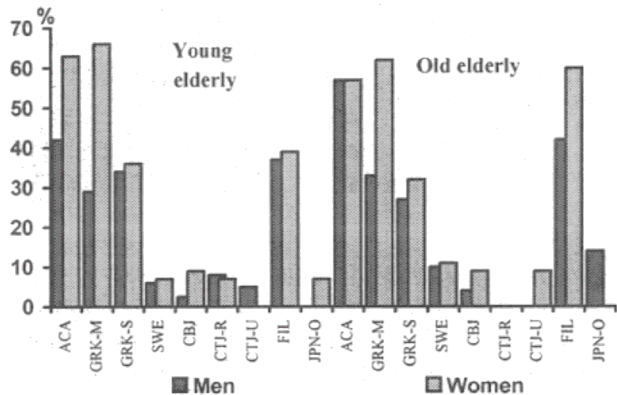


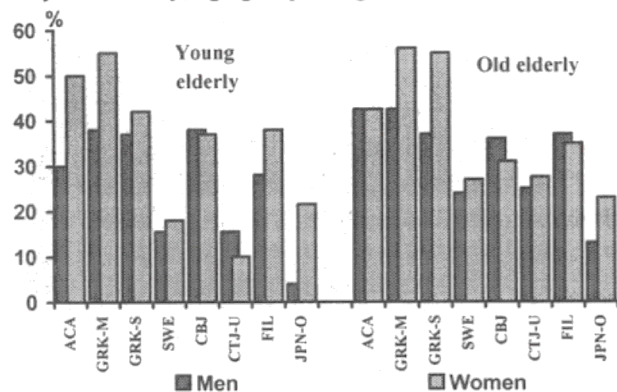
Rheumatism was reported by about 40 to 60% of the Anglo-Celtic, Greek and Filipino elderly, compared with only 10% of the Swedes, Chinese and Japanese elderly. Rheumatism appeared to be more frequently reported by women than by men (Figure 6).

**Figure 6.** Prevalence of self-reported rheumatism, by study community, age group and gender



Self-reported hypertension ranged from 30 to 55%. Japanese men reported the lowest rates of hypertension (5 to 10%). Women were more likely to report hypertension compared to men, especially Anglo-Celtic, Greeks and Filipinos (Figure 7).

**Figure 7.** Prevalence of self-reported hypertension, by study community, age group and gender

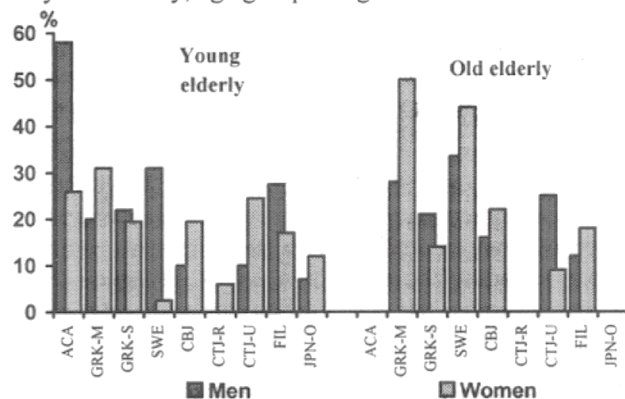


Anglo-Celtic men aged 70 to 79 years had the highest self-reported rates of heart disease (60%), followed by Greek women in Melbourne aged 80 years and over (50%) and Swedish women aged 80 years and over (45%). About 20 to 30% of the remaining subjects reported having heart problems. Rural Chinese and Japanese subjects reported the lowest rates of heart problems (less than 10%) (Figure 8).

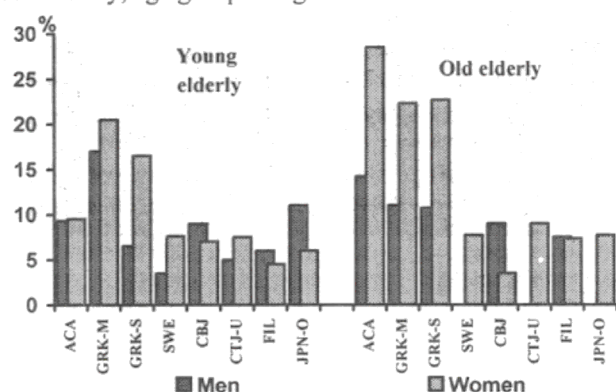
The self-reported prevalence of diabetes was as high as 20% amongst older Anglo-Celtic and Greek women, in each case higher than for men. Of the men, Greek Australians had the highest prevalence of diabetes (17%), followed by Japanese men aged 70 to 79 years (15%). The diabetes prevalence amongst the Chinese, Filipinos and Japanese was about 5 to 10%. Amongst Caucasian, Swedish elderly had the lowest prevalence of diabetes,

comparable to Asians (Figure 9). Overall, the prevalence of diabetes appeared greater in women compared to men and in those aged 80 years and over.

**Figure 8.** Prevalence of self-reported heart trouble, by study community, age group and gender



**Figure 9.** Prevalence of self-reported diabetes, by study community, age group and gender



Self-reported stroke ranged between 5 and 10%. Rural Chinese in Tianjin reported the highest rates (30%), followed by Japanese men (15%) and Spata women (15%). Anglo-Celtic men had higher reported stroke rates than their female counterparts. In contrast, Greek and Filipino women reported higher stroke rates than the men. Self-reported stroke appeared to be higher in the age group of 80 years and over, especially by men.

The cancer prevalence amongst the elderly Anglo-Celtic individuals was the highest amongst all communities studied (30%). This is probably attributable to the fact that skin cancer prevalence of Anglo-Celtic Australians is high by international comparisons.

Apart from lower rates amongst the Chinese (less than 5%) and higher rates amongst Anglo-Celtic women (35%), the prevalence of self-reported cataracts was between 10 to 20% for the younger elderly. Self-reported cataracts increased significantly to about 40% in the older age group.

*Food intakes*

Total food intake (excluding fluid) was about 1500 grams per day for the Caucasian men and 1300 grams per day for the women (Figure 10). Asian men consumed about 1000 gram per day of solid food and women about 700 grams