

## A3.3 GREEKS, MELBOURNE, AUSTRALIA

### DEMOGRAPHY

**A3.Table 3.1. Descriptive statistics for age by group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	74.08	83.89	73.98	85
SD	3.12	4.32	2.89	5.43
Minimum	70	80	70	80
5%	70	80	70	80
25%	71	81	71	81
50%	74	82	74	83
75%	77	87	77	87
95%	79	91	79	97
Maximum	79	97	79	104

**A3.Table 3.2. DC 24A. "As a child did you live in a rural or urban community?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Urban	19.70	10.71	18.64	16.67
Rural	80.30	89.29	81.36	83.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.3. DC 25A. "As an adult did you live in a rural or urban community?" by**

<b>age group and gender.</b>				
<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Urban	31.82	46.43	32.20	30.56
Rural	68.18	53.57	67.80	69.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.4. Marital status by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Divorced	3.03	3.57	3.39	2.78
Married/defacto	90.91	71.43	62.71	13.89
Widowed	6.06	25.00	33.90	83.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.5. DC 28. "For how many years did you have full-time education?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
None	4.55	17.86	30.51	33.33
1 year	1.52	7.14	3.39	5.56
2 years	4.55	14.29	11.86	8.33
3 years	6.06	3.57	11.86	11.11
4 years	19.70	21.43	15.25	11.11
5 years	10.61	3.57	5.08	5.56
6 years	31.82	21.43	11.86	19.44
7 years	3.03	0	0	2.78
8 years	4.55	3.57	3.39	0
9 years	6.06	0	3.39	0
10 years	0	3.57	1.69	0
12 years	6.06	0	1.69	2.78
16 years	1.52	3.57	0	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.6. DC 29. "Did you undertake studies beyond secondary school?" by age**

<b>group and gender.</b>				
<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Yes	3.03	0	1.69	0
No	96.97	100.00	98.31	100.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.7. DC 32A. "What kind of work did you do most of your working life?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Professional /Administrative	4.55	0	3.39	2.78
Clerical/Sales	7.58	25.00	5.08	5.56
Farmer	25.76	39.29	32.20	58.33
Transport/Service	15.15	14.29	1.69	0
Tradesman/Factory	42.42	17.86	28.81	11.11
House duties	0	0	27.12	22.22
Shepherd/Animals	4.55	3.57	1.69	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.8. DC 32B. "Do you work now?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Yes	22.73	3.57	1.69	0
No	77.27	96.43	98.31	100.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.9. ECO 103A. "What is your main source of income?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
1 pension	6.06	25.00	23.73	63.89
2 pensions	46.97	39.29	25.42	13.89
1 pension & others	6.06	0	11.86	11.11

2 pensions & others	40.91	25.00	32.20	0
No pension	0	10.71	6.78	11.11
Number of subjects (n)	66	28	59	36

## HEALTH STATUS

**A3.Table 3.10. H 34. "How would you rate your overall health at the present time?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Poor	3.03	7.14	8.47	8.33
Fair	6.06	7.14	22.03	25.00
Good	75.76	71.43	55.93	66.67
Excellent	15.15	14.29	13.56	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.11. H 35. "Is your health now better, about the same, or not as good as it was three years ago?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Not as good	25.76	35.71	45.76	50.00
Same	53.03	35.71	38.98	33.33
Better	21.21	28.57	15.25	16.67
Number of subjects (n)	66	28	59	36

**A3.Table 3.12. H 36. "Do your health problems stand in the way of your doing the things you want to do?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
A great deal	9.09	35.71	18.64	36.11

A little	27.27	21.43	27.12	47.22
Not at all	63.64	42.86	54.24	16.67
Number of subjects (n)	66	28	59	36

**A3.Table 3.13. H 37. "Would you say your health is better, about the same or not as good as most people your age?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Not as good	7.58	3.57	20.34	5.56
Same	10.61	7.14	5.08	8.33
Better	81.82	89.29	74.58	86.11
Number of subjects (n)	66	28	59	36

**A3.Table 3.14. H 38. "How many times did you see any type of doctor (not including while in hospital) during the past 12 months?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
13 times	10.61	7.14	10.17	8.33
3 - 12 times	57.58	67.86	61.02	83.33
0 - 2 times	31.82	25.00	28.81	8.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.15. H 39. "How many days have you spent in hospital during the past 12 months?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
22 days	3.03	7.14	5.08	5.56
1 - 21 days	18.18	21.43	13.56	13.89
None	78.79	71.43	81.36	80.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.16. H 40. "About how many days during the past 12 months have you**

**been sick in bed all or most of the day ?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
14 days	4.55	0	3.39	5.56
1 - 14 days	6.06	10.71	11.86	25.00
None	89.39	89.29	84.75	69.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.17. H 41. "How good is your eyesight (with glasses if used)?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Blind or partially blind	12.10	25.00	13.60	13.60
Good or adequate	87.90	75.00	86.40	86.40
Number of subjects (n)	66	28	59	36

**A3.Table 3.18. H 42. "How good is your hearing (with hearing aid if used)?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Deaf or partially deaf	25.80	57.10	15.30	44.40
Good or adequate	74.20	42.90	84.70	55.60
Number of subjects (n)	66	28	59	36

**A3.Table 3.19. H 43. "In the past year have you had the following?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Diabetes	16.67	10.71	20.34	22.22
Hypertension	37.88	42.86	54.44	55.56
Heart trouble	19.70	28.57	30.51	50.00
Circulation problems	15.15	17.86	18.64	13.89
Paralysed-stroke	0	14.29	6.78	11.11
Other effects of stroke	3.03	7.14	0	0

Arthritis/rheumatism	28.79	32.14	66.10	61.11
Ulcer	12.12	7.14	16.95	11.11
Emphysema/asthma	7.58	7.14	1.69	5.56
Glaucoma	3.03	0	0	5.56
Cataracts	21.21	32.14	15.25	47.22
Tumour/cancer	3.39	0	3.03	14.29
Liver trouble	0	0	1.69	0
Gallbladder trouble	3.03	0	11.86	0
Kidney trouble	1.52	0	6.78	2.78
Bladder trouble	1.52	0	3.39	2.78
Broken hip	0	7.14	5.08	19.44
Other broken bones	6.06	10.71	5.08	5.56
Anaemia	4.55	0	11.86	5.56
Parkinson's disease	4.55	3.57	0	2.78
Trouble sleeping	4.55	7.14	18.64	16.67
Nerves/tenseness	1.52	10.71	3.39	13.89
Prostate problems	19.70	21.43	0	0
Osteoporosis	1.52	0	11.86	11.11
Urine tract infection	0	0	0	8.33
Uric acid/gout	4.55	3.57	0	0
Constipation	18.18	25.00	23.73	27.78
Stomach/GI problem	3.03	7.14	8.47	11.11
Bronchitis	9.09	17.86	1.69	2.78

**A3.Table 3.20. H 43X. "How old were you when you had your first menstrual period?" by age group.**

GRK-M	Women (%)	
	70 - 79	80+
10 years	1.89	0
11 years	3.77	16.67
12 years	18.87	10.00
13 years	16.98	26.67
14 years	22.64	20.00
15 years	20.75	13.33
16 years	5.66	0
17 years	3.77	13.33
18 years	5.66	0
Number of subjects (n)	53	30

**A3.Table 3.22. H 43Y. "How old were you when your menstrual periods stopped (menopause)?" by age group.**

GRK-M	Women (%)	
	70 - 79	80+
32 years	0	3.33
35 years	1.85	0
38 years	1.85	0
39 years	0	3.33
40 years	7.41	13.33
41 years	3.70	3.33
42 years	1.85	3.33
43 years	7.41	6.67
45 years	12.96	20.00
46 years	3.70	0
47 years	5.56	6.67
48 years	0	6.67
49 years	1.85	0
50 years	22.22	13.33
51 years	9.26	0
52 years	9.26	13.33
53 years	5.56	0
55 years	0	6.67
56 years	1.85	0
57 years	1.85	0
58 years	1.85	0

**A3.Table 3.23. H 44. "Do you take any of the following regularly?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Mx arthritis	15.15	17.86	42.37	47.22
Mx pain killer	3.03	3.57	16.95	13.89
Aspirin	15.15	21.43	16.95	11.11
Mx hypertension	30.30	42.86	47.46	52.78
Mx diuretics	12.12	3.57	18.64	22.22
Mx heart	12.12	25.00	23.73	33.33
Mx chest pain	12.12	10.71	13.56	5.56
Mx anticoagulant	3.03	3.57	0	5.56



Mx circulation	4.55	3.57	5.08	5.56
Insulin injection	0	3.57	1.69	2.78
Mx diabetes	12.12	7.14	10.17	13.89
Mx ulcers	7.58	3.57	10.17	5.56
Mx seizures	0	0	0	2.78
Mx thyroid	1.52	0	0	2.78
Mx cortisone	0	0	1.69	2.78
Mx antibiotic	1.52	3.57	0	2.78
Mx tranquilizer	1.52	3.57	5.08	2.78
Mx sleeping	6.06	10.71	8.47	11.11
Mx hormones	-	-	-	-
Mx depression	1.52	3.57	3.39	11.11
Mx glaucoma	0	0	0	2.78
Mx muscle relax	1.52	0	0	0
Mx allergy	3.03	7.14	1.69	2.78
Mx costipated	3.03	3.57	5.08	13.89
Mx gout	1.52	3.57	3.39	0

**A3.Table 3.24. H 45. "Have you taken any herbal medicines or vitamins in the past year?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	10.61	14.29	25.42	25.00
No	89.39	85.71	74.58	75.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.25. H 45Y. "Use of more than one vitamin?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	6.06	14.29	10.17	25.00
No	93.94	85.71	89.83	75.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.26. H 46A. Arms handicapped/ missing by age group and gender.**

GRK-M	Men (%)		Women (%)	
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	70 - 79	80+	70 - 79	80+
Yes	3.00	3.60	1.70	2.80
No	97.00	96.40	98.30	97.20
Number of subjects (n)	66	28	59	36

**A3.Table 3.27. H 46B. Legs handicapped/ missing by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	1.50	7.10	5.10	5.60
No	98.50	92.90	94.90	94.40
Number of subjects (n)	66	28	59	36

**A3.Table 3.28. H 47. "Do you use any of the following aids?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Use cane	12.12	35.71	18.64	41.67
Use walker	0	3.57	1.69	11.11
Use wheelchair	0	7.14	0	2.78
Use leg brace	0	0	0	0
Use back brace	0	7.14	1.69	0
Have hearing aid	3.03	14.29	5.08	2.78
Have pacemaker	0	0	0	0
Have colostomy	0	0	0	0
Have catheter	0	3.57	0	0
Geriatric	0	0	1.69	8.33
Use glasses	87.88	78.57	91.53	80.56
Use artificial limb	1.52	0	0	0
Use dialysis machine	0	0	1.69	0

**A3.Table 3.29. Descriptive statistics for self rated health score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36

Mean	10.20	9.70	9.30	8.80
SD	1.80	1.90	2.30	1.80
Minimum	4.00	6.00	4.00	4.00
5%	6.00	6.00	5.00	4.00
25%	10.00	8.00	8.00	8.00
50%	11.00	10.00	10.00	9.00
75%	11.00	11.00	11.00	10.00
95%	12.00	13.00	13.00	11.00
Maximum	13.00	13.00	13.00	12.00

**A3.Table 3.30. Descriptive statistics for health behaviour score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	7.80	7.70	7.70	7.30
SD	1.20	1.00	1.20	1.20
Minimum	3.00	5.00	3.00	3.00
5%	6.00	6.00	5.00	4.00
25%	7.00	7.00	7.00	7.00
50%	8.00	8.00	8.00	8.00
75%	9.00	8.00	9.00	8.00
95%	9.00	9.00	9.00	9.00
Maximum	9.00	9.00	9.00	9.00

**A3.Table 3.31. Descriptive statistics for health condition score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	47.20	46.10	46.30	45.10
SD	1.80	1.90	2.30	2.10
Minimum	43.00	42.00	40.00	41.00
5%	44.00	43.00	41.00	41.00
25%	46.00	45.00	45.00	44.00
50%	48.00	46.00	47.00	45.00
75%	49.00	47.50	48.00	46.50

95%	50.00	49.00	49.00	49.00
Maximum	50.00	50.00	50.00	50.00

**A3.Table 3.32. Descriptive statistics for medication score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	40.40	40.00	39.50	39.30
SD	1.50	1.80	1.70	1.70
Minimum	35.00	35.00	35.00	35.00
5%	38.00	37.00	36.00	35.00
25%	40.00	38.50	38.00	38.00
50%	41.00	40.00	40.00	39.50
75%	42.00	41.50	41.00	40.00
95%	42.00	42.00	42.00	42.00
Maximum	42.00	43.00	42.00	42.00

**A3.Table 3.33. Descriptive statistics for total health score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	67.30	65.60	65.40	63.30
SD	3.90	4.00	5.00	4.00
Minimum	54.00	57.00	51.00	50.00
5%	60.00	58.00	54.00	56.00
25%	65.00	62.50	63.00	61.00
50%	68.00	66.50	66.00	64.00
75%	70.00	68.00	69.00	66.00
95%	72.00	71.00	71.00	69.00
Maximum	74.00	73.00	73.00	72.00

**A3.Table 3.34. WB 11. "Do you have difficulty with sleep?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Yes	27.30	28.60	39.30	50.00
No	72.70	71.40	62.70	50.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.35. WB 12. "Do you find you are sleeping too much?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	7.60	25.00	6.80	11.10
No	92.40	75.00	83.20	88.90
Number of subjects (n)	66	28	59	36

**A3.Table 3.36. WB 13. "Do you worry more than usual about little things?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	24.20	39.30	61.00	47.20
No	75.80	60.70	39.00	52.80
Number of subjects (n)	66	28	59	36

**A3.Table 3.37. WB 14. "Have you lost interest in doing things you usually cared about or enjoyed?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	13.60	46.40	18.60	52.80
No	86.40	53.60	81.40	47.20
Number of subjects (n)	66	28	59	36

**A3.Table 3.38. WB 15. "Have you ever felt so sad or depressed you thought you wanted to die?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Yes	1.50	14.30	18.60	13.90
No	98.50	85.70	81.40	86.10
Number of subjects (n)	66	28	59	36

**A3.Table 3.39. WB 16. "Do you feel tired most of the time?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	12.10	28.60	22.00	50.00
No	87.90	71.40	78.00	50.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.40. WB 17. "Do you forget where you left things more than you used to, or forget the names of close friends or relatives?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	28.80	57.10	37.30	55.60
No	71.20	42.90	62.70	44.40
Number of subjects (n)	66	28	59	36

**A3.Table 3.41. WB 17A. "Are you happy and content with your every day life?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	90.90	75.00	78.00	86.10
No	9.10	25.00	22.00	13.90
Number of subjects (n)	66	28	59	36

**A3.Table 3.42. WB 18. "Do you laugh easily?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Yes	83.30	78.60	74.60	69.40
No	16.70	21.40	25.40	30.60
Number of subjects (n)	66	28	59	36

**A3.Table 3.43. WB 19. "Do you enjoy music regularly, e.g. listen to the radio, sing to your favourite tunes?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	81.80	64.30	76.30	66.70
No	18.20	35.70	23.70	33.30
Number of subjects (n)	66	28	59	36

**A3.Table 3.44. Descriptive statistics for well-being score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	6.00	4.90	5.10	4.60
SD	1.20	1.50	1.70	1.60
Minimum	2.00	2.00	1.00	1.00
5%	3.00	3.00	1.00	1.00
25%	6.00	4.00	4.00	4.00
50%	6.00	5.00	6.00	5.00
75%	7.00	6.00	6.00	6.00
95%	7.00	7.00	7.00	7.00
Maximum	7.00	7.00	7.00	7.00

**A3.Table 3.45. MA 7. "What year is it (now)?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Correct	95.50	82.10	93.20	63.90
Incorrect	4.50	17.90	6.80	36.10
Number of subjects (n)	66	28	59	36

**A3.Table 3.46. MA 8. "What month is it (now)?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Correct	95.50	82.10	96.60	75.00
Incorrect	4.50	17.90	3.40	25.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.47. MA 9. "What day or date of the month is it (now)?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Correct	95.50	82.10	94.90	72.20
Incorrect	4.50	17.90	5.10	27.80
Number of subjects (n)	66	28	59	36

**A3.Table 3.48. MA 10. "What is your address?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Correct	97.00	82.10	94.90	75.00
Incorrect	3.00	17.90	5.10	25.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.49. Descriptive statistics for memory score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	4.50	3.70	4.40	3.30
SD	0.90	1.50	0.80	1.70
Minimum	0	0	1.00	0
5%	3.00	0	3.00	0
25%	4.00	3.50	4.00	2.00
50%	5.00	4.00	5.00	4.00
75%	5.00	5.00	5.00	5.00
95%	5.00	5.00	5.00	5.00



Maximum	5.00	5.00	5.00	5.00
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## DIETARY HABITS

**A3.Table 3.50. DH 61A. "What proportion of the food you eat comes from your garden or land?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
All/most	54.55	32.14	38.98	33.33
Some	27.27	35.71	37.29	38.89
None	18.18	32.14	23.73	27.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.51. DH 61B. "What proportion of the food you eat comes from a shop?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
All/most	18.18	28.57	22.03	25.00
Some	51.52	50.00	50.85	61.11
None	30.30	21.43	27.12	13.89
Number of subjects (n)	66	28	59	36

**A3.Table 3.52. DH 62. "Do you do any shopping for food?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	89.39	57.14	66.10	33.33
No	10.61	42.86	33.90	66.67
Number of subjects (n)	66	28	59	36

**A3.Table 3.53. DH 62 WHY. "If no, why not?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Not sure	90.91	53.57	64.41	33.33
Someone else goes	9.09	28.57	15.25	16.67
Too weak to go	0	17.86	20.34	44.44
Shops far away/other	0	0	0	5.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.54. DH 62 WHO. "If no, who goes shopping for you?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Not sure	90.91	60.71	71.19	36.11
Spouse	7.58	10.71	10.17	2.78
Children	0	17.86	15.25	52.78
Grandchildren/friends	0	0	1.69	2.78
Paid help	1.52	10.71	1.69	5.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.55. DH 65. "Do you have any of the following?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Stove	100.00	100.00	100.00	100.00
Oven	100.00	100.00	96.61	100.00
Refrigerator	100.00	100.00	98.31	94.44
TV	100.00	100.00	98.31	94.44
Radio	100.00	100.00	98.31	94.44
Phone	100.00	100.00	98.31	94.44
Toilet	100.00	100.00	98.31	94.44
Hot water	98.48	96.43	96.61	94.44
Microwave	12.12	7.14	15.25	13.89
Freezer	60.61	64.29	52.54	33.33

**A3.Table 3.56. DH 68. "Do you eat the fat on meat?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Usually	15.15	10.71	3.39	5.56
Occasionally	4.55	10.71	3.39	8.33
Rarely	80.30	78.57	93.22	86.11
Number of subjects (n)	66	28	59	36

**A3.Table 3.57. DH 69. "Do you eat the skin on chicken?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Usually	21.21	17.86	5.08	19.44
Occasionally	6.06	7.14	6.78	5.56
Rarely	72.73	75.00	88.14	75.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.58. DH 70. "Do you add salt or stock cubes to food while cooking?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	3.03	0	6.78	8.33
Sometimes	19.70	32.14	20.34	19.44
Most of time	77.27	67.86	72.88	72.22
Number of subjects (n)	66	28	59	36

**A3.Table 3.59. DH 71. "Do you add salt to your food at the table?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	43.94	42.86	52.54	55.56
Sometimes	18.18	21.43	22.03	22.22
Most of the time	37.88	35.71	25.42	22.22
Number of subjects (n)	66	28	59	36

**A3.Table 3.60. DH 75. "How do you usually cook or eat vegetables and meat/ fish/ chicken?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Vegetable-boiled	100.00	100.00	100.00	100.00
Vegetable-steamed	21.21	10.71	23.73	19.44
Vegetable-microwaved	3.03	3.57	1.69	5.56
Vegetable-casserole	93.94	82.14	91.53	91.67
Vegetable-fried	59.09	46.43	66.10	55.56
Vegetable-roasted	96.97	96.43	98.31	91.67
Vegetable-salad	98.48	96.43	98.31	94.44
Meat-boiled	96.97	100.00	98.31	97.22
Meat-steamed	4.55	3.57	8.47	5.56
Meat-microwaved	3.03	3.57	1.69	2.78
Meat-casserole	92.42	89.29	93.22	100.00
Meat-fried	72.73	57.14	64.41	50.00
Meat-roasted	95.45	96.43	98.31	86.11
Meat-grilled	81.82	75.00	79.66	52.78
Meat-BBQ	43.94	39.29	38.98	22.22

**A3.Table 3.61. DH 76A. "Do you drink alcohol at least monthly?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	57.58	53.57	32.20	30.56
No	42.42	46.43	67.80	69.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.62. APP53 No. "Do you enjoy your food as much as you used to and if not, why is this?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Enjoy food	78.79	71.43	64.41	55.56
Food of no interest	1.52	7.14	3.39	11.11

No company	1.52	3.57	3.39	2.78
Lost interest in cooking	1.52	0	5.08	2.78
Appetite is smaller	15.15	21.43	27.12	41.67
Food doesn't taste good	4.55	3.57	5.08	8.33
Food doesn't smell good	1.52	0	3.39	2.78
Problems with digestion	3.03	7.14	13.56	13.89

**A3.Table 3.63. APP54. "How would you describe your appetite?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Poor to fair	10.61	10.71	27.12	30.56
Good	30.30	46.43	40.68	25.00
Very good	59.09	42.86	32.20	44.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.64. APP55. "Do you have problems with any of the following?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Poorly fit dentures	19.09	10.71	11.86	16.67
Foods too acid	0	3.57	8.47	11.11
Difficulty in chewing	21.21	28.57	20.34	52.78
Difficulty in swallowing	0	3.57	0	2.78
Heartburn	7.58	17.86	22.03	16.67
Sore mouth	0	3.57	3.39	8.33
Dry mouth	0	0	0	2.78

**A3.Table 3.65. APP55T. Dental status by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
False teeth	69.70	85.71	61.02	80.56
Own teeth	68.79	14.29	28.81	8.33
Few teeth	0	0	5.08	0.78
Gums	1.52	0	5.08	8.33

Number of subjects (n)	66	28	59	36
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## FOOD INTAKES

**A3.Table 3.66. Descriptive statistics for eggs (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	11.46	13.75	9.16	11.13
SD	18.01	30.51	13.39	13.20
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	2.95	1.97	3.93
50%	3.93	5.89	5.89	7.86
75%	15.71	15.71	7.86	15.71
95%	47.14	23.57	39.29	55.00
Maximum	110.00	165.00	82.50	55.00

**A3.Table 3.67. Descriptive statistics for milk and dairy products (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	32
Mean	225.60	340.90	187.70	228.5
SD	174.80	325.40	111.80	127.2
Minimum	19.90	28.60	10.00	11.9
5%	35.40	75.00	50.00	27.4
25%	82.10	145.80	95.80	125.7
50%	210.60	254.90	157.10	241.9
75%	291.90	391.30	255.70	315.2
95%	574.60	1030.00	465.10	464.3
Maximum	891.70	1609.40	526.00	550.0

**A3.Table 3.68. Descriptive statistics for fish and fish dish (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	60.30	46.40	45.60	37.70
SD	39.00	33.80	35.30	32.10
Minimum	0	4.20	0	0
5%	12.10	7.20	4.60	0
25%	31.60	19.30	19.90	15.20
50%	54.30	40.40	38.80	26.40
75%	84.00	59.90	59.80	53.10
95%	139.80	108.60	116.40	115.2
Maximum	172.90	139.30	163.00	115.2

**A3.Table 3.69. Descriptive statistics for shellfish and crustaceans (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2.72	1.21	2.38	2.45
SD	4.89	2.62	3.43	4.24
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	4.29	0.80	4.29	3.21
95%	10.86	8.57	10.71	13.89
Maximum	25.71	8.57	12.86	14.23

**A3.Table 3.70. Descriptive statistics for lamb, veal and beef (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36

Mean	60.87	65.98	42.48	35.40
SD	41.42	49.63	33.75	30.80
Minimum	0	0	0	0
5%	0	8.03	6.43	0
25%	30.00	22.29	19.29	12.32
50%	54.37	72.86	36.43	31.07
75%	85.71	96.79	55.71	51.43
95%	151.07	139.64	90.71	111.43
Maximum	157.50	192.86	212.14	115.71

**A3.Table 3.71. Descriptive statistics for lamb, veal and beef mixed dish (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	25.06	18.88	18.97	16.88
SD	23.56	18.33	15.11	15.91
Minimum	0	0	0	0
5%	0	3.57	0	0
25%	8.57	7.86	8.57	4.29
50%	17.50	12.86	14.29	13.57
75%	34.29	22.14	27.14	25.71
95%	68.57	50.00	51.43	48.57
Maximum	132.86	80.00	65.71	71.43

**A3.Table 3.72. Descriptive statistics for pork and mixed dish (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	4.41	2.45	2.87	0.55
SD	7.00	6.00	4.84	1.41
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	6.43	0	4.29	0



95%	22.86	17.14	14.29	4.29
Maximum	25.71	25.71	25.71	6.43

**A3.Table 3.73. Descriptive statistics for chicken and turkey (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	46.93	41.94	33.86	31.75
SD	31.53	26.34	24.37	26.42
Minimum	0	0	0	0
5%	12.86	4.29	0	0
25%	25.71	18.21	17.14	12.86
50%	38.57	38.57	25.71	25.71
75%	64.29	72.86	51.43	38.57
95%	115.71	77.14	85.71	101.43
Maximum	154.29	77.14	102.86	107.14

**A3.Table 3.74. Descriptive statistics for chicken and turkey mixed dish (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	7.55	6.56	4.15	5.69
SD	10.79	10.22	7.87	8.57
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	11.43	10.00	8.57	10.00
95%	34.29	34.29	22.86	25.71
Maximum	35.71	34.29	34.29	28.57

**A3.Table 3.75. Descriptive statistics for rabbit and game birds (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2.38	4.01	1.42	2.88
SD	5.67	9.37	3.11	7.07
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	2.86	0	0	0.97
95%	8.93	28.57	8.93	24.29
Maximum	35.71	35.71	12.14	26.79

**A3.Table 3.76. Descriptive statistics for organ meats (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2.55	2.20	1.87	1.88
SD	5.01	3.72	2.99	2.83
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	3.21	4.29	2.86	3.04
95%	12.86	10.71	8.74	7.14
Maximum	31.07	13.40	10.71	12.86

**A3.Table 3.77. Descriptive statistics for root vegetables (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	69.45	73.50	51.67	48.73
SD	45.21	49.54	40.25	35.19
Minimum	1.56	0	0	3.11
5%	14.29	13.11	9.31	7.14

25%	38.36	42.86	23.60	18.17
50%	58.86	63.98	38.14	42.86
75%	94.79	109.73	64.29	61.21
95%	156.21	149.07	160.71	126.21
Maximum	228.57	221.74	166.46	135.71

**A3.Table 3.78. Descriptive statistics for green leafy vegetables (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	102.50	74.80	91.00	64.40
SD	86.60	58.10	46.50	47.00
Minimum	17.20	0	15.30	0
5%	25.80	2.70	23.10	0
25%	59.20	34.90	60.20	29.60
50%	77.60	74.80	86.20	52.20
75%	111.90	105.60	113.60	100.2
95%	295.40	130.20	179.60	127.3
Maximum	421.30	282.90	238.00	227.6

**A3.Table 3.79. Descriptive statistics for marrow-like vegetables (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	28.51	26.36	26.30	20.68
SD	16.42	18.97	12.85	14.32
Minimum	3.57	0	4.19	0
5%	6.00	3.00	5.97	0
25%	17.49	13.43	17.97	11.61
50%	27.18	20.89	27.33	17.77
75%	34.14	35.85	34.57	28.71
95%	69.00	69.24	49.50	48.99
Maximum	79.17	75.57	53.29	67.87

**A3.Table 3.80. Descriptive statistics for flower vegetables (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	14.80	12.80	13.20	10.90
SD	15.70	11.50	11.80	9.20
Minimum	0	0	0	0
5%	0	0	0	0
25%	5.60	5.00	5.60	3.30
50%	10.50	9.20	11.20	8.90
75%	19.10	19.00	17.40	16.70
95%	37.90	28.60	40.30	27.50
Maximum	92.00	52.20	52.20	38.60

**A3.Table 3.80. Descriptive statistics for other vegetables (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	131.70	87.40	105.50	88.10
SD	66.10	48.00	66.90	66.20
Minimum	23.50	6.60	8.00	0
5%	47.60	12.00	12.00	14.20
25%	90.50	54.10	56.30	39.20
50%	121.90	86.80	92.00	79.60
75%	149.70	111.20	139.70	131.2
95%	275.30	164.10	246.00	188.0
Maximum	319.90	203.90	310.70	333.4

**A3.Table 3.81. Descriptive statistics for vegetable mixed dish (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	56.20	46.50	52.20	49.90

SD	30.00	20.30	28.60	32.90
Minimum	0	0	0	0
5%	15.40	8.70	13.90	0
25%	34.80	32.60	32.60	23.90
50%	51.50	50.70	49.00	48.10
75%	71.40	60.10	69.60	72.00
95%	104.60	75.20	102.60	117.0
Maximum	163.00	82.80	176.10	128.6

**A3.Table 3.82. Descriptive statistics for vegetable and rice dish (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	54.60	40.80	42.10	31.30
SD	31.70	31.40	29.20	28.10
Minimum	0	0	0	0
5%	2.30	0	3.40	0
25%	30.60	14.90	18.10	13.80
50%	54.80	38.60	40.40	27.40
75%	77.10	53.50	56.20	41.00
95%	101.80	109.20	99.30	69.20
Maximum	145.60	124.50	129.30	154.20

**A3.Table 3.83. Descriptive statistics for legumes (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	93.70	79.70	78.50	55.10
SD	58.90	48.10	59.10	47.70
Minimum	13.60	5.70	0	0
5%	24.30	20.70	13.70	0
25%	52.80	53.20	46.40	14.80
50%	83.90	71.00	65.70	41.50
75%	112.80	97.30	100.00	88.30
95%	208.50	163.80	207.10	145.7
Maximum	348.50	230.70	351.40	163.2

**A3.Table 3.84. Descriptive statistics for bread (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	148.44	126.01	112.06	115.39
SD	74.28	80.06	63.09	50.59
Minimum	0	21.00	0	35.00
5%	35.00	35.00	20.00	35.00
25%	105.00	70.00	70.00	70.00
50%	140.00	122.50	105.00	105.00
75%	196.29	171.50	140.00	150.50
95%	280.00	280.00	245.00	210.00
Maximum	350.00	350.00	350.00	210.00

**A3.Table 3.85. Descriptive statistics for pasta and noodles (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	46.62	37.12	34.75	47.47
SD	33.66	28.37	22.61	44.52
Minimum	0	0	0	0
5%	0	8.93	0	12.86
25%	24.29	14.91	17.86	19.64
50%	39.64	30.00	33.21	39.46
75%	63.21	55.18	43.57	55.18
95%	117.86	80.00	77.86	120.54
Maximum	132.86	120.00	100.29	262.43

**A3.Table 3.86. Descriptive statistics for rice and rice noodles (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36

Mean	26.50	25.60	22.50	26.40
SD	26.10	27.30	20.30	24.90
Minimum	0	0	0	0
5%	0	0	0	0
25%	8.90	8.90	8.60	8.90
50%	21.40	17.80	17.80	19.60
75%	35.70	37.80	35.70	35.70
95%	57.00	71.40	71.40	107.1
Maximum	150.00	107.10	71.40	107.1

**A3.Table 3.87. Descriptive statistics for other cereals (e.g. breakfast cereals) (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	21.20	48.50	20.40	37.50
SD	33.60	79.40	28.90	51.20
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	21.80	17.10	19.30
75%	30.00	47.10	30.00	45.10
95%	75.00	230.00	50.00	150.0
Maximum	175.70	338.50	150.00	175.0

**A3.Table 3.88. Descriptive statistics for cakes, biscuits, pastries, etc.(g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	15.50	20.30	13.70	14.20
SD	22.20	26.90	19.50	22.80
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	7.10	8.10	3.60	4.40
75%	22.50	36.10	18.90	15.90

95%	63.60	63.60	60.00	64.1
Maximum	99.30	104.60	77.90	102.9

**A3.Table 3.89. Descriptive statistics for desserts, puddings, custards (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	7.30	7.50	9.20	14.00
SD	15.10	18.70	18.50	28.80
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	1.00	0	1.40	0.40
75%	8.50	5.30	7.10	14.30
95%	19.20	42.10	34.20	91.10
Maximum	102.10	91.10	114.3	114.30

**A3.Table 3.90. Descriptive statistics for fruits (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	240.67	231.27	199.49	205.68
SD	139.74	104.95	122.46	117.94
Minimum	23.43	26.96	3.21	31.00
5%	39.93	65.64	51.66	58.70
25%	138.79	164.11	122.29	111.82
50%	204.42	222.21	164.56	176.71
75%	340.29	294.49	247.41	268.30
95%	499.79	402.94	489.51	460.56
Maximum	667.06	465.83	624.44	506.14

**A3.Table 3.91. Descriptive statistics for fruit juices (ml/day) by age group and gender.**

GRK-M	Men	Women
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	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	45.69	50.10	36.80	23.02
SD	110.67	129.67	79.00	62.99
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	0	0	0	0
95%	400.00	300.00	200.00	200.00
Maximum	450.00	600.00	400.00	300.00

**A3.Table 3.92. Descriptive statistics for nuts, dips, snacks, etc. (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	15.93	16.53	10.95	8.70
SD	27.87	30.57	15.83	11.95
Minimum	0	0	0	0
5%	0	0	0	0
25%	1.26	0	0	0
50%	3.93	7.14	4.29	3.67
75%	19.29	17.50	17.69	12.50
95%	80.37	98.80	46.61	30.71
Maximum	130.71	132.50	80.37	52.86

**A3.Table 3.93. Descriptive statistics for soft drinks and cordials (ml/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	53.51	37.23	39.49	47.41
SD	99.13	91.13	104.23	123.48
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0

50%	0	0	0	0
75%	100.00	28.43	0	28.57
95%	200.00	228.57	400.00	400.00
Maximum	400.00	400.00	500.00	600.00

**A3.Table 3.94. Descriptive statistics for beer (ml/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	45.91	51.79	22.54	7.78
SD	92.42	108.42	54.22	34.32
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	50.00	50.00	0	0
95%	300.00	400.00	200.00	50.00
Maximum	500.00	400.00	200.00	200.00

**A3.Table 3.95. Descriptive statistics for wine (ml/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	75.76	67.86	24.32	22.22
SD	123.18	111.57	66.88	40.43
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	100.00	150.00	0	25.00
95%	400.00	300.00	200.00	100.00
Maximum	500.00	400.00	300.00	100.00

**A3.Table 3.96. Descriptive statistics for spirits (ml/day) by age group and gender.**

GRK-M	Men	Women
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	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	6.67	4.29	0.76	2.64
SD	15.89	9.97	4.03	7.70
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	0	0	0	0
95%	30.00	30.00	5.00	30.00
Maximum	90.00	30.00	30.00	30.00

**A3.Table 3.97. Descriptive statistics for tea (ml/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	178.23	273.98	153.66	182.22
SD	211.40	246.30	186.99	215.20
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	28.57	0	0
50%	200.00	200.00	57.14	100.00
75%	200.00	500.00	200.00	242.86
95%	428.57	600.00	600.00	600.00
Maximum	1000.00	800.00	600.00	800.00

**A3.Table 3.99. Descriptive statistics for water (ml/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	678.79	735.71	603.15	408.33
SD	478.30	549.22	492.25	300.83
Minimum	0	0	0	0
5%	0	0	0	0
25%	400.00	400.00	200.00	200.00
50%	600.00	600.00	400.00	400.00
75%	1000.00	1100.00	1000.00	600.00

95%	1600.00	1800.00	1600.00	1000.00
Maximum	2000.00	2000.00	2000.00	1200.00

**A3.Table 3.100. Descriptive statistics for Greek coffee (ml/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	70.70	73.70	43.80	45.80
SD	70.30	73.40	52.10	42.90
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	10.70
50%	50.00	50.00	50.00	50.00
75%	100.00	100.00	50.00	75.00
95%	200.00	200.00	150.00	150.00
Maximum	300.00	300.00	300.00	200.00

**A3.Table 3.101. Descriptive statistics for instant coffee (ml/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	106.90	64.30	84.70	84.90
SD	168.60	154.50	162.70	135.60
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	200.00	0	0	0
95%	400.00	400.00	600.00	400.00
Maximum	600.00	600.00	600.00	400.00

**A3.Table 3.102. Descriptive statistics for butter/ margarine (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2.68	4.77	3.84	3.81
SD	4.17	6.05	5.19	4.84
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	1.43	0	0.71
75%	5.00	9.29	7.14	7.86
95%	10.00	17.14	17.14	12.86
Maximum	12.86	18.57	20.00	17.14

**A3.Table 3.103. Descriptive statistics for oils (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	26.27	22.14	20.55	21.62
SD	10.75	10.64	8.13	10.52
Minimum	15.00	7.00	7.00	3.50
5%	15.00	7.00	10.00	7.00
25%	15.00	15.00	15.00	15.00
50%	25.00	25.00	15.00	21.15
75%	35.00	25.00	25.00	25.00
95%	50.00	50.00	35.00	50.00
Maximum	50.00	50.00	50.00	50.00

**A3.Table 3.104. Descriptive statistics for sugar, jam, honey, sweets (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	18.13	19.74	10.48	12.35
SD	13.69	14.27	11.81	10.05
Minimum	0	0	0	0
5%	0	0	0	0
25%	10.00	10.00	0	5.00

50%	15.00	17.50	10.00	10.00
75%	25.00	30.36	15.00	20.00
95%	40.00	43.57	32.86	32.14
Maximum	65.00	44.29	60.00	35.00

**A3.Table 3.105. Descriptive statistics for processed meat (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	8.23	6.84	3.16	3.70
SD	19.12	11.31	7.84	13.41
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	8.57	10.00	0	0.54
95%	40.00	34.29	27.43	25.71
Maximum	102.39	38.57	34.29	77.14

**A3.Table 3.106. Descriptive statistics for herbs, garlic, olives (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	16.35	9.07	9.57	5.83
SD	28.98	11.16	12.25	5.82
Minimum	0	0	0	0
5%	0	0	0	0
25%	3.71	0.71	1.43	0.86
50%	7.42	5.71	5.71	4.43
75%	19.43	12.00	11.43	10.71
95%	44.00	31.43	40.00	17.14
Maximum	201.43	40.00	50.00	20.00

**A3.Table 3.107. Descriptive statistics for fungi (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	1.17	0.70	1.15	0.86
SD	3.22	1.78	2.04	1.93
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	0.54	0	2.14	0
95%	4.29	3.21	6.43	4.29
Maximum	17.86	8.57	8.57	8.57

**A3.Table 3.108. Descriptive statistics for thin/ broth soups (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	57.90	72.00	52.50	61.60
SD	49.20	73.20	49.40	58.70
Minimum	0	0	0	0
5%	0	0	0	3.50
25%	15.30	18.80	17.40	0
50%	47.10	50.40	37.70	0
75%	75.40	94.90	69.70	0
95%	150.90	264.00	169.70	0.70
Maximum	212.10	268.60	212.10	3.30

## NUTRIENT INTAKES & DENSITIES

**A3.Table 3.109. Descriptive statistics for water intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2397.09	2484.93	1937.15	1742.03
SD	703.97	674.10	644.52	575.96
Minimum	1292.94	1511.39	822.79	1006.39
5%	1571.35	1545.44	939.20	1076.96
25%	1898.36	1975.54	1494.12	1306.64
50%	2303.92	2463.21	1884.37	1614.63
75%	2742.84	2814.14	2341.47	2132.11
95%	3570.69	3513.20	3242.92	2812.45
Maximum	5587.90	4461.19	3757.73	3682.06

**A3.Table 3.110. Descriptive statistics for simple carbohydrate intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	83.05	86.82	61.91	66.95
SD	34.22	28.88	29.97	30.86
Minimum	33.43	35.94	14.51	24.96
5%	39.23	44.20	27.82	29.82
25%	55.92	69.30	40.72	45.37
50%	74.27	82.10	54.33	62.62
75%	104.80	106.98	77.25	79.25
95%	153.94	138.59	127.39	123.08
Maximum	189.78	150.62	159.97	178.57

**A3.Table 3.111. Descriptive statistics for complex carbohydrate intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	130.81	124.99	105.50	107.06
SD	40.12	41.65	32.35	27.67
Minimum	75.04	52.93	55.51	48.30
5%	77.71	61.52	57.49	70.36



25%	103.82	100.74	82.27	82.95
50%	125.85	115.62	104.13	104.69
75%	152.32	161.37	125.97	129.31
95%	197.82	190.50	163.80	147.10
Maximum	266.98	220.08	199.60	174.84

**A3.Table 3.112. Descriptive statistics for fibre intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	29.82	25.78	24.20	21.48
SD	10.35	8.97	8.24	7.06
Minimum	10.61	11.51	7.72	9.24
5%	16.95	13.10	10.14	11.77
25%	22.64	20.00	18.60	16.86
50%	28.57	24.52	23.81	21.42
75%	34.96	34.11	28.37	24.11
95%	47.68	41.13	37.56	35.99
Maximum	64.82	43.35	55.64	36.24

**A3.Table 3.113. Descriptive statistics for nitrogen intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	18.04	16.91	13.75	12.71
SD	4.33	4.80	3.66	3.85
Minimum	10.23	8.88	6.59	5.40
5%	11.69	10.23	8.06	5.85
25%	14.69	13.51	11.57	10.89
50%	18.09	16.58	13.14	11.94
75%	20.97	20.24	14.97	14.45
95%	23.23	25.78	22.20	21.34
Maximum	32.07	26.53	25.27	23.68

**A3.Table 3.114. Descriptive statistics for energy intake (Kcal/day) by age group and**

<b>gender.</b>				
<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	66	28	59	36
Mean	2404.96	2302.54	1883.53	1830.26
SD	546.63	501.48	408.18	404.12
Minimum	1563.26	1437.46	1154.02	1144.85
5%	1677.80	1460.12	1293.12	1230.52
25%	2053.10	1941.00	1513.39	1435.87
50%	2339.90	2230.16	1863.78	1857.39
75%	2665.32	2715.74	2166.91	2132.53
95%	3083.33	2945.75	2575.06	2451.60
Maximum	4763.99	3351.43	2895.57	2721.99

**A3.Table 3.115. Descriptive statistics for energy intake (kJ/day) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	66	28	59	36
Mean	10000.2	9575.6	7828.6	7605.0
SD	2269.5	2081.6	1698.9	1679.0
Minimum	6526.3	6008.8	4789.7	4747.3
5%	6958.2	6067.8	5381.9	5120.2
25%	8530.8	8061.3	6281.6	5980.2
50%	9723.3	9292.9	7743.1	7719.1
75%	11089.9	11288.1	9019.0	8854.5
95%	12847.1	12253.2	10712.8	10189.7
Maximum	19806.5	13930.1	12055.5	11329.9

**A3.Table 3.116. Descriptive statistics for protein intake (g/day) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	66	28	59	36
Mean	114.15	108.00	88.03	81.57
SD	28.52	28.77	23.76	23.27
Minimum	62.10	67.28	40.96	35.50

5%	73.88	69.80	56.41	39.27
25%	93.04	85.79	73.02	68.48
50%	113.58	103.15	81.48	78.30
75%	132.84	126.52	97.99	93.05
95%	157.60	165.87	137.86	132.79
Maximum	202.69	174.38	171.24	147.18

**A3.Table 3.117. Descriptive statistics for total fat intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	112.25	105.59	92.33	86.40
SD	30.90	26.75	22.17	23.91
Minimum	60.98	55.91	54.29	38.02
5%	69.58	65.45	55.50	41.43
25%	92.21	87.10	75.04	66.23
50%	112.29	104.71	96.85	90.90
75%	124.51	119.35	110.11	101.96
95%	156.62	146.50	126.38	124.07
Maximum	237.06	171.63	132.88	127.94

**A3.Table 3.118. Descriptive statistics for total carbohydrate intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	215.20	213.13	168.62	175.24
SD	60.33	54.05	50.47	44.70
Minimum	117.95	104.13	88.78	103.68
5%	139.17	145.05	100.43	110.21
25%	172.58	169.89	127.10	138.20
50%	209.06	210.46	162.24	170.45
75%	241.94	266.59	207.22	211.80
95%	314.97	302.91	259.91	260.98
Maximum	458.73	304.02	284.69	286.84

**A3.Table 3.119. Descriptive statistics for sodium intake (mg/day) (non- discretionary only) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2389.21	2089.57	1911.77	1631.27
SD	1018.94	655.64	616.74	518.41
Minimum	904.57	1110.82	865.21	839.88
5%	1224.83	1171.89	1056.06	873.97
25%	1811.23	1397.24	1503.12	1278.55
50%	2241.50	2172.75	1812.65	1635.26
75%	2718.08	2757.43	2255.93	1958.51
95%	4101.17	2862.58	3311.60	2394.84
Maximum	6831.48	3139.85	3771.24	3082.80

**A3.Table 3.120. Descriptive statistics for potassium intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	3605.14	3414.74	2837.15	2653.88
SD	964.05	909.09	732.93	781.66
Minimum	2047.54	1784.40	1309.33	1478.00
5%	2136.50	1941.49	1732.47	1507.41
25%	2972.90	2714.98	2252.07	2018.84
50%	3568.84	3312.09	2738.46	2525.54
75%	4069.46	4059.84	3347.86	3140.02
95%	5203.38	4625.93	4044.63	4439.30
Maximum	6812.59	5773.94	5072.86	4577.31

**A3.Table 3.121. Descriptive statistics for calcium intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36

Mean	801.57	881.06	668.84	637.89
SD	311.89	429.85	212.34	219.31
Minimum	391.39	386.04	270.33	289.00
5%	445.56	402.86	352.20	304.64
25%	556.96	662.12	529.45	496.02
50%	770.50	852.85	632.51	598.31
75%	934.21	977.09	789.71	754.63
95%	1263.40	1313.54	1109.69	1034.34
Maximum	1949.18	2718.46	1226.33	1333.22

**A3.Table 3.122. Descriptive statistics for phosphorus intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	1517.70	1508.09	1192.72	1178.47
SD	428.20	428.08	296.09	410.68
Minimum	904.77	826.68	562.11	495.79
5%	961.99	1011.57	820.63	546.06
25%	1254.03	1184.43	982.30	912.49
50%	1460.31	1437.56	1148.16	1104.16
75%	1733.50	1743.34	1349.68	1369.75
95%	2278.16	2095.18	1818.87	2013.15
Maximum	3057.08	2890.16	1911.64	2454.67

**A3.Table 3.123. Descriptive statistics for magnesium intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	340.58	318.19	267.40	246.20
SD	98.65	96.91	69.01	70.07
Minimum	189.32	151.76	139.15	119.29
5%	209.63	178.41	162.60	154.44
25%	275.98	241.04	214.09	191.08
50%	328.17	286.40	270.02	235.99
75%	389.86	416.77	313.33	285.96

95%	490.62	460.38	371.61	371.43
Maximum	666.07	488.67	484.07	420.86

**A3.Table 3.124. Descriptive statistics for iron intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	25.60	20.12	20.16	20.78
SD	15.13	9.70	10.04	17.03
Minimum	9.17	6.32	7.29	5.22
5%	10.77	9.79	8.09	5.61
25%	15.43	12.68	10.99	10.51
50%	21.72	17.64	18.06	15.67
75%	31.71	27.05	27.55	24.67
95%	59.70	38.02	40.97	70.71
Maximum	85.63	46.30	42.46	81.91

**A3.Table 3.125. Descriptive statistics for zinc intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	19.98	17.01	15.48	13.91
SD	6.96	5.11	4.96	5.48
Minimum	7.23	7.83	7.70	4.86
5%	12.30	8.70	8.83	6.59
25%	15.01	13.86	11.97	9.93
50%	18.32	15.91	14.46	12.80
75%	22.88	20.01	19.04	16.01
95%	36.57	24.09	23.81	25.50
Maximum	38.88	31.39	31.72	25.52

**A3.Table 3.126. Descriptive statistics for retinol intake (RE mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	375.20	369.92	344.77	353.40
SD	344.89	270.48	273.50	313.15
Minimum	56.16	91.44	87.50	72.35
5%	96.73	131.48	98.54	78.80
25%	147.48	196.47	147.85	145.97
50%	285.74	254.09	241.86	252.02
75%	418.67	458.03	461.22	428.77
95%	1226.25	974.43	1093.36	965.75
Maximum	1765.88	1126.47	1265.42	1639.91

**A3.Table 3.127. Descriptive statistics for carotene intake (U/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	3919.4	3975.7	3577.5	2840.1
SD	1885.1	1638.9	1676.8	1779.0
Minimum	1183.8	1229.8	612.7	228.4
5%	1592.1	1344.9	666.5	413.4
25%	2635.3	2749.0	2443.3	1714.2
50%	3704.7	3546.6	3355.5	2467.8
75%	4537.3	5452.7	4351.7	3882.1
95%	7877.1	6711.5	6945.0	5367.3
Maximum	11286.6	7235.1	8929.5	10052.5

**A3.Table 3.128. Descriptive statistics for thiamin intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	1.27	1.22	1.01	0.95
SD	0.46	0.34	0.30	0.29
Minimum	0.64	0.63	0.56	0.37
5%	0.70	0.73	0.56	0.55

25%	0.95	1.01	0.80	0.74
50%	1.17	1.14	0.98	0.95
75%	1.42	1.48	1.16	1.13
95%	2.52	1.72	1.75	1.45
Maximum	2.71	2.03	1.85	1.57

**A3.Table 3.129. Descriptive statistics for riboflavin intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	1.79	1.83	1.43	1.37
SD	0.65	0.68	0.41	0.44
Minimum	0.87	0.98	0.60	0.47
5%	1.00	0.99	0.86	0.61
25%	1.40	1.29	1.13	1.08
50%	1.66	1.71	1.40	1.30
75%	2.04	2.08	1.67	1.66
95%	3.11	2.97	2.11	2.20
Maximum	4.05	3.96	2.74	2.38

**A3.Table 3.130. Descriptive statistics for niacin intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	26.09	23.36	19.89	18.17
SD	6.96	6.30	5.87	5.51
Minimum	14.39	12.33	9.70	9.11
5%	15.82	14.83	11.30	9.38
25%	20.43	18.78	16.05	14.32
50%	26.66	22.87	19.29	17.99
75%	29.49	27.34	23.83	20.44
95%	39.74	34.84	29.38	28.86
Maximum	45.53	36.10	40.61	33.64



**A3.Table 3.131. Descriptive statistics for vitamin C intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	171.90	150.51	147.38	123.99
SD	72.91	81.09	68.58	65.30
Minimum	47.59	42.40	24.42	47.53
5%	76.34	56.88	51.83	55.27
25%	123.40	106.33	92.66	78.61
50%	157.74	136.43	135.56	104.75
75%	208.20	168.44	193.22	155.46
95%	338.76	386.38	301.33	256.65
Maximum	396.88	418.24	318.93	353.26

**A3.Table 3.132. Descriptive statistics for alcohol intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	10.70	19.50	3.30	3.20
SD	14.20	12.40	7.80	4.70
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	4.60	4.00	0	0
75%	17.20	16.70	1.90	8.50
95%	39.10	37.90	18.20	14.00
Maximum	64.90	38.70	44.40	14.20

**A3.Table 3.133. Descriptive statistics for cholesterol intake (mg/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	361.46	357.47	283.80	281.87

SD	133.17	162.15	111.29	86.26
Minimum	156.82	175.51	79.90	120.79
5%	169.89	205.71	131.97	164.61
25%	273.02	261.51	211.01	229.17
50%	348.57	338.42	264.49	276.86
75%	432.66	391.58	337.49	328.53
95%	575.32	541.78	500.29	489.40
Maximum	878.57	1067.34	688.08	510.05

**A3.Table 3.134. Descriptive statistics for saturated fat intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	32.10	32.75	26.76	24.75
SD	10.77	9.42	7.40	6.27
Minimum	14.27	15.51	13.59	12.22
5%	19.50	16.61	15.87	13.38
25%	24.76	25.68	20.49	20.74
50%	30.02	32.86	26.82	23.87
75%	37.04	39.90	32.42	29.71
95%	49.09	47.51	40.62	35.98
Maximum	73.71	52.26	44.18	38.69

**A3.Table 3.135. Descriptive statistics for monounsaturated fat intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	55.40	50.07	44.57	42.64
SD	15.67	13.19	12.49	14.40
Minimum	28.84	26.77	23.10	15.14
5%	33.00	29.41	25.01	17.25
25%	44.15	40.28	34.91	28.97
50%	54.91	49.00	44.79	45.22
75%	63.73	58.32	55.23	54.03
95%	83.48	72.72	66.60	64.48

Maximum	118.20	74.11	69.81	69.75
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**A3.Table 3.136. Descriptive statistics for polyunsaturated fat intake (g/day) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	16.33	14.75	14.29	12.43
SD	6.55	7.08	4.94	4.54
Minimum	7.23	7.34	5.37	4.55
5%	9.23	7.80	6.64	5.97
25%	11.90	10.21	11.22	9.37
50%	15.10	14.39	13.67	12.09
75%	19.83	17.06	17.19	14.40
95%	30.24	23.00	24.19	23.78
Maximum	43.46	43.83	27.39	23.95

**A3.Table 3.137. Descriptive statistics for vitamin A intake (RE mg/day) by age group and gender. (retinol + carotene/6)**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	1028.4	1032.5	941.0	826.7
SD	510.3	412.9	377.8	419.1
Minimum	368.9	396.5	211.0	183.5
5%	452.4	402.0	418.9	198.0
25%	538.4	700.9	633.4	508.8
50%	644.6	920.9	923.8	826.7
75%	945.1	1308.3	1179.8	1028.6
95%	1254.8	1664.6	1587.5	1845.2
Maximum	2097.3	1947.3	1994.8	2196.9

**A3.Table 3.138. Descriptive statistics for niacin equivalents (NE mg/day) by age group and gender. [niacin + (protein x 0.16)]**

GRK-M	Men	Women
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	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	44.30	40.60	33.90	31.20
SD	11.30	10.40	9.40	9.00
Minimum	24.80	23.10	16.20	14.80
5%	27.70	26.20	20.40	15.70
25%	36.40	33.70	27.50	25.50
50%	44.90	38.60	31.90	30.60
75%	50.20	47.90	39.10	35.20
95%	66.90	58.90	51.30	48.20
Maximum	77.90	62.60	68.00	57.20

**A3.Table 3.139. Descriptive statistics for % energy intake from carbohydrate by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	35.89	37.07	35.56	38.43
SD	6.35	5.06	5.73	6.08
Minimum	21.47	23.90	22.38	28.77
5%	25.06	28.98	27.30	29.43
25%	31.29	34.27	31.06	34.89
50%	36.31	37.41	35.45	36.72
75%	40.35	40.86	39.41	41.16
95%	45.10	44.72	44.45	51.22
Maximum	54.54	45.95	51.14	59.60

**A3.Table 3.140. Descriptive statistics for % energy intake from protein by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	19.03	18.83	18.84	17.82
SD	2.75	3.17	3.77	3.12
Minimum	11.54	14.10	12.26	10.20
5%	15.15	14.76	13.82	13.71
25%	17.14	16.18	16.56	15.44

50%	18.90	18.85	17.81	17.66
75%	21.07	20.67	20.17	19.72
95%	24.25	25.42	27.87	23.84
Maximum	26.99	25.65	30.31	24.41

**A3.Table 3.141. Descriptive statistics for % energy intake from fat by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	41.85	41.22	44.16	42.16
SD	5.43	4.56	5.56	5.86
Minimum	29.04	32.81	30.21	23.70
5%	32.18	34.16	33.29	27.07
25%	39.43	38.68	40.46	39.92
50%	42.18	41.45	44.22	42.27
75%	44.56	43.14	47.27	46.08
95%	52.47	49.93	53.29	51.88
Maximum	57.58	51.17	58.03	53.26

**A3.Table 3.142. Descriptive statistics for % energy intake from alcohol by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	3.1	2.8	1.2	1.4
SD	4.0	3.6	3.2	2.1
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	1.6	0.9	0	0
75%	4.9	5.1	0.9	3.1
95%	11.9	10.5	6.6	5.5
Maximum	17.0	10.5	20.3	7.0

**A3.Table 3.143. Descriptive statistics for simple carbohydrate (g/MJ) by age group**

<b>and gender.</b>				
<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	66	28	59	36
Mean	8.33	9.19	7.76	8.74
SD	2.87	2.79	2.84	3.28
Minimum	3.29	3.36	2.31	4.43
5%	4.06	5.37	4.36	4.87
25%	6.34	7.58	6.12	6.65
50%	7.93	8.65	7.08	8.15
75%	9.91	10.33	9.19	9.46
95%	13.63	13.76	13.15	17.65
Maximum	16.55	16.54	17.63	18.67

**A3.Table 3.144. Descriptive statistics for complex carbohydrate (g/MJ) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	66	28	59	36
Mean	13.11	12.95	13.48	14.22
SD	2.89	2.92	2.90	2.83
Minimum	8.20	8.73	8.18	8.07
5%	8.75	8.81	8.63	9.43
25%	11.11	10.61	11.44	12.64
50%	12.66	13.21	13.58	14.34
75%	15.37	14.75	14.66	15.75
95%	19.03	18.41	18.05	17.72
Maximum	19.30	18.43	23.64	23.70

**A3.Table 3.145. Descriptive statistics for fibre (g/MJ) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	66	28	59	36
Mean	3.00	2.69	3.09	2.81
SD	0.87	0.74	0.82	0.62
Minimum	1.33	1.48	1.21	1.69
5%	2.00	1.59	1.61	1.92

25%	2.34	2.17	2.60	2.36
50%	2.81	2.47	3.14	2.74
75%	3.58	3.27	3.54	3.38
95%	4.23	4.03	4.41	3.71
Maximum	6.01	4.20	5.64	4.06

**A3.Table 3.146. Descriptive statistics for nitrogen (g/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	1.81	1.76	1.77	1.67
SD	0.25	0.31	0.35	0.32
Minimum	1.14	1.14	1.19	0.93
5%	1.48	1.38	1.31	1.05
25%	1.64	1.52	1.56	1.47
50%	1.79	1.68	1.70	1.69
75%	1.97	2.00	1.88	1.87
95%	2.23	2.29	2.47	2.30
Maximum	2.64	2.32	2.93	2.37

**A3.Table 3.147. Descriptive statistics for protein (g/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	11.44	11.32	11.33	10.72
SD	1.65	1.90	2.26	1.88
Minimum	6.93	8.50	7.38	6.14
5%	9.14	8.88	8.34	8.24
25%	10.33	9.74	9.95	9.30
50%	11.36	11.28	10.73	10.62
75%	12.64	12.44	12.10	11.84
95%	14.59	15.27	16.72	14.31
Maximum	16.25	15.34	18.21	14.74

**A3.Table 3.148. Descriptive statistics for total fat (g/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	11.18	11.01	11.81	11.27
SD	1.45	1.23	1.50	1.57
Minimum	7.73	8.72	8.08	6.31
5%	8.62	9.15	8.88	7.24
25%	10.51	10.32	10.83	10.69
50%	11.28	11.03	11.85	11.31
75%	11.91	11.53	12.62	12.34
95%	14.03	13.37	14.26	13.88
Maximum	15.39	13.70	15.52	14.26

**A3.Table 3.149. Descriptive statistics for total carbohydrate (g/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	21.57	22.28	21.39	23.12
SD	3.80	3.05	3.44	3.64
Minimum	12.91	14.39	13.44	17.37
5%	15.06	17.33	16.43	17.72
25%	18.87	20.57	18.72	20.99
50%	21.84	22.51	21.35	22.11
75%	24.23	24.52	23.72	24.73
95%	27.06	26.91	26.74	30.84
Maximum	32.67	27.64	30.78	35.72

**A3.Table 3.150. Descriptive statistics for sodium (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	237.00	217.13	242.99	216.72
SD	81.32	46.43	50.81	61.51
Minimum	101.82	134.30	142.04	123.88
5%	151.97	136.64	158.35	123.90
25%	195.97	182.59	203.22	179.12



50%	227.11	221.74	236.64	208.85
75%	261.03	249.25	285.65	251.45
95%	333.09	280.16	335.95	343.81
Maximum	740.94	299.26	351.95	409.29

**A3.Table 3.151. Descriptive statistics for potassium (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	361.79	358.62	363.11	347.29
SD	63.41	68.60	56.49	54.33
Minimum	218.20	224.69	246.76	243.73
5%	252.98	278.92	268.78	263.56
25%	319.35	306.19	321.29	311.21
50%	362.40	351.16	365.50	347.47
75%	394.79	401.92	401.11	377.76
95%	479.76	505.45	462.00	453.83
Maximum	494.89	538.52	489.11	459.75

**A3.Table 3.152. Descriptive statistics for calcium (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	80.06	92.04	85.72	83.91
SD	23.60	36.37	21.44	21.37
Minimum	37.02	41.72	47.59	42.41
5%	49.26	50.06	58.18	52.69
25%	61.58	70.77	68.08	67.84
50%	78.85	86.14	82.83	81.83
75%	93.54	108.15	100.25	99.97
95%	110.82	131.72	123.88	130.84
Maximum	175.56	237.97	141.31	135.43

**A3.Table 3.153. Descriptive statistics for phosphorus (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	151.79	157.70	153.42	153.07
SD	26.41	27.70	26.26	30.44
Minimum	100.96	109.33	101.23	94.44
5%	117.67	121.96	117.30	104.44
25%	133.63	138.46	136.60	129.76
50%	147.95	155.75	145.66	147.14
75%	164.21	167.24	169.11	175.61
95%	194.95	197.47	207.19	216.65
Maximum	237.53	253.01	227.34	227.08

**A3.Table 3.154. Descriptive statistics for magnesium (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	34.13	32.90	34.39	32.24
SD	6.91	5.31	6.53	4.88
Minimum	22.99	22.91	23.18	22.75
5%	24.44	25.01	25.78	25.13
25%	28.87	28.59	29.67	27.77
50%	33.24	33.45	33.31	32.18
75%	37.69	37.75	39.56	36.57
95%	49.30	39.92	45.46	39.62
Maximum	53.00	40.30	53.35	42.10

**A3.Table 3.155. Descriptive statistics for iron (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2.55	2.10	2.58	2.64
SD	1.34	0.90	1.23	1.85
Minimum	0.93	1.04	1.01	0.90
5%	1.25	1.26	1.24	0.91
25%	1.59	1.45	1.57	1.52

50%	2.17	1.63	2.33	2.20
75%	3.07	2.57	3.25	2.96
95%	5.11	3.88	4.85	7.23
Maximum	7.95	4.34	6.87	9.13

**A3.Table 3.156. Descriptive statistics for zinc (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2.00	1.80	1.98	1.80
SD	0.57	0.55	0.49	0.48
Minimum	0.92	1.24	1.21	0.81
5%	1.23	1.27	1.28	1.10
25%	1.65	1.49	1.65	1.43
50%	1.94	1.67	1.91	1.81
75%	2.25	2.03	2.28	2.08
95%	3.29	2.61	3.02	2.70
Maximum	3.51	4.03	3.27	2.85

**A3.Table 3.157. Descriptive statistics for retinol (RE µg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	37.23	37.91	43.14	47.17
SD	33.11	23.99	33.08	38.53
Minimum	5.31	9.88	10.43	8.07
5%	10.31	14.98	14.68	10.10
25%	15.89	21.02	22.74	21.27
50%	26.05	28.60	29.35	29.57
75%	42.99	51.05	57.19	65.59
95%	86.86	80.24	106.36	148.60
Maximum	190.34	104.63	173.19	164.25

**A3.Table 3.158. Descriptive statistics for carotene (µg/MJ) by age group and gender.**

GRK-M	Men	Women
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	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	386.37	416.45	455.69	363.49
SD	149.88	158.62	202.73	185.88
Minimum	146.82	174.53	104.94	37.93
5%	191.17	213.73	127.91	72.27
25%	287.66	277.06	316.82	244.28
50%	362.18	394.12	428.48	333.04
75%	449.67	531.97	519.17	458.85
95%	643.57	750.60	974.91	736.18
Maximum	999.64	759.10	1116.94	1027.67

**A3.Table 3.159. Descriptive statistics for vitamin A ( $\mu\text{g RE/MJ}$ ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	101.63	107.32	119.08	107.75
SD	41.71	36.28	40.44	46.99
Minimum	41.20	53.44	44.06	32.09
5%	58.88	56.25	70.58	32.87
25%	75.01	81.61	86.23	72.68
50%	92.81	108.80	111.83	101.11
75%	116.03	127.49	144.41	146.87
95%	168.04	180.86	201.18	206.66
Maximum	252.37	188.28	214.33	220.04

**A3.Table 3.160. Descriptive statistics for thiamin (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	0.13	0.13	0.13	0.12
SD	0.04	0.03	0.03	0.02
Minimum	0.08	0.08	0.09	0.08
5%	0.09	0.09	0.09	0.09
25%	0.10	0.11	0.11	0.11
50%	0.12	0.13	0.13	0.12

75%	0.14	0.14	0.14	0.14
95%	0.19	0.18	0.18	0.16
Maximum	0.24	0.19	0.20	0.18

**A3.Table 3.161. Descriptive statistics for riboflavin (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	0.18	0.19	0.18	0.18
SD	0.05	0.06	0.04	0.04
Minimum	0.10	0.11	0.11	0.10
5%	0.13	0.13	0.13	0.11
25%	0.15	0.15	0.15	0.15
50%	0.17	0.18	0.17	0.18
75%	0.20	0.22	0.21	0.21
95%	0.27	0.33	0.27	0.24
Maximum	0.33	0.35	0.29	0.26

**A3.Table 3.162. Descriptive statistics for niacin (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	2.62	2.46	2.57	2.39
SD	0.48	0.54	0.63	0.48
Minimum	1.66	1.72	1.44	1.57
5%	1.87	1.73	1.63	1.59
25%	2.19	2.08	2.12	2.07
50%	2.59	2.42	2.50	2.36
75%	2.96	2.80	2.86	2.65
95%	3.31	3.20	3.93	3.37
Maximum	3.88	3.95	4.23	3.57

**A3.Table 3.163. Descriptive statistics for niacin equivalent (mg NE/MJ) by age group and gender.**

GRK-M	Men	Women
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	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	4.45	4.28	4.38	4.10
SD	0.70	0.79	0.95	0.74
Minimum	2.90	3.13	2.92	2.56
5%	3.48	3.28	2.98	2.96
25%	3.93	3.67	3.67	3.58
50%	4.43	4.18	4.26	4.11
75%	4.93	4.84	4.83	4.57
95%	5.75	5.55	6.64	5.73
Maximum	6.22	6.40	6.81	5.86

**A3.Table 3.164. Descriptive statistics for vitamin C (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	17.53	16.16	18.46	15.96
SD	7.30	9.23	6.86	6.08
Minimum	5.98	6.99	3.84	7.89
5%	8.35	7.30	8.52	8.46
25%	11.40	10.50	12.98	11.13
50%	16.57	13.41	18.05	14.32
75%	22.05	19.24	22.89	20.18
95%	30.24	38.08	32.09	29.95
Maximum	40.15	48.99	36.65	31.18

**A3.Table 3.165. Descriptive statistics for alcohol (g/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	1.08	0.97	0.44	0.49
SD	1.38	1.25	1.12	0.73
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0.56	0.32	0	0
75%	1.71	1.76	0.32	1.07

95%	4.13	3.58	2.27	1.92
Maximum	5.87	3.60	6.99	2.43

**A3.Table 3.166. Descriptive statistics for cholesterol (mg/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	35.96	37.56	36.42	37.86
SD	10.23	13.82	11.77	12.17
Minimum	17.99	21.84	12.08	24.02
5%	22.58	22.25	19.24	25.44
25%	28.99	30.21	28.14	29.45
50%	34.71	35.18	34.25	31.80
75%	40.82	40.68	43.59	48.59
95%	51.88	56.99	59.55	59.61
Maximum	82.48	94.19	67.18	81.25

**A3.Table 3.167. Descriptive statistics for saturated fat (g/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	3.18	3.40	3.42	3.26
SD	0.63	0.55	0.65	0.50
Minimum	1.84	2.32	1.90	2.03
5%	2.26	2.58	2.42	2.34
25%	2.72	2.93	2.98	2.96
50%	3.04	3.47	3.36	3.24
75%	3.77	3.81	3.75	3.60
95%	4.29	4.13	4.87	3.82
Maximum	4.55	4.61	5.26	4.79

**A3.Table 3.168. Descriptive statistics for monounsaturated fat (g/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	5.54	5.23	5.69	5.52
SD	0.99	0.83	1.03	1.19
Minimum	3.50	3.87	3.64	2.65
5%	3.89	4.02	3.91	2.86
25%	5.00	4.54	4.89	4.92
50%	5.53	5.04	5.71	5.52
75%	6.05	5.69	6.38	6.40
95%	7.48	6.93	7.44	7.30
Maximum	8.12	7.23	7.94	7.78

**A3.Table 3.169. Descriptive statistics for polyunsaturated fat (g/MJ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	1.62	1.54	1.84	1.63
SD	0.48	0.58	0.57	0.45
Minimum	0.98	0.90	0.85	0.75
5%	1.08	0.93	1.09	1.15
25%	1.27	1.10	1.46	1.28
50%	1.51	1.39	1.71	1.52
75%	1.86	1.75	2.29	1.90
95%	2.37	2.79	2.89	2.67
Maximum	3.40	3.15	3.50	2.81

**A3.Table 3.170. Safe/ adequate range for sodium by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<1100mg (<48 mmol)	1.5	0	8.5	19.4
1100-3300 mg (48-143 mmol)	90.9	100.0	86.4	80.6
>3300mg (>143 mmol)	7.6	0	5.1	0



**A3.Table 3.171. Safe/ adequate range for potassium by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<1875mg (<48 mmol)	0	3.6	8.5	13.9
1875-5625 mg (48-144 mmol)	97.0	92.9	91.5	86.1
>5625 mg (>144 mmol)	3.0	3.6	0	0

**A3.Table 3.172. Percentage below two thirds of the US RDA by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Calcium (mg)	19.7	14.3	25.4	30.6
Phosphorus (mg)	0	0	0	2.8
Iron (mg)	0	3.6	0	5.6
Zinc (mg)	3.0	7.1	13.6	27.8
Magnesium (mg)	12.1	17.9	16.9	27.8
Vitamin A (mg RE)*	25.8	17.9	15.3	25.0
Thiamin (mg)	6.1	14.3	10.2	16.7
Riboflavin (mg)	3.0	0	3.4	11.1
Niacin (mg NE)**	0	0	0	0
Vitamin C (mg)	0	0	1.7	0

\*Vitamin A (mg Retinol equivalents) = retinol mg + carotene mg/6

\*\* Niacin (mg Niacin equivalents) = niacin mg + (0.16 x protein g)

## ANTHROPOMETRY

**A3.Table 3.173. Body mass index classification by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
BMI<20	1.56	3.57	1.69	8.57
20<=BMI<25	20.31	28.57	3.39	28.57
25<=BMI<30	48.44	39.29	45.76	22.86
BMI>=30	29.69	28.57	49.15	40.00

Total (n)	64	28	59	35
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**A3.Table 3.174. Waist-hip ratio classification by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
WHR<0.9	6.35	0	-	-
WHR>=0.9	93.65	100.00	-	-
WHR<0.8	-	-	0	0
WHR>=0.8	-	-	100.0	100.0
Total (n)	63	28	59	35

**A3.Table 3.175. Descriptive statistics for stature (cm) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	64	28	59	35
Mean	165.21	163.29	149.82	148.56
SD	6.38	6.79	5.26	6.06
Minimum	151.00	149.00	133.00	137.00
5%	154.00	150.00	143.00	139.00
25%	160.50	159.00	146.00	143.00
50%	165.50	162.00	150.00	149.00
75%	170.00	167.25	153.00	154.00
95%	173.00	176.00	159.00	160.00
Maximum	183.00	177.00	161.00	161.00

**A3.Table 3.176. Descriptive statistics for weight (kg) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	64	28	59	35
Mean	76.39	72.30	68.88	61.46
SD	10.93	10.97	11.31	13.68
Minimum	53.00	40.00	40.00	33.00
5%	55.50	55.00	51.00	42.00
25%	70.00	66.75	62.00	50.00
50%	75.00	73.50	68.50	62.00

75%	83.75	79.75	75.00	69.30
95%	95.00	87.00	90.00	83.00
Maximum	103.00	93.00	107.00	102.00

**A3.Table 3.177. Descriptive statistics for body mass index (kg/m<sup>2</sup>) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	64	28	59	35
Mean	27.98	27.08	30.73	27.86
SD	3.65	3.71	5.13	6.14
Minimum	19.00	17.70	20.00	16.40
5%	21.40	20.90	23.90	19.50
25%	25.40	24.65	28.00	23.30
50%	28.10	27.20	30.00	28.30
75%	30.50	30.30	33.30	32.00
95%	34.00	32.00	39.30	40.50
Maximum	39.00	34.00	50.90	45.30

**A3.Table 3.178. Descriptive statistics for waist (umbilicus) circumference (cm) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	28	59	35
Mean	100.14	100.46	108.03	103.60
SD	8.77	10.10	10.34	13.19
Minimum	79.00	68.00	75.00	82.00
5%	83.00	88.00	86.00	83.00
25%	94.00	94.50	104.00	93.00
50%	101.00	103.00	109.00	105.00
75%	107.00	107.50	114.00	113.00
95%	112.00	115.00	124.00	130.00
Maximum	123.00	117.00	129.00	140.00

**A3.Table 3.179. Descriptive statistics for hip circumference (cm) by age group and**

<b>gender.</b>				
<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	63	28	59	35
Mean	103.00	101.11	105.58	102.06
SD	6.63	7.53	9.11	9.28
Minimum	90.00	75.00	88.00	84.00
5%	92.00	93.00	92.00	88.00
25%	99.00	97.00	100.00	95.00
50%	103.00	100.00	105.00	101.00
75%	106.00	106.50	110.00	107.00
95%	115.00	111.00	121.00	119.00
Maximum	120.00	112.00	142.00	126.00

**A3.Table 3.180. Descriptive statistics for waist/ hip ratio by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	63	28	59	35
Mean	0.97	0.99	1.02	1.01
SD	0.05	0.06	0.06	0.06
Minimum	0.84	0.91	0.82	0.86
5%	0.89	0.91	0.89	0.90
25%	0.94	0.95	1.00	0.97
50%	0.97	1.00	1.03	1.03
75%	1.00	1.03	1.05	1.07
95%	1.04	1.09	1.11	1.10
Maximum	1.07	1.11	1.14	1.11

**A3.Table 3.181. Descriptive statistics for tricep skinfold thickness (mm) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	63	28	59	35
Mean	11.52	12.32	21.42	18.03
SD	4.51	4.25	5.79	6.82
Minimum	5.00	6.00	11.00	4.00
5%	6.00	6.00	12.00	5.00

25%	9.00	8.00	17.00	13.00
50%	10.00	12.50	21.00	19.00
75%	14.00	15.00	26.00	23.00
95%	21.00	19.00	33.00	29.00
Maximum	25.00	21.00	39.00	29.00

**A3.Table 3.182. Descriptive statistics for biceps skinfold thickness (mm) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	28	59	35
Mean	5.91	5.80	10.46	7.97
SD	2.73	2.48	4.36	4.37
Minimum	2.00	2.00	4.00	2.00
5%	3.00	3.00	4.00	3.00
25%	4.00	4.00	8.00	4.00
50%	5.00	5.75	10.00	6.00
75%	7.00	7.00	14.00	12.00
95%	11.00	10.00	19.00	16.00
Maximum	15.00	11.00	22.00	17.00

**A3.Table 3.183. Descriptive statistics for subscapular skinfold thickness (mm) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	28	59	35
Mean	18.21	16.75	22.62	18.37
SD	5.73	4.40	6.20	6.99
Minimum	4.00	8.00	10.00	7.00
5%	10.00	11.00	13.00	8.00
25%	15.00	13.25	19.00	13.00
50%	18.00	16.00	22.00	17.00
75%	20.00	20.00	27.00	22.00
95%	29.00	25.00	35.00	33.00
Maximum	35.00	26.00	37.00	37.00

**A3.Table 3.184. Descriptive statistics for suprailiac skinfold thickness (mm) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	28	59	35
Mean	17.02	14.91	21.83	17.80
SD	5.67	4.82	5.88	7.75
Minimum	4.00	5.00	7.00	5.00
5%	7.00	8.00	9.00	6.00
25%	14.00	10.00	19.00	11.00
50%	17.00	15.00	21.00	16.00
75%	20.00	19.50	25.00	23.00
95%	27.00	22.00	31.00	32.00
Maximum	33.00	23.00	38.00	39.00

**A3.Table 3.185. Descriptive statistics for arm circumference (cm) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	28	59	35
Mean	30.03	28.73	31.60	28.40
SD	3.25	4.44	3.61	5.00
Minimum	20.50	10.00	23.00	17.00
5%	24.00	26.00	25.00	20.00
25%	28.00	27.00	29.00	25.00
50%	30.40	29.00	32.00	28.00
75%	32.00	32.00	34.00	32.00
95%	34.00	34.00	37.00	36.00
Maximum	38.00	34.00	42.00	37.00

**A3.Table 3.186. Descriptive statistics for arm muscle circumference (cm) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	28	59	35
Mean	26.41	24.86	24.87	22.74

SD	2.91	3.90	2.63	3.42
Minimum	17.67	8.12	18.60	11.98
5%	21.55	21.60	20.92	17.80
25%	24.60	23.60	23.55	20.72
50%	26.55	24.83	24.66	23.03
75%	28.49	27.05	26.27	24.98
95%	30.49	28.49	31.35	27.89
Maximum	33.60	29.92	33.15	28.78

**A3.Table 3.187. Descriptive statistics for arm muscle area (cm<sup>2</sup>) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	27	59	35
Mean	56.20	52.06	49.78	42.07
SD	12.00	8.82	10.76	11.83
Minimum	24.87	37.16	27.56	11.42
5%	36.96	38.45	34.84	25.23
25%	48.20	44.36	44.14	34.18
50%	56.11	49.21	48.42	42.24
75%	64.62	59.29	54.93	49.67
95%	74.01	64.62	78.24	61.95
Maximum	89.91	71.26	87.49	65.94

**A3.Table 3.188. Descriptive statistics for estimated total body fat (kg) (Deurenberg equation) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	64	28	59	35
Mean	25.49	24.97	33.67	31.08
SD	5.91	5.89	6.71	7.77
Minimum	11.73	10.20	18.32	18.50
5%	16.15	14.31	23.36	19.65
25%	22.10	21.20	29.82	24.65
50%	25.05	25.60	32.59	31.03
75%	29.51	29.67	37.31	35.22
95%	34.68	33.59	44.91	46.02

Maximum	41.77	33.78	58.53	54.67
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**A3.Table 3.189. Descriptive statistics for estimated % body fat (Deurenberg equation) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	64	28	59	35
Mean	32.97	34.11	48.69	50.40
SD	3.60	3.93	2.71	3.35
Minimum	21.71	25.51	40.72	41.36
5%	26.16	26.02	43.07	44.48
25%	30.44	31.60	46.63	47.74
50%	33.32	34.78	49.22	50.71
75%	35.72	37.48	50.53	53.03
95%	37.71	39.30	52.87	55.44
Maximum	40.56	39.52	54.70	56.05

**A3.Table 3.190. Descriptive statistics for estimated fat mass (kg) (Durnin equation) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	64	28	59	35
Mean	20.40	18.70	26.60	22.10
SD	5.60	5.40	7.00	7.80
Minimum	18.40	6.20	12.00	8.70
5%	11.50	12.40	15.40	10.00
25%	17.00	14.70	22.60	16.70
50%	20.00	17.80	25.40	21.70
75%	23.40	23.10	30.00	26.80
95%	30.50	26.40	41.30	35.00
Maximum	37.00	27.80	52.40	44.20

**A3.Table 3.191. Descriptive statistics for estimated % fat free mass (Durnin equation) by age group and gender.**

GRK-M	Men	Women
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	70 - 79	80+	70 - 79	80+
N	64	28	59	35
Mean	24.94	24.47	24.11	22.12
SD	2.06	2.33	2.50	4.05
Minimum	18.17	17.60	15.75	11.20
5%	20.51	20.29	20.16	15.34
25%	23.49	23.12	22.91	19.69
50%	25.27	24.67	24.21	23.27
75%	26.44	26.26	25.70	25.07
95%	27.91	27.20	28.05	28.42
Maximum	29.37	28.02	30.74	29.51

**A3.Table 3.192. Descriptive statistics for estimated fat free mass (kg) (Deurenberg equation) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	64	28	59	35
Mean	50.90	47.32	35.20	30.38
SD	5.52	5.71	5.02	6.39
Minimum	38.92	29.80	18.62	14.50
5%	40.03	36.27	27.64	21.53
25%	47.77	45.10	31.81	26.07
50%	50.34	47.55	36.03	29.85
75%	55.44	50.27	37.95	35.38
95%	59.67	57.13	45.71	39.38
Maximum	61.23	59.22	48.47	47.33

**A3.Table 3.193. Descriptive statistics for % fat mass from BIA by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	42	10	24	10
Mean	23.38	19.12	35.10	34.74
SD	6.83	4.48	3.97	5.58
Minimum	11.00	11.00	27.00	27.00
5%	15.00	11.00	29.00	27.00
25%	19.00	15.00	32.00	29.40

50%	22.50	19.60	35.50	35.00
75%	27.00	23.00	37.50	40.00
95%	35.00	24.00	39.00	42.00
Maximum	43.00	24.00	45.00	42.00

**A3.Table 3.194. Descriptive statistics for fat mass from BIA (kg) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	42	10	24	10
Mean	18.16	14.60	24.80	22.53
SD	7.52	4.20	6.68	7.11
Minimum	8.00	8.00	14.00	12.00
5%	10.00	8.00	16.00	12.00
25%	13.00	10.00	20.30	17.30
50%	17.00	16.00	23.00	25.00
75%	23.60	17.00	29.00	28.00
95%	34.00	21.00	39.00	32.00
Maximum	44.00	21.00	42.00	32.00

**A3.Table 3.195. Descriptive statistics for % lean mass from BIA by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	42.00	10.00	24.00	10.00
Mean	76.63	80.88	65.18	65.26
SD	6.85	4.48	3.96	5.58
Minimum	57.00	76.00	55.00	58.00
5%	65.00	76.00	61.00	58.00
25%	73.00	77.00	62.50	60.00
50%	77.50	80.40	65.00	65.00
75%	81.00	85.00	68.00	70.60
95%	85.00	89.00	71.00	73.00
Maximum	89.00	89.00	73.00	73.00

**A3.Table 3.196. Descriptive statistics for lean mass from BIA (kg) by age group and**

<b>gender.</b>				
<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	42	10	24	10
Mean	58.25	60.30	45.03	41.07
SD	7.96	5.25	6.17	4.67
Minimum	35.00	54.00	34.00	34.00
5%	43.00	54.00	38.70	34.00
25%	54.00	56.00	41.20	38.00
50%	59.00	59.50	44.50	41.35
75%	65.00	63.00	48.00	44.00
95%	70.00	71.00	54.50	49.00
Maximum	73.00	71.00	65.00	49.00

**A3.Table 3.197. Descriptive statistics for % TBW from BIA (kg) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	42	10	24	10
Mean	56.54	59.00	47.84	48.36
SD	5.08	4.22	4.12	5.92
Minimum	44.00	54.00	38.00	40.00
5%	48.00	54.00	43.00	40.00
25%	52.00	56.00	44.40	43.00
50%	57.00	58.00	48.00	47.50
75%	60.00	63.00	50.00	52.00
95%	64.00	67.00	56.00	60.00
Maximum	67.00	67.00	56.00	60.00

**A3.Table 3.198. Descriptive statistics for TBW from BIA (L) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	42.00	10.00	24.00	10.00
Mean	43.09	44.10	33.05	30.34
SD	5.59	3.11	4.00	2.98
Minimum	28.00	40.00	27.00	25.00
5%	34.00	40.00	28.20	25.00

25%	40.00	42.00	30.60	29.00
50%	43.00	43.50	33.00	30.20
75%	46.00	46.00	35.00	32.00
95%	51.00	50.00	39.80	36.00
Maximum	60.00	50.00	46.00	36.00

**A3.Table 3.199. Descriptive statistics for loss of stature (cm) (estimated from hip length) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	-	-	59	35
Mean	-	-	13.19	12.23
SD	-	-	5.01	6.66
Minimum	-	-	0	0
5%	-	-	0	0
25%	-	-	11.00	9.00
50%	-	-	14.00	13.00
75%	-	-	17.00	17.00
95%	-	-	20.00	21.00
Maximum	-	-	20.00	22.00

## BIOLOGICAL MEASUREMENTS

**A3.Table 3.200. Descriptive statistics for serum sodium (mmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	140.23	139.07	140.31	140.27
SD	2.64	3.67	1.71	2.84
Minimum	133.00	130.00	137.00	135.00
5%	136.00	130.00	138.00	135.00
25%	139.00	138.00	139.00	138.00
50%	140.00	140.00	140.00	141.00

75%	142.00	141.00	141.00	142.00
95%	145.00	144.00	143.00	144.00
Maximum	146.00	144.00	145.00	144.00

**A3.Table 3.201. Descriptive statistics for serum potassium (mmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	4.44	4.64	4.34	4.19
SD	0.62	0.95	0.41	0.44
Minimum	3.60	3.60	3.80	3.00
5%	3.70	3.60	3.80	3.00
25%	4.00	3.90	4.10	4.00
50%	4.30	4.55	4.30	4.20
75%	4.70	4.60	4.40	4.30
95%	6.10	7.10	5.10	5.00
Maximum	6.20	7.10	5.70	5.00

**A3.Table 3.202. Descriptive statistics for serum urea (mmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	46	14	31	15
Mean	6.72	7.81	6.38	8.14
SD	1.88	3.08	1.97	3.26
Minimum	3.50	4.10	3.80	3.50
5%	4.70	4.10	3.90	3.50
25%	5.40	5.60	4.70	6.00
50%	6.20	6.60	6.40	7.60
75%	7.70	9.60	7.40	9.10
95%	10.10	15.20	10.10	17.50
Maximum	12.50	15.20	10.20	17.50

**A3.Table 3.203. Descriptive statistics for serum creatinine ( $\mu\text{mol/L}$ ) by age group and**

<b>gender.</b>				
<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	47	14	32	15
Mean	98.04	113.77	72.72	96.33
SD	27.94	32.68	16.11	29.25
Minimum	66.00	69.00	42.00	68.00
5%	72.00	69.00	55.00	68.00
25%	79.00	91.00	60.00	73.00
50%	94.00	108.00	70.00	89.00
75%	107.00	126.00	83.00	102.00
95%	139.00	182.00	104.00	186.00
Maximum	234.00	182.00	109.00	186.00

**A3.Table 3.204. Descriptive statistics for fasting serum glucose (mmol/L) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	46	14	31	15
Mean	6.26	6.03	5.89	6.75
SD	2.49	2.28	2.37	2.67
Minimum	4.10	3.70	4.00	4.60
5%	4.30	3.70	4.30	4.60
25%	4.90	4.60	4.50	5.00
50%	5.50	5.50	4.90	5.40
75%	6.20	6.40	5.90	7.80
95%	11.80	12.30	11.90	13.50
Maximum	15.80	12.30	14.10	13.50

**A3.Table 3.205. Descriptive statistics for serum calcium (mmol/L) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	46	14	32	15
Mean	2.38	2.40	2.35	2.38
SD	0.09	0.12	0.10	0.09
Minimum	2.20	2.27	2.11	2.19

5%	2.23	2.27	2.20	2.19
25%	2.32	2.30	2.28	2.32
50%	2.37	2.37	2.35	2.40
75%	2.43	2.50	2.42	2.43
95%	2.50	2.60	2.50	2.52
Maximum	2.63	2.60	2.52	2.52

**A3.Table 3.206. Descriptive statistics for serum phosphate (mmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	1.00	1.02	1.17	1.17
SD	0.17	0.13	0.12	0.15
Minimum	0.70	0.69	0.89	0.95
5%	0.74	0.69	1.00	0.95
25%	0.89	1.00	1.09	1.01
50%	0.96	1.02	1.16	1.16
75%	1.15	1.09	1.23	1.25
95%	1.31	1.21	1.36	1.47
Maximum	1.37	1.21	1.52	1.47

**A3.Table 3.207. Descriptive statistics for serum total protein (g/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	46	14	32	14
Mean	76.44	77.93	75.69	76.43
SD	4.65	2.79	3.99	5.27
Minimum	68.00	74.00	70.00	69.00
5%	68.00	74.00	70.00	69.00
25%	74.00	75.00	73.00	73.00
50%	76.00	77.50	74.00	75.00
75%	79.00	80.00	78.50	80.00
95%	83.00	83.00	84.00	87.00
Maximum	87.00	83.00	86.00	87.00

**A3.Table 3.208. Descriptive statistics for serum albumin (g/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	43.77	43.93	42.28	41.27
SD	2.85	2.53	2.53	3.58
Minimum	36.00	41.00	37.00	34.00
5%	40.00	41.00	37.00	34.00
25%	42.00	42.00	41.00	39.00
50%	44.00	43.50	42.00	42.00
75%	45.00	45.00	44.00	43.00
95%	49.00	50.00	46.00	46.00
Maximum	51.00	50.00	48.00	46.00

**A3.Table 3.209. Descriptive statistics for serum cholesterol (mmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	6.12	6.11	6.28	6.07
SD	1.05	0.99	1.18	1.33
Minimum	3.40	4.40	4.00	3.70
5%	4.80	4.40	4.30	3.70
25%	5.40	5.20	5.25	5.20
50%	6.10	6.15	6.35	5.70
75%	6.80	6.90	7.00	7.20
95%	8.30	7.60	8.40	8.50
Maximum	8.40	7.60	8.50	8.50

**A3.Table 3.210. Descriptive statistics for serum triglyceride (mmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15



Mean	1.35	1.34	1.26	1.44
SD	0.68	0.46	0.55	0.60
Minimum	0.20	0.70	0.50	0.70
5%	0.50	0.70	0.50	0.70
25%	0.90	0.90	0.85	1.10
50%	1.30	1.40	1.10	1.30
75%	1.50	1.70	1.55	1.60
95%	2.70	2.30	2.40	2.60
Maximum	3.70	2.30	2.80	2.60

**A3.Table 3.211. Descriptive statistics for serum HDL cholesterol (mmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	1.25	1.36	1.52	1.31
SD	0.31	0.26	0.41	0.24
Minimum	0.76	1.06	0.93	0.98
5%	0.82	1.06	0.95	0.98
25%	1.04	1.14	1.26	1.10
50%	1.21	1.34	1.45	1.32
75%	1.44	1.53	1.75	1.50
95%	1.84	1.90	2.45	1.76
Maximum	2.01	1.90	2.66	1.76

**A3.Table 3.212. Descriptive statistics for serum LDL cholesterol (mmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	4.28	4.16	4.20	4.12
SD	0.94	0.92	1.00	1.28
Minimum	2.00	2.40	2.30	2.00
5%	2.70	2.40	2.40	2.00
25%	3.60	3.60	3.25	3.40
50%	4.20	4.40	4.35	3.80
75%	4.90	4.60	4.90	4.90

95%	5.90	5.50	5.50	6.90
Maximum	6.70	5.50	5.90	6.90

**A3.Table 3.213. Descriptive statistics for serum LDL/HDL by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	3.64	3.15	2.92	3.23
SD	1.23	0.94	0.99	1.25
Minimum	1.50	1.40	1.30	1.90
5%	1.80	1.40	1.30	1.90
25%	2.90	2.80	2.15	2.50
50%	3.50	3.00	3.00	2.90
75%	4.40	3.70	3.55	3.80
95%	5.30	5.10	4.50	6.90
Maximum	7.90	5.10	5.80	6.90

**A3.Table 3.214. Descriptive statistics for plasma ferritin ( $\mu\text{g/L}$ ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	45	13	31	15
Mean	184.38	167.08	129.55	102.00
SD	125.84	138.82	122.17	71.55
Minimum	20.00	26.00	16.00	16.00
5%	32.00	26.00	17.00	16.00
25%	82.00	46.00	56.00	44.00
50%	152.00	73.00	93.00	94.00
75%	270.00	268.00	188.00	156.00
95%	414.00	361.00	462.00	244.00
Maximum	502.00	361.00	578.00	244.00

**A3.Table 3.215. Descriptive statistics for plasma vitamin B12 (pmol/L) by age group and gender.**

GRK-M	Men	Women
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	70 - 79	80+	70 - 79	80+
N	46	13	30	15
Mean	286.59	239.39	310.57	252.67
SD	220.56	102.33	175.71	92.94
Minimum	73.00	97.00	101.00	37.00
5%	83.00	97.00	145.00	37.00
25%	182.00	169.00	211.00	223.00
50%	252.50	212.00	258.00	251.00
75%	291.00	330.00	309.00	293.00
95%	625.00	385.00	693.00	429.00
Maximum	1476.00	385.00	831.00	429.00

**A3.Table 3.216. Descriptive statistics for plasma folate (nmol/L) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	46	13	30	15
Mean	17.26	18.38	19.18	15.94
SD	7.07	7.03	8.14	4.67
Minimum	3.80	9.70	9.00	9.90
5%	8.10	9.70	10.20	9.90
25%	12.30	13.10	13.30	11.90
50%	16.75	16.60	16.70	14.00
75%	19.60	22.20	20.70	19.50
95%	27.00	30.90	36.60	25.80
Maximum	45.00	30.90	38.20	25.80

**A3.Table 3.217. Descriptive statistics for plasma iron ( $\mu\text{mol/L}$ ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	14	32	15
Mean	21.70	20.64	18.81	15.93
SD	7.53	7.23	5.73	4.89
Minimum	12.00	10.00	6.00	10.00
5%	13.00	10.00	9.00	10.00
25%	16.00	15.00	15.00	12.00

50%	20.00	19.00	20.00	15.00
75%	26.00	25.00	22.50	21.00
95%	36.00	37.00	29.00	24.00
Maximum	48.00	37.00	32.00	24.00

**A3.Table 3.218. Descriptive statistics for total iron binding ( $\mu\text{mol/L}$ ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	13	32	15
Mean	62.45	62.54	64.84	62.20
SD	11.34	10.82	9.51	7.69
Minimum	45.00	48.00	50.00	49.00
5%	50.00	48.00	54.00	49.00
25%	57.00	54.00	57.50	58.00
50%	60.00	62.00	63.50	62.00
75%	67.00	71.00	70.00	69.00
95%	88.00	87.00	90.00	78.00
Maximum	103.00	87.00	91.00	78.00

**A3.Table 3.219. Descriptive statistics for iron saturation (%) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	47	13	32	15
Mean	35.55	35.31	29.78	25.80
SD	13.56	12.35	10.00	8.54
Minimum	20.00	18.00	7.00	15.00
5%	20.00	18.00	14.00	15.00
25%	27.00	27.00	23.00	19.00
50%	31.00	36.00	30.00	23.00
75%	42.00	40.00	36.00	33.00
95%	62.00	64.00	51.00	46.00
Maximum	71.00	64.00	52.00	46.00

**A3.Table 3.220. Descriptive statistics for serum fructosamine (mmol/L) by age group**

<b>and gender.</b>				
<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	47	14	32	15
Mean	2.37	2.31	2.28	2.33
SD	0.54	0.41	0.51	0.55
Minimum	1.80	1.80	1.50	1.70
5%	1.80	1.80	1.70	1.70
25%	2.10	2.10	1.90	2.00
50%	2.20	2.25	2.10	2.30
75%	2.40	2.40	2.50	2.60
95%	3.70	3.30	3.70	3.60
Maximum	4.00	3.30	3.80	3.60

**A3.Table 3.221. Descriptive statistics for haemoglobin (g/dL) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	46	13	30	15
Mean	14.90	14.49	13.60	13.73
SD	1.24	1.26	1.17	1.64
Minimum	12.10	12.50	10.90	10.80
5%	12.60	12.50	11.60	10.80
25%	14.00	13.90	13.20	12.70
50%	15.00	14.50	13.75	13.80
75%	15.90	15.10	14.30	14.60
95%	16.70	16.80	15.10	16.40
Maximum	17.20	16.80	16.70	16.40

**A3.Table 3.222. Descriptive statistics for haematocrit (%) by age group and gender.**

<b>GRK-M</b>	<b>Men</b>		<b>Women</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
N	46	13	29	15
Mean	44.25	43.21	40.95	40.87
SD	3.48	3.66	3.47	4.45
Minimum	36.40	36.00	33.80	32.90
5%	39.30	36.00	34.80	32.90

25%	41.30	41.60	38.70	38.50
50%	44.55	43.30	41.70	41.10
75%	46.80	44.50	42.60	44.00
95%	49.30	50.40	44.80	47.30
Maximum	52.40	50.40	51.80	47.30

**A3.Table 3.223. Descriptive statistics for systolic blood pressure (mmHg) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	28	57	35
Mean	152.11	152.68	155.00	154.71
SD	23.19	22.30	24.70	27.81
Minimum	110.00	110.00	85.00	90.00
5%	120.00	120.00	120.00	110.00
25%	130.00	140.00	135.00	130.00
50%	150.00	150.00	155.00	160.00
75%	170.00	170.00	170.00	180.00
95%	198.00	190.00	190.00	190.00
Maximum	210.00	200.00	210.00	195.00

**A3.Table 3.224. Descriptive statistics for diastolic blood pressure (mmHg) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	63	28	57	35
Mean	81.51	79.46	82.42	83.46
SD	12.94	13.43	12.19	15.15
Minimum	55.00	50.00	55.00	50.00
5%	60.00	60.00	60.00	50.00
25%	70.00	72.50	75.00	75.00
50%	80.00	80.00	80.00	80.00
75%	90.00	82.50	90.00	98.00
95%	100.00	110.00	100.00	110.00
Maximum	120.00	120.00	110.00	120.00

**A3.Table 3.225. Descriptive statistics for serum uric acid ( $\mu\text{mol/L}$ ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	46	14	32	15
Mean	353.41	419.64	270.28	352.40
SD	107.12	106.89	77.04	110.81
Minimum	174.00	288.00	127.00	157.00
5%	210.00	288.00	147.00	157.00
25%	282.00	337.00	211.00	272.00
50%	330.50	388.50	270.00	358.00
75%	421.00	524.00	311.50	412.00
95%	585.00	641.00	411.00	626.00
Maximum	682.00	641.00	440.00	626.00

**A3.Table 3.226. Descriptive statistics for dihydroepianosterone (DHEA) ( $\mu\text{mol/L}$ ) by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	46	13	31	15
Mean	3.06	1.93	1.62	1.43
SD	1.65	1.27	1.25	0.75
Minimum	0.22	0.62	0.10	0.50
5%	0.60	0.62	0.30	0.50
25%	1.70	0.90	0.70	0.90
50%	2.80	1.60	1.40	1.30
75%	4.50	2.60	2.00	1.57
95%	5.70	5.20	3.50	3.00
Maximum	6.00	5.20	6.50	3.00

**A3.Table 3.227. Descriptive statistics for arm skin rater 1 by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	59	27	56	35
Mean	2.38	2.26	2.09	2.51
SD	0.92	0.89	0.64	0.77

Minimum	1.00	1.00	1.00	1.00
5%	1.00	1.00	1.00	1.00
25%	2.00	1.50	1.50	2.00
50%	2.00	2.00	2.00	2.50
75%	3.00	3.00	2.50	3.00
95%	5.00	4.00	3.00	4.00
Maximum	5.00	5.00	4.00	4.00

**A3.Table 3.228. Descriptive statistics for arm skin rater 2 by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	59	27	56	35
Mean	2.50	2.50	2.22	2.73
SD	0.90	0.80	0.78	0.79
Minimum	1.00	1.50	1.00	1.50
5%	1.50	1.50	1.00	1.50
25%	2.00	2.00	1.50	2.00
50%	2.00	2.50	2.00	3.00
75%	3.00	3.00	3.00	3.00
95%	5.00	3.50	3.00	4.00
Maximum	5.00	5.00	5.00	4.00

**A3.Table 3.229. Descriptive statistics for hand skin rater 1 by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	59	27	56	35
Mean	4.70	4.72	4.81	4.91
SD	1.03	0.98	0.98	0.97
Minimum	1.50	3.00	2.00	3.00
5%	3.00	3.50	3.00	3.00
25%	4.00	4.00	4.00	5.00
50%	5.00	5.00	5.00	5.00
75%	5.50	6.00	6.00	6.00
95%	6.00	6.00	6.00	6.00
Maximum	6.00	6.00	6.00	6.00



**A3.Table 3.230. Descriptive statistics for hand skin rater 2 by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	59	27	56	35
Mean	4.81	4.83	4.89	4.83
SD	0.86	0.90	0.79	0.83
Minimum	3.00	3.00	3.00	3.50
5%	3.50	3.50	4.00	3.50
25%	4.00	4.00	4.00	4.00
50%	5.00	5.00	5.00	5.00
75%	5.50	6.00	5.50	5.50
95%	6.00	6.00	6.00	6.00
Maximum	6.00	6.00	6.00	6.00

**A3.Table 3.231. Descriptive statistics for skin test on arm by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	59	27	56	35
Mean	2.44	2.37	2.15	2.62
SD	0.85	0.82	0.64	0.76
Minimum	1.25	1.25	1.00	1.25
5%	1.50	1.25	1.00	1.25
25%	1.75	1.75	1.75	2.00
50%	2.25	2.25	2.00	2.75
75%	3.00	3.00	2.50	3.00
95%	4.75	3.75	3.25	4.00
Maximum	5.00	5.00	4.00	4.00

**A3.Table 3.232. Descriptive statistics for skin test on hand by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	59	27	56	35
Mean	4.75	4.77	4.85	4.87
SD	0.88	0.90	0.83	0.87
Minimum	2.75	3.00	3.00	3.25
5%	3.25	3.75	3.50	3.25

25%	4.00	4.00	4.00	4.50
50%	5.00	4.75	5.00	5.00
75%	5.50	5.75	5.62	5.75
95%	6.00	6.00	6.00	6.00
Maximum	6.00	6.00	6.00	6.00

## SOCIAL & LIFESTYLE FACTORS

**A3.Table 3.233. SAR 92A. "In the past year, how often have you gone to a senior centre or attended a senior citizen's group?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	0	0	0	0
<= 3 times/year	43.94	46.43	62.71	66.67
<= 1 time/month	12.12	7.14	5.08	8.33
<= 1 time/week	18.18	28.57	16.95	22.22
>= 2 times/week	25.76	17.86	15.25	2.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.234. SAR 92B. "In the past year, how often have you attended a church service?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	0	0	0	0
<= 3 times/year	25.76	35.71	20.34	38.89
<= 1 time/month	30.30	42.86	25.42	19.44
<= 1 time/week	42.42	17.86	49.15	38.89
>= 2 times/week	1.52	3.57	5.08	2.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.235. SAR 92C. "In the past year, how often have you gone to meetings of a**

**church group or other groups or clubs?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	86.40	92.90	89.80	94.40
<= 3 times/year	0	0	0	0
<= 1 time/month	4.55	0	1.69	2.78
>= 1 times/month	9.09	7.14	8.47	2.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.236. SAR 92D. "In the past year, how often have you gone to movies, theatre, concerts or lectures?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<= 3 times/year	89.39	100.00	94.92	100.00
<= 1 time/month	10.61	0	5.08	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.237. SAR 92E. "In the past year, how often have you gone to a sporting event?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	90.91	92.86	100.00	100.00
>= 3 times/year	9.09	7.14	0	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.238. SAR 92F. "In the past year, how often have you participated in a sport like swimming, fishing, hunting, bicycling, golf?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	74.24	78.57	88.14	97.22
<= 3 times/year	12.12	14.29	8.47	0
<= 1 time/month	13.64	7.14	3.39	2.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.239. SAR 92G. "In the past year, how often have you played cards, bingo, pool or some other game?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	75.00	84.20	100.0	95.50
<= 1 time/month	0	5.30	0	0
<= 1 time/week	3.10	0	0	0
>= 2 times/week	21.90	10.50	0	4.50
Number of subjects (n)	66	28	59	36

**A3.Table 3.240. SAR 92H. "In the past year, how often have you taken care of houseplants or done outdoor gardening?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<= 1 time/month	22.73	46.43	28.82	58.33
<= 1 time/week	10.61	3.57	11.86	13.89
>= 2 times/week	66.67	50.00	59.32	27.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.241. SAR 92I. "In the past year, how often have you worked on a hobby, or handwork like sewing, knitting, or woodworking?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	59.09	89.29	42.37	66.67
<= 1 time/month	9.09	7.14	5.08	5.56
<= 1 time/week	16.67	3.57	6.78	5.56
>= 2 times/week	15.15	0	45.76	22.22
Number of subjects (n)	66	28	59	36

**A3.Table 3.242. SAR 92J. "In the past year, how often have you painted pictures or**

**played a musical instrument?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	89.39	100.00	94.92	97.22
>= 3 times/year	10.61	0	5.08	2.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.243. SAR 92K. "In the past year, how often have you eaten out at a restaurant for a special occasion with friends?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	63.64	67.86	71.19	75.00
<= 1 times/month	25.76	28.57	22.03	25.00
<= 1 time/week	10.61	3.57	6.78	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.244. SAR 92L. "In the past year, how often have you baby-sat for grandchildren or other children?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	62.12	71.43	66.10	86.11
<= 1 time/month	6.06	7.14	5.08	5.56
<= 1 time/week	12.12	3.57	10.17	0
>= 2 times/week	19.70	17.86	18.64	8.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.245. SAR 92M. "In the past year, how often have you left home to go a short distance for overnight or longer e.g. to stay at a friend's house, stay with your child?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	78.79	67.86	54.24	61.11
<= 1 time/month	16.67	25.00	32.20	19.44

>= 2 times/month	4.55	7.14	13.56	19.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.246. SAR 92N. "In the past year, how often have you gone out of town (long distance) for a holiday?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	50.00	71.43	55.93	91.67
>=3 times/year	50.00	28.57	44.07	8.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.247. SAR 92O. "In the past year, how often have you met up with friends at a coffee shop or pub?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	74.24	82.14	89.83	94.44
<= 10 times/year	1.52	0	3.39	2.78
<= 1 time/week	18.18	7.14	5.08	2.78
>= 2 times/week	6.06	10.71	1.69	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.248. SAR 92P. "In the past year, how often have you done volunteer work?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	78.79	96.43	79.66	97.22
>= 3 times/year	21.21	3.57	20.34	2.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.249. SAR 92Q. "In the past year, how often have you done farm work?" by age group and gender.**

GRK-M	Men (%)	Women (%)
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	70 - 79	80+	70 - 79	80+
<= 3 times/year	95.45	100.00	100.00	0
<= 2 times/month	4.55	0	100.00	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.250. SAR 92R. "In the past year, how often have you watched TV or listened to the radio?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	3.03	3.57	1.69	0
<= 1 time/week	4.55	0	0	0
2 - 4 times/week	6.06	0	3.39	2.78
5 times/week	86.36	96.43	94.92	97.22
Number of subjects (n)	66	28	59	36

**A3.Table 3.251. SAR 92S. "In the past year, how often have you gone to a dance?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	31.82	64.29	44.07	77.78
<= 10 times/year	54.55	28.57	38.98	19.44
>= 1 time/month	13.64	7.14	16.95	2.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.252. SAR 92T. "In the past year, how often have you looked after animals/pets?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	75.76	71.43	88.14	86.11
<= 1 time/week	1.52	0	0	0
>= 2 times/week	22.73	28.57	11.86	13.89
Number of subjects (n)	66	28	59	36

**A3.Table 3.253. SAR 92U. "In the past year, how often have you spent time reading?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	9.09	14.29	40.68	50.00
<= 1 time/week	9.09	10.71	5.08	5.56
>= 2 times/week	81.82	75.00	54.24	44.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.254. SAR 93. "Is there anyone in particular in whom you confide or talk to about your problems?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	100.00	100.00	100.00	100.00
No	0	0	0	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.255. SAR 94. "Do you have any living children?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	98.48	85.71	96.61	100.00
No	1.52	14.29	3.39	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.256. SAR 95. "Do you have any living brothers or sisters?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	87.88	75.00	81.36	52.78
No	12.12	25.00	18.64	47.22
Number of subjects (n)	66	28	59	36



**A3.Table 3.257. SAR 96. "Are there any other relatives to whom you feel very close?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	95.45	89.29	96.61	86.11
No	4.55	10.71	3.39	13.89
Number of subjects (n)	66	28	59	36

**A3.Table 3.258. SAR 97A. "About how often do you receive visits from close family or friends?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Rarely	3.03	0	5.08	5.56
Monthly	7.58	21.43	6.78	8.33
Weekly	36.36	46.43	37.29	52.78
Daily	53.03	32.14	50.85	33.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.259. SAR 97B. "About how often do you visit close family or friends?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Rarely	15.15	17.86	18.64	22.22
Monthly	15.15	35.71	18.64	25.00
Weekly	22.73	32.14	30.51	38.89
Daily	46.97	14.29	32.20	13.89
Number of subjects (n)	66	28	59	36

**A3.Table 3.260. SAR 97C. "How often do you speak to family or friends on the telephone?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Rarely	9.09	14.29	1.69	19.44
Monthly	9.09	17.86	3.39	5.56

Weekly	53.03	39.29	42.37	30.56
Daily	28.79	28.57	52.54	44.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.261. SAR 97D. "How often do you write letters to family or friends?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Rarely	57.58	67.86	49.15	77.78
Monthly	36.36	28.57	37.29	16.67
Weekly	6.06	3.57	13.56	5.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.262. SAR 98. "Would you stay with family or friends if you were sick, for a short while?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	93.94	85.71	94.92	97.22
No	6.06	14.29	5.08	2.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.263. SAR 100. "Do you have friends or neighbors that would help you if you were sick, for a short while?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	86.36	71.43	77.97	83.33
No	13.64	28.57	22.03	16.67
Number of subjects (n)	66	28	59	36

**A3.Table 3.264. SAR 101. "Do you feel lonely?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Very often	10.61	17.86	23.73	36.11
Sometimes	15.15	28.57	20.34	19.44
Rarely	4.55	7.14	3.39	5.56
Never	69.70	46.43	52.54	38.89
Number of subjects (n)	66	28	59	36

**A3.Table 3.265. SAR 102. "Do you believe your children and grandchildren respect and acknowledge you?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Sometimes	6.06	7.14	6.78	11.11
Most of times	13.64	3.57	8.47	2.78
Always	80.30	89.29	84.75	86.11
Number of subjects (n)	66	28	59	36

**A3.Table 3.266. Descriptive statistics for social activity score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	60.40	51.30	54.00	43.40
SD	13.00	13.50	13.40	9.20
Minimum	31.00	28.00	30.00	27.00
5%	42.00	33.00	35.00	31.00
25%	49.00	39.50	46.00	35.00
50%	62.00	49.50	52.00	44.00
75%	69.00	60.00	62.00	50.00
95%	84.00	74.00	82.00	57.00
Maximum	91.00	83.00	93.00	68.00

**A3.Table 3.267. Descriptive statistics for social network score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+
N	66	28	59	36
Mean	38.60	35.70	38.20	35.40

SD	4.50	5.20	4.50	4.20
Minimum	25.00	22.00	26.00	24.00
5%	31.00	27.00	29.00	25.00
25%	37.00	32.50	35.00	33.00
50%	40.00	37.00	39.00	35.00
75%	42.00	39.50	42.00	38.00
95%	44.00	44.00	44.00	42.00
Maximum	46.00	44.00	46.00	43.00

**A3.Table 3.268. DC 31A. "Do you live alone?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	7.58	14.29	11.86	27.78
No	92.42	85.71	88.14	72.22
Number of subjects (n)	66	28	59	36

**A3.Table 3.269. DC 31B. "Does your spouse/partner live here?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	89.39	10.61	62.71	13.89
No	71.43	28.57	37.29	86.11
Number of subjects (n)	66	28	59	36

**A3.Table 3.270. DC 31C. "How many of your children live here?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
None	65.15	57.14	54.24	30.56
1 of my children	34.85	42.86	45.76	69.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.271. DC 31D. "How many of your grandchildren live here?" by age group**

<b>and gender.</b>				
<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
None	77.30	75.00	59.30	55.50
1 lives here	9.10	10.71	12.10	5.60
2 live here	9.10	14.29	20.10	36.10
3 live here	4.50	0	8.50	2.80
Number of subjects (n)	66	28	59	36

**A3.Table 3.272. DC 31BGA. "How old is the youngest grandchild that lives here?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
< 6 years	6.06	3.57	1.69	2.78
6 - 12 years	4.55	3.57	8.47	0
12 - 18 years	12.12	17.86	30.51	41.67
None	77.27	75.00	59.32	55.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.273. DC 31BO. "How many other people live here?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
None	83.33	64.29	62.71	33.33
1 person	15.15	28.57	35.59	61.11
More than 1 person	1.52	7.14	1.69	5.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.274. SM 90A. "Have you ever smoked regularly, at least one cigarette/cigar/pipe a day?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Yes, smoked regularly	19.70	17.86	0	0
Used to now stop	54.55	50.00	5.08	0

No, never smoked	25.76	32.14	94.92	100.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.275. SM 90B. "If yes, how many years did you or have you smoked?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never smoked	25.76	32.14	94.90	100.00
1-10 years	1.50	7.20	5.10	0
10-20 years	72.70	60.70	0	0
>20 years	0	0	0	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.276. SL 89A. "What time do you normally go to bed?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
8:00 PM.	13.64	25.00	22.03	11.11
9:00 PM.	18.18	21.43	8.47	38.89
10:00 PM	36.36	39.29	35.59	27.78
Later than 11:00 PM	31.82	14.29	33.90	22.22
Number of subjects (n)	66	28	59	36

**A3.Table 3.277. SL 89B. "What time do you normally get up from bed?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Earlier than 5:00 AM.	24.24	14.29	13.56	19.44
6:00 AM	16.67	14.29	32.20	13.89
7:00 AM	27.27	50.00	33.90	25.00
8:00 AM	18.18	3.57	13.56	19.44
9:00 AM	9.09	7.14	3.39	13.89
Later than 9:00 AM	4.55	10.71	3.39	8.33

Number of subjects (n)	66	28	59	36
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**A3.Table 3.278. SL 89C. "On average, how many hours sleep do you get each night?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<=4 hours	4.50	7.10	18.70	11.10
5 hours	18.18	17.86	15.25	27.78
6 hours	10.61	14.29	18.64	19.44
7 hours	27.27	14.29	22.03	5.56
8 hours	30.30	28.57	16.95	19.44
>=9 hours	9.00	17.80	8.40	16.60
Number of subjects (n)	66	28	59	36

**A3.Table 3.279. SL 89D. "Do you have a nap during the day?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	48.4	53.6	30.5	41.7
No	51.6	46.4	69.5	58.3
Number of subjects (n)	66	28	59	36

**A3.Table 3.280. EX86SC. Exercise score by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
1 Inactive	0	7.1	1.7	8.3
2	3.0	14.31	7.3	44.4
3	36.4	10.7	31.9	27.9
4 Active	30.3	60.8	37.39	19.4
5	21.2	7.1	5.8	0
6	7.68	0	0	0
7 Very active	1.5	0	0	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.281. EX 84. "About how often do you go out of this house/ building in good weather?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
< 1 day/week	0	3.50	1.60	5.50
4 days/week	9.10	21.50	37.30	47.30
>4 days/week	90.90	75.00	61.10	47.20
Number of subjects (n)	66	28	59	36

**A3.Table 3.282. ADL 88A. "Are you able to walk between rooms?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	0	3.57	1.69	0
With difficulty, but without help		6.06	14.29	18.64 47.22
Without difficulty	93.94	82.14	79.66	52.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.283. ADL 88B. "Are you able to use the stairs?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	3.03	7.14	13.56	30.56
With difficulty, but without help		18.18	28.57	23.73 36.11
Without difficulty	78.79	64.29	62.71	33.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.284. ADL 88C. "Are you able to walk at least 400 metres?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	0	10.71	16.95	38.89
With difficulty, but without help		18.18	21.43	20.34 27.78
Without difficulty	81.82	67.86	62.71	33.33



Number of subjects (n)	66	28	59	36
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**A3.Table 3.285. ADL 88D. "Are you able to get places out of walking distance, i.e. by bus, taxi, train?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	1.52	17.86	13.56	52.78
With difficulty, but without help		12.12	17.86	16.95 19.44
Without difficulty	86.36	64.29	69.49	27.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.286. ADL 88E. "Are you able to use the toilet?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	0	0	0	5.56
With difficulty, but without help		4.55	17.86	13.56 33.33
Without difficulty	95.45	82.14	86.44	61.11
Number of subjects (n)	66	28	59	36

**A3.Table 3.287. ADL 88F. "Are you able to wash and bathe yourself?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	1.52	14.29	1.69	16.67
With difficulty, but without help		4.55	10.71	11.86 30.56
Without difficulty	93.94	75.00	86.44	52.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.288. ADL 88G. "Are you able to dress and undress?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+

Cannot do it, need help	1.52	10.71	1.69	5.56
With difficulty, but without help		6.06	7.14	13.56 38.89
Without difficulty	92.42	82.14	84.75	55.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.289. ADL 88H. "Are you able to take care of your appearance?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	1.52	10.71	1.69	5.56
With difficulty, but without help		4.55	7.14	11.86 36.11
Without difficulty	93.94	82.14	86.44	58.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.290. ADL 88I. "Are you able to get in and out of bed?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	0	7.14	3.39	8.33
With difficulty, but without help		6.06	10.71	11.86 33.33
Without difficulty	93.94	82.14	84.75	58.33
Number of subjects (n)	66	28	59	36

**A3.Table 3.291. ADL 88J. "Are you able to do your own cooking if you had to?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	3.03	17.86	3.39	19.44
With difficulty, but without help		3.03	7.14	11.86 27.78
Without difficulty	93.94	75.00	84.75	52.78
Number of subjects (n)	66	28	59	36

**A3.Table 3.292. ADL 88K. "Are you able to feed yourself if you had to?" by age group**

<b>and gender.</b>				
<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Cannot do it, need help	1.52	0	0	0
With difficulty, but without help		3.03	17.86	11.86 25.00
Without difficulty	95.45	82.14	88.14	75.00
Number of subjects (n)	66	28	59	36

**A3.Table 3.293. ADL 88L. "Are you able to do light housework (e.g. wash dishes)?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Cannot do it, need help	6.06	25.00	13.56	36.11
With difficulty, but without help		12.12	3.57	15.25 33.33
Without difficulty	81.82	71.43	71.19	30.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.294. ADL 88M. "Are you able to do heavy housework (wash windows)?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Cannot do it, need help	16.67	32.14	30.51	80.56
With difficulty, but without help		10.61	25.00	15.25 8.33
Without difficulty	72.73	42.86	54.24	11.11
Number of subjects (n)	66	28	59	36

**A3.Table 3.295. ADL 88N. "Are you able to take your own medicine if you had to?" by age group and gender.**

<b>GRK-M</b>	<b>Men (%)</b>		<b>Women (%)</b>	
	<b>70 - 79</b>	<b>80+</b>	<b>70 - 79</b>	<b>80+</b>
Cannot do it, need help	3.03	0	3.39	11.11
With difficulty, but without help		1.52	14.29	6.78 19.44
Without difficulty	95.45	85.71	89.83	69.44
Number of subjects (n)	66	28	59	36

**A3.Table 3.296. ADL 88O. "How often do you wet yourself?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	96.97	92.86	91.53	77.78
Occasionally	1.52	3.57	6.78	16.67
Frequently	1.52	3.57	1.69	5.56
Number of subjects (n)	66	28	59	36

**A3.Table 3.297. ADL 88P. "How often do you soil yourself?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	96.97	96.43	98.31	91.67
Occasionally	1.52	3.57	1.69	8.33
Frequently	1.52	0	0	0
Number of subjects (n)	66	28	59	36

**A3.Table 3.298. ADL 88Q. "Who is your main helper?" by age group and gender.**

GRK-M	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Spouse/partner	86.40	64.30	64.40	22.20
Your child/ren	9.10	17.90	22.00	52.80
Friend/relative	0	7.10	6.80	8.30
Neighbour	0	0	0	0
Paid help	1.50	3.60	5.10	11.10
No help	3.00	7.10	1.70	5.60
Number of subjects (n)	66	28	59	36

**A3.Table 3.299. Descriptive statistics for ADL score by age group and gender.**

GRK-M	Men		Women	
	70 - 79	80+	70 - 79	80+

N	66	28	59	36
Mean	59.90	55.80	56.90	49.30
SD	4.10	9.10	7.80	10.30
Minimum	43.00	31.00	29.00	28.00
5%	52.00	34.00	38.00	29.00
25%	60.00	52.50	55.00	41.50
50%	62.00	60.00	61.00	52.00
75%	62.00	62.00	62.00	59.50
95%	62.00	62.00	62.00	62.00
Maximum	62.00	62.00	62.00	62.00

