

A3.6 FILIPINOS, MANILA, PHILIPPINES

DEMOGRAPHY

A3.Table 6.1. Descriptive statistics for age by group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	41	109	98
Mean	63.60	75.60	64.09	76.39
SD	2.78	3.99	3.16	5.28
Minimum	57.00	70.00	58.00	70.00
5%	60.00	70.00	60.00	70.00
25%	62.00	71.00	61.00	72.00
50%	63.00	76.00	64.00	75.00
75%	65.00	79.00	67.00	79.00
95%	68.00	81.00	69.00	87.00
Maximum	69.00	83.00	69.00	91.00

A3.Table 6.2. Marital status by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never married	6.1	9.8	11.9	28.6
Married	66.7	51.2	43.1	13.3
Widowed	12.1	29.3	41.3	53.1
Divorced/separated	15.2	9.8	1.8	5.1
Living with partner	0.0	0.0	1.8	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.3. "If you are widowed, divorced or separated, how long ago did this happen?"

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
1	0.0	2.4	0.9	4.1
2	6.1	7.3	1.8	2.0
3	3.0	0.0	3.7	1.0
4	0.0	2.4	2.8	2.0
5	3.0	2.4	2.8	1.0
7	0.0	0.0	3.7	2.0
8	0.0	0.0	1.8	0.0
9	3.0	0.0	0.0	1.0
10	3.0	2.4	2.8	4.1
11	0.0	4.9	1.8	2.0
12	0.0	0.0	0.9	1.0
13	0.0	0.0	2.8	1.0
14	3.0	0.0	1.8	0.0
15	3.0	0.0	0.0	0.0
17	0.0	0.0	3.7	0.0
18	0.0	0.0	0.9	0.0
19	0.0	0.0	0.0	1.0
20	3.0	2.4	0.9	3.1
More than 20 years	0.0	14.8	11.9	31.8
Not applicable	72.7	61.0	55.0	42.9
Number of subjects (n)	33	41	109	98

A3.Table 6.4. DC 24A. "As a child did you live in a rural or urban community?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Mainly urban areas	57.6	65.9	60.6	73.5
Mainly rural areas	36.4	31.7	35.8	21.4
Both rural and urban	6.1	2.4	3.7	5.1
Number of subjects (n)	33	41	109	98

A3.Table 6.5. DC 25A. "As a child did you live in a rural or urban community?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70

Mainly urban areas	78.8	80.5	73.4	82.7
Mainly rural areas	12.1	7.3	11.0	9.2
Both rural and urban	9.1	12.2	15.6	8.2
Number of subjects (n)	33	41	109	98

A3.Table 6.6. DC 28. "For how many years did you have full-time education?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	3.0	9.8	3.7	15.3
1	9.1	2.4	3.7	3.1
2	12.1	4.9	5.5	3.1
3	9.1	2.4	9.2	8.2
4	3.0	7.3	12.8	11.2
5	6.1	4.9	8.3	5.1
6	12.1	7.3	11.9	10.2
7	3.0	12.2	11.9	9.2
8	6.1	7.3	1.8	1.0
9	3.0	2.4	5.5	0.0
10	21.2	14.6	10.1	11.2
11	6.1	0.0	4.6	0.0
12	0.0	7.3	1.8	2.0
13	0.0	0.0	0.0	4.1
14	0.0	9.8	8.3	5.1
15	3.0	2.4	0.0	6.1
17	0.0	0.0	0.0	1.0
18	3.0	0.0	0.9	1.0
24	0.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.7. ECO 104. "Do you receive any other form of assistance (other than money)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	48.5	68.3	73.4	85.7
No	51.5	31.7	26.6	13.3
Unknown	0.0	0.0	0.0	1.0

Number of subjects (n)	33	41	109	98
------------------------	----	----	-----	----

A3.Table 6.7. ECO 104YES. "If yes, what sort of support do you receive?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Food	48.5	63.4	70.6	81.6
Clothing	42.4	48.8	59.6	76.5
Shelter	33.3	39.0	39.4	69.4
Medication	27.3	39.0	51.4	68.4
Transport	12.1	22.0	33.0	48.0

A3.Table 6.9. ECO 104G. "From whom do you receive support?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Child	27.3	36.6	47.7	41.8
Relative/friend	3.0	9.8	11.0	17.3
Neighbour	0.0	0.0	1.8	0.0
Other	27.3	22.0	10.1	22.4
Unknown	42.4	31.7	29.4	18.3
Number of subjects (n)	33	41	109	98

A3.Table 6.10. ECO 105. "Thinking about how you live, would you say you had enough money or other help for food, housing, clothing, etc.?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
No, I do not have enough	39.4	24.4	44.0	22.4
Yes, I have just enough	51.5	48.8	52.3	67.3
Yes, I have more than enough	3.0	9.8	1.8	5.1
Unknown	6.1	17.0	1.8	6.1
Number of subjects (n)	33	41	109	98

A3.Table 6.11. Number of years living at present residence by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	3.0	0.0	0.9	0.0
1	12.1	7.3	5.5	11.2
2	6.1	9.8	3.7	8.2
3	0.0	4.9	5.5	3.1
4	9.1	2.4	2.8	4.1
5	0.0	7.3	3.7	5.1
6	3.0	4.9	0.9	2.0
7	0.0	7.3	4.6	3.1
8	3.0	2.4	0.9	2.0
9	0.0	0.0	0.9	1.0
10	6.1	2.4	1.8	2.0
More than 10 years	57.6	51.3	68.8	58.2
Number of subjects (n)	33	41	109	98

A3.Table 6.12. Type of living condition by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Living in children's house	12.1	12.2	15.6	12.2
Living in separate house attached to children's house	0.0	0.0	0.0	6.1
Living in separate house with spouse	0.0	9.8	3.7	1.0
Living alone	0.0	0.0	2.8	1.0
Boarding house	0.0	0.0	2.8	0.0
Institution	24.2	36.6	9.2	51.0
Own house, with children	42.4	36.6	54.1	24.5
Others	18.2	2.4	11.0	3.1
Unknown	3.0	2.4	0.9	1.0
Number of subjects (n)	33	41	109	98

HEALTH STATUS

A3.Table 6.13. H 34. "How would you rate your overall health at the present time?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Poor	15.2	14.6	15.6	28.6
Fair	45.5	43.9	40.4	42.9
Good	39.4	39.0	42.2	27.6
Excellent	0.0	2.4	1.8	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.14. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not as good	60.6	58.5	54.1	60.2
Same	30.3	26.8	27.5	18.4
Better	9.1	14.6	18.3	21.4
Number of subjects (n)	33	41	109	98

A3.Table 6.15. H 36. "Do your health problems stand in the way of your doing the things you want to do?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
A great deal	27.3	48.8	29.4	34.7
A little	21.2	31.7	25.7	24.5
Not at all	51.5	19.5	45.0	40.8
Number of subjects (n)	33	41	109	98

A3.Table 6.16. H 37. "Would you say your health is better, about the same or not as good as most people your age?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not as good	21.20	17.10	16.50	27.60

Same	24.20	9.80	20.20	12.20
Better	54.50	70.70	61.50	60.20
Unknown	0.00	2.40	1.80	0.00
Number of subjects (n)	33	41	109	98

A3.Table 6.17. H 38. "How many times did you see any type of doctor (not including while in hospital) during the past 12 months?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
> 13 times	6.10	17.10	8.30	9.20
3 - 12 times	36.40	29.30	26.60	34.70
0 - 2 times	57.60	53.70	65.10	55.10
Unknown	0.00	0.00	0.00	1.00
Number of subjects (n)	33	41	109	98

A3.Table 6.18. H 39. "How many days have you spent in hospital during the past 12 months?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
> 22 days	0.00	7.30	0.00	3.10
1 - 21 days	27.30	12.20	10.10	16.30
0 days	72.70	80.50	89.90	80.60
Number of subjects (n)	33	41	109	98

A3.Table 6.19. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
> 14 days	3.0	7.3	5.5	7.1
1 - 14 days	12.1	17.1	17.4	12.2
0 days	84.8	75.6	77.1	79.6
Unknown	0.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.20. H 41. "How good is your eyesight (with glasses if used)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Blind or partially blind	27.3	36.6	32.1	48.0
Good or adequate	72.7	63.4	67.0	52.0
Unknown	0.0	0.0	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.21. H 42. "How good is your hearing (with hearing aid if used)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Deaf or partially	24.2	36.6	15.6	22.4
Good or adequate	75.8	63.4	83.5	77.6
Unknown	0.0	0.0	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.22. H 43. "In the past year have you had the following?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Diabetes	6.1	7.3	4.6	7.1
High blood pressure	27.3	36.6	37.6	34.7
Heart trouble	27.3	12.2	16.5	18.4
Circulation problems	3.0	2.4	0.9	2.0
Been paralysed	0.0	7.3	3.7	2.0
Any other effects of stroke	0.0	4.9	4.6	2.0
Arthritis, rheumatism	36.4	41.5	38.5	60.2
A stomach ulcer	12.1	7.3	11.0	13.3
Emphysema or asthma	9.1	14.6	11.0	10.2
Glaucoma	0.0	7.3	0.9	1.0
Cataracts	21.2	24.4	8.3	30.6
A tumour or growth, cancer	3.0	2.4	1.8	4.1

Liver trouble or jaundice	0.0	0.0	0.0	0.0
Gall bladder trouble	0.0	2.4	1.8	4.1
Kidney trouble	6.1	7.3	2.8	6.1
Bladder trouble	0.0	0.0	0.0	0.0
A broken hip	0.0	2.4	0.0	0.0
Other broken bones	0.0	0.0	5.5	7.1
Anaemia	0.0	0.0	11.0	5.1
Parkinson's disease	0.0	2.4	0.0	0.0
Trouble sleeping, insomnia	15.2	2.4	8.3	16.3
Nervousness, tenseness	3.0	12.2	22.9	22.4
Prostate problems	0.0	4.9	0.9	0.0
Osteoporosis	0.0	0.0	0.0	0.0
Urinary tract infection	3.0	0.0	2.8	5.1
Uric acid	3.0	4.9	2.8	2.0
Constipation	3.0	9.8	6.4	17.3
Stomach/intestine problems	3.0	2.4	5.5	7.1
Other ailments	27.3	14.6	12.8	20.4

A3.Table 6.23. H 44. "Do you take any of the following regularly?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Arthritis medication	9.1	12.2	16.5	21.4
Prescription pain killer	0.0	7.3	2.8	8.2
Aspirin	18.2	9.8	7.3	8.2
High blood pressure medicine	24.2	29.3	26.6	26.5
Pills to make you lose water or salt	0.0	2.4	0.9	2.0
Digitalis pills for the heart	12.1	9.8	8.3	14.3
Nitroglycerin tablets for chest pain	6.1	0.0	0.0	3.1
Blood thinner medicine (anticoagulants)	0.0	0.0	0.0	1.0
Drugs to improve circulation	3.0	4.9	0.0	2.0
Insulin injections for diabetes	0.0	0.0	0.0	0.0
Pills for diabetes	0.0	0.0	1.8	3.1
Prescription ulcer medicine	3.0	2.4	2.8	7.1
Seizure medication	0.0	0.0	0.0	0.0
Thyroid pills	0.0	0.0	0.0	0.0
Cortisone pills or injections	0.0	0.0	0.0	0.0
Antibiotics	9.1	9.8	7.3	9.2
Tranquillizers or nerve medicine	0.0	0.0	1.8	1.0
Prescription sleeping pills	0.0	0.0	0.9	0.0

Hormones, male or female	0.0	0.0	0.0	0.0
Pills for anxiety or depression	0.0	0.0	0.0	0.0
Drops/ medication for glaucoma	0.0	4.9	0.0	1.0
Muscle relaxant	3.0	2.4	4.6	3.1
Allergy	0.0	2.4	4.6	2.0
Constipation	0.0	0.0	1.8	1.0
Other medicines	9.1	14.6	8.3	14.3

A3.Table 6.24. H 45. "Have you taken any herbal medicines or vitamins in the past year?" (#1) by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
Multivitamins	24.2	34.1	19.3	26.5	
Vitamin B12 injection	0.0	0.0	2.8	2.0	
Vitamin C, Calcium, Vitamin D		0.0	0.0	0.9	0.0
Iron/Folate	3.0	4.9	6.4	6.1	
Phosphoric acid and pectin	0.0	0.0	0.0	0.0	
Vitamin D	0.0	0.0	0.0	0.0	
Multi B Vitamins	0.0	4.9	1.8	6.1	
Vitamin A and E	0.0	2.4	1.8	4.1	
Vitamin C	0.0	4.9	7.3	5.1	
Other	0.0	0.0	5.5	3.1	
Unknown	72.7	48.8	54.1	46.9	
Number of subjects (n)	33	41	109	98	

A3.Table 6.25. "How often is vitamin (#1) taken?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Daily	21.2	46.3	25.7	37.8
Couple of times a week	3.0	0.0	3.7	2.0
Couple of times a month	3.0	0.0	1.8	0.0
Every couple of months	0.0	0.0	0.9	1.0
Regularly for a couple of months of every year	0.0	0.0	3.7	3.1
Daily for one month or less	0.0	0.0	1.8	1.0
For a short period, once only	0.0	4.9	7.3	6.1
Unknown	72.7	48.8	55.0	49.0

Number of subjects (n)	33	41	109	98
------------------------	----	----	-----	----

A3.Table 6.26. Vitamin supplements (#2) taken by respondent by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Multivitamins	0.0	2.4	1.8	1.0
Vitamin B12 injection	0.0	0.0	0.9	0.0
Vitamin C, Calcium, Vitamin D	0.0	2.4	0.9	3.1
Iron/Folate	0.0	0.0	2.8	2.0
Phosphoric acid and pectin	0.0	0.0	0.0	0.0
Vitamin D	0.0	0.0	0.0	0.0
Multi B Vitamins	0.0	0.0	1.8	0.0
Vitamin A and E	0.0	2.4	0.0	0.0
Vitamin C	3.0	0.0	2.8	4.1
Other	0.0	2.4	0.0	1.0
Unknown	97.0	90.2	89.0	88.8
Number of subjects (n)	33	41	109	98

A3.Table 6.27. "How often is vitamin (#2) taken?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Daily	3.0	7.3	6.4	7.1
Couple of times a week	0.0	0.0	0.0	3.1
Couple of times a month	0.0	0.0	0.0	0.0
Every couple of months	0.0	0.0	0.9	0.0
Regularly for a couple of months of every year	0.0	0.0	0.9	0.0
Daily for one month or less	0.0	0.0	1.8	0.0
For a short period, once only	0.0	2.4	0.9	1.0
Unknown	97.0	90.2	89.0	88.8
Number of subjects (n)	33	41	109	98

A3.Table 6.28. Vitamin supplements (#3) taken by respondent by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Multivitamins	0.0	2.4	0.0	0.0
Vitamin B12 injection	0.0	0.0	0.9	0.0
Vitamin C, Calcium, Vitamin D	0.0	0.0	0.0	0.0
Iron/Folate	0.0	0.0	0.9	1.0
Phosphoric acid and pectin	0.0	0.0	0.0	0.0
Vitamin D	0.0	0.0	0.0	0.0
Multi B Vitamins	0.0	0.0	0.0	0.0
Vitamin A and E	0.0	0.0	0.0	1.0
Vitamin C	0.0	0.0	0.9	0.0
Other	0.0	0.0	0.0	0.0
Unknown	100.0	97.6	97.2	98.0
Number of subjects (n)	33	41	109	98

A3.Table 6.29. "How often is vitamin (#3) taken?" by respondent by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Daily	0.0	2.4	0.9	2.0
Couple of times a week	0.0	0.0	0.0	0.0
Couple of times a month	0.0	0.0	0.0	0.0
Every couple of months	0.0	0.0	0.9	0.0
Regularly for a couple	0.0	0.0	0.9	0.0
Daily for one month	0.0	0.0	0.0	0.0
For a short period,	0.0	0.0	0.0	0.0
Unknown	100.0	97.6	97.2	98.0
Number of subjects (n)	33	41	109	98

A3.Table 6.30. H 46A. Any arms missing or handicapped by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	0.0	0.0	0.0	0.0
No	100.0	100.0	100.0	100.0
Number of subjects (n)	33	41	109	98

A3.Table 6.31. H 46B. Any legs missing or handicapped by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	0.0	0.0	0.0	0.0
No	100.0	100.0	100.0	100.0
Number of subjects (n)	33	41	109	98

A3.Table 6.32. H 47. "Do you use any of ther following aids?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Cane	12.1	17.1	3.7	12.2
Walker	0.0	0.0	0.0	0.0
Wheelchair	0.0	0.0	0.0	1.0
Leg brace	0.0	0.0	1.8	0.0
Back brace	0.0	0.0	0.0	0.0
Hearing aid	0.0	0.0	0.0	1.0
Pacemaker	0.0	0.0	0.0	1.0
Colostomy	0.0	0.0	0.0	0.0
Catheter	0.0	0.0	0.0	1.0
Geriatric chair	0.0	0.0	0.0	0.0
Glasses	39.4	58.5	63.3	51.0
Artificial limb	0.0	0.0	0.0	0.0
Other aid	0.0	2.4	0.0	0.0

A3.Table 6.33. WB 11. "Do you have difficulty with sleep?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	42.4	46.3	42.2	49.0
No	57.6	53.7	57.8	51.0
Number of subjects (n)	33	41	109	98

A3.Table 6.34. WB 12. "Do you find yourself sleeping too much?" by age group and

gender.				
FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	36.4	31.7	29.4	26.5
No	63.6	68.3	70.6	72.4
Unknown	0.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.35. WB 13. "Do you worry more than usual about little things?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	39.4	46.3	64.2	48.0
No	60.6	53.7	35.8	52.0
Number of subjects (n)	33	41	109	98

A3.Table 6.36. WB 14. "Have you lost interest in doing things you usually cared about or enjoyed?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	54.5	48.8	48.6	54.1
No	45.5	51.2	51.4	45.9
Number of subjects (n)	33	41	109	98

A3.Table 6.37. WB 15. "Have you ever felt so sad or depressed you thought you wanted to die?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	21.2	31.7	26.6	19.4
No	78.8	68.3	73.4	80.6
Number of subjects (n)	33	41	109	98

A3.Table 6.38. WB 16. "Do you feel tired most of the time?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	57.6	68.3	64.2	62.2
No	42.4	31.7	35.8	37.8
Number of subjects (n)	33	41	109	98

A3.Table 6.39. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	45.5	61.0	61.5	65.3
No	54.5	39.0	38.5	34.7
Number of subjects (n)	33	41	109	98

A3.Table 6.40. WB 17A. "Are you happy and content with your every day life?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
No	21.2	24.4	14.7	13.3
Yes	78.8	75.6	85.3	86.7
Number of subjects (n)	33	41	109	98

A3.Table 6.41. MA 7. "What year is it (now)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Incorrect	6.1	19.5	6.4	22.4
Correct	93.9	80.5	93.6	77.6
Number of subjects (n)	33	41	109	98

A3.Table 6.42. MA 8. "What month is it (now)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Incorrect	6.1	19.5	4.6	17.3
Correct	93.9	78.0	95.4	81.6
Unknown	0.0	2.4	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.42. MA 9. "What day or date of the month is it (now)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Incorrect	9.1	24.4	12.8	20.4
Correct	87.9	73.2	86.2	78.6
Unknown	3.0	2.4	0.9	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.43. MA 10. "What is your address?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Incorrect	0.0	7.3	4.6	14.3
Correct	97.0	90.2	93.6	85.7
Unknown	3.0	2.4	1.8	0.0
Number of subjects (n)	33	41	109	98

DIETARY HABITS

A3.Table 6.44. APP56. "Are there any foods that you try to avoid or that you can't eat?" by age group and gender.

FIL	Men (%)	Women (%)
-----	---------	-----------

	< 70	>= 70	< 70	>=70
Not applicable	0.0	5.0	3.9	0.0
Yes	70.6	75.0	76.6	73.7
No	29.4	20.0	19.5	26.3
Number of subjects (n)	17	20	77	38

A3.Table 6.45. Types of food avoided by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Meat	47.1	20.0	24.7	28.9
Salty foods	29.4	55.0	44.2	42.1
Fats/oils	35.3	55.0	51.9	42.1
Seafoods	5.9	0.0	18.2	21.1
Cheese/milk	0.0	0.0	5.2	0.0
Legumes	11.8	15.0	18.2	23.7
Spices	0.0	5.0	11.7	13.2
Fruits	0.0	0.0	2.6	0.0
Onion/Garlic	0.0	0.0	1.3	0.0
Eggs	0.0	5.0	10.4	7.9
Sweets	5.9	10.0	23.4	10.5
Vegetables	0.0	0.0	5.2	0.0
Sour foods	0.0	0.0	1.3	0.0
Coffee	0.0	0.0	1.3	0.0
BP	0.0	0.0	0.0	0.0
Softdrink	0.0	0.0	0.0	0.0
Hard foods	0.0	0.0	0.0	0.0
Alcohol	0.0	0.0	1.3	0.0
Number of subjects (n)	24	24	99	48

A3.Table 6.46. Meals eaten in a day by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Breakfast	100.0	100.0	100.0	100.0
Morning snack	45.8	54.2	44.4	54.2
Lunch	100.0	100.0	100.0	100.0
Afternoon snack	66.7	70.8	57.6	66.7
Supper	95.8	100.0	99.0	100.0

Midnight snack	8.3	4.2	4.0	4.2
Number of subjects (n)	24	24	99	48

A3.Table 6.47. Time for breakfast meal by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
3:00 AM	0.0	8.3	0.0	0.0
3:30 AM	0.0	0.0	1.0	0.0
4:00 AM	4.2	0.0	4.0	6.2
5:00 AM	8.3	0.0	5.1	12.5
5:30 AM	4.2	0.0	1.0	0.0
6:00 AM	29.2	20.8	22.2	29.2
6:30 AM	4.2	8.4	6.1	2.1
7:00 AM	25.0	33.3	19.2	27.1
7:30 AM	4.2	4.2	3.0	4.2
8:00 AM	12.5	12.5	21.2	4.2
8:30 AM	0.0	0.0	0.0	4.2
9:00 AM	8.3	8.3	2.0	6.2
10:00 AM	0.0	0.0	3.0	0.0
Unknown	0.0	4.2	12.1	4.2
Number of subjects (n)	24	24	99	48

A3.Table 6.48. Time for morning snack by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
7:00 AM	0.0	8.3	2.0	0.0
8:00 AM	0.0	4.2	0.0	2.1
9:00 AM	12.5	4.2	10.1	16.7
9:30 AM	0.0	0.0	2.0	0.0
10:00 AM	33.3	37.5	23.2	35.4
11:00 AM	0.0	0.0	1.0	0.0
Unknown	54.2	45.8	61.6	45.8
Number of subjects (n)	24	24	99	48

A3.Table 6.49. Time for lunch by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
10:00 AM.	4.2	4.2	2.0	2.1
11:00 AM	8.3	8.3	11.1	20.8
11:30 AM.	8.3	0.0	6.1	14.6
11:45 AM	4.2	0.0	0.0	0.0
12:00 PM	70.8	70.8	57.6	47.9
12:30 PM.	0.0	4.2	1.0	4.2
1:00 PM	4.2	8.3	9.1	6.2
3:00 PM	0.0	0.0	1.0	0.0
Unknown	0.0	4.2	12.1	4.2
Number of subjects (n)	24	24	99	48

A3.Table 6.50. Time for afternoon snack by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
11:30 AM	0.0	0.0	1.0	0.0
1:00 PM.	0.0	4.2	0.0	0.0
2:00 PM	0.0	0.0	1.0	0.0
3:00 PM	37.5	37.5	16.2	33.3
3:30 PM	8.3	0.0	2.0	2.1
4:00 PM	16.7	12.5	22.2	29.2
5:00 PM	0.0	8.3	3.0	0.0
6:00 PM.	0.0	0.0	1.0	0.0
Unknown	37.5	37.5	53.5	35.4
Number of subjects (n)	24	24	99	48

A3.Table 6.51. Time for supper by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
3:00 PM	0.0	0.0	1.0	
3:30 PM	0.0	0.0	0.0	
5:00 PM	0.0	0.0	2.0	2.1
5:30 PM	0.0	0.0	1.0	2.1
6:00 PM	12.5	20.8	10.1	12.5
6:30 PM	0.0	4.2	5.1	6.2
7:00 PM	54.2	37.5	39.4	58.3

7:30 PM	0.0	0.0	1.0	2.1
8:00 PM	25.0	20.8	22.2	10.4
9:00 PM	8.3	8.3	2.0	2.1
9:30 PM	0.0	0.0	1.0	0.0
10:00 PM	0.0	0.0	1.0	0.0
12:00 AM	0.0	0.0	1.0	0.0
Unknown	0.0	4.2	13.1	4.2
Number of subjects (n)	24	24	99	48

A3.Table 6.52. Time for midnight snack by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
7:00 PM.	0.0	4.2	0.0	0.0
7:30 PM	0.0	0.0	1.0	0.0
9:00 PM	0.0	0.0	1.0	2.1
10:00 PM	0.0	0.0	0.0	2.1
11:00 PM	0.0	0.0	1.0	0.0
12:00 AM	4.2	0.0	0.0	0.0
2:00 AM	4.2	0.0	1.0	0.0
Unknown	91.7	95.8	96.0	95.8
Number of subjects (n)	24	24	99	48

A3.Table 6.53. DH59A. "When you eat breakfast how many people are usually present?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	4.2	8.3	10.1	4.2
Brothers and sisters	0.0	4.2	0.0	0.0
Children	8.3	4.2	6.1	4.2
Spouse	20.8	8.3	6.1	2.1
Apo	0.0	4.2	6.1	4.2
Spouse/brother/sister	0.0	0.0	1.0	0.0
Spouse and children	0.0	12.5	1.0	4.2
Spouse and apo	12.5	4.2	4.0	2.1
Friends	0.0	0.0	1.0	2.1
Whole family	8.3	8.3	14.1	8.3
Eat alone	33.3	37.5	32.3	50.0

Apo and daughter	0.0	4.2	3.0	4.2
Helpers	0.0	0.0	1.0	2.1
Apo and helpers	0.0	0.0	1.0	0.0
Children and apo	8.3	4.2	11.1	10.4
Sister/apo	0.0	0.0	1.0	0.0
Sister and niece	0.0	0.0	1.0	2.1
Nephews	4.2	0.0	0.0	0.0
Number of subjects (n)	24	24	99	48

A3.Table 6.54. DH59B. "When you eat morning snack how many people are usually present?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	58.3	54.2	60.6	47.9
Children	0.0	0.0	3.0	0.0
Spouse	16.7	16.7	1.0	2.1
Apo	0.0	0.0	5.1	0.0
Spouse, children	0.0	0.0	1.0	2.1
Spouse, apo	0.0	4.2	1.0	0.0
Friends	0.0	0.0	0.0	2.1
Whole family	0.0	4.2	1.0	4.2
Eat alone	16.7	16.7	23.2	31.3
Apo and daughter	0.0	0.0	0.0	4.2
Helpers	0.0	0.0	0.0	2.1
Children and apo	0.0	0.0	4.0	4.2
Sister/daughter	4.2	0.0	0.0	0.0
Sister and niece	0.0	4.2	0.0	0.0
Nephews	4.2	0.0	0.0	0.0
Number of subjects (n)	24	24	99	48

A3.Table 6.55. DH59C. "When you eat lunch how many people are usually present?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	14.7	0.0	4.0	6.3
Children	8.3	0.0	10.1	6.2
Spouse	8.3	25.0	5.1	8.3

Apo	0.0	0.0	5.1	8.3
Spouse/brother/sister	0.0	0.0	1.0	0.0
Spouse, children	8.3	8.3	3.0	4.2
Spouse, apo	16.7	12.5	4.0	0.0
Friends	0.0	0.0	1.0	2.1
Whole family	16.7	12.5	17.2	10.4
Eat alone	12.5	25.0	20.2	29.2
Apo and daughter	0.0	4.2	6.1	4.2
Helpers	0.0	0.0	0.0	2.1
Apo and helpers	0.0	0.0	2.0	4.2
Children and apo	8.3	8.3	19.2	12.5
Sister/apo	0.0	0.0	2.0	0.0
Sister and niece	0.0	4.2	0.0	2.1
Nephews	4.2	0.0	0.0	0.0
Number of subjects (n)	24	24	99	48

A3.Table 6.56. DH59D. "When you eat afternoon snack how many people are usually present?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	50.0	45.8	46.5	37.5
Children	0.0	0.0	3.0	0.0
Spouse	8.3	20.8	2.0	2.1
Apo	4.2	0.0	4.0	4.2
Spouse, children	4.2	0.0	0.0	4.2
Spouse, apo	4.2	4.2	2.0	0.0
Friends	0.0	0.0	0.0	2.1
Whole family	0.0	0.0	5.1	6.2
Eat alone	25.0	20.8	27.3	33.3
Apo and daughter	0.0	0.0	2.0	2.1
Helpers	0.0	0.0	1.0	0.0
Apo and helpers	0.0	0.0	1.0	2.1
Children and apo	0.0	4.2	5.1	6.2
Sister/apo	0.0	0.0	1.0	0.0
Sister and niece	0.0	4.2	0.0	0.0
Nephews	4.2	0.0	0.0	0.0
Number of subjects (n)	24	24	99	48

A3.Table 6.57. DH59E. "When you eat supper how many people are usually present?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	8.3	4.2	7.2	6.3
Brothers/sisters	0.0	0.0	0.0	0.0
Children	12.5	0.0	7.1	4.2
Spouse	8.3	25.0	5.1	6.2
Apo	0.0	0.0	3.0	4.2
Spouse/brother/sister	0.0	0.0	1.0	0.0
Spouse, children	12.5	8.3	2.0	4.2
Spouse, apo	16.7	12.5	2.0	0.0
Friends	0.0	4.2	1.0	2.1
Whole family	20.8	16.7	25.3	10.4
Eat alone	8.3	16.7	17.2	33.3
Apo and daughter	0.0	4.2	7.1	6.2
Apo and helpers	0.0	0.0	2.0	6.2
Children and apo	8.3	4.2	17.2	14.6
Sister/apo	0.0	0.0	1.0	0.0
Sister/daughter	0.0	0.0	1.0	0.0
Sister and niece	0.0	0.0	1.0	2.1
Nephews	4.2	0.0	1.0	0.0
Number of subjects (n)	24	24	99	48

A3.Table 6.58. DH59F. "When you eat midnight snack how many people are usually present?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	100.0	95.8	96.0	91.7
Spouse	0.0	4.2	0.0	0.0
Apo	0.0	0.0	0.0	2.1
Spouse, children	0.0	0.0	1.0	
Whole family	0.0	0.0	0.0	2.1
Eat alone	0.0	0.0	2.0	4.2
Children and apo	0.0	0.0	1.0	0.0
Number of subjects (n)	24	24	99	48

A3.Table 6.59. "Do you cook for each meal?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	0.0	0.0	2.6	0.0
Yes	64.7	70.0	80.5	73.7
No	35.3	30.0	16.9	26.3
Number of subjects (n)	17	20	77	38

A3.Table 6.60. "Which meal(s) do you cook?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
First meal	0.0	0.0	1.3	5.3
Second meal	0.0	10.0	2.6	2.6
Third meal	0.0	0.0	1.3	0.0
Not all foods	5.9	0.0	2.6	5.3
First, second meal	0.0	0.0	3.9	0.0
First, third meal	0.0	0.0	2.6	0.0
Second, third meal	5.9	0.0	2.6	2.6
First/Second/Third meal	52.9	60.0	68.8	60.5
Not applicable	35.3	30.0	14.3	29.0
Number of subjects (n)	17	20	77	38

A3.Table 6.61. "Which meal(s) do not you cook?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
First meal	5.9	0.0	3.9	0.0
Second meal	0.0	0.0	1.3	0.0
Third meal	0.0	0.0	0.0	0.0
Not all foods in a meal		0.0	1.3	2.6
All meals	29.4	30.0	11.7	23.7
First, third meal	0.0	0.0	1.3	2.6
Second, third meal	0.0	0.0	1.3	2.6
Not applicable	17.6	70.0	79.3	68.4
Number of subjects (n)	17	20	77	38

A3.Table 6.62. DH70. "Do you add salt while cooking?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	4.2	0.0	2.0	2.1
Yes	95.8	87.5	94.9	95.8
No	0.0	12.5	3.0	2.1
Number of subjects (n)	24	24	99	48

A3.Table 6.63. "How salty do you eat or prepare your dishes?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	0.0	4.2	3.0	4.2
Very salty	16.7	8.3	9.1	6.2
Just right	54.2	58.3	68.7	60.4
Generally bland	29.2	29.2	19.2	29.2
Number of subjects (n)	24	24	99	48

A3.Table 6.64. DH 71. "Do you add salt to your food at the table?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	0.0	0.0	1.0	2.1
Most of the time	12.5	12.5	15.2	18.8
Sometimes	37.5	33.3	40.4	25.0
No	50.0	54.2	43.4	54.2
Number of subjects (n)	24	24	99	48

A3.Table 6.65. "Do you take sugar in your daily meals?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	4.2	0.0	0.0	2.1
Yes	91.7	95.8	93.9	97.9
No	4.2	4.2	6.1	0.0

Number of subjects (n)	24	24	99	48
------------------------	----	----	----	----

A3.Table 6.66. DH 74. "How do you usually cook or eat vegetables?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Boiled	82.4	85.0	84.4	89.5
Steamed	11.8	5.0	14.3	7.9
Sauteed	88.2	80.0	93.5	84.2
Broiled	17.6	10.0	22.1	21.1
Fried	17.6	10.0	19.5	26.3
Number of subjects (n)	17	20	77	38

A3.Table 6.67. DH 75. "How do you usually cook or eat fish?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Boiled	88.2	75.0	87.0	84.2
Steamed	0.0	0.0	13.0	13.2
Fried	88.2	80.0	87.0	86.8
Broiled	29.4	25.0	31.2	42.1
Baked	0.0	5.0	3.9	5.3
Number of subjects (n)	17	20	77	38

A3.Table 6.68. "How do you usually cook or eat pork, beef and chicken?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Boiled	82.4	90.0	85.7	92.1
Fried	76.5	70.0	58.4	71.1
Sauteed	0.0	0.0	10.4	7.9
Broiled	17.6	30.0	16.9	26.3
Baked	0.0	0.0	5.2	7.9
Steamed	0.0	5.0	5.2	7.9

Number of subjects (n)	17	20	77	38
------------------------	----	----	----	----

A3.Table 6.69. "How do you usually cook or eat legumes?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Boiled	35.3	30.0	31.2	34.4
Sauteed	82.4	65.0	79.2	65.8
Number of subjects (n)	24	24	99	48

A3.Table 6.70. "How do you usually cook or eat rice?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Boiled	100.0	95.0	96.1	97.4
Fried	70.6	50.0	46.8	55.3
Number of subjects (n)	24	24	99	48

A3.Table 6.71. "How do you usually cook or eat eggs?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Poached	5.9	5.0	7.8	21.1
Fried	94.1	90.0	81.8	81.6
Boiled	47.1	35.0	57.1	52.6
Others	0.0	0.0	1.3	5.3
Number of subjects (n)	24	24	99	48

A3.Table 6.72. "Do you eat fatty foods?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	0.0	8.3	1.0	0.0
Yes	70.8	58.3	68.7	75.0
No	29.2	33.3	30.3	25.0
Number of subjects (n)	24	24	99	48

A3.Table 6.73. "How often do you eat fatty foods?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	29.2	41.7	34.3	27.1
Daily	25.0	16.7	24.2	37.5
3 x a week	33.3	25.0	20.2	16.7
Once a week	4.2	12.5	10.1	6.2
Less often than once a week	8.3	4.2	9.1	4.2
Once a month	0.0	0.0	1.0	0.0
2 x a month	0.0	0.0	1.0	8.3
4 x a week	0.0	0.0	0.0	0.0
Once a year	0.0	0.0	0.0	0.0
Number of subjects (n)	24	24	99	48

A3.Table 6.74. "Which fatty foods do you prefer?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Fried fish	41.7	12.5	30.3	39.6
Fried Rice	12.5	8.3	2.0	0.0
Margarine/butter /mayonnaise	4.2	16.7	14.1	14.6
Pork Adobo/Paksiw	8.3	0.0	7.1	12.5
Fried Peanuts /Peanut butter	0.0	0.0	2.0	2.1
Sauteed vegetables/foods	20.8	29.2	20.2	27.1
Fried Pork	8.3	4.2	11.1	4.2
Fried chicken	12.5	0.0	3.0	6.2
Fried beef	0.0	4.2	10.1	6.2
Pork fat/chicharon	4.2	16.7	9.1	6.2
Fried foods	12.5	25.0	12.1	6.2
Beef, Pork	0.0	0.0	4.0	6.2
Guinatan/coconut oil	16.7	4.2	6.1	2.1
Sarciado	0.0	0.0	1.0	0.0
Cooking oil	0.0	0.0	2.0	0.0
Pork	8.3	4.2	5.1	10.4
Chicken	4.2	0.0	3.0	0.0
Fried banana	0.0	0.0	1.0	0.0
Fried egg	0.0	0.0	0.0	2.1

Number of subjects (n)	24	24	99	48
------------------------	----	----	----	----

A3.Table 6.75. "Do you use oil in cooking?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes, always	62.5	25.0	40.4	56.3
Most of the time	16.7	33.3	21.2	12.5
Yes, sometimes	20.8	41.7	33.3	20.8
Yes, Seldom	0.0	0.0	5.1	6.2
No, never	0.0	0.0	0.0	0.0
Not applicable	0.0	0.0	0.0	4.2
Number of subjects (n)	24	24	99	48

A3.Table 6.76. "Do you use butter/ margarine?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	4.2	8.3	3.0	4.2
Yes	58.3	66.7	68.7	70.8
No	37.5	25.0	28.3	25.0
Number of subjects (n)	24	24	99	48

A3.Table 6.77. DH 76A. "Do you think alcohol is good for one's health?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	4.2	4.2	33.3	14.6
Yes	45.8	37.5	12.1	18.8
No	50.0	58.3	54.5	66.7
Number of subjects (n)	24	24	99	48

A3.Table 6.78. DH 76B. "Do you drink beer, wine or any alcoholic drink?" by age group and gender.

FIL	Men (%)	Women (%)
-----	---------	-----------

	< 70	>= 70	< 70	>=70
Yes	62.5	45.8	14.1	14.6
No	37.5	54.2	85.9	85.4
Number of subjects (n)	24	24	99	48

A3.Table 6.79. DH 76C. "If yes, how often do you drink?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Not applicable	33.3	50.0	85.9	85.4
Daily	20.8	12.5	5.1	6.2
Weekly	8.3	8.3	1.0	0.0
2 x a week	8.3	8.3	4.0	8.3
2 x a month	0.0	0.0	0.0	0.0
> 2 x a week	8.3	4.2	2.0	0.0
Once a month	8.3	12.5	0.0	0.0
Occasionally	12.5	4.2	1.0	0.0
1 - 2 x a year	0.0	0.0	1.0	0.0
Number of subjects (n)	24	24	99	48

ANTHROPOMETRY

A3.Table 6.80. Body mass index classification by age group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
BMI<20	27.3	47.5	22.9	44.1
20<=BMI<25	48.5	42.5	44.8	37.6
25<=BMI<30	15.2	7.5	26.7	11.8
BMI>=30	9.1	2.5	5.7	6.5
Total (N)	33	40	105	93

A3.Table 6.81. Descriptive statistics for stature (cm) by age group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	40	105	93
Mean	159.7	158.0	148.8	147.1
SD	6.1	6.6	5.6	6.1
Minimum	142.7	144.5	128.4	130.2
5%	150.4	146.5	140.6	137.9
25%	155.3	154.4	145.7	143.4
50%	160.0	157.7	148.1	146.6
75%	162.7	162.3	151.7	151.0
95%	169.9	169.2	158.8	158.8
Maximum	170.4	172.2	163.5	161.4

A3.Table 6.82. Descriptive statistics for weight (kg) by age group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	40	105	94
Mean	56.8	51.4	52.1	46.6
SD	9.0	11.3	11.9	11.3
Minimum	37.7	33.5	29.8	27.7
5%	44.9	36.3	35.3	31.2
25%	49.6	44.0	44.2	37.0
50%	55.7	49.8	50.6	46.5
75%	61.4	56.2	59.4	54.7
95%	72.0	72.3	73.4	66.8
Maximum	82.1	89.6	96.9	81.4

A3.Table 6.83. Descriptive statistics for body mass index (kg/m²) by age group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	40	105	94
Mean	22.4	20.4	23.5	21.5
SD	4.1	3.5	4.8	4.6
Minimum	13.7	14.5	14.0	14.1
5%	16.8	14.9	16.4	14.9
25%	19.3	18.1	20.2	18.4

50%	22.3	20.0	23.4	21.1
75%	24.4	22.6	25.9	24.2
95%	30.5	26.3	30.3	31.4
Maximum	31.3	30.2	40.7	35.0

A3.Table 6.84. Descriptive statistics for arm circumference (cm) by age group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	40	105	94
Mean	27.2	24.9	26.9	24.9
SD	2.7	3.4	4.3	4.1
Minimum	21.5	18.8	18.1	17.7
5%	23.5	19.8	21.0	18.5
25%	25.2	22.7	23.5	22.0
50%	27.1	24.8	26.9	25.1
75%	29.0	27.2	30.0	27.2
95%	32.5	31.0	33.1	32.2
Maximum	32.7	35.2	40.0	35.0

A3.Table 6.85. Descriptive statistics for estimated fat free mass (kg) by age group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	40	105	94
Mean	43.1	38.8	29.7	25.3
SD	4.0	6.0	5.7	5.7
Minimum	36.2	28.0	17.2	14.7
5%	37.2	30.1	21.1	16.4
25%	40.4	34.8	26.1	21.7
50%	42.3	38.2	29.2	25.0
75%	45.6	41.0	33.5	28.2
95%	49.3	50.1	39.9	34.9
Maximum	53.9	58.5	49.1	42.8

A3.Table 6.86. Descriptive statistics for estimated total body fat (kg) by age group

and gender.				
FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	40	105	94
Mean	13.7	12.6	22.4	21.4
SD	5.9	5.8	6.5	6.2
Minimum	0.5	2.7	9.4	11.4
5%	5.5	4.7	13.0	12.2
25%	10.1	9.0	18.4	17.2
50%	13.8	11.8	21.8	20.6
75%	16.8	15.2	26.0	24.3
95%	24.2	22.3	32.8	33.4
Maximum	28.2	31.1	47.8	39.8

A3.Table 6.87. Descriptive statistics for estimated % body fat (kg) by age group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	40	105	94
Mean	23.2	23.5	42.5	45.5
SD	7.2	6.2	4.0	4.5
Minimum	1.4	6.8	31.5	34.4
5%	12.1	11.9	34.1	38.5
25%	18.1	20.6	40.8	42.3
50%	23.9	23.6	43.0	45.0
75%	27.3	28.6	45.1	49.0
95%	34.2	32.0	48.5	53.0
Maximum	34.4	34.7	50.4	54.2

A3.Table 6.88. Descriptive statistics for estimated % fat free mass by age group and gender.

FIL	Men		Women	
	< 70	>= 70	< 70	>=70
N	33	40	105	94
Mean	78.9	80.5	81.1	83.1
SD	3.8	3.5	4.3	4.7
Minimum	72.7	73.9	71.8	73.5

5%	73.2	75.8	75.8	75.1
25%	76.9	77.9	78.4	79.8
50%	78.5	80.5	80.2	82.6
75%	81.7	82.5	83.5	85.6
95%	84.7	87.5	89.1	91.9
Maximum	90.5	88.6	94.0	93.6

A3.Table 6.89. Descriptive statistics for age adjusted fat free mass (kg) by age group and gender.

FIL	Men		Women	
	64	76>	64	76
N	33	41	109	98
Mean	41.89	38.03	32.51	28.38
SD	1.15	2.31	1.41	1.16
Minimum	39.67	33.76	30.33	25.16
5%	40.08	34.91	30.33	26.04
25%	41.32	36.07	31.22	27.80
50%	42.14	37.81	32.55	28.68
75%	42.55	40.70	33.89	29.34
95%	43.38	41.28	34.34	29.78
Maximum	44.61	41.28	35.23	29.78

A3.Table 6.90. Descriptive statistics for age adjusted total body fat (kg) by age group and gender.

FIL	Men		Women	
	64	76>	64	76
N	33	41	109	98
Mean	14.92	13.44	19.71	18.28
SD	0.37	0.98	1.15	0.55
Minimum	14.20	11.62	17.92	17.62
5%	14.33	12.11	17.92	17.62
25%	14.73	12.60	18.65	17.83
50%	15.00	13.34	19.75	18.14
75%	15.13	14.57	20.84	18.56
95%	15.40	14.82	21.21	19.39
Maximum	15.80	14.82	21.94	19.81

A3.Table 6.91. Descriptive statistics for age adjusted % body fat by age group and gender.

FIL	Men		Women	
	64	76>	64	76
N	33	41	109	98
Mean	25.71	25.46	36.74	38.14
SD	0.12	0.11	0.14	1.66
Minimum	25.42	25.26	36.53	36.14
5%	25.55	25.32	36.53	36.14
25%	25.64	25.37	36.62	36.76
50%	25.69	25.45	36.75	37.70
75%	25.78	25.58	36.88	38.96
95%	25.91	25.61	36.92	41.47
Maximum	25.95	25.61	37.01	42.72

SOCIAL & LIFESTYLE FACTORS

A3.Table 6.92. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	69.7	80.5	68.8	73.5
3 x year or less	9.1	7.3	12.8	6.1
4 - 10 x year	6.1	0.0	2.8	2.0
1 x month	3.0	2.4	8.3	5.1
2 - 3 x month	6.1	4.9	3.7	4.1
1 x week	3.0	0.0	1.8	1.0
2 - 4 x week	3.0	2.4	0.0	4.1
5 x week or more	0.0	2.4	1.8	4.1
Number of subjects (n)	33	41	109	98

A3.Table 6.93. SAR 92B. "In the past year, how often have you attended a church or synagogue service?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	21.2	22.0	13.8	15.3
3 x year or less	0.0	2.4	0.9	1.0
4 - 10 x year	0.0	0.0	0.9	1.0
1 x month	12.1	2.4	8.3	6.1
2 - 3 x month	12.1	9.8	11.9	5.1
1 x week	30.3	34.1	40.4	32.7
2 - 4 x week	9.1	0.0	10.1	4.1
5 x week or more	15.2	29.3	13.8	34.7
Number of subjects (n)	33	41	109	98

A3.Table 6.94. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	75.8	78.0	71.6	69.4
3 x year or less	0.0	0.0	3.7	2.0
4 - 10 x year	0.0	0.0	2.8	1.0
1 x month	0.0	2.4	6.4	6.1
2 - 3 x month	3.0	4.9	0.9	2.0
1 x week	18.2	4.9	8.3	11.2
2 - 4 x week	0.0	4.9	3.7	5.1
5 x week or more	3.0	4.9	2.8	3.1
Number of subjects (n)	33	41	109	98

A3.Table 6.95. SAR 92D. "In the past year, how often have you gone to movies, theatre, concerts or lectures?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	75.8	82.9	70.6	81.6
3 x year or less	6.1	2.4	9.2	5.1
4 - 10 x year	0.0	0.0	1.8	4.1
1 x month	6.1	2.4	6.4	3.1

2 - 3 x month	6.1	4.9	6.4	2.0
1 x week	3.0	7.3	4.6	2.0
2 - 4 x week	0.0	0.0	0.9	2.0
5 x week or more	3.0	0.0	0.0	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.96. SAR 92E. "In the past year, how often have you gone to a sporting event?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	78.8	87.8	99.1	87.8
3 x year or less	9.1	2.4	0.9	2.0
4 - 10 x year	0.0	0.0	0.0	3.1
1 x month	3.0	2.4	0.0	1.0
2 - 3 x month	0.0	2.4	0.0	5.1
1 x week	3.0	2.4	0.0	0.0
2 - 4 x week	3.0	2.4	0.0	0.0
5 x week or more	3.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.97. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	93.9	95.1	97.2	91.8
3 x year or less	6.1	2.4	2.8	2.0
4 - 10 x year	0.0	0.0	0.0	2.0
1 x month	0.0	0.0	0.0	1.0
2 - 3 x month	0.0	0.0	0.0	3.1
1 x week	0.0	2.4	0.0	0.0
2 - 4 x week	0.0	0.0	0.0	0.0
5 x week or more	0.0	0.0	0.0	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.98. SAR 92G. "In the past year, how often have you played cards, bingo,

pool or some other game?" by age group and gender.				
FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	87.9	92.7	83.5	81.6
3 x year or less	0.0	2.4	2.8	3.1
4 - 10 x year	0.0	0.0	0.0	4.1
1 x month	0.0	2.4	0.9	1.0
2 - 3 x month	3.0	0.0	1.8	2.0
1 x week	6.1	0.0	4.6	0.0
2 - 4 x week	3.0	0.0	2.8	4.1
5 x week or more	0.0	2.4	3.7	4.1
Number of subjects (n)	33	41	109	98

A3.Table 6.99. SAR 92H. "In the past year, how often have you taken care of houseplants or done outdoor gardening?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	81.8	73.2	83.5	76.5
3 x year or less	3.0	0.0	0.9	5.1
4 - 10 x year	0.0	0.0	0.0	1.0
1 x month	0.0	0.0	0.9	0.0
2 - 3 x month	0.0	2.4	2.8	0.0
1 x week	0.0	2.4	0.0	0.0
2 - 4 x week	3.0	2.4	2.8	0.0
5 x week or more	12.1	19.5	9.2	17.3
Number of subjects (n)	33	41	109	98

A3.Table 6.100. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	90.9	82.9	68.8	63.3
3 x year or less	3.0	2.4	4.6	4.1
4 - 10 x year	0.0	0.0	1.8	1.0
1 x month	3.0	0.0	6.4	2.0
2 - 3 x month	3.0	2.4	2.8	5.1

1 x week	0.0	0.0	6.4	6.1
2 - 4 x week	0.0	2.4	5.5	2.0
5 x week or more	0.0	9.8	3.7	16.3
Number of subjects (n)	33	41	109	98

A3.Table 6.101. SAR 92J. "In the past year, how often have you painted pictures or played a musical instrument?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	100.0	97.6	98.1	96.9
3 x year or less	0.0	2.4	0.9	0.0
4 - 10 x year	0.0	0.0	0.0	0.0
1 x month	0.0	0.0	0.0	0.0
2 - 3 x month	0.0	0.0	0.0	0.0
1 x week	0.0	0.0	0.0	0.0
2 - 4 x week	0.0	0.0	0.0	0.0
5 x week or more	0.0	0.0	0.9	3.1
Number of subjects (n)	33	41	109	98

A3.Table 6.102. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	81.8	63.4	66.0	75.5
3 x year or less	3.0	17.1	15.6	11.2
4 - 10 x year	0.0	0.0	4.6	3.1
1 x month	9.1	9.8	5.5	2.0
2 - 3 x month	3.0	4.9	3.7	4.1
1 x week	0.0	4.9	3.7	2.0
2 - 4 x week	0.0	0.0	0.9	1.0
5 x week or more	3.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.103. SAR 92L. "In the past year, how often have you baby-sat for

grandchildren or other children?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	78.8	78.0	60.6	80.6
3 x year or less	0.0	0.0	2.8	1.0
4 - 10 x year	0.0	0.0	0.0	0.0
1 x month	0.0	0.0	0.9	1.0
2 - 3 x month	0.0	2.4	0.0	1.0
1 x week	3.0	9.8	2.8	2.0
2 - 4 x week	0.0	0.0	2.8	1.0
5 x week or more	18.2	9.8	30.3	13.3
Number of subjects (n)	33	41	109	98

A3.Table 6.104. SAR 92M. "In the past year, how often have you left home to go a short distance for overnight or longer e.g. to stay at a friend's house, stay with your child?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	84.8	87.8	78.9	84.7
3 x year or less	9.1	7.3	11.0	9.2
4 - 10 x year	3.0	2.4	0.9	2.0
1 x month	3.0	0.0	4.6	1.0
2 - 3 x month	0.0	0.0	0.9	1.0
1 x week	0.0	0.0	2.8	2.0
2 - 4 x week	0.0	0.0	0.0	0.0
5 x week or more	0.0	2.4	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.105. SAR 92N. "In the past year, how often have you gone out of town (long distance) for a holiday?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	81.8	80.5	78.9	83.7
3 x year or less	15.2	14.6	16.5	14.3
4 - 10 x year	3.0	2.4	0.9	0.0
1 x month	0.0	0.0	1.8	1.0
2 - 3 x month	0.0	0.0	0.9	0.0

1 x week	0.0	2.4	0.9	0.0
2 - 4 x week	0.0	0.0	0.0	0.0
5 x week or more	0.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.106. SAR 92P. "In the past year, how often have you done volunteer work?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	90.9	97.6	87.2	90.8
3 x year or less	6.1	0.0	5.5	3.1
4 - 10 x year	0.0	0.0	0.9	0.0
1 x month	0.0	0.0	0.9	0.0
2 - 3 x month	0.0	0.0	0.0	0.0
1 x week	0.0	0.0	0.9	2.0
2 - 4 x week	0.0	0.0	1.8	1.0
5 x week or more	3.0	2.4	2.8	3.1
Number of subjects (n)	33	41	109	98

A3.Table 6.107. SAR 92Q. "In the past year, how often have you done farm work?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	90.9	100.0	99.1	95.9
3 x year or less	0.0	0.0	0.9	1.0
4 - 10 x year	0.0	0.0	0.0	1.0
1 x month	0.0	0.0	0.0	0.0
2 - 3 x month	0.0	0.0	0.0	0.0
1 x week	0.0	0.0	0.0	0.0
2 - 4 x week	0.0	0.0	0.0	0.0
5 x week or more	9.1	0.0	0.0	2.0
Number of subjects (n)	33	41	109	98

A3.Table 6.108. SAR 92R. "In the past year, how often have you watched TV or listened to the radio?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	6.1	19.5	9.2	15.3
3 x year or less	0.0	0.0	0.0	0.0
4 - 10 x year	0.0	0.0	0.0	0.0
1 x month	0.0	0.0	0.9	1.0
2 - 3 x month	0.0	2.4	1.8	1.0
1 x week	3.0	2.4	3.7	5.1
2 - 4 x week	0.0	7.3	7.3	9.2
5 x week or more	90.9	68.3	77.1	68.4
Number of subjects (n)	33	41	109	98

A3.Table 6.109. SAR 92S. "In the past year, how often have you gone to dance?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	90.9	100.0	94.5	89.8
3 x year or less	3.0	0.0	3.7	3.1
4 - 10 x year	3.0	0.0	0.9	0.0
1 x month	0.0	0.0	0.0	1.0
2 - 3 x month	0.0	0.0	0.9	1.0
1 x week	3.0	0.0	0.0	1.0
2 - 4 x week	0.0	0.0	0.0	2.0
5 x week or more	0.0	0.0	0.0	2.0
Number of subjects (n)	33	41	109	98

A3.Table 6.110. SAR 92T. "In the past year, how often have you looked after animals/pets?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	84.8	90.2	89.9	88.8
3 x year or less	0.0	0.0	0.9	1.0
4 - 10 x year	0.0	0.0	0.0	0.0
1 x month	0.0	0.0	0.0	0.0
2 - 3 x month	0.0	0.0	0.0	0.0
1 x week	0.0	0.0	0.0	0.0
2 - 4 x week	0.0	0.0	0.0	0.0

5 x week or more	15.2	9.8	9.2	10.2
Number of subjects (n)	33	41	109	98

A3.Table 6.111. SAR 92U. "In the past year, how often have you spent time reading?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	39.4	53.7	33.0	52.0
3 x year or less	0.0	0.0	1.8	5.1
4 - 10 x year	0.0	2.4	0.0	0.0
1 x month	3.0	0.0	2.8	0.0
2 - 3 x month	3.0	2.4	2.8	0.0
1 x week	0.0	4.9	5.5	3.1
2 - 4 x week	6.1	4.9	7.3	1.0
5 x week or more	48.5	31.7	46.8	38.8
Number of subjects (n)	33	41	109	98

A3.Table 6.112. SAR 93. "Is there anyone in particular in whom you confide or talk to about your problems?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
No	45.5	48.8	30.3	40.8
Yes	54.5	51.2	67.9	56.1
Unknown	0.0	0.0	1.8	3.0
Number of subjects (n)	33	41	109	98

A3.Table 6.113. SAR 94. "Do you have any living children?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
No	15.2	26.8	11.9	48.0
Yes	78.8	73.2	81.7	50.0
Unknown	6.0	0.0	6.5	2.0
Number of subjects (n)	33	41	109	98

A3.Table 6.114. SAR 95. "Do you have any living brothers or sisters?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
No	21.2	26.8	9.2	42.9
Yes	78.8	73.2	90.8	53.1
Unknown	0.0	0.0	0.0	4.0
Number of subjects (n)	33	41	109	98

A3.Table 6.115. SAR 96. "Are there any other relatives to whom you feel very close?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
No	15.2	19.5	21.1	37.8
Yes	84.8	80.5	78.9	61.2
Unknown	0.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.116. SAR 97A. "About how often do you receive visits from close family or friends?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	18.2	31.7	11.0	32.7
Rarely	30.3	36.6	39.4	40.8
Monthly	24.2	19.5	17.4	11.2
Weekly	18.2	7.3	15.6	11.2
Daily	9.1	4.9	16.5	4.1
Number of subjects (n)	33	41	109	98

A3.Table 6.117. SAR 97B. "About how often do you visit close family or friends?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70

Never	27.3	39.0	28.4	50.0
Rarely	42.4	43.9	39.4	34.7
Monthly	21.2	9.8	14.7	6.1
Weekly	9.1	4.9	11.0	5.1
Daily	0.0	2.4	6.4	4.1
Number of subjects (n)	33	41	109	98

A3.Table 6.118. SAR 97C. "How often do you speak to family or friends on the telephone?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	63.6	63.4	53.2	64.3
Rarely	9.1	17.1	25.7	26.5
Monthly	9.1	14.6	7.3	6.1
Weekly	15.2	2.4	5.5	1.0
Daily	0.0	2.4	6.4	1.0
Unknown	3.0	0.0	1.8	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.119. SAR 97D. "How often do you write letters to family or friends?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	63.6	78.0	54.1	66.3
Rarely	24.2	12.2	30.3	23.5
Monthly	9.1	9.8	12.8	10.2
Weekly	3.0	0.0	2.8	0.0
Daily	0.0	0.0	0.0	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.120. SAR 98. "Would you stay with family or friends if you were sick, for a short while?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
No	66.7	73.2	71.6	75.5

Yes	33.3	26.8	27.5	24.5
Unknown	0.0	0.0	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.121. 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.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
No	21.2	43.9	27.5	34.7
Yes	75.8	56.1	69.7	60.2
Unknown	3.0	0.0	2.7	5.1
Number of subjects (n)	33	41	109	98

A3.Table 6.122. SAR 101. "Do you feel lonely?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Very often	12.1	4.9	12.8	11.2
Sometimes	48.5	48.8	43.1	36.7
Rarely	12.1	24.4	20.2	20.4
Never	27.3	22.0	23.9	31.6
Number of subjects (n)	33	41	109	98

A3.Table 6.123. SAR 102. "Do you believe your children and grandchildren respect and acknowledge you?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	3.0	2.4	0.9	5.1
Sometimes	12.1	12.2	4.6	6.1
Most of the times	15.2	17.1	11.0	20.4
Always	66.7	51.2	74.3	52.0
Unknown	3.0	17.1	9.1	16.3
Number of subjects (n)	33	41	109	98

A3.Table 6.124. EX 84. "About how often do you go out of this house/ building in good weather?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	9.1	9.8	6.4	9.2
Less than once a month	3.0	4.9	2.8	5.1
2 or 3 days a month	0.0	0.0	2.8	4.1
Once a week	6.1	0.0	5.5	9.2
2 - 4 days a week	9.1	2.4	8.3	7.1
5 days a week or more	72.7	82.9	73.4	65.3
Unknown	0.0	0.0	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.125. EX 85A. "Do you have a vehicle to use or any other form of transport?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	6.1	9.8	11.0	13.3
No	93.9	90.2	88.1	86.7
Unknown	0.0	0.0	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.126. EX 86A. "How many minutes daily do you spend walking?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	6.1	4.9	11.9	15.3
1	0.0	0.0	0.9	0.0
2	6.1	2.4	1.8	1.0
3	0.0	2.4	0.0	1.0
5	6.1	0.0	3.7	3.1
8	0.0	0.0	0.9	1.0
10	3.0	4.9	5.5	11.2
15	9.1	0.0	9.2	8.2
20	12.1	2.4	2.8	4.1
30	15.2	17.1	29.4	21.4

35	0.0	0.0	0.9	0.0
40	3.0	0.0	0.9	1.0
45	0.0	0.0	0.9	1.0
60	21.2	22.0	14.7	12.2
80	0.0	2.4	0.0	0.0
90	3.0	2.4	0.0	0.0
120	6.1	12.2	7.3	11.2
150	0.0	2.4	0.0	0.0
180	3.0	12.2	1.8	4.1
200	3.0	0.0	0.0	0.0
240	3.0	7.3	0.9	2.0
300	0.0	2.4	1.8	0.0
360	0.0	2.4	3.7	2.0
570	0.0	0.0	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.127. EX 86B. "How many minutes daily do you spend doing light housework (e.g. washing dishes)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	30.3	48.8	20.2	34.7
1	9.1	4.9	1.8	2.0
2	6.1	4.9	0.9	3.1
3	0.0	0.0	1.8	1.0
5	0.0	0.0	1.8	5.1
6	0.0	2.4	0.0	1.0
8	0.0	0.0	0.9	0.0
10	6.1	9.8	5.5	3.1
15	3.0	0.0	2.8	5.1
20	6.1	2.4	2.8	2.0
25	0.0	0.0	0.0	1.0
30	9.1	9.8	16.5	15.3
35	0.0	2.4	0.9	0.0
40	3.0	0.0	0.0	2.0
45	3.0	0.0	0.0	0.0
50	0.0	0.0	0.9	0.0
60	9.1	4.9	12.8	8.2
75	0.0	2.4	0.0	0.0
80	0.0	0.0	0.0	1.0
90	3.0	2.4	2.8	2.0

100	0.0	0.0	0.9	0.0
120	3.0	2.4	7.3	5.1
130	0.0	0.0	1.8	0.0
150	0.0	0.0	1.8	0.0
180	3.0	0.0	6.4	3.1
185	0.0	0.0	0.9	0.0
190	0.0	0.0	0.0	1.0
210	0.0	0.0	0.9	0.0
240	3.0	0.0	1.8	2.0
300	0.0	2.4	1.8	0.0
330	0.0	0.0	0.0	1.0
360	0.0	0.0	0.9	0.0
420	0.0	0.0	0.9	0.0
480	0.0	0.0	0.9	0.0
540	3.0	0.0	0.0	0.0
630	0.0	0.0	0.9	0.0
840	0.0	0.0	0.0	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.128. EX 86C. "How many minutes daily do you spend doing heavy housework (e.g. mop floor)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	66.7	61.0	46.8	65.3
2	0.0	2.4	0.0	2.0
3	0.0	0.0	0.0	1.0
5	0.0	4.9	0.9	1.0
10	0.0	2.4	0.9	2.0
15	6.1	0.0	0.0	2.0
20	3.0	2.4	0.9	0.0
30	12.1	17.1	8.3	10.2
40	0.0	0.0	0.9	0.0
45	0.0	0.0	0.9	0.0
60	9.1	2.4	11.0	2.0
70	0.0	0.0	0.0	1.0
80	0.0	0.0	0.9	0.0
120	0.0	4.9	7.3	6.1
150	0.0	0.0	1.8	0.0
180	0.0	0.0	6.4	5.1
210	0.0	0.0	1.8	0.0

240	0.0	2.4	3.7	1.0
300	0.0	0.0	2.8	0.0
330	0.0	0.0	1.8	0.0
360	0.0	0.0	1.8	0.0
380	0.0	0.0	0.9	0.0
420	0.0	0.0	0.0	1.0
600	3.0	0.0	0.0	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.129. EX 86E. "How many minutes daily do you spend doing gardening?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	81.8	78.0	87.2	82.7
2	0.0	2.4	0.0	1.0
5	3.0	0.0	1.8	0.0
10	3.0	0.0	1.8	2.0
15	0.0	0.0	1.8	1.0
20	0.0	4.9	0.0	0.0
30	6.1	2.4	2.8	3.1
60	0.0	0.0	3.7	4.1
120	3.0	2.4	0.9	5.1
210	0.0	0.0	0.0	1.0
240	3.0	4.9	0.0	0.0
300	0.0	2.4	0.0	0.0
600	0.0	2.4	0.0	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.130. EX 86F. "How many minutes daily do you spend pottering?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	97.0	97.6	98.2	96.9
2	0.0	2.4	0.0	1.0
10	0.0	0.0	0.9	0.0
30	3.0	0.0	0.9	0.0
60	0.0	0.0	0.0	2.0

Number of subjects (n)	33	41	109	98
------------------------	----	----	-----	----

A3.Table 6.131. EX 86GA. "How many minutes daily do you spend tending to animals/pets?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	90.9	90.2	91.7	91.8
2	0.0	2.4	0.0	1.0
3	0.0	2.4	0.0	0.0
5	0.0	0.0	1.8	3.1
10	0.0	0.0	0.9	1.0
15	0.0	0.0	0.9	0.0
30	0.0	2.4	0.9	1.0
60	3.0	0.0	2.8	1.0
100	3.0	0.0	0.0	0.0
120	0.0	0.0	0.9	0.0
300	0.0	2.4	0.0	0.0
540	3.0	0.0	0.0	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.132. EX 86GB. "How many minutes daily do you spend doing other work?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	54.5	70.7	64.2	53.1
1	0.0	0.0	1.8	0.0
2	0.0	0.0	0.0	1.0
3	0.0	0.0	0.0	1.0
5	0.0	2.4	0.0	2.0
10	9.1	0.0	0.9	3.1
13	0.0	0.0	0.0	1.0
15	0.0	0.0	0.9	1.0
20	3.0	2.4	0.0	1.0
30	6.1	7.3	0.9	2.0
35	0.0	0.0	0.9	0.0
45	0.0	0.0	0.9	0.0
58	0.0	0.0	0.0	1.0

60	9.1	7.3	5.5	5.1
70	0.0	0.0	0.9	0.0
90	0.0	0.0	0.0	2.0
120	3.0	0.0	1.8	3.1
180	0.0	2.4	1.8	4.1
240	3.0	2.4	1.8	4.1
285	0.0	0.0	0.0	1.0
300	0.0	0.0	5.5	5.1
315	3.0	0.0	0.0	0.0
360	3.0	0.0	4.6	6.1
375	3.0	0.0	0.0	0.0
420	3.0	0.0	0.0	1.0
480	0.0	0.0	2.8	1.0
540	0.0	0.0	0.9	0.0
600	0.0	2.4	0.9	1.0
720	0.0	2.4	1.8	1.0
870	0.0	0.0	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.133. EX86SC. Exercise score by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
1 (inactive)	0.0	4.9	2.8	3.1
2	12.1	9.8	2.8	17.3
3	24.2	14.6	11.9	29.6
4 (active)	30.3	29.3	27.5	25.5
5	12.1	24.4	29.4	14.3
6	15.2	9.8	11.9	4.1
7 (very active)	6.1	4.9	9.2	5.1
Unknown	0.0	2.4	4.6	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.134. EX87. "How does this compare with what you were doing last year?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
More active now	6.1	9.8	11.9	7.1

Less active now	39.4	43.9	40.4	29.6
Much less active now	15.2	9.8	10.1	17.3
About the same	39.4	36.6	36.7	45.9
Unknown	0.0	0.0	0.9	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.135. SL 89A. "What time do you normally go to bed?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
1	3.0	0.0	3.7	2.0
2	3.0	0.0	0.0	2.0
3	3.0	0.0	0.9	1.0
4	0.0	2.4	0.0	0.0
5	3.0	0.0	0.9	0.0
6	0.0	2.4	1.8	1.0
7	9.1	12.2	5.5	7.1
8	24.2	14.6	11.9	18.4
9	12.1	22.0	14.7	24.5
10	21.2	19.5	25.7	28.6
11	12.1	14.6	20.2	9.2
12	9.1	12.2	14.7	6.1
Number of subjects (n)	33	41	109	98

A3.Table 6.136. SL 89B. "What time do you normally get up from bed?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
0	0.0	0.0	0.0	1.0
1	3.0	0.0	2.8	4.1
2	3.0	12.2	5.5	1.0
3	18.2	7.3	8.3	13.3
4	21.2	22.0	32.1	34.7
5	30.3	29.3	28.4	31.6
6	6.1	14.6	14.7	10.2
7	0.0	9.8	4.6	1.0
8	6.1	0.0	0.9	2.0

9	3.0	0.0	0.0	0.0
10	3.0	4.9	0.9	0.0
11	0.0	0.0	1.8	0.0
12	6.1	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.137. SL 89C. "On average, how many hours sleep do you get each night?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
1	3.0	0.0	0.9	0.0
2	0.0	7.3	2.8	0.0
3	6.1	2.4	5.5	6.1
4	9.1	9.8	8.3	7.1
5	24.2	2.4	22.0	16.3
6	6.1	17.1	20.2	19.4
7	15.2	22.0	19.3	23.5
8	12.1	26.8	11.0	17.3
9	12.1	9.8	5.5	8.2
10	6.1	0.0	4.6	1.0
11	3.0	0.0	0.0	1.0
12	3.0	0.0	0.0	0.0
15	0.0	2.4	0.0	0.0
Number of subjects (n)	33	41	109	98

A3.Table 6.138. SL 89D. "Do you have a nap during the day?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes	78.8	58.5	64.2	56.1
No	21.2	41.5	35.8	42.9
Unknown	0.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.139. SL 89DY. "If yes, how long (minutes)?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
1	3.0	4.9	3.7	9.2
2	6.1	12.2	0.9	14.3
3	3.0	4.9	0.9	3.1
4	0.0	0.0	0.9	1.0
5	3.0	2.4	3.7	0.0
10	6.1	0.0	0.0	2.0
12	3.0	0.0	0.0	0.0
15	3.0	2.4	4.6	4.1
20	0.0	2.4	2.8	5.1
30	15.2	0.0	11.0	5.1
45	0.0	2.4	0.9	0.0
60	21.2	14.6	22.0	8.2
90	0.0	0.0	2.8	0.0
120	15.2	0.0	6.4	3.1
150	0.0	0.0	0.9	0.0
180	0.0	0.0	1.8	3.1
240	0.0	0.0	0.9	1.0
Not applicable	21.2	43.9	35.8	40.8
Number of subjects (n)	33	41	109	98

A3.Table 6.140. SM 90A. "Have you ever smoked regularly, at least one cigarette/cigar/pipe a day?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Yes, I smoke regularly	54.5	34.1	19.3	14.3
I used to smoke regularly, but have now stopped	27.3	41.5	9.2	16.3
No, I have never smoked	15.2	22.0	67.0	63.3
Occasional smoker	3.0	2.4	3.7	5.1
Not applicable	0.0	0.0	0.9	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.141. SM 90B. "If yes, how many years did you or have you smoked?" by age group and gender.

FIL	Men (%)	Women (%)
-----	---------	-----------

	< 70	>= 70	< 70	>=70
1	0.0	0.0	1.8	2.0
2	0.0	2.4	0.9	0.0
3	0.0	0.0	0.9	0.0
5	6.1	2.4	1.8	0.0
6	0.0	2.4	0.0	0.0
8	0.0	0.0	0.0	1.0
9	0.0	0.0	0.0	1.0
10	0.0	4.9	2.8	2.0
13	0.0	0.0	0.9	0.0
14	0.0	0.0	0.9	0.0
15	3.0	2.4	0.9	0.0
18	0.0	2.4	0.9	0.0
20	0.0	0.0	1.8	2.0
23	0.0	0.0	0.9	0.0
25	3.0	0.0	0.9	2.0
26	0.0	0.0	0.0	1.0
30	12.1	2.4	1.8	3.1
31	3.0	0.0	0.9	0.0
32	0.0	2.4	0.9	0.0
33	0.0	0.0	0.0	1.0
34	0.0	0.0	0.9	0.0
35	0.0	0.0	0.0	2.0
36	0.0	0.0	0.0	1.0
37	0.0	0.0	1.8	0.0
38	0.0	0.0	0.9	0.0
40	12.1	4.9	1.8	2.0
41	0.0	2.4	1.8	0.0
42	9.1	0.0	0.9	0.0
43	9.1	0.0	0.0	0.0
45	3.0	0.0	0.9	0.0
47	0.0	0.0	0.0	1.0
49	6.1	0.0	0.9	0.0
50	9.1	9.8	0.9	1.0
51	6.1	0.0	0.0	0.0
53	0.0	7.3	0.9	0.0
54	3.0	0.0	0.9	0.0
55	0.0	2.4	0.0	1.0
57	0.0	4.9	0.0	0.0
58	0.0	2.4	0.0	0.0
More than 58	0.0	22.2	0.9	10.1
Not applicable	15.2	22.0	67.0	66.3

Number of subjects (n)	33	41	109	98
------------------------	----	----	-----	----

A3.Table 6.142. SM 90C. "If yes, how many cigarettes did you or do you smoke a day?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
1	3.0	0.0	5.5	6.1
2	9.1	4.9	1.8	3.1
3	3.0	4.9	6.4	7.1
4	12.1	4.9	1.8	6.1
5	6.1	9.8	4.6	2.0
6	0.0	0.0	0.9	2.0
9	0.0	0.0	0.9	0.0
10	12.1	12.2	6.4	1.0
14	0.0	2.4	0.0	0.0
20	30.3	17.1	2.8	3.1
24	0.0	2.4	0.0	0.0
25	0.0	2.4	0.0	0.0
30	0.0	4.9	0.9	2.0
40	3.0	4.9	0.9	1.0
60	0.0	2.4	0.0	0.0
Not applicable	21.2	24.4	67.0	66.3
Number of subjects (n)	33	41	109	98

A3.Table 6.143. SM 90D. "If you smoked regularly but have now stopped, how many years ago did you stop smoking?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
1	12.1	2.4	0.9	2.0
2	3.0	2.4	0.9	1.0
3	0.0	4.9	0.0	1.0
5	6.1	2.4	1.8	1.0
6	3.0	2.4	0.0	0.0
9	0.0	0.0	0.0	1.0
10	0.0	0.0	0.0	3.1
15	0.0	2.4	0.0	0.0
16	0.0	0.0	0.9	0.0

18	0.0	0.0	0.0	1.0
19	0.0	4.9	0.0	0.0
20	0.0	2.4	0.9	0.0
22	0.0	2.4	0.0	0.0
23	0.0	0.0	0.0	1.0
24	0.0	2.4	0.9	0.0
25	0.0	2.4	0.0	0.0
26	0.0	0.0	0.0	1.0
28	3.0	0.0	0.0	0.0
29	0.0	2.4	0.0	0.0
30	0.0	0.0	1.8	0.0
36	0.0	0.0	0.0	1.0
38	0.0	2.4	0.0	0.0
50	0.0	0.0	0.0	1.0
51	0.0	2.4	0.0	0.0
57	0.0	2.4	0.0	0.0
58	0.0	0.0	0.0	1.0
Not applicable	72.7	58.5	90.8	84.7
Number of subjects (n)	33	41	109	98

A3.Table 6.144. ADL 88A. "Are you able to walk between rooms?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	0.0	0.0	0.0	0.0	
Only with help	3.0	2.4	0.9	6.1	
With difficulty but without help		9.1	17.1	8.3	19.4
Without difficulty	87.9	80.5	90.8	74.5	
Number of subjects (n)	33	41	109	98	

A3.Table 6.145. ADL 88B. "Are you able to use the stairs?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	0.0	2.4	1.8	5.1	
Only with help	3.0	7.3	2.8	10.2	
With difficulty but without help		21.2	17.1	20.2	24.5
Without difficulty	72.7	73.2	71.6	51.0	

Unknown	3.0	0.0	3.7	9.2
Number of subjects (n)	33	41	109	98

A3.Table 6.146. ADL 88C. "Are you able to walk at least 400 metres?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	6.1	4.9	1.8	12.2	
Only with help	0.0	4.9	5.5	13.3	
With difficulty but without help		18.2	19.5	19.3	24.5
Without difficulty	75.8	70.7	73.4	49.0	
Unknown	0.0	0.0	0.0	1.0	
Number of subjects (n)	33	41	109	98	

A3.Table 6.147. ADL 88D. "Are you able to get places out of walking distance, i.e. by bus, taxi, train?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	6.1	4.9	2.8	13.3	
Only with help	3.0	4.9	9.2	19.4	
With difficulty but without help		12.1	17.1	19.3	14.3
Without difficulty	78.8	73.2	68.8	52.0	
Unknown	0.0	0.0	0.0	1.0	
Number of subjects (n)	33	41	109	98	

A3.Table 6.148. ADL 88E. "Are you able to use the toilet?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	0.0	0.0	0.0	0.0	
Only with help	0.0	2.4	0.9	10.2	
With difficulty but without help		6.1	12.2	4.6	9.2
Without difficulty	93.9	85.4	94.5	80.6	
Number of subjects (n)	33	41	109	98	

A3.Table 6.149. ADL 88F. "Are you able to wash and bathe yourself?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	0.0	0.0	0.0	0.0	
Only with help	3.0	4.9	0.9	9.2	
With difficulty but without help		3.0	12.2	4.6	9.2
Without difficulty	93.9	82.9	94.5	81.6	
Number of subjects (n)	33	41	109	98	

A3.Table 6.150. ADL 88G. "Are you able to dress and undress?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	0.0	0.0	0.0	0.0	
Only with help	3.0	0.0	0.9	7.1	
With difficulty but without help		0.0	9.8	3.7	9.2
Without difficulty	97.0	90.2	95.4	83.7	
Number of subjects (n)	33	41	109	98	

A3.Table 6.151. ADL 88H. "Are you able to take care of your appearance?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	0.0	0.0	0.0	0.0	
Only with help	3.0	0.0	0.9	7.1	
With difficulty but without help		0.0	9.8	2.8	7.1
Without difficulty	97.0	90.2	96.3	85.7	
Number of subjects (n)	33	41	109	98	

A3.Table 6.152. ADL 88I. "Are you able to get in and out of bed?" by age group and gender.

FIL	Men (%)	Women (%)
-----	---------	-----------

	< 70	>= 70	< 70	>=70	
No	0.0	0.0	0.0	1.0	
Only with help	0.0	0.0	0.9	6.1	
With difficulty but without help		9.1	12.2	5.5	10.2
Without difficulty	90.9	87.8	93.6	82.7	
Number of subjects (n)	33	41	109	98	

A3.Table 6.153. ADL 88J. "Are you able to do your own cooking if you had to?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	0.0	7.3	7.3	16.3	
Only with help	0.0	7.3	0.0	9.2	
With difficulty but without help		9.1	14.6	2.8	6.1
Without difficulty	84.8	68.3	88.1	63.3	
Not applicable	3.0	2.4	1.8	5.1	
Number of subjects (n)	33	41	109	98	

A3.Table 6.154. ADL 88K. "Are you able to feed yourself if you had to?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	3.0	0.0	0.9	2.0	
Only with help	0.0	0.0	0.9	5.1	
With difficulty but without help		0.0	9.8	0.9	6.1
Without difficulty	97.0	90.2	97.2	86.7	
Number of subjects (n)	33	41	109	98	

A3.Table 6.155. ADL 88L. "Are you able to do light housework (e.g. wash dishes)?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	6.1	9.8	6.4	8.2	
Only with help	0.0	4.9	0.9	7.1	
With difficulty but without help		6.1	12.2	10.1	16.3

Without difficulty	87.9	70.7	82.6	65.3
Unknown	0.0	2.4	0.0	2.0
Number of subjects (n)	33	41	109	98

A3.Table 6.156. ADL 88M. "Are you able to do heavy housework (wash windows)?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	15.2	17.1	21.1	36.7	
Only with help	9.1	7.3	3.7	12.2	
With difficulty but without help		18.2	17.1	11.9	14.3
Without difficulty	54.5	56.1	60.6	33.7	
Unknown	3.0	2.4	2.7	3.1	
Number of subjects (n)	33	41	109	98	

A3.Table 6.157. ADL 88N. "Are you able to take your own medicine if you had to?" by age group and gender.

FIL	Men (%)		Women (%)		
	< 70	>= 70	< 70	>=70	
No	0.0	0.0	1.8	1.0	
Only with help	3.0	0.0	0.0	5.1	
With difficulty but without help		3.0	9.8	0.9	4.1
Without difficulty	93.9	90.2	97.2	87.8	
Unknown	0.0	0.0	0.0	2.0	
Number of subjects (n)	33	41	109	98	

A3.Table 6.158. ADL 88O. "How often do you wet yourself?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	93.9	95.1	83.5	81.6
Occasionally	3.0	2.4	12.8	12.2
Frequently	3.0	2.4	3.7	6.1
Number of subjects (n)	33	41	109	98

A3.Table 6.159. ADL 88P. "How often do you soil yourself?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Never	100.0	100.0	99.1	95.9
Occasionally	0.0	0.0	0.9	3.1
Frequently	0.0	0.0	0.0	1.0
Number of subjects (n)	33	41	109	98

A3.Table 6.160. ADL 88Q. "Who is your main helper?" by age group and gender.

FIL	Men (%)		Women (%)	
	< 70	>= 70	< 70	>=70
Spouse/partner	30.3	22.0	11.9	5.1
Your child/ren	9.1	12.2	33.9	23.5
Friend/relative	3.0	2.4	10.1	8.2
Neighbour	0.0	2.4	0.0	1.0
Paid help	0.0	2.4	2.8	9.2
None	48.5	51.2	38.5	51.0
Unknown	9.1	7.3	2.8	2.0
Number of subjects (n)	33	41	109	98

