

The Anglo-Celtic and Greeks in Melbourne had the highest percentage of energy from protein (18%), followed by Greeks in Spata (16%), Japanese (15%), Swedes (14%) and Chinese (12%).

Spata and Anglo-Celtic men had the highest percentage of energy intake from alcohol (5%), followed by Greek men in Melbourne (3%), Anglo-Celtic women (3%), Swedish men (2%), and Greek and Swedish women (1.5%).

#### Prevalence of nutrient intake inadequacy

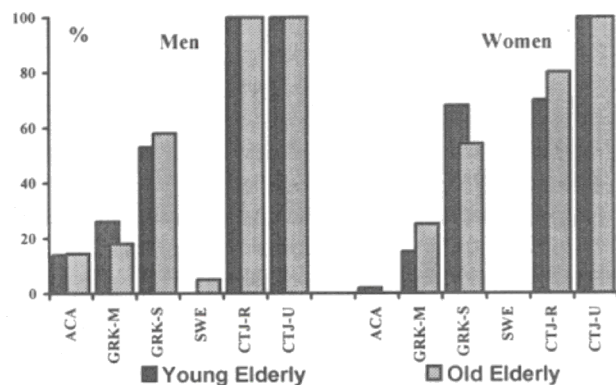
Almost 100% of the Chinese elderly did not achieve two thirds of the US RDA for calcium, followed by Greek (30 to 50%) and Anglo-Celtic women (20%). Less than 5% of Swedish elderly did not achieve two thirds of the US RDA. Overall, a greater proportion of women appeared to have lower mean calcium intakes than men.

Iron intake appeared adequate in most study communities, with less than 5% of the subjects having intakes below two thirds of the US RDA. In contrast, a greater proportion of elderly (especially women) appeared to have inadequate zinc intakes. About 20 to 30% of Anglo-Celtic men and women, Spata and Swedish women had intakes below two thirds of the US RDA. Melbourne Greek women, Greek and Swedish men had higher zinc intakes (less than 15% had intakes below two thirds of the US RDA).

About 10 to 20% of the Anglo-Celtic, Greek Australians and Swedes did not achieve two thirds of the US RDA for magnesium compared with 40 to 60% of the Spata elderly.

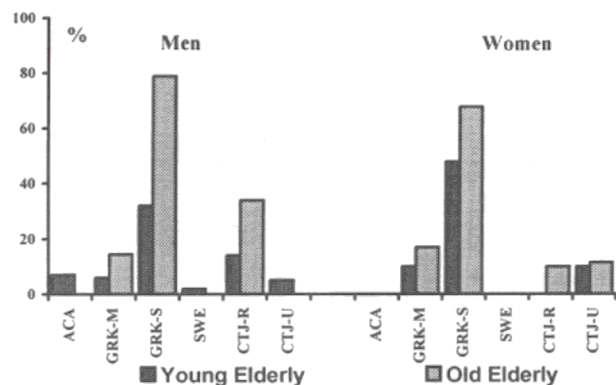
Almost 100% of the Chinese subjects did not achieve two thirds of the US RDA for vitamin A (retinol equivalent), followed by Greeks in Spata (60%), and Greeks in Melbourne (20%). Less than 10% of Swedes and Anglo-Celtic Australians did not achieve two thirds of the US RDA (Figure 13).

**Figure 13.** Percentage below two thirds of the US RDA for vitamin A, by study community, age group and gender.



Intake of thiamin was particularly high amongst Anglo-Celtics and Swedes, with less than 5% not achieving two thirds of the US RDA. Average daily thiamin intakes were similar amongst the Greeks in Melbourne, the Chinese and the Japanese with 10 to 20% not achieving two thirds of the US RDA. The Greeks in Spata had the lowest thiamin intakes, with 30 to 50% below two thirds of the US RDA (Figure 14).

**Figure 14.** Percentage below two thirds of the US RDA for thiamin, by study community, age group and gender.



Anglo-Celtic Australians and Swedes had a somewhat higher riboflavin intake compared to other communities. Less than 2% of the subjects did not achieve two thirds of the US RDA. Greek Australians had higher riboflavin intakes than their counterparts in Greece; only 5% of Melbourne Greeks and 10 to 20% of Spata Greeks did not achieve two thirds of the US RDAs. More than 75% of the Chinese in Tianjin had an intake below two thirds of the US RDA. Most of the elderly achieved the US RDA for niacin.

The highest mean intakes of vitamin C were observed in the Anglo-Celtic and Greek Australians; none of the subjects had intakes below two thirds of the US RDA. About 5 to 10% of the Swedish elderly did not achieve two thirds of the US RDA. The Spata Greeks, followed by the Chinese and Japanese elderly, had the lowest mean vitamin C intakes. The Spata elderly had lower mean intakes than their counterparts in Melbourne, with 5 to 15% not achieving two thirds of the US RDA. In China, up to 40% of the elderly did not achieve two thirds of the US RDA.

#### Social factors

The largest proportion of elderly reporting to have someone to confide in were the Greek subjects (90%), followed by Anglo-Celtic, Swedish and Japanese elderly (80%), and lastly Filipino elderly (30%). However, when questioned about feeling lonely, the Greek elderly in Melbourne (especially women) reported the greatest frequency of loneliness (20%) whereas Anglo-Celtic and Filipino elderly were less likely to report feeling lonely very often. Similarly, less than 10% of the Swedes, Chinese and Japanese reported feeling lonely very often.

#### Lifestyle

Overall, sleeping disorders were reported more often by women (20 to 30%) than by men (5 to 15%). However, the duration of sleep, exceeded six hours a night for about 80% of the elderly people.

The activities of daily living (ADL) score could only be computed in the Caucasian elderly. Men generally had average scores above 55. Women tended to have lower scores, but even here, the lowest score was 49 amongst the older Greek women in Melbourne.