZEALAND	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
much more physically active	6.3	15.2	5.5	17.3
a little more active	33.9	43.9	36.2	38.7
about the same	48.7	33.3	44.0	34.7
a little less	9.0	6.1	13.7	8.0
physically active	2.1	1.5	0.7	1.3
Number of subjects(n)	189	66	307	150

