

A3.4 GREEKS, SPATA, GREECE

DEMOGRAPHY

A3.Table 4.1. Descriptive statistics for age by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	73.97	83.32	73.35	83.73
SD	2.85	3.40	2.58	3.12
Minimum	70.00	80.00	70.00	80.00
5%	70.00	80.00	70.00	81.00
25%	72.00	81.00	71.00	82.00
50%	73.50	82.00	73.00	82.50
75%	76.00	85.00	75.00	84.00
95%	79.00	91.00	78.00	88.00
Maximum	79.00	91.00	78.00	94.00

A3.Table 4.2. DC 24A. "As a child did you live in a rural or urban community?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Urban	0	0	3.23	4.55
Rural	100.00	100.00	96.77	95.45
Number of subjects (n)	32	19	31	22

A3.Table 4.3. DC 24B. "As an adult did you live in a rural or urban community?"

by age group and gender.				
GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Urban	0	0	3.23	0
Rural	100.00	100.00	96.77	100.00
Number of subjects (n)	32	19	31	22

A3.Table 4.4. Marital status by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Divorced	0	0	0	4.55
Married/de facto	93.75	78.95	45.16	27.27
Widowed	6.25	21.05	54.84	68.18
Number of subjects (n)	32	19	31	22

A3.Table 4.5. DC 28. "For how many years did you have full-time education?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
None	9.38	5.26	48.39	63.64
1 year	0	0	3.23	0
2 years	3.12	21.05	3.23	9.09
3 years	12.50	10.53	3.23	9.09
4 years	40.63	21.05	35.48	13.64
5 years	9.38	26.32	0	0
6 years	12.50	5.26	0	4.55
7 years	3.12	5.26	3.23	0
8 years	6.25	5.26	3.23	0
12 years	3.12	0	0	0
Number of subjects (n)	32	19	31	22

A3.Table 4.6. DC 29. "Did you undertake studies beyond secondary school?" by age group and gender.

GRK-S	Men	Women
--------------	------------	--------------

	70 - 79	80+	70 - 79	80+
Yes	3.12	0	0	0
No	96.87	100.00	100.00	100.00
Number of subjects (n)	32	19	31	22

A3.Table 4.7. DC 32A. "What kind of work did you do most of your working life?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Professional/Administrative	3.12	0	0	0
Clerical/Sales	6.25	5.26	3.23	0
Farmer	71.87	84.21	74.19	86.36
Tradesman/Factory	12.50	10.53	0	0
House duties	0	0	12.90	4.55
Shepherd/Animals	6.25	0	9.68	9.09
Number of subjects (n)	32	19	31	22

A3.Table 4.8. DC 32B. "Do you work now?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	43.75	84.21	87.10	90.91
No	56.25	15.79	12.90	9.09
Number of subjects (n)	32	19	31	22

A3.Table 4.9. ECO 103A. "What is your main source of income?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
1 pension	15.63	10.53	38.71	59.09
2 pensions	21.87	63.16	35.48	36.36
1 pension & others	12.50	10.53	3.23	0
2 pensions & others	50.00	15.79	22.58	4.55
Number of subjects (n)	32	19	31	22

HEALTH STATUS

A3.Table 4.10. H 34. "How would you rate your overall health at the present time?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Poor	9.38	21.05	22.58	22.73
Fair	28.12	26.32	38.71	31.82
Good	37.50	42.11	29.03	40.91
Excellent	25.00	10.53	9.68	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.11. 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-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Not as good	50.00	42.11	51.61	50.00
Same	43.75	47.37	29.03	22.73
Better	6.25	10.53	19.35	27.27
Number of subjects (n)	32	19	31	22

A3.Table 4.12. H 36. "Do your health problems stand in the way of your doing things you want to do?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
A great deal	34.38	52.63	35.48	31.82
A little	12.50	21.05	32.26	40.91
Not at all	53.13	26.32	32.26	27.27
Number of subjects (n)	32	19	31	22

A3.Table 4.13. H 37. "Would you say your health is now better, about the same, or not as good as most people your age?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Not as good	15.63	21.05	32.26	31.82
Same	15.63	15.79	29.03	22.73
Better	68.75	63.16	38.71	45.45
Number of subjects (n)	32	19	31	22

A3.Table 4.14. H 38. "About 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-S	Men		Women	
	70 - 79	80+	70 - 79	80+
13 times	3.12	5.26	3.23	9.09
3 - 12 times	50.00	47.37	19.35	45.45
0 - 2 times	46.88	47.37	77.42	45.45
Number of subjects (n)	32	19	31	22

A3.Table 4.15. H 39. "About how many days have you spent in hospital during the past 12 months?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
22 days	6.25	10.53	6.45	0
1 - 21 days	6.25	42.11	12.90	9.09
None	87.50	47.37	80.65	90.91
Number of subjects (n)	32	19	31	22

A3.Table 4.16. 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-S	Men		Women	
	70 - 79	80+	70 - 79	80+
14 days	3.12	15.79	9.68	13.64
1 - 14 days	0	5.26	6.45	0

None	96.87	78.95	83.87	86.36
Number of subjects (n)	32	19	31	22

A3.Table 4.17. H 41. "How good is your eyesight (with glasses if used)?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Blind or partially blind	18.80	47.40	12.90	50.00
Good or adequate	81.20	52.60	87.10	50.00
Number of subjects (n)	32	19	31	22

A3.Table 4.18. H 42. "How good is your hearing (with hearing aid if used)?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Deaf or partially deaf	34.40	52.60	12.90	40.90
Good or adequate	65.60	47.40	87.10	59.10
Number of subjects (n)	32	19	31	22

A3.Table 4.19. H 43. "In the past year, have you had the following?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Diabetes	6.25	10.53	16.13	22.73
Hypertension	37.50	36.84	41.94	54.55
Heart trouble	21.87	21.05	19.35	13.64
Circulation problem	19.75	31.58	32.26	27.27
Paralysed-stroke	0	5.26	6.45	0
Other effect stroke	0	10.53	9.68	4.55
Arthritis/rheumatism	34.39	26.32	35.48	31.82
Ulcer	15.63	21.05	12.90	0
Emphysema/asthma	9.38	5.26	3.23	4.55
Glaucoma	0	0	3.23	9.09
Cataracts	15.63	47.37	16.13	40.91
Tumor/cancer	3.12	5.26	3.23	4.55

Liver trouble	0	0	0	0
Gallbladder problem	0	5.26	9.68	9.09
Kidney trouble	0	0	3.23	0
Bladder trouble	0	15.79	3.23	4.55
Broken hip	0	0	6.45	0
Other broken bones	0	0	19.35	18.18
Anaemia	0	0	6.45	0
Parkinsons	12.50	5.26	6.45	4.55
Troubles in sleeping	12.50	10.53	19.35	31.82
Nerves/tense	12.50	5.26	6.45	9.09
Prostate problem	3.12	15.79	0	0
Osteoporosis	0	5.26	6.45	18.18
Urine tract infected	0	5.26	0	4.55
Uric acid/gout	3.12	5.26	6.45	0
Constipation	3.12	10.53	0	4.55
Stomach/GI problem	0	5.26	3.23	9.09
Bronchitis	0	0	0	0

A3.Table 4.20. H 44. "Do you take any of the following regularly?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Mx arthritis	0	0	12.90	9.09
Mx pain killer	0	0	0	4.55
Aspirin	40.63	47.37	25.81	40.91
Mx hypertension	37.50	36.84	38.71	45.45
Mx diuretics	3.12	5.26	9.68	0
Mx heart	12.50	15.79	6.45	13.64
Mx chest pain	12.50	5.26	3.23	0
Mx anticoagulant	0	0	0	0
Mx circulation	12.50	21.05	16.13	27.27
Insulin injection	0	5.26	0	9.09
Mx diabetes	6.25	0	12.90	18.18
Mx ulcers	0	5.26	3.23	0
Mx seizures	0	0	0	0
Mx thyroid	0	0	0	0
Mx cortisone	0	0	3.23	0
Mx antibiotic	3.12	15.79	6.45	4.55
Mx tranquilizer	6.25	10.53	9.68	9.09
Mx sleeping	6.25	0	12.90	13.64

Mx hormones	0	0	0	0
Mx depression	0	0	3.23	0
Mx glaucoma	3.23	4.55	0	5.26
Mx muscle relax	0	0	3.23	0
Mx allergy	0	0	3.23	0
Mx constipation	0	10.53	0	4.55
Mx gout	0	0	0	0

A3.Table 4.22. H 45. "Have you taken any herbal medicines or vitamins in the past year?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	18.75	10.53	12.90	27.27
No	81.25	89.47	87.10	72.73
Number of subjects (n)	31	22	32	19

A3.Table 4.23. H 45YES. Use more than one vitamin by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	0	0	22.58	18.18
No	100.00	100.00	77.42	81.82
Number of subjects (n)	31	22	32	19

A3.Table 4.24. H 46A. Arms handicapped/ missing by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	3.10	0	0	0
No	96.90	100.00	100.00	100.00
Number of subjects (n)	32	19	31	22

A3.Table 4.25. H 46B. Legs handicapped/ missing by age group and gender.

GRK-S	Men (%)	Women (%)
-------	---------	-----------

	70 - 79	80+	70 - 79	80+
Yes	0	0	9.70	0
No	100	100	90.30	100
Number of subjects (n)	32	19	31	22

A3.Table 4.26. H 47. "Do you use any of the following aids?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Use cane	12.50	52.63	25.81	27.27
Use walker	0	0	6.45	0
Use wheelchair	0	0	0	0
Use leg brace	0	0	3.23	0
Use back brace	0	0	3.23	0
Have hearing aid	0	0	0	0
Have pacemaker	0	0	0	0
Have colostomy	0	0	0	0
Have catheter	0	0	0	0
Geriatric	0	0	0	0
Use glasses	71.87	68.42	80.65	81.82
Use artificial limb	3.12	0	6.45	0
Use dialysis machine	0	0	0	0

A3.Table 4.27. Descriptive statistics for self-health score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	9.00	8.20	7.90	8.10
SD	2.50	2.50	2.40	2.20
Minimum	4.00	4.00	4.00	4.00
5%	4.00	4.00	4.00	4.00
25%	7.50	7.00	6.00	6.00
50%	10.00	9.00	8.00	9.00
75%	11.00	10.00	10.00	10.00
95%	12.00	12.00	12.00	11.00
Maximum	12.00	12.00	12.00	12.00

A3.Table 4.28. Descriptive statistics for health behaviour score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	8.10	7.40	8.20	8.00
SD	0.90	1.50	1.30	1.20
Minimum	6.00	4.00	3.00	5.00
5%	6.00	4.00	5.00	6.00
25%	8.00	6.00	8.00	8.00
50%	8.00	8.00	9.00	8.00
75%	9.00	9.00	9.00	9.00
95%	9.00	9.00	9.00	9.00
Maximum	9.00	9.00	9.00	9.00

A3.Table 4.29. Descriptive statistics for health condition score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	47.30	46.20	46.80	46.00
SD	1.80	2.40	2.10	2.00
Minimum	42.00	40.00	43.00	40.00
5%	44.00	40.00	44.00	43.00
25%	46.50	44.00	45.00	45.00
50%	47.50	46.00	47.00	46.50
75%	49.00	48.00	48.00	47.00
95%	50.00	50.00	50.00	48.00
Maximum	50.00	50.00	51.00	49.00

A3.Table 4.30. Descriptive statistics for medication score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	40.50	40.10	40.20	39.90

SD	1.30	1.60	1.20	1.50
Minimum	38.00	36.00	38.00	37.00
5%	38.00	36.00	38.00	37.00
25%	39.00	39.00	40.00	39.00
50%	41.00	41.00	40.00	40.00
75%	42.00	41.00	41.00	41.00
95%	42.00	42.00	42.00	42.00
Maximum	42.00	42.00	42.00	42.00

A3.Table 4.31. Descriptive statistics for total health score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	66.60	63.80	65.00	64.10
SD	4.20	5.40	4.80	3.60
Minimum	57.00	54.00	55.00	55.00
5%	58.00	54.00	56.00	59.00
25%	64.00	62.00	62.00	62.00
50%	66.50	65.00	66.00	64.00
75%	70.00	68.00	68.00	67.00
95%	73.00	73.00	73.00	69.00
Maximum	73.00	73.00	74.00	70.00

A3.Table 4.32. WB 11. "Do you have difficulty with sleep?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	37.50	52.60	45.20	50.00
No	62.50	47.40	54.80	50.00
Number of subjects (n)	32	19	31	22

A3.Table 4.33. WB 12. "Do you find you are sleeping too much?" by age group and gender.

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

Yes	6.20	10.50	0	13.60
No	93.70	89.50	100.00	86.40
Number of subjects (n)	32	19	31	22

A3.Table 4.34. WB 13. "Do you worry more than usual about little things?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	25.00	31.60	48.40	63.60
No	75.00	68.40	51.60	36.40
Number of subjects (n)	32	19	31	22

A3.Table 4.35. WB 14. "Have you lost interest in doing things you usually cared about or enjoyed?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	18.80	31.60	45.20	36.40
No	81.20	68.40	54.80	63.60
Number of subjects (n)	32	19	31	22

A3.Table 4.36. WB 15. "Have you ever felt so sad or depressed you thought you wanted to die?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	15.60	26.30	48.40	27.30
No	84.40	73.70	51.60	72.70
Number of subjects (n)	32	19	31	22

A3.Table 4.37. WB 16. "Do you feel tired most of the time?" by age group and gender.

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

Yes	25.0	36.8	58.1	59.1
No	75.0	63.2	41.9	40.9
Number of subjects (n)	32	19	31	22

A3.Table 4.38. 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-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	6.20	21.10	25.80	31.80
No	93.70	78.90	74.20	68.20
Number of subjects (n)	32	19	31	22

A3.Table 4.39. WB 17A. "Are you happy and content with your everyday life?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	81.2	63.2	48.4	59.1
No	18.8	36.8	51.6	40.9
Number of subjects (n)	32	19	31	22

A3.Table 4.40. WB 18. "Do you laugh easily?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Yes	75.0	68.4	51.6	36.4
No	25.0	31.6	48.4	63.6
Number of subjects (n)	32	19	31	22

A3.Table 4.41. WB 19. "Do you enjoy music regularly, e.g. listen to the radio, sing your favorite tunes?" by age group and gender.

GRK-S	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)	32	19	31	22

A3.Table 4.42. Descriptive statistics for well-being score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	5.50	4.70	4.00	4.00
SD	1.70	1.90	1.80	1.90
Minimum	1.00	0	1.00	1.00
5%	2.00	0	2.00	1.00
25%	4.50	4.00	2.00	2.00
50%	6.00	5.00	4.00	4.50
75%	7.00	6.00	5.00	5.00
95%	7.00	7.00	7.00	7.00
Maximum	7.00	7.00	7.00	7.00

A3.Table 4.43. MA 7. "What year is it now?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Correct	100.00	100.00	90.30	68.20
Incorrect	0	0	9.70	31.80
Number of subjects (n)	32	19	31	22

A3.Table 4.44. MA 8. "What month is it (now)?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Correct	100.00	89.50	100.00	77.30
Incorrect	0	10.50	0	22.70
Number of subjects (n)	32	19	31	22

A3.Table 4.45. MA 9. "What day or date of the month is it (now)?" by age group and

gender.				
GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Correct	96.90	89.50	96.80	77.30
Incorrect	3.10	10.50	3.20	22.70
Number of subjects (n)	32	19	31	22

A3.Table 4.46. MA 10. "What is your address?" by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
Correct	96.90	100.00	87.10	45.50
Incorrect	3.10	0	12.90	54.50
Number of subjects (n)	32	19	31	22

A3.Table 4.47. Descriptive statistics for memory score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	4.80	4.50	4.40	3.30
SD	0.50	0.70	0.80	1.40
Minimum	2.00	2.00	2.00	0
5%	4.00	2.00	3.00	0
25%	5.00	4.00	4.00	3.00
50%	5.00	5.00	5.00	3.50
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

DIETARY HABITS

A3.Table 4.48. DH 58. "How often do you eat with others?" by age group and

gender.				
GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Eat alone	9.38	15.79	12.90	40.91
2 - 3 week	0	5.26	0	0
Daily	90.62	78.95	87.10	59.09
Number of subjects (n)	32	19	31	22

A3.Table 4.49. DH 62. "Do you do any shopping for food?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	62.50	47.37	48.39	31.82
No	37.50	52.63	51.61	68.18
Number of subjects (n)	32	19	31	22

A3.Table 4.50. DH 62 WHY. "If no, why not?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Not sure	62.50	47.37	51.61	31.82
Someone else goes	25.00	36.84	19.35	18.18
Too weak to go	12.50	15.79	29.03	50.00
Number of subjects (n)	32	19	31	22

A3.Table 4.51. DH 62 WHO. "If no, who goes shopping for you?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Not sure	62.50	47.37	51.61	31.82
Spouse	31.25	36.84	12.90	4.55
Children	6.25	15.79	32.26	54.55
Grandchildren/friends	0	0	3.23	4.55
Paid for help	0	0	0	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.52. DH 65. "Do you have any of the following?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Have stove	100.00	100.00	100.00	100.00
Have oven	100.00	100.00	90.32	90.91
Have fridge	100.00	100.00	100.00	100.00
Have TV	100.00	100.00	96.77	90.91
Have radio	100.00	100.00	100.00	90.91
Have phone	100.00	100.00	93.55	90.91
Have toilet	100.00	100.00	100.00	100.00
Have hot water	100.00	100.00	100.00	100.00
Have microwave	0	5.26	0	0
Have freezer	0	5.26	0	0

A3.Table 4.53. DH 68. "Do you eat the fat on meat?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Usually	12.50	5.26	3.23	9.09
Occasionally	18.75	15.79	6.45	9.09
Rarely	68.75	78.95	90.32	81.82
Number of subjects (n)	32	19	31	22

A3.Table 4.54. DH 69. "Do you eat the skin on chicken?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Usually	12.50	5.26	3.23	9.09
Occasionally	15.63	5.26	6.45	4.55
Rarely	71.87	89.47	90.32	86.36
Number of subjects (n)	32	19	31	22

A3.Table 4.55. DH 70. "Do you add salt or stock cubes to food while cooking?" by age group and gender.

GRK-S	Men (%)	Women (%)
-------	---------	-----------

	70 - 79	80+	70 - 79	80+
No	9.38	5.26	3.23	13.64
Sometimes	50.00	26.32	48.39	22.73
Most of times	40.63	68.42	48.39	63.64
Number of subjects (n)	32	19	31	22

A3.Table 4.56. DH 71. "Do you add salt to your food at the table?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
No	21.87	31.58	45.16	36.36
Sometimes	50.00	21.05	35.48	31.82
Most of times	28.12	47.37	19.35	31.82
Number of subjects (n)	32	19	31	22

A3.Table 4.57. DH 76A. "Do you drink alcohol at least monthly?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	65.62	57.89	12.90	22.73
No	34.38	42.11	87.10	77.27
Number of subjects (n)	32	19	31	22

A3.Table 4.58. APP 53NO. "Do you enjoy your food as much as you used to and if not, why?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Enjoy food	78.12	47.37	64.52	45.45
Foods of no interest	6.25	0	9.68	0
No company	0	0	0	0
Lost interest in cooking	0	0	0	0
Appetite is smaller	21.87	42.11	29.03	45.45
Food doesn't taste good	3.12	10.53	3.23	4.55
Food doesn't smell good	3.12	0	3.23	0

Problems with digestion	3.12	5.26	0	0
-------------------------	------	------	---	---

A3.Table 4.59. APP 54. "How would you describe your appetite?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Poor to fair	18.75	15.79	25.81	31.82
Good	18.75	63.16	41.94	54.55
Very good	62.50	21.05	32.26	13.64
Number of subjects (n)	32	19	31	22

A3.Table 4.60. APP 55. "Do you have problems with any of the following?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Poorly fit dentures	9.38	10.53	3.23	0
Foods too acid	0	0	0	0
Difficult in chewing	28.12	36.84	19.35	36.36
Difficult in swallowing	6.25	0	0	4.55
Heartburn	6.25	10.53	12.90	0
Sore mouth	0	0	0	0
Dry mouth	0	0	0	0

A3.Table 4.61. APP 55T. Dental status by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
False teeth	53.13	63.16	52.50	36.40
Own teeth	43.75	31.58	36.30	18.20
Few teeth	0	0	6.20	18.18
Gums	3.12	5.26	5.00	27.27
Number of subjects (n)	32	19	31	22

FOOD INTAKES

A3.Table 4.62. Descriptive statistics for eggs/ quiche (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	10.96	14.15	6.02	9.64
SD	15.09	16.61	11.31	14.06
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	3.93	7.86	1.97	2.95
75%	15.71	23.57	7.86	15.71
95%	55.00	55.00	31.43	31.43
Maximum	55.00	55.00	55.00	55.00

A3.Table 4.63. Descriptive statistics for milk and dairy products (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	182.60	189.00	172.70	198.7
SD	176.10	99.90	105.20	110.1
Minimum	22.90	45.50	0	24.1
5%	30.00	45.50	17.10	73.4
25%	59.40	98.60	92.90	105.4
50%	154.80	184.90	160.40	197.9
75%	221.60	231.10	261.70	242.6
95%	447.10	397.20	324.80	360.7
Maximum	946.30	397.20	433.40	508.0

A3.Table 4.64. Descriptive statistics for fish and fish dish (g/day) by age group and

gender.				
GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	55.10	44.00	44.80	37.40
SD	39.10	27.00	40.60	36.80
Minimum	0	0	2.70	0
5%	0	0	4.10	0
25%	24.50	26.30	14.10	12.90
50%	51.70	42.80	38.00	22.40
75%	75.50	62.50	53.10	51.70
95%	139.40	103.40	106.20	104.2
Maximum	159.30	103.40	212.40	127.9

A3.Table 4.65. Descriptive statistics for shellfish & crustaceans (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	3.97	4.15	2.39	1.76
SD	4.72	5.34	3.30	2.16
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	2.10	2.74	1.37	1.22
75%	6.43	6.00	3.51	3.21
95%	14.27	20.53	8.57	4.29
Maximum	14.80	20.53	14.91	8.04

A3.Table 4.66. Descriptive statistics for lamb, veal & beef (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	32.56	26.04	20.80	28.59
SD	27.83	27.09	14.84	18.45
Minimum	0	0.86	0	0

5%	0	0.86	0	6.43
25%	15.00	4.97	8.93	17.14
50%	25.71	18.21	16.43	24.29
75%	43.98	34.29	34.29	42.46
95%	96.43	102.86	42.86	55.71
Maximum	114.29	102.86	59.20	68.04

A3.Table 4.67. Descriptive statistics for lamb, veal & beef mixed dish (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	30.98	48.42	25.12	36.14
SD	17.45	48.40	15.37	19.87
Minimum	0	0	0	8.57
5%	8.57	0	0	17.14
25%	18.21	28.57	11.43	25.71
50%	28.93	34.29	24.29	30.71
75%	38.21	51.43	35.71	42.86
95%	62.86	207.14	51.43	62.86
Maximum	87.14	207.14	54.29	97.14

A3.Table 4.68. Descriptive statistics for pork and mixed dish (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1.04	1.03	0.69	0.58
SD	3.96	2.70	2.50	1.89
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%	6.43	10.71	4.29	6.43
Maximum	21.43	10.71	12.86	6.43

A3.Table 4.69. Descriptive statistics for chicken and turkey (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	20.05	21.40	16.05	11.37
SD	19.18	40.56	18.59	9.66
Minimum	0	0	0	0
5%	1.09	0	0	0
25%	6.43	0	4.29	4.29
50%	15.51	7.50	9.26	8.57
75%	28.57	23.57	17.83	17.14
95%	51.43	171.43	68.57	25.71
Maximum	91.43	171.43	70.71	34.97

A3.Table 4.70. Descriptive statistics for chicken and turkey mixed dish (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	6.80	6.79	6.14	5.91
SD	6.70	15.55	7.05	5.36
Minimum	0	0	0	0
5%	0	0	0	0
25%	1.61	0	0.54	2.14
50%	5.71	2.14	4.29	5.00
75%	8.57	8.57	8.57	8.57
95%	22.86	68.57	22.86	17.14
Maximum	25.71	68.57	28.57	20.00

A3.Table 4.71. Descriptive statistics for rabbit and game birds (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22

Mean	0.73	0.80	0.39	0
SD	2.47	2.83	2.18	0
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%	6.07	12.14	0	0
Maximum	12.50	12.14	12.14	0

A3.Table 4.72. Descriptive statistics for organ meats (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	5.30	3.89	1.29	1.96
SD	5.90	7.42	2.91	3.59
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	3.79	0	0	0
75%	7.36	4.46	0	2.80
95%	18.74	30.36	8.66	8.93
Maximum	20.54	30.36	10.80	13.03

A3.Table 4.73. Descriptive statistics for root vegetables (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	74.80	67.01	74.45	53.67
SD	59.22	55.05	53.98	46.61
Minimum	0	0	4.29	0
5%	0	0	7.14	10.71
25%	32.14	28.57	28.57	25.71
50%	61.43	43.40	64.29	35.54
75%	95.04	114.29	114.29	78.29

95%	214.29	210.00	178.57	128.57
Maximum	214.29	210.00	210.00	194.29

A3.Table 4.74. Descriptive statistics for green leafy vegetables (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	85.50	54.90	59.90	39.20
SD	64.80	65.40	40.90	30.00
Minimum	4.70	0	0	0
5%	15.60	0	1.80	14.10
25%	36.90	26.40	30.90	20.30
50%	72.30	40.40	59.20	32.10
75%	107.00	57.00	86.40	41.30
95%	231.10	312.20	140.60	100.80
Maximum	270.10	312.20	159.40	128.70

A3.Table 4.75. Descriptive statistics for marrow-like vegetables (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	22.90	14.50	20.51	16.98
SD	18.45	10.91	19.23	15.80
Minimum	0	0	0	0
5%	1.50	0	0	0
25%	8.96	6.00	6.00	6.00
50%	18.00	13.50	17.93	10.50
75%	31.43	18.00	25.50	21.74
95%	60.86	41.50	43.71	46.93
Maximum	63.00	41.50	98.14	51.00

A3.Table 4.76. Descriptive statistics for flower vegetables (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	3.90	2.90	2.80	2.90
SD	3.30	2.30	2.50	2.30
Minimum	0	0	0	0
5%	0	0	0	0
25%	1.80	1.80	1.80	1.80
50%	3.10	2.70	1.80	1.80
75%	7.10	3.60	3.60	3.60
95%	10.70	8.90	7.10	7.10
Maximum	10.70	8.90	10.70	7.10

A3.Table 4.77. Descriptive statistics for other vegetables (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	92.20	66.70	56.90	51.30
SD	59.50	46.30	32.30	32.00
Minimum	0	4.50	0	5.90
5%	2.40	4.50	1.20	9.40
25%	51.20	39.30	31.10	20.80
50%	87.00	61.30	53.80	53.40
75%	124.50	78.50	81.10	72.70
95%	221.70	177.60	105.00	96.70
Maximum	248.60	177.60	132.90	122.50

A3.Table 4.78. Descriptive statistics for vegetable mixed dish (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	55.10	41.10	51.60	48.30
SD	24.30	22.60	35.70	27.80
Minimum	7.50	0	4.40	5.70
5%	25.80	0	4.90	16.60

25%	39.20	23.90	24.70	31.30
50%	50.90	32.60	41.20	41.00
75%	66.20	55.70	69.00	70.20
95%	103.40	88.30	127.70	100.80
Maximum	108.10	88.30	152.60	116.70

A3.Table 4.79. Descriptive statistics for vegetable and rice dish (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	23.70	15.10	19.80	19.60
SD	14.80	9.60	13.90	17.60
Minimum	5.80	0	0	3.40
5%	6.40	0	1.40	3.90
25%	14.10	10.50	9.20	8.80
50%	19.60	15.70	16.70	13.70
75%	28.60	18.70	28.10	21.10
95%	56.30	42.30	43.50	60.90
Maximum	74.00	42.30	54.90	72.70

A3.Table 4.80. Descriptive statistics for legumes (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	60.70	44.60	93.07	79.70
SD	42.30	26.00	58.90	48.10
Minimum	0	0	13.60	5.70
5%	11.70	0	24.30	20.70
25%	29.80	26.50	52.80	53.20
50%	48.50	41.70	83.90	71.00
75%	85.60	56.30	112.80	97.30
95%	117.10	100.20	208.50	163.80
Maximum	207.80	100.20	348.50	230.70

A3.Table 4.81. Descriptive statistics for bread (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	219.63	157.47	135.77	138.09
SD	142.65	122.45	89.10	100.89
Minimum	0	0	0	0
5%	35.00	0	0	42.00
25%	133.00	42.00	84.00	70.00
50%	210.00	140.00	112.00	98.00
75%	280.00	280.00	147.00	210.00
95%	420.00	350.00	280.00	350.00
Maximum	700.00	350.00	350.00	350.00

A3.Table 4.82. Descriptive statistics for pasta and noodles (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	53.74	62.90	42.94	56.90
SD	33.05	42.33	24.12	35.31
Minimum	0	0	0	14.29
5%	0	0	6.43	17.86
25%	28.57	35.71	23.21	35.71
50%	46.50	69.64	39.29	44.64
75%	73.21	85.71	61.60	76.79
95%	114.29	171.43	82.14	109.83
Maximum	117.14	171.43	92.86	142.86

A3.Table 4.83. Descriptive statistics for rice and rice noodles (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	18.40	24.30	19.70	28.50
SD	19.20	19.00	19.20	19.60

Minimum	0	0	0	0
5%	0	0	0	8.90
25%	5.80	8.90	8.90	8.90
50%	13.40	17.80	17.80	26.70
75%	23.20	35.70	35.70	35.70
95%	53.50	53.50	71.40	53.50
Maximum	71.40	53.50	71.40	71.40

A3.Table 4.84. Descriptive statistics for other cereals (e.g. breakfast cereals) (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	6.90	5.20	5.10	5.10
SD	10.70	7.70	8.70	8.30
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	2.90	0	0	2.90
75%	8.80	11.70	5.90	5.80
95%	35.70	23.50	23.60	17.80
Maximum	35.70	23.50	35.40	35.40

A3.Table 4.85. Descriptive statistics for cakes, biscuits, pastries, etc. (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	13.90	6.50	8.90	9.60
SD	31.10	9.80	16.00	11.80
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	4.10
75%	14.80	14.30	10.70	19.50
95%	93.60	30.00	41.80	23.40
Maximum	150.00	30.00	72.80	44.50

A3.Table 4.86. Descriptive statistics for desserts, puddings, custards (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	5.70	9.70	4.90	9.10
SD	12.80	19.80	6.50	19.80
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	1.80	2.70	0
75%	5.10	3.60	9.30	2.70
95%	23.60	65.00	21.30	49.60
Maximum	64.30	65.00	21.30	76.90

A3.Table 4.87. Descriptive statistics for fruits (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	192.20	188.79	175.70	163.43
SD	138.36	91.60	95.33	129.21
Minimum	0.71	0	22.41	0
5%	2.86	0	39.06	9.64
25%	85.59	132.66	97.21	69.09
50%	153.86	179.63	162.71	141.40
75%	293.98	231.86	223.00	204.60
95%	499.11	380.96	352.19	416.97
Maximum	504.44	380.96	360.20	459.91

A3.Table 4.88. Descriptive statistics for fruit juices (ml/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22

Mean	0	0	0	0.78
SD	0	0	0	3.65
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%	0	0	0	0
Maximum	0	0	0	17.14

A3.Table 4.89. Descriptive statistics for nuts, dips, snacks, etc. (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	8.77	6.09	3.79	4.38
SD	14.02	8.94	5.29	7.42
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	1.14	0.69	0
50%	1.09	3.60	1.79	0.91
75%	10.79	7.14	5.43	4.29
95%	42.73	35.86	12.14	23.61
Maximum	45.00	35.86	23.93	25.31

A3.Table 4.90. Descriptive statistics for soft drinks and cordials (ml/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	20.33	51.82	31.15	40.77
SD	37.19	102.47	60.51	128.78
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	33.00	66.00	37.71	28.29

95%	132.00	400.00	200.00	132.00
Maximum	132.00	400.00	200.00	600.00

A3.Table 4.91. Descriptive statistics for beer (ml/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	5.69	27.89	0	4.55
SD	26.86	114.53	0	21.32
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	500.00	0	0
Maximum	150.00	500.00	0	100.00

A3.Table 4.92. Descriptive statistics for wine (ml/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	162.50	178.95	16.13	40.91
SD	144.80	212.34	45.44	100.75
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	200.00	100.00	0	0
75%	275.00	200.00	0	0
95%	500.00	600.00	100.00	200.00
Maximum	500.00	600.00	200.00	400.00

A3.Table 4.93. Descriptive statistics for spirits (ml/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22

Mean	0	0	0	0
SD	0	0	0	0
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%	0	0	0	0
Maximum	0	0	0	0

A3.Table 4.94. Descriptive statistics for tea (ml/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	84.64	95.64	53.00	57.92
SD	74.28	106.77	67.42	98.13
Minimum	0	0	0	0
5%	0	0	0	0
25%	28.57	8.57	8.57	5.71
50%	65.71	65.71	28.57	37.14
75%	114.29	200.00	65.71	65.71
95%	200.00	414.29	200.00	142.86
Maximum	265.71	414.29	237.14	465.71

A3.Table 4.95. Descriptive statistics for Greek coffee (ml/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	79.90	68.00	80.60	65.60
SD	41.40	47.50	55.40	51.20
Minimum	0	0	0	0
5%	0	0	0	0
25%	50.00	28.60	50.00	21.50
50%	100.00	50.00	100.00	75.00
75%	100.00	100.00	100.00	100.00
95%	150.00	150.00	200.00	100.00

Maximum	150.00	150.00	250.00	200.00
---------	--------	--------	--------	--------

A3.Table 4.96. Descriptive statistics for water (ml/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1781.25	1405.26	961.29	775.00
SD	977.30	633.75	591.43	341.48
Minimum	400.00	200.00	200.00	250.00
5%	600.00	200.00	200.00	400.00
25%	800.00	800.00	600.00	600.00
50%	1900.00	1500.00	800.00	700.00
75%	2500.00	2000.00	1200.00	1000.00
95%	3000.00	2500.00	2000.00	1200.00
Maximum	5000.00	2500.00	2500.00	1600.00

A3.Table 4.97. Descriptive statistics for butter/ margarine (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	0.31	0.23	0.37	0.13
SD	1.77	0.98	1.43	0.61
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%	0	4.29	5.71	0
Maximum	10.00	4.29	5.71	2.86

A3.Table 4.98. Descriptive statistics for oils (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22

Mean	34.07	33.95	29.70	24.77
SD	11.87	12.54	11.82	10.85
Minimum	15.00	15.00	15.00	10.00
5%	15.00	15.00	15.00	15.00
25%	25.00	25.00	25.00	15.00
50%	32.50	35.00	25.00	25.00
75%	50.00	50.00	35.00	25.00
95%	50.00	50.00	50.00	50.00
Maximum	50.00	50.00	60.00	50.00

A3.Table 4.99. Descriptive statistics for sugar, jam, honey, sweets (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	14.40	16.43	13.00	11.95
SD	7.48	11.74	7.73	6.71
Minimum	0	0	0	0
5%	0	0	0	0
25%	10.00	10.00	10.00	10.00
50%	13.57	11.43	10.00	12.68
75%	20.00	28.57	18.57	17.14
95%	30.00	40.00	30.00	20.71
Maximum	30.00	40.00	30.00	21.43

A3.Table 4.100. Descriptive statistics for processed meat (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	0.25	6.03	0.56	1.41
SD	1.42	23.88	2.16	4.09
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%	0	104.14	3.21	8.57
Maximum	8.03	104.14	11.53	17.14

A3.Table 4.101. Descriptive statistics for herbs, garlic, olives (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	13.73	7.65	4.15	5.89
SD	18.99	10.48	5.68	9.7
Minimum	0	0	0	0
5%	0	0	0	0
25%	2.43	0.71	0	0
50%	5.71	2.86	1.43	1.07
75%	20.71	11.43	6.07	8.57
95%	65.71	40.71	20.00	22.86
Maximum	84.29	40.71	22.86	31.43

A3.Table 4.102. Descriptive statistics for fungi (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	0.52	0.35	0.46	0.02
SD	1.36	0.55	1.51	0.11
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	0	0	0	0
75%	0.34	0.51	0.34	0
95%	4.01	2.06	2.06	0
Maximum	6.43	2.06	8.23	0.51

A3.Table 4.103. Descriptive statistics for thin/ broth soups (ml/day) by age group and gender.

GRK-S	Men	Women
-------	-----	-------

	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	22.30	20.60	13.10	16.10
SD	22.10	15.50	9.80	16.80
Minimum	0	0	0	0
5%	0	0	0	0
25%	7.60	7.90	5.30	5.30
50%	13.30	19.50	11.80	10.90
75%	31.50	30.40	21.20	22.20
95%	76.00	62.90	30.10	40.00
Maximum	85.70	62.90	38.10	74.30

NUTRIENT INTAKES & DENSITIES

A3.Table 4.104. Descriptive statistics for water intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	3022.08	2559.96	1848.53	1670.29
SD	1138.09	767.10	670.86	441.94
Minimum	1345.18	772.81	895.76	923.72
5%	1582.15	772.81	935.68	990.81
25%	2071.61	2239.66	1485.37	1232.44
50%	2789.20	2364.48	1722.37	1714.79
75%	3948.81	3152.24	2188.90	1946.45
95%	5103.01	4015.96	3245.76	2284.77
Maximum	6241.40	4015.96	3428.77	2618.98

A3.Table 4.105. Descriptive statistics for simple carbohydrate intake (g/day) by age group and gender.

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

N	32	19	31	22
Mean	59.41	64.63	51.52	55.28
SD	22.71	26.54	17.73	27.35
Minimum	22.34	28.07	18.91	19.04
5%	31.20	28.07	21.52	23.85
25%	44.10	49.95	39.23	32.36
50%	56.27	54.93	50.38	55.74
75%	70.49	73.72	64.37	63.13
95%	109.75	36.52	79.61	95.11
Maximum	128.85	36.52	89.30	139.85

A3.Table 4.106. Descriptive statistics for complex carbohydrate intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	161.80	134.37	115.94	114.76
SD	60.59	59.19	44.90	58.49
Minimum	46.45	20.60	40.95	45.56
5%	58.30	20.60	46.40	54.56
25%	125.77	90.33	85.78	73.32
50%	167.31	132.21	109.46	87.45
75%	197.84	196.96	149.29	169.38
95%	244.63	240.27	191.75	230.51
Maximum	330.09	240.27	205.07	239.14

A3.Table 4.107. Descriptive statistics for total carbohydrate intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	221.78	199.70	167.98	170.58
SD	66.47	64.30	49.45	65.49
Minimum	69.29	75.66	80.99	77.25
5%	120.28	75.66	92.93	78.67
25%	183.82	151.24	124.52	127.03
50%	216.38	208.79	161.07	156.43

75%	257.46	262.66	215.57	215.64
95%	354.15	295.13	255.02	292.51
Maximum	363.35	295.13	266.20	309.29

A3.Table 4.108. Descriptive statistics for fibre intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	22.77	18.45	16.60	16.29
SD	6.49	5.51	5.61	5.78
Minimum	11.20	7.77	7.01	7.70
5%	11.64	7.77	7.05	10.00
25%	19.26	15.28	12.00	12.00
50%	22.90	20.11	16.63	15.30
75%	25.27	22.23	21.51	18.36
95%	35.87	26.98	25.95	27.43
Maximum	39.29	26.98	27.41	27.68

A3.Table 4.109. Descriptive statistics for nitrogen intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	14.56	13.46	11.02	11.12
SD	3.47	4.09	3.55	4.17
Minimum	6.08	6.37	4.50	6.20
5%	8.59	6.37	5.22	6.79
25%	12.30	11.30	8.06	8.02
50%	14.62	13.76	11.02	10.15
75%	16.42	14.19	13.74	12.49
95%	21.32	26.42	16.48	17.61
Maximum	21.99	26.42	17.88	23.74

A3.Table 4.110. Descriptive statistics for energy intake (Kcal/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	2268.57	2114.24	1714.68	1697.97
SD	460.60	380.20	427.83	518.68
Minimum	1049.30	906.60	967.27	1018.78
5%	1506.68	906.60	1040.67	1139.65
25%	2046.77	1919.65	1292.14	1376.20
50%	2202.50	2237.05	1746.39	1548.93
75%	2571.52	2378.20	2148.35	1958.35
95%	3243.81	2519.73	2348.25	2806.90
Maximum	3246.12	2519.73	2453.33	2841.18

A3.Table 4.111. Descriptive statistics for energy intake (kJ/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	9410.5	8771.3	7108.9	7045.1
SD	1909.7	1576.2	1773.3	2145.2
Minimum	4354.6	3777.5	4029.3	4239.2
5%	6253.7	3777.5	4310.7	4729.7
25%	8504.5	7928.0	5365.1	5698.7
50%	9132.9	9275.7	7248.2	6428.1
75%	10678.6	9870.5	8911.0	8124.3
95%	13445.3	10428.3	9718.5	11626.8
Maximum	13503.9	10428.3	10170.9	11765.8

A3.Table 4.112. Descriptive statistics for protein intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	88.64	81.41	67.38	67.73
SD	21.61	24.25	21.76	24.94
Minimum	35.81	39.56	27.15	38.51
5%	55.23	39.56	31.81	42.30

25%	74.96	68.90	50.28	49.63
50%	89.02	82.65	68.08	61.67
75%	100.51	86.68	82.63	75.58
95%	129.32	156.13	104.41	105.79
Maximum	136.92	156.13	108.72	144.06

A3.Table 4.113. Descriptive statistics for total fat intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	101.10	95.44	83.73	78.79
SD	22.91	20.39	22.30	23.68
Minimum	44.61	49.63	46.82	40.42
5%	66.73	49.63	47.43	48.75
25%	81.10	79.59	64.11	62.87
50%	106.71	98.60	84.49	74.47
75%	117.08	111.85	101.11	92.90
95%	140.04	126.40	121.68	114.93
Maximum	148.80	126.40	122.59	137.67

A3.Table 4.114. Descriptive statistics for sodium intake (mg/day) (non- discretionary only) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	2276.00	1989.81	1610.92	1588.57
SD	746.78	746.93	541.53	884.19
Minimum	1001.21	610.90	568.99	564.21
5%	1220.81	610.90	770.35	585.92
25%	1675.90	1508.53	1237.95	939.34
50%	2231.59	1642.95	1601.79	1308.24
75%	2679.33	2774.08	1960.37	2074.64
95%	3816.42	3349.36	2716.12	3058.41
Maximum	3867.68	3349.36	2734.87	3703.79

A3.Table 4.115. Descriptive statistics for potassium intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	2713.46	2349.31	2103.83	2025.43
SD	790.99	667.20	732.95	692.35
Minimum	1071.85	872.96	828.95	1157.38
5%	1634.58	872.96	1003.25	1337.03
25%	2157.46	1990.20	1259.95	1508.59
50%	2469.09	2269.47	2286.64	1838.47
75%	3251.95	2626.12	2614.56	2141.73
95%	4092.24	3858.24	3007.13	3372.47
Maximum	4502.06	3858.24	3550.28	3913.22

A3.Table 4.116. Descriptive statistics for calcium intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	697.54	676.43	580.56	579.01
SD	265.70	176.04	222.54	260.63
Minimum	318.07	441.17	241.93	197.67
5%	357.95	441.17	246.46	311.74
25%	517.48	557.60	375.62	450.91
50%	666.31	674.98	598.44	539.35
75%	771.76	761.00	744.11	670.54
95%	1446.05	1185.55	865.40	841.77
Maximum	1580.09	1185.55	1173.37	1464.04

A3.Table 4.117. Descriptive statistics for phosphorus intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1172.81	1113.57	933.22	941.04

SD	286.30	287.47	303.71	343.15
Minimum	494.95	516.13	400.42	590.77
5%	675.37	516.13	415.19	610.49
25%	1016.72	979.50	703.94	699.32
50%	1160.16	1103.35	985.80	870.44
75%	1330.04	1227.31	1191.04	1008.71
95%	1825.97	1915.69	1439.67	1431.23
Maximum	1997.96	1915.69	1473.66	2092.93

A3.Table 4.118. Descriptive statistics for magnesium intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	250.83	220.37	181.90	181.47
SD	63.23	53.64	57.03	62.58
Minimum	105.07	73.57	81.73	97.31
5%	151.75	73.57	89.55	108.34
25%	214.50	196.79	136.31	139.22
50%	247.80	209.23	188.91	164.90
75%	277.90	271.70	230.55	203.56
95%	371.59	287.01	263.14	314.30
Maximum	393.32	287.01	279.31	335.21

A3.Table 4.119. Descriptive statistics for iron intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	21.85	18.52	19.35	16.33
SD	10.59	7.40	12.33	10.80
Minimum	9.49	2.99	5.93	5.17
5%	10.66	2.99	7.60	5.29
25%	14.10	14.78	11.50	9.52
50%	18.39	17.08	15.69	12.00
75%	28.15	20.95	22.49	18.58
95%	45.17	38.67	46.51	39.43

Maximum	47.66	38.67	66.64	41.27
---------	-------	-------	-------	-------

A3.Table 4.120. Descriptive statistics for zinc intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	14.75	15.19	12.28	12.83
SD	3.94	6.32	4.59	5.23
Minimum	8.35	5.02	4.45	7.08
5%	8.44	5.02	4.88	8.03
25%	11.94	11.91	9.74	9.08
50%	14.72	15.28	12.35	10.97
75%	17.12	17.27	15.25	14.15
95%	20.18	37.24	21.80	24.11
Maximum	25.81	37.24	23.10	24.73

A3.Table 4.121. Descriptive statistics for vitamin A intake (RE µg/day) by age group and gender. (Retinol + carotene/6)

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	723.30	732.30	495.20	515.30
SD	444.30	506.30	292.60	241.00
Minimum	209.30	188.50	88.00	252.60
5%	248.00	188.50	165.40	291.60
25%	435.40	396.70	292.40	315.60
50%	594.60	571.10	417.00	451.90
75%	855.80	988.80	590.80	648.40
95%	1560.20	2268.90	1121.40	841.50
Maximum	2287.90	2268.00	1162.20	1220.2

A3.Table 4.122. Descriptive statistics for retinol intake (RE /day) by age group and gender.

GRK-S	Men	Women
-------	-----	-------

	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	391.94	427.70	242.71	258.01
SD	395.37	495.83	215.11	179.60
Minimum	82.84	103.53	37.04	72.34
5%	83.94	103.53	49.56	84.94
25%	145.39	130.94	102.71	120.18
50%	263.74	213.28	169.60	205.03
75%	452.33	622.54	273.08	363.86
95%	1017.88	2042.81	730.40	625.90
Maximum	2025.63	2042.81	736.38	634.83

A3.Table 4.123. Descriptive statistics for niacin equivalent intake (NE mg/day) by age group and gender. [Niacin + (protein x 0.16)]

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	31.70	28.50	23.70	23.40
SD	7.70	8.90	8.00	8.10
Minimum	12.40	12.10	9.50	13.50
5%	20.00	12.10	11.20	14.20
25%	26.00	25.20	17.20	18.30
50%	32.00	27.80	25.00	21.30
75%	35.90	30.90	30.10	26.00
95%	47.40	55.80	37.90	37.20
Maximum	49.20	55.80	38.00	45.10

A3.Table 4.124. Descriptive statistics for carotene intake (µg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1988.51	1827.68	1515.21	1543.72
SD	886.29	984.92	813.02	871.49
Minimum	570.21	509.73	160.01	587.00
5%	613.20	509.73	364.69	633.06
25%	1416.80	1237.60	1000.11	1051.52

50%	1799.17	1594.56	1400.05	1275.49
75%	2443.61	2022.62	1916.68	1799.18
95%	3719.77	4495.30	2815.59	2718.42
Maximum	3753.41	4495.30	3965.46	4209.36

A3.Table 4.125. Descriptive statistics for thiamin intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	0.88	0.74	0.66	0.66
SD	0.26	0.17	0.20	0.22
Minimum	0.41	0.34	0.28	0.31
5%	0.46	0.34	0.31	0.38
25%	0.70	0.67	0.49	0.52
50%	0.90	0.75	0.68	0.60
75%	0.98	0.79	0.78	0.77
95%	1.36	1.07	0.94	1.06
Maximum	1.63	1.07	1.03	1.16

A3.Table 4.126. Descriptive statistics for riboflavin intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1.29	1.32	1.02	1.12
SD	0.42	0.42	0.35	0.42
Minimum	0.67	0.53	0.41	0.56
5%	0.70	0.53	0.43	0.66
25%	0.99	1.07	0.82	0.83
50%	1.24	1.24	1.06	1.05
75%	1.46	1.46	1.35	1.30
95%	2.32	2.58	1.42	1.54
Maximum	2.44	2.58	1.63	2.57

A3.Table 4.127. Descriptive statistics for niacin intake (mg/day) by age group and

gender.				
GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	17.49	15.48	12.91	12.62
SD	4.53	5.26	4.75	4.28
Minimum	6.69	5.78	4.56	6.73
5%	11.20	5.78	5.16	7.43
25%	14.72	13.04	9.31	9.25
50%	17.39	14.83	13.55	11.84
75%	19.65	17.27	16.98	14.42
95%	26.68	30.80	21.13	20.30
Maximum	27.35	30.80	21.21	22.08

A3.Table 4.128. Descriptive statistics for vitamin C intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	86.92	73.87	73.64	68.56
SD	34.85	21.57	32.39	36.59
Minimum	29.19	26.61	9.27	27.84
5%	38.22	26.61	24.65	31.28
25%	60.68	57.73	50.09	41.18
50%	80.86	68.22	72.74	57.12
75%	108.00	88.82	95.60	90.11
95%	149.63	113.28	113.26	130.07
Maximum	180.96	113.28	166.28	178.64

A3.Table 4.129. Descriptive statistics for alcohol intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	15.00	17.30	1.50	3.90
SD	13.30	19.80	4.10	9.10
Minimum	0	0	0	0

5%	0	0	0	0
25%	0	0	0	0
50%	18.20	9.10	0	0
75%	25.60	37.30	0	0
95%	45.50	54.60	9.20	18.20
Maximum	45.60	54.60	18.20	36.40

A3.Table 4.130. Descriptive statistics for cholesterol intake (mg/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	271.91	285.90	199.29	221.23
SD	105.64	135.65	109.62	107.00
Minimum	69.69	108.62	53.16	86.50
5%	120.33	108.62	57.02	108.53
25%	205.87	171.10	119.79	143.76
50%	251.70	270.30	181.43	180.29
75%	308.56	359.66	257.62	253.45
95%	513.54	575.00	401.39	432.76
Maximum	520.88	575.00	529.84	480.79

A3.Table 4.131. Descriptive statistics for saturated fat intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	28.19	28.11	24.07	23.50
SD	8.09	6.29	7.72	9.36
Minimum	12.44	16.92	11.41	11.01
5%	18.19	16.92	13.19	13.71
25%	22.37	23.12	16.51	18.30
50%	26.45	28.93	24.05	21.69
75%	31.80	32.72	29.54	27.87
95%	46.83	41.98	35.01	34.28
Maximum	54.00	41.98	45.85	55.94

A3.Table 4.132. Descriptive statistics for monounsaturated fat intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	52.76	49.23	43.62	40.51
SD	13.45	11.83	12.60	11.67
Minimum	23.63	25.05	20.72	21.38
5%	30.95	25.05	24.55	23.10
25%	42.43	40.97	32.65	30.38
50%	53.93	52.88	42.65	40.30
75%	62.97	58.91	53.29	49.70
95%	73.07	63.30	64.54	58.03
Maximum	83.01	63.30	67.23	59.19

A3.Table 4.133. Descriptive statistics for polyunsaturated fat intake (g/day) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	12.01	10.67	9.72	8.68
SD	2.69	2.33	2.96	2.84
Minimum	5.09	4.07	4.38	4.34
5%	8.36	4.07	5.06	4.37
25%	10.59	9.81	7.36	7.52
50%	11.79	11.25	9.58	7.94
75%	13.26	12.16	12.37	9.78
95%	17.00	13.67	14.76	13.61
Maximum	18.56	13.67	15.86	14.51

A3.Table 4.134. Descriptive statistics for % energy intake from carbohydrate by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22

Mean	38.84	37.36	39.21	39.68
SD	7.71	8.53	6.24	7.68
Minimum	17.49	19.94	27.96	26.07
5%	24.41	19.94	29.70	27.09
25%	33.43	33.38	35.27	34.65
50%	38.60	38.19	38.71	39.31
75%	44.44	43.36	42.77	46.80
95%	49.96	49.64	51.13	50.83
Maximum	53.66	49.64	53.92	53.94

A3.Table 4.135. Descriptive statistics for % energy intake from protein by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	15.66	15.49	15.56	15.99
SD	2.39	3.72	2.64	3.04
Minimum	10.97	11.36	9.48	12.30
5%	11.19	11.36	11.03	12.36
25%	14.17	13.03	14.62	13.67
50%	15.62	14.49	15.59	15.13
75%	16.92	16.38	16.52	17.96
95%	20.29	26.77	21.63	21.94
Maximum	20.92	26.77	21.72	22.53

A3.Table 4.136. Descriptive statistics for % energy intake from fat by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	40.45	41.17	44.16	42.30
SD	6.97	7.76	5.78	7.27
Minimum	25.49	26.66	31.88	31.32
5%	31.51	26.66	32.55	31.92
25%	35.59	35.23	40.56	36.41
50%	39.16	40.39	44.54	41.87
75%	45.18	48.76	48.28	46.94

95%	49.41	53.41	52.05	55.51
Maximum	63.47	53.41	56.63	57.64

A3.Table 4.137. Descriptive statistics for % energy intake from alcohol by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	4.50	5.50	0.50	1.60
SD	4.10	6.20	1.50	3.90
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	4.90	3.00	0	0
75%	7.00	10.90	0	0
95%	14.90	16.60	5.10	7.90
Maximum	15.40	16.60	6.10	16.70

A3.Table 4.138. Descriptive statistics for simple carbohydrate (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	6.34	7.59	7.41	22
SD	1.85	3.26	2.68	8.12
Minimum	2.97	3.60	3.74	4.01
5%	3.03	3.60	3.78	2.95
25%	4.84	5.14	5.80	3.93
50%	6.69	6.44	6.52	0
75%	7.69	8.15	8.38	5.45
95%	8.60	14.02	12.62	7.04
Maximum	9.54	14.02	15.61	9.88

A3.Table 4.139. Descriptive statistics for complex carbohydrate (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	17.01	14.82	16.16	15.71
SD	4.94	5.33	4.15	4.36
Minimum	6.56	5.45	5.65	7.99
5%	7.07	5.45	10.05	10.36
25%	14.11	10.35	12.99	12.61
50%	16.42	14.52	15.88	15.18
75%	20.83	20.00	19.41	18.53
95%	25.54	25.11	22.50	23.08
Maximum	29.46	25.11	22.82	23.09

A3.Table 4.140. Descriptive statistics for total carbohydrate (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	23.41	22.51	23.65	23.90
SD	4.66	5.13	3.78	4.61
Minimum	10.54	12.07	16.78	15.73
5%	14.70	12.07	17.88	16.33
25%	20.15	20.03	21.24	20.90
50%	23.24	22.96	23.38	23.65
75%	26.81	26.12	25.87	28.24
95%	30.12	29.90	30.87	30.63
Maximum	32.43	29.90	32.49	32.42

A3.Table 4.141. Descriptive statistics for fibre (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	2.42	2.10	2.31	2.31
SD	0.47	0.49	0.46	0.40
Minimum	1.48	0.98	1.43	1.46
5%	1.69	0.98	1.52	1.65
25%	2.09	1.90	1.98	2.14

50%	2.37	2.10	2.32	2.32
75%	2.65	2.36	2.67	2.51
95%	3.46	3.02	3.05	2.85
Maximum	3.59	3.02	3.07	3.26

A3.Table 4.142. Descriptive statistics for nitrogen (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1.55	1.54	1.53	1.58
SD	0.22	0.37	0.25	0.29
Minimum	1.18	1.12	0.94	1.20
5%	1.18	1.12	1.12	1.21
25%	1.38	1.31	1.44	1.41
50%	1.55	1.45	1.54	1.51
75%	1.68	1.63	1.62	1.77
95%	2.01	2.72	2.09	2.09
Maximum	2.01	2.72	2.16	2.21

A3.Table 4.143. Descriptive statistics for protein (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	9.43	9.33	9.38	9.63
SD	1.44	2.24	1.58	1.83
Minimum	6.60	6.84	5.73	7.40
5%	6.74	6.84	6.66	7.46
25%	8.55	7.86	8.84	8.25
50%	9.42	8.74	9.39	9.13
75%	10.18	9.88	9.98	10.82
95%	12.22	16.08	13.01	13.18
Maximum	12.58	16.08	13.03	13.58

A3.Table 4.144. Descriptive statistics for total fat (g/MJ) by age group and gender.

GRK-S	Men	Women
-------	-----	-------

	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	10.83	11.03	11.83	11.33
SD	1.87	2.08	1.54	1.96
Minimum	6.85	7.14	8.54	8.34
5%	8.44	7.14	8.75	8.53
25%	9.54	9.43	10.90	9.77
50%	10.49	10.82	11.94	11.20
75%	12.09	13.02	12.91	12.53
95%	13.25	14.35	13.94	14.89
Maximum	17.01	14.35	15.23	15.46

A3.Table 4.145. Descriptive statistics for sodium (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	239.20	223.84	225.38	215.23
SD	49.18	67.41	48.96	69.98
Minimum	137.3	124.07	141.22	105.13
5%	152.1	124.07	146.61	123.61
25%	208.2	161.72	191.75	154.89
50%	238.09	212.18	222.47	217.89
75%	274.26	269.47	259.31	260.90
95%	336.55	385.99	335.57	334.51
Maximum	345.22	385.99	357.41	353.71

A3.Table 4.146. Descriptive statistics for potassium (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	288.16	267.57	290.92	289.85
SD	57.46	57.39	57.90	49.94
Minimum	154.33	179.43	168.48	185.31
5%	214.64	179.43	169.04	203.10
25%	246.14	214.72	248.99	253.90
50%	281.14	261.54	311.72	293.34
75%	331.46	306.69	335.92	335.55

95%	396.87	397.31	380.52	353.77
Maximum	414.83	397.31	394.58	355.85

A3.Table 4.147. Descriptive statistics for calcium (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	73.89	79.20	82.01	81.87
SD	20.00	21.96	27.87	23.40
Minimum	48.65	52.07	42.15	46.63
5%	50.50	52.07	43.60	49.14
25%	55.89	61.18	63.33	63.50
50%	70.78	71.38	78.89	77.72
75%	84.63	96.42	91.67	96.98
95%	117.52	122.08	148.92	122.79
Maximum	117.57	122.08	162.00	125.92

A3.Table 4.148. Descriptive statistics for phosphorus (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	124.79	128.03	130.32	134.05
SD	17.27	27.25	26.81	23.09
Minimum	93.34	89.94	72.16	103.67
5%	95.28	89.94	95.72	105.68
25%	112.8	109.74	112.24	114.98
50%	127.34	122.37	131.21	132.49
75%	134.80	141.44	142.15	145.50
95%	152.02	197.27	187.02	180.01
Maximum	159.35	197.27	198.76	186.84

A3.Table 4.149. Descriptive statistics for magnesium (mg/MJ) by age group and gender.

GRK-S	Men	Women
-------	-----	-------

	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	26.53	24.93	25.24	25.70
SD	3.00	3.43	3.33	2.93
Minimum	19.20	19.48	18.19	17.08
5%	21.66	19.48	19.98	19.40
25%	24.54	21.19	22.11	24.94
50%	26.04	25.66	25.75	25.57
75%	28.83	27.59	27.91	27.74
95%	31.18	29.85	29.52	28.98
Maximum	32.22	29.85	31.65	29.44

A3.Table 4.150. Descriptive statistics for iron (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	2.38	2.07	2.75	2.18
SD	1.21	0.69	1.52	0.92
Minimum	1.05	0.79	1.05	1.05
5%	1.07	0.79	1.08	1.11
25%	1.58	1.68	1.69	1.52
50%	2.05	1.93	2.16	2.02
75%	2.96	2.61	3.32	2.56
95%	4.64	3.85	6.21	3.81
Maximum	6.87	3.85	7.48	4.53

A3.Table 4.151. Descriptive statistics for zinc (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1.59	1.73	1.71	1.79
SD	0.40	0.60	0.46	0.28
Minimum	0.81	0.93	0.80	1.25
5%	1.07	0.93	1.03	1.34
25%	1.35	1.31	1.42	1.64
50%	1.49	1.69	1.71	1.74
75%	1.87	1.87	2.18	2.03

95%	2.23	3.83	2.45	2.14
Maximum	3.01	3.83	2.57	2.33

A3.Table 4.152. Descriptive statistics for retinol (RE /MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	42.01	51.01	33.48	38.81
SD	43.95	62.13	27.12	31.72
Minimum	7.93	11.73	4.16	14.22
5%	9.09	11.73	8.93	14.79
25%	17.00	14.34	15.92	20.09
50%	29.02	27.41	22.87	25.52
75%	55.16	64.11	51.18	44.61
95%	88.61	257.67	84.45	104.71
Maximum	241.77	257.67	108.50	132.33

A3.Table 4.153. Descriptive statistics for carotene (µg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	211.70	206.89	206.86	217.12
SD	82.80	101.90	86.11	82.00
Minimum	50.90	97.02	32.52	70.10
5%	90.20	97.02	74.27	97.48
25%	145.66	138.64	133.64	172.74
50%	199.60	168.08	226.35	216.63
75%	266.40	261.59	254.03	263.18
95%	360.74	462.91	337.16	362.04
Maximum	436.40	462.91	440.72	397.99

A3.Table 4.154. Descriptive statistics for vitamin A (µg RE/MJ) by age group and gender.

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

N	32	19	31	22
Mean	77.30	85.49	67.96	75.00
SD	46.67	62.64	32.78	32.51
Minimum	22.14	28.25	17.89	34.82
5%	31.19	28.25	28.29	36.36
25%	48.66	43.71	44.12	55.11
50%	66.34	63.16	58.03	65.68
75%	97.77	99.58	79.06	82.06
95%	137.59	286.19	129.83	132.66
Maximum	273.08	286.19	146.22	166.95

A3.Table 4.155. Descriptive statistics for thiamin (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	0.09	0.08	0.09	0.09
SD	0.01	0.01	0.01	0.01
Minimum	0.07	0.06	0.07	0.07
5%	0.07	0.06	0.07	0.07
25%	0.08	0.07	0.08	0.09
50%	0.09	0.08	0.09	0.09
75%	0.10	0.09	0.10	0.10
95%	0.12	0.11	0.11	0.11
Maximum	0.12	0.11	0.11	0.14

A3.Table 4.156. Descriptive statistics for riboflavin (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	0.14	0.15	0.14	0.16
SD	0.03	0.04	0.04	0.04
Minimum	0.08	0.10	0.08	0.10
5%	0.08	0.10	0.09	0.11
25%	0.11	0.12	0.11	0.13
50%	0.14	0.15	0.15	0.15
75%	0.16	0.18	0.16	0.19
95%	0.18	0.27	0.23	0.22

Maximum	0.18	0.27	0.27	0.25
---------	------	------	------	------

A3.Table 4.157. Descriptive statistics for nicotin (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1.86	1.75	1.78	1.81
SD	0.32	0.44	0.36	0.38
Minimum	1.20	1.05	0.98	1.14
5%	1.31	1.05	1.11	1.18
25%	1.61	1.48	1.60	1.55
50%	1.80	1.66	1.77	1.76
75%	2.07	1.86	2.01	2.03
95%	2.51	3.17	2.37	2.33
Maximum	2.52	3.17	2.55	2.91

A3.Table 4.158. Descriptive statistics for niacin (mg NE/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	3.37	3.24	3.28	3.35
SD	0.52	0.77	0.56	0.65
Minimum	2.36	2.21	2.02	2.37
5%	2.64	2.21	2.36	2.37
25%	2.95	2.72	2.96	2.97
50%	3.35	3.20	3.28	3.14
75%	3.65	3.35	3.64	3.77
95%	4.27	5.74	4.24	4.50
Maximum	4.48	5.74	4.64	5.02

A3.Table 4.159. Descriptive statistics for vitamin C (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	9.26	8.97	10.20	10.14

SD	2.97	4.51	3.56	6.69
Minimum	2.61	3.36	1.88	4.69
5%	4.53	3.36	4.27	5.02
25%	6.95	6.22	8.10	6.72
50%	9.80	8.28	10.16	9.21
75%	11.63	10.09	12.43	10.43
95%	13.21	24.80	16.22	14.42
Maximum	15.96	24.80	18.48	37.69

A3.Table 4.160. Descriptive statistics for alcohol (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	1.56	1.91	0.19	0.54
SD	1.43	2.16	0.53	1.35
Minimum	0	0	0	0
5%	0	0	0	0
25%	0	0	0	0
50%	1.72	1.05	0	0
75%	2.43	3.77	0	0
95%	5.13	5.74	1.77	2.71
Maximum	5.31	5.74	2.10	5.74

A3.Table 4.161. Descriptive statistics for cholesterol (mg/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	28.61	33.22	27.23	32.43
SD	8.22	15.39	12.24	15.74
Minimum	14.03	11.00	9.58	16.18
5%	15.32	11.00	12.90	16.43
25%	22.51	22.70	18.64	22.18
50%	29.54	31.93	24.84	26.48
75%	34.13	44.38	32.47	41.35
95%	41.30	71.69	44.45	66.94
Maximum	48.51	71.69	73.15	71.38

A3.Table 4.162. Descriptive statistics for saturated fat (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	3.00	3.27	3.40	3.33
SD	0.56	0.74	0.76	0.64
Minimum	1.91	2.06	2.21	2.16
5%	2.12	2.06	2.27	2.32
25%	2.64	2.60	2.85	2.91
50%	2.87	3.11	3.30	3.37
75%	3.28	3.84	3.70	3.56
95%	4.03	4.48	4.67	4.54
Maximum	4.64	4.48	6.33	4.81

A3.Table 4.163. Descriptive statistics for monounsaturated fat (g/MJ) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	5.69	5.68	6.18	5.88
SD	1.32	1.24	1.13	1.36
Minimum	3.18	3.51	3.86	3.59
5%	3.76	3.51	4.32	4.09
25%	4.74	4.67	5.24	4.85
50%	5.69	5.70	6.48	5.69
75%	6.45	6.63	6.82	6.67
95%	7.59	7.51	7.99	8.72
Maximum	9.54	7.51	8.94	8.87

A3.Table 4.164. Descriptive statistics for polyunsaturated fat (g/MJ) by age group and gender.

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

N	32	19	31	22
Mean	1.29	1.21	1.37	1.24
SD	0.21	0.16	0.29	0.21
Minimum	0.88	0.91	0.94	0.61
5%	1.05	0.91	1.04	0.92
25%	1.15	1.09	1.20	1.15
50%	1.25	1.19	1.32	1.22
75%	1.39	1.34	1.44	1.35
95%	1.77	1.47	1.78	1.53
Maximum	1.87	1.47	2.49	1.62

A3.Table 4.165. Safe/ adequate range for sodium by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<1100mg (<48 mmol)	3.1	10.5	16.1	36.4
1100-3300 mg (48-143 mmol)	87.5	84.2	83.9	59.1
>3300mg (>143 mmol)	9.4	5.3	0	4.5
Number of subjects	32	19	31	22

A3.Table 4.166. Safe/ adequate range for potassium by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<1875mg (<48 mmol)	9.4	21.1	35.5	54.5
1875-5625 mg (48-144 mmol)	90.6	78.9	64.5	45.5
>5625 mg (>144 mmol)	0	0	0	0
Number of subjects	32	19	31	22

A3.Table 4.167. Percentage below two thirds of the US RDA by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Calcium (mg)	25.0	21.1	38.7	50.0
Phosphorus (mg)	3.1	5.3	16.1	0
Iron (mg)	0	5.3	3.2	13.6
Zinc (mg)	12.5	10.5	29.0	36.4
Magnesium (mg)	43.7	57.9	54.8	72.7

Vitamin A (ug RE)*	53.2	57.9	67.7	54.5
Thiamin (mg)	31.3	78.9	48.4	68.2
Riboflavin (mg)	12.5	5.3	22.6	9.1
Niacin (mg NE)**	0	0	0	0
Vitamin C (mg)	6.2	5.3	16.1	18.2
Number of subjects	32	19	31	22

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

** Niacin (mg Niacin equivalents) = nicotin ug + (0.16 x protein g)

ANTHROPOMETRY

A3.Table 4.168. Body mass index classification by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
BMI<20	3.85	6.67	0	0
20<=BMI<25	26.92	26.67	15.00	44.44
25<=BMI<30	34.62	66.67	60.00	22.22
BMI>=30	34.62	0	25.00	33.33
Total (N)	26	15	20	9

A3.Table 4.169. Waist-hip ratio classification by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
WHR<0.9	3.85	13.33	-	-
WHR>=0.9	96.15	86.67	-	-
WHR<0.8	-	-	0	0
WHR>=0.8	-	-	100.00	100.00
Total (n)	26	15	20	9

A3.Table 4.170. Descriptive statistics for stature (cm) by age group and gender.

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

N	26	15	20	9
Mean	165.92	163.93	151.35	149.89
SD	6.25	6.39	5.74	3.92
Minimum	158.00	153.00	143.00	145.00
5%	158.00	153.00	143.5	145.00
25%	161.00	160.00	146.00	148.00
50%	164.50	163.00	151.50	148.00
75%	173.00	168.00	155.50	152.00
95%	177.00	178.00	161.50	158.00
Maximum	177.00	178.00	163.00	158.00

A3.Table 4.171. Descriptive statistics for weight (kg) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	75.72	67.95	64.77	61.22
SD	13.77	9.68	10.57	8.33
Minimum	53.70	47.50	46.50	49.00
5%	54.00	60.00	48.25	49.00
25%	67.00	47.50	59.00	53.50
50%	74.75	66.50	63.50	60.50
75%	84.50	76.50	71.25	66.00
95%	96.00	83.00	85.00	73.50
Maximum	109.50	83.00	88.00	73.50

A3.Table 4.172. Descriptive statistics for body mass index (kg/m²) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	27.450	25.24	28.27	27.24
SD	4.376	2.89	4.47	3.67
Minimum	19.60	18.00	21.80	22.70
5%	20.30	18.00	22.00	22.70
25%	24.40	22.50	25.90	24.20
50%	27.45	26.20	27.70	27.60
75%	31.40	27.50	29.80	30.40

95%	32.50	28.70	37.60	32.40
Maximum	35.400	28.700	39.00	32.40

A3.Table 4.173. Descriptive statistics for waist (umbilicus) circumference (cm) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	100.80	96.93	107.00	105.67
SD	11.34	8.89	11.15	11.98
Minimum	81.00	78.00	90.00	86.00
5%	82.00	78.00	90.00	86.00
25%	93.00	92.00	101.00	96.00
50%	100.00	96.00	106.00	110.00
75%	107.00	102.00	114.00	115.00
95%	115.00	114.00	126.50	119.00
Maximum	129.00	114.00	131.00	119.00

A3.Table 4.174. Descriptive statistics for hip circumference (cm) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	105.50	102.73	107.35	104.89
SD	9.41	8.07	10.39	9.14
Minimum	90.00	85.00	91.00	92.00
5%	92.00	85.00	91.50	92.00
25%	99.00	97.00	101.50	98.00
50%	105.00	103.00	105.50	105.00
75%	110.00	108.00	113.50	114.00
95%	119.00	118.00	127.50	117.00
Maximum	132.00	118.00	132.00	117.00

A3.Table 4.175. Descriptive statistics for waist/ hip ratio by age group and gender.

GRK-S	Men	Women
-------	-----	-------

	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	0.95	0.94	1.00	1.01
SD	0.04	0.05	0.03	0.08
Minimum	0.88	0.85	0.94	0.83
5%	0.90	0.85	0.95	0.83
25%	0.91	0.92	0.98	1.00
50%	0.95	0.94	1.00	1.02
75%	0.98	0.97	1.01	1.03
95%	1.03	1.03	1.05	1.12
Maximum	1.04	1.03	1.05	1.12

A3.Table 4.176. Descriptive statistics for tricep skinfold thickness (mm) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	15.92	12.60	25.50	21.89
SD	7.10	4.80	7.15	6.41
Minimum	7.00	4.00	13.00	14.00
5%	7.00	4.00	14.00	14.00
25%	10.00	9.00	19.00	15.00
50%	15.00	11.00	24.00	22.00
75%	20.00	17.00	31.50	28.00
95%	30.00	20.00	36.50	30.00
Maximum	35.00	20.00	40.00	30.00

A3.Table 4.177. Descriptive statistics for arm circumference (cm) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	30.44	27.73	31.33	29.33
SD	3.46	2.60	3.97	2.78
Minimum	24.00	21.00	24.00	25.00
5%	25.00	21.00	25.50	25.00
25%	29.00	27.00	29.00	27.00

50%	30.00	28.00	31.25	29.00
75%	33.00	29.00	33.50	31.00
95%	35.00	32.00	39.00	34.00
Maximum	38.00	32.00	41.00	34.00

A3.Table 4.178. Descriptive statistics for arm muscle circumference (cm) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	25.43	23.78	23.32	22.46
SD	2.19	1.78	2.74	1.56
Minimum	20.92	19.74	18.95	20.60
5%	21.17	19.74	19.43	20.60
25%	23.72	22.35	21.75	21.15
50%	26.19	24.29	22.58	22.29
75%	26.86	24.86	24.39	24.09
95%	27.98	26.55	29.55	24.58
Maximum	30.29	26.55	30.64	24.58

A3.Table 4.179. Descriptive statistics for arm muscle area (cm²) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	51.86	45.25	43.86	40.34
SD	8.77	6.61	10.81	5.62
Minimum	34.84	31.04	28.60	33.80
5%	35.70	31.04	30.09	33.80
25%	44.80	39.76	37.67	35.61
50%	54.62	46.97	40.59	39.56
75%	57.44	49.21	47.38	46.21
95%	62.31	56.11	69.62	48.10
Maximum	73.05	56.11	74.74	48.10

A3.Table 4.180. Descriptive statistics for estimated total body fat (kg) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	24.82	22.06	30.64	30.29
SD	7.76	5.05	5.97	4.88
Minimum	11.14	9.64	20.64	23.31
5%	12.68	9.64	21.50	23.31
25%	19.82	18.19	27.32	26.33
50%	23.61	22.11	29.08	30.56
75%	31.13	26.56	33.30	33.24
95%	34.82	28.54	42.64	36.73
Maximum	42.47	28.54	42.65	36.73

A3.Table 4.181. Descriptive statistics for estimated % body fat (Deurenberg equation) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	32.04	32.07	47.15	49.34
SD	5.05	3.98	2.63	1.88
Minimum	20.63	20.29	42.72	46.33
5%	22.24	20.29	43.33	46.33
25%	29.54	31.02	45.05	47.57
50%	32.36	33.15	47.22	49.64
75%	36.21	34.87	48.24	50.52
95%	37.56	36.04	52.56	51.93
Maximum	38.79	36.04	53.27	51.93

A3.Table 4.182. Descriptive statistics for estimated fat mass (kg) (Durnin equation) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9

Mean	25.00	19.90	25.90	23.10
SD	8.70	5.80	6.60	5.80
Minimum	12.40	8.80	14.00	16.00
5%	13.30	8.80	15.50	16.00
25%	19.10	16.20	20.80	17.60
50%	24.60	20.10	25.90	24.10
75%	30.30	25.90	30.50	27.50
95%	77.10	67.00	64.00	69.80
Maximum	79.10	78.70	70.50	71.50

A3.Table 4.183. Descriptive statistics for estimated % fat free mass (kg) (Durnin equation) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	24.49	23.38	22.75	22.22
SD	2.71	2.30	2.55	2.40
Minimum	18.75	16.83	18.23	19.03
5%	19.32	16.83	18.37	19.03
25%	22.76	21.59	21.54	20.16
50%	24.97	23.93	22.69	22.77
75%	26.73	25.05	23.91	24.46
95%	27.31	25.54	27.47	25.33
Maximum	28.13	25.54	27.98	25.33

A3.Table 4.184. Descriptive statistics for estimated fat free mass (kg) (Deurenberg equation) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	50.89	45.89	34.12	30.93
SD	6.40	5.05	5.11	3.66
Minimum	40.62	37.86	25.86	25.69
5%	42.86	37.86	26.75	25.69
25%	46.02	41.49	30.62	27.83
50%	49.61	45.31	34.24	30.76
75%	54.30	50.66	36.75	33.24

95%	61.56	55.97	45.01	36.77
Maximum	67.03	55.97	45.35	36.77

A3.Table 4.185. Descriptive statistics for loss of stature (cm) (estimated from hip length) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	-	-	20	9
Mean	-	-	12.25	12.11
SD	-	-	4.63	3.92
Minimum	-	-	5.00	6.00
5%	-	-	5.50	6.00
25%	-	-	8.50	10.00
50%	-	-	13.00	12.00
75%	-	-	15.50	15.00
95%	-	-	-	-
Maximum	-	-	21.00	18.00

BIOLOGICAL MEASUREMENTS

A3.Table 4.186. Descriptive statistics for serum creatinine ($\mu\text{mol/L}$) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	24	14	17	8
Mean	110.71	116.29	102.41	100.38
SD	27.63	22.84	15.77	13.79
Minimum	44.00	89.00	77.00	82.00
5%	83.00	89.00	77.00	82.00
25%	100.00	100.00	90.00	91.50
50%	109.50	113.00	100.00	96.00
75%	117.50	131.00	111.00	112.50
95%	157.00	163.00	141.00	121.00

Maximum	198.00	163.00	141.00	121.00
---------	--------	--------	--------	--------

A3.Table 4.187. Descriptive statistics for fasting serum glucose (mmol/L) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	24	14	17	8
Mean	5.46	5.50	5.77	5.78
SD	1.44	0.73	1.66	1.29
Minimum	4.20	4.30	4.40	4.50
5%	4.40	4.30	4.40	4.50
25%	4.75	4.90	4.90	5.00
50%	5.15	5.35	5.20	5.50
75%	5.50	6.00	5.80	6.00
95%	6.90	7.00	11.30	8.70
Maximum	11.60	7.00	11.30	8.70

A3.Table 4.188. Descriptive statistics for serum albumin (g/L) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	24	14	17	8
Mean	44.54	44.92	44.29	46.75
SD	2.46	2.78	1.61	3.19
Minimum	40.00	40.00	41.00	42.00
5%	41.00	40.00	41.00	42.00
25%	43.00	43.00	43.00	44.50
50%	44.00	44.00	44.00	46.50
75%	45.50	48.00	46.00	49.00
95%	49.00	49.00	47.00	52.00
Maximum	51.00	49.00	47.00	52.00

A3.Table 4.189. Descriptive statistics for serum total cholesterol (mmol/L) by age group and gender.

GRK-S	Men	Women
-------	-----	-------

	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	6.01	6.60	7.12	7.17
SD	1.35	1.72	2.50	1.35
Minimum	2.30	3.70	2.30	5.40
5%	3.90	3.70	2.30	5.40
25%	5.40	5.50	5.30	6.10
50%	5.90	6.40	7.30	7.10
75%	7.00	7.50	8.00	8.00
95%	8.00	10.70	14.20	9.30
Maximum	8.40	10.70	14.20	9.30

A3.Table 4.190. Descriptive statistics for serum triglyceride (mmol/L) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	1.56	1.69	1.35	1.59
SD	0.73	1.00	0.69	0.46
Minimum	0.30	0.90	0.50	0.60
5%	0.50	0.90	0.50	0.60
25%	1.10	1.20	0.90	1.30
50%	1.60	1.30	1.20	1.80
75%	2.20	1.80	1.70	1.90
95%	2.80	4.10	3.40	2.10
Maximum	2.90	4.10	3.40	2.10

A3.Table 4.191. Descriptive statistics for serum HDL cholesterol (mmol/L) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	1.40	1.29	1.72	1.50
SD	0.29	0.20	0.40	0.27
Minimum	0.80	1.02	1.30	1.05
5%	0.97	1.02	1.30	1.05
25%	1.21	1.10	1.41	1.28

50%	1.42	1.24	1.61	1.57
75%	1.58	1.49	1.90	1.72
95%	1.75	1.66	2.65	1.84
Maximum	2.08	1.66	2.65	1.84

A3.Table 4.192. Descriptive statistics for serum LDL cholesterol (mmol/L) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	3.91	4.55	4.81	4.97
SD	1.13	1.39	2.43	1.29
Minimum	0.70	2.30	0.20	3.60
5%	2.00	2.30	0.20	3.60
25%	3.40	3.70	3.30	4.00
50%	4.00	4.30	4.70	4.60
75%	4.80	5.30	5.80	5.60
95%	5.50	7.60	12.00	7.30
Maximum	6.10	7.60	12.00	7.30

A3.Table 4.193. Descriptive statistics for serum LDL/HDL by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	2.93	3.56	2.91	3.50
SD	1.16	1.03	1.48	1.54
Minimum	0.40	2.10	0.10	2.20
5%	1.70	2.10	0.10	2.20
25%	2.20	2.80	1.90	2.70
50%	2.70	3.50	3.25	3.10
75%	3.30	4.20	3.80	3.20
95%	5.10	6.20	6.50	7.00
Maximum	5.70	6.20	6.50	7.00

A3.Table 4.194. Descriptive statistics for plasma ferritin ($\mu\text{g/L}$) by age group and

gender.				
GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	23	14	17	8
Mean	96.96	76.71	72.35	66.50
SD	88.25	38.85	75.16	35.08
Minimum	6.00	15.00	15.00	26.00
5%	7.00	15.00	15.00	26.00
25%	32.00	56.00	29.00	36.00
50%	60.00	76.00	52.00	61.50
75%	177.00	91.00	86.00	101.00
95%	249.00	172.00	331.00	109.00
Maximum	330.00	172.00	331.00	109.00

A3.Table 4.195. Descriptive statistics for plasma B12 (pmol/L) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	22	13	17	7
Mean	284.86	244.38	439.41	580.49
SD	153.55	140.75	390.90	541.29
Minimum	86.00	73.00	164.00	231.00
5%	105.00	73.00	164.00	231.00
25%	178.00	132.00	204.00	239.00
50%	258.50	220.00	314.00	444.00
75%	356.00	305.00	553.00	574.00
95%	506.00	518.00	1770.00	1770.00
Maximum	757.00	518.00	1770.00	1770.00

A3.Table 4.196. Descriptive statistics for plasma folate (nmol/L) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	22	13	17	7
Mean	19.86	17.38	21.82	21.85
SD	11.08	5.40	10.83	6.87
Minimum	5.00	10.00	8.00	16.00

5%	7.00	10.00	8.00	16.00
25%	13.00	13.00	14.00	16.00
50%	17.00	15.00	18.00	20.00
75%	23.00	22.00	24.00	29.00
95%	37.00	26.00	46.00	33.00
Maximum	54.00	26.00	46.00	33.00

A3.Table 4.197. Descriptive statistics for plasma iron ($\mu\text{mol/L}$) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	23.04	24.86	20.77	20.88
SD	7.04	5.95	5.81	6.09
Minimum	10.00	13.00	14.00	11.00
5%	11.00	13.00	14.00	11.00
25%	17.00	22.00	17.00	15.00
50%	25.00	25.00	19.00	23.00
75%	28.00	27.00	23.00	24.00
95%	31.00	37.00	33.00	29.00
Maximum	35.00	37.00	33.00	29.00

A3.Table 4.198. Descriptive statistics for total FE binding ($\mu\text{mol/L}$) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	24	15	18	9
Mean	59.87	57.86	62.17	62.44
SD	10.28	7.47	9.68	8.22
Minimum	45.00	47.00	39.00	54.00
5%	47.00	47.00	39.00	54.00
25%	52.00	51.00	56.00	59.00
50%	58.00	58.00	62.00	59.00
75%	66.50	65.00	68.00	61.00
95%	75.00	71.00	80.00	77.00
Maximum	86.00	71.00	80.00	77.00

A3.Table 4.199. Descriptive statistics for iron saturation (%) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	24	15	18	9
Mean	39.79	43.93	34.78	34.11
SD	15.73	11.87	13.16	10.43
Minimum	14.00	20.00	20.00	14.00
5%	14.00	20.00	20.00	14.00
25%	29.00	39.00	25.00	28.00
50%	40.50	44.00	31.50	38.00
75%	51.50	55.00	44.00	41.00
95%	60.00	60.00	59.00	48.00
Maximum	71.00	60.00	59.00	48.00

A3.Table 4.200. Descriptive statistics for serum fructosamine (mmol/L) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	2.06	2.09	2.16	2.18
SD	0.38	0.21	0.24	0.20
Minimum	1.80	1.80	1.80	1.90
5%	1.90	1.80	1.80	1.90
25%	1.90	1.90	2.00	2.10
50%	2.00	2.10	2.15	2.10
75%	2.10	2.20	2.30	2.30
95%	2.50	2.50	2.80	2.60
Maximum	3.40	2.50	2.80	2.60

A3.Table 4.201. Descriptive statistics for haemoglobin (g/dL) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	14.17	14.26	12.68	13.67

SD	1.21	1.68	0.64	0.60
Minimum	11.40	11.50	11.70	12.50
5%	11.90	11.50	11.70	12.50
25%	13.30	13.20	12.30	12.60
50%	14.50	14.00	12.60	13.00
75%	15.00	15.60	13.00	13.10
95%	15.70	17.90	14.30	14.40
Maximum	16.30	17.90	14.30	14.40

A3.Table 4.202. Descriptive statistics for haematocrit (%) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	25	15	18	9
Mean	44.40	44.50	39.90	41.00
SD	3.60	4.20	1.60	1.70
Minimum	35.10	37.30	37.40	39.00
5%	39.30	37.30	37.40	39.00
25%	42.60	41.40	39.00	40.40
50%	43.90	43.00	39.80	40.90
75%	47.20	48.30	40.70	41.00
95%	49.30	52.60	44.10	44.90
Maximum	49.50	52.60	44.10	44.90

A3.Table 4.203. Descriptive statistics for systolic blood pressure (mmHg) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	147.60	146.00	146.75	162.22
SD	19.03	21.97	20.15	31.14
Minimum	100.00	110.00	110.00	130.00
5%	120.00	110.00	110.00	130.00
25%	140.00	130.00	132.50	140.00
50%	150.00	140.00	150.00	150.00
75%	160.00	160.00	160.00	180.00
95%	170.00	190.00	185.00	220.00
Maximum	190.00	190.00	190.00	220.00

A3.Table 4.204. Descriptive statistics for diastolic blood pressure (mmHg) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	15	20	9
Mean	78.46	76.67	74.50	80.00
SD	15.15	10.46	12.76	18.03
Minimum	50.00	60.00	50.00	60.00
5%	60.00	60.00	55.00	60.00
25%	70.00	70.00	65.00	70.00
50%	80.00	80.00	75.00	70.00
75%	90.00	80.00	80.00	90.00
95%	100.00	100.00	95.00	110.00
Maximum	120.00	100.00	100.00	110.00

A3.Table 4.205. Descriptive statistics for serum uric acid ($\mu\text{mol/L}$) by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	24	14	17	8
Mean	326.63	361.71	322.47	282.00
SD	86.66	88.09	110.07	132.56
Minimum	214.00	213.00	192.00	1.00
5%	220.00	213.00	192.00	1.00
25%	260.50	290.00	241.00	240.00
50%	322.00	363.50	260.00	303.50
75%	356.00	422.00	397.00	369.00
95%	469.00	504.00	520.00	430.00
Maximum	582.00	504.00	520.00	430.00

A3.Table 4.206. Descriptive statistics for dihydroepiandrosterone (DHEA) ($\mu\text{mol/l}$) by age group and gender.

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

N	21	14	17	9
Mean	2.42	1.84	1.23	1.61
SD	1.10	1.31	0.79	0.82
Minimum	1.00	0.60	0.30	0.50
5%	1.10	0.60	0.30	0.50
25%	1.50	1.10	0.60	1.20
50%	2.00	1.15	1.10	1.40
75%	3.30	2.40	1.80	1.80
95%	4.10	5.20	3.30	3.10
Maximum	4.50	5.20	3.30	3.10

A3.Table 4.207. Descriptive statistics for arm skin rater 1 by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	14	20	9
Mean	1.85	2.25	2.13	2.33
SD	0.53	0.61	0.83	0.66
Minimum	1.00	1.00	1.00	1.50
5%	1.00	1.00	1.00	1.50
25%	1.50	2.00	1.50	2.00
50%	2.00	2.50	2.00	2.50
75%	2.00	2.50	2.75	2.50
95%	2.50	3.00	3.50	3.50
Maximum	3.00	3.00	4.00	3.50

A3.Table 4.208. Descriptive statistics for arm skin rater 2 by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	14	20	9
Mean	1.87	2.21	1.93	2.50
SD	0.52	0.43	0.75	0.50
Minimum	1.00	1.50	1.00	2.00
5%	1.00	1.50	1.00	2.00
25%	1.50	2.00	1.25	2.00
50%	1.75	2.50	2.00	2.50
75%	2.50	2.50	2.50	3.00
95%	2.50	2.50	3.25	3.00

Maximum	3.00	2.50	3.50	3.00
---------	------	------	------	------

A3.Table 4.209. Descriptive statistics for hand skin rater 1 by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	14	20	9
Mean	4.98	5.39	5.33	5.39
SD	0.52	0.76	0.77	0.78
Minimum	4.00	4.00	4.00	4.00
5%	4.00	4.00	4.00	4.00
25%	4.50	5.00	5.00	5.00
50%	5.00	5.75	5.50	6.00
75%	5.00	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 4.210. Descriptive statistics for hand skin rater 2 by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	14	20	9
Mean	4.71	5.11	4.83	5.22
SD	0.67	0.81	0.91	0.67
Minimum	4.00	4.00	3.50	4.00
5%	4.00	4.00	3.50	4.00
25%	4.00	4.00	4.00	5.00
50%	4.75	5.25	5.00	5.50
75%	5.00	6.00	5.75	5.50
95%	6.00	6.00	6.00	6.00
Maximum	6.00	6.00	6.00	6.00

A3.Table 4.211. Descriptive statistics for skin test on arm by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	14	20	9
Mean	1.85	2.21	2.02	2.41

SD	0.48	0.47	0.77	0.55
Minimum	1.00	1.25	1.00	1.75
5%	1.25	1.25	1.00	1.75
25%	1.50	2.00	1.37	2.00
50%	1.75	2.37	2.12	2.50
75%	2.25	2.50	2.62	2.75
95%	2.50	2.75	3.37	3.25
Maximum	2.75	2.75	3.75	3.25

A3.Table 4.212. Descriptive statistics for skin test on hand by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	26	14	20	9
Mean	4.85	5.25	5.08	5.31
SD	0.57	0.76	0.78	0.67
Minimum	4.00	4.00	3.75	4.00
5%	4.00	4.00	3.75	4.00
25%	4.25	4.50	4.50	5.00
50%	4.87	5.50	5.00	5.50
75%	5.00	6.00	5.87	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 4.213. Descriptive statistics for ADL score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	59.40	55.30	54.00	52.10
SD	5.30	8.80	8.60	11.10
Minimum	35.00	29.00	30.00	25.00
5%	51.00	29.00	37.00	29.00
25%	59.00	52.00	48.00	52.00

50%	62.00	59.00	55.00	55.00
75%	62.00	61.00	62.00	60.00
95%	62.00	62.00	62.00	61.00
Maximum	62.00	62.00	62.00	62.00

A3.Table 4.214. Descriptive statistics for social activity score by age group and gender.

GRK-S	Men		Women	
	70 - 79	80+	70 - 79	80+
N	32	19	31	22
Mean	57.20	47.00	45.08	38.80
SD	13.90	10.90	10.70	11.00
Minimum	27.00	29.00	27.00	21.00
5%	29.00	29.00	29.00	21.00
25%	46.50	42.00	39.00	32.00
50%	59.50	46.00	46.00	37.00
75%	68.50	51.00	50.00	47.00
95%	77.00	77.00	64.00	54.00
Maximum	78.00	77.00	74.00	65.00

A3.Table 4.215. 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-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	84.40	89.50	100.00	100.00
<= 3 times/year	0	0	0	0
<= 1 time/month	3.12	0	0	0
<= 1 time/week	0	5.26	0	0
>= 2 times/week	12.50	5.26	0	0
Number of subjects (n)	32	19	31	22

A3.Table 4.216. SAR 92B. "In the past year, how often have you attended a church or synagogue service?" by age group and gender.

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

Never	0	0	0	0
<= 3 times/year	25.00	15.79	32.26	31.82
<= 1 time/month	21.87	21.05	9.68	36.36
<= 1 time/week	53.13	63.16	51.61	31.82
>= 2 times/week	0	0	6.45	0
Number of subjects (n)	32	19	31	22

A3.Table 4.217. 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-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<= 3 times/year	100.00	94.74	100.00	100.00
>= 1 time/month	0	5.26	0	0
Number of subjects (n)	32	19	31	22

A3.Table 4.218. SAR 92D. "In the past year, how often have you gone to movies, theatre, concerts, or lectures?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<= 3 times/year	100.00	100.00	100.00	100.00
Number of subjects (n)	32	19	31	22

A3.Table 4.219. SAR 92E. "In the past year, how often have you gone to a sporting event?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	96.87	100.00	96.77	100.00
>= 3 times/year	3.12	0	3.23	0
Number of subjects (n)	32	19	31	22

A3.Table 4.220. 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-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	81.25	89.47	83.87	95.45
<= 1 time/month	18.75	10.53	16.13	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.221. SAR 92G. "In the past year, how often have you played cards, bingo, pool, or some other game?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	75.00	84.21	100.00	95.45
<= 1 time/month	0	5.26	0	0
<= 1 time/week	3.12	0	0	0
>= 2 times/week	21.87	10.53	0	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.222. SAR 92H. "In the past year, how often have you taken care of house plants or done outdoor gardening?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<= 1 time/month	37.50	42.11	35.48	40.91
<= 1 time/week	18.75	10.53	3.23	0
>= 2 times/week	43.75	47.37	61.29	59.09
Number of subjects (n)	32	19	31	22

A3.Table 4.223. 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-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	78.12	84.21	45.16	81.82
<= 1 time/month	12.50	0	0	0
<= 1 time/week	6.25	10.53	0	0
>= 2 times/week	3.12	5.26	54.84	18.18

Number of subjects (n)	32	19	31	22
------------------------	----	----	----	----

A3.Table 4.224. SAR 92J. "In the past year, how often have you painted pictures or played a musical instrument?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	100.00	100.00	100.00	100.00
Number of subjects (n)	32	19	31	22

A3.Table 4.225. 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-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	81.25	94.74	93.55	100.00
<= 1 time/month	15.63	0	3.23	0
>= 1 time/month	3.12	5.26	3.23	0
Number of subjects (n)	32	19	31	22

A3.Table 4.226. SAR 92L. "In the past year, how often have you baby-sat for grandchildren or other children?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	59.38	73.68	51.61	72.73
<= 1 time/month	0	10.53	0	0
<= 1 time/week	3.12	0	3.23	0
>= 2 times/week	37.50	15.79	45.16	27.27
Number of subjects (n)	32	19	31	22

A3.Table 4.227. SAR 92A. "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-S	Men (%)	Women (%)
-------	---------	-----------

	70 - 79	80+	70 - 79	80+
Never	71.87	89.47	80.65	81.82
<= 1 time/month	28.12	10.53	19.35	18.18
Number of subjects (n)	32	19	31	22

A3.Table 4.228. 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-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	68.75	73.68	77.42	81.82
>= 3 times/year	31.25	26.32	22.58	18.18
Number of subjects (n)	32	19	31	22

A3.Table 4.229. SAR 92O. "In the past year, how often have you met up with friends at a coffee shop or pub, etc.?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	34.38	36.84	100.00	100.00
>= 2 times/week	65.62	63.16	0	0
Number of subjects (n)	32	19	31	22

A3.Table 4.230. SAR 92P. "In the past year, how often have you done volunteer work?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	75.00	94.74	100.00	100.00
>= 3 times/year	25.00	5.26	0	0
Number of subjects (n)	32	19	31	22

A3.Table 4.231. SAR 92Q. "In the past year, how often have you done farm work?" by age group and gender.

GRK-S	Men (%)	Women (%)
-------	---------	-----------

	70 - 79	80+	70 - 79	80+
<= 3 times/year	40.63	89.47	83.87	90.91
>= 2 times/month	59.38	10.53	16.13	9.09
Number of subjects (n)	32	19	31	22

A3.Table 4.232. SAR 92R. "In the past year, how often have you watched TV or listened to the radio?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	3.12	0	6.45	18.18
<= 1 time/week	3.12	0	0	0
2 - 4 times/week	15.63	10.53	19.35	13.64
>= 5 times/week	78.12	89.47	74.19	68.18
Number of subjects (n)	32	19	31	22

A3.Table 4.233. SAR 92S. "In the past year, how often have you gone to a dance?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	100.00	100.00	100.00	100.00
Number of subjects (n)	32	19	31	22

A3.Table 4.234. SAR 92T. "In the past year, how often have you looked after animals/pets?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	71.87	94.74	80.65	68.18
<= 1 time/week	6.25	0	0	0
>= 2 times/week	21.87	5.26	19.35	31.82
Number of subjects (n)	32	19	31	22

A3.Table 4.235. SAR 92U. "In the past year, how often have you spent time reading?"

by age group and gender.				
GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	93.75	89.47	93.55	95.45
>= 2 times/week	6.25	10.53	6.45	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.236. SAR 93. "Is there anyone in particular in whom you confide or talk to about your problems?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	100.00	100.00	96.77	95.45
No	0	0	3.23	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.237. SAR 94. "Do you have any living children?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	100.00	100.00	93.55	95.45
No	0	0	6.45	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.238. SAR 95. "Do you have any living brohters and sisters?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	100.00	84.21	90.32	81.82
No	0	15.79	9.68	18.18
Number of subjects (n)	32	19	31	22

A3.Table 4.239. SAR 96. "Are there any other relatives to whom you feel very close?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	100.00	94.74	93.55	90.91
No	0	5.26	6.45	9.09
Number of subjects (n)	32	19	31	22

A3.Table 4.240. SAR 97A. "About how often do you receive visits from other close family or friends?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Rarely	4.70	5.30	3.20	0
Monthly	22.70	21.00	12.90	13.64
Weekly	47.70	47.40	45.20	36.36
Daily	24.90	26.30	38.70	50.00
Number of subjects (n)	32	19	31	22

A3.Table 4.241. SAR 97B. "How often do you visit close family or friends?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Rarely	25.00	31.58	25.81	31.82
Monthly	6.25	26.32	12.90	13.64
Weekly	25.00	21.05	38.71	22.73
Daily	43.75	21.05	22.58	31.82
Number of subjects (n)	32	19	31	22

A3.Table 4.242. SAR 97C. "How often do you speak to family or friends on the telephone?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Rarely	12.50	31.58	25.81	45.45
Monthly	53.13	42.11	58.06	45.45
Weekly	34.38	26.32	12.90	4.55
Daily	0	0	3.23	4.55

Number of subjects (n)	32	19	31	22
------------------------	----	----	----	----

A3.Table 4.243. SAR 97D. "How often do you write letters to family or friends?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Rarely	93.75	100.00	96.77	100.00
Monthly	6.25	0	3.23	0
Number of subjects (n)	32	19	31	22

A3.Table 4.244. SAR 98. "Would you stay with family or friends if you were sick, for a short while?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	100.00	100.00	100.00	86.36
No	0	0	0	13.64
Number of subjects (n)	32	19	31	22

A3.Table 4.245. 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-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	84.37	78.95	90.32	86.36
No	15.63	21.05	9.68	13.64
Number of subjects (n)	32	19	31	22

A3.Table 4.246. SAR 101. "Do you feel lonely?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Very often	6.25	0	22.58	13.64
Sometimes	3.12	15.79	9.68	9.09
Rarely	0	10.53	6.45	9.09

Never	90.62	73.68	61.29	68.18
Number of subjects (n)	32	19	31	22

A3.Table 4.247. SAR 102. "Do you beleive your children and grandchildren respect and acknowledge you?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Sometimes	9.38	5.26	12.90	22.73
Most of times	9.38	10.53	19.35	18.18
Always	81.25	84.21	67.74	59.09
Number of subjects (n)	32	19	31	22

A3.Table 4.248. DC 31A. "Do you live alone?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	3.12	5.26	12.90	13.64
No	96.87	94.74	87.10	86.36
Number of subjects (n)	32	19	31	22

A3.Table 4.249. DC 31B. "Does your spouse/partner live here?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	93.75	78.95	48.39	27.27
No	6.25	21.05	51.61	72.73
Number of subjects (n)	32	19	31	22

A3.Table 4.250. DC 31C. "How many of your children live here?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
None	9.38	15.79	12.90	22.73

>= 1 of my children	90.62	84.21	87.10	77.27
Number of subjects (n)	32	19	31	22

A3.Table 4.251. DC 31D. "How many of your grandchildren live here?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
None	28.12	21.05	22.58	18.18
1 lives here	15.63	26.32	6.45	27.27
2 live here	40.63	52.63	45.16	45.45
3 live here	15.63	0	25.81	9.09
Number of subjects (n)	32	19	31	22

A3.Table 4.252. DC 31BGA. "How old is the youngest grandchild that lives here?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
< 6 years	25.00	5.26	9.68	9.09
6 - 12 years	15.63	5.26	25.81	4.55
12 - 18 years	31.25	68.42	41.94	68.18
None	28.12	21.05	22.58	18.18
Number of subjects (n)	32	19	31	22

A3.Table 4.253. DC 31BO. "How many other people live here?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
None	100.00	100.00	100.00	95.45
More than 1 person	0	0	0	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.254. SM 90A. "Have you ever smoked regularly, at least one cigarette/cigar/pipe a day?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes, smoked regularly	25.00	15.79	6.45	0
Used to now stop	43.75	47.37	0	0
No, never smoked	31.25	36.84	93.55	100.00
Number of subjects (n)	32	19	31	22

A3.Table 4.255. SM 90B. "If yes, how many years did you or have you smoked?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never smoked	31.25	36.80	93.50	95.50
1-10 years	9.40	0	3.30	4.50
10-20 years	3.20	0	0	0
>20 years	56.2	63.20	3.20	0
Number of subjects (n)	32	19	31	22

A3.Table 4.256. SL 89A. "What time do you normally go to bed?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
8:00 PM	25.00	21.05	9.68	13.64
9:00 PM	0	0	9.68	13.64
10:00 PM	34.38	21.05	35.48	40.91
Later than 11:00 PM	40.63	57.89	45.16	31.82
Number of subjects (n)	32	19	31	22

A3.Table 4.257. SL 89B. "What time do you normally get up from bed?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Earlier than 5:00 AM	16.90	9.40	9.80	8.00
6:00 AM	47.70	33.50	23.90	56.00
7:00 AM	24.10	28.50	49.80	20.70
8:00 AM	6.50	19.00	9.80	8.00

9:00 AM	0	0	3.30	0
later than 9.00 AM	4.80	9.60	3.40	7.30
Number of subjects (n)	32	19	31	22

A3.Table 4.258. SL 89C. "On average, how many hours sleep do you get each night?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
<=4 hours	17.50	21.10	22.70	4.50
5 hours	8.20	31.60	9.60	13.60
6 hours	24.80	26.40	29.10	40.91
7 hours	27.90	5.26	22.60	13.70
8 hours	13.40	10.53	6.45	13.70
>=9 hours	8.20	5.20	9.60	13.60
Number of subjects (n)	32	19	31	22

A3.Table 4.259. SL 89D. "Do you have a nap during the day?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Yes	100.00	100.00	87.10	90.91
No	0	0	12.90	9.09
Number of subjects (n)	32	19	31	22

A3.Table 4.260. EX86SC. Exercise score by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
1 Inactive	9.38	26.32	12.90	22.73
2	15.63	26.32	41.94	18.18
3	9.38	21.05	16.13	40.91
4 Active	18.75	15.79	19.35	4.55
5	9.38	0	3.23	9.09
6	12.50	5.26	3.23	0
7 Very active	25.00	5.26	3.23	4.55

Number of subjects (n)	32	19	31	22
------------------------	----	----	----	----

A3.Table 4.261. EX 84. "About how often do you go out of this house/ building in good weather?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
< 1 day/week	0	15.79	9.68	13.64
1 - 4 days/week	6.25	0	35.48	31.82
4 days/week	93.75	84.21	54.84	54.55
Number of subjects (n)	32	19	31	22

A3.Table 4.262. ADL 88A. "Are you able to walk between rooms?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	0	0	0	4.55
With difficulty, but without help		3.12	10.53	32.26 18.18
Without difficulty	96.87	89.47	67.74	77.27
Number of subjects (n)	32	19	31	22

A3.Table 4.263. ADL 88B. "Are you able to use the stairs?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	12.50	21.05	16.13	22.73
With difficulty, but without help		6.25	21.05	25.81 18.18
Without difficulty	81.25	57.89	58.06	59.09
Number of subjects (n)	32	19	31	22

A3.Table 4.264. ADL 88C. "Are you able to walk at least 400 metres?" by age group and gender.

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

Cannot do it, need help	9.38	15.79	35.48	36.36
With difficulty, but without help		3.12	10.53	22.58 18.18
Without difficulty	87.50	73.68	41.94	45.45
Number of subjects (n)	32	19	31	22

A3.Table 4.265. ADL 88D. "Are you able to get places out of walking distance, i.e. by bus, taxi, train?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	9.38	26.32	45.16	63.64
With difficulty, but without help		9.38	15.79	12.90 9.09
Without difficulty	81.25	57.89	41.94	27.27
Number of subjects (n)	32	19	31	22

A3.Table 4.266. ADL 88E. "Are you able to use the toilet?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	0	5.26	3.23	9.09
With difficulty, but without help		2.00	5.26	19.35 13.64
Without difficulty	98.00	89.47	77.42	77.27
Number of subjects (n)	32	19	31	22

A3.Table 4.267. ADL 88F. "Are you able to wash and bathe yourself?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	3.12	0	16.13	13.64
With difficulty, but without help		0	10.53	16.13 13.64
Without difficulty	96.87	89.47	67.74	72.73
Number of subjects (n)	32	19	31	22

A3.Table 4.268. ADL 88G. "Are you able to dress and undress?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	3.12	0	6.45	9.09
With difficulty, but without help		0	15.79	19.35 13.64
Without difficulty	96.87	84.21	74.19	77.27
Number of subjects (n)	32	19	31	22

A3.Table 4.269. ADL 88H. "Are you able to take care of your appearance?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	3.12	0	3.23	9.09
With difficulty, but without help		0	5.26	16.13 9.09
Without difficulty	96.87	94.74	80.65	81.82
Number of subjects (n)	32	19	31	22

A3.Table 4.270. ADL 88I. "Are you able to get in and out of bed?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	3.12	0	3.23	4.55
With difficulty, but without help		0	5.26	19.35 18.18
Without difficulty	96.87	94.74	77.42	77.27
Number of subjects (n)	32	19	31	22

A3.Table 4.271. ADL 88J. "Are you able to do your own cooking if you had to?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	3.12	26.32	6.45	18.18
With difficulty, but without help		21.87	31.58	12.90 4.55
Without difficulty	75.00	42.11	80.65	77.27
Number of subjects (n)	32	19	31	22

A3.Table 4.272. ADL 88K. "Are you able to feed yourself if you had to?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	0	10.53	0	4.55
With difficulty, but without help		0	0	19.35 13.64
Without difficulty	100.00	89.47	80.65	81.82
Number of subjects (n)	32	19	31	22

A3.Table 4.273. ADL 88L. "Are you able to do light housework (e.g. wash dishes)?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	6.25	21.05	9.68	13.64
With difficulty, but without help		0	0	19.35 9.09
Without difficulty	93.75	78.95	70.97	77.27
Number of subjects (n)	32	19	31	22

A3.Table 4.274. ADL 88M. "Are you able to do heavy housework (wash windows)?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	21.87	42.11	38.71	54.55
With difficulty, but without help		15.63	36.84	19.35 22.73
Without difficulty	62.50	21.05	41.94	22.73
Number of subjects (n)	32	19	31	22

A3.Table 4.275. ADL 88N. "Are you able to take your own medicine if you had to?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Cannot do it, need help	3.12	15.79	3.23	13.64

With difficulty, but without help	0	0	6.45	4.55
Without difficulty	96.87	84.21	90.32	81.82
Number of subjects (n)	32	19	31	22

A3.Table 4.276. ADL 88O. "How often do you wet yourself?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	100.00	84.21	90.32	95.45
Occasionally	0	15.79	6.45	0
Frequently	0	0	3.23	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.277. ADL 88P. "How often do you soil yourself?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Never	18.00	89.47	90.32	95.45
Occasionally	0	10.53	6.45	0
Frequently	0	0	3.23	4.55
Number of subjects (n)	32	19	31	22

A3.Table 4.278. ADL 88Q. "Who is your main helper?" by age group and gender.

GRK-S	Men (%)		Women (%)	
	70 - 79	80+	70 - 79	80+
Spouse/partner	78.10	78.90	51.60	18.20
Your child/ren	6.20	10.50	35.50	63.60
Friend/relative	0	0	0	0
Neighbour	0	0	3.20	13.60
Paid help	0	0	0	0
No help	15.60	10.50	9.70	4.50
Number of subjects (n)	32	19	31	22

