

45 and Up Study: Data book

First follow-up | 21 March 2014

45 and Up Study: First follow-up data book

This data book summarises the information collected from Study participants who completed the first wave of the first follow-up questionnaire, mailed in September 2012. It includes information on key variables such as height, weight, smoking status, family history of disease and levels of physical activity. Many of the items from the baseline questionnaire were repeated plus new items relating to vaccination, pain, blood donor status and transport among others were added. Derived variables such as BMI and fruit and vegetable consumption are also included.

Acknowledgements

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We thank the many thousands of people participating in the 45 and Up Study.



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Participant Gender	Total	% Total
Male	11538	42.7
Female	15498	57.3
Total	27036	100.0

Q1/Q2 - Age	Male	% Male	Female	% Female	Total	% Total
45-49 yrs	3	0.0	4	0.0	7	0.0
50-54 yrs	1370	11.9	2432	15.7	3802	14.1
55-59 yrs	1748	15.1	2940	19.0	4688	17.3
60-64 yrs	2366	20.5	3276	21.1	5642	20.9
65-69 yrs	2312	20.0	2822	18.2	5134	19.0
70-74 yrs	1410	12.2	1660	10.7	3070	11.4
75-79 yrs	1017	8.8	1042	6.7	2059	7.6
80-84 yrs	711	6.2	636	4.1	1347	5.0
85+ yrs	601	5.2	686	4.4	1287	4.8
Total	11538	100.0	15498	100.0	27036	100.0

Q3 - Height (in cm)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	555	4.8	938	6.1	1493	5.5
< 150 cm	79	0.7	549	3.5	628	2.3

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Q3 - Height (in cm)	Male	% Male	Female	% Female	Total	% Total
150-154 cm	47	0.4	1821	11.7	1868	6.9
155-159 cm	119	1.0	2397	15.5	2516	9.3
160-164 cm	393	3.4	4147	26.8	4540	16.8
165-169 cm	1164	10.1	3341	21.6	4505	16.7
170-174 cm	2378	20.6	1579	10.2	3957	14.6
175-179 cm	3181	27.6	594	3.8	3775	14.0
180-184 cm	2421	21.0	90	0.6	2511	9.3
185+ cm	1201	10.4	42	0.3	1243	4.6
Total	11538	100.0	15498	100.0	27036	100.0

Q4 - Weight (in kgs)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	306	2.7	539	3.5	845	3.1
0-54 kg	70	0.6	1449	9.3	1519	5.6
55-59 kg	104	0.9	1696	10.9	1800	6.7
60-64 kg	409	3.5	2329	15.0	2738	10.1
65-69 kg	727	6.3	2144	13.8	2871	10.6
70-74 kg	1271	11.0	1954	12.6	3225	11.9
75-79 kg	1516	13.1	1505	9.7	3021	11.2
80-84 kg	1856	16.1	1211	7.8	3067	11.3
85-89 kg	1506	13.1	813	5.2	2319	8.6

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Q4 - Weight (in kgs)	Male	% Male	Female	% Female	Total	% Total
90-99 kg	2107	18.3	978	6.3	3085	11.4
100-109 kg	937	8.1	462	3.0	1399	5.2
110+ kg	729	6.3	418	2.7	1147	4.2
Total	11538	100.0	15498	100.0	27036	100.0

Q3/Q4 - Body Mass Index	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	842	7.3	1490	9.6	2332	8.6
Underweight	176	1.5	768	5.0	944	3.5
Healthy weight	3052	26.5	5058	32.6	8110	30.0
Overweight	5129	44.5	4670	30.1	9799	36.2
Obese	2339	20.3	3512	22.7	5851	21.6
Total	11538	100.0	15498	100.0	27036	100.0

Q5 - Smoking Status	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	175	1.5	233	1.5	408	1.5
Current smoker	510	4.4	635	4.1	1145	4.2
Ex smoker	4972	43.1	4695	30.3	9667	35.8
Never smoked	5881	51.0	9935	64.1	15816	58.5
Total	11538	100.0	15498	100.0	27036	100.0

Q5 - Age Started Smoking	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	6110	53.0	10219	65.9	16329	60.4
14 yrs or younger	645	5.6	339	2.2	984	3.6
15-18 yrs	3422	29.7	3020	19.5	6442	23.8
19-30 yrs	1297	11.2	1777	11.5	3074	11.4
31+ yrs	64	0.6	143	0.9	207	0.8
Total	11538	100.0	15498	100.0	27036	100.0

Q5 - Age Stopped Smoking	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	6581	57.0	10846	70.0	17427	64.5
24 yrs or younger	444	3.8	597	3.9	1041	3.9
25-34 yrs	1250	10.8	1338	8.6	2588	9.6
35-44 yrs	1266	11.0	1044	6.7	2310	8.5
45-54 yrs	1085	9.4	1011	6.5	2096	7.8
55+ yrs	912	7.9	662	4.3	1574	5.8
Total	11538	100.0	15498	100.0	27036	100.0

Q5 - Cigarettes Per Day	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	6214	53.9	10145	65.5	16359	60.5
0	91	0.8	84	0.5	175	0.6

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Q5 - Cigarettes Per Day	Male	% Male	Female	% Female	Total	% Total
1-9	587	5.1	1351	8.7	1938	7.2
10-14	941	8.2	1246	8.0	2187	8.1
15-19	643	5.6	654	4.2	1297	4.8
20-24	1633	14.2	1233	8.0	2866	10.6
25+	1429	12.4	785	5.1	2214	8.2
Total	11538	100.0	15498	100.0	27036	100.0

Q5 - Pipes and Cigars Per Day	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	10744	93.1	15161	97.8	25905	95.8
0	383	3.3	318	2.1	701	2.6
1-9	335	2.9	17	0.1	352	1.3
10-14	52	0.5	1	0.0	53	0.2
15-19	9	0.1	0	0.0	9	0.0
20-24	10	0.1	0	0.0	10	0.0
25+	5	0.0	1	0.0	6	0.0
Total	11538	100.0	15498	100.0	27036	100.0

Q6 - Exposure to Tobacco Smoke at Home (Hours per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	1417	12.3	2082	13.4	3499	12.9

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Q6 - Exposure to Tobacco Smoke at Home (Hours per Week)	Male	% Male	Female	% Female	Total	% Total
0	9525	82.6	12603	81.3	22128	81.8
1-9	283	2.5	393	2.5	676	2.5
10-19	102	0.9	158	1.0	260	1.0
20-29	72	0.6	102	0.7	174	0.6
30-39	29	0.3	36	0.2	65	0.2
40+	110	1.0	124	0.8	234	0.9
Total	11538	100.0	15498	100.0	27036	100.0

Q6 - Exposure to Tobacco Smoke Outside Home (Hours per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	1263	10.9	2291	14.8	3554	13.1
0	8185	70.9	11339	73.2	19524	72.2
1-9	1619	14.0	1576	10.2	3195	11.8
10-19	228	2.0	155	1.0	383	1.4
20-29	82	0.7	60	0.4	142	0.5
30-39	47	0.4	35	0.2	82	0.3
40+	114	1.0	42	0.3	156	0.6
Total	11538	100.0	15498	100.0	27036	100.0

Q7 - Alcoholic Drinks per Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	173	1.5	356	2.3	529	2.0
0	2550	22.1	5787	37.3	8337	30.8
1-4	2135	18.5	3609	23.3	5744	21.2
5-7	1683	14.6	2449	15.8	4132	15.3
8-14	2343	20.3	2419	15.6	4762	17.6
15+	2654	23.0	878	5.7	3532	13.1
Total	11538	100.0	15498	100.0	27036	100.0

Q8 - Days of Drinking per Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	382	3.3	828	5.3	1210	4.5
0	2426	21.0	5327	34.4	7753	28.7
1-2	2081	18.0	2905	18.7	4986	18.4
3-4	1812	15.7	2286	14.8	4098	15.2
5-6	2226	19.3	2073	13.4	4299	15.9
7	2611	22.6	2079	13.4	4690	17.3
Total	11538	100.0	15498	100.0	27036	100.0

Q9 - Marital Status	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	58	0.5	60	0.4	118	0.4

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Q9 - Marital Status	Male	% Male	Female	% Female	Total	% Total
Single	632	5.5	851	5.5	1483	5.5
Married	8697	75.4	9908	63.9	18605	68.8
Defacto/Partner	699	6.1	880	5.7	1579	5.8
Widowed	593	5.1	1888	12.2	2481	9.2
Divorced	585	5.1	1522	9.8	2107	7.8
Separated	274	2.4	389	2.5	663	2.5
Total	11538	100.0	15498	100.0	27036	100.0

Q10 - Current Housing	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	53	0.5	101	0.7	154	0.6
House	8900	77.1	11712	75.6	20612	76.2
Flat, unit, apartment	1273	11.0	1780	11.5	3053	11.3
House on farm	802	7.0	1128	7.3	1930	7.1
Retirement village, self care unit	297	2.6	469	3.0	766	2.8
Nursing home	16	0.1	12	0.1	28	0.1
Hostel for the aged	21	0.2	49	0.3	70	0.3
Mobile home	94	0.8	106	0.7	200	0.7
Other	82	0.7	141	0.9	223	0.8
Total	11538	100.0	15498	100.0	27036	100.0

Q11 - Total People in Household	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	79	0.7	99	0.6	178	0.7
1	1623	14.1	3514	22.7	5137	19.0
2	7157	62.0	8901	57.4	16058	59.4
3	1354	11.7	1646	10.6	3000	11.1
4	868	7.5	871	5.6	1739	6.4
5	311	2.7	294	1.9	605	2.2
6	92	0.8	100	0.6	192	0.7
7	25	0.2	34	0.2	59	0.2
8	6	0.1	13	0.1	19	0.1
9-100	23	0.2	26	0.2	49	0.2
Total	11538	100.0	15498	100.0	27036	100.0

Q12 - Walking Sessions in Last Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	323	2.8	426	2.7	749	2.8
0 sessions per week	1278	11.1	1527	9.9	2805	10.4
1-6 sessions per week	6079	52.7	8861	57.2	14940	55.3
7-13 sessions per week	2870	24.9	3738	24.1	6608	24.4
14-29 sessions per week	795	6.9	779	5.0	1574	5.8
30+ sessions per week	193	1.7	167	1.1	360	1.3
Total	11538	100.0	15498	100.0	27036	100.0

Q12 - Vigorous Physical Activity Sessions in Last Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	1050	9.1	1654	10.7	2704	10.0
0 sessions per week	5170	44.8	7851	50.7	13021	48.2
1-6 sessions per week	4586	39.7	5464	35.3	10050	37.2
7-13 sessions per week	629	5.5	487	3.1	1116	4.1
14-29 sessions per week	77	0.7	34	0.2	111	0.4
30+ sessions per week	26	0.2	8	0.1	34	0.1
Total	11538	100.0	15498	100.0	27036	100.0

Q12 - Moderate Physical Activity Sessions in Last Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	616	5.3	768	5.0	1384	5.1
0 sessions per week	1512	13.1	1669	10.8	3181	11.8
1-6 sessions per week	6844	59.3	9182	59.2	16026	59.3
7-13 sessions per week	2085	18.1	3307	21.3	5392	19.9
14-29 sessions per week	359	3.1	447	2.9	806	3.0
30+ sessions per week	122	1.1	125	0.8	247	0.9
Total	11538	100.0	15498	100.0	27036	100.0

Q13 - Physical Activity: Walking Total Hours in Last Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	667	5.8	958	6.2	1625	6.0

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Q13 - Physical Activity: Walking Total Hours in Last Week	Male	% Male	Female	% Female	Total	% Total
0 hrs per week	1113	9.6	1315	8.5	2428	9.0
1-<5 hrs per week	7105	61.6	9715	62.7	16820	62.2
5-<10 hrs per week	1599	13.9	2295	14.8	3894	14.4
10-<20 hrs per week	693	6.0	793	5.1	1486	5.5
20+ hrs per week	361	3.1	422	2.7	783	2.9
Total	11538	100.0	15498	100.0	27036	100.0

Q13 - Physical Activity: Vigorous Total Hours in Last Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	1766	15.3	2761	17.8	4527	16.7
0 hrs per week	4466	38.7	6756	43.6	11222	41.5
1-<5 hrs per week	4295	37.2	5184	33.4	9479	35.1
5-<10 hrs per week	699	6.1	611	3.9	1310	4.8
10-<20 hrs per week	221	1.9	133	0.9	354	1.3
20+ hrs per week	91	0.8	53	0.3	144	0.5
Total	11538	100.0	15498	100.0	27036	100.0

Q13 - Physical Activity: Moderate Total Hours in Last Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	784	6.8	1032	6.7	1816	6.7
0 hrs per week	1389	12.0	1537	9.9	2926	10.8

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Q13 - Physical Activity: Moderate Total Hours in Last Week	Male	% Male	Female	% Female	Total	% Total
1-<5 hrs per week	5420	47.0	7210	46.5	12630	46.7
5-<10 hrs per week	1788	15.5	2630	17.0	4418	16.3
10-<20 hrs per week	1193	10.3	1748	11.3	2941	10.9
20+ hrs per week	964	8.4	1341	8.7	2305	8.5
Total	11538	100.0	15498	100.0	27036	100.0

Q14 - Family Diseases	Mother	% Total	Father	% Total	Sibling	% Total
Heart disease	5972	22.1	8579	31.7	3229	11.9
High blood pressure	9278	34.3	6897	25.5	5042	18.6
Stroke	3789	14.0	3786	14.0	936	3.5
Diabetes	2957	10.9	2449	9.1	2519	9.3
Dementia/Alzheimer's	3800	14.1	1999	7.4	494	1.8
Parkinson's disease	576	2.1	695	2.6	346	1.3
Severe depression	1800	6.7	945	3.5	1643	6.1
Severe arthritis	4434	16.4	1644	6.1	1311	4.8
Breast cancer	2146	7.9	85	0.3	1628	6.0
Bowel cancer	1577	5.8	1697	6.3	1279	4.7
Lung cancer	712	2.6	1717	6.4	763	2.8
Melanoma	853	3.2	1227	4.5	1180	4.4
Prostate cancer	.	.	2730	10.1	1002	3.7

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Q14 - Family Diseases	Mother	% Total	Father	% Total	Sibling	% Total
Ovarian cancer	617	2.3	.	.	351	1.3
Osteoporosis	4062	15.0	488	1.8	825	3.1
Hip fracture	2387	8.8	657	2.4	391	1.4
Do not know	1220	4.5	1551	5.7	1257	4.6

Q15 - Medications	Male	% Male	Female	% Female	Total	% Total
Any in last 4 weeks	8890	77.0	12782	82.5	21672	80.2
Multivitamins + minerals	2235	19.4	4656	30.0	6891	25.5
Multivitamins alone	443	3.8	689	4.4	1132	4.2
Fish Oil, Omega 3	4357	37.8	7086	45.7	11443	42.3
Glucosamine	2074	18.0	3195	20.6	5269	19.5
Paracetamol with codeine	637	5.5	1203	7.8	1840	6.8
Paracetamol	2095	18.2	4880	31.5	6975	25.8
Aspirin for the heart	2856	24.8	2480	16.0	5336	19.7
Aspirin for other reasons	564	4.9	646	4.2	1210	4.5
Lipitor	2311	20.0	2121	13.7	4432	16.4
Avapro, Karvea	879	7.6	1234	8.0	2113	7.8
Warfarin, Coumadin	590	5.1	409	2.6	999	3.7
Pravachol	244	2.1	230	1.5	474	1.8
Coversyl, Coversyl Plus	980	8.5	990	6.4	1970	7.3

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Q15 - Medications	Male	% Male	Female	% Female	Total	% Total
Lasix, frusemide	299	2.6	462	3.0	761	2.8
Zocor, Lipex	517	4.5	563	3.6	1080	4.0
Cardizem, Vasocordol	210	1.8	222	1.4	432	1.6
Micardis	629	5.5	775	5.0	1404	5.2
Nexium	875	7.6	1441	9.3	2316	8.6
Norvasc	348	3.0	355	2.3	703	2.6
Fosamax	126	1.1	414	2.7	540	2.0
Somac	686	5.9	921	5.9	1607	5.9
Tritace	490	4.2	340	2.2	830	3.1
Caltrate	506	4.4	2694	17.4	3200	11.8
Losec, Acimax, omeprozole	442	3.8	517	3.3	959	3.5
Noten, Tenormin, atenolol	449	3.9	552	3.6	1001	3.7
Oroxine, thyroxine	186	1.6	1456	9.4	1642	6.1
Ventolin, salbutamol	565	4.9	998	6.4	1563	5.8
Zyloprim, Progout 300, allopurinol	699	6.1	140	0.9	839	3.1
Diabex, Diaformin, metformin	901	7.8	808	5.2	1709	6.3
Zoloft, sertraline	171	1.5	450	2.9	621	2.3
Cipramil, citaloprim	99	0.9	218	1.4	317	1.2
Efexor, venlafaxine	116	1.0	254	1.6	370	1.4

Q16 - Teeth Left	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	162	1.4	163	1.1	325	1.2
None - all of my teeth are missing	721	6.2	1132	7.3	1853	6.9
1-9 teeth left	953	8.3	1151	7.4	2104	7.8
10-19 teeth left	2613	22.6	2686	17.3	5299	19.6
20 or more teeth left	7089	61.4	10366	66.9	17455	64.6
Total	11538	100.0	15498	100.0	27036	100.0

Q17 - Hearing Loss	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	211	1.8	250	1.6	461	1.7
No	5119	44.4	9929	64.1	15048	55.7
Yes	6208	53.8	5319	34.3	11527	42.6
Total	11538	100.0	15498	100.0	27036	100.0

Q18 - Blood Donor	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	148	1.3	187	1.2	335	1.2
No	5608	48.6	8111	52.3	13719	50.7
Yes	5621	48.7	7055	45.5	12676	46.9
Unsure	161	1.4	145	0.9	306	1.1
Total	11538	100.0	15498	100.0	27036	100.0

Q18 - Years Ago for Blood Donation	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	6359	55.1	9298	60.0	15657	57.9
0	752	6.5	892	5.8	1644	6.1
1	261	2.3	423	2.7	684	2.5
2	183	1.6	300	1.9	483	1.8
3-4	227	2.0	375	2.4	602	2.2
5+	3756	32.6	4210	27.2	7966	29.5
Total	11538	100.0	15498	100.0	27036	100.0

Q19 - Plasma Donor	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	305	2.6	353	2.3	658	2.4
No	9908	85.9	13465	86.9	23373	86.5
Yes	572	5.0	667	4.3	1239	4.6
Unsure	753	6.5	1013	6.5	1766	6.5
Total	11538	100.0	15498	100.0	27036	100.0

Q19 - Years Ago for Plasma Donation	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	10995	95.3	14912	96.2	25907	95.8
0	178	1.5	161	1.0	339	1.3
1	61	0.5	70	0.5	131	0.5

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Q19 - Years Ago for Plasma Donation	Male	% Male	Female	% Female	Total	% Total
2	43	0.4	63	0.4	106	0.4
3-4	41	0.4	61	0.4	102	0.4
5+	220	1.9	231	1.5	451	1.7
Total	11538	100.0	15498	100.0	27036	100.0

Q20 - Times Fell in Past 12 Months	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	424	3.7	438	2.8	862	3.2
0	9269	80.3	11367	73.3	20636	76.3
1	792	6.9	1949	12.6	2741	10.1
2	503	4.4	922	5.9	1425	5.3
3+	550	4.8	822	5.3	1372	5.1
Total	11538	100.0	15498	100.0	27036	100.0

Q21 - Bones That Were Broken/Fractured	Male	% Male	Female	% Female	Total	% Total
Any in last 5 years	1026	8.9	2155	13.9	3181	11.8
Wrist	115	1.0	465	3.0	580	2.1
Arm	57	0.5	200	1.3	257	1.0
Hip	70	0.6	110	0.7	180	0.7
Finger/toe	231	2.0	414	2.7	645	2.4

(Continued)

Q21 - Bones That Were Broken/Fractured	Male	% Male	Female	% Female	Total	% Total
Rib	261	2.3	255	1.6	516	1.9
Ankle	92	0.8	323	2.1	415	1.5
Other	168	1.5	323	2.1	491	1.8

Q21 - Age of Most Recent Fracture	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	10462	90.7	13269	85.6	23731	87.8
0-44 yrs	19	0.2	23	0.1	42	0.2
45-49 yrs	51	0.4	72	0.5	123	0.5
50-54 yrs	174	1.5	291	1.9	465	1.7
55-59 yrs	190	1.6	420	2.7	610	2.3
60-64 yrs	199	1.7	468	3.0	667	2.5
65-69 yrs	127	1.1	344	2.2	471	1.7
70-74 yrs	110	1.0	235	1.5	345	1.3
75-79 yrs	83	0.7	143	0.9	226	0.8
80-84 yrs	76	0.7	135	0.9	211	0.8
85+ yrs	47	0.4	98	0.6	145	0.5
Total	11538	100.0	15498	100.0	27036	100.0

Q22 - Ever Been Told You Have	Male	% Male	Female	% Female	Total	% Total
Skin cancer	3512	30.4	3919	25.3	7431	27.5
Melanoma	944	8.2	793	5.1	1737	6.4
Prostate cancer	1037	9.0	.	.	1037	9.0
Breast cancer	.	.	1100	7.1	1100	7.1
Other cancer	827	7.2	1100	7.1	1927	7.1
Heart failure	944	8.2	574	3.7	1518	5.6
Atrial fibrillation	898	7.8	779	5.0	1677	6.2
Other heart disease	994	8.6	856	5.5	1850	6.8
High blood pressure	4842	42.0	5522	35.6	10364	38.3
Stroke	458	4.0	401	2.6	859	3.2
Diabetes	1404	12.2	1249	8.1	2653	9.8
Blood clot	465	4.0	841	5.4	1306	4.8
Enlarged prostate	2173	18.8	.	.	2173	18.8
Asthma	1170	10.1	2243	14.5	3413	12.6
Hayfever	1505	13.0	3189	20.6	4694	17.4
Osteoarthritis	1403	12.2	3583	23.1	4986	18.4
Depression	1475	12.8	2884	18.6	4359	16.1
Anxiety	973	8.4	2129	13.7	3102	11.5
Parkinson's Disease	136	1.2	86	0.6	222	0.8
None of these	2321	20.1	3557	23.0	5878	21.7

Q23 - Treated in Last Month For:	Male	% Male	Female	% Female	Total	% Total
Cancer	388	3.4	411	2.7	799	3.0
Heart attack or angina	392	3.4	240	1.5	632	2.3
Other heart disease	442	3.8	368	2.4	810	3.0
High blood pressure	3072	26.6	3949	25.5	7021	26.0
High blood cholesterol	2088	18.1	2577	16.6	4665	17.3
Blood clotting problems	256	2.2	239	1.5	495	1.8
Asthma	463	4.0	907	5.9	1370	5.1
Osteoarthritis	694	6.0	1813	11.7	2507	9.3
Thyroid problems	251	2.2	1504	9.7	1755	6.5
Osteoporosis or low bone density	309	2.7	1396	9.0	1705	6.3
Depression	680	5.9	1377	8.9	2057	7.6
Anxiety	436	3.8	924	6.0	1360	5.0
None of these	4996	43.3	5847	37.7	10843	40.1

Q24 - Now suffering from other important illness	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	2543	22.0	3445	22.2	5988	22.1
No	7028	60.9	9490	61.2	16518	61.1
Yes	1967	17.0	2563	16.5	4530	16.8
Total	11538	100.0	15498	100.0	27036	100.0

Q25 - Flu Vaccine	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	45	0.4	59	0.4	104	0.4
No	3341	29.0	4429	28.6	7770	28.7
Yes	7975	69.1	10877	70.2	18852	69.7
Unsure	177	1.5	133	0.9	310	1.1
Total	11538	100.0	15498	100.0	27036	100.0

Q25 - Years Ago for Flu Vaccine	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	3884	33.7	5040	32.5	8924	33.0
0	4913	42.6	6477	41.8	11390	42.1
1	1452	12.6	2125	13.7	3577	13.2
2	496	4.3	701	4.5	1197	4.4
3-4	357	3.1	479	3.1	836	3.1
5+	436	3.8	676	4.4	1112	4.1
Total	11538	100.0	15498	100.0	27036	100.0

Q26 - Adult Whooping Cough Vaccine	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	190	1.6	195	1.3	385	1.4
No	8587	74.4	10024	64.7	18611	68.8
Yes	1683	14.6	4087	26.4	5770	21.3

(Continued)

Q26 - Adult Whooping Cough Vaccine	Male	% Male	Female	% Female	Total	% Total
Unsure	1078	9.3	1192	7.7	2270	8.4
Total	11538	100.0	15498	100.0	27036	100.0

Q26 - Years Ago for Whooping Cough Vaccine	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	9963	86.3	11645	75.1	21608	79.9
0	357	3.1	647	4.2	1004	3.7
1	399	3.5	873	5.6	1272	4.7
2	325	2.8	869	5.6	1194	4.4
3-4	353	3.1	1000	6.5	1353	5.0
5+	141	1.2	464	3.0	605	2.2
Total	11538	100.0	15498	100.0	27036	100.0

Q27 - Bodily Pain in Past 4 Weeks	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	179	1.6	253	1.6	432	1.6
None	3041	26.4	3375	21.8	6416	23.7
Very Mild	2692	23.3	3522	22.7	6214	23.0
Mild	2279	19.8	3016	19.5	5295	19.6
Moderate	2509	21.7	3841	24.8	6350	23.5
Severe	694	6.0	1187	7.7	1881	7.0

(Continued)

Q27 - Bodily Pain in Past 4 Weeks	Male	% Male	Female	% Female	Total	% Total
Very Severe	144	1.2	304	2.0	448	1.7
Total	11538	100.0	15498	100.0	27036	100.0

Q28 - Pain Interfered with Normal Work in Past 4 Weeks	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	167	1.4	255	1.6	422	1.6
Not at all	6211	53.8	7617	49.1	13828	51.1
A little bit	2955	25.6	4075	26.3	7030	26.0
Quite a bit	708	6.1	1252	8.1	1960	7.2
Moderately	1109	9.6	1666	10.7	2775	10.3
Extremely	388	3.4	633	4.1	1021	3.8
Total	11538	100.0	15498	100.0	27036	100.0

Q29 - Pain in Lower Back in Past 4 Weeks	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	91	0.8	855	5.5	946	3.5
No	6151	53.3	7598	49.0	13749	50.9
Yes	5296	45.9	7045	45.5	12341	45.6
Total	11538	100.0	15498	100.0	27036	100.0

Q29 - Pain Bad Enough to Limit Activities	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	5690	49.3	7854	50.7	13544	50.1
No	4301	37.3	5476	35.3	9777	36.2
Yes	1547	13.4	2168	14.0	3715	13.7
Total	11538	100.0	15498	100.0	27036	100.0

Q30 - Need Help with Daily Tasks	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	102	0.9	814	5.3	916	3.4
No	10843	94.0	13678	88.3	24521	90.7
Yes	593	5.1	1006	6.5	1599	5.9
Total	11538	100.0	15498	100.0	27036	100.0

Q30 Men/Q31 Women - Need Help with Tasks and Getting Help	Male	% Male	Female	% Female	Total	% Total
No	10947	94.9	14383	92.8	25330	93.7
Yes	591	5.1	1115	7.2	1706	6.3
Total	11538	100.0	15498	100.0	27036	100.0

Q30 Men/Q31 Women - Need Help with Tasks and Not Getting Help	Male	% Male	Female	% Female	Total	% Total
No	11451	99.2	15295	98.7	26746	98.9

(Continued)

Q30 Men/Q31 Women - Need Help with Tasks and Not Getting Help	Male	% Male	Female	% Female	Total	% Total
Yes	87	0.8	203	1.3	290	1.1
Total	11538	100.0	15498	100.0	27036	100.0

Q31 Men/Q32 Women - Regularly Care for Sick/Disabled	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	138	1.2	220	1.4	358	1.3
No	10350	89.7	13108	84.6	23458	86.8
Yes	1050	9.1	2170	14.0	3220	11.9
Total	11538	100.0	15498	100.0	27036	100.0

Q31 Men/Q32 Women - Carer Status (Full-time)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	1	0.0	1	0.0	2	0.0
No	11189	97.0	14730	95.0	25919	95.9
Yes	348	3.0	767	4.9	1115	4.1
Total	11538	100.0	15498	100.0	27036	100.0

Q31 Men/Q32 Women - Carer Status (Hours per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	10875	94.3	14292	92.2	25167	93.1
1-4	207	1.8	395	2.5	602	2.2

(Continued)

Q31 Men/Q32 Women - Carer Status (Hours per Week)	Male	% Male	Female	% Female	Total	% Total
5-7	124	1.1	239	1.5	363	1.3
8-14	168	1.5	294	1.9	462	1.7
15-19	28	0.2	40	0.3	68	0.3
20-29	74	0.6	132	0.9	206	0.8
30+	62	0.5	106	0.7	168	0.6
Total	11538	100.0	15498	100.0	27036	100.0

Q31 Men/Q32 Women - Usually Live with Person You Care For	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	10508	91.1	13448	86.8	23956	88.6
No	380	3.3	934	6.0	1314	4.9
Yes	650	5.6	1116	7.2	1766	6.5
Total	11538	100.0	15498	100.0	27036	100.0

Q32 Men/Q33 Women - Leaking Urine (Times per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	162	1.4	199	1.3	361	1.3
Never	8762	75.9	8262	53.3	17024	63.0
Once a week or less	1303	11.3	3413	22.0	4716	17.4
2-3 times	638	5.5	1639	10.6	2277	8.4
4-6 times	229	2.0	650	4.2	879	3.3

(Continued)

Q32 Men/Q33 Women - Leaking Urine (Times per Week)	Male	% Male	Female	% Female	Total	% Total
Every day	444	3.8	1335	8.6	1779	6.6
Total	11538	100.0	15498	100.0	27036	100.0

Q33 Men - Over Last Month, How Often Have You:	Not at all	% Not at all	Sometimes/ Often	% Sometimes/ Often	Almost Always	% Almost Always
Found it Difficult to Postpose Urination	6914	25.6	3372	12.5	217	0.8
Had to Push or Strain to Start Urination	8345	30.9	1441	5.3	48	0.2
Had a Weak Urinary Stream	6295	23.3	3414	12.6	296	1.1
Stopped and Started Again Several Times When You Urinated	6916	25.6	3012	11.1	155	0.6
Had to Urinate Again Less Than 2 Hours After Finished Urinating	4560	16.9	5772	21.3	270	1.0
Had the Feeling That You Had Not Emptied Your Bladder Completely After Urinating	6852	25.3	3254	12.0	147	0.5

Q33 Men - Times per Night Get Up to Urinate	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	6401	55.5	15498	100.0	21899	81.0
Never	1427	12.4	0	0.0	1427	5.3
Less than once per night	3710	32.2	0	0.0	3710	13.7
Total	11538	100.0	15498	100.0	27036	100.0

Q33 Men - Times per Night Get Up to Urinate	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	5176	44.9	15498	100.0	20674	76.5
0	7	0.1	0	0.0	7	0.0
1	2611	22.6	0	0.0	2611	9.7
2-3	3317	28.7	0	0.0	3317	12.3
4-9	421	3.6	0	0.0	421	1.6
10-14	4	0.0	0	0.0	4	0.0
15+	2	0.0	0	0.0	2	0.0
Total	11538	100.0	15498	100.0	27036	100.0

Q34 Men - Ability to Get Erection	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	193	1.7	15498	100.0	15691	58.0
Always	3081	26.7	0	0.0	3081	11.4
Usually	2668	23.1	0	0.0	2668	9.9
Sometimes	2224	19.3	0	0.0	2224	8.2
Never	2503	21.7	0	0.0	2503	9.3
I would rather not answer this question	869	7.5	0	0.0	869	3.2
Total	11538	100.0	15498	100.0	27036	100.0

Q34 Men - Use Medication to Have Erection	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	212	1.8	15498	100.0	15710	58.1
No	9719	84.2	0	0.0	9719	35.9
Yes	1266	11.0	0	0.0	1266	4.7
I would rather not answer this question	341	3.0	0	0.0	341	1.3
Total	11538	100.0	15498	100.0	27036	100.0

Q34 Women - Been Through Menopause	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	11538	100.0	332	2.1	11870	43.9
No	0	0.0	500	3.2	500	1.8
Not sure	0	0.0	1612	10.4	1612	6.0
My periods have become irregular	0	0.0	513	3.3	513	1.9
Yes	0	0.0	12541	80.9	12541	46.4
Total	11538	100.0	15498	100.0	27036	100.0

Q34 Women - Age at Menopause	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	11538	100.0	3161	20.4	14699	54.4
44 yrs or younger	0	0.0	1518	9.8	1518	5.6
45-49 yrs	0	0.0	2839	18.3	2839	10.5
50-54 yrs	0	0.0	5844	37.7	5844	21.6

(Continued)

Q34 Women - Age at Menopause	Male	% Male	Female	% Female	Total	% Total
55+ yrs	0	0.0	2136	13.8	2136	7.9
Total	11538	100.0	15498	100.0	27036	100.0

Q35 Men - Ever Had PSA Test	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	139	1.2	15498	100.0	15637	57.8
No	2017	17.5	0	0.0	2017	7.5
Yes	9382	81.3	0	0.0	9382	34.7
Total	11538	100.0	15498	100.0	27036	100.0

Q35 Men - Number of PSA Tests	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	2815	24.4	15498	100.0	18313	67.7
0	51	0.4	0	0.0	51	0.2
1	1233	10.7	0	0.0	1233	4.6
2-3	2459	21.3	0	0.0	2459	9.1
4-9	3026	26.2	0	0.0	3026	11.2
10+	1954	16.9	0	0.0	1954	7.2
Total	11538	100.0	15498	100.0	27036	100.0

Q35 Men - Years Ago for PSA Test	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	2418	21.0	15498	100.0	17916	66.3
0	4131	35.8	0	0.0	4131	15.3
1	2802	24.3	0	0.0	2802	10.4
2	1082	9.4	0	0.0	1082	4.0
3-4	680	5.9	0	0.0	680	2.5
5+	425	3.7	0	0.0	425	1.6
Total	11538	100.0	15498	100.0	27036	100.0

Q35 Women - Ever Had Mammogram	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	11538	100.0	106	0.7	11644	43.1
No	0	0.0	931	6.0	931	3.4
Yes	0	0.0	14461	93.3	14461	53.5
Total	11538	100.0	15498	100.0	27036	100.0

Q35 - Number of Mammograms	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	11538	100.0	2710	17.5	14248	52.7
0	0	0.0	32	0.2	32	0.1
1	0	0.0	671	4.3	671	2.5
2-3	0	0.0	1919	12.4	1919	7.1

(Continued)

Q35 - Number of Mammograms	Male	% Male	Female	% Female	Total	% Total
4-9	0	0.0	5918	38.2	5918	21.9
10+	0	0.0	4248	27.4	4248	15.7
Total	11538	100.0	15498	100.0	27036	100.0

Q35 Women - Years Ago for Mammogram	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	11538	100.0	1414	9.1	12952	47.9
0	0	0.0	4566	29.5	4566	16.9
1	0	0.0	4557	29.4	4557	16.9
2	0	0.0	2214	14.3	2214	8.2
3-4	0	0.0	883	5.7	883	3.3
5+	0	0.0	1864	12.0	1864	6.9
Total	11538	100.0	15498	100.0	27036	100.0

Q36 - Ever Had Bowel Cancer Screening	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	292	2.5	385	2.5	677	2.5
No	3111	27.0	5028	32.4	8139	30.1
Yes	8135	70.5	10085	65.1	18220	67.4
Total	11538	100.0	15498	100.0	27036	100.0

Q36 - Type of Bowel Screen Test	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	3290	28.5	5184	33.4	8474	31.3
FOBT	3186	27.6	3757	24.2	6943	25.7
Sigmoidoscopy	38	0.3	39	0.3	77	0.3
Colonoscopy	2445	21.2	3514	22.7	5959	22.0
FOBT and Sigmoidoscopy	45	0.4	42	0.3	87	0.3
FOBT and Colonoscopy	2181	18.9	2559	16.5	4740	17.5
Sigmoidoscopy and Colonoscopy	89	0.8	134	0.9	223	0.8
FOBT, Sigmoidoscopy and Colonoscopy	264	2.3	269	1.7	533	2.0
Total	11538	100.0	15498	100.0	27036	100.0

Q36 - Years Ago for Bowel Screen	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	3422	29.7	5410	34.9	8832	32.7
0	2100	18.2	2481	16.0	4581	16.9
1	1984	17.2	2372	15.3	4356	16.1
2	1591	13.8	1983	12.8	3574	13.2
3-4	1455	12.6	1795	11.6	3250	12.0
5+	986	8.5	1457	9.4	2443	9.0
Total	11538	100.0	15498	100.0	27036	100.0

Q36 - Times Had Bowel Screening Exams in Last 5 Years	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	3221	27.9	5196	33.5	8417	31.1
0	953	8.3	1314	8.5	2267	8.4
1	3181	27.6	4651	30.0	7832	29.0
2-3	3056	26.5	3354	21.6	6410	23.7
4-9	1116	9.7	974	6.3	2090	7.7
10-14	10	0.1	5	0.0	15	0.1
15+	1	0.0	4	0.0	5	0.0
Total	11538	100.0	15498	100.0	27036	100.0

Q36 - Received Invitation as Part of Screening Program	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	3023	26.2	4991	32.2	8014	29.6
No	3988	34.6	5022	32.4	9010	33.3
Yes	4155	36.0	5184	33.4	9339	34.5
Don't know	372	3.2	301	1.9	673	2.5
Total	11538	100.0	15498	100.0	27036	100.0

Q36 - Told Bowel Screening Results Abnormal	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	2952	25.6	4923	31.8	7875	29.1
No	7365	63.8	9145	59.0	16510	61.1

(Continued)

Q36 - Told Bowel Screening Results Abnormal	Male	% Male	Female	% Female	Total	% Total
Yes	1028	8.9	1243	8.0	2271	8.4
Don't know	193	1.7	187	1.2	380	1.4
Total	11538	100.0	15498	100.0	27036	100.0

Q37 - Limitations From Health	Yes a lot	% Yes a lot	Yes a little	% Yes a little	No	% No
Vigorous activities	10503	38.8	8885	32.9	6833	25.3
Moderate activities	2096	7.8	4931	18.2	18982	70.2
Lifting or carrying shopping	1668	6.2	4978	18.4	19488	72.1
Climbing several flights of stairs	3062	11.3	6558	24.3	16581	61.3
Climbing one flight of stairs	1313	4.9	3189	11.8	21432	79.3
Walking one kilometre	2614	9.7	3475	12.9	20046	74.1
Walking half a kilometre	1794	6.6	2328	8.6	21667	80.1
Walking 100 metres	831	3.1	1715	6.3	23140	85.6
Bending, kneeling or stooping	3146	11.6	8089	29.9	15042	55.6
Bathing or dressing yourself	345	1.3	1625	6.0	24068	89.0

Q38 - Health Ratings	Excellent/ Very Good	% Excellent/ Very Good	Good	% Good	Fair/ Poor	% Fair/ Poor
Overall health	14441	53.4	8698	32.2	3476	12.9
Quality of life	17140	63.4	7040	26.0	2307	8.5

(Continued)

Q38 - Health Ratings	Excellent/ Very Good	% Excellent/ Very Good	Good	% Good	Fair/ Poor	% Fair/ Poor
Eyesight	13928	51.5	9773	36.1	3001	11.1
Memory	12833	47.5	9887	36.6	4003	14.8
Teeth and gums	10841	40.1	10292	38.1	5449	20.2
Hearing	10483	38.8	8837	32.7	7448	27.5

Q39 - Health Insurance	Male	% Male	Female	% Female	Total	% Total
Private with extras	6430	55.7	8941	57.7	15371	56.9
Private no extras	1558	13.5	1951	12.6	3509	13.0
Veterans card (white or gold)	299	2.6	204	1.3	503	1.9
Health care concession card	3108	26.9	4487	29.0	7595	28.1
None of these	1473	12.8	1933	12.5	3406	12.6

Q40 - Yearly Household Income Before Tax	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	431	3.7	1022	6.6	1453	5.4
Less than \$5,000	91	0.8	164	1.1	255	0.9
\$5,000-\$9,999	172	1.5	287	1.9	459	1.7
\$10,000-\$19,999	1234	10.7	1808	11.7	3042	11.3
\$20,000-\$29,999	1200	10.4	1713	11.1	2913	10.8
\$30,000-\$39,999	991	8.6	1176	7.6	2167	8.0

(Continued)

Q40 - Yearly Household Income Before Tax	Male	% Male	Female	% Female	Total	% Total
\$40,000-\$49,999	871	7.5	1065	6.9	1936	7.2
\$50,000-\$59,999	828	7.2	991	6.4	1819	6.7
\$60,000-\$69,999	563	4.9	709	4.6	1272	4.7
\$70,000-\$79,999	527	4.6	608	3.9	1135	4.2
\$80,000-\$89,999	542	4.7	726	4.7	1268	4.7
\$90,000-\$119,999	940	8.1	981	6.3	1921	7.1
\$120,000-\$149,999	689	6.0	645	4.2	1334	4.9
\$150,000 or more	1340	11.6	1093	7.1	2433	9.0
I would rather not answer this question	1119	9.7	2510	16.2	3629	13.4
Total	11538	100.0	15498	100.0	27036	100.0

Q41 - Current Work Status	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	141	1.2	189	1.2	330	1.2
Fully retired	4564	39.6	5523	35.6	10087	37.3
Full time	2538	22.0	2505	16.2	5043	18.7
Part time	616	5.3	2195	14.2	2811	10.4
Self employed	1364	11.8	887	5.7	2251	8.3
Home / Family Care	151	1.3	1122	7.2	1273	4.7
Unpaid work	395	3.4	811	5.2	1206	4.5
Partly retired	939	8.1	808	5.2	1747	6.5

(Continued)

Q41 - Current Work Status	Male	% Male	Female	% Female	Total	% Total
Disabled/sick	338	2.9	494	3.2	832	3.1
Unemployed	250	2.2	391	2.5	641	2.4
Studying	82	0.7	232	1.5	314	1.2
Other	160	1.4	341	2.2	501	1.9
Total	11538	100.0	15498	100.0	27036	100.0

Q42 - Age Retired	Male	% Male	Female	% Female	Total	% Total
54 yrs or younger	697	6.0	1638	10.6	2335	8.6
55-59 yrs	1552	13.5	2085	13.5	3637	13.5
60-64 yrs	2224	19.3	2682	17.3	4906	18.1
65+ yrs	2132	18.5	1432	9.2	3564	13.2
Missing / Invalid response	4933	42.8	7661	49.4	12594	46.6
Total	11538	100.0	15498	100.0	27036	100.0

Q42 - Reasons for Retirement	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	4719	40.9	7103	45.8	11822	43.7
Reached usual retirement age	1613	14.0	1753	11.3	3366	12.5
Lifestyle reasons	1729	15.0	2120	13.7	3849	14.2
Ill health	1125	9.8	1051	6.8	2176	8.0

(Continued)

Q42 - Reasons for Retirement	Male	% Male	Female	% Female	Total	% Total
Made redundant	827	7.2	469	3.0	1296	4.8
Care for family / friend	290	2.5	1035	6.7	1325	4.9
Could not find job	268	2.3	237	1.5	505	1.9
To do voluntary work	235	2.0	539	3.5	774	2.9
Other	732	6.3	1191	7.7	1923	7.1
Total	11538	100.0	15498	100.0	27036	100.0

Q43 - Paid Work Hours per Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	1589	13.8	2804	18.1	4393	16.2
0	4651	40.3	6146	39.7	10797	39.9
1-21	1238	10.7	2208	14.2	3446	12.7
22-35	864	7.5	1899	12.3	2763	10.2
36-40	1394	12.1	1571	10.1	2965	11.0
41-59	1358	11.8	687	4.4	2045	7.6
60+	444	3.8	183	1.2	627	2.3
Total	11538	100.0	15498	100.0	27036	100.0

Q43 - Voluntary/Unpaid Work Hours per Week	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	2979	25.8	3958	25.5	6937	25.7

(Continued)

Q43 - Voluntary/Unpaid Work Hours per Week	Male	% Male	Female	% Female	Total	% Total
0	4717	40.9	5722	36.9	10439	38.6
1-3	1133	9.8	1831	11.8	2964	11.0
4-9	1275	11.1	2039	13.2	3314	12.3
10-40	1378	11.9	1851	11.9	3229	11.9
41+	56	0.5	97	0.6	153	0.6
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Week Day for Transport	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	10510	91.1	14114	91.1	24624	91.1
0	516	4.5	521	3.4	1037	3.8
1	1	0.0	2	0.0	3	0.0
2	1	0.0	2	0.0	3	0.0
3-4	3	0.0	3	0.0	6	0.0
5-10	15	0.1	26	0.2	41	0.2
10+	492	4.3	830	5.4	1322	4.9
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Weekend Day for Transport	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	9962	86.3	13216	85.3	23178	85.7

(Continued)

Q44 - Total Hours Spent Sitting on Weekend Day for Transport	Male	% Male	Female	% Female	Total	% Total
0	899	7.8	1205	7.8	2104	7.8
1	8	0.1	4	0.0	12	0.0
2	1	0.0	2	0.0	3	0.0
3-4	2	0.0	4	0.0	6	0.0
5-10	15	0.1	31	0.2	46	0.2
10+	651	5.6	1036	6.7	1687	6.2
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Week Day at Work	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	8768	76.0	11935	77.0	20703	76.6
0	2677	23.2	3438	22.2	6115	22.6
1	2	0.0	4	0.0	6	0.0
2	1	0.0	1	0.0	2	0.0
3-4	1	0.0	4	0.0	5	0.0
5-10	10	0.1	10	0.1	20	0.1
10+	79	0.7	106	0.7	185	0.7
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Weekend Day at Work	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	8100	70.2	10903	70.4	19003	70.3
0	3339	28.9	4489	29.0	7828	29.0
1	5	0.0	1	0.0	6	0.0
2	3	0.0	0	0.0	3	0.0
3-4	2	0.0	3	0.0	5	0.0
5-10	6	0.1	6	0.0	12	0.0
10+	83	0.7	96	0.6	179	0.7
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Week Day Watching TV	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	11223	97.3	15074	97.3	26297	97.3
0	239	2.1	327	2.1	566	2.1
1	4	0.0	0	0.0	4	0.0
2	5	0.0	10	0.1	15	0.1
3-4	14	0.1	12	0.1	26	0.1
5-10	9	0.1	10	0.1	19	0.1
10+	44	0.4	65	0.4	109	0.4
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Weekend Day Watching TV	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	11250	97.5	15048	97.1	26298	97.3
0	213	1.8	363	2.3	576	2.1
1	3	0.0	1	0.0	4	0.0
2	15	0.1	17	0.1	32	0.1
3-4	24	0.2	17	0.1	41	0.2
5-10	13	0.1	20	0.1	33	0.1
10+	20	0.2	32	0.2	52	0.2
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Week Day Using Computer at Home	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	9739	84.4	13172	85.0	22911	84.7
0	1462	12.7	1791	11.6	3253	12.0
1	10	0.1	12	0.1	22	0.1
2	10	0.1	10	0.1	20	0.1
3-4	8	0.1	6	0.0	14	0.1
5-10	15	0.1	19	0.1	34	0.1
10+	294	2.5	488	3.1	782	2.9
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Weekend Day Using Computer at Home	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	9839	85.3	13275	85.7	23114	85.5
0	1377	11.9	1746	11.3	3123	11.6
1	12	0.1	15	0.1	27	0.1
2	9	0.1	13	0.1	22	0.1
3-4	8	0.1	5	0.0	13	0.0
5-10	11	0.1	22	0.1	33	0.1
10+	282	2.4	422	2.7	704	2.6
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Week Day for Other Leisure Activities	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	9594	83.2	13409	86.5	23003	85.1
0	1840	15.9	1980	12.8	3820	14.1
1	7	0.1	8	0.1	15	0.1
2	9	0.1	10	0.1	19	0.1
3-4	10	0.1	9	0.1	19	0.1
5-10	4	0.0	7	0.0	11	0.0
10+	74	0.6	75	0.5	149	0.6
Total	11538	100.0	15498	100.0	27036	100.0

Q44 - Total Hours Spent Sitting on Weekend Day for Other Leisure Activities	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	10140	87.9	13924	89.8	24064	89.0
0	1324	11.5	1495	9.6	2819	10.4
1	8	0.1	4	0.0	12	0.0
2	12	0.1	17	0.1	29	0.1
3-4	6	0.1	13	0.1	19	0.1
5-10	6	0.1	13	0.1	19	0.1
10+	42	0.4	32	0.2	74	0.3
Total	11538	100.0	15498	100.0	27036	100.0

Q45 - Sleeping (Hours per Day)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	399	3.5	532	3.4	931	3.4
5 or fewer	420	3.6	703	4.5	1123	4.2
6	1535	13.3	2099	13.5	3634	13.4
7	2948	25.6	3774	24.4	6722	24.9
8	4200	36.4	5927	38.2	10127	37.5
9	1218	10.6	1622	10.5	2840	10.5
10+	818	7.1	841	5.4	1659	6.1
Total	11538	100.0	15498	100.0	27036	100.0

Q45 - Standing (Hours per Day)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	952	8.3	1634	10.5	2586	9.6
0	389	3.4	555	3.6	944	3.5
1-2	3276	28.4	4071	26.3	7347	27.2
3-4	2536	22.0	3545	22.9	6081	22.5
5-7	2112	18.3	2791	18.0	4903	18.1
8-10	1753	15.2	2201	14.2	3954	14.6
11+	520	4.5	701	4.5	1221	4.5
Total	11538	100.0	15498	100.0	27036	100.0

Q46 - Outdoors on Weekday (Hours per Day)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	538	4.7	873	5.6	1411	5.2
0	335	2.9	851	5.5	1186	4.4
1	1829	15.9	3937	25.4	5766	21.3
2	2165	18.8	4047	26.1	6212	23.0
3-4	2742	23.8	3399	21.9	6141	22.7
5-10	2913	25.2	1838	11.9	4751	17.6
10+	1016	8.8	553	3.6	1569	5.8
Total	11538	100.0	15498	100.0	27036	100.0

Q46 - Outdoors on Weekend (Hours per Day)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	416	3.6	880	5.7	1296	4.8
0	135	1.2	339	2.2	474	1.8
1	620	5.4	1691	10.9	2311	8.5
2	1411	12.2	3181	20.5	4592	17.0
3-4	3148	27.3	5029	32.4	8177	30.2
5-10	4400	38.1	3620	23.4	8020	29.7
10+	1408	12.2	758	4.9	2166	8.0
Total	11538	100.0	15498	100.0	27036	100.0

Q47 - Wear Sunscreen When Outdoors	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	155	1.3	243	1.6	398	1.5
Never	3481	30.2	2593	16.7	6074	22.5
Rarely	2389	20.7	2470	15.9	4859	18.0
Sometimes	2875	24.9	3980	25.7	6855	25.4
Usually	1918	16.6	3875	25.0	5793	21.4
Always	720	6.2	2337	15.1	3057	11.3
Total	11538	100.0	15498	100.0	27036	100.0

Q48 - Spent Time with Friends/Family (Times in Last Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	331	2.9	482	3.1	813	3.0
0	1292	11.2	1005	6.5	2297	8.5
1	1175	10.2	1346	8.7	2521	9.3
2	2087	18.1	2545	16.4	4632	17.1
3	1675	14.5	2561	16.5	4236	15.7
4-5	2431	21.1	3652	23.6	6083	22.5
6-9	1551	13.4	2574	16.6	4125	15.3
10+	996	8.6	1333	8.6	2329	8.6
Total	11538	100.0	15498	100.0	27036	100.0

Q48 - Talked to Someone on Telephone (Times in Last Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	366	3.2	418	2.7	784	2.9
0	726	6.3	370	2.4	1096	4.1
1-2	3222	27.9	2879	18.6	6101	22.6
3-4	2458	21.3	3527	22.8	5985	22.1
5-7	2248	19.5	4040	26.1	6288	23.3
8-14	1640	14.2	3045	19.6	4685	17.3
15+	878	7.6	1219	7.9	2097	7.8
Total	11538	100.0	15498	100.0	27036	100.0

Q48 - Went to Meetings (Times in Last Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	782	6.8	1046	6.7	1828	6.8
0	4909	42.5	5818	37.5	10727	39.7
1	2182	18.9	2857	18.4	5039	18.6
2	1775	15.4	2651	17.1	4426	16.4
3-7	1688	14.6	2888	18.6	4576	16.9
8+	202	1.8	238	1.5	440	1.6
Total	11538	100.0	15498	100.0	27036	100.0

Q49 - Number of People Can Depend On	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	331	2.9	399	2.6	730	2.7
0	892	7.7	753	4.9	1645	6.1
1-2	2090	18.1	2941	19.0	5031	18.6
3-4	2297	19.9	3713	24.0	6010	22.2
5-6	1962	17.0	3113	20.1	5075	18.8
7-10	2163	18.7	2936	18.9	5099	18.9
11+	1803	15.6	1643	10.6	3446	12.7
Total	11538	100.0	15498	100.0	27036	100.0

Q50 - Main Means of Transport	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	676	5.9	886	5.7	1562	5.8
Car or taxi	9767	84.7	13378	86.3	23145	85.6
Public transport	502	4.4	645	4.2	1147	4.2
Bicycle	92	0.8	42	0.3	134	0.5
Motor cycle/scooter	93	0.8	14	0.1	107	0.4
Mobility scooter	23	0.2	29	0.2	52	0.2
Walk	317	2.7	471	3.0	788	2.9
Other	68	0.6	33	0.2	101	0.4
Total	11538	100.0	15498	100.0	27036	100.0

Q51 - Felt in Past 4 Weeks	None of time	% None of time	Little/ some	% Little/ some	Most/ all	% Most/ all
Tired out for no good reason	10145	37.5	14519	53.7	1772	6.6
Nervous	16266	60.2	8760	32.4	516	1.9
So nervous couldn't calm down	23674	87.6	1493	5.5	181	0.7
Hopeless	21693	80.2	3414	12.6	400	1.5
Restless or fidgety	16329	60.4	8773	32.4	457	1.7
So restless couldn't sit still	22436	83.0	2809	10.4	259	1.0
Depressed	18421	68.1	6504	24.1	671	2.5
Everything was an effort	16168	59.8	8537	31.6	1072	4.0
So sad nothing could cheer up	22274	82.4	2968	11.0	353	1.3

(Continued)

Q51 - Felt in Past 4 Weeks	None of time	% None of time	Little/ some	% Little/ some	Most/ all	% Most/ all
Worthless	22268	82.4	2843	10.5	491	1.8

Q52 - Had Problems in Past 4 Weeks	None of time	% None of time	Little/ some	% Little/ some	Most/ all	% Most/ all
Being irritable/grumpy or in a bad mood	10738	39.7	15042	55.6	378	1.4
Being unable to stop or control worrying	16699	61.8	8520	31.5	783	2.9
Trouble falling or staying asleep	10681	39.5	13268	49.1	2386	8.8
Poor appetite	21634	80.0	3943	14.6	456	1.7

Q53 - Type of Milk	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	214	1.9	335	2.2	549	2.0
Whole milk	4007	34.7	3439	22.2	7446	27.5
Soy milk	564	4.9	902	5.8	1466	5.4
Reduced fat milk	4031	34.9	5791	37.4	9822	36.3
Other milk	267	2.3	487	3.1	754	2.8
Skim milk	1707	14.8	3600	23.2	5307	19.6
I don't drink milk	748	6.5	944	6.1	1692	6.3
Total	11538	100.0	15498	100.0	27036	100.0

Q54 - Eat Beef, Lamb or Pork (Times per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	180	1.6	243	1.6	423	1.6
0	453	3.9	1036	6.7	1489	5.5
1-2	3453	29.9	5467	35.3	8920	33.0
3-4	4588	39.8	6152	39.7	10740	39.7
5-7	1796	15.6	1931	12.5	3727	13.8
7+	1068	9.3	669	4.3	1737	6.4
Total	11538	100.0	15498	100.0	27036	100.0

Q54 - Eat Chicken, Turkey or Duck (Times per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	315	2.7	311	2.0	626	2.3
0	593	5.1	816	5.3	1409	5.2
1-2	6981	60.5	9113	58.8	16094	59.5
3-4	2893	25.1	4385	28.3	7278	26.9
5-7	557	4.8	680	4.4	1237	4.6
7+	199	1.7	193	1.2	392	1.4
Total	11538	100.0	15498	100.0	27036	100.0

Q54 - Eat Processed Meat (Times per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	765	6.6	1260	8.1	2025	7.5

(Continued)

Q54 - Eat Processed Meat (Times per Week)	Male	% Male	Female	% Female	Total	% Total
0	1893	16.4	4569	29.5	6462	23.9
1-2	6576	57.0	8100	52.3	14676	54.3
3-4	1488	12.9	1141	7.4	2629	9.7
5-7	545	4.7	295	1.9	840	3.1
7+	271	2.3	133	0.9	404	1.5
Total	11538	100.0	15498	100.0	27036	100.0

Q54 - Eat Fish or Seafood (Times per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	389	3.4	462	3.0	851	3.1
0	865	7.5	1289	8.3	2154	8.0
1-2	8169	70.8	10556	68.1	18725	69.3
3-4	1627	14.1	2459	15.9	4086	15.1
5-7	335	2.9	545	3.5	880	3.3
7+	153	1.3	187	1.2	340	1.3
Total	11538	100.0	15498	100.0	27036	100.0

Q54 - Eat Cheese (Times per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	418	3.6	412	2.7	830	3.1
0	976	8.5	1114	7.2	2090	7.7

(Continued)

Q54 - Eat Cheese (Times per Week)	Male	% Male	Female	% Female	Total	% Total
1-2	3751	32.5	4697	30.3	8448	31.2
3-4	3116	27.0	4641	29.9	7757	28.7
5-7	1902	16.5	2675	17.3	4577	16.9
7+	1375	11.9	1959	12.6	3334	12.3
Total	11538	100.0	15498	100.0	27036	100.0

Q55 - Foods Never Eaten	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid reponse	7538	65.3	9917	64.0	17455	64.6
Cream	723	6.3	939	6.1	1662	6.1
Sugar	1310	11.4	1112	7.2	2422	9.0
Pork / ham	235	2.0	516	3.3	751	2.8
Seafood	205	1.8	497	3.2	702	2.6
Red meat	179	1.6	297	1.9	476	1.8
Cheese	249	2.2	186	1.2	435	1.6
Fish	161	1.4	304	2.0	465	1.7
Chicken / poultry	123	1.1	125	0.8	248	0.9
Wheat	143	1.2	466	3.0	609	2.3
Dairy	212	1.8	327	2.1	539	2.0
Eggs	232	2.0	312	2.0	544	2.0
Meat	228	2.0	500	3.2	728	2.7

(Continued)

Q55 - Foods Never Eaten	Male	% Male	Female	% Female	Total	% Total
Total	11538	100.0	15498	100.0	27036	100.0

Q56 - Eat Brown/Wholemeal Bread (Slices per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	613	5.3	580	3.7	1193	4.4
0	1374	11.9	1526	9.8	2900	10.7
1-2	652	5.7	1390	9.0	2042	7.6
3-4	862	7.5	1860	12.0	2722	10.1
5-7	1013	8.8	1836	11.8	2849	10.5
7+	7024	60.9	8306	53.6	15330	56.7
Total	11538	100.0	15498	100.0	27036	100.0

Q56 - Eat Breakfast Cereal (Bowls per Week)	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	521	4.5	684	4.4	1205	4.5
0	1606	13.9	2420	15.6	4026	14.9
1-2	1027	8.9	1481	9.6	2508	9.3
3-4	1162	10.1	1850	11.9	3012	11.1
5-7	1930	16.7	2673	17.2	4603	17.0
7+	5292	45.9	6390	41.2	11682	43.2
Total	11538	100.0	15498	100.0	27036	100.0

Q56 - Type of Breakfast Cereal	Male	% Male	Female	% Female	Total	% Total
Missing / Invalid response	3047	26.4	4116	26.6	7163	26.5
Bran cereal	1037	9.0	1454	9.4	2491	9.2
Biscuit cereal	2519	21.8	2056	13.3	4575	16.9
Oat cereal	1880	16.3	3316	21.4	5196	19.2
Muesli	1933	16.8	3325	21.5	5258	19.4
Other cereal	1122	9.7	1231	7.9	2353	8.7
Total	11538	100.0	15498	100.0	27036	100.0

Q57 - Don't Eat Vegetables	Male	% Male	Female	% Female	Total	% Total
No	11426	99.0	15375	99.2	26801	99.1
Yes	112	1.0	123	0.8	235	0.9
Total	11538	100.0	15498	100.0	27036	100.0

Q57 - Vegetable Consumption Sufficient (5 or more/day)	Male	% Male	Female	% Female	Total	% Total
No	8666	75.1	8821	56.9	17487	64.7
Yes	2872	24.9	6677	43.1	9549	35.3
Total	11538	100.0	15498	100.0	27036	100.0

Q58 - Don't Eat Fruit	Male	% Male	Female	% Female	Total	% Total
No	11142	96.6	15057	97.2	26199	96.9
Yes	396	3.4	441	2.8	837	3.1
Total	11538	100.0	15498	100.0	27036	100.0

Q58 - Fruit Consumption Sufficient (2 or more/day)	Male	% Male	Female	% Female	Total	% Total
No	3670	31.8	3979	25.7	7649	28.3
Yes	7868	68.2	11519	74.3	19387	71.7
Total	11538	100.0	15498	100.0	27036	100.0