

## A3.9 CHINESE, TIANJIN, URBAN, PRC

### DEMOGRAPHY

**A3.Table 9.1. A 1. Descriptive statistics for age by group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	74.07	82.63	73.97	84.41
SD	2.53	2.43	2.64	3.64
Minimum	70.00	80.00	70.00	80.00
5%	70.00	80.00	70.00	80.00
25%	72.00	80.00	72.00	81.00
50%	74.00	82.00	74.00	84.50
75%	76.00	84.00	76.0	87.00
95%	78.00	87.00	79.00	90.00
Maximum	79.00	87.00	79.00	96.00

**A3.Table 9.2. A 3. Present address by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Urban area	100.0	100.0	100.0	100.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.3. A 7. Marital status by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Married	78.5	57.9	47.1	12.5
Never married	0.9	0.0	0.0	3.1
Divorced/separated	0.9	0.0	2.9	0.0
Widowed	19.6	42.1	50.0	84.4

Number of subjects (n)	107	19	102	32
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**A3.Table 9.4. A 9. Nationality by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Han	97.2	100.0	98.0	100.0
Hui	0.9	0.0	2.0	0.0
Manchus	1.9	0.0	0.0	0.0
Others	0.0	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.5. A 10. Birthplace by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
BJ	5.6	5.3	2.9	0.0
FJ	0.9	0.0	1.0	0.0
GD	0.0	0.0	1.0	0.0
HB	36.4	42.1	38.2	34.4
HLJ	0.9	0.0	0.0	0.0
HN	2.8	0.0	2.0	0.0
HUB	0.0	0.0	0.0	3.1
HUN	0.0	0.0	1.0	0.0
JS	0.9	0.0	2.0	3.1
LN	3.7	0.0	2.9	6.2
SD	8.4	15.8	7.8	15.6
SX	0.0	5.3	0.0	0.0
TJ	37.4	31.6	39.2	37.5
ZJ	2.8	0.0	2.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.6. A 11. Religion by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Buddhism	1.9	0.0	1.0	0.0
Catholic	0.9	0.0	2.0	0.0

No religion	97.2	100.0	97.1	100.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.7. A 14. Education level by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
College graduate	17.8	10.5	4.9	6.2
High school	11.2	5.3	3.9	6.2
Middle school	21.5	10.5	6.9	0.0
Preliminary school	38.3	42.1	19.6	18.8
None of above	11.2	31.6	64.7	68.7
Number of subjects (n)	107	19	102	32

**A3.Table 9.8. A 42. Currently employed by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	1.9	0.0	1.0	3.1
No	98.1	100.0	99.0	96.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.9. A 43. Description of jobs by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Dean	0.0	-	100.0	0.0
Decorating	20.0	-	0.0	0.0
Doorkeeper	40.0	-	0.0	0.0
Paint	20.0	-	0.0	0.0
Sales	0.0	-	0.0	100.0
Technician	20.0	-	0.0	0.0
Number of subjects (n)	5	0	1	1

**A3.Table 9.10. A 44. Type of work by age group and gender.**

CTJ-U	Men (%)	Women (%)
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	70-79	80 +	70-79	80 +
Labour work	0.9	0.0	1.0	3.1
Mental work	3.7	0.0	1.0	0.0
Not applicable	95.3	100.0	98.0	96.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.11. A 46. Past occupation by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Administrative	14.9	10.5	2.9	0.0
Armed service	0.9	0.0	0.0	0.0
Clerical	11.2	15.8	2.0	0.0
Doctor	0.9	0.0	2.0	3.1
Driver	0.9	0.0	0.0	0.0
House duties	0.0	0.0	60.8	84.4
Labourer	52.3	68.4	15.7	6.2
Postwomen	0.0	0.0	0.0	3.1
Sales	1.8	5.3	3.9	0.0
Teacher	2.8	0.0	8.8	3.1
Technician	13.1	0.0	3.9	0.0
Tradesman	13.1	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.12. A 48. Past type of work by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Labour	54.2	63.2	87.3	90.6
Mental work	45.8	36.8	12.7	9.4
Number of subjects (n)	107	19	102	32

**A3.Table 9.13. K 5. Past economical level by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes, have more than enough	21.5	10.5	17.6	12.5

Yes, have just enough	48.6	57.9	41.2	56.2
No, don't have enough	29.9	31.6	41.2	31.3
Number of subjects (n)	107	19	102	32

**A3.Table 9.14. K 6. Main source of income by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Salary/pension	92.5	73.7	41.2	15.6
Relief fund	2.8	10.5	43.1	68.7
Sublins/relatives	0.0	0.0	4.9	3.1
Others (as interest)	0.9	5.3	4.9	12.5
Salary/pension/relief fund	3.7	10.5	4.9	0.0
Relief fund/Others	0.0	0.0	1.0	0.0
Number of subjects (n)	107	19	102	32

## HEALTH STATUS

**A3.Table 9.15. B 1. Memory test on date by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Correct	12.1	0.0	11.8	28.1
Incorrect	87.9	100.0	88.2	71.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.16. B 2. Memory test on address by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Correct	0.9	0.0	2.9	3.1
Incorrect	99.1	100.0	97.1	96.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.17. B3. Forget things by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	39.3	31.6	34.3	31.3
Sometimes	38.3	47.4	51.0	53.1
Often	22.4	21.1	14.7	15.6
Number of subjects (n)	107	19	102	32

**A3.Table 9.18. C 2. Lost interest in doing things that are usually enjoyed by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	42.1	63.2	49.0	68.7
Partially	34.6	26.3	33.3	21.9
No	23.4	10.5	17.6	9.4
Number of subjects (n)	107	19	102	32

**A3.Table 9.19. C 3. Feel tired all the time by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	1.9	0.0	1.0	0.0
No	53.3	42.1	65.7	71.9
Not applicable	44.9	57.9	33.3	28.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.20. D 1-16. Health conditions by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Stroke	2.8	15.8	3.9	6.2
Hypertension II	0.9	5.3	2.0	0.0
Hypertension III	25.2	5.3	22.5	15.6
Angina pectoris	6.6	10.5	2.9	0.0
Myocardial infarction	13.2	15.8	19.6	12.5

Cancer	3.7	0.0	2.9	0.0
Spinal deformity	0.0	0.0	0.0	3.1
Fracture	9.3	0.0	7.8	6.2
Chronic bronchitis	7.5	0.0	11.8	6.2
Asthma	13.1	5.3	3.9	0.0
Pulmonary emphysema	1.9	0.0	1.0	0.0
Rheumatic heart disease	0.0	0.0	0.0	0.0
Cirrhosis of liver	4.7	0.0	6.9	3.1
Diabetes	0.9	0.0	0.0	0.0
Nephritis	0.9	0.0	1.0	3.1

**A3.Table 9.21. D 16. Health status by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Healthy	44.9	73.7	48.0	65.6
Unhealthy	55.1	26.3	52.0	34.4
Undignosed	0.0	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.22. D 18. Health problems causing difficulties in doing things by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Not at all	1.9	5.3	1.0	0.0
Little	11.2	0.0	11.8	25.0
A great deal	86.9	94.7	87.3	75.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.23. D 19. Self-assessment of health by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	20.6	0.0	25.5	15.6
Fair	35.5	42.1	42.2	46.9
Poor	43.9	57.9	32.4	37.5

Number of subjects (n)	107	19	102	32
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**A3.Table 9.24. D 21. Had serious disease in the past year by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Acute meningitis	1.7	0.0	0.0	0.0
Acute pneumonia	0.0	0.0	0.0	9.1
Anaemia	1.7	0.0	2.4	0.0
Arthritis	5.1	0.0	0.0	0.0
Asthma	6.8	0.0	7.3	9.1
Been paralysed	1.7	0.0	0.0	0.0
Broken bone	1.7	0.0	0.0	0.0
Cancer	0.0	25.0	0.0	0.0
Cancer, asthma	0.0	0.0	0.0	9.1
Cataracts, hypertension	1.7	0.0	0.0	0.0
Diabetes	5.1	0.0	7.3	9.1
Diabetes, cancer	0.0	0.0	2.4	0.0
Diabetes, heart trouble	1.7	0.0	0.0	0.0
Diabetes, stroke	1.7	0.0	0.0	0.0
Extrauterine pregnancy	0.0	0.0	2.4	0.0
Gall bladder trouble	3.4	0.0	7.3	0.0
HBP, CHD, DIAB	1.7	0.0	0.0	0.0
Heart trouble	10.2	25.0	24.4	9.1
Heart trouble, stroke	3.4	0.0	0.0	0.0
Heart trouble, ulcer	1.7	0.0	0.0	0.0
High blood pressure	13.6	25.0	9.8	27.3
Hypertension	1.7	0.0	0.0	0.0
Hypertension, pneumonia	1.7	0.0	0.0	0.0
Intestine problem	1.7	0.0	2.4	0.0
Liver trouble	5.1	0.0	4.9	0.0
Pancreatitis	0.0	0.0	4.9	0.0
Parkinson's disease	0.0	0.0	2.4	0.0
Pneumonia, tracheitis	1.7	0.0	0.0	0.0
Pulmonary abscess	1.7	0.0	0.0	0.0
Pulmonary tuberculosis	5.1	0.0	2.4	0.0
Rheumatism	0.0	0.0	0.0	9.1
Scarlet fever	0.0	0.0	2.4	0.0
Stomach trouble	1.7	0.0	2.4	0.0
Stomach ulcer	3.4	0.0	0.0	9.1
Stroke	8.5	25.0	4.9	0.0



Trachetitis	0.0	0.0	0.0	9.1
Tuberculosis	1.7	0.0	0.0	0.0
Tuberculosis pleurisy	0.0	0.0	2.4	0.0
Tuberculosis of lung, bone	1.7	0.0	0.0	0.0
Tumour of uterus	0.0	0.0	2.4	0.0
Typhoid fever	1.7	0.0	0.0	0.0
Vertebra hyperplasia	0.0	0.0	2.4	0.0
Number of subjects (n)	59	4	41	11

**A3.Table 9.25. D 22. Often suffer from headache or cold in the past year by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	6.5	5.3	3.9	6.2
No	28.0	21.1	37.3	25.0
Not applicable	65.4	73.7	58.8	68.7
Number of subjects (n)	107	19	102	32

**A3.Table 9.26. D 23. Self-assessment of eyesight by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good or adequate	15.0	5.3	16.7	28.1
Poor (partially blind)	53.3	68.4	58.8	46.9
Totally blind	31.8	26.3	24.5	25.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.27. D 24. Self-assessment of hearing by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good or adequate	7.5	21.1	2.9	12.5
Poor (partially deaf)	41.1	26.3	40.2	40.6
Totally deaf	51.4	52.6	56.9	46.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.28. F 1. Take medicine regularly by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
No	54.2	21.1	51.0	37.5
Yes	45.8	78.9	49.0	62.5
Number of subjects (n)	107	19	102	32

**A3.Table 9.29. F 2. Reasons for taking medicine regularly by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Antibiotics	1.8	0.0	2.0	0.0
Anticoagulants	1.8	0.0	0.0	0.0
Anticoagulants, digitalis pills	1.8	0.0	0.0	0.0
Arthritis medicine	0.0	0.0	2.0	8.3
Aspirin	0.0	0.0	2.0	0.0
Constipated	1.8	0.0	0.0	0.0
Digitalis pills	5.4	0.0	2.0	8.3
Digitalis pills, anticoagulant	3.6	0.0	2.0	8.3
Drugs to improve circulation	10.7	0.0	10.0	8.3
Hypertension medicine	33.9	25.0	40.0	41.7
Nitroglycerin tablets	0.0	25.0	4.0	0.0
Pills for cold	0.0	0.0	0.0	8.3
Pills for constipation	1.8	0.0	0.0	0.0
Pills for diabetes	10.7	0.0	12.0	8.3
Pills for emphysema	9.0	0.0	10.0	0.0
Pills for gall bladder	0.0	0.0	2.0	0.0
Pills for heart trouble	1.8	0.0	0.0	0.0
Pills for insomnia glaucoma	1.8	0.0	0.0	0.0
Pills for prostate problem	3.6	0.0	0.0	0.0
Pills for loosing water	0.0	25.0	0.0	0.0
Prescription pain killer	1.8	25.0	4.0	0.0
Sleeping pills	1.8	0.0	2.0	0.0
Ulcer medicine	3.6	0.0	6.0	8.3
Vitamin B1,C; aspirin	1.8	0.0	0.0	0.0
Vitamin C, vitamin E	1.8	0.0	0.0	0.0
Number of subjects (n)	56	4	50	12

**A3.Table 9.30. F 3. Type of disease(s) to be treated by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Arthritis	0.0	0.0	2.0	8.3
Been paralysed	1.8	0.0	0.0	0.0
CHD	1.8	0.0	2.0	0.0
CHD, Diabetes	1.8	0.0	0.0	0.0
CHD, hypertension	1.8	0.0	2.0	0.0
Circulation problem	1.8	0.0	0.0	0.0
Cold	3.6	0.0	0.0	8.3
Constipated	1.8	0.0	0.0	0.0
Diabetes	7.3	0.0	12.0	8.3
Diarrhoea	1.8	0.0	0.0	0.0
Emphysema	9.1	0.0	10.0	0.0
Emphysema, CHD	0.0	0.0	2.0	0.0
Gall bladder trouble	1.8	0.0	2.0	0.0
Headache	1.8	25.0	4.0	0.0
Heart trouble	14.5	0.0	12.0	16.7
Heart trouble, CHD	0.0	0.0	2.0	0.0
Hypertension	29.1	25.0	30.0	41.7
Hypertension, CHD	5.5	25.0	8.0	0.0
Hypertension, stress	1.8	0.0	0.0	0.0
Insomnia, catarac	1.8	0.0	0.0	0.0
Oedema	0.0	25.0	0.0	0.0
Pain foots	0.0	0.0	2.0	0.0
Prostate problem	3.6	0.0	0.0	0.0
Rheumatism	0.0	0.0	0.0	8.3
Stomach problem	0.0	0.0	4.0	0.0
Stomach ulcer	1.8	0.0	4.0	8.3
Stroke	5.5	0.0	0.0	0.0
Number of subjects (n)	55	4	50	12

**A3.Table 9.31. F 4. Use of herbal medicines or vitamins in the past year by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often	15.9	5.3	10.8	15.6
Sometimes	7.5	5.3	8.8	3.1

Rarely	72.0	89.5	78.4	81.2
Not applicable	4.7	0.0	2.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.32. F 6. Reasons for taking supplements by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Health	12.5	50.0	20.0	16.7
Nerves	4.2	0.0	0.0	0.0
Strength	20.8	0.0	10.0	33.3
Therapy	62.5	50.0	70.0	50.0
Number of subjects (n)	4	10	79	19

**A3.Table 9.33. S 1-19. Nutrient deficiencies by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Brightness & sparse hair	33.6	42.1	29.4	34.4
Dermatitis around nose & mouth	3.7	0.0	0.0	3.1
Xerophthalmia	8.4	15.8	2.9	3.1
Whiteness of conjunctiva	10.3	0.0	5.9	3.1
Night blindness	1.9	0.0	5.9	3.1
Angular stomatitis of mouth	0.9	0.0	0.0	0.0
Lip inflammation	0.0	0.0	2.9	0.0
Whiteness around corner of mouth	2.8	0.0	1.0	0.0
Mucous ulcer of oral cavity	0.0	0.0	1.0	3.1
Gums	21.5	5.3	22.5	25.0
Glossitis of tongue	14.0	5.3	16.7	9.4
Xerosis	17.8	21.1	21.6	34.4
Keratoses of hair follicles	7.5	5.3	9.8	21.9
Petechiae	0.0	0.0	1.0	3.1
Tenderness of legs	94.4	0.0	7.8	3.1
Disappearance of knee jerk reflex	3.7	5.3	2.0	0.0
Edema of legs	17.8	21.1	12.7	12.5
Pain and itch of scrotums	1.9	0.0	0.0	6.2
Erosion of scrotums	0.9	0.0	0.0	0.0

**A3.Table 9.34. T 7. Health status of subject (by informant) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Excellent	39.3	63.2	39.2	40.6
Good	48.6	31.6	43.1	40.6
Fair	8.4	0.0	13.7	6.2
Poor	0.0	0.0	0.0	0.0
Not sure	3.7	5.3	3.9	12.5
Number of subjects (n)	107	19	102	32

## DIETARY HABITS

**A3.Table 9.35. L 1. Describe appetite by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	3.7	0.0	17.6	3.1
Fair	17.8	26.3	82.4	28.1
Poor	78.5	73.7	0.0	68.7
Number of subjects (n)	107	19	102	32

**A3.Table 9.36. L 2. Reasons for poor appetite by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Arthritis	0.0	-	12.5	-
Diabetes	0.0	-	12.5	-
Gall stone	0.0	-	12.5	-
Intestinal problem	0.0	-	25.0	-
Pancreatitis	0.0	-	12.5	-
Stomach problem	100.0	-	25.0	-
Number of subjects (n)	2	0	8	0

**A3.Table 9.37. L 3. Probable causes for poor appetite by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Have 4 problems	0.0	0.0	0.0	0.0
Have 3 problems	0.0	0.0	0.0	0.0
Have 2 problems	1.9	0.0	4.9	0.0
Have only one problem	92.5	94.7	81.4	93.7
Have no problems	5.6	5.3	13.7	6.2
Number of subjects (n)	107	19	102	32

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

**A3.Table 9.38. L 6. Favorite taste by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Sour	72.0	57.9	65.7	75.0
Sweet	28.0	42.1	34.3	25.0
Bitter	0.0	0.0	0.0	0.0
Salt	0.0	0.0	0.0	0.0
Inspid	0.0	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.39. L 7. Type of foods you mostly like by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Bean curd	0.0	0.0	2.0	0.0
Beef	0.9	0.0	0.0	0.0
Carrot	0.0	5.3	1.0	0.0
Chicken	0.0	5.3	1.0	6.2
Chicken egg	3.7	0.0	2.0	3.1
Chive	0.0	0.0	1.0	0.0
Corn	0.9	5.3	2.0	3.1
Cucumber	0.0	0.0	0.0	3.1
Dumpling	11.2	0.0	11.8	9.4
Eggplant	0.0	5.3	0.0	0.0
Fish	11.2	21.1	14.7	9.4
Fried food	0.0	0.0	0.0	3.1

Garlic	0.9	0.0	1.0	0.0
Hot food	0.0	0.0	1.0	0.0
Hot pepper	0.9	0.0	0.0	0.0
Lean pork	0.9	0.0	1.0	0.0
Milk	0.9	0.0	0.0	0.0
Noodle	7.5	0.0	3.9	0.0
Pancake	1.9	0.0	0.0	3.1
Peanut	0.0	0.0	2.0	0.0
Pork	7.5	5.3	2.9	3.1
Potato	0.0	0.0	1.0	0.0
Rice	3.7	10.5	2.0	3.1
Salted	0.0	0.0	0.0	3.1
Salted egg	0.0	5.3	0.0	0.0
Shrimp	2.8	0.0	1.0	0.0
Steam bread	6.5	0.0	7.8	3.1
Sweet	3.7	0.0	2.0	3.1
Tomato	0.9	0.0	0.0	6.2
Vegetable	7.5	0.0	10.8	9.4
Unknown	26.2	21.1	28.4	28.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.40. L 8. Foods that you try to avoid or cannot eat by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Beef	0.9	0.0	0.0	0.0
Bread	0.0	5.3	0.0	0.0
Cabbage	0.9	0.0	1.0	0.0
Celery	0.9	0.0	0.0	0.0
Chicken	0.0	0.0	0.0	3.1
Chicken egg	0.0	0.0	1.0	0.0
Chive	1.9	0.0	1.0	0.0
Corn	0.9	0.0	0.0	0.0
Fish	0.9	0.0	2.9	3.1
Fried food	0.9	0.0	0.0	0.0
Garlic	0.0	0.0	6.9	0.0
Hard food	0.9	0.0	0.0	0.0
Hot pepper	0.9	5.3	7.8	6.2
Milk	0.0	5.3	1.0	6.2
Mutton	0.9	0.0	2.9	3.1

Noodle	1.9	5.3	2.0	6.2
Pork	13.1	15.8	12.7	6.2
Potato	0.9	0.0	0.0	0.0
Rice	5.6	5.3	6.9	3.1
Salted	0.9	0.0	0.0	3.1
Salted bean	0.9	0.0	0.0	0.0
Seed	0.0	5.3	0.0	0.0
Sour food	0.0	0.0	1.0	0.0
Steam bread	1.9	0.0	1.0	0.0
Sweet	4.7	0.0	2.9	0.0
Unknown	59.8	52.6	49.0	59.4
Number of subjects (n)	107	19	102	32

**A3.Table 9.41. L 9. Often eat fruit by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	1.9	5.3	4.9	0.0
No	48.6	57.9	47.1	28.1
Not sure	49.5	36.8	48.0	71.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.42. L 10. Type of fruits you mostly like by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Apple	36.4	26.3	24.5	18.8
Banana	14.0	15.8	12.7	25.0
Carrot	0.0	5.3	0.0	0.0
Grape	0.0	0.0	1.0	0.0
Orange	15.9	15.8	19.6	12.5
Pea	4.7	0.0	9.8	0.0
Peach	3.7	0.0	5.9	6.2
Tomato	0.0	0.0	0.0	6.2
Watermelon	14.0	21.1	13.7	15.6
Unknown	11.2	15.8	12.7	15.6
Number of subjects (n)	107	19	102	32



**A3.Table 9.43. L 11. Type of drink you mostly have, by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Tea	75.7	63.2	44.1	56.2
Soda water	0.0	0.0	0.0	0.0
Beer	0.0	0.0	0.0	0.0
Mine spring water	1.9	0.0	5.9	0.0
Tea & Soda water	0.0	0.0	1.0	0.0
Tea & Other	1.9	0.0	4.9	0.0
Other	20.6	36.8	43.1	43.7
Number of subjects (n)	107	19	102	32

**A3.Table 9.44. L 12. Type of food you like to eat by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All 4 types	2.8	0.0	0.0	0.0
3 types	1.9	0.0	2.9	3.1
2 types	10.3	10.5	2.9	9.4
Only 1 type	47.7	52.6	50.0	50.0
None of the types listed	37.4	36.8	44.1	37.5
Number of subjects (n)	107	19	102	32

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

**A3.Table 9.45. L13. Often have snack between meals by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	57.9	57.9	65.7	43.7
No	32.7	36.8	20.6	34.4
Not sure	9.3	5.3	13.7	21.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.46. L14. Type of snack by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +

Have 4 types	52.3	57.9	38.2	25.0
Have 3 types	34.6	36.8	46.1	56.2
Have 2 types	13.1	5.3	15.7	18.8
Have only 1 type	0.0	0.0	0.0	0.0
No types or not sure	0.0	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

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

**A3.Table 9.47. M 1. Add salt in cooking vegetables/ animal food by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Less	25.2	15.8	13.7	9.4
Average	44.9	73.7	50.0	71.9
More	29.9	10.5	36.3	18.8
Number of subjects (n)	107	19	102	32

**A3.Table 9.48. M 2. Add sugar in cooking by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	27.1	26.3	22.5	28.1
Sometimes	43.0	42.1	42.2	46.9
Often	29.9	31.6	35.3	25.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.49. M 3. Eat fat on meat by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	25.2	10.5	9.8	21.9
Sometimes	32.7	36.8	39.2	37.5
Most of the times	42.1	52.6	51.0	40.6
Number of subjects (n)	107	19	102	32

**A3.Table 9.50. M 4. Eat fat on meat before middle age by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	52.3	42.1	20.6	28.1
Sometimes	15.9	15.8	34.3	31.3
Most of the times	31.8	42.1	45.1	40.6
Number of subjects (n)	107	19	102	32

**A3.Table 9.51. M 5. Number of eggs eaten (per day) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
0	15.0	42.1	10.8	9.4
1	53.3	47.4	55.9	53.1
2	29.9	10.5	32.4	34.4
3	1.9	0.0	1.0	3.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.52. M 6. Number of eggs eaten (per week)by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
0	2.8	10.5	3.9	3.1
2	0.9	0.0	0.0	0.0
3	4.7	26.3	3.9	6.2
4	3.7	5.3	2.0	0.0
5	0.9	0.0	1.0	0.0
6	0.9	0.0	0.0	0.0
7	53.3	47.4	55.9	53.1
10	0.9	0.0	0.0	0.0
14	29.9	10.5	32.4	34.4
21	1.9	0.0	0.0	3.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.53. N 1. Rice cooking method by age group and gender.**

CTJ-U	Men (%)	Women (%)
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	70-79	80 +	70-79	80 +
All 4 methods	0.0	0.0	0.0	0.0
3 methods	0.0	0.0	0.0	0.0
2 methods	13.1	0.0	6.9	6.2
Only 1 method	86.9	100.0	92.2	93.7
None of the listed methods	0.0	0.0	1.0	0.0
Number of subjects (n)	107	19	102	32

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

**A3.Table 9.54. N 2. Add soda when cooking porridge by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	7.5	21.1	7.8	9.4
Sometimes	14.0	21.1	11.8	18.8
Often	78.5	57.9	80.4	71.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.55. N 3. Oil used in this household by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All 4 oils	5.6	0.0	7.8	6.2
3 oils	41.1	15.8	35.3	31.3
2 oils	28.0	21.1	28.4	25.0
Only 1 oil	25.2	57.9	28.4	37.5
None of the listed oils	0.0	5.3	0.0	0.0
Number of subjects (n)	107	19	102	32

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

**A3.Table 9.56. N 4. How to cook or eat vegetable by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Use 4 methods	0.0	0.0	0.0	0.0
Use 3 methods	8.4	5.3	6.9	3.1
Use 2 methods	30.8	31.6	20.6	15.6
Use only 1 method	60.7	63.2	72.5	81.2

Use no method	0.0	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

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

**A3.Table 9.57. N 5. How to cook or eat meat/fish/egg/poultry by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Use 4 methods	0.0	0.0	0.0	6.2
Use 3 methods	25.2	5.3	3.9	3.1
Use 2 methods	25.2	10.5	12.7	28.1
Use only 1 method	48.6	52.6	55.9	46.9
None of the listed methods	22.4	31.6	27.5	15.6
Number of subjects (n)	107	19	102	32

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

**A3.Table 9.58. P 1. Knowledge of relationship between food and health by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	37.4	63.2	54.9	50.0
No	62.6	36.8	45.1	50.0
Not applicable	0.0	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.59. P 2. Food you think is good for health by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Animal food	0.0	0.0	1.0	0.0
Bean, egg, beef	1.9	0.0	0.0	0.0
Beef, chicken	0.9	0.0	0.0	0.0
Beef, fish	0.0	0.0	1.0	0.0
Carrot	0.9	0.0	0.0	0.0
Chicken	0.0	0.0	1.0	0.0
Chicken, egg	0.0	0.0	1.0	0.0

Chicken, fish	0.0	0.0	0.0	6.2
Coarse grain	2.8	0.0	0.0	0.0
Egg	1.9	0.0	1.0	0.0
Egg, bean curd	0.9	0.0	0.0	0.0
Egg, beef	0.9	0.0	0.0	0.0
Egg, fish, meat	0.0	0.0	1.0	0.0
Egg, milk	3.7	0.0	1.0	0.0
Egg, soybean milk	0.0	0.0	1.0	0.0
Egg, vegetable	0.0	5.3	0.0	0.0
Extract of malt	0.9	0.0	0.0	0.0
Fish	0.9	0.0	2.0	0.0
Fish, egg	0.9	0.0	1.0	0.0
Fish, egg, meat	0.9	0.0	0.0	0.0
Fish, meat	0.0	5.3	2.0	0.0
Fruit	1.9	0.0	5.9	3.1
Fruit, vegetable	0.9	0.0	1.0	0.0
Garlic	0.9	0.0	0.0	0.0
Meat	2.8	5.3	0.0	3.1
Meat, fruit	0.9	0.0	0.0	0.0
Milk	1.9	0.0	1.0	0.0
Milk, egg	0.0	0.0	2.9	3.1
Mutton	0.0	5.3	0.0	0.0
Shrimp	1.9	0.0	0.0	0.0
Shrimp, tomato	0.0	0.0	1.0	0.0
Tomato	0.0	0.0	0.0	3.1
Vegetable	15.0	10.5	14.7	9.4
Vegetable, egg	0.0	0.0	1.0	0.0
Vegetable, fish	0.0	0.0	1.0	0.0
Unknown	57.0	68.4	58.8	71.9
Number of subjects (n)	107	19	102	32

**A3. Table 9.60. P 3. Reasons of food belief by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
High calorie	0.9	10.5	0.0	0.0
Kill bacterial	0.9	0.0	0.0	0.0
Low fat	3.7	5.3	4.9	3.1
Rich fibre	4.7	0.0	4.9	0.0
Rich protein	20.6	5.3	15.7	12.5
Rich protein, vitamin	0.9	5.3	3.0	0.0

Rich vitamin	12.1	5.3	11.8	12.5
All nutrients	0.9	0.0	0.0	0.0
Unknown	55.1	68.4	59.8	71.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.61. Q 1. Number of times having meals (per day) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Less than 2 meals	7.5	0.0	2.0	3.1
3 meals	83.2	89.5	97.1	78.1
4 meals	8.4	10.5	1.0	15.6
More than 5 meals	0.9	0.0	0.0	3.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.62. Q 2. Frequency of having breakfast by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All the times	6.5	0.0	1.0	0.0
Sometimes	3.7	5.3	4.9	6.2
Rarely	89.7	94.7	94.1	93.7
Number of subjects (n)	107	19	102	32

**A3.Table 9.63. Q 3. Have three meals (per day) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
On time	5.6	0.0	3.9	3.1
Not on time	94.4	100.0	96.1	96.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.64. Q 4. Type of daily staple foods by age group and gender.**

CTJ-U	Men (%)	Women (%)
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	70-79	80 +	70-79	80 +
Wheat flour	34.6	36.8	36.3	31.3
Rice	65.4	63.2	63.7	68.7
Both 1 & 2	0.0	0.0	0.0	0.0
Other	0.0	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.65. Q 5. Type of daily subsidiary foods by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
All 4 types	0.0	0.0	0.0	0.0
3 types	38.3	57.9	42.2	59.4
2 types	37.4	31.6	31.4	25.0
Only one type	23.4	5.3	26.5	12.5
No types or unsure	0.9	5.3	0.0	3.1
Number of subjects (n)	107	19	102	32

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

## FOOD INTAKE

**A3.Table 9.66. Descriptive statistics for eggs (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	20.26	34.17	51.85	49.77
SD	25.07	31.66	17.67	19.52
Minimum	0.00	0.00	20.00	16.70
5%	0.00	0.00	28.80	16.70
25%	0.00	0.00	40.00	40.00
50%	0.00	40.00	46.70	48.35
75%	40.00	62.50	60.00	66.70
95%	66.00	62.50	82.00	75.00
Maximum	80.00	62.50	115.00	75.00



**A3.Table 9.67. Descriptive statistics for milk and dairy products (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	98.43	83.33	90.69	71.84
SD	84.67	72.17	134.76	73.96
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	10.00	0.00	8.30	5.00
50%	125.00	125.00	83.30	46.65
75%	130.00	125.00	125.00	150.00
95%	250.00	125.00	200.00	166.70
Maximum	250.00	125.00	838.00	166.70

**A3.Table 9.68. Descriptive statistics for fish and fish dish (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	7.80	13.90	12.75	13.83
SD	12.82	12.73	15.13	17.30
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	16.70	0.00	6.65
75%	20.00	25.00	25.00	25.00
95%	30.00	25.00	37.50	50.00
Maximum	43.40	25.00	50.00	50.00

**A3.Table 9.69. Descriptive statistics for shellfish and crustaceans (g/day) by age group and gender.**

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

N	47	3	40	10
Mean	1.71	9.43	6.83	5.50
SD	5.43	13.58	14.34	15.71
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	3.30	0.00	0.00
75%	0.00	25.00	3.55	0.00
95%	12.50	25.00	48.35	50.00
Maximum	30.00	25.00	50.00	50.00

**A3.Table 9.70. Descriptive statistics for lamb, veal and beef (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	2.13	0.00	1.38	0.00
SD	8.24	0.00	6.10	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	12.50	0.00
Maximum	50.00	0.00	30.00	0.00

**A3.Table 9.71. Descriptive statistics for pork and mixed dish (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	31.49	47.23	31.56	23.30
SD	19.70	4.79	18.93	17.30
Minimum	0.00	41.70	0.00	0.00
5%	0.00	41.70	4.15	0.00
25%	16.70	41.70	20.00	5.30
50%	32.50	50.00	30.00	25.00

75%	45.80	50.00	40.00	40.00
95%	65.00	50.00	50.60	41.70
Maximum	80.00	50.00	113.30	41.70

**A3.Table 9.72. Descriptive statistics for organ meats (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	2.13	0.00	0.46	0.00
SD	8.94	0.00	2.03	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	4.15	0.00
Maximum	50.00	0.00	10.00	0.00

**A3.Table 9.73. Descriptive statistics for root vegetables (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	24.40	29.17	13.87	34.94
SD	33.33	19.09	21.47	48.53
Minimum	0.00	12.50	0.00	0.00
5%	0.00	12.50	0.00	0.00
25%	0.00	12.50	0.00	0.00
50%	8.30	25.00	0.00	12.50
75%	41.70	50.00	29.15	50.00
95%	83.30	50.00	50.00	127.70
Maximum	150.00	50.00	80.01	27.70

**A3.Table 9.74. Descriptive statistics for green leafy vegetables (g/day) by age group**

<b>and gender.</b>				
<b>CTJ-U</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	10.13	20.67	11.22	17.08
SD	39.55	26.10	21.18	28.89
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	12.00	0.00	0.00
75%	0.00	50.00	8.35	37.50
95%	41.70	50.00	59.75	75.00
Maximum	262.00	50.00	66.70	75.00

**A3.Table 9.75. Descriptive statistics for marrow-like vegetables (g/day) by age group and gender.**

<b>CTJ-U</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	114.18	70.83	113.77	56.33
SD	128.19	83.23	96.00	67.83
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	25.00	0.00
50%	100.00	50.00	91.65	35.85
75%	180.00	162.50	200.00	83.30
95%	316.70	162.50	262.50	200.00
Maximum	707.90	162.50	316.00	200.00

**A3.Table 9.76. Descriptive statistics for flower vegetables (g/day) by age group and gender.**

<b>CTJ-U</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	36.41	91.67	27.82	59.33
SD	64.65	101.04	40.14	55.92
Minimum	0	0.0	0.0	0.0

5%	0.0	0.0	0.00	0.0
25%	0.0	0.0	0.00	0.0
50%	0.0	75.0	0.00	41.65
75%	41.7	200.0	50.50	125.0
95%	200.0	200.0	100.00	133.3
Maximum	250.0	200.0	158.3	133.3

**A3.Table 9.77. Descriptive statistics for other vegetables (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	111.57	76.97	94.52	72.71
SD	98.52	70.21	82.77	107.86
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	5.00	0.00
25%	16.70	0.00	33.30	16.70
50%	104.00	93.40	75.00	45.85
75%	175.00	137.50	120.70	72.00
95%	299.40	137.50	307.85	366.70
Maximum	399.70	137.50	367.40	366.70

**A3.Table 9.78. Descriptive statistics for legumes (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	137.36	181.93	160.98	130.00
SD	104.95	147.68	136.27	109.67
Minimum	0.00	12.50	0.00	0.00
5%	0.00	12.50	0.00	0.00
25%	50.00	12.50	29.15	25.00
50%	126.60	250.00	141.65	112.50
75%	250.00	283.30	285.45	250.0
95%	300.00	283.30	370.20	275.0
Maximum	366.40	283.30	466.00	275.0

**A3.Table 9.79. Descriptive statistics for bread (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	55.01	25.00	47.05	61.58
SD	73.69	43.30	35.59	82.18
Minimum	0.00	0.00	0.00	0.00
5%	0.00	0.00	0.00	0.00
25%	0.00	0.00	25.00	0.00
50%	25.00	0.00	37.50	41.25
75%	75.00	75.00	75.00	75.00
95%	183.30	75.00	121.25	275.00
Maximum	325.00	75.00	125.00	275.00

**A3.Table 9.80. Descriptive statistics for pasta and noodles (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	135.54	152.77	148.19	157.50
SD	74.84	127.58	78.98	101.49
Minimum	0.00	75.00	25.00	0.00
5%	33.30	75.00	33.30	0.00
25%	83.30	75.00	100.00	58.30
50%	133.30	83.30	139.60	162.50
75%	166.70	300.00	187.50	200.00
95%	300.00	300.00	300.00	300.00
Maximum	375.00	300.00	400.00	300.00

**A3.Table 9.81. Descriptive statistics for rice and rice noodles (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	157.11	126.10	127.13	105.84
SD	87.11	48.76	74.54	55.01

Minimum	20.00	70.00	0.00	33.30
5%	33.30	70.00	0.00	33.30
25%	100.00	70.00	66.70	66.70
50%	143.40	150.00	129.15	100.00
75%	225.00	158.30	183.35	150.00
95%	325.00	158.30	260.85	216.70
Maximum	358.30	158.30	275.00	216.70

**A3.Table 9.82. Descriptive statistics for cereals (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	1.24	0.00	0.21	0.83
SD	5.49	0.00	1.31	2.62
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%	8.30	0.00	0.00	8.30
Maximum	33.30	0.00	8.30	8.30

**A3.Table 9.83. Descriptive statistics for cakes, biscuits, pastries, etc. (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	6.65	0.00	4.06	7.50
SD	19.48	0.00	11.46	23.72
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	31.25	75.00
Maximum	100.00	0.00	50.00	75.00

**A3.Table 9.84. Descriptive statistics for fruits (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	26.70	25.00	18.54	38.33
SD	38.41	43.30	28.53	36.26
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	50.00
75%	50.00	75.00	50.00	58.30
95%	100.00	75.00	75.00	100.00
Maximum	150.00	75.00	100.00	100.00

**A3.Table 9.85. Descriptive statistics for nuts, dips, snacks, etc. (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	2.19	0.00	0.21	0.83
SD	6.85	0.00	1.31	2.62
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%	25.00	0.00	0.00	8.30
Maximum	25.00	0.00	8.30	8.30

**A3.Table 9.86. Descriptive statistics for spirits (ml/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
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 9.87. Descriptive statistics for oils (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	12.98	11.13	21.96	23.43
SD	13.68	9.64	5.49	5.56
Minimum	0.00	0.00	16.70	13.30
5%	0.00	0.00	16.70	13.30
25%	0.00	0.00	16.70	20.00
50%	0.00	16.70	20.00	25.00
75%	25.00	16.70	25.00	25.00
95%	33.30	16.70	34.15	35.00
Maximum	33.30	16.70	37.50	35.00

**A3.Table 9.88. Descriptive statistics for sugar, jam, honey, sweets (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	0.81	4.43	0.54	0.50
SD	3.42	4.18	1.94	1.58
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	5.00	0.00	0.00
75%	0.00	8.30	0.00	0.00
95%	8.30	8.30	5.00	5.00
Maximum	20.00	8.30	10.00	5.00

**A3.Table 9.89. Descriptive statistics for processed meat (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	11.11	0.00	1.71	0.00
SD	61.38	0.00	5.47	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%	21.70	0.00	16.70	0.00
Maximum	417.00	0.00	25.00	0.00

**A3.Table 9.90. Descriptive statistics for herbs, garlic, olives (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	12.20	0.00	0.83	0.00
SD	39.49	0.00	5.27	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%	0.000	0.00	0.00	0.00
95%	125.00	0.00	0.00	0.00
Maximum	166.00	0.00	33.30	0.00

**A3.Table 9.91. Descriptive statistics for fungi (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	0.11	0.00	0.21	0.00

SD	0.73	0.00	1.31	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	5.00	0.00	8.30	0.00

**A3.Table 9.92. Descriptive statistics for others (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	47	3	40	10
Mean	8.21	6.67	48.50	24.66
SD	15.29	5.77	69.61	31.20
Minimum	0.00	0.00	5.30	8.30
5%	0.00	0.00	8.15	8.30
25%	0.00	0.00	8.65	10.00
50%	8.30	10.00	12.50	13.30
75%	10.00	10.00	85.65	15.00
95%	16.70	10.00	169.15	108.30
Maximum	100.00	10.00	308.30	108.30

## NUTRIENT INTAKES & DENSITIES

**A3.Table 9.93. Descriptive statistics for protein intake (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	47.34	46.10	39.15	40.67
SD	6.51	8.53	9.47	9.30
Minimum	33.19	33.57	8.18	25.60
5%	37.87	33.57	20.89	25.60

25%	42.35	41.14	35.13	35.14
50%	47.10	44.43	38.99	41.10
75%	52.06	55.02	44.51	44.97
95%	57.48	58.65	52.37	57.37
Maximum	63.25	58.65	56.23	57.37

**A3.Table 9.94. Descriptive statistics for lipid intake (g/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	43.25	41.72	36.80	41.55
SD	9.17	7.15	6.70	11.83
Minimum	25.93	32.16	21.18	21.48
5%	30.38	32.16	27.63	21.48
25%	36.10	37.72	33.11	35.14
50%	41.60	41.45	36.42	45.21
75%	49.79	43.86	40.47	48.19
95%	58.07	55.42	47.68	61.98
Maximum	65.35	55.42	58.53	61.98

**A3.Table 9.95. Descriptive statistics for energy intake (Kcal/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	1720.29	1658.43	1406.23	1397.46
SD	223.19	221.86	312.76	303.15
Minimum	1250.33	1444.41	275.06	876.13
5%	1420.93	1444.41	888.54	876.13
25%	1547.01	1458.28	1288.22	1332.67
50%	1704.12	1563.98	1388.97	1379.20
75%	1932.45	1874.34	1618.68	1456.70
95%	2032.32	1938.50	1802.87	2048.72
Maximum	2063.18	1938.50	2009.19	2048.72

**A3.Table 9.96. Descriptive statistics for carbohydrate intake (g/day) by age group**

<b>and gender.</b>				
<b>CTJ-U</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	279.46	274.96	229.84	215.42
SD	39.67	44.98	66.18	64.11
Minimum	195.96	230.56	12.89	84.26
5%	216.12	230.56	130.05	84.26
25%	252.39	237.98	199.35	197.50
50%	273.00	251.59	228.74	207.72
75%	310.40	326.03	268.34	228.29
95%	330.97	341.35	340.44	315.74
Maximum	383.24	341.35	359.49	315.74

**A3.Table 9.97. Descriptive statistics for crude fibre intake (g/day) by age group and gender.**

<b>CTJ-U</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	8.24	9.21	6.88	7.16
SD	3.73	2.08	2.31	2.69
Minimum	2.80	6.37	1.35	3.66
5%	3.71	6.37	3.06	3.66
25%	5.68	7.59	5.42	6.13
50%	7.56	9.33	6.48	6.77
75%	10.17	11.63	8.59	8.56
95%	14.75	11.96	11.05	11.32
Maximum	21.66	11.96	11.56	11.32

**A3.Table 9.98. Descriptive statistics for thiamin intake (mg/day) by age group and gender.**

<b>CTJ-U</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	1.07	1.02	0.90	0.91
SD	0.17	0.21	0.24	0.23
Minimum	0.77	0.83	0.09	0.47

5%	0.81	0.83	0.52	0.47
25%	0.97	0.86	0.79	0.82
50%	1.05	0.95	0.90	0.93
75%	1.19	1.20	1.06	0.96
95%	1.40	1.40	1.25	1.37
Maximum	1.41	1.40	1.40	1.37

**A3.Table 9.99. Descriptive statistics for riboflavin intake (mg/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.49	0.48	0.40	0.40
SD	0.09	0.07	0.09	0.09
Minimum	0.33	0.40	0.14	0.30
5%	0.38	0.40	0.26	0.30
25%	0.44	0.44	0.35	0.34
50%	0.48	0.46	0.41	0.36
75%	0.54	0.50	0.46	0.43
95%	0.63	0.62	0.53	0.58
Maximum	0.73	0.62	0.59	0.58

**A3.Table 9.100. Descriptive statistics for retinol intake ( $\mu\text{g/day}$ ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	73.47	53.33	46.04	55.59
SD	31.68	13.44	19.13	28.77
Minimum	1.83	31.16	10.86	0.57
5%	22.80	31.16	19.54	0.57
25%	45.11	37.24	29.85	34.20
50%	79.26	60.01	46.79	60.02
75%	98.44	62.51	60.74	80.01
95%	120.14	65.33	77.21	84.63
Maximum	129.14	65.33	90.38	84.63

**A3.Table 9.101. Descriptive statistics for total carotenoid intake ( $\mu\text{g}/\text{day}$ ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	1063.60	869.21	658.63	492.22
SD	708.52	470.06	463.33	296.22
Minimum	285.56	348.28	98.76	192.29
5%	354.69	348.28	202.90	192.29
25%	488.60	365.89	330.41	263.14
50%	802.22	865.35	481.16	413.26
75%	1314.61	1312.37	852.04	690.24
95%	2643.99	1499.86	1614.70	1022.76
Maximum	3053.05	1499.86	2261.07	1022.76

**A3.Table 9.102. Descriptive statistics for vitamin C intake ( $\text{mg}/\text{day}$ ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	77.12	77.44	69.45	62.99
SD	24.82	26.49	25.42	25.79
Minimum	19.34	49.02	27.14	32.52
5%	39.38	49.02	39.48	32.52
25%	58.93	64.73	47.46	36.62
50%	79.16	70.88	68.72	66.87
75%	91.35	84.20	80.27	77.55
95%	118.08	132.45	110.96	109.40
Maximum	120.76	132.45	139.67	109.40

**A3.Table 9.103. Descriptive statistics for niacin intake ( $\text{mg}/\text{day}$ ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9

Mean	10.29	9.93	8.57	8.35
SD	1.31	1.75	2.27	1.82
Minimum	6.91	8.19	0.84	4.87
5%	8.26	8.19	6.00	4.87
25%	9.35	8.50	7.39	7.87
50%	10.16	9.15	8.81	8.22
75%	11.30	11.85	10.34	8.57
95%	12.43	12.75	11.88	11.78
Maximum	13.32	12.75	12.56	11.78

**A3.Table 9.104. Descriptive statistics for vitamin E intake (mg/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	33.25	32.95	29.17	30.67
SD	7.46	8.04	5.06	6.37
Minimum	21.67	22.65	18.29	21.43
5%	22.94	22.65	21.38	21.43
25%	28.08	29.43	25.21	26.93
50%	31.63	31.83	29.77	30.14
75%	40.05	33.44	32.48	33.54
95%	46.10	49.23	37.50	42.08
Maximum	52.14	49.23	41.45	42.08

**A3.Table 9.105. Descriptive statistics for calcium intake (mg/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	244.31	231.15	204.29	217.12
SD	59.53	67.56	47.61	60.62
Minimum	129.98	154.20	103.34	126.65
5%	148.52	154.20	130.01	126.65
25%	210.38	187.18	171.56	190.87
50%	238.41	212.33	210.18	203.59
75%	279.29	254.37	232.10	246.08



95%	342.09	364.16	269.49	333.29
Maximum	391.94	364.16	343.67	333.29

**A3.Table 9.106. Descriptive statistics for sodium intake (mg/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	2840.29	2967.98	2844.56	2796.10
SD	612.99	521.20	429.17	483.68
Minimum	2098.00	2210.24	1842.86	2183.70
5%	2168.67	2210.24	2194.77	2183.70
25%	2288.15	2738.40	2608.30	2362.40
50%	2706.29	2932.48	2891.14	2832.04
75%	3285.02	3145.42	3163.01	3085.24
95%	4040.91	3946.52	3479.60	3605.59
Maximum	4263.83	3946.52	3695.01	3605.59

**A3.Table 9.107. Descriptive statistics for iron intake (mg/day) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	12.13	12.36	10.35	11.07
SD	3.24	2.87	2.88	3.35
Minimum	5.90	8.64	2.55	7.04
5%	7.09	8.64	4.20	7.04
25%	9.48	9.91	8.91	7.87
50%	12.29	13.00	10.73	11.10
75%	14.33	15.54	12.13	12.98
95%	17.96	15.62	14.23	16.85
Maximum	19.93	15.62	16.49	16.85

**A3.Table 9.108. Descriptive statistics for % energy intake from carbohydrate by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	65.06	66.15	63.80	60.66
SD	4.95	3.12	9.02	10.28
Minimum	53.68	62.71	18.75	38.47
5%	55.19	62.71	55.73	38.47
25%	62.69	62.98	61.04	57.82
50%	65.26	65.28	64.79	61.65
75%	67.98	69.58	69.21	64.66
95%	73.78	70.43	71.85	77.13
Maximum	75.43	70.43	75.53	77.13

**A3.Table 9.109. Descriptive statistics for % energy intake from protein by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	11.09	11.12	11.12	11.67
SD	0.86	1.14	0.96	9.65
Minimum	9.27	9.21	8.21	9.65
5%	9.82	9.21	9.54	10.92
25%	10.39	10.22	10.66	11.69
50%	11.02	11.54	11.26	12.91
75%	11.51	12.10	11.88	13.47
95%	12.64	12.30	12.34	13.47
Maximum	12.66	12.30	12.75	13.47

**A3.Table 9.110. Descriptive statistics for % energy intake from fat by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	22.66	22.84	25.15	27.73
SD	3.85	3.89	8.97	9.92
Minimum	14.59	17.51	12.91	13.27
5%	16.42	17.51	17.11	13.27

25%	19.90	18.82	19.68	24.55
50%	23.53	25.24	23.99	27.23
75%	24.97	25.84	28.16	30.20
95%	27.69	26.83	32.67	49.88
Maximum	33.37	26.83	69.30	49.88

**A3.Table 9.111. Descriptive statistics for fibre (g/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
Mean	43	7	41	9
SD	1.13	1.33	1.16	1.21
Minimum	0.44	0.31	0.28	0.37
5%	0.36	1.03	0.53	0.69
25%	0.62	1.03	0.72	0.69
50%	0.86	1.18	0.96	1.05
75%	1.07	1.21	1.14	1.12
95%	1.29	1.49	1.37	1.27
Maximum	2.08	1.95	1.64	2.02

**A3.Table 9.112. Descriptive statistics for protein (g/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	6.57	6.60	6.62	6.95
SD	0.51	0.68	0.57	0.81
Minimum	5.52	5.48	4.89	5.74
5%	5.85	5.48	5.68	5.74
25%	6.18	6.08	6.35	6.50
50%	6.56	6.87	6.70	6.96
75%	6.85	7.20	7.07	7.69
95%	7.52	7.32	7.35	8.02
Maximum	7.54	7.32	7.59	8.02

**A3.Table 9.113. Descriptive statistics for total fat (g/MJ) by age group and gender.**

CTJ-U	Men	Women
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	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	5.99	6.04	6.65	7.33
SD	1.02	1.03	2.37	2.62
Minimum	3.86	4.63	3.42	3.51
5%	4.34	4.63	4.53	3.51
25%	5.26	4.98	5.21	6.50
50%	6.23	6.68	6.35	7.20
75%	6.61	6.84	7.45	7.99
95%	7.33	7.10	8.64	13.19
Maximum	8.83	7.10	18.33	13.19

**A3.Table 9.114. Descriptive statistics for total carbohydrate (g/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	38.73	39.38	37.97	36.11
SD	2.95	1.86	5.37	6.12
Minimum	31.95	37.33	11.16	22.90
5%	32.85	37.33	33.17	22.90
25%	37.31	37.49	36.33	34.42
50%	38.85	38.86	38.57	36.70
75%	40.46	41.42	41.19	38.49
95%	43.92	41.93	42.77	45.91
Maximum	44.90	41.93	44.96	45.91

**A3.Table 9.115. Descriptive statistics for sodium (mg/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	402.58	434.36	529.24	498.19
SD	114.73	110.38	259.22	153.06
Minimum	243.84	350.74	243.38	313.39
5%	264.59	350.74	324.70	313.39
25%	312.74	360.87	421.11	407.83
50%	370.08	362.96	477.12	484.01

75%	481.72	478.85	534.41	552.22
95%	602.17	650.54	875.57	838.44
Maximum	688.60	650.54	1899.82	838.44

**A3.Table 9.116. Descriptive statistics for calcium (mg/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	34.05	32.99	36.50	38.17
SD	8.17	7.18	14.17	12.38
Minimum	18.91	25.18	22.69	24.23
5%	21.43	25.18	24.29	24.23
25%	27.42	25.76	28.87	28.60
50%	34.71	32.32	34.39	35.29
75%	39.32	40.06	39.40	46.12
95%	49.27	44.73	49.13	57.54
Maximum	53.50	44.73	112.54	57.54

**A3.Table 9.117. Descriptive statistics for iron (mg/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	1.67	1.76	1.76	1.88
SD	0.35	0.28	0.34	0.38
Minimum	0.94	1.32	0.99	1.28
5%	1.04	1.32	1.13	1.28
25%	1.40	1.60	1.55	1.60
50%	1.73	1.76	1.79	1.91
75%	1.96	2.00	2.06	2.14
95%	2.18	2.14	2.21	2.45
Maximum	2.31	2.14	2.35	2.45

**A3.Table 9.118. Descriptive statistics for retinol (RE µg/MJ) by age group and gender.**

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

N	43	7	41	9
Mean	10.25	7.61	8.66	10.02
SD	4.45	1.54	6.90	6.13
Minimum	0.21	5.09	2.30	0.09
5%	3.17	5.09	3.11	0.09
25%	6.23	6.14	5.45	6.54
50%	10.82	7.94	7.87	10.10
75%	12.70	8.62	9.45	12.77
95%	17.32	9.72	14.01	21.74
Maximum	19.63	9.72	46.69	21.74

**A3.Table 9.119. Descriptive statistics for carotene ( $\mu\text{g}/\text{MJ}$ ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	147.39	121.54	121.79	90.15
SD	97.98	58.62	105.73	62.00
Minimum	33.96	53.02	21.25	32.86
5%	49.30	53.02	37.50	32.86
25%	67.55	60.31	56.84	45.86
50%	110.84	110.84	78.12	50.02
75%	203.83	184.22	145.23	134.77
95%	335.10	190.57	305.42	187.58
Maximum	458.92	190.57	574.21	187.58

**A3.Table 9.120. Descriptive statistics for vitamin A ( $\mu\text{g RE}/\text{MJ}$ ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	34.82	27.87	28.96	25.05
SD	16.94	9.34	22.10	13.09
Minimum	10.28	16.19	9.96	10.49
5%	17.02	16.19	10.74	10.49
25%	21.64	17.45	17.51	17.84
50%	30.21	26.21	22.65	21.11
75%	47.03	36.85	32.99	23.35

95%	60.81	38.73	55.98	53.01
Maximum	89.19	38.73	142.39	53.01

**A3.Table 9.121. Descriptive statistics for thiamin (mg/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.15	0.15	0.15	0.15
SD	0.01	0.02	0.02	0.01
Minimum	0.12	0.11	0.08	0.13
5%	0.13	0.11	0.13	0.13
25%	0.14	0.14	0.15	0.15
50%	0.15	0.15	0.15	0.16
75%	0.16	0.17	0.16	0.16
95%	0.17	0.17	0.17	0.17
Maximum	0.17	0.17	0.17	0.17

**A3.Table 9.122. Descriptive statistics for riboflavin (mg/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	0.07	0.07	0.07	0.07
SD	0.01	0.01	0.01	0.01
Minimum	0.05	0.06	0.05	0.06
5%	0.05	0.06	0.06	0.06
25%	0.06	0.06	0.06	0.06
50%	0.07	0.07	0.07	0.07
75%	0.07	0.08	0.07	0.08
95%	0.08	0.08	0.08	0.08
Maximum	0.09	0.08	0.12	0.08

**A3.Table 9.123. Descriptive statistics for niacin (mg/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9

Mean	1.43	1.43	1.43	1.42
SD	0.12	0.18	0.18	0.11
Minimum	1.18	1.05	0.72	1.32
5%	1.24	1.05	1.22	1.32
25%	1.35	1.40	1.35	1.35
50%	1.44	1.49	1.48	1.37
75%	1.52	1.55	1.52	1.49
95%	1.59	1.57	1.61	1.61
Maximum	1.66	1.57	1.87	1.61

**A3.Table 9.124. Descriptive statistics for niacin equivalent (mg NE/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	2.48	2.49	2.49	2.53
SD	0.15	0.23	0.19	0.11
Minimum	2.18	2.02	1.86	2.36
5%	2.21	2.02	2.15	2.36
25%	2.37	2.37	2.42	2.44
50%	2.47	2.55	2.50	2.56
75%	2.59	2.62	2.57	2.62
95%	2.73	2.72	2.79	2.68
Maximum	2.74	2.72	2.89	2.68

**A3.Table 9.125. Descriptive statistics for vitamin C (mg/MJ) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	43	7	41	9
Mean	10.79	11.19	12.49	11.23
SD	3.60	3.32	6.33	5.38
Minimum	2.78	6.28	5.54	5.58
5%	5.22	6.28	7.12	5.58
25%	7.82	8.22	9.08	5.89
50%	10.79	11.28	10.95	10.51
75%	14.00	13.88	14.77	15.62
95%	16.14	16.27	22.38	18.89



Maximum	17.92	16.27	39.05	18.89
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**A3.Table 9.126. Safe/ adequate range for sodium by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
<1100mg (<48 mmol)	0.0	0.0	0.0	0.0
1100-3300 mg (48-143 mmol)	76.7	85.7	82.9	88.9
>3300mg (>143 mmol)	23.3	14.3	17.1	11.1
Number of subjects	43	7	41	9

**A3.Table 9.127. Percentage below two thirds of the US RDA by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Calcium (mg)	100.0	100.0	100.0	100.0
Iron (mg)	2.3	0.0	9.8	0.0
Vitamin A (ug RE)*	100.0	100.0	100.0	100.0
Thiamin (mg)	4.7	0.0	9.8	11.1
Riboflavin (mg)	100.0	100.0	100.0	100.0
Niacin (mg NE)**	0.0	0.0	4.9	0.0
Vitamin C (mg)	7.0	0.0	7.3	33.3
Number of subjects	43	7	41	9

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

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

## ANTHROPOMETRY

**A3.Table 9.128. Body mass index classification by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
BMI<20	15.89	31.58	21.57	25.00

20<=BMI<25	52.34	52.63	50.00	53.13
25<=BMI<30	28.97	10.53	22.55	15.63
BMI>=30	2.80	5.26	5.88	6.25
Total (N)	107	19	102	32

**A3.Table 9.129. Waist-hip ratio classification by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
WHR<0.9	57.01	36.84	-	-
WHR>=0.9	42.99	63.16	-	-
WHR<0.8	-	-	14.71	6.25
WHR>=0.8	-	-	85.29	93.75
Total (n)	107	19	102	32

**A3.Table 9.130. Descriptive statistics for stature (cm) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	168.15	166.42	154.24	151.47
SD	4.98	5.83	5.70	6.30
Minimum	155.00	156.00	139.00	134.00
5%	160.00	156.00	145.00	142.00
25%	165.00	160.00	150.00	148.00
50%	169.00	166.00	155.00	151.50
75%	171.00	172.00	158.00	155.50
95%	176.00	176.00	163.00	162.00
Maximum	181.00	176.00	167.00	166.00

**A3.Table 9.131. Descriptive statistics for weight (kg) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	65.93	61.32	55.29	52.07
SD	10.15	9.73	11.39	10.37
Minimum	49.00	45.00	32.00	35.00

5%	51.00	45.00	38.00	36.00
25%	57.00	53.00	47.00	46.00
50%	65.00	61.50	55.00	51.00
75%	75.00	67.00	60.00	56.50
95%	83.00	80.00	73.00	69.00
Maximum	90.00	80.00	96.00	78.00

**A3.Table 9.132. Descriptive statistics for body mass index (kg/m<sup>2</sup>) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	23.34	22.38	23.12	22.71
SD	3.28	3.61	4.35	4.46
Minimum	17.57	15.21	13.15	15.56
5%	17.96	15.21	16.65	16.00
25%	20.76	19.72	20.34	19.66
50%	23.03	23.14	23.05	22.37
75%	25.76	24.24	25.80	24.38
95%	29.39	31.25	30.92	32.05
Maximum	30.85	31.25	35.56	34.22

**A3.Table 9.133. Descriptive statistics for waist (umbilicus) circumference (cm) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	88.55	87.74	84.64	85.89
SD	9.79	8.18	11.55	9.99
Minimum	68.00	72.00	57.00	66.00
5%	73.00	72.00	66.00	66.50
25%	81.00	84.00	76.00	78.00
50%	89.00	89.00	85.00	86.00
75%	96.00	92.00	92.00	93.50
95%	105.00	105.00	104.00	102.00
Maximum	110.00	105.00	114.00	105.00

**A3.Table 9.134. Descriptive statistics for hip circumference (cm) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	100.33	97.42	98.31	99.53
SD	9.46	7.92	11.47	10.93
Minimum	81.00	76.00	78.00	72.00
5%	86.00	76.00	84.00	82.00
25%	93.00	92.00	90.00	92.50
50%	100.00	97.00	96.00	100.00
75%	106.00	102.00	105.00	106.00
95%	115.00	113.00	123.00	120.00
Maximum	129.00	113.00	128.00	123.00

**A3.Table 9.135. Descriptive statistics for waist/ hip ratio by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	0.88	0.90	0.86	0.86
SD	0.05	0.04	0.07	0.06
Minimum	0.71	0.83	0.69	0.75
5%	0.78	0.83	0.76	0.78
25%	0.85	0.89	0.82	0.82
50%	0.89	0.91	0.86	0.86
75%	0.91	0.93	0.90	0.90
95%	0.97	0.95	0.96	0.97
Maximum	1.03	0.95	1.04	1.07

**A3.Table 9.136. Descriptive statistics for tricep skinfold thickness (mm) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	14.74	13.58	16.69	15.90

SD	4.08	4.35	5.80	5.21
Minimum	4.00	6.00	5.00	7.00
5%	8.00	6.00	7.00	8.00
25%	12.00	10.00	12.00	11.50
50%	15.00	14.00	16.50	15.25
75%	18.00	18.00	20.0	20.00
95%	22.00	20.00	26.00	25.00
Maximum	25.00	20.00	30.00	25.80

**A3.Table 9.137. Descriptive statistics for arm circumference (cm) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	101	32
Mean	27.73	25.53	26.09	26.64
SD	4.30	4.18	4.48	3.41
Minimum	20.00	19.00	15.00	20.00
5%	22.00	19.00	19.00	21.00
25%	25.00	22.00	24.00	24.50
50%	27.00	26.00	26.00	26.50
75%	30.00	27.00	29.00	29.00
95%	35.00	38.00	34.00	32.00
Maximum	40.00	38.00	41.00	35.00

**A3.Table 9.138. Descriptive statistics for arm muscle circumference (cm) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	101	32
Mean	23.10	21.26	20.84	21.65
SD	3.91	3.60	3.61	2.74
Minimum	15.29	15.98	11.35	16.23
5%	18.29	15.98	16.55	17.86
25%	20.74	19.86	18.55	20.00
50%	22.23	20.86	20.23	21.66
75%	24.35	22.03	23.09	22.51
95%	31.23	32.35	27.15	25.22

Maximum	36.55	32.35	31.72	32.17
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**A3.Table 9.139. Descriptive statistics for arm muscle area (cm<sup>2</sup>) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	101	32
Mean	43.69	36.97	35.60	37.89
SD	15.82	13.64	12.66	10.45
Minimum	18.61	20.32	10.25	20.98
5%	26.63	20.32	21.80	25.40
25%	34.26	31.40	27.38	31.84
50%	39.35	34.64	32.59	37.36
75%	47.20	38.65	42.46	40.32
95%	77.66	83.31	58.69	50.64
Maximum	106.34	83.31	80.11	82.42

**A3.Table 9.140. Descriptive statistics for estimated fat mass (kg) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	47.60	44.05	31.08	27.53
SD	4.83	4.35	5.21	5.14
Minimum	37.67	37.76	21.66	20.21
5%	40.99	37.76	23.56	20.25
25%	43.81	40.58	27.09	23.43
50%	47.23	44.54	30.55	27.27
75%	51.28	46.46	33.64	31.18
95%	55.53	51.92	40.39	37.08
Maximum	59.16	51.92	47.27	39.54

**A3.Table 9.141. Descriptive statistics for estimated total body fat (kg) by age group and gender.**

CTJ-U	Men	Women
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	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	107	19	102	32
Mean	18.34	17.26	24.21	24.54
SD	5.70	5.83	6.64	5.93
Minimum	7.83	6.16	10.34	14.57
5%	9.16	6.16	14.17	14.92
25%	13.64	13.46	20.27	20.08
50%	17.74	18.42	24.01	24.79
75%	22.90	22.14	27.29	27.27
95%	27.96	30.14	33.69	36.82
Maximum	31.37	30.14	50.31	38.46

**A3.Table 9.142. Descriptive statistics for estimated % body fat by age group and gender.**

<b>CTJ-U</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	107	19	102	32
Mean	27.18	27.43	43.25	46.85
SD	4.72	5.57	4.15	4.10
Minimum	15.98	13.69	30.06	38.58
5%	18.31	13.69	35.43	40.33
25%	23.67	23.39	40.77	43.11
50%	27.55	28.52	43.61	46.92
75%	30.60	31.23	45.99	49.44
95%	34.26	37.68	49.83	53.36
Maximum	35.55	37.68	52.41	57.25

**A3.Table 9.143. Descriptive statistics for estimated % fat free mass by age group and gender.**

<b>CTJ-U</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	107	19	102	32
Mean	78.25	79.25	81.42	81.80
SD	2.56	3.37	4.36	4.22
Minimum	73.44	73.13	70.82	73.72
5%	74.20	73.13	75.38	74.96
25%	76.29	77.10	78.59	79.49

50%	78.12	78.61	80.68	81.39
75%	80.00	81.35	83.62	84.47
95%	82.96	87.62	88.88	89.90
Maximum	83.75	87.62	96.61	90.76

**A3.Table 9.144. Descriptive statistics for age adjusted fat free mass (kg) by age group and gender.**

CTJ-U	Men		Women	
	73	83	72	84
N	107	19	102	32
Mean	47.15	43.70	33.27	29.99
SD	0.81	0.15	1.19	1.80
Minimum	45.58	43.43	31.01	24.26
5%	45.90	43.43	31.01	27.22
25%	46.54	43.61	32.36	28.71
50%	47.17	43.74	33.26	29.94
75%	47.81	43.87	34.16	31.67
95%	48.45	43.87	35.06	32.17
Maximum	48.45	43.87	35.06	32.17

**A3.Table 9.145. Descriptive statistics for age adjusted total body fat (kg) by age group and gender.**

CTJ-U	Men		Women	
	73	83	72	84
N	107	19	102	32
Mean	18.78	17.61	22.02	22.08
SD	0.21	0.70	0.12	1.29
Minimum	18.38	16.36	21.79	17.96
5%	18.46	16.36	21.79	20.09
25%	18.62	17.22	21.93	21.16
50%	18.78	17.80	22.02	22.05
75%	18.95	18.37	22.10	23.29
95%	19.11	18.37	22.19	23.65
Maximum	19.11	18.37	22.19	23.65

**A3.Table 9.146. Descriptive statistics for age adjusted % body fat by age group and**



<b>gender.</b>				
<b>CTJ-U</b>	<b>Men</b>		<b>Women</b>	
	<b>73</b>	<b>83</b>	<b>72</b>	<b>84</b>
N	107	19	102	32
Mean	28.05	28.28	39.14	41.67
SD	0.26	0.91	0.62	0.41
Minimum	27.62	26.65	38.21	41.18
5%	27.62	26.65	38.21	41.18
25%	27.83	27.77	38.68	41.29
50%	28.04	28.51	39.15	41.68
75%	28.25	29.26	39.62	41.96
95%	28.46	29.26	40.33	42.30
Maximum	28.56	29.26	40.33	42.97

**BIOLOGICAL MEASUREMENT**

**A3.Table 9.148. Descriptive statistics for systolic blood pressure (mmHg) by age group and gender.**

<b>CTJ-U</b>	<b>Men</b>		<b>Women</b>	
	<b>70-79</b>	<b>80 +</b>	<b>70-79</b>	<b>80 +</b>
N	107	19	102	32
Mean	143.01	144.11	144.64	146.38
SD	23.38	13.44	22.97	20.76
Minimum	110.00	110.00	90.00	110.00
5%	110.00	110.00	110.00	110.00
25%	120.00	140.00	130.00	140.00
50%	140.00	140.00	149.00	146.00
75%	156.00	150.00	160.0	155.00
95%	180.00	170.00	180.00	200.00
Maximum	220.00	170.00	200.00	210.00

**A3.Table 9.149. Descriptive statistics for diastolic blood pressure (mmHg) by age group and gender.**

CTJ-U	Men		Women	
	70-79	80 +	70-79	80 +
N	107	19	102	32
Mean	82.66	83.47	82.61	81.75
SD	12.20	9.31	12.72	10.35
Minimum	58.00	58.00	60.00	58.00
5%	60.00	58.00	60.00	60.00
25%	70.00	80.00	76.00	75.00
50%	80.00	80.00	80.00	80.00
75%	90.00	90.00	90.0	90.00
95%	100.00	100.00	100.00	100.00
Maximum	120.00	100.00	134.00	100.00

## SOCIAL & LIFESTYLE FACTORS

**A3.Table 9.150. Feel loneliness by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	38.3	42.1	44.1	37.5
Sometimes	28.0	26.3	35.3	43.7
Often	13.1	21.1	6.9	6.2
Not sure	20.5	10.5	13.7	12.5
Number of subjects (n)	73	10	79	10

**A3.Table 9.151. Informant's relationship with subject by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Child	22.6	50.1	54.9	78.1
Employer	0.0	0.0	1.0	0.0
Neighbour	0.0	0.0	1.0	0.0
Nephew	0.9	0.0	0.0	0.0
Servant	0.9	0.0	0.0	0.0
Sister	0.0	0.0	0.0	3.1

Spouse	72.6	50.0	39.2	6.2
No relationship	2.8	0.0	3.9	12.5
Number of subjects (n)	106	18	102	32

**A3.Table 9.152. Type of support by age group and gender. Are the subject's needs for the following basic necessities being met?**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Food	8.4	5.3	11.8	9.4
Housing	1.9	0.0	6.9	6.2
Daily necessities	0.0	0.0	1.0	0.0
Medical care	0.0	0.0	1.0	0.0
Food/housing	1.9	0.0	9.8	12.5
Food/daily	1.9	0.0	10.8	9.4
Food/medical care	17.8	5.3	4.9	0.0
Housing/daily	0.9	0.0	0.0	0.0
Housing/medical care	0.9	5.3	0.0	0.0
Daily/medical care	0.9	0.0	0.0	0.0
Food/housing/daily	5.6	10.5	22.5	21.9
Food/housing/medical	6.5	10.5	3.9	3.1
Food/daily/medical	17.8	0.0	4.9	9.4
Housing/daily/medical	0.0	5.3	0.0	0.0
Food/housing/daily/medical	29.9	52.6	18.6	15.6
Not sure	3.7	5.3	3.9	12.5
Number of subjects (n)	107	19	102	32

**A3.Table 9.153. Is help available if sick or disabled (informant's answer) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	92.5	94.7	94.1	84.4
No	3.7	0.0	2.0	3.1
No answer	0.0	5.3	3.9	12.5
Number of subjects (n)	107	19	102	32

**A3.Table 9.154. C 1. Difficulty with sleeping now by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Rarely	53.3	52.6	22.5	46.9
Sometimes	24.3	31.6	43.1	18.8
Often	22.4	15.8	34.3	34.4
Number of subjects (n)	107	19	102	32

**A3.Table 9.155. D 17. Get out of bed and do normal activities by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes, without help	1.9	5.3	1.0	0.0
Yes, but need help	5.6	0.0	5.9	9.4
No	92.5	94.7	93.1	90.6
Number of subjects (n)	107	19	102	32

**A3.Table 9.156. H 1. Average hours of sleeping each day by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Less than 2 hours	0.0	0.0	0.0	0.0
3-5 hours	10.3	5.3	24.5	15.6
6-8 hours	63.6	26.3	51.0	59.4
More than 8 hours	26.2	68.4	24.5	25.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.157. H 2. Keep regular sleeping habit by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Very regular	68.2	57.9	53.9	56.2
Fairly regular	28.0	36.8	40.2	37.5
Not regular	3.7	5.3	5.9	6.2
Number of subjects (n)	107	19	102	32

**A3.Table 9.158. H 3. Sleeping too much by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
More	24.3	52.6	19.6	15.6
Less	52.3	21.1	49.0	56.2
About the same	23.4	26.3	31.4	28.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.159. H 4. Have nap during the day by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often	74.8	84.2	69.6	56.2
Sometimes	13.1	5.3	17.6	34.4
Rarely	11.2	10.5	11.8	9.4
Not sure	0.9	0.0	1.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.160. I 2. Number of cigarettes, cigars, pipefuls smoked daily now by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Less than 5	7.5	0.0	10.8	15.6
5-10	15.9	10.5	8.8	9.4
11-20	7.5	0.0	5.9	9.4
More than 20 (one package)	3.7	0.0	1.0	0.0
Not applicable	65.4	89.5	73.5	65.6
Number of subjects (n)	107	19	102	32

**A3.Table 9.161. I 3. Smoking status by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Never smoking	33.6	63.2	53.9	62.5

Stopped less than 1 year	3.7	5.3	4.9	0.0
Stopped 2-5 years	8.4	0.0	4.9	0.0
Stopped 6-10 years	6.5	5.3	5.9	3.1
Stopped more than 10 years	9.3	5.9	0.0	0.0
Not applicable	38.3	21.1	24.5	34.4
Number of subjects (n)	107	19	102	32

**A3.Table 9.162. J 1. How often you receive visits from friends by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Weekly	20.6	31.6	21.6	25.0
Monthly	35.5	21.1	28.4	40.6
Rarely	43.9	47.4	50.0	34.4
Number of subjects (n)	107	19	102	32

**A3.Table 9.163. J 2. Often have help in sickness by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes, very often	31.8	36.8	37.3	31.3
Yes, sometimes	51.4	31.6	42.2	37.5
Rarely	16.8	31.6	18.6	31.3
Not sure	0.0	0.0	2.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.164. J 3. Visit family or friends by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Weekly	16.8	5.3	15.7	18.8
Monthly	37.4	10.5	18.6	25.0
Rarely	45.8	84.2	65.7	56.2
Number of subjects (n)	107	19	102	32

**A3.Table 9.165. J 4. Have social occupation by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Yes	10.3	10.5	2.0	3.1
No	88.8	89.5	96.1	96.9
Not sure	0.9	0.0	2.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.166. J 5. How often you take part in social activities by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Weekly	9.3	10.5	2.0	3.1
Monthly	2.8	5.3	4.9	6.2
Rarely	87.9	84.2	93.1	90.6
Number of subjects (n)	107	19	102	32

**A3.Table 9.167. J 8. Relationship with brother(s) and/or sister(s) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	79.4	63.2	78.4	81.2
Fair	17.8	31.6	18.6	18.8
Bad	2.8	5.3	1.0	0.0
No answer	0.0	0.0	2.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.168. J 9. Relationship with housemate by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	87.9	84.2	83.3	90.6
Fair	10.3	15.8	15.7	9.4
Bad	1.9	0.0	1.0	0.0
No answer	0.0	0.0	0.0	0.0

Number of subjects (n)	107	19	102	32
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**A3.Table 9.169. J 10. Relationship with children who live away by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Good	77.6	78.9	83.3	84.4
Fair	12.1	21.1	9.8	3.1
Bad	1.9	0.0	1.0	3.1
No answer	8.4	0.0	5.9	9.3
Number of subjects (n)	107	19	102	32

**A3.Table 9.170. K 7. Own household appliances by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
TV set	36.4	52.6	33.3	31.3
Refrigerator	1.9	0.0	1.0	0.0
Washing machine	0.0	0.0	0.0	0.0
Telephone	0.0	0.0	0.0	0.0
TV/Refrigerator	3.7	0.0	6.9	3.1
TV/Washing machine	15.9	15.8	15.7	15.6
Refrigerator/Washing	0.9	0.0	0.0	0.0
TV/Refrig/Washing	29.0	10.5	32.4	21.9
TV/Refrig/Washing/Telephone	1.9	5.3	1.0	6.2
None of above	10.3	15.8	8.8	21.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.171. K 9. Ownership of house properties by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Private	16.8	21.1	22.5	21.9
Government	81.3	73.7	74.5	71.9
Rental	0.0	0.0	1.0	0.0
Private/Government	0.9	5.3	0.0	3.1
Others	0.9	0.0	2.0	3.1



Number of subjects (n)	107	19	102	32
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**A3.Table 9.172. K 10. Type of rooms in the house by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Kitchen room	54.2	63.2	54.9	56.2
Bath room	2.8	0.0	1.0	6.2
Reception room	0.9	0.0	0.0	0.0
Store room	0.0	0.0	0.0	0.0
Kitchen/Bath room	12.1	10.5	10.8	9.4
Kitchen/Reception	0.0	0.0	1.0	0.0
Kitchen/Store	2.8	0.0	0.0	0.0
Kitchen/Bath/Reception	0.9	0.0	0.0	0.0
Kitchen/Bath/Store	1.9	0.0	2.0	0.0
Kitchen/Recept/Store	0.0	10.5	1.0	0.0
Kitchen/Bath/Recept/Store	2.8	0.0	4.9	6.2
Not sure	21.5	15.8	24.5	21.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.173. O 2. Type of alcohol drunk by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Spirit	25.2	10.5	2.9	6.2
Wine	0.0	0.0	0.0	0.0
Beer	3.7	5.3	0.0	0.0
Mixed	0.9	0.0	0.0	0.0
Not applicable	70.1	84.2	97.1	93.7
Number of subjects (n)	107	19	102	32

**A3.Table 9.174. O 5. Alcohol consumption status by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Never drink	47.7	68.4	96.1	90.6
Stopped less than 1 year	2.8	0.0	0.0	0.0
Stopped 2-5 years	8.4	5.3	0.0	0.0

Stopped 6-10 years	4.7	0.0	0.0	0.0
Stopped more than 10 years	5.6	5.3	0.0	0.0
Not applicable	30.8	21.1	3.9	9.4
Number of subjects (n)	107	19	102	32

**A3.Table 9.175. O 6. Type of alcohol used in the past by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Spirit	16.8	10.5	0.0	0.0
Wine	0.0	0.0	0.0	0.0
Beer	0.0	5.3	0.0	0.0
Mixed	1.9	0.0	0.0	0.0
Spirit/Wine	0.9	0.0	0.0	0.0
Spirit/Beer	1.9	0.0	0.0	0.0
Not applicable	78.5	84.2	100.0	100.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.176. G 2. How often you go out of the house in good weather by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often(at least twice a week)	57.9	52.6	35.3	28.1
Sometimes(less than once a week)	17.8	5.3	29.4	34.4
Rarely	24.3	42.1	34.3	37.5
Number of subjects (n)	107	19	102	32

**A3.Table 9.177. G 3. Do your own shopping for food now by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often	50.5	42.1	50.0	25.0
Sometimes	21.5	10.5	20.6	18.8
Rarely	28.0	47.4	28.4	56.2
Not sure	0.0	0.0	1.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.178. G 4. Type of transport used to do shopping by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
By bicycle	9.3	5.3	2.0	0.0
By bus	0.0	5.3	0.0	0.0
On foot	65.4	42.1	71.6	46.9
Not applicable	25.2	47.4	26.5	53.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.179. G 5. Physical exercise in early twenties by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Often	35.5	36.8	12.7	12.5
Sometimes	22.4	5.3	10.8	6.2
Rarely	42.1	57.9	76.5	81.2
Number of subjects (n)	107	19	102	32

**A3.Table 9.180. G 6. Being active in physical exercise by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Very active	43.0	36.8	25.5	18.8
Active	12.1	5.3	5.9	3.1
Inactive	44.9	57.9	68.6	78.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.181. G 7. Type of exercise by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Stroll	31.8	15.8	22.5	15.6
Run slowly	0.9	0.0	1.0	0.0
Taiji Quan	3.7	5.3	1.0	0.0
Breath exercise	1.9	0.0	0.0	0.0

Other	5.6	5.3	2.9	9.4
Stroll/Run	0.9	0.0	0.0	0.0
Stroll/Taiji Quan	4.7	0.0	0.0	3.1
Stroll/Breath	4.7	5.3	1.0	0.0
Stroll/Other	0.0	5.3	0.0	0.0
Taiji/Breath	0.0	5.3	0.0	0.0
Taiji/Other	0.0	0.0	1.0	0.0
Stroll/Run/Taiji	1.9	0.0	0.0	0.0
Stroll/Taiji/Breath	0.9	0.0	1.0	0.0
Taiji/Breath/Other	0.0	0.0	1.0	0.0
Not applicable	43.0	57.9	68.6	71.9
Number of subjects (n)	107	19	102	32

**A3.Table 9.182. G 8. ADL in reading (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	29.9	57.9	75.5	81.2
1/2 hour	9.3	21.1	6.9	3.1
1 hour	29.9	10.5	8.8	12.5
1 and 1/2 hours	4.7	0.0	2.0	3.1
2 hours	18.7	0.0	5.9	0.0
2 and 1/2 hours	0.9	0.0	0.0	0.0
3 hours	3.7	5.3	1.0	0.0
4 hours	1.9	5.3	0.0	0.0
5 hours	0.9	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.183. G 10. ADL in listening to radio or watching TV (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	4.7	10.5	3.9	15.6
1/2 hour	0.0	0.0	2.9	0.0
1 hour	12.1	26.3	5.9	15.6
1 and 1/2 hours	1.9	0.0	2.0	3.1
2 hours	42.1	31.6	48.0	46.9
2 and 1/2 hours	1.9	10.5	0.0	0.0

3 hours	23.4	15.8	26.5	12.5
4 hours	12.1	5.3	9.8	3.1
5 hours	0.9	0.0	0.0	3.1
6 hours	0.0	0.0	1.0	0.0
8 hours	0.9	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.184. G 12. ADL in sewing (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	100.0	100.0	75.5	75.0
1/2 hour	0.0	0.0	4.9	9.4
1 hour	0.0	0.0	13.7	6.2
1 and 1/2 hours	0.0	0.0	0.0	3.1
2 hours	0.0	0.0	3.9	0.0
3 hours	0.0	0.0	1.0	0.0
4 hours	0.0	0.0	1.0	6.2
Number of subjects (n)	107	19	102	32

**A3.Table 9.185. G 14. ADL in enjoying arts (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	92.5	100.0	97.1	100.0
0.2 hour	0.9	0.0	0.0	0.0
1/2 hours	1.9	0.0	2.0	0.0
1 hour	1.9	0.0	1.0	0.0
1 and 1/2 hours	0.9	0.0	0.0	0.0
2 hours	0.9	0.0	0.0	0.0
7 hours	0.9	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.186. G 16. ADL in raising or enjoying flowers (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +

None	72.9	89.5	80.4	87.5
1/2 hour	14.0	0.0	7.8	6.2
1 hour	10.3	10.5	11.8	6.2
1 and 1/2 hours	0.9	0.0	0.0	0.0
2 hours	0.9	0.0	0.0	0.0
3 hours	0.9	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.187. G 18. ADL in doing farmwork (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	100.00	100.00	100.00	100.00
Number of subjects (n)	107	19	102	32

**A3.Table 9.188. G 20. ADL in repairing or decorating house (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	36.4	47.4	23.5	50.0
1/2 hour	6.5	5.3	1.0	0.0
1 hour	29.0	15.8	12.7	15.6
1 and 1/2 hours	2.8	0.0	2.9	3.1
2 hours	18.7	21.1	37.3	18.8
2 and 1/2 hours	0.0	0.0	0.0	0.0
3 hours	4.7	10.5	6.9	6.2
4 hours	1.9	0.0	9.8	3.1
5 hours	0.0	0.0	3.9	3.1
6 hours	0.0	0.0	1.0	0.0
8 hours	0.0	0.0	1.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.189. G 22. ADL in doing housework (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +

None	90.7	89.5	99.0	93.7
1/2 hour	1.9	0.0	0.0	3.1
1 hour	2.8	5.3	1.0	3.1
2 hours	4.7	5.3	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.190. G 24. ADL in playing indoor games (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	97.2	94.7	96.1	96.9
1/2 hour	0.9	0.0	0.0	0.0
1 hour	0.9	5.3	2.9	0.0
2 hours	0.0	0.0	1.0	3.1
3 hours	0.9	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.191. G 26. ADL in playing outdoor games (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	29.9	47.4	52.0	56.2
1/2 hours	5.6	10.5	5.9	9.4
1 hour	38.3	21.1	29.4	21.9
1 and 1/2 hours	0.9	0.0	0.0	0.0
2 hours	15.9	10.5	10.8	6.2
3 hours	8.4	5.3	1.0	3.1
4 hours	0.0	5.3	0.0	3.1
6 hours	0.0	0.0	1.0	0.0
10 hours	0.9	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.192. G 28. ADL in shopping (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +

None	48.6	57.9	50.0	81.2
1/2 hour	7.5	0.0	9.8	3.1
1 hour	34.6	26.3	32.4	12.5
1 and 1/2 hour	1.9	0.0	0.0	0.0
2 hours	7.5	15.8	7.8	3.1
Number of subjects (n)	107	19	102	32

**A3.Table 9.193. G 30. ADL in doing other things (daily hours) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
None	85.0	73.7	87.3	90.6
1 hour	2.8	0.0	3.9	6.2
1 and 1/2 hours	2.8	5.3	1.0	3.1
2 hours	4.7	15.8	4.9	0.0
3 hours	1.9	0.0	2.9	0.0
4 hours	0.9	5.3	0.0	0.0
5 hours	0.9	0.0	0.0	0.0
8 hours	0.9	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

**A3.Table 9.194. U 3. Social relationships (informant's answer) by age group and gender.**

CTJ-U	Men (%)		Women (%)	
	70-79	80 +	70-79	80 +
Extensive, very satisfy	9.3	10.5	2.9	0.0
Adequate, fairly satisfy	78.5	68.4	77.5	75.0
Few, unsatisfy	12.1	21.1	19.6	25.0
Not applicable	0.0	0.0	0.0	0.0
Number of subjects (n)	107	19	102	32

