

## A3.8 CHINESE, TIANJIN, RURAL, PRC

### DEMOGRAPHY

**A3.Table 8.1. A 1. Descriptive statistics for age by group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	72.49	82.50	72.44	83.84
SD	2.92	2.72	2.99	3.59
Minimum	70.00	80.00	70.00	80.00
5%	70.00	80.00	70.00	80.00
25%	70.00	81.00	70.00	81.00
50%	71.00	81.50	71.00	83.00
75%	75.00	84.00	75.00	86.00
95%	78.00	89.00	78.00	94.00
Maximum	79.00	89.00	79.00	94.00

**A3.Table 8.2. A 3. Present address by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rural area	100.0	100.0	100.0	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.3. A 7. Marital status by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Married	69.9	60.0	48.1	26.3
Never married	0.0	0.0	0.0	0.0

Divorced/separated	0.0	0.0	0.0	0.0
Widowed	30.1	40.0	51.9	73.7
Number of subjects (n)	73	10	79	19

**A3.Table 8.4. A 9. Nationality by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Han	91.8	90.0	97.5	94.7
Hui	0.0	0.0	0.0	0.0
Manchus	8.2	10.0	2.5	5.3
Others	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.5. A 10. Birthplace by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
TJJX	100.0	100.0	100.0	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.6. A 11. Religion by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
No religion	100.0	100.0	100.0	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.7. A 14. Education level by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
College graduate	0.0	0.0	0.0	0.0
High school	1.4	0.0	0.0	0.0
Middle school	2.7	0.0	0.0	0.0
Preliminary school	38.4	0.0	5.1	0.0

None of above	57.5	100.0	94.9	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.8. A 42. Currently employed by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	27.4	20.0	6.3	0.0
No	72.6	80.0	93.7	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.9. A 43. Description of jobs by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Doorkeeper	5.9	0.0	0.0	0.0
Farmer	88.2	100.0	100.0	0.0
Quarryman	5.9	0.0	0.0	0.0
Number of subjects (n)	17	1	1	0

**A3.Table 8.10. A 44. Type of work by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Labour work	27.4	20.0	2.5	0.0
Mental work	0.0	0.0	0.0	0.0
Not applicable	72.6	80.0	97.5	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.11. A 46. Past occupation by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Administrative	2.7	0.0	0.0	0.0
Clerical	2.7	0.0	0.0	0.0
Farmer	90.4	100.0	0.0	0.0

Farmer, house duties	0.0	0.0	100.0	100.0
Labourer	1.4	0.0	0.0	0.0
Quarryman	2.7	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.12. A 48. Past type of work by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Labour	93.2	100.0	98.7	100.0
Mental work	6.8	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.13. K 5. Past economical level by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes, have more than enough	4.1	0.0	3.8	0.0
Yes, have just enough	12.3	10.0	12.7	15.8
No, don't have enough	83.6	90.0	83.5	84.2
Number of subjects (n)	73	10	79	19

**A3.Table 8.14. K 6. Main source of income by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Salary/pension	15.1	0.0	0.0	0.0
Relief fund	61.6	90.0	84.8	84.2
Subsins/relatives	1.4	0.0	2.5	0.0
Others (as interest)	19.2	10.0	10.1	15.8
Salary/pension/relief fund	0.0	0.0	1.3	0.0
Relief fund/Others	2.7	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

## HEALTH STATUS

**A3.Table 8.15. D 1-16. Health conditions by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Stroke	4.1	10.0	6.5	5.3
Hypertension II	2.7	0.0	1.3	0.0
Hypertension III	21.9	20.0	23.1	5.3
Angina pectoris	2.7	0.0	1.3	0.0
Myocardial infarction	0.0	0.0	2.6	0.0
Cancer	0.0	0.0	0.0	0.0
Spinal deformity	0.0	0.0	0.0	0.0
Fracture	2.7	10.0	6.4	15.8
Chronic bronchitis	4.1	20.0	6.4	0.0
Asthma	2.7	0.0	3.8	0.0
Pulmonary emphysema	0.0	0.0	1.3	0.0
Rheumatic heart disease	0.0	0.0	1.3	0.0
Cirrhosis of liver	0.0	0.0	0.0	0.0
Diabetes	0.0	0.0	0.0	0.0
Nephritis	0.0	0.0	0.0	0.0

**A3.Table 8.16. D 16. Health status by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Healthy	56.2	40.0	48.1	57.9
Unhealthy	41.1	60.0	41.8	21.1
Undignosed	2.7	0.0	10.1	21.1
Number of subjects (n)	73	10	79	19

**A3.Table 8.17. D 18. Health problems causing difficulties in doing things by age group and gender.**

CTJ-R	Men (%)	Women (%)
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	70-79	80 +	70-79	80 +
Not at all	0.0	0.0	1.3	0.0
Little	1.4	30.0	5.1	5.3
A great deal	98.6	70.0	93.7	94.7
Number of subjects (n)	73	10	79	19

**A3.Table 8.18. D 19. Self-assessment of health by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	11.0	20.0	7.6	10.5
Fair	35.6	50.0	53.2	57.9
Poor	53.4	30.0	39.2	31.6
Number of subjects (n)	73	10	79	19

**A3.Table 8.19. D 21. Had serious disease in the past year by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Arthritis	7.7	0.0	6.2	0.0
Asthma	0.0	0.0	12.5	0.0
Cerebral concussion	7.7	0.0	0.0	0.0
Chest pain	0.0	0.0	0.0	100.0
Dermatosis of head	0.0	100.0	0.0	0.0
Epilepsy	0.0	0.0	6.2	0.0
Gall bladder trouble	7.7	0.0	0.0	0.0
Heart trouble	0.0	0.0	6.2	0.0
High blood pressure	0.0	0.0	37.5	0.0
Intestine problem	15.4	0.0	0.0	0.0
Liver trouble	15.4	0.0	0.0	0.0
Nervousness	0.0	0.0	12.5	0.0
Pulmonary tuberculosis	7.7	0.0	0.0	0.0
Stomach trouble	0.0	0.0	6.2	0.0
Stomach ulcer	7.7	0.0	6.2	0.0
Stroke	30.8	0.0	6.2	0.0
Number of subjects (n)	13	1	16	1

**A3.Table 8.20. D 22. Often suffer from headache or cold in the past year by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	2.7	0.0	1.3	15.8
No	17.8	20.0	39.2	42.1
Not applicable	79.5	80.0	59.5	42.1
Number of subjects (n)	73	10	79	19

**A3.Table 8.21. D 23. Self-assessment of eyesight by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good or adequate	8.2	10.0	6.3	15.8
Poor (partially blind)	54.8	70.0	64.6	73.7
Very poor or totally blind	37.0	20.0	29.1	10.5
Number of subjects (n)	73	10	79	19

**A3.Table 8.22. D 24. Self-assessment of hearing by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good or adequate	2.7	20.0	5.1	21.1
Poor (partially deaf)	41.1	60.0	38.0	47.4
Very poor or totally deaf	56.2	20.0	57.0	31.6
Number of subjects (n)	73	10	79	19

**A3.Table 8.23. F 1. Take medicine regularly by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	87.7	80.0	83.5	89.5
No	12.3	20.0	16.5	10.5
Number of subjects (n)	73	10	79	19

**A3.Table 8.24. F 2. Reasons for taking medicine regularly by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Drugs to improve circulation	25.0	-	0.0	0.0
Hypertension medicine	37.5	-	54.5	0.0
Pills for emphysema	12.5	-	27.3	50.0
Pills for gall bladder	12.5	-	0.0	0.0
Prescription pain killer	0.0	-	9.1	0.0
Sleeping pills	0.0	-	9.1	0.0
Ulcer medicine	12.5	-	0.0	50.0
Number of subjects (n)	8	0	11	2

**A3.Table 8.25. F 3. Type of disease(s) to be treated by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Asthma	0.0	0.0	7.7	0.0
Broken bones	0.0	50.0	0.0	0.0
Emphysema	14.3	50.0	15.4	0.0
Gall bladder trouble	14.3	0.0	0.0	0.0
Hypertension	42.9	0.0	38.5	0.0
Insomnia	0.0	0.0	7.7	0.0
Lumbago	0.0	0.0	7.7	0.0
Stomach trouble	14.3	0.0	23.1	50.0
Stroke	14.3	0.0	0.0	0.0
Tracheitis	0.0	0.0	0.0	50.0
Number of subjects (n)	7	2	13	2

**A3.Table 8.26. F 4. Use of herbal medicines or vitamins in the past year by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often	0.0	0.0	3.8	0.0
Sometimes	5.5	0.0	2.5	0.0
Rarely	93.2	100.0	92.4	100.0
Not applicable	1.4	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19



**A3.Table 8.27. F 6. Reasons for taking supplements by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Health	0.0	0.0	0.0	0.0
Nerves	0.0	0.0	0.0	0.0
Strength	100.0	0.0	100.0	0.0
Therapy	0.0	0.0	0.0	0.0
Not applicable	0.0	100.0	0.0	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.28. B 1. Memory test on date by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Correct	5.5	10.0	12.7	10.5
Incorrect	94.5	90.0	87.3	89.5
Number of subjects (n)	73	10	79	19

**A3.Table 8.29. B 2. Memory test on address by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Correct	0.0	10.0	1.3	5.3
Incorrect	100.0	90.0	98.7	94.7
Number of subjects (n)	73	10	79	19

**A3.Table 8.30. B3. Forget things by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	31.5	50.0	40.5	42.1
Sometimes	31.5	40.0	40.5	31.6
Often	37.0	10.0	19.0	26.3
Number of subjects (n)	73	10	79	19

**A3.Table 8.31. T 7. Health status of subject (by informant) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Excellent	49.3	30.0	35.4	31.6
Good	41.1	60.0	55.7	63.2
Fair	9.6	10.0	7.6	5.3
Poor	0.0	0.0	0.0	0.0
Not sure	0.0	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.32. S 1-19. Nutrient deficiencies by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Brightness & sparse hair	26.0	70.0	16.5	31.6
Dermatitis around nose & mouth	2.7	0.0	3.8	5.3
Xerophthalmia	1.4	30.0	6.3	10.5
Whiteness of conjunctira	0.0	0.0	1.3	10.5
Night blindness	8.2	0.0	3.8	10.5
Angular stomatitis of mouth	1.4	20.0	3.8	10.5
Lip inflammation	2.7	10.0	5.1	15.8
Whiteness around corner of mouth	2.7	0.0	1.3	5.3
Mucous ulcer of oral cavity	1.4	0.0	10.1	5.3
Gums	9.6	40.0	16.5	21.1
Glossitis of tongue	11.0	20.0	11.4	15.8
Xerosis	35.6	80.0	32.9	36.8
Keratosis of hair follicies	27.4	40.0	24.1	36.8
Petechiae	0.0	0.0	0.0	0.0
Tenderness of legs	0.0	0.0	0.0	0.0
Disappearance of knee jerk reflex	0.0	0.0	0.0	0.0
Edma of legs	0.0	0.0	1.3	0.0
Pain and itch of scrotums	1.4	0.0	0.0	0.0
Erosion of scrotums	1.4	0.0	0.0	0.0

**A3.Table 8.33. C 2. Lost interest in doing things that are usually enjoyed by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	45.2	40.0	60.8	78.9
Partially	41.1	50.0	30.4	21.1
No	13.7	10.0	8.9	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.34. C 3. Feel tired all the time by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	1.4	10.0	1.3	5.3
No	53.4	30.0	57.0	31.6
Not applicable	45.2	60.0	41.8	63.2
Number of subjects (n)	73	10	79	19

## DIETARY HABITS

**A3.Table 8.35. L 1. Describe appetite by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	5.5	10.0	7.6	10.5
Fair	13.7	30.0	31.6	36.8
Poor	80.8	60.0	60.8	52.6
Not sure	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.36. L 2. Reasons for poor appetite by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Stomach problem	100.0	-	100.0	-

Number of subjects (n)	3	0	1	0
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**A3.Table 8.37. L 3. Probable causes for poor appetite by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All 4 problems	0.0	0.0	0.0	0.0
3 problems	0.0	0.0	0.0	0.0
2 problems	9.6	10.0	7.6	5.3
Only one problem	87.7	90.0	81.0	94.7
No problem	2.7	0.0	11.4	0.0
Number of subjects (n)	73	10	79	19

1, Difficulty chewing; 2, Difficulty swallowing; 3, Indigestion or Heartburn; 4, Other.

**A3.Table 8.38. L 6. Favorite taste by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Sour	38.4	40.0	44.3	57.9
Sweet	61.6	60.0	55.7	42.1
Bitter	0.0	0.0	0.0	0.0
Salt	0.0	0.0	0.0	0.0
Insipid	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.39. L 7. Type of foods you mostly like by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Bean curd	6.8	0.0	1.3	0.0
Cabbage	0.0	0.0	2.5	0.0
Carrot	2.7	0.0	0.0	0.0
Chicken	2.8	0.0	1.3	0.0
Chicken egg	1.4	0.0	1.3	0.0
Corn	1.4	0.0	0.0	0.0
Dumpling	2.7	10.0	3.8	0.0
Fish	2.7	0.0	0.0	0.0
Kidney bean	2.7	0.0	1.3	0.0

Mutton	0.0	0.0	1.3	0.0
Noodle	2.7	0.0	0.0	0.0
Pancake	1.4	0.0	0.0	0.0
Persimmon	0.0	0.0	1.3	0.0
Pork	1.4	0.0	1.3	0.0
Pork liver	0.0	0.0	0.0	5.3
Porridge	1.4	0.0	2.5	0.0
Rice	2.7	0.0	0.0	0.0
Salad	0.0	0.0	1.3	0.0
Steam bread	1.4	0.0	0.0	0.0
Sweet	2.7	0.0	1.3	0.0
Unknown	61.6	80.0	79.7	94.7
Vegetable	1.4	10.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.40. L 8. Foods that you try to avoid or cannot eat by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Bean curd	0.0	0.0	2.5	0.0
Beef	2.7	0.0	10.1	5.3
Bitter food	1.4	0.0	0.0	0.0
Celery	0.0	0.0	1.3	0.0
Chicken	2.7	0.0	0.0	0.0
Chicken egg	0.0	0.0	1.3	0.0
Chive	4.1	0.0	0.0	0.0
Corn	1.4	0.0	0.0	0.0
Coriander	1.4	0.0	0.0	5.3
Dog meat	1.4	0.0	1.3	0.0
Donkey meat	1.4	0.0	0.0	0.0
Fermented bean	0.0	0.0	1.3	0.0
Fish	2.7	0.0	1.3	0.0
Garlic	2.7	0.0	0.0	0.0
Hot pepper	2.7	0.0	0.0	0.0
Mushroom	0.0	0.0	1.3	0.0
Mutton	1.4	0.0	2.5	0.0
Pancake	0.0	0.0	2.5	0.0
Pork	1.4	0.0	2.5	0.0
Poultry	1.4	10.0	0.0	0.0
Radish	1.4	0.0	0.0	0.0

Salted	0.0	0.0	1.3	0.0
Sour food	1.4	0.0	1.3	0.0
Unknown	68.5	90.0	69.6	89.5
Number of subjects (n)	73	10	79	19

**A3.Table 8.41. L 9. Often eat fruit by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes, very often	5.5	0.0	8.9	5.3
Yes, less often	47.9	60.0	43.0	63.2
Rarely	46.6	40.0	48.1	31.6
Number of subjects (n)	73	10	79	19

**A3.Table 8.42. L 10. Type of fruits you mostly like by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Apple	38.4	50.0	46.8	36.8
Banana	1.4	0.0	1.3	0.0
Grape	0.0	0.0	2.5	0.0
Hawthorn	4.1	10.0	0.0	0.0
Orange	0.0	0.0	0.0	5.3
Pea	13.7	0.0	3.8	5.3
Peach	0.0	10.0	0.0	0.0
Persimmon	28.8	30.0	30.4	31.6
Watermelon	1.4	0.0	0.0	0.0
Unknown	12.3	0.0	15.2	21.1
Number of subjects (n)	73	10	79	19

**A3.Table 8.43. L 11. Type of drink you mostly have, by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Tea	69.9	40.0	54.4	57.9
Soda water	0.0	0.0	0.0	0.0
Beer	0.0	0.0	0.0	0.0
Tea & Other	1.4	10.0	7.6	5.3

Tapwater	28.8	50.0	38.0	36.8
Number of subjects (n)	73	10	79	19

**A3.Table 8.44. L 12. Type of food you like to eat by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All 4 types	0.0	0.0	0.0	0.0
3 types	0.0	0.0	0.0	0.0
2 types	15.1	0.0	5.1	10.5
Only 1 type	68.5	60.0	67.1	52.6
None of the types listed	16.4	40.0	27.8	36.8
Number of subjects (n)	73	10	79	19

1, Salted; 2, Smoked; 3, Fried; 4, Cured meat.

**A3.Table 8.45. L13. Often have snack between meals by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	50.7	60.0	63.3	68.4
No	39.7	40.0	24.1	26.3
Not sure	9.6	0.0	12.7	5.3
Number of subjects (n)	73	10	79	19

**A3.Table 8.46. L14. Type of snack by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All 4 types	0.0	0.0	0.0	0.0
3 types	0.0	0.0	0.0	0.0
2 types	6.8	0.0	7.6	5.3
Only 1 type	46.6	50.0	38.0	31.6
No types	46.6	50.0	54.4	63.2
Number of subjects (n)	73	10	79	19

1, Cake/candy; 2, Fruits; 3, Seeds; 4, Others.

**A3.Table 8.47. M 1. Add salt in cooking vegetables/ animal food by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Less	24.7	10.0	16.5	21.1
Average	43.8	40.0	44.3	47.4
More	31.5	50.0	39.2	31.6
Number of subjects (n)	73	10	79	19

**A3.Table 8.48. M 2. Add sugar in cooking by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	24.7	40.0	19.0	10.5
Sometimes	26.0	10.0	19.0	42.1
Often	49.3	50.0	62.0	47.4
Number of subjects (n)	73	10	79	19

**A3.Table 8.49. M 3. Eat fat on meat by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	28.8	30.0	11.4	15.8
Sometimes	46.6	50.0	41.8	63.2
Most of the times	24.7	20.0	46.8	21.1
Number of subjects (n)	73	10	79	19

**A3.Table 8.50. M 4. Eat fat on meat before middle age by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	38.4	30.0	16.5	21.1
Sometimes	39.7	40.0	39.2	47.4
Most of the times	21.9	30.0	44.3	31.6
Number of subjects (n)	73	10	79	19



**A3.Table 8.51. M 5. Number of eggs eaten (per day) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
0	71.2	80.0	78.5	73.7
1	21.9	20.0	16.5	26.3
2	6.8	0.0	5.1	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.52. M 6. Number of eggs eaten (per week)by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
0	23.3	40.0	32.9	36.8
1	2.7	10.0	1.3	0.0
2	5.5	0.0	17.7	10.5
3	24.7	10.0	22.8	15.8
4	11.0	20.0	2.5	5.3
5	4.1	0.0	1.3	5.3
7	21.9	20.0	16.5	26.3
14	6.8	0.0	5.1	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.53. N 1. Rice cooking method by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Use 4 methods	0.0	0.0	0.0	0.0
Use 3 methods	0.0	0.0	0.0	0.0
Use 2 methods	4.1	0.0	2.5	0.0
Use only 1 method	94.5	100.0	96.2	100.0
Use none of the listed methods	1.4	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

Methods: 1, Pressure cooker; 2, Boiled; 3, Steamed; 4, Strained and then steamed.

**A3.Table 8.54. N 2. Add soda when cooking porridge by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	93.2	70.0	86.1	100.0
Sometimes	0.0	20.0	6.3	0.0
Often	6.8	10.0	7.6	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.55. N 3. Oil used in this household by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Use all 4 oils	8.2	0.0	7.6	10.5
Use 3 oils	17.8	10.0	20.3	36.8
Use 2 oils	64.4	70.0	65.8	47.4
Use only 1 type	9.6	20.0	6.3	5.3
Use none of the listed oils	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

Types of oil: 1, Lard; 2, Soybean oil; 3, Peanut oil; 4, Rape oil.

**A3.Table 8.56. N 4. How to cook or eat vegetable by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Use 4 methods	0.0	0.0	0.0	0.0
Use 3 methods	1.4	0.0	0.0	0.0
Use 2 methods	21.9	40.0	20.3	26.3
Use only 1 method	76.7	60.0	79.7	73.7
Use none of the listed methods	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

1, Stir-fry; 2, Boiled in water; 3, Salad; 4, Other

**A3.Table 8.57. N 5. How to cook or eat meat/fish/egg/poultry by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Use 4 methods	0.0	0.0	0.0	0.0
Use 3 methods	0.0	0.0	0.0	0.0

Use 2 methods	20.5	30.0	16.5	26.3
Use only 1 method	69.9	60.0	72.2	73.7
Use no method	9.6	10.0	11.4	0.0
Number of subjects (n)	73	10	79	19

1, Stir-fry; 2; Roasted; 3, Fried; 4, Decocted.

**A3.Table 8.58. P 1. Knowledge of relationship between food and health by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
No	82.2	100.0	93.7	100.0
Yes	17.8	0.0	6.3	0.0
Not applicable	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.59. P 2. Food you think is good for health by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Bean curd	5.5	0.0	0.0	0.0
Carrot	2.7	0.0	0.0	0.0
Egg	2.7	0.0	1.3	0.0
Egg,celery	1.4	0.0	0.0	0.0
Fruit	1.4	0.0	1.3	0.0
Fruit,bean oil	0.0	0.0	1.3	0.0
Lean meat	1.4	0.0	0.0	0.0
Meat	1.4	0.0	0.0	0.0
Vegetable	1.4	10.0	1.3	0.0
Unknown	82.2	90.0	94.9	100.0
Number of subjects (n)	73	10	79	10

**A3.Table 8.60. P 3. Reasons of food belief by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Low fat	0.0	0.0	1.3	0.0
Rich fibre	5.5	0.0	1.3	0.0

Rich protein	11.0	0.0	1.3	0.0
Rich protein, vitamin	1.4	0.0	0.0	0.0
Rich vitamin	0.0	10.0	0.0	0.0
Unknown	82.2	90.0	96.2	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.61. Q 1. Number of times having meals (per day) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Less than 2 meals	15.1	10.0	15.2	5.3
3 meals	83.6	90.0	83.5	94.7
4 meals	1.4	0.0	1.3	0.0
More than 5 meals	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.62. Q2. Frequency of having breakfast by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All the time	12.3	0.0	15.2	0.0
Sometimes	4.1	10.0	1.3	10.5
Rarely	83.6	90.0	83.5	89.5
Number of subjects (n)	73	10	79	19

**A3.Table 8.63. Q3. Have three meals (per day) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
On time	12.3	20.0	7.6	5.3
Not on time	87.7	80.0	92.4	94.7
Number of subjects (n)	73	10	79	19

**A3.Table 8.64. Q 4. Type of daily staple foods by age group and gender.**

CTJ-R	Men (%)		Women (%)	
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	70-79	80 +	70-79	80 +
Wheat flour	5.5	20.0	2.5	0.0
Rice	93.2	80.0	96.2	100.0
Both 1 & 2	0.0	0.0	0.0	0.0
Other	1.4	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.65. Q 5. Type of daily subsidiary foods by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All 4 types	0.0	0.0	0.0	0.0
3 types	28.8	20.0	35.4	15.8
2 types	63.0	60.0	53.2	57.9
Only 1 type	8.2	10.0	11.4	26.3
No types or unsure	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

1, Vegetable; 2, Meat/fish/egg/poultry; 3, Soybean products; 4, Others.

## FOOD INTAKE

**A3.Table 8.66. Descriptive statistics for eggs (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	17.71	12.61	9.43	7.96
SD	12.72	9.02	6.16	8.61
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	6.70	0.00	6.70	0.00
50%	20.00	15.00	10.00	8.30
75%	25.00	20.00	13.30	15.00
95%	40.00	20.00	20.00	20.00
Maximum	40.00	20.00	20.00	20.00

**A3.Table 8.67. Descriptive statistics for milk and dairy products (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	4.34	4.47	2.17	1.56
SD	3.11	3.23	1.97	1.94
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	1.70	0.00	0.00
50%	5.00	3.30	3.00	0.00
75%	6.70	8.00	3.30	3.00
95%	10.00	8.30	5.00	5.00
Maximum	10.00	8.30	5.00	5.00

**A3.Table 8.68. Descriptive statistics for fish and fish dish (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	11.87	12.99	3.63	5.83
SD	8.40	5.90	6.23	7.27
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	12.50	0.00	0.00
50%	15.00	15.00	0.00	0.00
75%	16.70	16.70	8.30	12.50
95%	25.00	16.70	16.70	16.70
Maximum	25.00	16.70	16.70	16.70

**A3.Table 8.69. Descriptive statistics for shellfish and crustaceans (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +

N	43	7	41	9
Mean	0.66	0.47	1.98	1.81
SD	1.82	1.25	2.63	1.91
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	1.70
75%	0.00	0.00	5.00	3.30
95%	3.30	3.30	6.70	5.00
Maximum	10.00	3.30	8.00	5.00

**A3.Table 8.70. Descriptive statistics for lamb, veal and beef (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.07	4.71	3.35	0.00
SD	0.46	12.47	10.83	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	33.00	25.00	0.00
Maximum	3.00	33.00	50.00	0.00

**A3.Table 8.71. Descriptive statistics for pork and mixed dish (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	23.54	22.39	18.28	27.22
SD	14.05	16.86	11.27	19.86
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	16.70	0.00	15.00	20.00
50%	25.00	25.00	16.70	25.00

75%	33.30	40.00	25.00	50.00
95%	50.00	41.70	33.30	50.00
Maximum	50.00	41.70	50.00	50.00

**A3.Table 8.72. Descriptive statistics for organ meats (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.31	0.00	0.00	0.00
SD	2.03	0.00	0.00	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	0.00	0.00	0.00
Maximum	13.30	0.00	0.00	0.00

**A3.Table 8.73. Descriptive statistics for root vegetables (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	66.43	47.61	61.42	63.51
SD	60.75	51.24	39.58	42.07
Minimum	0.00	0.00	0.00	16.70
5%	0.00	0.00	25.00	16.70
25%	25.00	0.00	30.00	33.30
50%	50.00	37.50	53.30	50.00
75%	100.00	100.00	80.00	83.30
95%	183.30	120.80	150.00	150.00
Maximum	275.00	120.80	175.00	150.00

**A3.Table 8.74. Descriptive statistics for green leafy vegetables (g/day) by age group**



<b>and gender.</b>				
<b>CTJ-R</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	43	7	41	9
Mean	2.52	0.00	1.22	0.00
SD	7.40	0.00	5.45	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	16.70	0.00	0.00	0.00
Maximum	33.30	0.00	25.00	0.00

**A3.Table 8.75. Descriptive statistics for marrow-like vegetables (g/day) by age group and gender.**

<b>CTJ-R</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	43	7	41	9
Mean	0.00	3.57	0.00	0.00
SD	0.00	9.45	0.00	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	25.00	0.00	0.00
Maximum	0.00	25.00	0.00	0.00

**A3.Table 8.76. Descriptive statistics for flower vegetables (g/day) by age group and gender.**

<b>CTJ-R</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	43	7	41	9
Mean	119.44	134.40	113.04	92.56
SD	53.49	65.81	46.05	42.92
Minimum	0.00	66.70	50.00	25.00

5%	25.00	66.70	50.00	25.00
25%	91.70	75.00	75.00	50.00
50%	116.70	125.00	110.00	100.00
75%	150.00	187.50	133.30	125.00
95%	208.30	250.00	206.70	158.00
Maximum	250.00	250.00	225.00	158.00

**A3.Table 8.77. Descriptive statistics for other vegetables (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	24.46	22.61	14.50	15.73
SD	16.24	49.69	18.47	15.84
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	16.70	0.00	0.00	8.30
50%	25.00	0.00	0.00	8.30
75%	33.30	25.00	25.00	25.00
95%	50.00	133.30	50.00	50.00
Maximum	58.30	133.30	75.00	50.00

**A3.Table 8.78. Descriptive statistics for legumes (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	14.27	9.76	10.85	15.47
SD	14.69	12.81	10.04	13.45
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	10.00	0.00	10.00	16.70
75%	25.00	25.00	16.70	25.00
95%	41.70	28.30	25.00	37.50
Maximum	43.30	28.30	37.50	37.50

**A3.Table 8.79. Descriptive statistics for bread (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	1.61	14.29	0.46	0.00
SD	7.85	37.80	2.92	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	7.50	100.00	0.00	0.00
Maximum	50.00	100.00	18.70	0.00

**A3.Table 8.80. Descriptive statistics for pasta and noodles (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	224.53	239.77	197.79	215.73
SD	92.06	70.03	78.89	95.40
Minimum	50.00	150.00	0.00	83.30
5%	100.00	150.00	50.00	83.30
25%	158.30	161.70	158.30	150.00
50%	225.00	225.00	200.00	233.30
75%	300.00	300.00	250.00	275.00
95%	366.70	325.00	300.00	391.60
Maximum	435.00	325.00	375.00	391.60

**A3.Table 8.81. Descriptive statistics for rice and rice noodles (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	121.68	96.06	94.01	61.02
SD	75.61	51.03	69.80	68.89

Minimum	0.00	25.00	0.00	0.00
5%	0.00	25.00	0.00	0.00
25%	66.70	50.00	41.70	11.70
50%	125.00	100.00	88.30	33.30
75%	175.00	133.00	125.00	100.00
95%	250.00	166.70	225.00	200.00
Maximum	315.00	166.70	300.00	200.00

**A3.Table 8.82. Descriptive statistics for cereals (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	1.36	0.00	0.81	0.00
SD	6.28	0.00	4.08	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	0.00	0.00	0.00
Maximum	33.30	0.00	25.00	0.00

**A3.Table 8.83. Descriptive statistics for cakes, biscuits, pastries, etc. (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	2.91	5.36	0.00	0.00
SD	13.59	14.17	0.00	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	37.50	0.00	0.00
Maximum	75.00	37.50	0.00	0.00

**A3.Table 8.84. Descriptive statistics for fruits (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	11.38	11.19	6.03	6.22
SD	9.41	7.81	5.10	4.06
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	8.30	0.00	5.00
50%	10.00	10.00	5.00	6.00
75%	20.00	16.70	8.30	6.70
95%	25.00	25.00	16.70	15.00
Maximum	25.00	25.00	20.00	15.00

**A3.Table 8.85. Descriptive statistics for nuts, dips, snacks, etc. (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.00	0.00	0.00	0.00
SD	0.00	0.00	0.00	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	0.00	0.00	0.00
Maximum	0.00	0.00	0.00	0.00

**A3.Table 8.86. Descriptive statistics for spirits (ml/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	7.07	0.00	0.00	0.00
SD	16.13	0.00	0.00	0.00

Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	50.00	0.00	0.00	0.00
Maximum	50.00	0.00	0.00	0.00

**A3.Table 8.87. Descriptive statistics for oils (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	24.66	24.77	22.94	23.16
SD	5.72	5.29	4.57	6.20
Minimum	16.70	16.70	16.00	16.70
5%	16.70	16.70	16.70	16.70
25%	20.00	20.00	20.00	20.00
50%	25.00	25.00	25.00	20.00
75%	30.00	26.70	25.00	25.00
95%	35.00	33.30	30.00	35.00
Maximum	40.00	33.30	33.30	35.00

**A3.Table 8.88. Descriptive statistics for sugar, jam, honey, sweets (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.70	2.50	0.49	0.44
SD	2.76	4.79	2.65	1.33
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	5.00	0.00	0.00
95%	5.00	12.50	0.00	4.00
Maximum	16.70	12.50	16.70	4.00

**A3.Table 8.89. Descriptive statistics for processed meat (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.00	0.00	0.00	2.78
SD	0.00	0.00	0.00	8.33
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	0.00	0.00	25.00
Maximum	0.00	0.00	0.00	25.00

**A3.Table 8.90. Descriptive statistics for herbs, garlic, olives (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.00	0.00	0.00	0.00
SD	0.00	0.00	0.00	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	0.00	0.00	0.00
Maximum	0.00	0.00	0.00	0.00

**A3.Table 8.91. Descriptive statistics for fungi (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.00	0.00	0.00	0.00

SD	0.00	0.00	0.00	0.00
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	0.00	0.00
50%	0.00	0.00	0.00	0.00
75%	0.00	0.00	0.00	0.00
95%	0.00	0.00	0.00	0.00
Maximum	0.00	0.00	0.00	0.00

**A3.Table 8.92. Descriptive statistics for others (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	12.03	12.26	10.14	10.21
SD	6.83	4.29	1.63	1.73
Minimum	7.30	8.30	6.70	8.30
5%	7.80	8.30	8.30	8.30
25%	8.30	10.00	9.00	8.30
50%	10.00	10.70	10.00	10.00
75%	12.50	15.00	11.60	11.00
95%	25.00	20.80	12.50	13.30
Maximum	45.80	20.80	13.30	13.30

## NUTRIENT INTAKES & DENSITIES

**A3.Table 8.93. Descriptive statistics for protein intake (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	64.73	53.87	62.73	61.32
SD	22.31	13.34	16.51	21.77
Minimum	33.31	43.56	43.32	44.36
5%	37.28	43.56	43.43	44.36



25%	49.57	43.56	52.10	50.11
50%	61.65	49.11	59.83	52.54
75%	76.99	68.94	68.66	66.72
95%	94.31	68.94	91.80	117.69
Maximum	169.93	68.94	125.22	117.69

**A3.Table 8.94. Descriptive statistics for lipid intake (g/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	45.25	37.04	52.97	53.18
SD	25.65	11.49	10.13	11.03
Minimum	12.09	25.41	31.40	40.14
5%	19.90	25.41	38.63	40.14
25%	25.94	25.41	46.09	45.14
50%	45.88	37.31	51.95	49.18
75%	56.03	48.39	59.93	60.10
95%	73.36	48.39	73.19	76.41
Maximum	173.07	48.39	75.53	76.41

**A3.Table 8.95. Descriptive statistics for energy intake (Kcal/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	1918.33	1557.96	1918.81	1887.20
SD	591.26	333.73	348.60	485.63
Minimum	1056.17	1224.70	1293.65	1403.81
5%	1113.82	1224.70	1386.46	1403.81
25%	1569.87	1224.70	1736.73	1552.93
50%	1891.33	1557.02	1884.52	1810.96
75%	2254.01	1892.15	2152.80	1943.28
95%	2813.97	1892.15	2496.06	3144.82
Maximum	4408.46	1892.15	2741.08	3144.82

**A3.Table 8.96. Descriptive statistics for carbohydrate intake (g/day) by age group**

<b>and gender.</b>				
<b>CTJ-R</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	47	3	40	10
Mean	313.44	252.72	298.43	291.22
SD	84.17	45.02	68.58	81.03
Minimum	179.21	206.06	175.71	194.33
5%	194.92	206.06	188.10	194.33
25%	248.44	206.06	259.55	236.72
50%	310.26	256.20	293.55	284.20
75%	356.35	295.89	349.44	307.20
95%	477.78	295.89	407.45	497.08
Maximum	543.01	295.89	445.41	497.08

**A3.Table 8.97. Descriptive statistics for crude fibre intake (g/day) by age group and gender.**

<b>CTJ-R</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	47	3	40	10
Mean	12.81	10.01	11.48	11.28
SD	8.36	2.97	6.50	6.58
Minimum	3.47	6.73	3.81	5.80
5%	4.04	6.73	4.11	5.80
25%	9.04	6.73	6.58	7.82
50%	11.84	10.75	10.13	9.30
75%	15.87	12.54	15.17	11.46
95%	21.15	12.54	23.70	27.29
Maximum	59.11	12.54	36.33	27.29

**A3.Table 8.98. Descriptive statistics for thiamin intake (mg/day) by age group and gender.**

<b>CTJ-R</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	47	3	40	10
Mean	1.12	1.02	1.04	1.02
SD	0.48	0.31	0.22	0.35
Minimum	0.51	0.78	0.73	0.48

5%	0.64	0.78	0.75	0.48
25%	0.86	0.78	0.86	0.81
50%	1.06	0.89	1.03	1.01
75%	1.31	1.37	1.21	1.20
95%	1.45	1.37	1.43	1.73
Maximum	3.81	1.37	1.61	1.73

**A3.Table 8.99. Descriptive statistics for riboflavin intake (mg/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	0.73	0.71	0.76	0.72
SD	0.26	0.16	0.21	0.18
Minimum	0.32	0.59	0.49	0.49
5%	0.48	0.59	0.55	0.49
25%	0.58	0.59	0.65	0.61
50%	0.71	0.64	0.72	0.67
75%	0.82	0.89	0.84	0.76
95%	1.00	0.89	1.15	1.15
Maximum	2.11	0.89	1.72	1.15

**A3.Table 8.100. Descriptive statistics for retinol intake ( $\mu\text{g}/\text{day}$ ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	114.38	150.32	191.71	172.42
SD	63.81	76.95	51.93	60.65
Minimum	16.65	77.54	75.49	43.51
5%	37.96	77.54	114.96	43.51
25%	67.96	77.54	164.49	151.95
50%	93.67	142.56	190.32	167.18
75%	180.82	230.85	221.49	196.40
95%	218.82	230.85	276.19	265.02
Maximum	255.30	230.85	351.58	265.02

**A3.Table 8.101. Descriptive statistics for total carotenoid intake ( $\mu\text{g}/\text{day}$ ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	2154.59	3547.40	1801.98	1540.07
SD	2380.88	1937.53	1278.59	1063.70
Minimum	328.70	2398.80	238.09	479.36
5%	487.20	2398.80	342.26	479.36
25%	993.00	2398.80	800.22	553.17
50%	1419.90	2459.00	1396.61	1326.10
75%	2034.10	5784.40	2653.04	2256.56
95%	5556.30	5784.40	4242.07	3628.52
Maximum	14014.60	5784.40	5759.96	3628.52

**A3.Table 8.102. Descriptive statistics for vitamin C intake ( $\text{mg}/\text{day}$ ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	59.64	87.95	48.06	61.51
SD	56.16	32.01	27.73	14.69
Minimum	16.29	68.51	4.72	38.13
5%	19.78	68.51	9.73	38.13
25%	31.73	68.51	26.11	50.13
50%	46.62	70.44	41.86	61.90
75%	67.84	124.89	63.85	74.92
95%	111.65	124.89	100.73	80.53
Maximum	385.34	124.89	106.24	80.53

**A3.Table 8.103. Descriptive statistics for niacin intake ( $\text{mg}/\text{day}$ ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10

Mean	12.47	10.81	10.95	10.80
SD	6.45	2.27	2.29	3.48
Minimum	6.53	9.21	6.29	4.76
5%	6.70	9.21	7.16	4.76
25%	9.51	9.21	9.49	9.66
50%	11.35	9.82	10.83	10.97
75%	13.92	13.40	12.64	11.55
95%	17.91	13.40	14.57	18.73
Maximum	50.72	13.40	15.58	18.73

**A3.Table 8.104. Descriptive statistics for vitamin E intake (mg/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	30.18	20.60	38.19	40.02
SD	17.35	9.97	13.81	15.00
Minimum	5.29	9.25	22.38	28.10
5%	6.02	9.25	25.02	28.10
25%	13.99	9.25	28.71	32.87
50%	30.38	24.65	33.68	33.52
75%	40.70	27.91	45.20	38.98
95%	61.81	27.91	69.70	76.92
Maximum	71.21	27.91	82.60	76.92

**A3.Table 8.105. Descriptive statistics for calcium intake (mg/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	379.96	387.37	363.19	329.86
SD	241.71	87.13	149.93	112.53
Minimum	129.84	306.96	155.29	139.56
5%	163.94	306.96	187.38	139.56
25%	273.09	306.96	274.33	271.11
50%	340.58	375.20	342.43	298.07
75%	446.40	479.94	399.68	406.98

95%	514.64	479.94	621.39	548.53
Maximum	1814.81	479.94	986.53	548.53

**A3.Table 8.106. Descriptive statistics for sodium intake (mg/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	1796.81	2015.97	3963.32	3475.80
SD	1609.54	1602.49	3245.89	692.23
Minimum	55.52	168.69	1747.90	2620.10
5%	81.41	168.69	2285.55	2620.10
25%	281.94	168.69	2651.70	2782.00
50%	1295.51	2846.79	3355.65	3536.76
75%	3059.62	3032.44	3843.95	3957.40
95%	4300.15	3032.44	8645.10	4462.20
Maximum	5720.80	3032.44	21414.00	4462.20

**A3.Table 8.107. Descriptive statistics for iron intake (mg/day) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	18.28	16.51	18.61	16.57
SD	15.60	6.65	7.97	7.81
Minimum	6.50	9.11	9.61	9.41
5%	8.47	9.11	10.28	9.41
25%	11.83	9.11	12.05	12.21
50%	15.56	18.43	15.85	13.34
75%	20.92	21.99	24.02	18.80
95%	26.08	21.99	32.45	36.03
Maximum	116.76	21.99	41.86	36.03

**A3.Table 8.108. Descriptive statistics for % energy intake from carbohydrate by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	66.09	65.22	61.78	61.49
SD	6.23	2.43	5.45	2.97
Minimum	649.27	62.55	47.62	55.37
5%	654.41	62.55	51.77	55.37
25%	662.09	62.55	59.28	60.01
50%	666.82	65.82	61.84	61.00
75%	670.00	67.30	65.06	64.22
95%	675.57	67.30	69.85	65.50
Maximum	77.60	67.30	71.23	65.50

**A3.Table 8.109. Descriptive statistics for % energy intake from protein by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	13.49	13.81	13.04	12.85
SD	1.56	1.04	1.87	1.65
Minimum	10.92	12.62	9.56	10.89
5%	11.38	12.62	9.85	10.89
25%	12.26	12.62	11.96	11.45
50%	13.37	14.23	12.92	12.75
75%	14.70	14.57	13.70	13.36
95%	16.11	14.57	16.93	16.14
Maximum	17.01	14.57	18.27	16.14

**A3.Table 8.110. Descriptive statistics for % energy intake from fat by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	20.51	21.08	25.31	25.75
SD	6.42	2.21	5.30	3.55
Minimum	9.79	18.67	16.80	19.72
5%	10.30	18.67	18.60	19.72

25%	16.22	18.67	21.57	23.08
50%	19.70	21.57	24.42	26.87
75%	25.59	23.01	27.60	27.83
95%	34.39	23.01	36.52	31.38
Maximum	35.33	23.01	39.63	31.38

**A3.Table 8.111. Descriptive statistics for fibre (g/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
Mean	47	3	40	10
SD	1.56	1.51	1.39	1.37
Minimum	0.59	0.18	0.61	0.49
5%	0.43	1.31	0.44	0.79
25%	0.66	1.31	0.61	0.79
50%	1.15	1.31	0.94	0.98
75%	1.50	1.58	1.31	1.30
95%	1.89	1.64	1.76	1.48
Maximum	2.64	1.64	2.44	2.32

**A3.Table 8.112. Descriptive statistics for protein (g/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	8.03	8.22	7.76	7.65
SD	0.93	0.62	1.11	0.98
Minimum	6.50	7.51	5.69	6.48
5%	6.77	7.51	5.87	6.48
25%	7.30	7.51	7.12	6.82
50%	7.96	8.47	7.69	7.59
75%	8.75	8.67	8.15	7.9
95%	9.59	8.67	10.08	9.61
Maximum	10.13	8.67	10.88	9.61

**A3.Table 8.113. Descriptive statistics for total fat (g/MJ) by age group and gender.**

CTJ-R	Men	Women
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	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	5.43	5.58	6.70	6.81
SD	1.70	0.59	1.40	0.94
Minimum	2.59	4.94	4.44	5.22
5%	2.73	4.94	4.92	5.22
25%	4.29	4.94	5.71	6.11
50%	5.21	5.71	6.46	7.11
75%	6.77	6.09	7.30	7.36
95%	9.10	6.09	9.66	8.30
Maximum	9.35	6.09	10.48	8.30

**A3.Table 8.114. Descriptive statistics for total carbohydrate (g/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	39.34	38.82	36.78	36.60
SD	3.71	1.45	3.24	1.77
Minimum	29.33	37.23	28.35	32.96
5%	32.38	37.23	30.82	32.96
25%	36.96	37.23	35.28	35.72
50%	39.77	39.18	36.81	36.31
75%	41.67	40.06	38.72	38.23
95%	44.98	40.06	41.58	38.99
Maximum	46.19	40.06	42.40	38.99

**A3.Table 8.115. Descriptive statistics for sodium (mg/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	203.76	284.91	507.46	452.46
SD	173.47	224.62	409.10	101.93
Minimum	7.23	32.80	210.28	273.56
5%	11.96	32.80	259.39	273.56
25%	46.67	32.80	327.49	381.09
50%	161.66	358.22	415.12	439.40

75%	327.48	463.71	501.58	546.72
95%	467.03	463.71	1202.19	589.42
Maximum	701.48	463.71	2616.73	589.42

**A3.Table 8.116. Descriptive statistics for calcium (mg/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	47.56	60.09	45.63	41.93
SD	20.12	13.09	17.21	12.61
Minimum	20.05	47.21	17.77	21.40
5%	24.83	47.21	22.44	21.40
25%	35.48	47.21	34.19	35.24
50%	43.54	59.68	44.92	40.34
75%	51.19	73.39	52.71	46.77
95%	98.02	73.39	75.08	70.06
Maximum	1116.02	73.39	111.32	70.06

**A3.Table 8.117. Descriptive statistics for iron (mg/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	2.17	2.48	2.28	2.03
SD	0.85	0.81	0.78	0.48
Minimum	1.13	1.77	1.08	1.56
5%	1.32	1.77	1.43	1.56
25%	1.72	1.77	1.68	1.69
50%	2.01	2.32	2.05	1.88
75%	2.43	3.36	2.76	2.39
95%	3.38	3.36	3.66	2.91
Maximum	6.31	3.36	4.20	2.91

**A3.Table 8.118. Descriptive statistics for retinol (RE µg/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +

N	47	3	40	10
Mean	13.97	21.97	24.51	22.18
SD	6.45	6.99	7.94	7.04
Minimum	2.43	15.07	10.51	5.33
5%	4.43	15.07	12.97	5.33
25%	8.90	15.07	19.84	20.07
50%	12.58	21.80	23.41	23.10
75%	19.11	29.05	28.71	24.76
95%	24.48	29.05	41.04	31.96
Maximum	32.96	29.05	45.23	31.96

**A3.Table 8.119. Descriptive statistics for carotene ( $\mu\text{g}/\text{MJ}$ ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	257.01	523.42	229.63	183.01
SD	204.26	182.73	162.01	97.97
Minimum	41.12	376.02	26.25	62.53
5%	66.48	376.02	51.12	62.53
25%	136.67	376.02	88.35	84.81
50%	174.56	466.35	174.71	171.23
75%	289.43	727.87	331.90	274.72
95%	756.91	727.87	599.73	349.89
Maximum	971.47	727.87	623.55	349.89

**A3.Table 8.120. Descriptive statistics for vitamin A ( $\mu\text{g RE}/\text{MJ}$ ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	56.80	109.21	62.79	52.68
SD	34.84	35.88	27.47	16.95
Minimum	17.90	84.47	18.61	29.71
5%	20.26	84.47	27.91	29.71
25%	35.36	84.47	41.29	42.72
50%	47.08	92.80	59.07	50.59
75%	68.01	150.36	79.74	60.26

95%	136.31	150.36	122.27	90.28
Maximum	176.39	150.36	128.68	90.28

**A3.Table 8.121. Descriptive statistics for thiamin (mg/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	0.14	0.16	0.13	0.13
SD	0.03	0.03	0.02	0.03
Minimum	0.09	0.12	0.10	0.07
5%	0.10	0.12	0.10	0.07
25%	0.12	0.12	0.12	0.10
50%	0.14	0.17	0.13	0.13
75%	0.16	0.17	0.14	0.15
95%	0.18	0.17	0.16	0.16
Maximum	0.21	0.17	0.16	0.16

**A3.Table 8.122. Descriptive statistics for riboflavin (mg/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	0.09	0.11	0.10	0.09
SD	0.02	0.01	0.02	0.01
Minimum	0.06	0.10	0.06	0.08
5%	0.07	0.10	0.07	0.08
25%	0.08	0.10	0.08	0.08
50%	0.09	0.11	0.10	0.09
75%	0.10	0.12	0.10	0.10
95%	0.12	0.12	0.14	0.11
Maximum	0.15	0.12	0.19	0.11

**A3.Table 8.123. Descriptive statistics for niacin (mg/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10

Mean	1.52	1.67	1.36	1.35
SD	0.29	0.25	0.19	0.23
Minimum	1.02	1.41	1.00	0.73
5%	1.17	1.41	1.06	0.73
25%	1.34	1.41	1.24	1.35
50%	1.50	1.69	1.35	1.42
75%	1.69	1.91	1.52	1.48
95%	1.88	1.91	1.69	1.51
Maximum	2.74	1.91	1.73	1.51

**A3.Table 8.124. Descriptive statistics for niacin equivalent (mg NE/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	2.81	2.98	2.60	2.58
SD	0.38	0.34	0.32	0.33
Minimum	2.16	2.61	1.94	1.82
5%	2.34	2.61	2.08	1.82
25%	2.54	2.61	2.38	2.51
50%	2.75	3.07	2.59	2.64
75%	3.03	3.26	2.85	2.71
95%	3.32	3.26	3.07	3.04
Maximum	4.21	3.26	3.43	3.04

**A3.Table 8.125. Descriptive statistics for vitamin C (mg/MJ) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	7.41	13.27	6.23	8.00
SD	4.87	2.47	3.68	2.23
Minimum	1.67	10.77	0.47	5.77
5%	3.02	10.77	1.00	5.77
25%	3.66	10.77	3.08	6.10
50%	5.72	13.32	5.79	7.24
75%	9.19	15.72	8.12	9.72
95%	17.27	15.72	13.14	11.49

Maximum	24.06	15.72	15.90	11.49
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**A3.Table 8.126. Safe/ adequate range for sodium by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
<1100mg (<48 mmol)	46.8	33.3	45.0	40.0
1100-3300 mg (48-143 mmol)	34.0	66.7	55.0	60.0
>3300 mg (>143 mmol)	19.1	0.0	0.0	0.0
Number of subjects	47	3	40	10

**A3.Table 8.127. Percentage below two thirds of the US RDA by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Calcium (mg)	95.7	100.0	87.5	90.0
Iron (mg)	2.1	0.0	0.0	0.0
Vitamin A (ug RE)*	100.0	100.0	70.0	80.0
Thiamin (mg)	12.8	33.3	0.0	10.0
Riboflavin (mg)	91.5	100.0	72.5	80.0
Niacin (mg NE)**	0.0	0.0	0.0	0.0
Vitamin C (mg)	38.3	0.0	42.5	10.0
Number of subjects	47	3	40	10

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

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

## ANTHROPOMETRY

**A3.Table 8.128. Body mass index classification by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
BMI<20	41.1	70.0	35.4	63.2
20<=BMI<25	54.8	30.0	51.9	31.6
25<=BMI<30	4.1	0.0	10.1	5.3

BMI>=30	0.0	0.0	2.5	0.0
Total (N)	73	10	79	19

**A3.Table 8.129. Waist-hip ratio classification by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
WHR<0.9	49.3	40.0	-	-
WHR>=0.9	50.7	60.0	-	-
WHR<0.8	-	-	11.4	15.8
WHR>=0.8	-	-	88.6	84.2
Total (n)	73	10	79	19

**A3.Table 8.130. Descriptive statistics for stature (cm) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	162.97	159.90	151.03	148.58
SD	6.15	4.68	5.70	6.14
Minimum	141.00	150.00	138.00	138.0
5%	150.0	150.00	142.00	138.00
25%	160.00	158.00	148.00	144.00
50%	164.00	161.00	150.00	150.00
75%	167.00	162.00	153.00	152.00
95%	172.00	167.00	163.00	160.00
Maximum	175.00	167.00	166.00	160.00

**A3.Table 8.131. Descriptive statistics for weight (kg) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	54.71	47.10	48.20	42.89
SD	7.09	7.57	8.87	8.60
Minimum	42.00	38.00	30.00	33.50
5%	43.00	38.00	35.00	33.50
25%	50.00	41.00	42.00	36.00

50%	54.00	46.50	49.00	41.00
75%	58.00	51.00	54.00	46.00
95%	68.00	60.00	64.00	62.00
Maximum	81.00	60.00	77.00	62.00

**A3.Table 8.132. Descriptive statistics for body mass index (kg/m<sup>2</sup>) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	20.63	18.42	20.88	19.38
SD	2.51	2.90	3.31	3.19
Minimum	14.85	14.66	13.51	15.33
5%	16.80	14.66	15.24	15.33
25%	19.40	14.84	18.37	16.88
50%	20.31	18.77	21.46	18.72
75%	21.72	20.43	23.07	20.93
95%	24.65	22.58	25.33	25.97
Maximum	30.76	22.58	30.96	25.97

**A3.Table 8.133. Descriptive statistics for waist (umbilicus) circumference (cm) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	77.70	77.10	75.61	75.42
SD	6.84	6.67	7.84	10.07
Minimum	64.00	65.00	56.00	62.00
5%	68.00	65.00	64.00	62.00
25%	74.00	73.00	70.00	70.00
50%	77.00	80.00	75.00	75.00
75%	81.00	82.00	82.00	78.00
95%	90.00	85.00	90.00	107.00
Maximum	104.00	85.00	96.00	107.00



**A3.Table 8.134. Descriptive statistics for hip circumference (cm) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	86.51	85.70	87.09	86.00
SD	5.29	5.52	6.62	7.75
Minimum	78.00	79.00	65.00	78.00
5%	79.00	79.00	76.00	78.00
25%	82.00	83.00	83.00	80.00
50%	86.00	84.50	88.00	84.00
75%	90.00	89.00	92.00	90.00
95%	97.00	95.00	96.00	105.00
Maximum	102.00	95.00	100.00	105.00

**A3.Table 8.135. Descriptive statistics for waist/ hip ratio by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	0.90	0.90	0.87	0.88
SD	0.06	0.06	0.08	0.08
Minimum	0.77	0.81	0.60	0.72
5%	0.80	0.81	0.78	0.72
25%	0.85	0.84	0.83	0.84
50%	0.90	0.91	0.87	0.88
75%	0.95	0.95	0.91	0.93
95%	1.00	0.97	0.95	1.02
Maximum	1.05	0.97	1.22	1.02

**A3.Table 8.136. Descriptive statistics for tricep skinfold thickness (mm) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	6.75	7.70	11.70	9.42
SD	3.68	7.51	4.46	6.15

Minimum	3.00	2.00	3.00	3.00
5%	3.00	2.00	4.00	3.00
25%	4.00	3.00	8.00	6.00
50%	6.00	3.50	12.00	7.00
75%	8.00	10.00	14.00	12.00
95%	12.00	25.00	20.00	25.00
Maximum	26.00	25.00	23.00	25.00

**A3.Table 8.137. Descriptive statistics for arm circumference (cm) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	23.99	22.30	23.72	21.39
SD	2.17	3.02	2.57	2.52
Minimum	20.00	19.00	18.00	17.00
5%	21.00	19.00	19.00	17.00
25%	22.00	20.00	22.00	20.00
50%	24.00	21.50	24.00	21.00
75%	25.00	25.00	26.00	23.00
95%	28.00	28.00	28.00	26.00
Maximum	30.00	28.00	30.00	26.00

**A3.Table 8.138. Descriptive statistics for arm muscle circumference (cm) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	21.87	19.88	20.05	18.44
SD	1.72	2.68	1.68	1.86
Minimum	18.23	14.15	15.80	15.46
5%	19.12	14.15	17.12	15.46
25%	20.74	19.06	19.12	16.86
50%	21.74	19.56	19.86	18.15
75%	23.09	22.49	21.35	19.80
95%	24.49	22.98	22.78	22.23
Maximum	26.17	22.98	24.60	22.23

**A3.Table 8.139. Descriptive statistics for arm muscle area (cm<sup>2</sup>) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	38.32	31.99	32.22	27.32
SD	6.03	8.10	5.35	5.53
Minimum	26.47	15.94	19.88	19.04
5%	29.09	15.94	23.32	19.04
25%	34.26	28.92	29.09	22.63
50%	37.64	30.46	31.40	26.23
75%	42.46	40.26	36.28	31.22
95%	47.74	42.03	41.31	39.35
Maximum	54.54	42.03	48.20	39.35

**A3.Table 8.140. Descriptive statistics for estimated fat mass (kg) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	41.93	36.62	27.60	23.17
SD	3.94	3.62	4.40	4.42
Minimum	33.84	32.40	17.77	16.02
5%	35.92	32.40	19.90	16.02
25%	39.42	33.27	24.59	20.44
50%	41.79	36.70	27.67	22.67
75%	43.92	38.43	30.23	24.78
95%	49.49	42.95	36.04	33.06
Maximum	55.22	42.95	38.19	33.06

**A3.Table 8.141. Descriptive statistics for estimated total body fat (kg) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +

N	73	10	79	19
Mean	12.78	10.48	20.60	19.73
SD	3.78	4.34	5.06	4.72
Minimum	3.93	4.73	10.42	13.39
5%	6.58	4.73	12.28	13.39
25%	10.96	5.60	17.22	16.22
50%	12.27	10.69	21.31	18.17
75%	15.12	13.60	23.81	22.06
95%	18.94	17.05	28.42	28.99
Maximum	25.78	17.05	39.11	28.99

**A3.Table 8.142. Descriptive statistics for estimated % body fat by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	22.96	21.49	42.36	45.80
SD	4.42	6.16	4.10	4.09
Minimum	9.14	12.21	29.23	37.66
5%	14.36	12.21	33.87	37.66
25%	20.95	14.75	39.70	43.60
50%	23.05	22.90	43.14	46.14
75%	25.76	26.66	45.12	49.02
95%	30.79	28.42	49.29	52.18
Maximum	31.83	28.42	50.93	52.18

**A3.Table 8.143. Descriptive statistics for estimated % fat free mass by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	80.32	82.82	83.31	85.18
SD	2.45	3.87	4.19	3.90
Minimum	75.30	78.32	73.52	78.43
5%	76.02	78.32	78.66	78.43
25%	79.09	80.03	80.56	82.65
50%	80.32	81.80	82.00	85.31

75%	81.38	87.74	85.61	88.40
95%	84.62	88.40	91.63	91.66
Maximum	88.18	88.40	95.37	91.66

**A3.Table 8.144. Descriptive statistics for age adjusted fat free mass (kg) by age group and gender.**

CTJ-R	Men		Women	
	74	83	74	84
N	73	10	79	19
Mean	40.78	35.43	30.40	26.29
SD	0.44	2.35	0.49	0.84
Minimum	39.80	29.81	29.34	25.38
5%	39.95	29.81	29.50	25.38
25%	40.40	34.14	29.99	25.62
50%	41.01	36.30	30.64	26.09
75%	41.16	36.73	30.80	26.79
95%	41.16	37.60	30.80	28.67
Maximum	41.16	37.60	30.80	28.67

**A3.Table 8.145. Descriptive statistics for age adjusted total body fat (kg) by age group and gender.**

CTJ-R	Men		Women	
	74	83	74	84
N	73	10	79	19
Mean	13.92	11.67	17.80	16.61
SD	0.19	1.59	0.48	1.86
Minimum	13.50	7.86	17.41	14.62
5%	13.56	7.86	17.41	14.62
25%	13.76	10.79	17.41	15.14
50%	14.02	12.25	17.57	16.17
75%	14.09	12.54	18.21	17.72
95%	14.09	13.13	18.69	21.85
Maximum	14.09	13.13	18.85	21.85

**A3.Table 8.146. Descriptive statistics for age adjusted % body fat by age group and**

<b>gender.</b>				
<b>CTJ-R</b>	<b>Men</b>		<b>Women</b>	
	<b>74</b>	<b>83</b>	<b>74</b>	<b>84</b>
N	73	10	79	19
Mean	25.20	24.41	36.41	38.09
SD	0.00	1.30	0.97	1.94
Minimum	25.20	21.30	35.62	36.02
5%	25.20	21.30	35.62	36.02
25%	25.20	23.70	35.62	36.56
50%	25.20	24.89	35.94	37.63
75%	25.20	25.13	37.24	39.25
95%	25.20	25.61	38.21	43.56
Maximum	25.20	25.61	38.54	43.56

**BIOLOGICAL MEASUREMENT**

**A3.Table 8.147. Descriptive statistics for systolic blood pressure (mmHg) by age group and gender.**

<b>CTJ-R</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	73	10	79	19
Mean	141.16	144.00	147.85	146.84
SD	20.86	23.19	23.17	17.01
Minimum	100.00	110.00	100.00	120.00
5%	110.00	110.00	120.00	120.00
25%	130.00	130.00	130.00	130.00
50%	140.00	140.00	150.00	150.00
75%	150.00	160.00	170.00	160.00
95%	180.00	190.00	190.00	180.00
Maximum	190.00	190.00	200.00	180.00

**A3.Table 8.148. Descriptive statistics for diastolic blood pressure (mmHg) by age group and gender.**

CTJ-R	Men		Women	
	70-79	80 +	70-79	80 +
N	73	10	79	19
Mean	83.84	83.00	81.96	76.84
SD	14.87	13.37	14.02	10.03
Minimum	60.00	70.00	60.00	60.00
5%	60.00	70.00	60.00	60.00
25%	70.00	70.00	70.00	70.00
50%	80.00	80.00	80.00	80.00
75%	90.00	90.00	90.00	80.00
95%	110.00	110.00	110.00	100.00
Maximum	130.00	110.00	115.00	100.00

## SOCIAL & LIFESTYLE FACTORS

**A3.Table 8.149. J 1. How often you receive visits from friends by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Weekly	43.8	20.0	32.9	21.1
Monthly	28.8	60.0	51.9	47.4
Rarely	27.4	20.0	15.2	31.6
Number of subjects (n)	73	10	79	19

**A3.Table 8.150. J 2. Often have help in sickness by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes, very often	42.5	50.0	45.6	10.5
Yes, sometimes	43.8	50.0	50.6	84.2
Rarely	12.3	0.0	3.8	5.3
Not sure	1.4	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.151. J 3. Visit family or friends by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Weekly	42.5	20.0	35.4	21.1
Monthly	28.8	60.0	34.2	36.8
Rarely	28.8	20.0	30.4	36.8
Not sure	0.0	0.0	0.0	5.3
Number of subjects (n)	73	10	79	19

**A3.Table 8.152. J 4. Have social occupation by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	0.0	0.0	0.0	0.0
No	98.6	100.0	98.7	100.0
Not sure	1.4	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.153. J 5. How often you take part in social activities by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Weekly	1.4	0.0	2.5	0.0
Monthly	0.0	0.0	0.0	0.0
Rarely	98.6	100.0	97.5	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.154. J 8. Relationship with brother(s) and/or sister(s) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	86.3	60.0	86.1	63.2
Fair	12.3	40.0	11.4	36.8
Bad	0.0	0.0	1.3	0.0



No answer	1.4	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.155. J 9. Relationship with housemate by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	84.9	60.0	84.8	68.4
Fair	15.1	40.0	15.2	31.6
Bad	0.0	0.0	0.0	0.0
No answer	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.156. J 10. Relationship with children who live away by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	80.8	70.0	86.1	57.9
Fair	12.3	30.0	7.6	26.3
Bad	2.7	0.0	1.3	0.0
No answer	4.1	0.0	5.1	15.8
Number of subjects (n)	73	10	79	19

**A3.Table 8.157. K 7. Own household appliances by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
TV set	46.6	50.0	48.1	52.6
Refrigerator	0.0	0.0	0.0	0.0
Washing machine	0.0	0.0	0.0	0.0
Telephone	0.0	0.0	0.0	0.0
TV & Washing machine	0.0	0.0	5.1	5.3
None of above	52.1	50.0	46.8	42.1
Number of subjects (n)	73	10	79	19

**A3.Table 8.158. K 9. Ownership of house properties by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Private	100.0	100.0	100.0	100.0
Government	0.0	0.0	0.0	0.0
Rental	0.0	0.0	0.0	0.0
Others	0.0	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.159. K 10. Type of rooms in the house by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Kitchen room	90.4	90.0	62.0	42.1
Bath room	0.0	0.0	0.0	5.3
Reception room	0.0	0.0	0.0	0.0
Store room	2.7	0.0	3.8	0.0
Kitchen & store	6.8	10.0	20.3	21.1
Not sure	0.0	0.0	13.9	31.6
Number of subjects (n)	73	10	79	19

**A3.Table 8.160. Feel loneliness by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	43.8	30.0	30.4	31.6
Sometimes	34.2	60.0	36.7	42.1
Often	1.4	0.0	7.6	5.3
Not sure	20.5	10.0	25.3	21.1
Number of subjects (n)	73	10	79	10

**A3.Table 8.161. Informant's relationship with subject by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Brother	0.0	0.0	1.3	0.0
Child	53.4	50.0	75.6	94.7

Nephew	0.0	0.0	2.6	5.3
Spouse	46.6	50.0	19.3	0.0
No relationship	0.0	0.0	1.3	0.0
Number of subjects (n)	73	10	78	19

**A3.Table 8.162. Type of support by age group and gender. Are the subject's needs for the following basic necessities being met?**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Food	30.1	30.0	13.9	10.5
Housing	5.5	20.0	3.8	0.0
Daily necessities	0.0	0.0	0.0	0.0
Medical care	0.0	0.0	0.0	0.0
Food & housing	41.1	40.0	46.8	0.0
Food & daily	4.1	0.0	6.3	0.0
Food & medical care	1.4	0.0	0.0	0.0
Housing & daily	1.4	0.0	1.3	0.0
Housing & medical care	0.0	0.0	1.3	5.3
Food & housing & daily	16.4	0.0	21.5	21.1
Food & housing & medical	0.0	0.0	1.3	0.0
Food & housing & daily & medical	0.0	10.0	2.5	0.0
Not sure	0.0	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.163. Is help available if sick or disabled (informant's answer) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	93.2	100.0	94.9	94.7
No	6.8	0.0	3.8	5.3
No answer	0.0	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.164. U 3. Social relationships (informant's answer) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Extensive, very satisfy	0.0	0.0	3.8	0.0
Adequate, fairly satisfy	84.9	90.0	81.0	89.5
Few, unsatisfy	15.1	10.0	13.9	5.3
Not applicable	0.0	0.0	1.3	5.3
Number of subjects (n)	73	10	79	19

**A3.Table 8.165. G 2. How often you go out of the house in good weather by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often(at least twice a week)	46.6	30.0	41.8	21.1
Sometimes(less than once a week)	31.5	60.0	40.5	52.6
Rarely	21.9	10.0	17.7	26.3
Number of subjects (n)	73	10	79	19

**A3.Table 8.166. G 3. Do your own shopping for food now by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often	45.2	10.0	20.3	5.3
Sometimes	17.8	20.0	29.1	15.8
Rarely	37.0	70.0	49.4	73.7
Not sure	0.0	0.0	1.3	5.3
Number of subjects (n)	73	10	79	19

**A3.Table 8.167. G 4. Type of transport used to do shopping by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
By bicycle	17.8	0.0	3.8	0.0
By bus	1.4	0.0	2.5	0.0
On foot	42.5	30.0	45.6	21.1
Not applicable	38.4	70.0	48.1	78.9
Number of subjects (n)	73	10	79	19

**A3.Table 8.168. G 5. Physical exercise in early twenties by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often	26.0	30.0	17.7	21.1
Sometimes	0.0	0.0	1.3	15.8
Rarely	74.0	70.0	81.0	63.2
Number of subjects (n)	73	10	79	19

**A3.Table 8.169. G 6. Being active in physical exercise by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Very active	28.8	10.0	6.3	0.0
Active	2.7	30.0	10.1	21.1
Inactive	68.5	60.0	83.5	78.9
Number of subjects (n)	73	10	79	19

**A3.Table 8.170. G 7. Type of exercise by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Stroll	30.1	40.0	15.2	21.1
Run slowly	0.0	0.0	0.0	0.0
Taiji Quan	0.0	0.0	0.0	0.0
Breath exercise	1.4	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0
Not applicable	68.5	60.0	84.8	78.9
Number of subjects (n)	73	10	79	19

**A3.Table 8.171. G 8. ADL in reading (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	86.3	100.0	98.7	100.0
1/2 hour	1.4	0.0	1.3	0.0

1 hour	8.2	0.0	0.0	0.0
2 hours	2.7	0.0	0.0	0.0
3 hours	1.4	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.172. G 10. ADL in listening to radio or watching TV (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	46.6	80.0	51.9	63.2
1/2 hour	1.4	0.0	0.0	0.0
1 hour	1.4	0.0	3.8	0.0
2 hours	32.9	0.0	38.0	26.3
2 and 1/2 hours	0.0	0.0	1.3	0.0
3 hours	17.8	20.0	5.1	5.3
Number of subjects (n)	73	10	79	19

**A3.Table 8.173. G 12. ADL in sewing (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	100.0	100.0	81.0	100.0
1/2 hour	0.0	0.0	5.1	0.0
1 hour	0.0	0.0	7.6	0.0
2 hours	0.0	0.0	2.5	0.0
3 hours	0.0	0.0	2.5	0.0
4 hours	0.0	0.0	1.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.174. G 14. ADL in enjoying arts (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	98.6	100.0	100.0	100.0
2 hours	1.4	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.175. G 16. ADL in raising or enjoying flowers (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	97.3	100.0	97.5	100.0
1/2 hour	0.0	0.0	1.3	0.0
1 hour	1.4	0.0	1.3	0.0
2 hours	1.4	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.176. G 18. ADL in doing farmwork (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	39.7	70.0	91.1	94.7
1 hour	9.6	0.0	2.5	5.3
2 hours	24.7	20.0	5.1	0.0
3 hours	16.4	10.0	0.0	0.0
4 hours	4.1	0.0	1.3	0.0
5 hours	2.7	0.0	0.0	0.0
7 hours	1.4	0.0	0.0	0.0
8 hours	1.4	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.177. G 20. ADL in repairing or decorating house (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	34.2	30.0	7.6	26.3
1 hour	12.3	20.0	7.6	10.5
1 and 1/2 hours	1.4	0.0	1.3	5.3
2 hours	31.5	30.0	24.1	21.1
2 and 1/2 hours	0.0	0.0	1.3	0.0
3 hours	15.1	10.0	24.1	15.8
4 hours	2.7	10.0	24.1	21.1

5 hours	1.4	0.0	3.8	0.0
6 hours	0.0	0.0	1.3	0.0
7 hours	0.0	0.0	1.3	0.0
8 hours	1.4	0.0	3.8	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.178. G 22. ADL in doing housework (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	98.6	100.0	97.5	100.0
2 hours	0.0	0.0	2.5	0.0
4 hours	1.4	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.179. G 24. ADL in playing indoor games (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	100.0	100.0	100.0	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.180. G 26. ADL in playing outdoor games (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	42.5	30.0	69.6	73.7
1/2 hours	0.0	0.0	1.3	0.0
1 hour	37.0	10.0	20.3	15.8
1 and 1/2 hours	1.4	0.0	1.3	0.0
2 hours	13.7	40.0	6.3	10.5
3 hours	1.4	0.0	1.3	0.0
4 hours	1.4	20.0	0.0	0.0
5 hours	1.4	0.0	0.0	0.0
7 hours	1.4	0.0	0.0	0.0



Number of subjects (n)	73	10	79	19
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**A3.Table 8.181. G 28. ADL in shopping (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	100.0	90.0	100.0	100.0
2 hours	0.0	10.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.182. G 30. ADL in doing other things (daily hours) by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	100.0	100.0	100.0	100.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.183. H 1. Average hours of sleeping each day by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Less than 2 hours	2.7	0.0	1.3	0.0
3-5 hours	11.0	0.0	15.2	15.8
6-8 hours	35.6	20.0	36.7	15.8
More than 8 hours	50.7	80.0	46.8	68.4
Number of subjects (n)	73	10	79	19

**A3.Table 8.184. H 2. Keep regular sleeping habit by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Very regular	50.7	30.0	40.5	26.3
Fairly regular	43.8	70.0	54.4	63.2
Not regular	5.5	0.0	5.1	10.5
Number of subjects (n)	73	10	79	19

**A3.Table 8.185. H 3. Sleeping too much by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
More	34.2	10.0	17.7	31.6
Less	49.3	40.0	45.6	26.3
About the same	16.4	50.0	36.7	42.1
Number of subjects (n)	73	10	79	19

**A3.Table 8.186. H 4. Have nap during the day by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often	28.8	60.0	22.8	36.8
Sometimes	41.1	40.0	39.2	31.6
Rarely	28.8	0.0	38.0	31.6
Not sure	1.4	0.0	0.0	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.187. C 1. Difficulty with sleeping now by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	54.8	60.0	29.1	42.1
Sometimes	24.7	40.0	32.9	31.6
Often	20.5	0.0	38.0	26.3
Number of subjects (n)	73	10	79	19

**A3.Table 8.188. I 2. Number of cigarettes, cigars, pipefuls smoked daily now by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Less than 5	17.8	0.0	7.6	10.5
5-10	32.9	30.0	12.7	10.5
11-20	8.2	0.0	5.1	0.0

More than 20(one package)	2.7	10.0	0.0	0.0
Not applicable	38.4	60.0	74.7	78.9
Number of subjects (n)	73	10	79	19

**A3.Table 8.189. I 3. Smoking status by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Never smoking	28.8	60.0	72.2	63.2
Stopped less than 1 year	1.4	0.0	0.0	0.0
Stopped 2-5 years	6.8	0.0	0.0	0.0
Stopped 6-10 years	2.7	0.0	1.3	15.3
Stopped more than 10 years	0.0	0.0	1.3	0.0
Not applicable	60.3	40.0	25.3	0.0
Number of subjects (n)	73	10	79	19

**A3.Table 8.190. O 2. Type of alcohol drunk by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Spirit	63.0	40.0	15.2	10.5
Wine	0.0	0.0	0.0	0.0
Beer	1.4	0.0	0.0	0.0
Mixed	0.0	0.0	0.0	0.0
Not applicable	35.6	60.0	84.8	89.5
Number of subjects (n)	73	10	79	19

**A3.Table 8.191. O 5. Alcohol consumption status by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Never drink	27.4	60.0	82.3	84.2
Stopped less than 1 year	2.7	0.0	0.0	0.0
Stopped 2-5 years	4.1	0.0	0.0	0.0
Stopped 6-10 years	0.0	0.0	1.3	5.3
Stopped more than 10 years	0.0	0.0	0.0	0.0
Not applicable	65.8	40.0	16.5	10.5

Number of subjects (n)	73	10	79	19
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**A3.Table 8.192. O 6. Type of alcohol used in the past by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Spirit	6.8	0.0	1.3	5.3
Wine	0.0	0.0	0.0	0.0
Beer	0.0	0.0	0.0	0.0
Mixed	0.0	0.0	0.0	0.0
Not applicable	93.2	100.0	98.7	94.7
Number of subjects (n)	73	10	79	19

**A3.Table 8.193. D 17. Get out of bed and do normal activities by age group and gender.**

CTJ-R	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes, without help	1.4	0.0	1.3	0.0
Yes, but need help	1.4	10.0	5.1	15.8
No	97.3	90.0	93.7	84.2
Number of subjects (n)	73	10	79	19

