



THE 45 AND UP STUDY

Research to improve health and wellbeing

PRELIMINARY DATA BOOK

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Auspiced by



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NSW HEALTH

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1 INTRODUCTION

1.1 Overview of Study

The 45 and Up Study is a large scale cohort study designed to provide information about healthy ageing. The Study aims to recruit at least 250,000 men and women aged 45 and over from the NSW general population, making it the largest follow-up study ever conducted in Australia and in the southern hemisphere. The Study is collaborative in nature, with participating researchers able to apply for access to data from the Study for specific research projects. This document is designed to provide potential collaborators with preliminary information on the nature of the Study population, to facilitate and encourage the development of research projects using Study data.

This document presents a summary of preliminary data from 36,187 participants joining the 45 and Up Study up to the 1st September 2006.

Recruitment into the 45 and Up Study commenced in February 2006. From 6-17 February, a total of 206,748 people aged 45 and over and resident in NSW were randomly selected from the Medicare database and mailed the 45 and Up Study invitation pack. There was over-sampling of people resident in regional and remote NSW and of individuals aged 80 and over. Participants were asked to complete a 6-page questionnaire, covering a wide range of health, demographic and lifestyle questions, as well as to provide consent for future data linkage and permission to be approached for other more intensive studies. Response rates were approximately 17-18% overall. Over the next few years, recruitment into the Study will continue, up to the planned total of 250,000 participants aged 45 and over in NSW.

At the time of this report, a total of 36,187 completed and signed questionnaires had been received by the Study coordinating centre and had undergone data entry. Approximately 600 of these were from volunteers who contacted the Study asking to join, leaving approximately 35,600 completed questionnaires received from individuals who been sent questionnaires as part of the main phase mailout.

All results presented in this report are based on the sample of 36,187. Tabulations have been prepared on all key fields from the questionnaires received to date. The data presented in this report have been through a partial cleaning process, but cleaning is not complete. Therefore, percentages presented in this report should be considered preliminary and not for citation or publication. Also, medical coding of text-based answers has not yet commenced and therefore tabulations of questions where participants were asked to write text as their answers (e.g., answers from individuals who were taking medications or had illnesses other than those listed as cross-boxes on the questionnaire) are not included in this report.

1.2 Overview of Participants

Preliminary tabulations of a range of variables for the Study are given in the remainder of this document. Given the early stage of data processing, this report concentrates on simple frequency tabulations only.

As anticipated in the Study protocol, the overall response rate of 17-18% means that the Study is unlikely to be highly representative of the general population, nor is it designed to be. In general, cohort studies are designed to explore aetiological and related research questions, rather than providing representative population prevalence estimates, and this means that maximising heterogeneity of exposure is a greater priority than achieving high response rates at baseline. Moreover, the need for wide-ranging and long term consent for data linkage means that substantially higher response rates are unlikely to be achievable within the current constraints of the Study. Having said this, these preliminary results show that the 45 and Up Study is among the most representative of large scale cohort studies world-wide.

The data from the Study questionnaire show that people from a broad range of socio-economic backgrounds, in terms of both education and income, are joining the study. Study participants have a range of health needs and many have significant health problems that impact on their functional capacity. The relatively low rates of smoking and alcohol consumption and high participation in cancer screening suggest that, like most cohort study participants to date, the Study population is relatively health conscious.

More formal publications on the 45 and Up Study design and characteristics of the Study population are planned for the near future.

2 TABULATIONS OF DATA

2.1 Demographics

Gender	n	%
Male	17 312	48%
Female	18 875	52%
Total	36 187	100%

Q1 – Age	n	%
45 – 49	5 173	14%
50 – 54	5 801	16%
55 – 59	6 115	17%
60 – 64	5 061	14%
65 – 69	4 293	12%
70 – 74	3 359	9%
75 – 79	2 632	7%
80 - 84	2 420	7%
85 - 89	901	2%
90+	296	1%
Missing/invalid	136	0%
Total	36 187	100%

2.2 General Questions

Q3 – Height	n	%
< 150 cm	363	1%
150 - 159 cm	5 925	16%
160 - 164 cm	5 896	16%
165 - 169 cm	5 844	16%
170 - 174 cm	5 587	15%
175 - 179 cm	5 318	15%
180 - 189 cm	4 866	13%
>= 190 cm	437	1%
Missing/invalid	1 951	5%
Total	36 187	100%

Q4 – Weight	n	%
< 55 kg	2 215	6%
55 - 59 kg	2 437	7%
60 - 64 kg	3 863	11%
65 - 69 kg	3 728	10%
70 - 74 kg	4 701	13%
75 - 79 kg	4 161	11%
80 - 84 kg	3 968	11%
85 - 89 kg	2 907	8%
90 - 99 kg	4 009	11%
100 - 109 kg	1 744	5%
>= 110 kg	1 287	4%
Missing/invalid	1 167	3%
Total	36 187	100%

Q5 - Highest Qualification	n	%
No school certificate	4 521	12%
School/intermediate certificate	8 308	23%
Higher school certificate	3 602	10%
Trade/apprentice	4 087	11%
Certificate /diploma	7 347	20%
University degree	7 788	22%
Missing	534	1%
Total	36 187	100%

Q6 - Aboriginal/TSI	n	%
No	35 202	97.3%
Aboriginal	279	0.8%
TSI	43	0.1%
Missing/invalid	663	1.8%
Total	36 187	100.0%

Q7 - Country of Birth	n	%
Australia	27 134	75.0%
UK	3 354	9.3%
Ireland	142	0.4%
Italy	262	0.7%
China	190	0.5%
Greece	87	0.2%
New Zealand	704	1.9%
Germany	377	1.0%
Lebanon	98	0.3%
Philippines	162	0.4%
Netherlands	372	1.0%
Vietnam	78	0.2%
Malta	124	0.3%
Poland	121	0.3%
Other	2 514	6.9%
Missing/invalid	468	1.3%
Total	36 187	100.0%

Q8 – Year Came to Australia	n	%
1955 or earlier	2 074	6%
1956 – 1965	1 979	5%
1966 – 1975	2 098	6%
1976+	2 616	7%
Missing/invalid or N/A	27 420	76%
Total	36 187	100%

Q9 – Ancestry	n	%
Australian	18 917	52.3%
English	15 990	44.2%
Irish	5 712	15.8%
Chinese	523	1.4%
Italian	742	2.1%
Greek	250	0.7%
Scottish	5 021	13.9%
German	2 015	5.6%
Lebanese	164	0.5%
Dutch	635	1.8%
Maltese	226	0.6%
Polish	358	1.0%
Filipino	149	0.4%
Indian	217	0.6%
Croatian	127	0.4%
Vietnamese	68	0.2%
Other	3 406	9.4%

Q10 – Language Other than English	n	%
Yes	3 168	9%
No	32 836	91%
Missing/invalid	183	1%
Total	36 187	100%

Q11 – Regular Smoker	n	%
Current	2 858	8%
Past	12 833	35%
Never	20 185	56%
Missing/invalid	311	1%
Total	36 187	100%

Q11 – Age Started Smoking	n	%
15 or younger	3 492	10%
16 - 18	7 249	20%
19 - 30	4 655	13%
31+	367	1%
Missing/invalid or N/A	20 424	56%
Total	36 187	100%

Q11 – Age Stopped Smoking	n	%
24 or younger	1 213	3%
25 – 34	3 123	9%
35 – 44	3 268	9%
45 – 54	2 892	8%
55+	2 430	7%
Missing/invalid or N/A	23 261	64%
Total	36 187	100%

Q11 – Cigarettes/Day	n	%
0	249	1%
1 – 9	2 708	7%
10 – 14	2 903	8%
15 – 19	1 886	5%
20 – 24	4 057	11%
25+	3 793	10%
Missing/invalid or N/A	20 591	57%
Total	36 187	100%

Q12 – Alcoholic Drinks/Week	n	%
0	10 625	29%
1 – 4	7 418	20%
5 – 7	5 207	14%
8 – 14	5 873	16%
15+	5 067	14%
Missing/invalid	1 997	6%
Total	36 187	100%

Q12 – Days of Drinking/Week	n	%
0	5 335	15%
1 – 2	6 399	18%
3 – 4	4 751	13%
5 – 6	4 961	14%
7	7 187	20%
Missing/invalid	7 554	21%
Total	36 187	100%

Q13 – Marital Status	n	%
Single	2 445	7%
Married	25 313	70%
De facto	1 869	5%
Widowed	3 537	10%
Divorced	2 856	8%
Separated	1 135	3%

Q14 – Current Housing	n	%
House	27 362	76%
Flat, unit	3 827	11%
House on farm	3 078	9%
Retirement village	861	2%
Nursing home	64	0%
Hostel for aged	102	0%
Mobile home	321	1%
Other	343	1%
Missing/invalid	229	1%
Total	36 187	100%

Q15 – Times Walked in Last Week	n	%
0	3 631	10%
1 – 3	10 663	29%
4 – 7	15 808	44%
8 – 14	2 939	8%
15+	1 421	4%
Missing/invalid	1 725	5%
Total	36 187	100%

Q15 – Mins Walking in Last Week	n	%
0	2 832	8%
1 – 30	6 064	17%
31 – 60	5 404	15%
61 – 120	6 537	18%
121 – 240	6 696	19%
241+	5 209	14%
Missing/invalid	3 445	10%
Total	36 187	100%

Q16 – Times Vigorous Activity in Last Week	n	%
0	15 358	42%
1 – 3	9 795	27%
4 – 7	4 969	14%
8 – 14	533	1%
15+	220	1%
Missing/invalid	5 312	15%
Total	36 187	100%

Q16 – Mins Vigorous Activity in Last Week	n	%
0	12 644	35%
1 – 30	4 365	12%
31 – 60	3 313	9%
61 – 120	3 433	9%
121 – 240	2 574	7%
241+	1 635	5%
Missing/invalid	8 223	23%
Total	36 187	100%

Q17 – Times Moderate Activity in Last Week	n	%
0	4 376	12%
1 – 3	13 589	38%
4 – 7	11 860	33%
8 – 14	1 649	5%
15+	1 083	3%
Missing/invalid	3 630	10%
Total	36 187	100%

Q17 – Mins Moderate Activity in Last Week	n	%
0	3 629	10%
1 – 30	4 325	12%
31 – 60	4 657	13%
61 – 120	5 832	16%
121 – 240	5 546	15%
241+	7 401	20%
Missing/invalid	4 797	13%
Total	36 187	100%

2.3 Questions About Family

Q18 – Family Diseases	Mother n	Mother %	Father n	Father %	Brother/ Sister n	Brother/ Sister %
Heart disease	7 356	20%	10 657	29%	4 222	12%
High BP	11 098	31%	7 568	21%	5 812	16%
Stroke	4 677	13%	4 739	13%	1 349	4%
Diabetes	3 564	10%	2 891	8%	2 948	8%
Dementia	3 639	10%	1 787	5%	560	2%
Parkinson's	633	2%	823	2%	434	1%
Depression	2 025	6%	1 114	3%	1 969	5%
Arthritis	5 306	15%	1 972	5%	1 835	5%
Breast cancer	2 365	7%	86	0%	1 855	5%
Bowel cancer	1 946	5%	2 044	6%	1 514	4%
Lung cancer	852	2%	2 181	6%	1 000	3%
Melanoma	960	3%	1 266	3%	1 318	4%
Prostate cancer			2 874	8%	970	3%
Ovarian cancer	841	2%			492	1%
Osteoporosis	4 127	11%	411	1%	949	3%
Hip fracture	2 489	7%	695	2%	485	1%
Don't know	2 060	6%	2 559	7%	1 942	5%

Q19 Men – Children Fathered	n	% of men
0	1 814	10%
1	1 445	8%
2	5 667	33%
3 – 5	7 431	43%
6+	551	3%
Missing/invalid	404	2%
Total	17 312	100%

Q19 Men – Age When Fathered First Child	n	% of men
24 or younger	4 587	26%
25 – 29	5 930	34%
30 – 34	3 064	18%
35 – 39	980	6%
40+	455	3%
Missing/invalid or N/A	2 296	13%
Total	17 312	100%

Q19 Men – Age When Fathered Last Child	n	% of men
24 or younger	692	4%
25 – 29	3 045	18%
30 – 34	5 041	29%
35 – 39	3 444	20%
40+	2 261	13%
Missing/invalid or N/A	2 829	16%
Total	17 312	100%

Q20 Men – Unable to Father Children	n	% of men
Yes	1 217	7%
No	14 910	86%
Missing/invalid	1 185	7%
Total	17 312	100%

Q19 Women – Children Gave Birth to	n	% of women
0	1 969	10%
1	1 555	8%
2	6 235	33%
3 – 5	8 292	44%
6+	607	3%
Missing/invalid	217	1%
Total	18 875	100%

Q19 Women – Age When Gave Birth to First Child	n	% of women
19 or younger	2 081	11%
20 – 24	6 999	37%
25 – 29	5 242	28%
30 – 34	1 684	9%
35+	633	3%
Missing/invalid or N/A	2 236	12%
Total	18 875	100%

Q19 Women – Age When Gave Birth to Last Child	n	% of women
19 or younger	120	1%
20 – 24	1 819	10%
25 – 29	5 361	28%
30 – 34	5 426	29%
35+	3 270	17%
Missing/invalid or N/A	2 879	15%
Total	18 875	100%

Q19 Women – Months Breastfeeding	n	% of women
0	2 131	11%
1 – 6	4 592	24%
7 – 12	3 321	18%
13 – 24	3 605	19%
25+	2 751	15%
Missing/invalid	2 475	13%
Total	18 875	100%

2.4 Questions About Health

Q21 Men or Q20 Women – Exposure to Tobacco Smoke at Home Hours/Week	n	%
0	21 961	61%
1 – 9	1 173	3%
10 – 19	357	1%
20 – 29	328	1%
30 – 39	178	0%
40+	550	2%
Missing/invalid	11 640	32%
Total	36 187	100%

Q21 Men or Q20 Women – Exposure to Tobacco Smoke Outside Home Hours/Week	n	%
0	15 536	43%
1 – 4	8 625	24%
5 – 9	1 548	4%
10 – 19	886	2%
20 – 29	378	1%
30+	519	1%
Missing/invalid	8 695	24%
Total	36 187	100%

Q22 Men – Urination (all %s of men only)	Not at All n	Not at All %	Some-times n	Some-times %	Often/ Almost Always n	Often/ Almost Always %
Difficult to postpone	11 255	65%	4 090	24%	1 132	7%
Push or strain to start	13 326	77%	2 125	12%	400	2%
Weak urinary system	10 432	60%	4 079	24%	1 514	9%
Stopped and started several times	11 273	65%	3 720	21%	986	6%
Urinate again < 2 hours after last time	7 314	42%	7 175	41%	1 870	11%
Bladder not emptied completely	11 264	65%	3 964	23%	901	5%

Q22 Men – Times/Night Get Up to Urinate	n	% of men
Never	2 566	15%
Some nights	6 844	40%
1	4 494	26%
2 – 3	4 013	23%
4+	560	3%

Q21 Women – Hormonal Contraceptive Use	n	% of women
Ever	14230	75%
Never	4372	23%
Missing/invalid	273	1%
Total	18 875	100%

Q21 Women – Years Used Hormonal Contraceptives	n	% of women
0	1 299	7%
1 – 4	3 533	19%
5 – 9	3 229	17%
10 – 19	4 202	22%
20+	1 844	10%
Missing/invalid or N/A	4 768	25%
Total	18 875	100%

Q21 Women – Age Last Used Hormonal Contraceptives	n	% of women
24 or younger	1 601	8%
25 – 29	2 625	14%
30 – 34	3 054	16%
35 – 39	2 145	11%
40+	3 358	18%
Missing/invalid or N/A	6 092	32%
Total	18 875	100%

Q21 Women – Type of Hormonal Contraceptive	n	% of women
The pill	6 107	32%
Progesterone only	1 292	7%
Depo provera	482	3%
Implant	528	3%
Don't know	4 545	24%

Q22 Women – HRT Use	n	% of women
Current	2 234	12%
Past	5 250	28%
Never	10 996	58%
Missing/invalid	395	2%
Total	18 875	100%

Q22 Women – Years Used HRT	n	% of women
0	1 424	8%
1 – 4	2 071	11%
5 – 9	1 590	8%
10 – 19	1 920	10%
20+	601	3%
Missing/invalid or N/A	11 269	60%
Total	18 875	100%

Q22 Women – Age Stopped HRT	n	% of women
49 or younger	922	5%
50 – 54	1 267	7%
55 – 59	1 228	7%
60 – 69	1 298	7%
70+	284	2%

Missing/invalid or N/A	13 876	74%
Total	18 875	100%

Q23 – Medications	n	%
Any taken in last 4 weeks	24 628	68%
Multivitamins + minerals	7 100	20%
Multivitamins alone	1 367	4%
Fish oil	7 179	20%
Glucosamine	6 849	19%
Omega 3	2 142	6%
Paracetamol	7 160	20%
Aspirin for heart	5 875	16%
Aspirin for other reasons	1 788	5%
Lipitor	4 548	13%
Avapro, Karvea	2 620	7%
Warfarin, Coumadin	1 141	3%
Pravachol	1 083	3%
Coversyl, Coversyl Plus	1 978	5%
Lasix, frusemide	1 218	3%
Zocor, Lipex	2 603	7%
Cardizem, Vasocordol	695	2%
Micardis	758	2%
Nexium	1 506	4%
Norvasc	1 161	3%
Fosamax	1 311	4%
Somac	1 205	3%
Tritace	1 419	4%
Caltrate	2 726	8%
Losec, Acimax (omeprazole)	1 924	5%
Noten, Tenormin (atenolol)	1 549	4%
Oroxine (thyroxine)	1 621	4%
Ventolin (salbutamol)	1 767	5%
Zyloprim, Progout 300 (allopurinol)	1 327	4%
Diabex, Diaformin (metformin)	1 573	4%

Q24 – Ever Told You Have	n	%
Skin cancer	9 192	25%
Melanoma	1 938	5%
Prostate cancer	1 076	6%
		(of men)
Breast cancer	983	5%
		(of women)
Other cancer	2 398	7%
Heart disease	4 213	12%
High BP when pregnant	2 277	12%
		(of women)
High BP (excl. when pregnant)	12 071	33%
Stroke	1 301	4%
Diabetes	3 114	9%
Blood clot	1 727	5%
Enlarged prostate	2 780	16%
		(of men)
Asthma/hay fever	6 102	17%
Parkinson's	335	1%
None of these	12 040	33%

Q25 – Treated in Last Month for	n	%
Cancer	1 075	3%
Heart attack/angina	1 194	3%
Other heart disease	1 015	3%
High blood pressure	8 309	23%
High blood cholesterol	5 181	14%
Blood clotting problems	733	2%
Asthma	1 759	5%
Hay fever	1 445	4%
Osteoarthritis	3 142	9%
Thyroid problems	1 774	5%
Osteoporosis or low bone density	2 096	6%
Depression or anxiety	2 995	8%
None of these	16 204	45%

Q27 – Need Help with Daily Tasks	n	%
Yes	1 977	5%
No	32 687	90%
Missing/invalid	1 523	4%
Total	36 187	100%

Q28 – Limitations From Health	Yes, a lot n	Yes, a lot %	Yes, a little n	Yes, a little %	No n	No %
Vigorous activities	12 015	33%	10 510	29%	10 996	30%
Moderate activities	2 804	8%	5 504	15%	23 186	64%
Lifting/carrying shopping	2 598	7%	5 470	15%	24 185	67%
Climbing several flights of stairs	4 391	12%	7 417	20%	20 939	58%
Climbing one flight of stairs	1 872	5%	3 749	10%	25 975	72%
Walking 1 km	3 659	10%	3 830	11%	24 891	69%
Walking 0.5 kms	2 537	7%	2 606	7%	26 328	73%
Walking 100m	1 272	4%	2 094	6%	27 758	77%
Bending, kneeling, stooping	3 888	11%	8 153	23%	20 825	58%
Bathing or dressing self	630	2%	1 777	5%	29 245	81%

Q29 – Ever Had Operations	n	%
Remove skin cancer	9 811	27%
Vasectomy	3 878	22%
Part of prostate removed	1 133	7%
Whole of prostate removed	650	4%
Hysterectomy	5 490	29%
Both ovaries removed	1 927	10%
Tubal ligation	5 236	28%
Repair prolapsed womb, bladder or bowel	2 281	11%
Knee replacement	1 475	4%
Hip replacement	1 251	3%
Gallbladder removed	3 787	10%
Heart bypass	2 229	6%

Q30 – Carer status	n	%
Yes, full-time	1 526	4%
Yes, not full-time	1 842	5%
No	31 402	87%
Missing/invalid	1 417	4%
Total	36 187	100%

Q31 – Health Ratings	Excellent / very good n	Excellent / very good %	Good n	Good %	Fair/poor n	Fair/poor %
Overall health	18 208	50%	11 866	33%	4 984	14%
Quality of life	21 106	58%	9 732	27%	3 806	11%
Eyesight	12 390	34%	14 891	41%	7 704	21%
Memory	15 038	42%	13 479	37%	6 342	18%
Teeth and gums	11 418	32%	13 295	37%	9 427	26%

Q32 – Hearing Loss	n	%
Yes	14 797	41%
No	20 318	56%
Missing/invalid	1 072	3%
Total	36 187	100%

Q33 – Teeth Left	n	%
None	3 855	11%
1 – 9	3 935	11%
10 – 19	7 112	20%
20 or more	20 287	56%
Missing/invalid	998	3%
Total	36 187	100%

Q34 – Times Fallen in Last 12 Months	n	%
0	27 604	76%
1	2 565	7%
2	1 585	4%
3+	1 641	5%
Missing/invalid	2 792	8%
Total	36 187	100%

Q35 – Broken/Fractured Bone in Last 5 Years	n	%
Yes	3 706	10%
No	31 389	87%
Missing/invalid	1 092	3%
Total	36 187	100%

Q35 – Type of Bone Broken	n	%
Wrist	687	2%
Arm	308	1%
Hip	223	1%
Ankle	546	2%
Rib	685	2%
Finger/toe	808	2%
Other	1 410	4%

Q35 – Age of Most Recent Fracture	n	%
49 or younger	870	2%
50 – 59	1 183	3%
60 – 69	920	3%
70+	1 097	3%
Missing/invalid or N/A	32 117	89%
Total	36 187	100%

Q36 – Leaking Urine/Week	n	%
Never	24 326	67%
1	5 616	16%
2 – 3	2 157	6%
4 – 6	995	3%
Every day	1 777	5%
Missing/invalid	1 316	4%
Total	36 187	100%

Q37 Men – Ability to Get Erection	n	% of men
Always	5 657	33%
Usually	3 397	20%
Sometimes	2 844	16%
Never	3 297	19%
Prefer not to say	1 485	9%
Missing/invalid	632	4%
Total	17 312	100%

Q38 Men – Ever Had PSA Test	n	% of men
Yes	10 242	59%
No	6 461	37%
Missing/invalid	609	4%
Total	17 312	100%

Q38 Men – Years Ago for PSA	n	% of men
0	631	4%
1	5 223	30%
2	1 512	9%
3 – 4	875	5%
5+	1 252	7%
Missing/invalid or N/A	7 819	45%
Total	17 312	100%

Q38 Men – Number of PSA Tests	n	% of men
0	285	2%
1	2 642	15%
2 – 3	3 153	18%
4 – 9	2 401	14%
10+	999	6%
Missing/invalid or N/A	7 832	45%
Total	17 312	100%

**PRELIMINARY DATA: NOT FOR CITATION OR PUBLICATION
RESULTS DO NOT NECESSARILY REFLECT THE NSW GENERAL POPULATION**

Q37 Women – Through Menopause	n	%
No	2 385	13%
Not sure	2 713	14%
Irregular periods	1 073	6%
Yes	11 511	61%
Missing/invalid	1 193	6%
Total	18 875	100%

Q37 Women – Age at Menopause	n	%
44 or younger	1 783	5%
45 – 49	3 148	9%
50 – 54	5 031	14%
55+	1 495	4%
Missing/invalid or N/A	24 730	68%
Total	36 187	100%

Q38 Women – Ever Had Mammogram	n	% of women
Yes	16 482	87%
No	1 925	10%
Missing/invalid	468	2%
Total	18 875	100%

Q38 Women – Years Ago for Mammogram	n	% of women
0	789	4%
1	7 489	40%
2	3 997	21%
3 – 4	1 527	8%
5+	1 827	10%
Missing/invalid or N/A	3 246	17%
Total	18 875	100%

Q38 Women – Number of Mammograms	n	% of women
0	99	1%
1	1 424	8%
2 – 3	3 080	16%
4 – 9	7 588	40%
10+	3 054	16%
Missing/invalid or N/A	3 630	19%
Total	18 875	100%

Q39 – Ever Had Bowel Cancer Screening	n	%
Yes	14 829	41%
No	19 685	54%
Missing/invalid	1 673	5%
Total	36 187	100%

Q39 – Type of Bowel Cancer Screening Test	n	%
Faecal occult blood test	7 071	20%
Sigmoidoscopy	1 302	4%
Colonoscopy	11 154	31%

Q39 – Years Ago for Bowel Cancer Screening Test	n	%
0	634	2%
1	4 999	14%
2	2 841	8%
3 – 4	2 720	8%
5+	4 032	11%
Missing/invalid or N/A	20 961	58%
Total	36 187	100%

2.5 Questions About Diet

Q40 – Times Eat Red Meat/Week	n	%
0	1 484	4%
1 – 2	11 494	32%
3 – 4	15 581	43%
5 – 6	4 870	13%
7+	1 532	4%
Missing/invalid	1 226	3%
Total	36 187	100%

Q40 – Times Eat Chicken or Pork/Week	n	%
0	1 340	4%
1 – 2	20 077	55%
3 – 4	10 915	30%
5 – 6	1 732	5%
7+	523	1%
Missing/invalid	1 600	4%
Total	36 187	100%

Q40 – Times Eat Processed Meat/Week	n	%
0	8 594	24%
1 – 2	17 463	48%
3 – 4	2 987	8%
5 – 6	940	3%
7+	340	1%
Missing/invalid	5 863	16%
Total	36 187	100%

Q40 – Times Eat Fish or Seafood/Week	n	%
0	2 181	6%
1 – 2	24 778	68%
3 – 4	5 448	15%
5 – 6	1 144	3%
7+	372	1%
Missing/invalid	2 264	6%
Total	36 187	100%

Q40 – Times Eat Cheese/Week	n	%
0	2 364	7%
1 – 2	11 285	31%
3 – 4	10 524	29%
5 – 6	5 854	16%
7+	3 931	11%
Missing/invalid	2 229	6%
Total	36 187	100%

Q41 – Slices Brown Bread/Week	n	%
0	3 671	10%
1 – 4	4 524	13%
5 – 9	6 632	18%
10 - 14	10 114	28%
15 – 24	5 315	15%
25+	2 869	8%
Missing/invalid	3 062	8%
Total	36 187	100%

Q41 – Bowls Breakfast Cereal/Week	n	%
0	4 731	13%
1 – 3	5 089	14%
4 – 6	7 342	20%
7	15 033	42%
8+	229	1%
Missing/invalid	3 763	10%
Total	36 187	100%

Q41 – Type of Breakfast Cereal	n	%
Bran cereal	7 473	21%
Biscuit cereal	10 961	30%
Oat cereal	7 338	20%
Muesli	9 552	26%
Other	6 442	18%

Q42 – Type of Milk	n	%
Whole milk	11 257	31%
Reduced fat milk	12 608	35%
Skim milk	7 895	22%
Soy milk	3 212	9%
Other milk	764	2%
Don't drink milk	1 995	6%

Q43 – Serves Cooked Vegetables/Day	n	%
0	896	2%
1	12 716	35%
2 – 3	13 774	38%
4 – 5	5 371	15%
6+	1 141	3%
Missing/invalid	2 289	6%
Total	36 187	100%

Q43 – Serves Raw Vegetables/Day	n	%
0	2 761	8%
1	16 628	46%
2 – 3	7 372	20%
4+	2 719	8%
Missing/invalid	6 707	19%
Total	36 187	100%

Q43 – No Vegetables	n	%
Don't eat vegetables	309	1%

Q44 – Serves Fruit/Day	n	%
0	2 058	6%
1	11 223	31%
2 – 3	16 783	46%
4 – 5	2 736	8%
6+	716	2%
Missing/invalid	2 671	7%
Total	36 187	100%

Q44 – Glasses Fruit Juice/Day	n	%
0	8 437	23%
1	13 066	36%
2 – 3	3 263	9%
4+	626	2%
Missing/invalid	10 795	30%
Total	36 187	100%

Q44 – No Fruit	n	%
Don't eat fruit	840	2%

Q45 – Foods Never Eaten	n	%
Red meat	1 548	4%
Chicken/poultry	1 351	4%
Pork/ham	2 630	7%
Dairy products	1 199	3%
Any meat	902	2%
Eggs	1 194	3%
Sugar	5 270	15%
Wheat products	1 096	3%
Fish	1 294	4%
Seafood	2 205	6%
Cream	6 898	19%
Cheese	1 574	4%

2.6 Questions About Time and Work

Q46 – Annual Household Income Before Tax	n	%
< \$5,000	572	2%
\$5,000 – 9,999	2 026	6%
\$10,000 – 19,999	5 140	14%
\$20,000 – 29,999	3 765	10%
\$30,000 – 39,999	2 882	8%
\$40,000 – 49,999	2 517	7%
\$50,000 – 69,999	3 666	10%
\$70,000 +	7 058	20%
Prefer not to answer	6 551	18%
Missing/invalid	2 010	6%
Total	36 187	100%

Q47 – Current Work Status	n	%
Full time paid	8 076	22%
Part time paid	4 534	13%
Retired/pensioner	14 350	40%
Partly retired	2 059	6%
Disabled/sick	1 570	4%
Self-employed	4 637	13%
Unpaid work	2 033	6%
Studying	533	1%
Home/family care	4 015	11%
Unemployed	803	2%
Other	538	1%

Q48 – Age Retired	n	%
54 or younger	3 759	10%
55 – 59	4 455	12%
60 – 64	5 294	15%
65+	3 654	10%
Missing/invalid or N/A	19 025	53%
Total	36 187	100%

Q48 – Reason for Retirement	n	%
Reached usual retirement age	5 404	15%
Ill health	3 745	10%
Made redundant	2 116	6%
Lifestyle reasons	5 461	15%
Care for family member/friend	1 894	5%
Could not find a job	770	2%
Other	1 923	5%

Q49 – Hours/Week Doing Paid Work	n	%
0	12 598	35%
1 – 21	3 836	11%
22 – 35	3 546	10%
36 – 40	4 358	12%
41 – 60	4 139	11%
61+	455	1%
Missing/invalid	7 255	20%
Total	36 187	100%

Q49 – Hours/Week Doing Unpaid/ Voluntary Work	n	%
0	13 005	36%
1 – 3	3 880	11%
4 – 9	3 720	10%
10 – 40	3 109	9%
41+	194	1%
Missing/invalid	12 279	34%
Total	36 187	100%

Q50 – Health Insurance	n	%
Private with extras	16 288	45%
Private without extras	5 498	15%
Veterans card (white or gold)	1 685	5%
Health care concession card	10 087	28%
None of above	5 613	16%

Q51 – Colour of Skin on Inside of Upper Arm	n	%
Very fair	5 389	15%
Fair	19 658	54%
Light olive	9 350	26%
Dark olive	600	2%
Brown	718	2%
Black	15	0%
Missing/invalid	457	1%
Total	36 187	100%

Q52 – Tanning with Repeated Sun Exposure	n	%
Very tanned	10 564	29%
Moderately tanned	14 267	39%
Mildly or occasionally tanned	7 209	20%
Never tanned or only freckled	3 308	9%
Missing/invalid	839	2%
Total	36 187	100%

Q53 – Hours/Day Outdoors on Weekday	n	%
0	1 307	4%
1	8 536	24%
2	8 819	24%
3 – 4	8 275	23%
5 – 9	5 645	16%
10+	2 135	6%
Missing/invalid	1 470	4%
Total	36 187	100%

Q53 – Hours/Day Outdoors on Weekend	n	%
0	612	2%
1	3 440	10%
2	6 537	18%
3 – 4	10 997	30%
5 – 9	9 892	27%
10+	2 465	7%
Missing/invalid	2 244	6%
Total	36 187	100%

Q54 – Hours/Day Sleeping	n	%
5 or fewer	1 386	4%
6	4 477	12%
7	8 515	24%
8	14 228	39%
9	3 982	11%
10+	2 688	7%
Missing/invalid	911	3%
Total	36 187	100%

Q54 – Hours/Day Sitting	n	%
2 or fewer	5 025	14%
3 – 4	10 076	28%
5 – 7	10 371	29%
8 - 11	6 143	17%
12+	1 785	5%
Missing/invalid	2 787	8%
Total	36 187	100%

Q54 – Hours/Day Watching TV/ Using Computer	n	%
2 or fewer	9 611	27%
3 – 4	14 754	41%
5 – 7	6 807	19%
8 - 11	2 950	8%
12+	561	2%
Missing/invalid	1 504	4%
Total	36 187	100%

Q54 – Hours/Day Standing	n	%
0	1 202	3%
1 – 2	9 002	25%
3 – 4	7 172	20%
5 – 7	6 770	19%
8 – 10	5 381	15%
11+	1 780	5%
Missing/invalid	4 880	13%
Total	36 187	100%

Q55 – Times/Week Spent Time with Friends/Family	n	%
0	3 577	10%
1	4 406	12%
2	6 980	19%
3	5 703	16%
4 – 5	7 318	20%
6 – 9	4 765	13%
10+	1 911	5%
Missing/invalid	1 527	4%
Total	36 187	100%

Q55 – Times/Week Talked on Telephone	n	%
0	1 399	4%
1 – 2	6 918	19%
3 – 4	8 647	24%
4 – 7	8 709	24%
8 – 14	5 847	16%
15+	3 330	9%
Missing/invalid	1 337	4%
Total	36 187	100%

Q55 – Times/Week Went to Meetings	n	%
0	13 698	38%
1	7 788	22%
2	5 923	16%
3 – 7	5 951	16%
8+	299	1%
Missing/invalid	2 528	7%
Total	36 187	100%

Q56 – Number of People Can Depend On	n	%
0	2 191	6%
1 – 2	6 428	18%
3 – 4	7 508	21%
5 – 6	6 548	18%
7 – 10	6 572	18%
11+	5 134	14%
Missing/invalid	1 806	5%
Total	36 187	100%

Q57 – Felt in Last 4 Weeks	None of time n	None of time %	Little/ some n	Little/ some %	Most/all n	Most/all %
Tired out for no good reason	12 490	35%	19 112	53%	2 787	8%
Nervous	20 011	55%	11 499	32%	785	2%
So nervous couldn't calm down	29 613	82%	1 920	5%	226	1%
Hopeless	27 066	75%	4 408	12%	540	1%
Restless or fidgety	19 422	54%	12 222	34%	689	2%
So restless couldn't sit still	27 588	76%	3 925	11%	363	1%
Depressed	21 840	60%	9 861	27%	962	3%
So depressed couldn't cheer up	28 832	80%	2 656	7%	429	1%
Everything was an effort	20 537	57%	10 568	29%	1 499	4%
Worthless	27 559	76%	3 790	10%	713	2%

Q58 – Emotional Problems Causing Problems (Last 4 Weeks)	n	%
Cut down on time spent on work or other activities	3 899	11%
Achieved less than would have liked	10 219	28%
Did work or other activities less carefully than would have liked	4 341	12%

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