

- 3. Plasma fasting glucose in mmol/l
- 4. Iron status: plasma iron in $\mu\text{mol/l}$, plasma ferritin in $\mu\text{g/l}$, iron saturation in percentage (%), and iron binding capacity in $\mu\text{mol/l}$

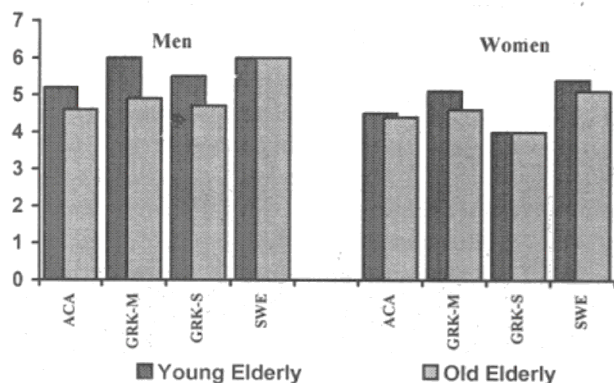
Immune function: white blood cell (WBC) in $\times 10^6/\text{l}$, total lymphocyte count (TLC) in $\times 10^6/\text{l}$

Results

Health status

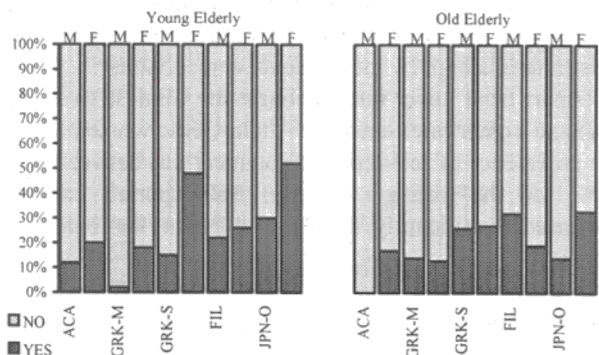
In a comparison of the Anglo-Celtic Australians, Greek Australians, Greeks in Spata and Swedes in Gothenburg, it was found that, in general, men had a higher well-being score than women, and the young elderly (age group 70 to 79 years) had a higher score than the old elderly. Melbourne Greek and Swedish men had the highest well-being score of all the communities where the score was obtained (Figure 1).

Figure 1. Mean well-being score, by study community, age group and gender.



Several indices of mental status were assessed. One of the most illuminating indices was self-rated happiness. About 80% of the young and old elderly in all study communities reported being happy, the only exception being Greek elderly in Spata, where 50 to 60% reported happiness. On the other hand, 20 to 30% of the elderly reported feeling sad or depressed, except Spata and Japanese women (50%). Overall, a greater proportion of women reported feeling depressed or sad compared with men (Figure 2).

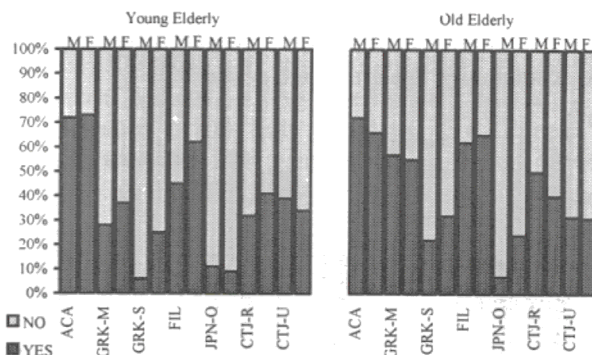
Figure 2. Percentage feeling sad or depressed, by study community, age group and gender



A greater proportion of Anglo-Celtic elderly (70%) reported being more forgetful, followed by Filipinos (60%), Greeks in Melbourne (50%), Greeks in Spata and

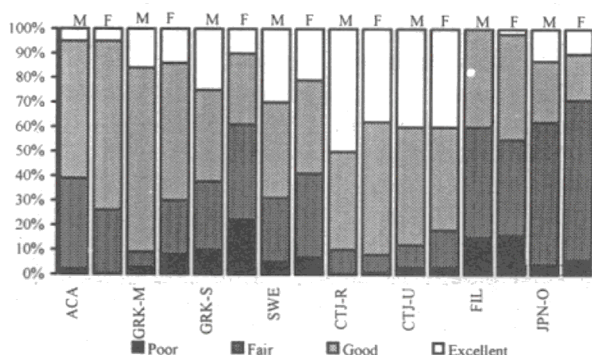
Chinese elderly (30%). Only 10% of the Japanese elderly reported being forgetful (Figure 3).

Figure 3. Percentage reported being forgetful, by study community, age group and gender

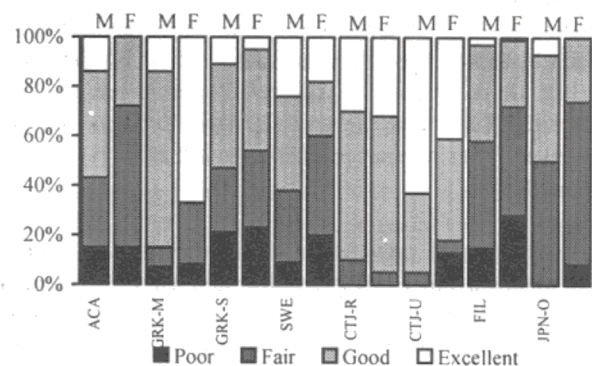


We graded self-reported health status into poor, fair, good and excellent. Combining good and excellent together, Greeks in Melbourne and Chinese in Tianjin, whether rural or urban, rated their health best. Those who rated least well were Filipinos in Manila and Japanese in Okazaki. Men also tended to rate their health better than the women especially in the older age group. This gender difference was particularly evident in the Greek and Swedish elderly (Figures 4 and 5).

Figure 4. Prevalence of self-reported health status, by study community, age group and gender, for young elderly.



Figures 5. Prevalence of self-rated health status, by study community, age group and gender, for old elderly



Rheumatism and/ or arthritis, hypertension, 'heart trouble', diabetes and stroke were disorders most commonly reported in the elderly communities studied.