

# H. Health domain tables

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## Introduction

H.1 This chapter presents results for the Health domain of the latest wave of the English Longitudinal Study of Ageing (ELSA). Results are presented according to six domains of health: general health, diagnosed health conditions, sensory function, physical and functional capability, cognitive function and health behaviours. As this wave also includes a nurse visit for half of the sample, we also present tables on anthropometric measures, physical function tests and blood biomarkers. Lastly, tables on ELSA participants' food and nutrient intake (macro- and micronutrients) collected via the Online Dietary Questionnaire (Oxford WebQ) for the first time at wave 9 are presented. The Oxford WebQ is a web-based method for assessment of dietary intakes over the past 24 hours, suitable for large-scale prospective studies. Where possible, results are presented as follows:

- Cross-sectional tables (H1a to H8b) based on core member respondents of wave 9 (including the refreshment sample members added in 2006–07, 2008–09, 2012–13, 2014–15, and 2018–19). Results are classified by age (divided into five-year categories) and gender and by wealth groups (quintiles) and gender. Results are weighted for non-response using cross-sectional weight.
- Nutrition tables (H9a to H11b) based on core members who completed the dietary questionnaire at wave 9 (including the refreshment sample members added in 2006–07, 2008–09, 2012–13, 2014–15, and 2018–19). Results are stratified by age (divided into five-year categories) and gender and by wealth groups (quintiles) and gender.
- Longitudinal tables (HL1a to HL11b), based on a balanced ELSA sample of core members who participated in all waves (4 to 9). Results are classified by age (divided into five-year categories) and gender at wave 4, and by wealth groups (quintiles) and gender at wave 4. Results are weighted using longitudinal weight.
- Nurse visit cross-sectional tables (N1 to N9) based on core sample member respondents of wave 9 (including the refreshment sample members added in 2006–07, 2008–09, 2012–13, 2014–15, and 2018–19) who have consented to the nurse visit. Results are shown by age (divided into five-year categories) and gender and by wealth groups (quintiles) and gender. Results are weighted for non-response using two cross-sectional weights, i.e. anthropometric and physical functioning measures are weighted by nurse visit weights, while blood sample results are weighted by blood sampling weights. Please note that a number of modules included on previous ELSA nurse waves have been omitted at wave 9, including standing height, waist and hip circumference measurements, lung function, balance,

leg rise, chair rise and hair sample. In addition, the weight module was moved from the nurse to the interviewer questionnaire at wave 9.

## **Cross-sectional tables**

### **General health**

H.2 Table H1a shows the percentage of self-rated health categories (from excellent to poor) by age and gender at wave 9. The prevalence of women and men reporting excellent self-rated health decreases with age and reaches the lowest value at the age of 80 and over. Overall, 74% of men and women report excellent, very good or good health.

H.3 Table H1b shows the percentage of self-rated health by wealth and gender at wave 9. There is a steep economic gradient in the self-rated health: men and women in the lowest wealth groups report more frequently fair or poor health than those in the highest wealth groups. Among the highest wealth group, 87% of men and women rate their health good to excellent; the corresponding figure for men and women in the lowest wealth group is 60% and 57%, respectively.

H.4 Table H2a shows the percentage of people reporting a long-standing limiting illness by age and gender at wave 9. The prevalence of men and women reporting a limiting long-standing illness increases with age, from 19% in men and 26% in women aged 55–59 to 52% in men and 55% in women aged 80 and over.

H.5 Table H2b shows the percentage of limiting long-standing illness by wealth and gender at wave 9. The prevalence of men and women in the lowest wealth group reporting a long-standing limiting illness is over 44%, which is more than twice the proportion of those in the highest wealth group.

### **Health conditions**

H.6 Table H3a shows the percentage of diagnosed health conditions by age and gender at wave 9. The same trends were observed for men and women. Overall, the prevalence of most health conditions peaks at age 75–79 and lowers for people aged 80 and above, except for CHD and arthritis. Depression lowers after the age of 70. At all age groups, more men than women report CHD, while more women than men report arthritis and depression. Overall, the prevalence of chronic disease, particularly for arthritis (men and women) and respiratory illnesses (women) and diabetes (men), is high in wave 9 of ELSA.

H.7 Table H3b shows the percentage of health conditions by wealth and gender at wave 9. The prevalence of all health conditions is lowest in the highest wealth group for both men and women. The prevalence of CHD, diabetes, depression and respiratory illnesses is approximately double in the lowest wealth group than in the highest for men and women. For cancer, the trend is less marked for men, and in women, prevalence is relatively stable across all wealth groups.

### **Sensory impairments**

H.8 Table H4a shows the percentage of self-rated sensory impairments (eyesight, hearing, smell and taste) by age and gender at wave 9. Hearing impairment is highly prevalent overall (23% of men and 16% of women) and increases steadily with age from age 60 onwards to reach 42% of men and 34% of women aged 80 and older. A

similar trend of increase with age is observed for impairment in other senses, with the increase starting from age 65 for men and age 60 for women. Overall, in each age group, except at 55–59, more men than women reported smell impairment. More women report eyesight impairments than men. The lowest prevalence is for taste impairment in both men and women (8% of men and 7% of women across all age groups).

H.9 Table H4b shows the percentage of self-rated sensory impairments by wealth and gender at wave 9. Both men and women in the lowest wealth group report higher sensory impairments in each of the eyesight, hearing, smell and taste functions than those in the highest wealth group.

### **Physical and functional capability**

H.10 Table H5a shows the mean walking speed (measured in metres per second, m/s) by age and gender at wave 9. The mean walking speed decreases with age for both men and women and is lower in women than men within each age group. The largest difference between women (0.63 m/s) and men (0.72 m/s) is observed in the oldest age group.

H.11 Table H5b shows the mean walking speed (m/s) by wealth and gender at wave 9. The mean walking speed of men and women in the lowest wealth group is, on average, 0.18 m/s lower than that of people in the highest wealth group.

H.12 Table H6a reports the prevalence of limitations in one or more activities of daily living (ADLs) and instrumental activities of daily living (IADLs) by age and gender at wave 9. The prevalence of men and women reporting limitations in one or more ADLs and IADLs increases with age. At all ages, women are more likely to report difficulties with ADLs and IADLs than men.

H.13 Table H6b reports the prevalence of limitations with one or more ADLs and IADLs by wealth and gender at wave 9. There is a strong socioeconomic gradient, with more than three times the proportion of men and women having limitations with one or more ADLs and IADLs in the lowest wealth group compared with the highest wealth group. In the lowest wealth groups, there is a gender difference in the prevalence of those reporting limitations with one or more IADLs (with higher prevalence in women than men), which is relatively attenuated in the highest quintiles of wealth. There are no significant gender differences in the prevalence of reporting limitations with one or more ADLs within each wealth group.

### **Cognitive function**

H.14 Table H7a reports the mean cognitive performance on memory, attention and comprehension by age and gender at wave 9. Memory declines with age in both men and women, although the scores are slightly higher for women than men within each age group. A slight decline in attention capability is observed for women by age, while for men there is a stable performance in attention across the age groups. Comprehension decreases a little at older ages for both men and women.

H.15 Table H7b reports the mean cognitive function by wealth and gender at wave 9. In both men and women, all aspects of cognitive functioning – memory, attention and comprehension – are lowest in the lowest wealth group.

## **Health behaviours**

H.16 Table H8a shows the prevalence of several health behaviours (smoking, physical activity, and alcohol consumption) by age and gender at wave 9. In both men and women, the prevalence of current smokers decreases with age, while the prevalence of those being physically inactive increases with age. The peak prevalence of men and women reporting daily alcohol consumption is between the ages of 70 and 74 and slightly lower at older ages.

H.17 Table H8b shows the prevalence of several health behaviours by wealth and gender at wave 9. In both men and women, the prevalence of current smokers and physical inactivity is highest in the lowest wealth groups. The prevalence of daily alcohol intake is lowest in the lowest wealth group. Over a third of men and women in the lowest wealth group are physically inactive.

## **Food and nutritional intake**

H.18 Table H9a shows mean macronutrient intake by age and gender. Overall, men have a higher daily total energy and alcohol intake than women.

H.19 Table H9b shows mean macronutrient intake by wealth and gender. There is a socioeconomic gradient in both men and women with wealthier participants having higher mean values of energy, protein, fibre and alcohol. Participants in the lowest wealth group had higher fat, carbohydrates, sugar, saturated and polyunsaturated fat mean values than their wealthier counterparts.

H.20 Table H10a shows mean micronutrient intake by age and gender. Overall, men have more adequate intakes of micronutrients than women, and there is a gradient whereby older participants have greater vitamin and mineral intake than their younger counterparts.

H.21 Table H10b shows mean micronutrient intake by wealth and gender. Overall, wealthier participants have more adequate micronutrient intake than those in the lowest wealth group.

H.22 Table H11a shows mean food group daily intake by age and gender. There are some gender differences in relation to the main food groups. For example, women consume more fruit and vegetables than men. Men, on the other hand, consume more soft drinks and alcoholic beverages.

H.23 Table H11b shows mean food group daily intake by wealth and gender. Wealthier participants have a higher fruit and vegetable, nuts and seeds, fish, dairy and total alcoholic beverages intake than those in the lowest wealth group. Participants in the lowest wealth group report a higher intake of red and processed meat and soft drinks.

## **Longitudinal tables**

H.24 Cross-sectional tables using a series of data from different time periods combine the effect of age, time and differential mortality. For example, looking at cross-sectional data on income over time, it would not be possible to isolate the effect of age on income

because the effect of time or differential mortality cannot be completely stripped out (i.e. the observation that higher-income individuals tend to live longer than lower-income individuals). Because longitudinal data follow the same individuals over time, by selecting a sample of individuals who are interviewed at every wave, we can eliminate the effect of differential mortality. The tables that follow take the set of individuals who have responded at every wave from waves 4 to 9 (the ‘balanced panel’) and track some health conditions by age, gender and wealth in 2008–09 (the ‘baseline’ years) across waves over 10 years’ follow-up.

## **General health**

H.25 Table HL1a shows the percentage of participants reporting fair or poor self-rated health by age and gender for waves 4 to 9. The prevalence of men and women reporting fair or poor health increases from wave 4 to wave 9, particularly in the older age group.

H.26 Table HL1b shows the percentage of participants reporting fair or poor self-rated health by wealth and gender for waves 4 to 9. The prevalence of men and women reporting fair or poor health is consistently higher for both men and women in the lowest wealth groups compared to the highest wealth groups. The increase across waves is, therefore, less steady in the lowest wealth groups, as the initial percentages are higher than in the highest wealth group where the proportion more than doubles over time.

## **Health conditions**

H.27 Tables HL2a and HL3a show the percentage of CHD and diabetes by age and gender for waves 4 to 9. The percentage of men and women reporting CHD and diabetes increases considerably from wave 4 to wave 9, particularly for older individuals.

H.28 Tables HL2b and HL3b show the percentage of CHD and diabetes by wealth and gender for waves 4 to 9. The percentage of men and women reporting CHD and diabetes is highest at every wave among individuals in the lowest wealth group.

H.29 Table HL4a shows the percentage of cancer by age and gender for waves 4 to 9. Overall, the prevalence of cancer increases from wave 4 to 9 and in all age groups and is higher in men than women. However, trends are different according to age: women aged between 50 and 64 at baseline show a higher prevalence of cancer than men (of the same age) at every wave. It is likely that a survival effect is occurring for men aged 75–79 and for women aged 70–79 at baseline (wave 4) for whom we see a particularly low prevalence of cancer at wave 4.

H.30 Table HL4b shows the percentage of cancer by wealth and gender for waves 4 to 9. There is no marked difference in the prevalence of cancer among wealth groups.

H.31 Table HL5a reports the prevalence of diagnosed depression by age and gender for waves 4 to 9. The percentage of men and women reporting depression increases significantly from wave 4 to wave 9, and at each wave is higher in women than in men. Older men and women show consistently lower percentages of diagnosed depression than younger men and women.

H.32 Table HL5b reports the prevalence of diagnosed depression by wealth and gender for waves 4 to 9. Men and women in the highest wealth groups are less likely to be depressed, and this holds across waves.

## **Physical and functional capability**

H.33 Table HL6a reports the mean walking speed by age and gender for waves 4 to 9. For both men and women, mean walking speed decreases from wave 4 to wave 9 in each age group, and the decline is steeper from the age of 70 onwards for women and 75 for men. At every wave, walking speed decreases with increasing age.

H.34 Table HL6b reports the mean walking speed by wealth and gender for waves 4 to 9. For both men and women, walking speed is consistently higher in the highest wealth groups.

H.35 Table HL7a reports the prevalence of participants reporting limitations with one and more ADLs by age and gender for waves 4 to 9. In both genders, the prevalence of those reporting limitations with one or more ADLs increases over time, particularly for people aged over 60. There is also a clear gradient by age at every wave for both men and women.

H.36 Table HL7b reports the prevalence of participants reporting limitations with one and more ADLs by wealth and gender for waves 4 to 9. In both genders, the prevalence of those reporting limitations with one or more ADLs is consistently higher by twice in the lowest wealth group compared to the highest wealth group at every wave for both men and women.

## **Cognitive function**

H.37 Table HL8a reports the mean cognitive performance in memory by age and gender for waves 4 to 9. In women, the overall memory function score is almost constant over time, while for men there is a slight decrease from wave 4 to wave 9. No decline is observed in men and women aged 50–59 at baseline, while a steeper decline is observed in the older age groups 75 and over.

H.38 Table HL8b reports the mean cognitive performance in memory by gender and wealth for waves 4 to 9. For both men and women, the decrease in memory over time is more pronounced in the lowest wealth group.

## **Health behaviours**

H.39 Table HL9a shows the prevalence of smoking by age and gender for waves 4 to 9. There is an overall linear decrease in the prevalence of smoking over time for both men and women.

H.40 Table HL9b shows the prevalence of smoking by wealth and gender for waves 4 to 9. In both genders, the proportion of smokers is much higher in the lowest wealth groups compared to highest wealth groups, and the prevalence of current smokers decreases over time in all wealth groups from wave 4 onwards.

H.41 Table HL10a shows the percentage of daily alcohol consumers by age and gender for waves 4 to 9. Overall, the percentage of alcohol consumers decreases over time, particularly from wave 4 to wave 7, and then increases slightly in wave 8. This trend is observed in most age groups.

H.42 Table HL10b shows the percentage of daily alcohol consumers by wealth and gender for waves 4 to 9. The proportion of daily alcohol consumers is much higher in the highest wealth groups compared to the lowest: twice as much in men and three times as much in women.

H.43 Table HL11a shows the prevalence of physical inactivity by age and gender for waves 4 to 9. In both genders, the percentage of those physically inactive increases over time in all the age groups.

H.44 Table HL11b shows the prevalence of physical inactivity by wealth and gender for waves 4 to 9. Physical inactivity increases over time in all wealth groups. At each wave, the proportion of participants reporting physical inactivity is three to four times higher in the lowest wealth group compared to the highest wealth group.

## **Nurse visit cross-sectional tables**

### **Anthropometry**

H.45 Tables N1a and N1c show the means and body mass index (BMI) categories by gender and age at wave 9. The overall mean BMI in 2018–19 is similar for men (27.8 kg/m<sup>2</sup>) and women (27.8 kg/m<sup>2</sup>). Among men, mean BMI starts decreasing after the ages 65–69 years from 28.3 kg/m<sup>2</sup> to 26.6 kg/m<sup>2</sup> for those aged 80 years or over. In women, mean BMI decreases after 70–74 years from 28.4 kg/m<sup>2</sup> to 26.9 kg/m<sup>2</sup> for those aged 80 years or over. Less than one percent of men are underweight. A third of women and just over a quarter of men have BMI in the desirable category. More men (46.9%) than women (36.0%) are overweight, and this applies to all age groups, but more women (30.0%) than men (26.1%) are obese. The very oldest groups are the least likely to be obese.

H.46 Tables N1b and N1d show mean BMI and BMI categories by wealth and gender. The prevalence of elevated BMI and obesity is lower in the richest wealth groups.

### **Blood pressure**

H.47 Table N2a shows mean systolic (SBP) and mean diastolic (DBP) blood pressure by age and gender. SBP and DBP are higher among men than women. Among men and women, SBP increases until age 79 and then there is a small decrease. Among women there appears to be a steady increase in SBP with age. Among both men and women, increased age is associated with decreases in DBP.

H.48 Table N2b shows mean SBP and DBP by wealth and gender. Mean levels of SBP and DBP do not show a clear pattern of association with wealth.

### **Lipid profile**

H.49 Table N3a shows mean levels of total cholesterol, high density lipoprotein (HDL) cholesterol, low density lipoprotein (LDL) cholesterol and triglycerides by age and gender. For each of these the proportion of individuals reporting ‘at-risk’ values is also reported.

At every age group, men have lower levels of total cholesterol than women, and among men, these levels decrease with age. Among women, there is a small decrease in the mean cholesterol levels with age. Overall, 43% of men and 60% of women have high total cholesterol levels (greater than 5.0 mmol/l). The gender difference in raised total cholesterol is more pronounced in the older groups because the percentage with higher cholesterol declines sharply with age for men but more gradually for women.

Mean HDL-cholesterol is higher for women than for men in every age group. Overall, mean HDL-cholesterol levels do not vary appreciably with age in either gender.

Twelve per cent of men and 10% of women have 'high risk' levels of HDL (lower than 1.0 mmol/l for men and less than 1.2 mmol/l for women) and no consistent pattern of difference with age is seen in either gender.

The mean LDL-cholesterol levels are slightly lower in men (2.71 mmol/l) than in women (2.95 mmol/l). In men, LDL-cholesterol concentrations decrease with age, while there is little variation with age for women. In total 39.8% of men and 48.7% of women have elevated levels of LDL-cholesterol (greater than 3.0 mmol/l). The prevalence of high LDL levels in men and women decreases with age. Mean triglycerides concentrations are 1.23 mmol/l in women and 1.38 mmol/l in men. In men, there is a decrease in mean levels by age.

Thirty-four percent of men and 24% of women have elevated levels of triglycerides (greater than 1.7 mmol/l). The prevalence of high levels of triglyceride decreases with greater age in men, while the trend is not so evident among women. Note that values for LDL and triglycerides are available only for participants who provided fasting blood samples.

H.50 Table N3b shows lipid profile by wealth group and gender. Mean levels of total and LDL-cholesterol show a marked socioeconomic gradient that is the reverse of what might be expected. Increasing wealth is associated with higher levels of both total and LDL-cholesterol. However, fewer participants who are in the highest wealth group have low levels of 'good' cholesterol (HDL) that would indicate increased risk. Similarly, levels of triglycerides decrease with increasing wealth.

### **Inflammatory markers**

H.51 Table N4a shows mean concentration levels of inflammatory markers fibrinogen (g/l) and C-reactive protein (CRP) concentrations (mg/l) by age group for men and women. The mean levels of fibrinogen and CRP increase with age both in men and women.

H.52 Table N4b shows mean levels of fibrinogen and CRP by wealth and gender. With increasing wealth, both fibrinogen and CRP levels decrease.

### **Glycated haemoglobin**

H.53 Table N5a shows the mean glycated haemoglobin (HbA1c) levels by age and gender. There is a small increase with age in both genders.

H.54 Table N5b shows levels of glycated haemoglobin by wealth and gender. Glycated haemoglobin is inversely related to wealth such that wealthier participants have lower levels of HbA1c.

### **Haemoglobin**

H.55 Table N6a shows mean haemoglobin levels and the proportion of individuals who are classified as anaemic (haemoglobin below 13g/dl for men and below 12 g/dl for women) by age and gender. Mean levels of haemoglobin are higher in men than women. For both genders, there is a decrease in levels with age. Overall, 7.2% of men and 8.3% of women have low haemoglobin (anaemia). In both men and women, there is a clear upward shift in the prevalence of anaemia at the oldest age groups. In men the prevalence of anaemia increases from 3.7% in the youngest age group to 23.2% in the oldest age group, with substantial differences between those aged 75 years and over and those who are younger. Women show a similar pattern.



H.56 Table N6b shows mean levels of haemoglobin and percentage of participants with anaemia in wave 9 by wealth and gender. While mean haemoglobin levels do not differ appreciably by wealth group, the prevalence of anaemia is lower among participants in the highest wealth group.

### **Insulin-like growth factor-1 (IGF-1)**

H.57 Table N7a shows the mean levels of IGF-1 by age and gender. Overall, mean levels decrease with age. The prevalence of those in the lowest quintile of levels of IGF-1 increases considerably with age in both men (from just 9.2% at 55–59 age group to 43.6% at 80 years and older) and women (from 16.8% at 50–54 age group to 42.0% at 80 years and older).

H.58 Table N7b shows mean levels of IGF-1 by wealth and gender. A socioeconomic gradient is evident, with increases in mean levels and decreases in the proportion of those in the lowest quintile with increased wealth.

### **Vitamin D**

H.59 Table N8a shows the mean levels of Vitamin D by age and gender. Overall, the mean levels of Vitamin D are similar for both men and women. There also does not appear to be a consistent pattern of change with age.

H.60 Table N8b shows mean levels of Vitamin D by wealth and gender. A socioeconomic gradient is observed, with increases in levels among wealthier groups.

### **Grip strength**

H.61 Table N9a shows mean grip strength by age and gender. A marked gender difference in grip strength is seen, with men having much higher mean grip strength at every age. For both genders, there is a decrease in grip strength with increasing age.

H.62 Table N9b shows mean grip strength by wealth and gender. Wealthier participants have higher mean grip strength.

## Annex AH. Definitions

AH.1 *Activities of daily living (ADLs) and instrumental activities of daily living (IADLs)*: Respondents were asked to report whether because of a physical, mental, emotional or memory problem they have any difficulty with ADLs (dressing, walking across a room, bathing or showering, eating, getting out of bed, using the toilet) and with IADLs (using a map, preparing a hot meal, shopping for groceries, making phone calls, taking medications, doing work around the house, managing money). From the responses to these questions, two variables were derived to indicate whether the respondent had difficulties with one or more ADLs and IADLs.

AH.2 *Age*: Defined as age at last birthday

AH.3 *Alcohol consumption*: Based on the questions concerning frequency of alcohol consumption, a variable was derived to indicate whether or not the respondent was drinking alcohol three days a week or more (which was then labelled as daily alcohol consumption).

AH.4 *Balanced panel*: The set of individuals who are interviewed in all waves of interest.

AH.5 *Baseline*: The wave of data that is chosen to be the starting point for characteristics in the longitudinal analysis that may change over time.

AH.6 *Cognitive function – attention*: This is an index that combines the scores on the cognitive test on attention and calculation (counting backward and a set of subtractions). Higher scores indicate better attention and executive functioning.

AH.7 *Cognitive function – comprehension and naming*: A score that combines the results of five questions (naming objects and people) relying on comprehension and semantic memory. Higher scores indicate better comprehension and naming capability.

AH.8 *Cognitive function – memory*: This is an overall memory score that combines the scores on the two objective memory tests (immediate and delayed memory) using a 10-word list. The overall score is ranging from 0 to 20. Higher scores indicate better memory.

AH.9 *Health conditions*: Respondents were asked whether a doctor had ever told them that they suffered from any of the following conditions: coronary heart disease (angina or myocardial infarction), diabetes, cancer, respiratory illness (asthma or pulmonary disease), arthritis and depression.

AH.10 *Limiting long-standing illness*: Respondents were asked whether they suffered from any illness or disability that affected them over a long period and, if so, whether the illness limited their activities in some way.

AH.11 *Physical activity*: Based on the questions regarding frequency of leisure-time physical activity, a variable was derived to indicate whether or not the respondent was physically inactive (sedentary physical activity).

AH.12 *Self-rated hearing acuity*: Respondents were asked to rate their hearing, as excellent, very good, good, fair or poor. Self-reported hearing impairment was defined as having declared fair or poor hearing.

AH.13 *Self-rated sense of smell*: Respondents were asked to rate their sense of smell as excellent, very good, good, fair or poor. Self-reported smell impairment was defined as having reported a fair or poor sense of smell.

AH.14 *Self-rated taste*: Respondents were asked to rate their sense of taste, as excellent, very good, good, fair or poor. Self-reported taste impairment was defined as having declared a fair or poor sense of taste.

AH.15 *Self-rated general health*: Respondents were asked to rate their health as excellent, very good, good, fair or poor.

AH.16 *Smoking status*: Defined as whether the respondent was a current smoker or not.

AH.17 *Total non-pension wealth*: Total non-pension wealth is reported at the family level and is defined as the sum of net financial wealth, net physical wealth and net housing wealth.

AH.18 *Walking speed*: A walking speed test was performed among participants aged 60 and over. The test involved timing how long it took to walk a distance of 8 feet. The total score indicates the walking speed of respondents in metres per second (m/s) with higher scores indicating faster speed.

AH.19 *Wealth groups*: To form wealth groups, we order all ELSA sample members according to the value of their total (non-pension) family wealth, and we divide the sample into five equal-sized groups. Where analysis is carried out using all ELSA sample members, the groups are equal in size and can be referred to as quintiles. Much of the analysis in this chapter is carried out using subsamples of the ELSA population. Where analysis does not use the whole ELSA sample, the groups are unequal in size and are more accurately referred to as 'wealth groups'. For consistency reasons, we use the term 'wealth group' rather than 'wealth quintile' throughout the chapter.

*The nurse visit*: After carrying out the interview, for respondents eligible for a follow-up nurse visit, the interviewer asked whether they would be willing to have a nurse visit, and if yes, made an appointment for the nurse or set up contact between the nurse and respondent. While on previous ELSA waves all core members who completed a personal CAPI interview were eligible for a follow-up nurse visit, across wave 8 and wave 9 two mutually exclusive subsets of members were pre-selected (prior to fieldwork): one to be offered a nurse visit at wave 8 and the other to be offered a nurse visit in wave 9. The subsample at wave 8 was selected to oversample respondents who had taken part in all previous nurse waves where they had been eligible. The remaining cohort members were flagged for a nurse visit in wave 9, thus ensuring that all cohort members were eligible for a nurse visit in wave 8 or wave 9. Finally, all respondents from Cohort 9 were flagged as eligible for a nurse visit in wave 9.

The full eligibility criteria for a wave 9 nurse interview were:

- Only core members who completed a main interview in person at wave 9 and marked as eligible for a nurse visit at wave 9 were offered a nurse visit at the end of their interview.
- No ELSA partners were eligible for nurse visits.
- However, a small number of partners and non-eligible core members were given a nurse visit if someone else in their household was completing a nurse interview, they specifically requested it and it was believed it would assist with their future participation in the survey.
- Individuals who completed an interview by proxy were not eligible for a nurse visit.

## Health domain tables

- There were specific eligibility criteria for each measure conducted by the nurse. These are outlined briefly below and in more detail in the ELSA Nurse User Guide (available at the UK Data Service website).

AH.20 *Weight*: Weight was measured using a portable electronic scale. Respondents were asked to remove their shoes and any bulky clothing. A single measurement was recorded to the nearest 0.1 kg. Respondents who weighed more than 130 kg were asked for their estimated weights because the scales are inaccurate above this level. These estimated weights were included in the analysis.

AH.21 *Body Mass Index (BMI)*: BMI is a widely accepted measure of weight for height and is defined as weight in kilograms divided by the square of the height in metres ( $\text{kg}/\text{m}^2$ ). BMI was calculated for all those respondents for whom both a valid height and weight measurement were recorded. We categorised the BMI scores into three main groups:

- underweight group ( $<18.5 \text{ kg}/\text{m}^2$ )
- normal ( $\geq 18.5$  and  $<25 \text{ kg}/\text{m}^2$ )
- overweight ( $\geq 25$  and  $<30 \text{ kg}/\text{m}^2$ )
- obese ( $\geq 30 \text{ kg}/\text{m}^2$ )

AH.22 *Blood pressure*: All respondents were eligible for the blood pressure module, except those who were pregnant. Three readings were collected at one-minute intervals (systolic, diastolic and pulse rate) using the Omron HEM-907 equipment. It was ensured that the room temperature was between 15 and 25°C. The respondent was asked not to eat, smoke, drink alcohol or take vigorous exercise in the 30 minutes preceding the blood pressure measurement as blood pressure can be raised immediately after any of these activities. Systolic (SBP) and diastolic (DBP) blood pressure were measured using a standardised method. In adults, hypertension is defined as an SBP of at least 140 mmHg or a DBP of at least 90 mmHg or being on medication to control hypertension. The systolic arterial pressure is defined as the peak pressure in the arteries, which occurs near the beginning of the cardiac cycle. The diastolic arterial pressure is the lowest pressure at the resting phase of the cardiac cycle.

AH.23 *Blood sample*: Blood samples were taken from willing ELSA core members, except those who had a clotting or bleeding disorder (e.g. haemophilia and low platelets), had ever had a fit, were not willing to give their consent in writing, were currently on anticoagulant drugs (e.g. warfarin therapy). Fasting blood samples were taken whenever possible, but for respondents over 80 years; those known to be diabetic and on treatment; had a clotting or bleeding disorder or were on anti-coagulant drugs (e.g. warfarin); had ever had fits and those who seemed frail or the nurse was concerned about their health, were not asked to fast. Subjects were considered to have fasted if they had not had food or drink except water for a minimum of 5 hours prior to the blood test. The amount of blood taken from each participant in order to analyse each biomarker is presented below:

- 1 Citrate blue tube (1.8 ml) – Fibrinogen
- 1 Plain red tube (6 ml) – Total and HDL cholesterol, triglycerides, ferritin, C-reactive protein (CRP), IGF-1 and DHEAS
- 1 Fluoride grey tube (2 ml): Fasting glucose
- 1 EDTA light purple tube (2 ml) – Haemoglobin and glycated haemoglobin
- 2 EDTA dark purple tube (4 ml) – Genetics

All the blood samples were analysed at the Royal Victoria Infirmary laboratory in Newcastle.

*Blood analytes*

These are the blood analytes measured:

- Total cholesterol: Cholesterol is a type of fat present in the blood, related to diet. Too much cholesterol in the blood increases the risk of heart disease.
- High density lipoprotein (HDL) cholesterol: This is 'good' cholesterol which is protective for heart disease.
- Low density lipoprotein (LDL) cholesterol: This is the 'bad' cholesterol and a risk factor for cardiovascular disease.
- Triglycerides: Together with total and HDL cholesterol, they provide a lipid profile which can give information on the risk of cardiovascular disease. Measures of LDL and triglycerides were only taken for participants who were asked to fast.
- Fibrinogen: This is a protein necessary for blood clotting. High levels are also associated with a higher risk of heart disease.
- C-reactive protein: The level of this protein in the blood gives information on inflammatory activity in the body, and it is also associated with risk of heart disease.
- Glycated haemoglobin: This indicates the presence or risk of type 2 diabetes, which is associated with an increased risk of heart disease.
- Haemoglobin: These are measures of iron levels in the body and are related to diet and other factors. Anaemia is defined as having a haemoglobin level below 13 g/dl for men and below 12 g/dl for women.
- Insulin-like growth factor 1 (IGF-1): This is a hormone that helps control reactions to stress and regulate various body processes including digestion, the immune system, mood, and energy usage.
- Vitamin D: It is a steroid vitamin which promotes the intestinal absorption and metabolism of calcium and phosphorus. Under normal conditions of sunlight exposure, no dietary supplementation is necessary because sunlight promotes adequate vitamin D synthesis in the skin. Deficiency can lead to bone deformity (rickets) in children and bone weakness in adults. Vitamin D comes from the diet (eggs, fish, and dairy products) and is produced in the skin. Skin production of the active form of vitamin D depends on exposure to sunlight. Active people living in sunny regions produce most of the vitamin D they need from their skin. In less sunny climates the skin production of vitamin D is markedly diminished in the winter months, especially among the elderly and the housebound. In that population, vitamin D supplements become important.

AH.24 *Grip strength*: The grip strength test is a measure of upper body strength. The test was given to all respondents who were willing to take it, with no upper or lower age limits. Participants were, however, excluded if they had swelling or inflammation, severe pain or a recent injury, or if they had had surgery to the hand in the preceding six months. If there was a problem with only one hand, measurements were taken using the other hand. After adjusting the gripometer (grip gauge) to suit the respondent's hand

## *Health domain tables*

and positioning the respondent correctly, the respondent was asked to squeeze the gripometer as hard as they could for a couple of seconds. Three values were recorded for each hand, starting with the non-dominant hand and alternating between hands. Any measurements carried out incorrectly were not included. The gripometer used was the 'Smedley's for Hand' Dynamo Meter, with a scale ranging from 0 to 100 kg. The average of three measurements (in kg) is reported here.

*AH.25 Nutrition:* The Oxford WebQ is a dietary questionnaire that is administered over the Internet. It has been designed for use in several large-scale prospective studies in the UK, including the European Prospective Investigation into Cancer and Nutrition (EPIC)-Oxford study (65,000 men and women), the Million Women Study (1.3 million women) and the UK Biobank (500,000 men and women). The Oxford WebQ presents participants with 21 broad food groups, with options then expanding to offer over 200 commonly consumed foods and drinks. The participants are prompted to select the amount consumed over the previous 24 hours, mostly from predefined categories offered to them. To facilitate large-scale automatic coding of nutrient information, use of free-text boxes is minimised. Upon completion of the tool, the participants are presented with a summary page of all the food and drink items they reported consuming, together with the amounts reported, and are asked to make any necessary amendments. Completed questionnaires are coded automatically through multiplication of amounts consumed by the nutrient contents specified in standard UK food composition tables, producing a profile of the intake of 21 separate nutrients, without any additional intervention required by nutritionists.

### *AH.26 Notes to all tables*

The unit of observation in all tables is the individual.

All cross-sectional tables are based on the cross-section of ELSA sample members in each wave of data. This includes refreshment sample members.

All longitudinal tables are based on individuals who have responded in all of waves 4 to 9 (the 'balanced panel') unless otherwise specified.

All numbers are based on weighted data. Unweighted frequencies (*N*) are reported.

For cross-sectional analyses, the figures are weighted for non-response. For longitudinal analyses, the figures are weighted for non-response and attrition from wave 4 to wave 9 using longitudinal weights.

Table H1a. Self-rated health (%), by age group and gender: wave 9

	Age group in 2018–19						All	
	50–54	55–59	60–64	65–69	70–74	75–79		80+
<b>Men</b>								
Excellent	15.7	13.7	16.0	11.4	9.6	8.5	5.3	12.2
Very good	34.9	36.5	27.7	33.5	28.1	21.5	19.8	30.1
Good	28.1	29.7	26.3	32.5	36.6	36.9	38.1	31.7
Fair	14.5	13.1	19.0	16.8	18.8	21.6	25.6	17.7
Poor	6.7	7.1	11.0	5.7	6.9	11.5	11.2	8.2
<b>Women</b>								
Excellent	22.0	19.6	12.6	11.0	9.0	7.4	4.4	13.1
Very good	29.0	29.6	29.6	32.2	27.9	25.1	20.9	27.9
Good	31.2	25.7	32.6	34.9	35.6	36.0	34.1	32.6
Fair	12.2	16.8	15.7	15.3	19.4	20.3	28.3	17.9
Poor	5.7	8.2	9.5	6.6	8.0	11.3	12.3	8.5
<i>Unweighted N</i>								
<i>Men</i>	362	203	393	545	602	399	497	3,001
<i>Women</i>	522	262	505	710	770	488	725	3,982

For variable definitions, see AH.2 and AH.15. For related text, see H.2

Table H1b. Self-rated health (%), by wealth group and gender: wave 9

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
Excellent	5.9	11.1	14.0	16.0	16.3	12.3
Very good	21.3	24.5	29.1	34.1	43.5	30.0
Good	33.0	33.2	32.1	32.6	27.5	31.8
Fair	22.9	22.6	16.9	14.0	11.1	17.8
Poor	16.9	8.6	7.9	3.2	1.6	8.1
<b>Women</b>						
Excellent	7.8	10.8	14.4	15.8	20.3	13.0
Very good	17.8	24.5	31.6	34.8	37.7	27.9
Good	31.8	36.3	31.2	33.3	29.5	32.6
Fair	26.0	19.1	16.9	12.4	10.1	17.9
Poor	16.7	9.3	5.9	3.7	2.3	8.6
<i>Unweighted N</i>						
<i>Men</i>	528	534	616	667	615	2,960
<i>Women</i>	852	913	778	695	683	3,921

For variable definitions, see AH.15, AH.17, and AH.19. For related text, see H.3

**Table H2a. Limiting long-standing illness (%), by age group and gender: wave 9**

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
Men	20.6	19.2	32.7	28.2	34.0	40.4	52.0	30.4
Women	20.7	26.0	32.6	33.7	40.3	40.9	55.0	34.7
<i>Unweighted N</i>								
Men	380	210	409	563	627	424	540	3,153
Women	529	268	518	730	789	504	791	4,129

For variable definitions, see AH.2 and AH.10. For related text, see H.4

**Table H2b. Limiting long-standing illness (%), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
Men	44.1	32.0	29.3	21.4	21.3	30.3
Women	46.6	37.1	32.9	28.5	21.7	34.9
<i>Unweighted N</i>						
Men	553	561	639	693	651	3,097
Women	868	936	801	723	709	4,037

For variable definitions, see AH.10, AH.17, and AH.19. For related text, see H.5



Table H3a. Diagnosed health conditions (%), by age group and gender: wave 9

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
CHD	3.3	4.0	7.2	8.9	12.5	15.6	19.0	8.9
Diabetes	10.3	11.6	12.9	15.4	15.5	19.3	16.1	13.8
Cancer	2.2	4.1	3.5	3.3	6.2	6.0	12.1	4.9
Respiratory illness	10.9	12.2	12.0	13.0	16.3	17.5	13.1	13.1
Arthritis	11.3	16.1	24.5	33.6	37.3	39.6	41.5	26.6
Depression	6.1	9.1	9.5	8.5	7.4	6.3	1.5	7.1
<b>Women</b>								
CHD	0.7	3.7	3.8	3.9	6.9	8.7	14.8	5.7
Diabetes	4.9	6.7	13.2	9.6	13.0	14.6	13.8	10.4
Cancer	4.1	2.2	3.1	3.3	4.4	6.4	4.8	3.9
Respiratory illness	14.5	14.9	11.7	16.3	15.1	17.0	16.3	14.9
Arthritis	14.2	25.3	42.6	49.1	55.6	55.9	62.9	41.5
Depression	8.5	15.6	11.4	9.6	8.2	6.8	5.1	9.4
<i>Unweighted N</i>								
<i>Men</i>	380	210	409	564	628	424	543	3,158
<i>Women</i>	529	268	518	731	790	504	791	4,131

For variable definitions, see AH.2 and AH.9. For related text, see H.6. Notes: Values for CHD and depression are composed of the data fed forward from waves 7 and 8 and the data on newly reported condition.

**Table H3b. Diagnosed health conditions (%), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
CHD	11.2	10.3	9.91	5.9	7.0	9.0
Diabetes	20.6	14.3	12.0	11.3	8.7	13.7
Cancer	4.5	4.6	5.9	5.8	3.5	4.9
Respiratory illness	18.3	16.1	12.4	9.4	8.0	13.1
Arthritis	30.9	26.2	26.8	24.9	22.8	26.6
Depression	13.1	6.6	6.8	4.7	3.0	7.1
<b>Women</b>						
CHD	7.3	8.2	5.2	3.2	3.2	5.8
Diabetes	14.9	12.2	8.7	6.4	6.7	10.4
Cancer	4.4	5.6	2.9	3.2	2.4	3.9
Respiratory illness	19.5	16.5	12.6	12.9	10.2	15.0
Arthritis	46.9	43.2	40.2	40.7	33.8	41.7
Depression	15.0	8.0	7.3	8.2	6.0	9.4
<i>Unweighted N</i>						
<i>Men</i>	553	561	640	696	651	3,101
<i>Women</i>	868	937	801	724	709	4,039

For variable definitions, see AH.9, AH.17, and AH.19. For related text, see H.7. Notes: Values for CHD and depression are composed of the data fed forward from waves 7 and 8 and the data on newly reported condition

Table H4a. Self-reported sensory impairments (%), by age group and gender: wave 9

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Eyesight impairment	12.9	6.8	13.5	7.7	11.1	12.6	25.3	12.5
Hearing impairment	13.2	15.1	22.6	24.3	26.1	36.0	41.5	23.4
Smell impairment	11.0	9.5	15.9	16.9	17.4	19.8	26.9	15.7
Taste impairment	8.2	4.2	8.1	7.0	7.0	9.2	14.3	8.0
<b>Women</b>								
Eyesight impairment	9.5	12.7	9.6	10.5	13.9	17.3	27.8	14.2
Hearing impairment	7.2	10.9	12.3	13.8	15.4	21.8	34.4	15.9
Smell impairment	7.2	11.0	8.5	9.5	12.1	12.4	16.7	10.8
Taste impairment	2.9	7.2	6.5	6.2	7.2	8.6	11.7	6.9
<i>Unweighted N</i>								
<b>Men</b>								
<i>Eyesight impairment</i>	380	210	409	563	628	424	543	3,157
<i>Hearing impairment</i>	380	210	408	563	628	424	543	3,156
<i>Smell impairment</i>	362	203	391	545	602	399	496	2,998
<i>Taste impairment</i>	362	203	392	545	602	399	497	3,000
<b>Women</b>								
<i>Eyesight impairment</i>	529	268	518	731	790	504	788	4,128
<i>Hearing impairment</i>	529	268	518	731	790	504	790	4,130
<i>Smell impairment</i>	522	262	505	711	770	488	725	3,983
<i>Taste impairment</i>	522	262	505	711	770	488	725	3,983

For variable definitions, see AH.2, and AH.12 to AH.14. For related text, see H.8

**Table H4b. Self-reported sensory impairments (%), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
Eyesight impairment	19.8	14.0	10.1	8.4	7.5	12.3
Hearing impairment	24.8	27.2	23.7	23.2	17.8	23.4
Smell impairment	17.1	15.9	17.5	15.4	12.2	15.7
Taste impairment	10.6	8.4	7.1	6.8	6.2	8.0
<b>Women</b>						
Eyesight impairment	22.0	16.5	11.7	9.0	6.8	14.2
Hearing impairment	18.4	17.8	17.8	12.3	11.6	16.1
Smell impairment	12.9	11.9	10.4	9.3	8.1	10.8
Taste impairment	9.8	6.6	7.3	5.6	3.7	6.9
<i>Unweighted N</i>						
<b>Men</b>						
<i>Eyesight impairment</i>	553	561	640	696	651	3,101
<i>Hearing impairment</i>	553	561	640	696	651	3,101
<i>Smell impairment</i>	528	534	615	666	614	2,957
<i>Taste impairment</i>	528	534	615	667	615	2,959
<b>Women</b>						
<i>Eyesight impairment</i>	868	936	801	724	709	4,038
<i>Hearing impairment</i>	868	937	800	724	709	4,038
<i>Smell impairment</i>	852	913	778	695	684	3,922
<i>Taste impairment</i>	852	913	778	695	684	3,922

For variable definitions, see AH.12 to AH.14, AH.17, and AH.19. For related text, see H.9

**Table H5a. Mean walking speed (m/s), by age group and gender: wave 9**

	Age group in 2018–19					All
	60–64	65–69	70–74	75–79	80+	
Men	0.98	0.94	0.90	0.84	0.72	0.89
Women	0.92	0.92	0.85	0.77	0.63	0.83
<i>Unweighted N</i>						
Men	351	493	549	356	412	2,161
Women	441	651	704	427	555	2,778

For variable definitions, see AH.2 and AH.18. For related text, see H.10

**Table H5b. Mean walking speed (m/s), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
Men	0.80	0.84	0.90	0.92	0.97	0.89
Women	0.74	0.78	0.82	0.89	0.92	0.83
<i>Unweighted N</i>						
Men	270	370	483	523	493	2,139
Women	474	640	579	529	536	2,758

For variable definitions, see AH.17 to AH.19. For related text, see H.11

**Table H6a. Limitations with one or more ADLs and IADLs (%), by age group and gender:  
wave 9**

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
ADLs	9.9	8.7	13.6	12.9	17.1	21.9	32.0	15.3
IADLs	9.1	8.4	15.8	13.0	18.0	25.8	40.5	16.8
<b>Women</b>								
ADLs	8.8	12.9	19.7	14.3	17.8	25.9	35.1	18.5
IADLs	9.9	15.3	19.8	15.9	21.8	28.3	50.2	22.4
<i>Unweighted N</i>								
<i>Men</i>	380	210	409	564	628	424	543	3,158
<i>Women</i>	529	268	518	731	790	504	791	4,131

For variable definitions, see AH.1 and AH.2. For related text, see H.12

**Table H6b. Limitations with one or more ADLs and IADLs (%), by wealth group and gender:  
wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
ADLs	25.4	17.8	13.9	9.3	6.5	15.1
IADLs	26.6	22.2	13.6	10.8	7.3	16.6
<b>Women</b>						
ADLs	27.6	21.2	15.9	12.3	10.0	18.6
IADLs	31.4	24.6	22.0	16.6	11.4	22.4
<i>Unweighted N</i>						
<i>Men</i>	553	561	640	696	651	3,101
<i>Women</i>	868	937	801	724	709	4,039

For variable definitions, see AH.1, AH.17, and AH.19. For related text, see H.13

Table H7a. Mean cognitive function scores, by age group and gender: wave 9

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Memory	11.22	11.97	10.75	11.10	10.08	8.80	7.46	10.47
Attention	5.87	6.10	5.92	5.90	5.97	5.58	5.58	5.88
Comprehension	4.76	4.87	4.81	4.88	4.83	4.75	4.47	4.78
<b>Women</b>								
Memory	11.83	12.20	11.83	11.82	11.07	9.64	7.52	10.95
Attention	5.46	5.50	5.53	5.61	5.46	5.01	4.81	5.36
Comprehension	4.73	4.83	4.84	4.86	4.83	4.69	4.38	4.74
<i>Unweighted N</i>								
<b>Men</b>								
Memory	359	202	392	542	599	396	493	2,983
Attention	354	201	386	537	593	390	479	2,940
Comprehension	359	202	391	543	597	394	492	2,978
<b>Women</b>								
Memory	519	262	504	706	768	485	714	3,958
Attention	515	260	493	697	754	460	678	3,857
Comprehension	520	262	504	707	767	482	717	3,959

For variable definitions, see AH.2, and AH.6 to AH.8. For related text, see H.14

Table H7b. Mean cognitive function scores, by wealth group and gender: wave 9

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
Memory	9.85	9.99	10.23	10.91	11.50	10.47
Attention	5.61	5.69	5.95	6.04	6.15	5.88
Comprehension	4.67	4.69	4.82	4.89	4.86	4.78
<b>Women</b>						
Memory	10.13	10.31	10.96	11.75	12.27	10.95
Attention	5.06	5.21	5.49	5.61	5.71	5.36
Comprehension	4.57	4.64	4.81	4.89	4.90	4.74
<i>Unweighted N</i>						
<b>Men</b>						
Memory	523	529	613	665	613	2,943
Attention	505	519	604	664	610	2,902
Comprehension	519	530	612	665	611	2,937
<b>Women</b>						
Memory	846	907	774	692	679	3,898
Attention	814	879	756	678	673	3,800
Comprehension	846	908	772	692	681	3,899

For variable definitions, see AH.6 to AH.8, AH.17, and AH.19. For related text, see H.15

**Table H8a. Health behaviours (%), by age group and gender: wave 9**

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Current smokers	23.9	12.8	13.7	12.2	9.2	5.4	4.1	13.1
Physically inactive	11.8	7.6	15.5	13.3	13.1	21.1	37.8	15.9
Daily alcohol consumption	15.0	18.8	20.0	24.7	29.0	27.2	23.3	21.8
<b>Women</b>								
Current smokers	11.2	14.4	13.4	11.5	7.8	5.6	4.0	9.9
Physically inactive	10.3	14.6	17.1	16.1	19.5	27.8	53.8	22.1
Daily alcohol consumption	9.4	12.9	11.4	14.8	14.9	12.7	11.0	12.3
<i>Unweighted N</i>								
<b>Men</b>								
Current smokers	380	210	409	564	628	424	543	3,158
Physically inactive	380	210	409	564	628	424	542	3,157
Daily alcohol consumption	300	187	361	516	574	371	450	2,759
<b>Women</b>								
Current smokers	529	268	518	731	790	504	790	4,130
Physically inactive	529	268	518	731	790	504	791	4,131
Daily alcohol consumption	434	230	465	667	720	441	619	3,576

For variable definitions, see AH.2, AH.3, AH.11, and AH.16. For related text, see H.16

**Table H8b. Health behaviours (%), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
Current smokers	28.7	14.4	8.4	5.9	4.5	13.2
Physically inactive	28.8	20.0	12.1	8.1	6.9	15.8
Daily alcohol consumption	14.0	21.0	18.9	27.5	28.1	21.7
<b>Women</b>						
Current smokers	18.3	9.3	7.8	4.5	5.0	9.8
Physically inactive	32.4	27.8	19.5	16.3	7.8	22.3
Daily alcohol consumption	5.7	9.8	11.6	17.5	19.5	12.2
<i>Unweighted N</i>						
<b>Men</b>						
Current smokers	553	561	640	696	651	3,101
Physically inactive	553	561	640	696	651	3,101
Daily alcohol consumption	451	481	572	642	580	2,726
<b>Women</b>						
Current smokers	867	937	801	724	709	4,038
Physically inactive	868	937	801	724	709	4,039
Daily alcohol consumption	689	808	723	660	644	3,524

For variable definitions, see AH.2, AH.3, AH.11, AH.16, AH.17, and AH.19. For related text, see H.17



Table H9a. Mean macronutrient intake, by age group and gender: wave 9

	Age in 2018–2019							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Energy kcal/day	2,233.8	2,184.3	2,197.4	2,203.0	2,225.0	2,184.2	2,236.2	2,207.0
Protein % total energy	16.3	16.0	15.9	15.8	15.8	15.3	15.3	15.8
Carbohydrates % total energy	44.2	46.2	44.5	45.2	45.2	46.4	47.7	45.4
Fat % total energy	35.3	34.8	35.0	35.2	35.4	35.1	35.8	35.2
Alcohol % total energy	6.5	5.3	6.9	6.2	6.0	5.7	3.8	5.9
Sugar % total energy	19.9	21.4	20.0	20.6	20.6	22.0	23.0	20.8
Dietary fibre g/day	15.4	15.9	15.4	16.0	16.6	16.7	16.6	16.1
Saturated fat % total energy	13.7	13.3	13.5	13.8	14.0	14.1	14.5	13.8
Polyunsaturated fat % total energy	6.3	6.5	6.3	6.2	6.3	6.1	6.2	6.3
<b>Women</b>								
Energy kcal/day	1,870.4	1,911.4	1,880.1	1,883.9	1,869.2	1,894.5	1,927.1	1,882.6
Protein % total energy	16.9	16.5	16.4	16.5	16.7	15.9	15.9	16.5
Carbohydrates % total energy	46.3	45.3	46.5	46.3	46.6	47.2	47.8	46.5
Fat % total energy	35.3	36.3	35.3	35.6	35.4	35.9	36.5	35.6
Alcohol % total energy	3.8	4.2	4.2	3.9	3.6	3.4	2.2	3.8
Sugar % total energy	21.8	21.2	22.3	22.4	22.5	23.2	23.6	22.3
Dietary fibre g/day	15.1	15.0	15.4	15.7	16.2	15.8	15.6	15.5
Saturated fat % total energy	13.4	13.9	13.7	13.7	13.9	14.2	14.8	13.8
Polyunsaturated fat % total energy	6.6	6.9	6.5	6.6	6.4	6.3	6.1	6.5
<i>Unweighted N</i>								
<i>Men</i>	247	237	351	510	461	240	189	2,235
<i>Women</i>	423	290	484	571	503	232	184	2,687

For variable definitions, see AH.25. For related text, see H.18.

**Table H9b. Mean macronutrient intake, by wealth group and gender: wave 9**

	Wealth group in 2018–2019				
	Lowest	2nd	3rd	4th	Highest
<b>Men</b>					
Energy kcal/day	2,111.7	2,130.6	2,215.9	2,220.5	2,226.1
Protein % total energy	15.8	15.8	15.7	15.6	16.0
Carbohydrates % total energy	45.4	45.5	46.5	45.6	44.4
Fat % total energy	36.4	34.7	35.6	35.2	35.2
Alcohol % total energy	4.7	6.4	4.6	6.0	6.7
Sugar % total energy	21.1	20.9	21.4	21.3	20.5
Dietary fibre g/day	14.4	14.3	16.4	16.3	16.8
Saturated fat % total energy	14.6	13.8	14.0	13.9	13.6
Polyunsaturated fat % total energy	6.4	6.1	6.4	6.2	6.3
<b>Women</b>					
Energy kcal/day	1,898.1	1,822.1	1,883.4	1,894.4	1,912.8
Protein % total energy	15.9	16.6	16.2	16.6	16.5
Carbohydrates % total energy	47.2	47.8	48.1	46.1	44.9
Fat % total energy	37.3	34.9	35.2	35.7	36.1
Alcohol % total energy	2.0	3.1	2.9	3.9	4.7
Sugar % total energy	22.0	22.6	23.3	22.4	22.0
Dietary fibre g/day	15.1	14.8	15.9	15.8	16.2
Saturated fat % total energy	14.9	13.6	13.9	13.8	13.9
Polyunsaturated fat % total energy	6.6	6.4	6.4	6.5	6.4
<i>Unweighted N</i>					
<i>Men</i>	<i>145</i>	<i>211</i>	<i>333</i>	<i>444</i>	<i>496</i>
<i>Women</i>	<i>220</i>	<i>278</i>	<i>390</i>	<i>487</i>	<i>549</i>

For variable definitions, see AH.25. For related text, see H.19.

Table H10a. Mean micronutrient intake, by age group and gender: wave 9

	Age in 2018–2019							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Calcium mg/day	950.9	951.0	931.3	970.3	987.9	990.3	1,028.8	969.9
Iron mg/day	13.0	13.0	13.4	13.6	13.9	13.9	13.8	13.5
Magnesium mg/day	347.2	342.4	342.0	342.7	348.8	338.2	336.1	342.9
Potassium mg/day	3,548.1	3,606.7	3,557.8	3,641.5	3,778.3	3,717.9	3,755.0	3,657.5
Vitamin B6 mg/day	2.1	2.2	2.1	2.2	2.2	2.2	2.2	2.2
Folate µg/day	288.1	287.0	287.7	304.0	305.4	298.1	308.1	297.8
Vitamin B12 µg/day	6.3	6.2	6.2	6.6	6.7	6.6	7.4	6.6
Vitamin C mg/day	121.7	134.9	120.0	132.5	128.0	131.1	132.4	128.2
Vitamin D µg/day	2.7	2.8	2.6	2.8	2.9	3.0	3.5	2.8
Vitamin E mg/day	8.6	9.1	8.4	9.0	9.2	9.0	8.9	8.9
Retinol µg/day	549.8	399.2	501.9	629.5	536.2	573.4	680.6	557.3
Carotene µg/day	2,945.1	3,243.0	3,004.4	3,200.6	3,275.8	3,342.8	3,391.8	3,197.1
<b>Women</b>								
Calcium mg/day	843.9	869.2	879.3	895.1	901.9	914.6	933.0	884.7
Iron mg/day	11.6	11.5	11.9	11.9	12.2	12.3	12.1	11.9
Magnesium mg/day	298.0	304.0	311.0	308.7	311.2	311.2	305.8	306.8
Potassium mg/day	3,301.7	3,340.1	3,422.8	3,427.9	3,488.3	3,446.9	3,435.2	3,401.6
Vitamin B6 mg/day	1.9	1.9	2.0	2.0	2.0	2.0	2.0	2.0
Folate µg/day	260.2	251.0	269.6	273.5	278.6	282.1	289.3	270.6
Vitamin B12 µg/day	5.7	6.0	5.7	6.1	6.3	6.2	6.6	6.0
Vitamin C mg/day	137.6	123.5	139.8	136.3	142.1	142.5	135.6	137.3
Vitamin D µg/day	2.4	2.5	2.5	2.6	2.6	2.8	2.9	2.6
Vitamin E mg/day	8.6	8.5	8.7	9.0	9.0	9.0	8.6	8.8
Retinol µg/day	356.0	482.9	428.0	471.2	490.0	491.3	575.7	458.5
Carotene µg/day	3,688.7	3,150.8	3,649.1	3,479.3	3,778.5	3,538.7	3,479.4	3,568.5
<i>Unweighted N</i>								
<i>Men</i>	247	237	351	510	461	240	189	2235
<i>Women</i>	423	290	484	571	503	232	184	2687

For variable definitions, see AH.25. For related text, see H.20.

**Table H10b. Mean micronutrient intake, by wealth group and gender: wave 9**

	Wealth group in 2018–2019				
	Lowest	2nd	3rd	4th	Highest
<b>Men</b>					
Calcium mg/day	912.9	911.9	990.2	995.2	985.5
Iron mg/day	12.3	12.6	13.4	13.6	14.4
Magnesium mg/day	308.4	315.3	338.2	345.6	359.8
Potassium mg/day	3,333.7	3,370.4	3,671.9	3,696.1	3,859.9
Vitamin B6 mg/day	2.0	2.1	2.2	2.2	2.3
Folate µg/day	279.8	277.0	300.7	302.8	309.0
Vitamin B12 µg/day	6.3	6.3	6.6	6.4	7.2
Vitamin C mg/day	113.6	113.6	127.9	129.3	140.1
Vitamin D µg/day	2.6	2.7	2.9	2.8	3.2
Vitamin E mg/day	8.2	7.9	8.9	9.1	9.4
Retinol µg/day	695.4	539.9	507.4	537.3	564.3
Carotene µg/day	2,940.1	2,766.2	3,263.7	3,189.6	3,409.1
<b>Women</b>					
Calcium mg/day	868.6	864.3	899.4	899.4	909.8
Iron mg/day	11.2	11.5	11.9	12.0	12.7
Magnesium mg/day	289.9	287.7	306.1	314.6	325.3
Potassium mg/day	3,162.3	3,262.6	3,435.2	3,478.4	3,565.0
Vitamin B6 mg/day	1.9	1.9	2.0	2.0	2.0
Folate µg/day	263.9	258.1	276.8	269.7	284.8
Vitamin B12 µg/day	5.6	5.8	5.7	6.1	6.8
Vitamin C mg/day	114.5	123.7	138.7	139.5	147.4
Vitamin D µg/day	2.4	2.4	2.4	2.6	3.0
Vitamin E mg/day	8.3	8.0	8.8	8.7	9.7
Retinol µg/day	538.3	389.0	539.4	465.4	495.0
Carotene µg/day	3,060.6	3,111.0	3,592.2	3,503.8	3,886.9
<i>Unweighted N</i>					
<i>Men</i>	145	211	333	444	496
<i>Women</i>	220	278	390	487	549

For variable definitions, see AH.25. For related text, see H.21.

Table H11a. Mean food group intake, by age group and gender: wave 9

	Age in 2018–2019							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Fruit intake p/d	1.51	1.73	1.61	1.84	1.93	2.17	1.98	1.82
Vegetables intake p/d	2.26	2.41	2.17	2.32	2.46	2.53	2.55	2.37
Vegetables (including potatoes) p/d	2.84	3.00	2.78	3.03	3.28	3.32	3.47	3.09
Fruit & Vegetables intake p/d	3.77	4.14	3.78	4.16	4.39	4.70	4.53	4.19
Total legume intake p/d	0.38	0.35	0.39	0.38	0.35	0.36	0.34	0.37
Pulse intake p/d	0.33	0.30	0.33	0.35	0.32	0.33	0.32	0.33
Nuts and seeds unsalted no peanut p/d	0.10	0.09	0.08	0.11	0.11	0.07	0.07	0.09
Nuts and seeds total p/d	0.26	0.17	0.24	0.21	0.20	0.13	0.15	0.20
Total grain intake p/d	3.26	3.15	3.18	3.38	3.34	3.30	3.35	3.28
Wholegrain intake p/d	0.87	0.96	0.84	0.94	1.04	1.03	1.07	0.96
Fish intake p/d	0.26	0.27	0.28	0.28	0.30	0.30	0.33	0.29
Red and processed meat intake p/d	1.05	1.10	1.05	1.16	0.96	0.90	0.97	1.04
Total meat intake p/d	1.47	1.45	1.40	1.42	1.26	1.15	1.22	1.35
Total dairy intake p/d	1.59	1.58	1.52	1.63	1.72	1.79	1.79	1.65
Total egg intake p/d	0.52	0.41	0.39	0.38	0.38	0.36	0.39	0.40
Soft drinks g/d	0.51	0.45	0.36	0.31	0.31	0.21	0.34	0.35
Total alcoholic drinks intake g/d	1.39	1.09	1.41	1.24	1.27	1.22	0.93	1.25
Wine g/d	0.35	0.44	0.56	0.52	0.61	0.73	0.50	0.54
<b>Women</b>								
Fruit intake p/d	1.99	1.96	2.20	2.26	2.45	2.33	2.19	2.19
Vegetables intake p/d	3.00	2.54	2.95	2.80	3.03	2.74	2.71	2.86
Vegetables (including potatoes) p/d	3.53	3.18	3.54	3.45	3.72	3.46	3.47	3.49
Fruit & Vegetables intake p/d	4.99	4.50	5.15	5.06	5.48	5.08	4.90	5.05
Total legume intake p/d	0.39	0.35	0.34	0.34	0.34	0.31	0.31	0.34
Pulse intake p/d	0.31	0.29	0.29	0.31	0.30	0.28	0.27	0.30
Nuts and seeds unsalted no peanut p/d	0.09	0.12	0.13	0.13	0.15	0.12	0.08	0.12
Nuts and seeds total p/d	0.13	0.21	0.20	0.19	0.19	0.18	0.12	0.18
Total grain intake p/d	2.49	2.52	2.70	2.70	2.79	2.94	2.85	2.69
Wholegrain intake p/d	0.64	0.67	0.74	0.75	0.84	0.90	0.96	0.76
Fish intake p/d	0.32	0.32	0.26	0.30	0.32	0.31	0.33	0.30
Red and processed meat intake p/d	0.75	0.84	0.74	0.74	0.76	0.67	0.70	0.75
Total meat intake p/d	1.12	1.11	1.04	1.02	1.01	0.89	0.88	1.03
Total dairy intake p/d	1.36	1.60	1.56	1.66	1.69	1.81	1.82	1.61
Total egg intake p/d	0.38	0.30	0.34	0.38	0.32	0.34	0.34	0.35
Soft drinks g/d	0.34	0.29	0.31	0.27	0.19	0.20	0.23	0.27
Total alcoholic drinks intake g/d	0.73	0.89	0.84	0.79	0.70	0.69	0.49	0.75
Wine g/d	0.44	0.60	0.60	0.58	0.48	0.48	0.30	0.52
<i>Unweighted N</i>								
<i>Men</i>	247	237	351	510	461	240	189	2,235
<i>Women</i>	423	290	484	571	503	232	184	2,687

For variable definitions, see AH.25. For related text, see H.22. p/d stands for 'portion per day'; g/d for 'glasses per day'.

Table H11b. Mean food group intake, by wealth group and gender: wave 9

	Wealth group in 2018–2019				
	Lowest	2nd	3rd	4th	Highest
<b>Men</b>					
Fruit intake p/d	1.47	1.38	1.94	2.01	1.99
Vegetables intake p/d	2.03	2.01	2.40	2.37	2.64
Vegetables (including potatoes) p/d	2.72	2.66	3.19	3.08	3.42
Fruit & Vegetables intake p/d	3.50	3.39	4.34	4.38	4.63
Total legume intake p/d	0.38	0.36	0.35	0.33	0.37
Pulse intake p/d	0.32	0.33	0.32	0.29	0.35
Nuts and seeds unsalted no peanut p/d	0.06	0.06	0.09	0.09	0.12
Nuts and seeds total p/d	0.15	0.12	0.18	0.21	0.23
Total grain intake p/d	3.04	3.25	3.40	3.34	3.27
Wholegrain intake p/d	0.92	0.90	1.03	0.90	0.97
Fish intake p/d	0.28	0.24	0.29	0.26	0.34
Red and processed meat intake p/d	1.17	1.16	1.03	0.99	0.99
Total meat intake p/d	1.46	1.50	1.32	1.28	1.28
Total dairy intake p/d	1.42	1.57	1.68	1.74	1.72
Total egg intake p/d	0.42	0.43	0.39	0.35	0.37
Soft drinks g/d	0.33	0.41	0.37	0.33	0.23
Total alcoholic drinks intake g/d	0.90	1.26	0.98	1.25	1.46
Wine g/d	0.27	0.37	0.38	0.57	0.84
<b>Women</b>					
Fruit intake p/d	1.93	2.04	2.30	2.37	2.41
Vegetables intake p/d	2.40	2.44	2.80	2.76	3.25
Vegetables (including potatoes) p/d	3.12	3.10	3.56	3.41	3.86
Fruit & Vegetables intake p/d	4.33	4.48	5.09	5.13	5.66
Total legume intake p/d	0.32	0.32	0.34	0.33	0.32
Pulse intake p/d	0.27	0.29	0.29	0.29	0.29
Nuts and seeds unsalted no peanut p/d	0.10	0.05	0.11	0.15	0.16
Nuts and seeds total p/d	0.19	0.10	0.14	0.22	0.23
Total grain intake p/d	2.82	2.85	2.75	2.68	2.73
Wholegrain intake p/d	0.82	0.81	0.86	0.82	0.76
Fish intake p/d	0.22	0.31	0.29	0.28	0.37
Red and processed meat intake p/d	0.80	0.77	0.75	0.74	0.69
Total meat intake p/d	1.07	1.04	1.00	1.03	0.95
Total dairy intake p/d	1.59	1.48	1.71	1.68	1.75
Total egg intake p/d	0.37	0.29	0.37	0.33	0.35
Soft drinks g/d	0.37	0.23	0.32	0.24	0.17
Total alcoholic drinks intake g/d	0.41	0.61	0.61	0.80	0.94
Wine g/d	0.19	0.36	0.40	0.60	0.73
<i>Unweighted N</i>					
<i>Men</i>	145	211	333	444	496
<i>Women</i>	220	278	390	487	549

For variable definitions, see AH.25. For related text, see H.23. p/d stands for 'portion per day'; g/d for 'glasses per day'.

**Table HL1a. Fair or poor self-rated health (%), by age and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	19.40	20.05	24.80	23.89	27.60	29.35	2,015
50–54	19.47	18.40	23.73	23.84	28.44	26.74	250
55–59	19.06	18.03	22.88	20.57	21.57	23.13	456
60–64	20.74	22.04	24.66	21.99	26.79	27.57	526
65–69	19.71	17.32	25.67	28.07	32.96	34.74	338
70–74	16.91	22.37	24.10	24.24	28.82	36.35	275
75–79	16.22	23.50	24.88	29.51	32.38	37.15	130
80+	27.68	28.19	47.23	33.90	42.96	41.33	40
<b>Women</b>	22.11	22.87	25.26	26.59	27.51	29.84	2,621
50–54	20.47	22.78	23.84	20.95	22.86	25.14	316
55–59	20.78	19.27	21.28	22.95	22.45	23.15	601
60–64	21.17	19.34	23.80	23.52	23.22	25.88	653
65–69	23.35	21.18	22.17	26.20	27.99	30.45	436
70–74	19.82	26.52	31.01	33.34	35.58	35.55	369
75–79	26.69	31.48	30.93	40.41	40.52	48.17	160
80+	30.90	39.25	41.78	35.70	42.15	47.99	86

For variable definitions, see AH.2, AH.5, and AH.15. For related text, see H.25

**Table HL1b. Fair or poor self-rated health (%), by wealth and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	19.61	20.20	24.85	23.99	27.80	29.54	1,973
Lowest	39.24	39.69	44.21	48.67	45.14	44.28	262
2nd	26.57	28.63	31.99	29.06	38.21	40.32	279
3rd	20.17	18.57	27.63	23.50	29.76	27.22	368
4th	12.69	14.19	17.08	18.24	21.10	24.60	494
Highest	8.20	8.80	12.58	10.10	14.53	19.39	570
<b>Women</b>	22.18	22.99	25.28	26.78	27.55	30.00	2,561
Lowest	40.75	39.91	40.86	41.60	43.56	46.43	397
2nd	31.18	31.73	34.01	36.00	39.43	39.86	451
3rd	18.86	19.73	25.23	24.81	21.84	26.65	521
4th	14.39	13.28	14.99	17.82	20.74	22.59	574
Highest	9.12	13.34	14.28	16.53	15.34	17.60	618

For variable definitions, see AH.5, AH.15, AH.17, and AH.19. For related text, see H.26

Table HL2a. Diagnosed CHD (%), by age and gender: waves 4 to 9

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	8.03	9.77	9.63	11.08	12.27	14.01	2,133
50–54	1.83	2.92	2.45	4.97	6.51	7.80	264
55–59	5.14	6.45	6.46	7.83	9.05	10.19	482
60–64	6.61	8.69	9.33	10.85	12.27	13.05	556
65–69	12.00	12.79	12.26	13.32	13.98	16.84	357
70–74	12.41	13.02	12.79	13.75	14.94	17.18	297
75–79	18.90	22.38	23.15	23.87	24.62	28.28	134
80+	12.89	24.07	18.37	20.29	21.85	28.40	43
<b>Women</b>	5.30	6.16	6.52	7.54	8.09	9.40	2,715
50–54	0.75	0.75	1.49	1.87	2.13	3.88	327
55–59	1.87	2.96	2.96	3.66	4.24	4.82	620
60–64	2.93	3.73	3.67	4.90	5.72	7.36	673
65–69	7.82	7.94	8.16	9.66	10.40	10.87	449
70–74	6.92	8.06	9.70	11.43	12.58	13.56	385
75–79	16.05	17.24	17.03	17.33	16.93	20.82	171
80+	14.39	17.40	18.69	20.08	19.72	21.38	90

For variable definitions, see AH.2, AH.5, and AH.9. For related text, see H.27. Note: Data at waves 7–9 was composed of the data fed forward from the previous wave and the data on newly reported condition

Table HL2b. Diagnosed CHD (%), by wealth and gender: waves 4 to 9

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	8.06	9.74	9.60	11.07	12.24	14.07	2,091
Lowest	10.90	12.73	13.48	15.80	16.76	18.61	281
2nd	8.14	12.11	11.65	13.01	14.34	15.09	296
3rd	10.91	12.97	11.66	12.93	14.91	18.34	385
4th	6.69	7.63	7.94	9.30	10.13	11.36	521
Highest	5.23	5.78	5.70	6.94	7.86	9.67	608
<b>Women</b>	5.38	6.22	6.59	7.59	8.15	9.47	2,655
Lowest	8.10	8.41	8.58	10.13	11.35	12.77	410
2nd	9.01	10.56	11.44	12.46	12.47	13.73	462
3rd	5.23	6.46	7.16	8.08	8.12	9.21	539
4th	3.39	3.91	3.99	4.63	5.56	6.65	593
Highest	1.95	2.55	2.59	3.51	4.14	5.87	651

For variable definitions, see AH.5, AH.9, AH.17, and AH.19. For related text, see H.28. Note: Data at waves 7–9 was composed of the data fed forward from the previous wave and the data on newly reported condition.



Table HL3a. Diagnosed diabetes (%), by age and gender: waves 4 to 9

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	9.35	11.21	13.03	15.09	16.17	16.58	2,133
50–54	7.65	8.24	11.26	12.45	13.64	15.00	264
55–59	5.99	9.09	10.93	14.10	15.66	15.48	482
60–64	9.44	10.55	12.54	14.29	15.50	16.76	556
65–69	13.04	15.35	16.14	19.03	19.61	19.89	357
70–74	13.34	14.32	15.12	16.84	16.15	15.65	297
75–79	11.42	12.77	15.42	14.82	16.39	16.29	134
80+	9.09	13.48	15.09	16.82	20.44	20.35	43
<b>Women</b>	6.92	8.54	9.82	11.14	12.57	12.75	2,715
50–54	4.83	5.55	7.42	8.00	10.42	12.09	327
55–59	4.96	5.75	6.47	8.72	9.97	9.90	620
60–64	6.80	8.47	9.66	10.84	12.08	12.79	673
65–69	6.85	8.52	9.38	10.20	12.68	13.82	449
70–74	8.75	12.04	12.73	14.50	15.16	15.42	385
75–79	9.41	13.32	18.11	19.45	19.08	15.04	171
80+	13.92	13.92	13.92	13.51	15.80	15.14	90

For variable definitions, see AH.2, AH.5, and AH.9. For related text, see H.27

Table HL3b. Diagnosed diabetes (%), by wealth and gender: waves 4 to 9

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	9.33	11.12	12.97	15.04	16.09	16.48	2,091
Lowest	13.89	16.80	19.83	23.45	24.99	27.49	281
2nd	7.22	10.61	12.60	15.76	17.40	16.87	296
3rd	10.44	11.35	13.06	14.80	15.60	15.89	385
4th	9.23	9.99	11.27	12.45	12.91	12.53	521
Highest	6.84	8.48	10.06	11.45	12.55	12.85	608
<b>Women</b>	6.98	8.64	9.91	11.26	12.72	12.86	2,655
Lowest	10.72	12.90	13.83	16.97	18.91	19.32	410
2nd	10.62	12.94	15.08	16.68	18.43	18.66	462
3rd	6.31	7.59	9.47	10.08	11.55	11.25	539
4th	4.98	6.20	7.35	8.40	9.24	10.31	593
Highest	3.20	4.59	4.91	5.54	6.93	6.28	651

For variable definitions, see AH.5, AH.9, AH.17, and AH.19. For related text, see H.28

**Table HL4a. Diagnosed cancer (%), by age and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	2.41	2.95	3.08	3.62	4.31	5.82	2,133
50–54	2.23	0.97	2.46	0.99	1.76	2.18	264
55–59	0.68	0.99	1.31	2.28	2.90	2.60	482
60–64	1.95	3.73	2.91	3.23	4.79	6.99	556
65–69	3.85	4.93	4.60	5.59	4.15	6.03	357
70–74	4.81	5.69	5.63	8.80	8.77	11.94	297
75–79	3.57	3.84	3.38	1.17	6.60	9.69	134
80+	3.79	1.88	5.73	7.51	3.85	10.45	43
<b>Women</b>	3.16	2.81	2.32	3.39	3.56	4.22	2,715
50–54	2.21	1.90	0.99	0.00	2.58	1.99	327
55–59	3.74	2.53	2.64	4.01	4.00	3.65	620
60–64	2.92	2.76	2.40	3.24	3.10	4.32	673
65–69	2.72	3.35	2.02	4.95	3.50	5.57	449
70–74	3.87	3.03	3.49	3.27	3.65	4.13	385
75–79	3.51	3.30	1.25	3.81	3.78	6.42	171
80+	2.74	3.74	3.55	4.04	5.35	4.56	90

For variable definitions, see AH.2, AH.5, and AH.9. For related text, see H.29

**Table HL4b. Diagnosed cancer (%), by wealth and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	2.43	3.01	3.11	3.64	4.39	5.93	2,091
Lowest	2.29	1.92	4.09	3.73	1.97	3.98	281
2nd	1.60	2.55	2.96	4.54	6.26	9.04	296
3rd	2.67	2.25	2.47	2.26	3.52	4.79	385
4th	1.96	4.07	3.60	3.61	6.45	5.06	521
Highest	3.29	3.64	2.60	4.09	3.66	6.96	608
<b>Women</b>	3.16	2.78	2.30	3.46	3.64	4.20	2,655
Lowest	3.30	2.13	2.13	4.38	3.91	4.15	410
2nd	3.36	1.36	3.41	3.40	4.58	7.01	462
3rd	3.10	3.51	1.46	3.80	2.83	4.73	539
4th	3.01	3.17	1.89	3.33	3.11	1.69	593
Highest	3.06	3.52	2.62	2.57	3.83	3.65	651

For variable definitions, see AH.5, AH.9, AH.17, and AH.19. For related text, see H.30

**Table HL5a. Diagnosed depression (%), by age and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	5.84	5.73	5.87	6.68	6.95	7.24	2,133
50–54	8.06	8.77	10.16	9.86	9.86	9.86	264
55–59	8.60	7.33	7.42	8.77	9.30	9.92	482
60–64	6.17	6.76	5.95	6.86	7.01	7.40	556
65–69	5.11	5.06	5.51	7.31	7.46	7.46	357
70–74	0.84	0.84	1.30	0.84	1.50	1.71	297
75–79	0.00	0.00	0.00	0.00	0.00	0.00	134
80+	3.66	4.13	3.51	5.65	5.65	5.65	43
<b>Women</b>	7.10	8.13	8.06	7.94	8.62	9.02	2,715
50–54	8.41	12.07	13.49	13.48	14.83	15.19	327
55–59	8.31	8.96	9.05	8.95	10.04	10.71	620
60–64	8.59	10.48	9.95	8.90	9.87	10.14	673
65–69	6.02	6.24	5.68	5.70	5.85	5.85	449
70–74	5.29	5.01	5.18	5.16	5.16	6.20	385
75–79	3.63	3.78	2.16	4.12	4.12	4.12	171
80+	4.61	4.62	5.45	4.97	4.97	4.97	90

For variable definitions, see AH.2, AH.5, and AH.9. For related text, see H.31. Note: Data at waves 8 and 9 were composed of the data fed forward from the previous wave and the data on newly reported condition

**Table HL5b. Diagnosed depression (%), by wealth and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	5.88	5.70	5.82	6.67	6.96	7.25	2,091
Lowest	13.42	11.41	12.54	14.36	15.16	15.16	281
2nd	4.19	5.72	8.17	8.31	8.46	9.31	296
3rd	4.49	4.86	4.20	5.16	5.28	5.41	385
4th	4.67	4.78	3.67	4.63	4.85	5.24	521
Highest	4.01	3.33	2.99	3.47	3.67	3.83	608
<b>Women</b>	7.15	8.09	8.07	7.85	8.54	8.94	2,655
Lowest	13.46	13.86	15.01	15.51	16.44	17.49	410
2nd	6.58	7.19	6.65	7.96	8.61	9.14	462
3rd	6.02	7.07	6.66	4.91	6.02	6.27	539
4th	5.59	6.59	6.53	6.40	6.67	6.97	593
Highest	4.98	6.50	6.37	5.52	6.06	6.06	651

For variable definitions, see AH.5, AH.9, AH.17, and AH.19. For related text, see H.32. Note: Data at waves 8 and 9 were composed of the data fed forward from the previous wave and the data on newly reported condition

**Table HL6a. Walking speed (mean, m/s), by age and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	0.99	0.98	0.97	0.92	0.87	0.84	970
60–64	1.03	1.02	1.04	0.99	0.94	0.92	405
65–69	1.00	0.98	0.97	0.93	0.88	0.87	258
70–74	0.95	0.94	0.90	0.86	0.82	0.78	202
75–79	0.92	0.90	0.87	0.79	0.75	0.70	86
80+	0.90	0.84	0.79	0.72	0.66	0.53	19
<b>Women</b>	0.94	0.93	0.89	0.85	0.82	0.78	1,205
60–64	0.99	0.99	0.96	0.92	0.90	0.88	501
65–69	0.95	0.94	0.92	0.86	0.85	0.79	323
70–74	0.91	0.89	0.85	0.82	0.76	0.71	252
75–79	0.82	0.81	0.76	0.72	0.66	0.61	91
80+	0.76	0.70	0.66	0.58	0.57	0.49	38

For variable definitions, see AH.2, AH.5, and AH.18. For related text, see H.33

**Table HL6b. Walking speed (mean, m/s), by wealth and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	0.99	0.98	0.97	0.92	0.87	0.84	949
Lowest	0.94	0.89	0.84	0.84	0.72	0.74	81
2nd	0.93	0.91	0.90	0.86	0.82	0.78	116
3rd	0.94	0.94	0.94	0.89	0.85	0.85	183
4th	0.99	0.99	0.97	0.92	0.88	0.85	278
Highest	1.08	1.06	1.07	0.99	0.95	0.91	291
<b>Women</b>	0.94	0.93	0.89	0.85	0.82	0.78	1,177
Lowest	0.83	0.81	0.80	0.75	0.71	0.68	120
2nd	0.85	0.84	0.80	0.77	0.74	0.70	186
3rd	0.93	0.91	0.88	0.83	0.81	0.76	259
4th	0.98	0.96	0.94	0.89	0.85	0.81	309
Highest	1.02	1.02	0.98	0.93	0.91	0.87	303

For variable definitions, see AH.5, and AH.17 to AH.19. For related text, see H.34

**Table HL7a. At least one difficulty with ADL (%), by age and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	13.51	12.91	13.96	14.83	17.43	19.65	2,133
50–54	10.85	9.75	9.36	10.85	13.57	11.98	264
55–59	10.02	11.59	11.93	11.55	14.92	14.11	482
60–64	13.25	12.07	12.40	14.98	14.96	17.35	556
65–69	14.24	15.24	13.57	14.98	17.12	21.95	357
70–74	13.34	13.27	13.73	16.11	17.99	24.72	297
75–79	24.37	17.13	22.95	23.76	28.96	35.95	134
80+	32.26	23.66	49.01	36.76	50.99	56.48	43
<b>Women</b>	15.88	16.11	17.75	17.88	19.57	22.84	2,715
50–54	14.11	13.62	14.95	15.41	15.15	18.44	327
55–59	10.50	10.61	12.16	12.13	14.82	15.15	620
60–64	13.83	11.07	14.20	13.78	17.31	17.40	673
65–69	15.50	15.82	17.94	18.54	15.75	25.41	449
70–74	17.73	21.63	23.60	21.28	24.16	25.70	385
75–79	27.18	28.54	25.19	28.38	29.29	38.64	171
80+	33.55	38.12	40.51	42.10	47.71	53.85	90

For variable definitions, see AH.1, AH.2, and AH.5. For related text, see H.35

**Table HL7b. At least one difficulty with ADL (%), by wealth and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	13.56	12.96	14.05	14.81	17.34	19.70	2,091
Lowest	25.01	22.89	20.75	22.30	29.92	28.22	281
2nd	16.57	17.40	17.06	18.44	20.77	26.40	296
3rd	12.56	13.02	15.30	15.90	18.26	20.45	385
4th	8.78	9.27	12.19	11.55	13.11	15.85	521
Highest	9.07	6.86	8.47	9.68	9.92	12.78	608
<b>Women</b>	15.84	16.19	17.79	17.95	19.69	23.05	2,655
Lowest	29.29	31.25	29.67	32.06	34.90	34.31	410
2nd	22.70	21.63	26.21	24.43	25.54	35.43	462
3rd	12.05	13.67	15.19	13.81	15.47	19.43	539
4th	11.23	9.88	12.68	12.82	14.90	15.94	593
Highest	6.54	7.22	7.77	9.24	10.38	12.90	651

For variable definitions, see AH.1, AH.5, AH.17, and AH.19. For related text, see H.36

**Table HL8a. Mean memory score, by age and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	10.83	10.80	10.86	10.43	10.21	9.82	1,989
50–54	11.28	11.62	11.66	11.35	11.30	11.00	248
55–59	11.68	11.38	11.77	11.63	11.34	11.21	453
60–64	11.10	11.10	11.18	10.81	10.69	10.15	516
65–69	10.22	10.54	10.11	9.45	9.27	8.86	333
70–74	9.73	9.41	9.61	8.91	8.51	8.15	275
75–79	9.63	9.69	9.33	8.41	8.12	7.04	126
80+	8.35	8.22	8.08	6.89	6.33	6.02	38
<b>Women</b>	11.36	11.31	11.36	10.93	10.85	10.33	2,588
50–54	12.10	12.20	12.86	12.36	12.59	12.02	315
55–59	12.05	12.06	12.29	11.93	12.12	11.81	595
60–64	11.96	12.06	12.10	11.53	11.43	11.15	646
65–69	11.03	10.99	10.79	10.62	10.38	9.74	430
70–74	10.56	10.41	10.07	9.77	9.40	8.55	361
75–79	9.60	9.30	9.10	8.23	8.02	7.19	155
80+	9.12	8.40	8.02	7.64	6.88	5.97	86

For variable definitions, see AH.2, AH.5, and AH.8. For related text, see H.37

**Table HL8b. Mean memory score, by wealth and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	10.83	10.80	10.86	10.43	10.21	9.82	1,948
Lowest	10.56	10.35	10.37	9.83	9.55	9.24	258
2nd	10.05	10.02	10.14	9.72	9.34	9.08	274
3rd	10.36	10.54	10.46	10.09	9.81	9.25	364
4th	10.97	11.05	11.15	10.54	10.45	10.09	491
Highest	11.63	11.50	11.60	11.34	11.18	10.76	561
<b>Women</b>	11.36	11.31	11.36	10.93	10.85	10.33	2,528
Lowest	10.64	10.51	10.53	9.92	10.21	9.76	390
2nd	10.51	10.45	10.42	9.98	9.70	9.09	446
3rd	11.17	11.11	11.13	10.78	10.58	10.04	518
4th	11.66	11.79	11.91	11.43	11.37	10.76	569
Highest	12.48	12.36	12.42	12.17	12.06	11.57	605

For variable definitions, see AH.5, AH.8, AH.17, and AH.19. For related text, see H.38

Table HL9a. Current smoker (%), by age and gender: waves 4 to 9

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	13.37	12.26	11.18	10.56	9.78	9.15	2,097
50–54	19.49	16.30	17.50	16.24	15.06	13.89	259
55–59	17.21	16.88	14.33	14.23	12.23	11.91	474
60–64	14.98	13.02	11.65	12.13	10.79	9.61	545
65–69	9.64	9.37	8.18	5.64	6.52	5.95	352
70–74	7.65	6.35	7.07	5.83	6.66	6.95	291
75–79	3.84	4.57	2.58	2.58	2.58	1.76	133
80+	0.00	0.00	0.00	0.00	0.00	0.00	43
<b>Women</b>	13.64	12.47	11.06	10.25	9.39	8.39	2,677
50–54	23.35	22.70	21.23	18.20	17.19	16.32	320
55–59	16.32	14.81	13.21	12.07	11.84	10.79	615
60–64	13.79	11.85	11.17	10.31	8.95	7.56	661
65–69	9.83	9.18	7.65	6.67	6.42	5.53	445
70–74	8.80	6.87	6.18	5.83	5.34	3.95	381
75–79	9.46	9.95	7.52	9.23	6.81	6.51	167
80+	5.83	5.83	2.87	4.64	2.87	2.87	88

For variable definitions, see AH.2, AH.5, and AH.16. For related text, see H.39

Table HL9b. Current smoker (%), by wealth and gender: waves 4 to 9

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	13.28	12.11	11.05	10.42	9.63	8.99	2,055
Lowest	28.03	26.96	24.21	22.70	21.40	21.12	276
2nd	18.11	15.42	13.58	13.25	13.20	11.69	293
3rd	10.65	10.70	9.18	7.93	6.67	6.03	377
4th	7.47	6.44	5.93	5.64	5.51	4.68	514
Highest	7.50	6.17	6.60	6.53	5.34	5.17	595
<b>Women</b>	13.64	12.51	11.01	10.19	9.31	8.36	2,618
Lowest	26.08	23.47	22.24	20.64	18.85	17.59	405
2nd	17.43	16.24	14.24	13.87	11.74	10.75	451
3rd	9.22	8.67	6.12	5.97	5.69	4.03	534
4th	9.44	9.45	8.60	7.55	6.96	6.23	582
Highest	8.13	6.67	5.73	4.74	4.88	4.67	646

For variable definitions, see AH.5, AH.16, AH.17, and AH.19. For related text, see H.40

**Table HL10a. Daily alcohol consumer (%), by age and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	28.58	27.36	27.13	25.55	26.91	24.97	1,472
50–54	22.75	19.62	20.20	17.41	19.83	16.54	166
55–59	23.41	27.83	26.24	24.10	26.13	24.66	343
60–64	34.03	33.94	32.25	31.54	30.95	27.03	392
65–69	32.17	28.25	29.12	28.49	28.79	30.61	258
70–74	25.44	20.51	23.88	20.62	22.61	21.33	205
75–79	37.08	29.40	27.61	27.29	30.45	26.99	85
80+	39.39	22.43	27.72	29.83	35.07	29.83	23
<b>Women</b>	17.33	16.67	16.79	15.08	15.07	14.09	1,911
50–54	19.16	16.15	15.87	15.04	12.61	14.93	226
55–59	15.98	17.27	17.37	15.82	16.21	15.30	449
60–64	17.69	18.35	18.16	16.68	16.96	15.09	498
65–69	17.29	16.03	18.08	14.23	13.93	13.69	332
70–74	15.62	14.32	13.09	12.24	11.09	11.29	266
75–79	19.67	17.04	18.21	18.91	20.04	14.81	94
80+	20.23	13.04	10.80	6.45	12.58	5.91	46

For variable definitions, see AH.2, AH.3, and AH.5. For related text, see H.41

**Table HL10b. Daily alcohol consumer (%), by wealth and gender: waves 4 to 9**

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	28.46	27.26	27.09	25.50	26.76	24.89	1,451
Lowest	19.82	19.44	18.83	13.63	18.93	13.94	154
2nd	24.70	21.02	24.18	24.40	23.40	19.48	186
3rd	22.35	20.95	21.17	20.91	21.18	22.16	261
4th	29.88	27.02	26.47	24.46	24.51	23.81	392
Highest	37.31	38.60	37.05	35.82	37.99	35.71	458
<b>Women</b>	17.07	16.49	16.57	14.75	14.83	13.95	1,870
Lowest	8.46	7.43	7.92	9.09	6.07	7.90	236
2nd	8.14	6.73	7.01	6.43	7.99	6.53	300
3rd	16.18	16.71	15.75	12.75	14.05	12.53	376
4th	19.58	18.60	19.56	17.69	16.31	14.90	449
Highest	26.68	26.40	26.15	22.75	23.97	22.91	509

For variable definitions, see AH.3, AH.5, AH.17, and AH.19. For related text, see H.42



Table HL11a. Physical inactivity (%), by age and gender: waves 4 to 9

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	7.89	9.61	10.04	11.85	16.20	20.07	2,130
50–54	5.71	8.35	6.96	10.89	10.70	13.87	263
55–59	6.24	7.43	8.68	8.52	12.47	14.51	481
60–64	8.37	10.39	9.31	11.61	12.15	13.40	555
65–69	11.44	11.62	13.89	12.84	19.73	20.84	357
70–74	8.10	9.64	7.59	12.99	18.02	30.11	297
75–79	6.96	13.32	11.99	15.71	31.38	39.55	134
80+	13.26	10.66	28.40	31.11	47.92	64.38	43
<b>Women</b>	16.21	15.44	17.37	20.03	23.41	28.22	2,715
50–54	12.48	14.01	15.55	16.15	13.90	14.19	327
55–59	14.18	9.75	11.66	11.96	15.13	17.10	620
60–64	8.59	10.07	11.47	13.76	17.25	18.53	673
65–69	16.07	15.74	17.12	17.60	22.79	27.65	449
70–74	17.26	18.73	18.66	23.85	30.31	37.46	385
75–79	32.11	33.35	31.39	42.45	45.29	62.60	171
80+	39.12	31.94	49.24	57.13	62.95	81.39	90

For variable definitions, see AH.2, AH.5, and AH.11. For related text, see H.43

Table HL11b. Physical inactivity (%), by wealth and gender: waves 4 to 9

Age	Wave 4	Wave 5	Wave 6	Wave 7	Wave 8	Wave 9	Unweighted N
<b>Men</b>	7.92	9.68	10.24	11.94	16.35	20.16	2,088
Lowest	17.27	19.61	21.91	23.28	31.96	32.54	281
2nd	10.43	16.08	13.53	17.67	19.52	28.94	296
3rd	8.31	8.04	10.64	11.89	15.08	19.38	384
4th	3.05	4.55	5.77	7.73	11.03	15.36	520
Highest	4.17	4.86	4.08	4.60	9.63	11.30	607
<b>Women</b>	16.35	15.53	17.37	20.09	23.54	28.48	2,655
Lowest	29.70	30.28	30.79	34.76	37.77	41.54	410
2nd	23.53	21.24	25.81	28.93	35.44	38.58	462
3rd	13.87	13.78	15.71	20.27	22.26	28.74	539
4th	7.74	7.58	9.78	11.10	14.22	20.36	593
Highest	9.44	7.46	7.53	8.47	11.25	16.18	651

For variable definitions, see AH.5, AH.11, AH.17, and AH.19. For related text, see H.44

**Table N1a. Mean body mass index (BMI, kg/m<sup>2</sup>), by age group and gender: wave 9**

	Age group in 2018–19						All
	55–59	60–64	65–69	70–74	75–79	80+	
Men	28.29	28.43	28.34	27.94	27.59	26.63	27.80
Women	28.35	28.12	28.13	28.40	27.12	26.91	27.80
<i>Unweighted N</i>							
Men	100	338	489	531	350	437	2,245
Women	128	440	613	677	428	595	2,881

For variable definitions, see AH.21. For related text, see H.45

**Table N1b. Mean body mass index (BMI, kg/m<sup>2</sup>), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
Men	28.91	28.20	27.99	27.31	27.17	27.80
Women	29.94	28.37	27.43	27.33	25.91	27.80
<i>Unweighted N</i>						
Men	310	393	476	545	496	2,220
Women	520	669	599	538	527	2,853

For variable definitions, see AH.19 and AH.21. For related text, see H.46

Table N1c. Body mass index categories (%), by age group and gender: wave 9

	Age group in 2018–19						All
	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>							
Underweight	0.0	0.6	0.6	0.9	0.3	0.7	0.6
Desirable	22.0	23.7	24.5	25.2	24.3	34.6	26.4
Overweight	54.0	43.8	44.2	44.4	54.0	48.3	46.9
Obese	24.0	32.0	30.7	29.4	21.4	16.5	26.1
<b>Women</b>							
Underweight	0.0	2.5	1.5	1.5	2.8	3.2	2.1
Desirable	35.9	30.9	32.5	27.6	33.4	34.8	31.9
Overweight	32.8	34.3	34.1	37.8	38.1	36.3	36.0
Obese	31.2	32.3	32.0	33.1	25.7	25.7	30.0
<i>Unweighted N</i>							
<i>Men</i>	100	338	489	531	350	437	2,245
<i>Women</i>	128	440	613	677	428	595	2,881

Underweight indicates BMI < 18.5; Desirable indicates BMI from 18.5 to 24.9; Overweight indicates BMI from 25 to 29.9; Obese indicates BMI 30 or more. For variable definitions, see AH.21. For related text, see H.45

Table N1d. Body mass index categories (%), by wealth group and gender: wave 9

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
Underweight	1.6	1.0	0.2	0.4	0.4	0.6
Desirable	23.5	25.7	25.8	28.4	26.8	26.4
Overweight	38.7	43.5	45.2	49.7	53.6	47.0
Obese	36.1	29.8	28.8	21.5	19.2	26.0
<b>Women</b>						
Underweight	2.1	1.6	2.0	2.2	2.8	2.1
Desirable	21.0	26.9	34.2	34.4	43.5	31.8
Overweight	31.5	38.6	37.2	34.8	36.8	36.0
Obese	45.4	32.9	26.5	28.6	16.9	30.1
<i>Unweighted N</i>						
<i>Men</i>	310	393	476	545	496	2,220
<i>Women</i>	520	669	599	538	527	2,853

Underweight indicates BMI < 18.5; Desirable indicates BMI from 18.5 to 24.9; Overweight indicates BMI from 25 to 29.9; Obese indicates BMI 30 or more. For variable definitions, see AH.21 and AH.19. For related text, see H.46

**Table N2a. Means of systolic and diastolic blood pressure (mmHg), by age group and gender: wave 9**

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Systolic BP	128.27	128.94	131.36	134.58	132.11	135.80	130.65	131.74
Diastolic BP	77.96	77.68	76.56	76.25	72.00	71.03	64.92	73.87
<b>Women</b>								
Systolic BP	121.34	125.13	129.44	130.16	134.91	136.86	133.83	129.71
Diastolic BP	75.00	76.03	74.89	73.86	73.03	70.96	66.28	72.89
<i>Unweighted</i>								
<i>N</i>								
<i>Men</i>	271	82	87	222	232	158	146	1,198
<i>Women</i>	384	101	114	333	291	164	212	1,599

For variable definitions, see AH.22. For related text, see H.47

**Table N2b. Means of systolic and diastolic blood pressure (mmHg), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
Systolic BP	130.06	132.12	131.41	132.18	133.24	131.74
Diastolic BP	74.83	73.13	72.44	73.29	75.38	73.87
<b>Women</b>						
Systolic BP	129.44	129.64	130.61	130.33	128.44	129.71
Diastolic BP	74.04	71.93	72.28	73.59	72.43	72.89
<i>Unweighted N</i>						
<i>Men</i>	248	200	244	237	252	1,181
<i>Women</i>	352	368	295	279	274	1,568

For variable definitions, see AH.19 and AH.22. For related text, see H.48

Table N3a. Lipid profile (mmol/l), by age group and gender: wave 9

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Mean Total Chol	5.33	4.95	4.94	4.74	4.49	4.35	4.20	4.77
% ≥ 5.0 mmol/l Chol	64.0	46.8	48.7	40.9	32.3	27.0	22.8	42.6
Mean HDL Chol	1.34	1.28	1.35	1.40	1.39	1.36	1.35	1.36
% < 1.0 mmol/l HDL	12.1	18.4	13.2	9.8	9.1	13.9	13.9	12.1
Mean LDL Chol	3.24	2.85	2.83	2.67	2.48	2.31	2.16	2.71
% ≥ 3.0 mmol/l LDL	62.6	48.0	44.6	37.4	28.0	24.3	18.8	39.8
Mean* Trig	1.50	1.60	1.44	1.33	1.22	1.36	1.38	1.38
% ≥ 1.7 mmol/l Trig	39.5	41.6	38.2	28.5	28.0	32.2	32.7	33.7
<b>Women</b>								
Mean Total Chol	5.30	5.48	5.41	5.41	5.08	4.92	4.90	5.22
% ≥ 5.0 mmol/l Chol	62.5	75.9	68.1	65.7	53.2	47.7	45.3	59.4
Mean HDL Chol	1.63	1.64	1.70	1.65	1.66	1.66	1.62	1.65
% < 1.0 mmol/l HDL	8.7	12.0	9.6	12.5	7.6	14.1	10.8	10.3
Mean LDL Chol	3.09	3.23	3.09	3.14	2.80	2.61	2.57	2.95
% ≥ 3.0 mmol/l LDL	52.1	62.7	55.3	59.4	43.2	33.9	30.2	48.7
Mean* Trig	1.13	1.16	1.25	1.26	1.22	1.24	1.43	1.23
% ≥ 1.7 mmol/l Trig	19.2	25.3	26.6	24.3	22.8	25.8	35.3	24.3
<i>Unweighted N</i>								
<b>Men</b>								
Total Chol	247	77	76	193	186	115	101	995
HDL Chol	247	76	76	193	186	115	101	994
LDL Chol	243	75	74	190	186	111	101	980
Trig	248	77	76	193	186	115	101	996
<b>Women</b>								
Total Chol	333	83	94	280	250	128	139	1,307
HDL Chol	334	83	94	280	250	128	139	1,308
LDL Chol	332	83	94	278	250	127	139	1,303
Trig	333	83	94	280	250	128	139	1,307

Triglycerides and LDL cholesterol measurements were done on those who are eligible to fast according to the protocol. Chol indicates cholesterol; LDL indicates LDL cholesterol; Trig indicates triglycerides and LDL indicates LDL cholesterol. \*Geometric means are reported. For variable definitions, see AH.23. For related text, see H.49

Table N3b. Lipid profile (mmol/l), by wealth group and gender: wave 9

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
Mean Total Chol	4.71	4.71	4.67	4.78	4.94	4.77
% ≥ 5.0 mmol/l Chol	41.9	37.4	39.7	41.3	50.0	42.2
Mean HDL Chol	1.29	1.36	1.34	1.43	1.37	1.36
% < 1.0 mmol/l HDL	16.7	13.5	13.9	9.1	7.5	12.1
Mean LDL Chol	2.67	2.63	2.62	2.69	2.87	2.71
% ≥ 3.0 mmol/l LDL	36.8	36.3	37.9	38.3	47.0	39.4
Mean* Trig	1.50	1.43	1.39	1.27	1.33	1.38
% ≥ 1.7 mmol/l Trig	44.4	33.7	34.4	26.0	29.7	33.6
<b>Women</b>						
Mean Total Chol	5.14	5.02	5.35	5.28	5.35	5.22
% ≥ 5.0 mmol/l Chol	54.6	51.9	67.7	62.8	62.3	59.3
Mean HDL Chol	1.53	1.60	1.65	1.74	1.76	1.65
% < 1.0 mmol/l HDL	13.7	11.6	10.8	7.2	7.9	10.5
Mean LDL Chol	2.94	2.76	3.09	2.96	3.05	2.95
% ≥ 3.0 mmol/l LDL	48.1	39.8	55.0	51.1	50.4	48.5
Mean* Trig	1.33	1.28	1.23	1.16	1.10	1.23
% ≥ 1.7 mmol/l Trig	31.7	27.8	22.7	18.4	17.5	24.3
<i>Unweighted N</i>						
<b>Men</b>						
Total Chol	198	163	209	208	202	980
HDL Chol	198	163	209	208	201	979
LDL Chol	193	160	206	206	200	965
Trig	198	163	209	208	202	996
<b>Women</b>						
Total Chol	293	291	251	223	228	1,286
HDL Chol	293	292	251	223	228	1,287
LDL Chol	293	289	249	223	228	1,282
Trig	293	291	251	223	228	1,307

Triglycerides and LDL cholesterol measurements were done on those who are eligible to fast according to the protocol. Chol indicates cholesterol; LDL indicates LDL cholesterol; Trig indicates triglycerides and LDL indicates LDL cholesterol. \*Geometric means are reported. For variable definitions, see AH.19 and AH.23.

For related text, see H.50

Table N4a. Fibrinogen (g/l) and C-reactive protein (mg/l), by age group and gender: wave 9

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Mean fibrinogen	2.92	3.03	3.07	3.21	3.08	3.10	3.12	3.07
Mean* CRP	1.06	1.08	1.24	1.44	1.03	1.07	1.24	1.15
<b>Women</b>								
Mean fibrinogen	3.07	3.11	3.22	3.19	3.33	3.23	3.27	3.19
Mean* CRP	1.08	1.13	1.23	1.45	1.44	1.38	1.38	1.29
<i>Unweighted N</i>								
<b>Men</b>								
Fibrinogen	237	74	75	183	183	111	95	958
CRP	248	77	76	193	186	115	101	996
<b>Women</b>								
Fibrinogen	322	82	92	268	231	121	134	1,250
CRP	333	83	94	280	250	128	139	1,307

CRP indicates C-reactive protein. \*Geometric means are reported. Participants with levels greater than 10 mg/l were excluded. For variable definitions, see AH.23. For related text, see H.51

Table N4b. Fibrinogen (g/l) and C-reactive protein (mg/l), by wealth group and gender: wave 9

	Wealth group in 2018–19						All
	Lowest	2nd	3rd	4th	Highest		
<b>Men</b>							
Mean fibrinogen	3.14	3.14	3.05	3.03	3.00	3.07	
Mean* CRP	1.41	1.30	1.22	0.97	1.00	1.15	
<b>Women</b>							
Mean fibrinogen	3.30	3.20	3.21	3.15	3.10	3.19	
Mean* CRP	1.58	1.39	1.25	1.26	1.00	1.29	
<i>Unweighted N</i>							
<b>Men</b>							
Fibrinogen	189	158	202	202	193	944	
CRP	198	163	209	208	202	996	
<b>Women</b>							
Fibrinogen	278	278	238	212	224	1,230	
CRP	293	291	251	223	228	1,307	

CRP indicates C-reactive protein. \*Geometric means are reported. Participants with levels greater than 10 mg/l were excluded. For variable definitions, see AH.19 and AH.23. For related text, see H.52

**Table N5a. Mean glycated haemoglobin (%), by age group and gender: wave 9**

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
Men	3.90	3.96	4.03	4.11	4.02	4.22	4.23	4.05
Women	3.70	4.00	3.97	3.97	4.08	4.08	4.04	3.94
<i>Unweighted N</i>								
Men	241	75	77	188	182	113	99	975
Women	332	83	94	273	244	125	134	1,285

For variable definitions, see AH.23. For related text, see H.53

**Table N5b. Mean glycated haemoglobin (%), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
Men	4.23	3.99	4.04	4.02	3.93	4.05
Women	4.07	3.97	3.94	3.84	3.85	3.94
<i>Unweighted N</i>						
Men	191	160	206	204	200	961
Women	287	283	249	220	225	1,264

For variable definitions, see AH.19 and AH.23. For related text, see H.54



Table N6a. Mean haemoglobin (g/dl) and anaemia (%), by age group and gender: wave 9

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
<b>Men</b>								
Mean haemoglobin	15.02	15.07	14.73	14.90	14.67	14.57	13.78	14.74
Anaemia (%)	3.7	1.3	3.9	5.3	5.4	13.0	23.2	7.2
<b>Women</b>								
Mean haemoglobin	13.44	13.52	13.61	13.51	13.38	13.09	12.96	13.38
Anaemia (%)	5.1	3.7	5.3	4.7	8.5	16.1	20.7	8.3
<i>Unweighted N</i>								
<i>Men</i>	245	75	77	189	184	115	99	984
<i>Women</i>	334	81	95	274	246	124	135	1,289

Anaemia defined as haemoglobin level below 13g/dl for men and below 12 g/dl for women. For variable definitions, see AH.23. For related text, see H.55

Table N6b. Mean haemoglobin (g/dl) and anaemia (%), by wealth group and gender: wave 9

	Wealth group in 2018–19						All
	Lowest	2nd	3rd	4th	Highest		
<b>Men</b>							
Mean haemoglobin	14.80	14.68	14.58	14.71	14.90		14.74
Anaemia (%)	6.2	10.5	8.7	6.3	4.5		7.1
<b>Women</b>							
Mean haemoglobin	13.29	13.30	13.45	13.48	13.40		13.38
Anaemia (%)	11.8	10.4	8.0	4.6	5.8		8.4
<i>Unweighted N</i>							
<i>Men</i>	194	162	206	207	200		969
<i>Women</i>	288	288	249	219	224		1,268

Anaemia defined as haemoglobin level below 13g/dl for men and below 12 g/dl for women. For variable definitions, see AH.19 and AH.23. For related text, see H.56

**Table N7a. Mean levels of IGF-1 (nmol/l), by age group and gender: wave 9**

	Age group in 2018–19						80+	All
	50–54	55–59	60–64	65–69	70–74	75–79		
<b>Men</b>								
Mean IGF-1	18.13	18.01	16.30	16.32	16.16	15.65	14.55	16.61
% in lowest quintile	7.7	9.2	14.5	21.8	16.1	27.0	43.6	18.5
<b>Women</b>								
Mean IGF-1	17.31	15.58	15.29	14.56	14.38	13.52	13.58	15.14
% in lowest quintile	16.8	27.7	24.7	34.3	34.4	42.2	41.7	30.3
<i>Unweighted N</i>								
<i>Men</i>	247	76	76	193	186	115	101	994
<i>Women</i>	333	83	93	280	250	128	139	1,306

For variable definitions, see AH.23. For related text, see H.57

**Table N7b. Mean levels of IGF-1 (nmol/l), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
<b>Men</b>						
Mean IGF-1	16.73	16.23	16.52	16.57	16.89	16.61
% in lowest quintile	17.7	21.0	22.5	18.3	13.9	18.6
<b>Women</b>						
Mean IGF-1	15.18	14.77	15.07	15.19	15.43	15.14
% in lowest quintile	33.2	29.2	29.5	35.9	24.1	30.4
<i>Unweighted N</i>						
<i>Men</i>	198	162	209	208	202	979
<i>Women</i>	292	291	251	223	228	1,285

For variable definitions, see AH.19 and AH.23. For related text, see H.58

Table N8a. Mean levels of vitamin D (nmol/l), by age group and gender: wave 9

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
Men	47.70	49.89	51.32	51.30	58.71	52.02	53.89	52.02
Women	54.29	49.57	55.53	54.24	53.42	53.27	50.60	53.41
<i>Unweighted N</i>								
Men	247	76	76	193	185	115	101	993
Women	334	83	93	279	250	128	139	1,306

For variable definitions, see AH.23. For related text, see H.59

Table N8b. Mean levels of vitamin D (nmol/l), by wealth group and gender: wave 9

	Wealth group in 2018–19						All
	Lowest	2nd	3rd	4th	Highest		
Men	46.38	51.77	52.85	56.64	52.36	52.02	
Women	48.02	54.13	53.04	54.75	58.95	53.41	
<i>Unweighted N</i>							
Men	198	162	209	207	202	978	
Women	291	292	251	223	228	1,285	

For variable definitions, see AH.19 and AH.23. For related text, see H.60

**Table N9a. Mean grip strength (kg), by age group and gender: wave 9**

	Age group in 2018–19							All
	50–54	55–59	60–64	65–69	70–74	75–79	80+	
Men	42.64	41.10	38.97	38.44	36.13	31.78	27.92	37.04
Women	26.02	24.99	23.51	23.08	21.28	19.20	16.45	22.35
<i>Unweighted N</i>								
Men	294	88	91	242	246	165	156	1,282
Women	400	104	119	350	307	172	214	1,666

For variable definitions, see AH.24. For related text, see H.61

**Table N9b. Mean grip strength (kg), by wealth group and gender: wave 9**

	Wealth group in 2018–19					All
	Lowest	2nd	3rd	4th	Highest	
Men	37.29	34.79	36.54	37.35	38.68	37.04
Women	21.29	21.29	22.31	23.34	24.22	22.35
<i>Unweighted N</i>						
Men	271	211	259	255	265	1,261
Women	371	380	317	282	286	1,636

For variable definitions, see AH.19 and AH.24. For related text, see H.62