

National Institute for Longevity Sciences - Longitudinal Study of Aging (NLS-LSA): Follow-Up Survey

Survey on Health and Daily Life for Non-Participants in the 9th Survey (Mail Survey 3)

Conducted in November 2022

I. Objective and Overview of the Survey

The purpose of this survey was to assess the current health status and daily life habits using a mail survey method among non-participants in the 9th wave survey (conducted from October 2018 to February 2022) of NLS-LSA project. The participants of the 9th wave survey were those who have previously participated in the 1st wave survey (November 1997 to April 2000) through the 8th wave survey (October 2013 to February 2016) of the NLS-LSA (aged range from 40 to 79 at the first participation), which were randomly selected age- and sex-stratified individuals from a pool of non-institutionalized residents in the National Center for Geriatrics and Gerontology (NCGG) neighborhood areas of Obu City and Higashiura Town in Aichi Prefecture.

In November 2022, among the 3,983 participants of NLS-LSA, a self-administered questionnaire was mailed to assess the current health status and daily life habits of 573 participants. This number excluded 1,689 participants who took part in the 9th survey, 834 individuals whose deaths were confirmed through resident registry or family contact, 798 individuals who declined to participate in the follow-up survey, and 89 individuals who were unable to be tracked due to relocation or other reasons. Out of the 573 participants, 236 responded to the mail survey, resulting in a response rate of 41.2%. The breakdown of non-respondents was as follows: 2 deaths, 2 unknown addresses, 1 permanent withdrawal due to institutionalization, and 332 unanswered questionnaires.

This survey was conducted in accordance with the "Ethical Guidelines for Human Genome and Genetic Research" after obtaining approval from the Ethics and Conflict of Interest Committee of the NCGG.

The number of respondents in mail survey 3 is shown below, categorized by gender and age groups.

	50–59 years	60–69 years	70–79 years	80–89 years	90+ years	Total
Male	24	29	22	32	3	110
Female	28	14	32	35	17	126
Total	52	43	54	67	20	236

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1. Health Status and Lifestyle Habits

1-1) Past and present illness

1-1-1) Cerebrovascular disease or stroke

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	23	95.8	26	89.7	20	90.9	30	85.7	99	90.0
	Female	28	100.0	14	100.0	31	96.9	42	84.0	115	92.7
	Total	51	98.1	40	93.0	51	94.4	72	84.7	214	91.5
On medication	Male	1	4.2	2	6.9	1	4.5	4	11.4	8	7.3
	Female	0	0.0	0	0.0	1	3.1	1	2.0	2	1.6
	Total	1	1.9	2	4.7	2	3.7	5	5.9	10	4.3
Previously medicated	Male	0	0.0	1	3.4	1	4.5	1	2.9	3	2.7
	Female	0	0.0	0	0.0	0	0.0	7	14.0	7	5.6
	Total	0	0.0	1	2.3	1	1.9	8	9.4	10	4.3
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

1-1-2) Hypertension

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	20	83.3	18	62.1	6	27.3	22	62.9	66	60.0
	Female	25	89.3	12	85.7	18	56.3	19	38.8	74	60.2
	Total	45	86.5	30	69.8	24	44.4	41	48.8	140	60.1
On medication	Male	4	16.7	5	17.2	15	68.2	11	31.4	35	31.8
	Female	2	7.1	2	14.3	12	37.5	27	55.1	43	35.0
	Total	6	11.5	7	16.3	27	50.0	38	45.2	78	33.5
Previously medicated	Male	0	0.0	2	6.9	1	4.5	0	0.0	3	2.7
	Female	1	3.6	0	0.0	2	6.3	3	6.1	6	4.9
	Total	1	1.9	2	4.7	3	5.6	3	3.6	9	3.9

Not treated	Male	0	0.0	4	13.8	0	0.0	2	5.7	6	5.5
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	4	9.3	0	0.0	2	2.4	6	2.6

1-1-3) Angina pectoris or myocardial infarction

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	24	100.0	25	86.2	18	81.8	27	77.1	94	85.5
	Female	28	100.0	13	92.9	30	93.8	40	83.3	111	91.0
	Total	52	100.0	38	88.4	48	88.9	67	80.7	205	88.4
On medication	Male	0	0.0	4	13.8	3	13.6	3	8.6	10	9.1
	Female	0	0.0	1	7.1	2	6.3	7	14.6	10	8.2
	Total	0	0.0	5	11.6	5	9.3	10	12.0	20	8.6
Previously medicated	Male	0	0.0	0	0.0	1	4.5	4	11.4	5	4.5
	Female	0	0.0	0	0.0	0	0.0	1	2.1	1	0.8
	Total	0	0.0	0	0.0	1	1.9	5	6.0	6	2.6
Not treated	Male	0	0.0	0	0.0	0	0.0	1	2.9	1	0.9
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	1	1.2	1	0.4

1-1-4) Dyslipidemia (Hyperlipidemia)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	22	91.7	22	75.9	14	66.7	33	94.3	91	83.5
	Female	26	92.9	9	64.3	19	61.3	41	87.2	95	79.2
	Total	48	92.3	31	72.1	33	63.5	74	90.2	186	81.2
On medication	Male	2	8.3	4	13.8	5	23.8	2	5.7	13	11.9
	Female	2	7.1	4	28.6	12	38.7	5	10.6	23	19.2
	Total	4	7.7	8	18.6	17	32.7	7	8.5	36	15.7
Previously medicated	Male	0	0.0	2	6.9	1	4.8	0	0.0	3	2.8
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	2	4.7	1	1.9	0	0.0	3	1.3
Not treated	Male	0	0.0	1	3.4	1	4.8	0	0.0	2	1.8
	Female	0	0.0	1	7.1	0	0.0	1	2.1	2	1.7
	Total	0	0.0	2	4.7	1	1.9	1	1.2	4	1.7

1-1-5) Diabetes mellitus

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	23	95.8	25	86.2	16	72.7	29	82.9	93	84.5
	Female	27	96.4	13	92.9	29	90.6	43	87.8	112	91.1
	Total	50	96.2	38	88.4	45	83.3	72	85.7	205	88.0
On medication	Male	1	4.2	2	6.9	6	27.3	5	14.3	14	12.7
	Female	1	3.6	0	0.0	3	9.4	5	10.2	9	7.3
	Total	2	3.8	2	4.7	9	16.7	10	11.9	23	9.9
Previously medicated	Male	0	0.0	1	3.4	0	0.0	1	2.9	2	1.8
	Female	0	0.0	1	7.1	0	0.0	1	2.0	2	1.6
	Total	0	0.0	2	4.7	0	0.0	2	2.4	4	1.7
Not treated	Male	0	0.0	1	3.4	0	0.0	0	0.0	1	0.9
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	1	2.3	0	0.0	0	0.0	1	0.4

1-1-6) Osteoporosis

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	24	100.0	29	100.0	21	95.5	33	94.3	107	97.3
	Female	28	100.0	13	92.9	23	71.9	31	62.0	95	76.6
	Total	52	100.0	42	97.7	44	81.5	64	75.3	202	86.3
On medication	Male	0	0.0	0	0.0	0	0.0	2	5.7	2	1.8
	Female	0	0.0	1	7.1	7	21.9	12	24.0	20	16.1
	Total	0	0.0	1	2.3	7	13.0	14	16.5	22	9.4
Previously medicated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	1	3.1	7	14.0	8	6.5
	Total	0	0.0	0	0.0	1	1.9	7	8.2	8	3.4
Not treated	Male	0	0.0	0	0.0	1	4.5	0	0.0	1	0.9
	Female	0	0.0	0	0.0	1	3.1	0	0.0	1	0.8
	Total	0	0.0	0	0.0	2	3.7	0	0.0	2	0.9

1-1-7) Rheumatoid arthritis

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	23	95.8	29	100.0	21	95.5	32	91.4	105	95.5
	Female	28	100.0	14	100.0	30	93.8	46	95.8	118	96.7
	Total	51	98.1	43	100.0	51	94.4	78	94.0	223	96.1
On medication	Male	1	4.2	0	0.0	0	0.0	3	8.6	4	3.6
	Female	0	0.0	0	0.0	2	6.3	1	2.1	3	2.5
	Total	1	1.9	0	0.0	2	3.7	4	4.8	7	3.0
Previously medicated	Male	0	0.0	0	0.0	1	4.5	0	0.0	1	0.9
	Female	0	0.0	0	0.0	0	0.0	1	2.1	1	0.8
	Total	0	0.0	0	0.0	1	1.9	1	1.2	2	0.9
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

1-1-8) Knee osteoarthritis

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	23	95.8	27	93.1	20	95.2	33	94.3	103	94.5
	Female	26	92.9	12	85.7	28	87.5	35	72.9	101	82.8
	Total	49	94.2	39	90.7	48	90.6	68	81.9	204	88.3
On medication	Male	1	4.2	1	3.4	1	4.8	0	0.0	3	2.8
	Female	1	3.6	1	7.1	3	9.4	8	16.7	13	10.7
	Total	2	3.8	2	4.7	4	7.5	8	9.6	16	6.9
Previously medicated	Male	0	0.0	0	0.0	0	0.0	1	2.9	1	0.9
	Female	0	0.0	1	7.1	1	3.1	5	10.4	7	5.7
	Total	0	0.0	1	2.3	1	1.9	6	7.2	8	3.5
Not treated	Male	0	0.0	1	3.4	0	0.0	1	2.9	2	1.8
	Female	1	3.6	0	0.0	0	0.0	0	0.0	1	0.8
	Total	1	1.9	1	2.3	0	0.0	1	1.2	3	1.3

1-1-9) Cancer

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	24	100.0	27	93.1	19	86.4	25	71.4	95	86.4
	Female	26	92.9	11	84.6	27	84.4	39	78.0	103	83.7
	Total	50	96.2	38	90.5	46	85.2	64	75.3	198	85.0
On medication	Male	0	0.0	0	0.0	0	0.0	2	5.7	2	1.8
	Female	0	0.0	0	0.0	3	9.4	1	2.0	4	3.3
	Total	0	0.0	0	0.0	3	5.6	3	3.5	6	2.6
Previously medicated	Male	0	0.0	2	6.9	3	13.6	8	22.9	13	11.8
	Female	2	7.1	2	15.4	2	6.3	10	20.0	16	13.0
	Total	2	3.8	4	9.5	5	9.3	18	21.2	29	12.4
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

1-1-10) Fracture

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	23	95.8	26	89.7	22	100.0	28	80.0	99	90.0
	Female	23	82.1	12	92.3	22	68.8	36	73.5	93	76.2
	Total	46	88.5	38	90.5	44	81.5	64	76.2	192	82.8
On medication	Male	0	0.0	0	0.0	0	0.0	1	2.9	1	0.9
	Female	0	0.0	0	0.0	0	0.0	1	2.0	1	0.8
	Total	0	0.0	0	0.0	0	0.0	2	2.4	2	0.9
Previously medicated	Male	1	4.2	3	10.3	0	0.0	6	17.1	10	9.1
	Female	5	17.9	1	7.7	10	31.3	12	24.5	28	23.0
	Total	6	11.5	4	9.5	10	18.5	18	21.4	38	16.4
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

1-1-11) Dementia

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	24	100.0	29	100.0	22	100.0	32	91.4	107	97.3
	Female	28	100.0	14	100.0	31	100.0	40	85.1	113	94.2
	Total	52	100.0	43	100.0	53	100.0	72	87.8	220	95.7
On medication	Male	0	0.0	0	0.0	0	0.0	3	8.6	3	2.7
	Female	0	0.0	0	0.0	0	0.0	4	8.5	4	3.3
	Total	0	0.0	0	0.0	0	0.0	7	8.5	7	3.0
Previously medicated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	1	2.1	1	0.8
	Total	0	0.0	0	0.0	0	0.0	1	1.2	1	0.4
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	2	4.3	2	1.7
	Total	0	0.0	0	0.0	0	0.0	2	2.4	2	0.9

1-1-12) Renal disease (Chronic kidney disease)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	24	100.0	28	96.6	22	100.0	33	97.1	107	98.2

	Female	28	100.0	13	92.9	32	100.0	47	95.9	120	97.6
	Total	52	100.0	41	95.3	54	100.0	80	96.4	227	97.8
On medication	Male	0	0.0	1	3.4	0	0.0	1	2.9	2	1.8
	Female	0	0.0	1	7.1	0	0.0	1	2.0	2	1.6
	Total	0	0.0	2	4.7	0	0.0	2	2.4	4	1.7
Previously medicated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	1	2.0	1	0.8
	Total	0	0.0	0	0.0	0	0.0	1	1.2	1	0.4
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

1-2) Self-rated health

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Excellent	Male	2	8.3	0	0.0	0	0.0	3	8.6	5	4.6
	Female	0	0.0	1	7.1	1	3.1	2	3.8	4	3.2
	Total	2	3.8	1	2.3	1	1.9	5	5.7	9	3.8
Good	Male	7	29.2	10	34.5	7	33.3	7	20.0	31	28.4
	Female	10	35.7	2	14.3	9	28.1	11	21.2	32	25.4
	Total	17	32.7	12	27.9	16	30.2	18	20.7	63	26.8
Fair	Male	14	58.3	15	51.7	10	47.6	19	54.3	58	53.2
	Female	18	64.3	11	78.6	21	65.6	30	57.7	80	63.5
	Total	32	61.5	26	60.5	31	58.5	49	56.3	138	58.7
Poor	Male	1	4.2	4	13.8	4	19.0	5	14.3	14	12.8
	Female	0	0.0	0	0.0	1	3.1	8	15.4	9	7.1
	Total	1	1.9	4	9.3	5	9.4	13	14.9	23	9.8
Bad	Male	0	0.0	0	0.0	0	0.0	1	2.9	1	0.9
	Female	0	0.0	0	0.0	0	0.0	1	1.9	1	0.8
	Total	0	0.0	0	0.0	0	0.0	2	2.3	2	0.9

1-3) Smoking status (including e-cigarettes and heated cigarettes)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Non-smoker	Male	10	41.7	6	20.7	7	33.3	9	25.7	32	29.4
	Female	26	92.9	13	92.9	30	93.8	49	96.1	118	94.4
	Total	36	69.2	19	44.2	37	69.8	58	67.4	150	64.1
Ex-smoker	Male	11	45.8	17	58.6	10	47.6	25	71.4	63	57.8
	Female	2	7.1	1	7.1	2	6.3	1	2.0	6	4.8
	Total	13	25.0	18	41.9	12	22.6	26	30.2	69	29.5
Current-smoker	Male	3	12.5	6	20.7	4	19.0	1	2.9	14	12.8
	Female	0	0.0	0	0.0	0	0.0	1	2.0	1	0.8
	Total	3	5.8	6	14.0	4	7.5	2	2.3	15	6.4

1-4) Alcohol drinking habits

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Everyday	Male	8	33.3	12	41.4	10	47.6	12	34.3	42	38.5
	Female	3	10.7	2	14.3	1	3.1	2	3.9	8	6.4
	Total	11	21.2	14	32.6	11	20.8	14	16.3	50	21.4
Sometimes (once a	Male	13	54.2	13	44.8	9	42.9	7	20.0	42	38.5

month or more)	Female	10	35.7	5	35.7	6	18.8	7	13.7	28	22.4
	Total	23	44.2	18	41.9	15	28.3	14	16.3	70	29.9
Never	Male	3	12.5	4	13.8	2	9.5	16	45.7	25	22.9
	Female	15	53.6	7	50.0	25	78.1	42	82.4	89	71.2
	Total	18	34.6	11	25.6	27	50.9	58	67.4	114	48.7

1-5) Frailty Screening Index

1-5-1) Frailty Screening Index: Shrinking (Weight loss)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes	Male	4	16.7	6	20.7	7	31.8	7	21.2	24	22.2
	Female	8	28.6	2	14.3	4	12.5	10	19.6	24	19.2
	Total	12	23.1	8	18.6	11	20.4	17	20.2	48	20.6
No	Male	20	83.3	23	79.3	15	68.2	26	78.8	84	77.8
	Female	20	71.4	12	85.7	28	87.5	41	80.4	101	80.8
	Total	40	76.9	35	81.4	43	79.6	67	79.8	185	79.4

1-5-2) Frailty Screening Index: Slowness (Low physical function)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes	Male	8	33.3	17	58.6	13	59.1	35	100.0	73	66.4
	Female	16	57.1	7	50.0	12	37.5	42	84.0	77	62.1
	Total	24	46.2	24	55.8	25	46.3	77	90.6	150	64.1
No	Male	16	66.7	12	41.4	9	40.9	0	0.0	37	33.6
	Female	12	42.9	7	50.0	20	62.5	8	16.0	47	37.9
	Total	28	53.8	19	44.2	29	53.7	8	9.4	84	35.9

1-5-3) Frailty Screening Index: Low physical activity

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes	Male	12	50.0	15	51.7	8	36.4	15	42.9	50	45.5
	Female	18	64.3	8	57.1	12	37.5	29	59.2	67	54.5
	Total	30	57.7	23	53.5	20	37.0	44	52.4	117	50.2
No	Male	12	50.0	14	48.3	14	63.6	20	57.1	60	54.5
	Female	10	35.7	6	42.9	20	62.5	20	40.8	56	45.5
	Total	22	42.3	20	46.5	34	63.0	40	47.6	116	49.8

1-5-4) Frailty Screening Index: Forgetfulness (Cognitive decline)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes	Male	0	0.0	1	3.4	0	0.0	4	11.4	5	4.5
	Female	1	3.6	1	7.1	0	0.0	6	12.5	8	6.6
	Total	1	1.9	2	4.7	0	0.0	10	12.0	13	5.6
No	Male	24	100.0	28	96.6	22	100.0	31	88.6	105	95.5
	Female	27	96.4	13	92.9	31	100.0	42	87.5	113	93.4
	Total	51	98.1	41	95.3	53	100.0	73	88.0	218	94.4

1-5-5) Frailty Screening Index: Exhaustion

		50-59yr		60-69yr		70-79yr		80yr-		Total	
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		N	%	N	%	N	%	N	%	N	%
Yes	Male	3	12.5	6	20.7	3	13.6	10	28.6	22	20.0
	Female	6	21.4	0	0.0	5	15.6	16	32.0	27	21.8
	Total	9	17.3	6	14.0	8	14.8	26	30.6	49	20.9
No	Male	21	87.5	23	79.3	19	86.4	25	71.4	88	80.0
	Female	22	78.6	14	100.0	27	84.4	34	68.0	97	78.2
	Total	43	82.7	37	86.0	46	85.2	59	69.4	185	79.1

1-5-6) Frailty assessment (calculated based on Yamada and Arai (2015))

Note: Respondents who did not meet the above five items were classified as robust, those meeting one or two items as pre-frail, and those meeting three or more items as frail.

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Robust	Male	8	33.3	7	24.1	6	27.3	0	0.0	21	19.4
	Female	1	3.6	3	21.4	11	35.5	4	8.5	19	15.8
	Total	9	17.3	10	23.3	17	32.1	4	5.0	40	17.5
Pre-frail	Male	12	50.0	16	55.2	13	59.1	23	69.7	64	59.3
	Female	23	82.1	9	64.3	19	61.3	27	57.4	78	65.0
	Total	35	67.3	25	58.1	32	60.4	50	62.5	142	62.3
Frail	Male	4	16.7	6	20.7	3	13.6	10	30.3	23	21.3
	Female	4	14.3	2	14.3	1	3.2	16	34.0	23	19.2
	Total	8	15.4	8	18.6	4	7.5	26	32.5	46	20.2

1-6) MOS 36-Item Short-Form Health Survey (SF-36, Physical Functioning),
Difficulty in sitting on the floor in Japanese style

1-6-1) SF-36: Limitation of vigorous activities, such as running, lifting heavy objects, participating in strenuous sports

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	3	12.5	9	31.0	4	18.2	20	58.8	36	33.0
	Female	5	17.9	4	28.6	13	40.6	38	74.5	60	48.0
	Total	8	15.4	13	30.2	17	31.5	58	68.2	96	41.0
Yes, limited a little	Male	13	54.2	13	44.8	15	68.2	12	35.3	53	48.6
	Female	12	42.9	6	42.9	12	37.5	10	19.6	40	32.0
	Total	25	48.1	19	44.2	27	50.0	22	25.9	93	39.7
No, not limited at all	Male	8	33.3	7	24.1	3	13.6	2	5.9	20	18.3
	Female	11	39.3	4	28.6	7	21.9	3	5.9	25	20.0
	Total	19	36.5	11	25.6	10	18.5	5	5.9	45	19.2

1-6-2) SF-36: Limitation of moderate activities, such as cleaning the house and yard, taking a walk for an hour or two

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	2	6.9	0	0.0	8	25.0	10	9.3
	Female	0	0.0	0	0.0	2	6.3	14	27.5	16	12.8
	Total	0	0.0	2	4.7	2	3.7	22	26.5	26	11.2
Yes, limited a little	Male	3	12.5	5	17.2	8	36.4	13	40.6	29	27.1
	Female	3	10.7	3	21.4	6	18.8	21	41.2	33	26.4
	Total	6	11.5	8	18.6	14	25.9	34	41.0	62	26.7
No, not limited at all	Male	21	87.5	22	75.9	14	63.6	11	34.4	68	63.6
	Female	25	89.3	11	78.6	24	75.0	16	31.4	76	60.8
	Total	46	88.5	33	76.7	38	70.4	27	32.5	144	62.1

1-6-3) SF-36: Limitation of lifting or carrying groceries

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	1	3.4	0	0.0	5	14.3	6	5.5
	Female	0	0.0	0	0.0	2	6.3	12	23.5	14	11.2
	Total	0	0.0	1	2.3	2	3.7	17	19.8	20	8.5
Yes, limited a little	Male	1	4.2	3	10.3	7	31.8	12	34.3	23	20.9
	Female	5	17.9	5	35.7	10	31.3	28	54.9	48	38.4
	Total	6	11.5	8	18.6	17	31.5	40	46.5	71	30.2
No, not limited at all	Male	23	95.8	25	86.2	15	68.2	18	51.4	81	73.6
	Female	23	82.1	9	64.3	20	62.5	11	21.6	63	50.4
	Total	46	88.5	34	79.1	35	64.8	29	33.7	144	61.3

1-6-4) SF-36: Limitation of climbing several flights of stairs

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	0	0.0	1	4.5	9	26.5	10	9.2
	Female	0	0.0	0	0.0	3	9.4	13	27.7	16	13.2
	Total	0	0.0	0	0.0	4	7.4	22	27.2	26	11.3
Yes, limited a little	Male	2	8.3	7	24.1	7	31.8	14	41.2	30	27.5
	Female	10	35.7	4	28.6	9	28.1	21	44.7	44	36.4
	Total	12	23.1	11	25.6	16	29.6	35	43.2	74	32.2
No, not limited at all	Male	22	91.7	22	75.9	14	63.6	11	32.4	69	63.3
	Female	18	64.3	10	71.4	20	62.5	13	27.7	61	50.4
	Total	40	76.9	32	74.4	34	63.0	24	29.6	130	56.5

1-6-5) SF-36: Limitation of climbing one flight of stairs

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	1	3.4	0	0.0	5	14.7	6	5.5
	Female	0	0.0	0	0.0	2	6.3	10	20.8	12	9.8
	Total	0	0.0	1	2.3	2	3.7	15	18.3	18	7.8
Yes, limited a little	Male	1	4.2	2	6.9	4	18.2	11	32.4	18	16.5
	Female	2	7.1	2	14.3	3	9.4	15	31.3	22	18.0
	Total	3	5.8	4	9.3	7	13.0	26	31.7	40	17.3
No, not limited at all	Male	23	95.8	26	89.7	18	81.8	18	52.9	85	78.0
	Female	26	92.9	12	85.7	27	84.4	23	47.9	88	72.1
	Total	49	94.2	38	88.4	45	83.3	41	50.0	173	74.9

1-6-6) SF-36: Limitation of bending, kneeling, or stooping

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	0	0.0	1	4.5	3	8.8	4	3.7
	Female	0	0.0	0	0.0	2	6.3	10	20.0	12	9.7
	Total	0	0.0	0	0.0	3	5.6	13	15.5	16	6.9
Yes, limited a little	Male	3	12.5	6	20.7	5	22.7	18	52.9	32	29.4
	Female	5	17.9	2	14.3	7	21.9	22	44.0	36	29.0
	Total	8	15.4	8	18.6	12	22.2	40	47.6	68	29.2
No, not limited at all	Male	21	87.5	23	79.3	16	72.7	13	38.2	73	67.0
	Female	23	82.1	12	85.7	23	71.9	18	36.0	76	61.3

Total 44 84.6 35 81.4 39 72.2 31 36.9 149 63.9

1-6-7) SF-36: Limitation of walking more than 1 km

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	2	6.9	1	4.5	9	25.7	12	10.9
	Female	1	3.6	1	7.1	3	9.7	18	36.7	23	18.9
	Total	1	1.9	3	7.0	4	7.5	27	32.1	35	15.1
Yes, limited a little	Male	3	12.5	2	6.9	7	31.8	12	34.3	24	21.8
	Female	1	3.6	3	21.4	2	6.5	15	30.6	21	17.2
	Total	4	7.7	5	11.6	9	17.0	27	32.1	45	19.4
No, not limited at all	Male	21	87.5	25	86.2	14	63.6	14	40.0	74	67.3
	Female	26	92.9	10	71.4	26	83.9	16	32.7	78	63.9
	Total	47	90.4	35	81.4	40	75.5	30	35.7	152	65.5

1-6-8) SF-36: Limitation of walking several hundred meters

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	1	3.4	0	0.0	7	21.2	8	7.5
	Female	0	0.0	0	0.0	2	6.5	13	26.0	15	12.2
	Total	0	0.0	1	2.3	2	3.9	20	24.1	23	10.0
Yes, limited a little	Male	1	4.2	3	10.3	3	15.0	6	18.2	13	12.3
	Female	1	3.6	3	21.4	1	3.2	14	28.0	19	15.4
	Total	2	3.8	6	14.0	4	7.8	20	24.1	32	14.0
No, not limited at all	Male	23	95.8	25	86.2	17	85.0	20	60.6	85	80.2
	Female	27	96.4	11	78.6	28	90.3	23	46.0	89	72.4
	Total	50	96.2	36	83.7	45	88.2	43	51.8	174	76.0

1-6-9) SF-36: Limitation of walking one hundred meters

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	1	3.4	0	0.0	2	6.3	3	2.9
	Female	0	0.0	0	0.0	2	6.5	11	22.0	13	10.6
	Total	0	0.0	1	2.3	2	3.9	13	15.9	16	7.0
Yes, limited a little	Male	0	0.0	1	3.4	2	10.0	8	25.0	11	10.5
	Female	1	3.6	2	14.3	1	3.2	12	24.0	16	13.0
	Total	1	1.9	3	7.0	3	5.9	20	24.4	27	11.8
No, not limited at all	Male	24	100.0	27	93.1	18	90.0	22	68.8	91	86.7
	Female	27	96.4	12	85.7	28	90.3	27	54.0	94	76.4
	Total	51	98.1	39	90.7	46	90.2	49	59.8	185	81.1

1-6-10) SF-36: Limitation of bathing or dressing oneself

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes, limited a lot	Male	0	0.0	0	0.0	0	0.0	3	8.8	3	2.8
	Female	0	0.0	0	0.0	0	0.0	5	9.8	5	4.0
	Total	0	0.0	0	0.0	0	0.0	8	9.4	8	3.4
Yes, limited a little	Male	0	0.0	2	6.9	1	4.5	3	8.8	6	5.5
	Female	1	3.6	2	14.3	1	3.1	10	19.6	14	11.2
	Total	1	1.9	4	9.3	2	3.7	13	15.3	20	8.5

No, not limited at all	Male	24	100.0	27	93.1	21	95.5	28	82.4	100	91.7
	Female	27	96.4	12	85.7	31	96.9	36	70.6	106	84.8
	Total	51	98.1	39	90.7	52	96.3	64	75.3	206	88.0

1-6-11) Difficulty in sitting on the floor in Japanese style

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	3	12.5	4	13.8	2	9.1	11	32.4	20	18.3
	Female	3	10.7	0	0.0	3	9.4	21	41.2	27	21.6
	Total	6	11.5	4	9.3	5	9.3	32	37.6	47	20.1
A little difficult	Male	5	20.8	7	24.1	5	22.7	11	32.4	28	25.7
	Female	2	7.1	3	21.4	6	18.8	14	27.5	25	20.0
	Total	7	13.5	10	23.3	11	20.4	25	29.4	53	22.6
Not difficult at all	Male	16	66.7	18	62.1	15	68.2	12	35.3	61	56.0
	Female	23	82.1	11	78.6	23	71.9	16	31.4	73	58.4
	Total	39	75.0	29	67.4	38	70.4	28	32.9	134	57.3

1-7) Continued exercises in the past year (at least 20 minutes once a month)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes	Male	9	37.5	16	57.1	10	47.6	16	50.0	51	48.6
	Female	9	32.1	7	50.0	20	64.5	18	36.0	54	43.9
	Total	18	34.6	23	54.8	30	57.7	34	41.5	105	46.1
No	Male	15	62.5	12	42.9	11	52.4	16	50.0	54	51.4
	Female	19	67.9	7	50.0	11	35.5	32	64.0	69	56.1
	Total	34	65.4	19	45.2	22	42.3	48	58.5	123	53.9

1-8) Frequency of going out (for work, shopping, walking, or outpatient treatment, etc.)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Once a day or more	Male	24	100.0	19	65.5	17	77.3	14	42.4	74	68.5
	Female	22	78.6	10	71.4	16	50.0	13	27.1	61	50.0
	Total	46	88.5	29	67.4	33	61.1	27	33.3	135	58.7
Once every two to three days	Male	0	0.0	8	27.6	5	22.7	9	27.3	22	20.4
	Female	4	14.3	2	14.3	13	40.6	17	35.4	36	29.5
	Total	4	7.7	10	23.3	18	33.3	26	32.1	58	25.2
Once a week	Male	0	0.0	1	3.4	0	0.0	7	21.2	8	7.4
	Female	2	7.1	2	14.3	3	9.4	9	18.8	16	13.1
	Total	2	3.8	3	7.0	3	5.6	16	19.8	24	10.4
Almost never	Male	0	0.0	1	3.4	0	0.0	3	9.1	4	3.7
	Female	0	0.0	0	0.0	0	0.0	9	18.8	9	7.4
	Total	0	0.0	1	2.3	0	0.0	12	14.8	13	5.7

1-9) History of falls in the past year

1-9-1) History of falls in the past year

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes	Male	1	4.2	4	13.8	7	31.8	11	33.3	23	21.3
	Female	6	21.4	3	21.4	4	12.5	18	36.0	31	25.0
	Total	7	13.5	7	16.3	11	20.4	29	34.9	54	23.3

No	Male											
	23	95.8	25	86.2	15	68.2	22	66.7	85	78.7		
	Female	22	78.6	11	78.6	28	87.5	32	64.0	93	75.0	
Total	45	86.5	36	83.7	43	79.6	54	65.1	178	76.7		

1-9-2) Frequency of falls in the past year (only for those with a history of falls)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	.	1	2.8	1.7	4	3.3	3.3	7	2.4	1.4	10	2.7	2.2	22
Female	1.2	0.4	6	4.7	4.6	3	1.3	0.5	4	2.4	2.0	16	2.2	2.2	29
Total	1.1	0.4	7	3.6	3.1	7	2.5	2.8	11	2.4	1.8	26	2.4	2.2	51

1-10) Height and body weight

1-10-1) Height (cm)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	171.1	4.8	24	169.5	6.5	29	163.8	5.4	21	162.4	5.6	32	166.6	6.7	106
Female	158.4	6.6	27	153.5	5.0	14	152.7	4.6	32	147.2	5.7	46	152.0	7.0	119
Total	164.4	8.6	51	164.3	9.7	43	157.1	7.3	53	153.4	9.4	78	158.9	10.0	225

1-10-2) Body weight (kg)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	68.4	9.3	24	66.7	9.2	29	63.9	10.6	22	60.4	8.5	32	64.6	9.7	107
Female	56.1	7.7	28	49.5	8.2	14	50.8	6.9	32	48.0	7.8	49	50.7	8.1	123
Total	61.8	10.4	52	61.1	12.0	43	56.1	10.7	54	52.9	10.1	81	57.2	11.3	230

1-11-A) Tokyo Metropolitan Institute of Gerontology Index of Competence (TMIG-IC)

1-11-A-1) TMIG-IC: Total score of 3 subscales (13 items. possible range 0-13)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.3	1.7	23	11.5	2.5	28	11.2	1.4	19	10.3	3.0	31	11.0	2.4	101
Female	11.5	1.5	28	10.6	2.3	14	11.8	1.7	30	9.0	4.0	45	10.5	3.1	117
Total	11.4	1.6	51	11.2	2.5	42	11.6	1.6	49	9.6	3.7	76	10.7	2.8	218

1-11-A-2) TMIG-IC subscale 1: Instrumental Self-Maintenance (5 items. possible range 0-5)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.0	0.0	24	4.8	0.9	29	4.8	0.5	21	3.7	1.7	34	4.5	1.2	108
Female	5.0	0.0	28	4.7	1.1	14	4.8	0.8	32	3.7	1.8	49	4.4	1.4	123
Total	5.0	0.0	52	4.8	1.0	43	4.8	0.7	53	3.7	1.8	83	4.4	1.3	231

1-11-A-3) TMIG-IC subscale 2: Intellectual Activity (4 items. possible range 0-4)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.1	1.1	23	3.6	0.8	28	3.5	0.7	21	3.5	1.0	35	3.4	0.9	107
Female	3.5	0.7	28	3.2	0.8	14	3.8	0.4	32	3.1	1.1	49	3.4	0.9	123
Total	3.3	0.9	51	3.5	0.8	42	3.7	0.6	53	3.3	1.1	84	3.4	0.9	230

1-11-A-4) TMIG-IC subscale 3: Social Role (4 items. possible range 0-4)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.2	0.8	24	3.0	1.2	29	3.0	1.0	20	3.0	1.1	31	3.0	1.0	104
Female	3.0	1.1	28	2.6	1.3	14	3.2	1.0	30	2.5	1.4	48	2.8	1.3	120
Total	3.1	1.0	52	2.9	1.2	43	3.1	1.0	50	2.7	1.3	79	2.9	1.2	224

1-11-B) Japan Science and Technology Agency Index of Competence (JST-IC)

1-11-B-1) JST-IC: Total score of 4 subscales (16 items. possible range 0-16)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.7	2.5	23	12.4	3.2	27	10.8	3.5	18	8.9	3.7	30	11.1	3.6	98
Female	13.1	2.7	28	11.4	2.5	14	10.5	2.6	28	6.4	3.7	42	9.7	4.1	112
Total	12.9	2.6	51	12.1	3.0	41	10.6	2.9	46	7.4	3.9	72	10.4	3.9	210

1-11-B-2) JST-IC subscale 1: Technology usage (4 items. possible range 0-4)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.9	0.3	24	3.7	0.9	29	3.3	1.1	18	2.2	1.6	31	3.2	1.3	102
Female	3.9	0.6	28	3.7	0.5	14	3.5	0.8	32	1.5	1.3	49	2.8	1.5	123
Total	3.9	0.5	52	3.7	0.8	43	3.4	0.9	50	1.8	1.5	80	3.0	1.4	225

1-11-B-3) JST-IC subscale 2: Information practice (4 items. possible range 0-4)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.7	0.6	24	3.5	0.9	28	3.0	1.1	20	2.9	1.0	31	3.3	1.0	103
Female	3.4	0.8	28	2.9	1.3	14	2.9	1.2	32	2.2	1.2	46	2.7	1.2	120
Total	3.5	0.7	52	3.3	1.1	42	2.9	1.1	52	2.5	1.2	77	3.0	1.1	223

1-11-B-4) JST-IC subscale 3: Life management (4 items. possible range 0-4)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.3	0.9	23	3.1	1.2	27	3.2	1.0	20	2.8	1.0	33	3.1	1.0	103
Female	3.7	0.8	28	3.4	0.8	14	3.3	0.9	29	2.1	1.2	47	3.0	1.2	118
Total	3.5	0.9	51	3.2	1.1	41	3.3	0.9	49	2.4	1.2	80	3.0	1.1	221

1-11-B-5) JST-IC subscale 4: Social engagement (4 items. possible range 0-4)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	1.6	24	1.9	1.4	29	1.4	1.3	20	0.8	1.3	33	1.5	1.5	106
Female	2.0	1.6	28	1.4	0.9	14	0.9	0.8	28	0.6	1.0	50	1.1	1.2	120
Total	1.9	1.5	52	1.7	1.3	43	1.1	1.1	48	0.7	1.1	83	1.3	1.4	226

1-12) Independence in activities of daily living

1-12-1) Bathing

	50-59yr	60-69yr	70-79yr	80yr-	Total
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		N	%	N	%	N	%	N	%	N	%
Independence	Male	24	100.0	29	100.0	21	95.5	31	88.6	105	95.5
	Female	27	96.4	14	100.0	32	100.0	45	86.5	118	93.7
	Total	51	98.1	43	100.0	53	98.1	76	87.4	223	94.5
Dependence	Male	0	0.0	0	0.0	1	4.5	4	11.4	5	4.5
	Female	1	3.6	0	0.0	0	0.0	7	13.5	8	6.3
	Total	1	1.9	0	0.0	1	1.9	11	12.6	13	5.5

1-12-2) Moving in and out of bed, lying on and getting up from futon

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	24	100.0	29	100.0	22	100.0	31	88.6	106	96.4
	Female	27	96.4	13	92.9	32	100.0	49	94.2	121	96.0
	Total	51	98.1	42	97.7	54	100.0	80	92.0	227	96.2
Dependence	Male	0	0.0	0	0.0	0	0.0	4	11.4	4	3.6
	Female	1	3.6	1	7.1	0	0.0	3	5.8	5	4.0
	Total	1	1.9	1	2.3	0	0.0	7	8.0	9	3.8

1-12-3) Sitting on chair, getting up from chair

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	24	100.0	29	100.0	22	100.0	31	88.6	106	96.4
	Female	28	100.0	13	92.9	32	100.0	47	90.4	120	95.2
	Total	52	100.0	42	97.7	54	100.0	78	89.7	226	95.8
Dependence	Male	0	0.0	0	0.0	0	0.0	4	11.4	4	3.6
	Female	0	0.0	1	7.1	0	0.0	5	9.6	6	4.8
	Total	0	0.0	1	2.3	0	0.0	9	10.3	10	4.2

1-12-4) Walking indoors

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	24	100.0	29	100.0	22	100.0	32	91.4	107	97.3
	Female	28	100.0	13	92.9	32	100.0	49	94.2	122	96.8
	Total	52	100.0	42	97.7	54	100.0	81	93.1	229	97.0
Dependence	Male	0	0.0	0	0.0	0	0.0	3	8.6	3	2.7
	Female	0	0.0	1	7.1	0	0.0	3	5.8	4	3.2
	Total	0	0.0	1	2.3	0	0.0	6	6.9	7	3.0

1-12-5) Dressing

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	24	100.0	28	96.6	22	100.0	32	91.4	106	96.4
	Female	27	96.4	14	100.0	32	100.0	47	90.4	120	95.2
	Total	51	98.1	42	97.7	54	100.0	79	90.8	226	95.8
Dependence	Male	0	0.0	1	3.4	0	0.0	3	8.6	4	3.6
	Female	1	3.6	0	0.0	0	0.0	5	9.6	6	4.8
	Total	1	1.9	1	2.3	0	0.0	8	9.2	10	4.2

1-12-6) Continence

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	24	100.0	29	100.0	22	100.0	32	91.4	107	97.3
	Female	27	96.4	14	100.0	32	100.0	49	94.2	122	96.8
	Total	51	98.1	43	100.0	54	100.0	81	93.1	229	97.0
Dependence	Male	0	0.0	0	0.0	0	0.0	3	8.6	3	2.7
	Female	1	3.6	0	0.0	0	0.0	3	5.8	4	3.2
	Total	1	1.9	0	0.0	0	0.0	6	6.9	7	3.0

1-12-7) Feeding

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	24	100.0	29	100.0	22	100.0	29	82.9	104	94.5
	Female	27	96.4	14	100.0	31	96.9	48	92.3	120	95.2
	Total	51	98.1	43	100.0	53	98.1	77	88.5	224	94.9
Dependence	Male	0	0.0	0	0.0	0	0.0	6	17.1	6	5.5
	Female	1	3.6	0	0.0	1	3.1	4	7.7	6	4.8
	Total	1	1.9	0	0.0	1	1.9	10	11.5	12	5.1

1-12-8) Grooming (Makeup and hairdressing)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	24	100.0	28	96.6	22	100.0	33	94.3	107	97.3
	Female	28	100.0	14	100.0	32	100.0	47	90.4	121	96.0
	Total	52	100.0	42	97.7	54	100.0	80	92.0	228	96.6
Dependence	Male	0	0.0	1	3.4	0	0.0	2	5.7	3	2.7
	Female	0	0.0	0	0.0	0	0.0	5	9.6	5	4.0
	Total	0	0.0	1	2.3	0	0.0	7	8.0	8	3.4

1-13) Long-term care certification

1-13-1) Certification of long-term care need

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never certified	Male	23	100.0	28	96.6	21	100.0	21	61.8	93	86.9
	Female	27	100.0	13	92.9	28	90.3	27	56.3	95	79.2
	Total	50	100.0	41	95.3	49	94.2	48	58.5	188	82.8
Previously but not currently certified	Male	0	0.0	0	0.0	0	0.0	3	8.8	3	2.8
	Female	0	0.0	0	0.0	0	0.0	1	2.1	1	0.8
	Total	0	0.0	0	0.0	0	0.0	4	4.9	4	1.8
Currently certified	Male	0	0.0	1	3.4	0	0.0	10	29.4	11	10.3
	Female	0	0.0	1	7.1	3	9.7	20	41.7	24	20.0
	Total	0	0.0	2	4.7	3	5.8	30	36.6	35	15.4

1-13-2) Current care-levels (only for those who are currently certificated)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Support level 1	Male	0	0	0	0.0	0	0	1	11.1	1	10.0
	Female	0	0	0	0.0	1	33.3	5	25.0	6	25.0
	Total	0	0	0	0.0	1	33.3	6	20.7	7	20.6

Support level 2	Male	0	0	0	0.0	0	0	3	33.3	3	30.0
	Female	0	0	0	0.0	1	33.3	5	25.0	6	25.0
	Total	0	0	0	0.0	1	33.3	8	27.6	9	26.5
Care level 1	Male	0	0	0	0.0	0	0	1	11.1	1	10.0
	Female	0	0	0	0.0	0	0.0	3	15.0	3	12.5
	Total	0	0	0	0.0	0	0.0	4	13.8	4	11.8
Care level 2	Male	0	0	0	0.0	0	0	0	0.0	0	0.0
	Female	0	0	0	0.0	1	33.3	2	10.0	3	12.5
	Total	0	0	0	0.0	1	33.3	2	6.9	3	8.8
Care level 3	Male	0	0	1	100.0	0	0	0	0.0	1	10.0
	Female	0	0	1	100.0	0	0.0	1	5.0	2	8.3
	Total	0	0	2	100.0	0	0.0	1	3.4	3	8.8
Care level 4	Male	0	0	0	0.0	0	0	2	22.2	2	20.0
	Female	0	0	0	0.0	0	0.0	4	20.0	4	16.7
	Total	0	0	0	0.0	0	0.0	6	20.7	6	17.6
Care level 5	Male	0	0	0	0.0	0	0	2	22.2	2	20.0
	Female	0	0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0	0	0.0	0	0.0	2	6.9	2	5.9

2. Current Living Conditions

2-1) Marital status

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Unmarried	Male	4	16.7	0	0.0	1	4.8	0	0.0	5	4.7
	Female	2	7.1	0	0.0	0	0.0	1	2.0	3	2.4
	Total	6	11.5	0	0.0	1	1.9	1	1.2	8	3.5
Married (covers unregistered marriage)	Male	19	79.2	28	100.0	15	71.4	28	84.8	90	84.9
	Female	25	89.3	13	92.9	23	71.9	15	29.4	76	60.8
	Total	44	84.6	41	97.6	38	71.7	43	51.2	166	71.9
Separated (except for living conditions such as working away from home)	Male	1	4.2	0	0.0	0	0.0	0	0.0	1	0.9
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	1.9	0	0.0	0	0.0	0	0.0	1	0.4
Divorced	Male	0	0.0	0	0.0	1	4.8	0	0.0	1	0.9
	Female	0	0.0	1	7.1	2	6.3	2	3.9	5	4.0
	Total	0	0.0	1	2.4	3	5.7	2	2.4	6	2.6
Widowed	Male	0	0.0	0	0.0	4	19.0	5	15.2	9	8.5
	Female	1	3.6	0	0.0	7	21.9	33	64.7	41	32.8
	Total	1	1.9	0	0.0	11	20.8	38	45.2	50	21.6

2-2) Household composition

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Living alone	Male	5	20.8	1	3.6	3	13.6	2	5.9	11	10.2
	Female	2	7.1	1	7.1	7	21.9	17	33.3	27	21.6
	Total	7	13.5	2	4.8	10	18.5	19	22.4	38	16.3
Husband and wife	Male	4	16.7	13	46.4	12	54.5	21	61.8	50	46.3
	Female	6	21.4	10	71.4	14	43.8	10	19.6	40	32.0
	Total	10	19.2	23	54.8	26	48.1	31	36.5	90	38.6
Others	Male	15	62.5	14	50.0	7	31.8	11	32.4	47	43.5
	Female	20	71.4	3	21.4	11	34.4	24	47.1	58	46.4
	Total	35	67.3	17	40.5	18	33.3	35	41.2	105	45.1

3. Current Occupation and Economic Status

3-1) Current employment status

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Inoccupation	Male	0	0.0	5	17.9	13	59.1	29	90.6	47	44.8
	Female	2	7.1	1	7.1	15	46.9	32	65.3	50	40.7
	Total	2	3.9	6	14.3	28	51.9	61	75.3	97	42.5
Housewife or househusband	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	4	14.3	5	35.7	13	40.6	13	26.5	35	28.5
	Total	4	7.8	5	11.9	13	24.1	13	16.0	35	15.4
Regular employment (full-time employee, etc.)	Male	20	87.0	8	28.6	1	4.5	0	0.0	29	27.6
	Female	7	25.0	1	7.1	0	0.0	1	2.0	9	7.3
	Total	27	52.9	9	21.4	1	1.9	1	1.2	38	16.7
Non-regular employment (part-time worker, contract employee, temporary staff, etc.)	Male	0	0.0	12	42.9	6	27.3	2	6.3	20	19.0
	Female	11	39.3	4	28.6	3	9.4	0	0.0	18	14.6
	Total	11	21.6	16	38.1	9	16.7	2	2.5	38	16.7
Others (self- employed, agriculture, forestry, fishery, etc.)	Male	3	13.0	3	10.7	2	9.1	1	3.1	9	8.6
	Female	4	14.3	3	21.4	1	3.1	3	6.1	11	8.9
	Total	7	13.7	6	14.3	3	5.6	4	4.9	20	8.8

3-2) Household annual income

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Less than 1,500,000yen	Male	0	0.0	4	14.8	0	0.0	2	6.9	6	6.0
	Female	2	7.4	1	7.1	3	10.7	9	21.4	15	13.5
	Total	2	3.9	5	12.2	3	6.3	11	15.5	21	10.0
1,500,000 to 2,490,000 yen	Male	0	0.0	1	3.7	3	15.0	7	24.1	11	11.0
	Female	0	0.0	0	0.0	6	21.4	10	23.8	16	14.4
	Total	0	0.0	1	2.4	9	18.8	17	23.9	27	12.8
2,500,000 to 3,490,000 yen	Male	2	8.3	2	7.4	5	25.0	11	37.9	20	20.0
	Female	1	3.7	2	14.3	8	28.6	10	23.8	21	18.9
	Total	3	5.9	4	9.8	13	27.1	21	29.6	41	19.4
3,500,000 to 4,490,000 yen	Male	2	8.3	7	25.9	5	25.0	4	13.8	18	18.0
	Female	1	3.7	3	21.4	3	10.7	4	9.5	11	9.9
	Total	3	5.9	10	24.4	8	16.7	8	11.3	29	13.7
4,500,000 to 5,490,000 yen	Male	2	8.3	2	7.4	2	10.0	2	6.9	8	8.0
	Female	1	3.7	2	14.3	4	14.3	3	7.1	10	9.0
	Total	3	5.9	4	9.8	6	12.5	5	7.0	18	8.5
5,500,000 to 6,490,000 yen	Male	2	8.3	2	7.4	0	0.0	0	0.0	4	4.0
	Female	2	7.4	3	21.4	1	3.6	2	4.8	8	7.2
	Total	4	7.8	5	12.2	1	2.1	2	2.8	12	5.7
6,500,000 to 7,490,000 yen	Male	3	12.5	2	7.4	2	10.0	0	0.0	7	7.0
	Female	1	3.7	0	0.0	0	0.0	0	0.0	1	0.9
	Total	4	7.8	2	4.9	2	4.2	0	0.0	8	3.8
7,500,000 to 8,490,000 yen	Male	3	12.5	1	3.7	3	15.0	1	3.4	8	8.0
	Female	2	7.4	1	7.1	0	0.0	0	0.0	3	2.7
	Total	5	9.8	2	4.9	3	6.3	1	1.4	11	5.2
8,500,000 to 9,990,000 yen	Male	4	16.7	1	3.7	0	0.0	2	6.9	7	7.0
	Female	9	33.3	2	14.3	1	3.6	1	2.4	13	11.7

	Total	13	25.5	3	7.3	1	2.1	3	4.2	20	9.5
10,000,000 to 19,990,000 yen	Male	6	25.0	4	14.8	0	0.0	0	0.0	10	10.0
	Female	6	22.2	0	0.0	2	7.1	3	7.1	11	9.9
	Total	12	23.5	4	9.8	2	4.2	3	4.2	21	10.0
20,000,000 yen or more	Male	0	0.0	1	3.7	0	0.0	0	0.0	1	1.0
	Female	2	7.4	0	0.0	0	0.0	0	0.0	2	1.8
	Total	2	3.9	1	2.4	0	0.0	0	0.0	3	1.4

3-3) Satisfaction with financial status

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very satisfied	Male	4	16.7	0	0.0	1	4.5	4	11.4	9	8.3
	Female	4	14.3	3	21.4	4	12.5	10	19.6	21	16.8
	Total	8	15.4	3	7.1	5	9.3	14	16.3	30	12.8
Somewhat satisfied	Male	6	25.0	6	21.4	8	36.4	7	20.0	27	24.8
	Female	11	39.3	5	35.7	9	28.1	15	29.4	40	32.0
	Total	17	32.7	11	26.2	17	31.5	22	25.6	67	28.6
Neither satisfied nor unsatisfied	Male	9	37.5	12	42.9	7	31.8	12	34.3	40	36.7
	Female	9	32.1	3	21.4	10	31.3	21	41.2	43	34.4
	Total	18	34.6	15	35.7	17	31.5	33	38.4	83	35.5
Somewhat unsatisfied	Male	3	12.5	9	32.1	4	18.2	7	20.0	23	21.1
	Female	4	14.3	2	14.3	8	25.0	3	5.9	17	13.6
	Total	7	13.5	11	26.2	12	22.2	10	11.6	40	17.1
Very unsatisfied	Male	2	8.3	1	3.6	2	9.1	5	14.3	10	9.2
	Female	0	0.0	1	7.1	1	3.1	2	3.9	4	3.2
	Total	2	3.8	2	4.8	3	5.6	7	8.1	14	6.0

4. Subjective Well-being

4-1) Life Satisfaction Index-K (LSI-K)

4-1-1) LSI-K: Total score of 3 subscales (9 items. possible range 0-9)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.7	2.1	23	4.7	2.1	27	4.3	2.1	21	3.9	2.5	33	4.6	2.3	104
Female	5.0	2.5	28	4.7	2.4	13	4.4	2.3	30	4.3	2.7	46	4.6	2.5	117
Total	5.3	2.3	51	4.7	2.2	40	4.4	2.2	51	4.2	2.6	79	4.6	2.4	221

4-1-2) LSI-K subscale 1: Satisfaction with life as a whole (4 items. possible range 0-4)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	1.4	24	1.4	1.2	27	1.3	1.1	21	1.6	1.4	33	1.6	1.3	105
Female	1.8	1.5	28	1.8	1.2	13	1.8	1.4	30	2.1	1.2	47	1.9	1.3	118
Total	1.8	1.4	52	1.5	1.2	40	1.6	1.3	51	1.9	1.3	80	1.7	1.3	223

4-1-3) LSI-K subscale 2: Psychological stability (3 items. possible range 0-3)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	1.0	23	1.9	1.1	29	1.7	1.2	22	1.4	1.2	33	1.7	1.1	107
Female	1.7	1.0	28	1.7	1.1	13	1.4	1.1	32	1.4	1.2	48	1.5	1.1	121
Total	1.8	1.0	51	1.8	1.1	42	1.5	1.1	54	1.4	1.2	81	1.6	1.1	228

4-1-4) LSI-K subscale 3: Evaluation of own aging (2 items, possible range 0-2)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	0.5	24	1.3	0.8	29	1.1	0.8	22	0.9	0.8	33	1.2	0.8	108
Female	1.5	0.6	28	1.2	0.9	13	1.3	0.8	31	0.8	0.9	49	1.1	0.9	121
Total	1.6	0.6	52	1.3	0.8	42	1.2	0.8	53	0.9	0.8	82	1.2	0.8	229

5. Sleep

5-1) Average sleep duration per day

5-1-1) Sleep duration (not including naps) (in hours)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.3	0.9	24	6.4	1.0	29	6.8	1.1	22	7.3	1.6	33	6.7	1.3	108
Female	5.8	1.3	27	6.7	0.9	14	6.3	1.3	32	7.0	1.5	49	6.5	1.4	122
Total	6.0	1.1	51	6.5	1.0	43	6.5	1.2	54	7.1	1.6	82	6.6	1.4	230

5-1-2) Daytime nap duration (in hours)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.3	19	0.2	0.5	27	0.5	0.5	20	0.5	0.5	30	0.4	0.5	96
Female	0.2	0.4	22	0.2	0.3	11	0.2	0.3	20	1.1	1.5	34	0.5	1.0	87
Total	0.2	0.4	41	0.2	0.4	38	0.3	0.4	40	0.8	1.1	64	0.4	0.8	183

5-2) Sleep quality (multiple answers)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Having difficulty falling asleep	Male	5	20.8	4	13.8	2	9.1	8	22.9	19	17.3
	Female	6	21.4	6	42.9	13	40.6	15	28.8	40	31.7
	Total	11	21.2	10	23.3	15	27.8	23	26.4	59	25.0
Waking up several times during the night	Male	7	29.2	10	34.5	9	40.9	20	57.1	46	41.8
	Female	10	35.7	7	50.0	17	53.1	19	36.5	53	42.1
	Total	17	32.7	17	39.5	26	48.1	39	44.8	99	41.9
Feeling unrefreshed when waking up	Male	4	16.7	6	20.7	2	9.1	4	11.4	16	14.5
	Female	3	10.7	5	35.7	6	18.8	7	13.5	21	16.7
	Total	7	13.5	11	25.6	8	14.8	11	12.6	37	15.7
Feeling sleepy or dozing off during the day	Male	2	8.3	10	34.5	8	36.4	12	34.3	32	29.1
	Female	6	21.4	3	21.4	4	12.5	19	36.5	32	25.4
	Total	8	15.4	13	30.2	12	22.2	31	35.6	64	27.1
No particular issues	Male	12	50.0	9	31.0	8	36.4	7	20.0	36	32.7
	Female	7	25.0	2	14.3	7	21.9	17	32.7	33	26.2
	Total	19	36.5	11	25.6	15	27.8	24	27.6	69	29.2
Total	Male	24	100.0	29	100.0	22	100.0	35	100.0	110	100.0
	Female	28	100.0	14	100.0	32	100.0	52	100.0	126	100.0
	Total	52	100.0	43	100.0	54	100.0	87	100.0	236	100.0

6. Dietary Survey

6-1) Diet over the past month (Simplified Nutritional Appetite Questionnaire: SNAQ-J)

6-1-1) SNAQ-J: Appetite

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very poor	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Poor	Male	0	0.0	1	3.4	1	4.5	3	8.8	5	4.6
	Female	1	3.7	0	0.0	2	6.3	6	11.5	9	7.2
	Total	1	2.0	1	2.3	3	5.6	9	10.5	14	6.0
Average	Male	10	41.7	13	44.8	9	40.9	15	44.1	47	43.1
	Female	10	37.0	8	57.1	20	62.5	21	40.4	59	47.2
	Total	20	39.2	21	48.8	29	53.7	36	41.9	106	45.3
Good	Male	9	37.5	13	44.8	12	54.5	13	38.2	47	43.1
	Female	12	44.4	6	42.9	8	25.0	23	44.2	49	39.2
	Total	21	41.2	19	44.2	20	37.0	36	41.9	96	41.0
Very good	Male	5	20.8	2	6.9	0	0.0	3	8.8	10	9.2
	Female	4	14.8	0	0.0	2	6.3	2	3.8	8	6.4
	Total	9	17.6	2	4.7	2	3.7	5	5.8	18	7.7

6-1-2) SNAQ-J : Feeling full

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
I feel full after eating only a few mouthfuls	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	1	2.0	1	0.8
	Total	0	0.0	0	0.0	0	0.0	1	1.2	1	0.4
I feel full after eating about a third of a meal	Male	0	0.0	0	0.0	0	0.0	2	5.9	2	1.8
	Female	0	0.0	0	0.0	1	3.1	2	3.9	3	2.4
	Total	0	0.0	0	0.0	1	1.9	4	4.7	5	2.1
I feel full after eating over half a meal	Male	1	4.2	2	6.9	4	18.2	5	14.7	12	11.0
	Female	3	11.1	1	7.1	4	12.5	10	19.6	18	14.5
	Total	4	7.8	3	7.0	8	14.8	15	17.6	30	12.9
I feel full after eating most of the meal	Male	23	95.8	27	93.1	18	81.8	26	76.5	94	86.2
	Female	24	88.9	13	92.9	27	84.4	37	72.5	101	81.5
	Total	47	92.2	40	93.0	45	83.3	63	74.1	195	83.7
I hardly ever feel full	Male	0	0.0	0	0.0	0	0.0	1	2.9	1	0.9
	Female	0	0.0	0	0.0	0	0.0	1	2.0	1	0.8
	Total	0	0.0	0	0.0	0	0.0	2	2.4	2	0.9

6-1-3) SNAQ-J : Food tastes

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very bad	Male	0	0.0	0	0.0	0	0.0	1	3.0	1	0.9
	Female	0	0.0	0	0.0	2	6.3	0	0.0	2	1.6
	Total	0	0.0	0	0.0	2	3.7	1	1.2	3	1.3
Bad	Male	1	4.2	0	0.0	0	0.0	1	3.0	2	1.9
	Female	0	0.0	0	0.0	0	0.0	1	2.0	1	0.8
	Total	1	2.0	0	0.0	0	0.0	2	2.4	3	1.3
Average	Male	7	29.2	10	34.5	7	31.8	15	45.5	39	36.1
	Female	7	25.9	3	21.4	18	56.3	19	37.3	47	37.9
	Total	14	27.5	13	30.2	25	46.3	34	40.5	86	37.1
Good	Male	7	29.2	15	51.7	13	59.1	14	42.4	49	45.4
	Female	12	44.4	10	71.4	10	31.3	28	54.9	60	48.4
	Total	19	37.3	25	58.1	23	42.6	42	50.0	109	47.0

Very good	Male	9	37.5	4	13.8	2	9.1	2	6.1	17	15.7
	Female	8	29.6	1	7.1	2	6.3	3	5.9	14	11.3
	Total	17	33.3	5	11.6	4	7.4	5	6.0	31	13.4

6-1-4) SNAQ-J : Meal frequency a day

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Less than one meal a day	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
One meal a day	Male	0	0.0	0	0.0	0	0.0	1	2.9	1	0.9
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	1	1.2	1	0.4
Two meals a day	Male	2	8.3	1	3.4	7	31.8	0	0.0	10	9.2
	Female	4	14.8	2	14.3	1	3.1	3	5.8	10	8.0
	Total	6	11.8	3	7.0	8	14.8	3	3.5	20	8.5
Three meals a day	Male	21	87.5	28	96.6	15	68.2	33	97.1	97	89.0
	Female	23	85.2	11	78.6	31	96.9	49	94.2	114	91.2
	Total	44	86.3	39	90.7	46	85.2	82	95.3	211	90.2
More than three meals a day	Male	1	4.2	0	0.0	0	0.0	0	0.0	1	0.9
	Female	0	0.0	1	7.1	0	0.0	0	0.0	1	0.8
	Total	1	2.0	1	2.3	0	0.0	0	0.0	2	0.9

6-1-5) SNAQ-J : Poor appetite (classified based on Tokudome, et al. (2017))

Note: Respondents with scores of 14 or less were classified as the at-risk group, and those with scores of 15 or more were classified as the low-risk group.

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
At risk	Male	5	20.8	9	31.0	8	36.4	14	42.4	36	33.3
	Female	8	29.6	4	28.6	20	62.5	18	35.3	50	40.3
	Total	13	25.5	13	30.2	28	51.9	32	38.1	86	37.1
Low risk at this stage	Male	19	79.2	20	69.0	14	63.6	19	57.6	72	66.7
	Female	19	70.4	10	71.4	12	37.5	33	64.7	74	59.7
	Total	38	74.5	30	69.8	26	48.1	52	61.9	146	62.9

6-2) Having meals with someone at least once a day or more

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes	Male	22	91.7	28	96.6	15	68.2	30	85.7	95	86.4
	Female	22	81.5	13	92.9	23	71.9	27	52.9	85	68.5
	Total	44	86.3	41	95.3	38	70.4	57	66.3	180	76.9
No	Male	2	8.3	1	3.4	7	31.8	5	14.3	15	13.6
	Female	5	18.5	1	7.1	9	28.1	24	47.1	39	31.5
	Total	7	13.7	2	4.7	16	29.6	29	33.7	54	23.1

6-3) Frequency of food consumption (over the past month)

6-3-1) Cereals

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	22	91.7	28	96.6	20	90.9	31	96.9	101	94.4

	Female	27	96.4	14	100.0	32	100.0	48	100.0	121	99.2
	Total	49	94.2	42	97.7	52	96.3	79	98.8	222	96.9
Once every two days	Male	1	4.2	1	3.4	1	4.5	1	3.1	4	3.7
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	1.9	1	2.3	1	1.9	1	1.3	4	1.7
Once or two times a week	Male	1	4.2	0	0.0	1	4.5	0	0.0	2	1.9
	Female	1	3.6	0	0.0	0	0.0	0	0.0	1	0.8
	Total	2	3.8	0	0.0	1	1.9	0	0.0	3	1.3
Almost never	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

6-3-2) Potatoes

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	1	4.2	1	3.4	3	13.6	7	21.9	12	11.2
	Female	3	10.7	2	14.3	5	15.6	12	24.5	22	17.9
	Total	4	7.7	3	7.0	8	14.8	19	23.5	34	14.8
Once every two days	Male	5	20.8	7	24.1	3	13.6	5	15.6	20	18.7
	Female	5	17.9	5	35.7	11	34.4	12	24.5	33	26.8
	Total	10	19.2	12	27.9	14	25.9	17	21.0	53	23.0
Once or two times a week	Male	13	54.2	20	69.0	13	59.1	19	59.4	65	60.7
	Female	16	57.1	5	35.7	16	50.0	20	40.8	57	46.3
	Total	29	55.8	25	58.1	29	53.7	39	48.1	122	53.0
Almost never	Male	5	20.8	1	3.4	3	13.6	1	3.1	10	9.3
	Female	4	14.3	2	14.3	0	0.0	5	10.2	11	8.9
	Total	9	17.3	3	7.0	3	5.6	6	7.4	21	9.1

6-3-3) Pulses

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	10	41.7	14	48.3	6	27.3	19	59.4	49	45.8
	Female	9	32.1	4	28.6	15	46.9	22	44.0	50	40.3
	Total	19	36.5	18	41.9	21	38.9	41	50.0	99	42.9
Once every two days	Male	5	20.8	6	20.7	4	18.2	6	18.8	21	19.6
	Female	7	25.0	4	28.6	9	28.1	13	26.0	33	26.6
	Total	12	23.1	10	23.3	13	24.1	19	23.2	54	23.4
Once or two times a week	Male	9	37.5	7	24.1	11	50.0	7	21.9	34	31.8
	Female	11	39.3	5	35.7	7	21.9	13	26.0	36	29.0
	Total	20	38.5	12	27.9	18	33.3	20	24.4	70	30.3
Almost never	Male	0	0.0	2	6.9	1	4.5	0	0.0	3	2.8
	Female	1	3.6	1	7.1	1	3.1	2	4.0	5	4.0
	Total	1	1.9	3	7.0	2	3.7	2	2.4	8	3.5

6-3-4) Nuts and seeds

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	2	8.3	3	10.3	5	23.8	5	15.6	15	14.2
	Female	3	10.7	2	14.3	7	21.9	6	13.0	18	15.0
	Total	5	9.6	5	11.6	12	22.6	11	14.1	33	14.6
Once every two days	Male	3	12.5	5	17.2	4	19.0	8	25.0	20	18.9

	Female	2	7.1	2	14.3	6	18.8	5	10.9	15	12.5
	Total	5	9.6	7	16.3	10	18.9	13	16.7	35	15.5
Once or two times a week	Male	12	50.0	13	44.8	6	28.6	12	37.5	43	40.6
	Female	16	57.1	6	42.9	16	50.0	19	41.3	57	47.5
	Total	28	53.8	19	44.2	22	41.5	31	39.7	100	44.2
Almost never	Male	7	29.2	8	27.6	6	28.6	7	21.9	28	26.4
	Female	7	25.0	4	28.6	3	9.4	16	34.8	30	25.0
	Total	14	26.9	12	27.9	9	17.0	23	29.5	58	25.7

6-3-5) Vegetables (Green and yellow vegetables)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	7	29.2	11	37.9	7	31.8	18	56.3	43	40.2
	Female	14	50.0	4	28.6	21	65.6	28	56.0	67	54.0
	Total	21	40.4	15	34.9	28	51.9	46	56.1	110	47.6
Once every two days	Male	11	45.8	11	37.9	5	22.7	10	31.3	37	34.6
	Female	10	35.7	7	50.0	8	25.0	10	20.0	35	28.2
	Total	21	40.4	18	41.9	13	24.1	20	24.4	72	31.2
Once or two times a week	Male	6	25.0	6	20.7	8	36.4	4	12.5	24	22.4
	Female	3	10.7	3	21.4	2	6.3	11	22.0	19	15.3
	Total	9	17.3	9	20.9	10	18.5	15	18.3	43	18.6
Almost never	Male	0	0.0	1	3.4	2	9.1	0	0.0	3	2.8
	Female	1	3.6	0	0.0	1	3.1	1	2.0	3	2.4
	Total	1	1.9	1	2.3	3	5.6	1	1.2	6	2.6

6-3-6) Vegetables (Others)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	9	37.5	14	48.3	7	31.8	20	62.5	50	46.7
	Female	15	53.6	10	71.4	20	62.5	25	51.0	70	56.9
	Total	24	46.2	24	55.8	27	50.0	45	55.6	120	52.2
Once every two days	Male	12	50.0	11	37.9	7	31.8	7	21.9	37	34.6
	Female	10	35.7	3	21.4	9	28.1	14	28.6	36	29.3
	Total	22	42.3	14	32.6	16	29.6	21	25.9	73	31.7
Once or two times a week	Male	3	12.5	4	13.8	8	36.4	5	15.6	20	18.7
	Female	3	10.7	1	7.1	2	6.3	9	18.4	15	12.2
	Total	6	11.5	5	11.6	10	18.5	14	17.3	35	15.2
Almost never	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	1	3.1	1	2.0	2	1.6
	Total	0	0.0	0	0.0	1	1.9	1	1.2	2	0.9

6-3-7) Fruits

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	7	29.2	7	24.1	6	27.3	19	61.3	39	36.8
	Female	8	28.6	9	64.3	20	64.5	27	54.0	64	52.0
	Total	15	28.8	16	37.2	26	49.1	46	56.8	103	45.0
Once every two days	Male	4	16.7	9	31.0	8	36.4	5	16.1	26	24.5
	Female	5	17.9	2	14.3	3	9.7	11	22.0	21	17.1
	Total	9	17.3	11	25.6	11	20.8	16	19.8	47	20.5
Once or two times a week	Male	9	37.5	9	31.0	6	27.3	6	19.4	30	28.3

	Female	12	42.9	3	21.4	6	19.4	11	22.0	32	26.0
	Total	21	40.4	12	27.9	12	22.6	17	21.0	62	27.1
Almost never	Male	4	16.7	4	13.8	2	9.1	1	3.2	11	10.4
	Female	3	10.7	0	0.0	2	6.5	1	2.0	6	4.9
	Total	7	13.5	4	9.3	4	7.5	2	2.5	17	7.4

6-3-8) Mushrooms

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	2	8.3	2	6.9	4	20.0	4	12.9	12	11.5
	Female	5	17.9	2	15.4	8	25.0	10	20.4	25	20.5
	Total	7	13.5	4	9.5	12	23.1	14	17.5	37	16.4
Once every two days	Male	5	20.8	9	31.0	6	30.0	10	32.3	30	28.8
	Female	6	21.4	4	30.8	9	28.1	15	30.6	34	27.9
	Total	11	21.2	13	31.0	15	28.8	25	31.3	64	28.3
Once or two times a week	Male	13	54.2	16	55.2	7	35.0	13	41.9	49	47.1
	Female	15	53.6	7	53.8	14	43.8	22	44.9	58	47.5
	Total	28	53.8	23	54.8	21	40.4	35	43.8	107	47.3
Almost never	Male	4	16.7	2	6.9	3	15.0	4	12.9	13	12.5
	Female	2	7.1	0	0.0	1	3.1	2	4.1	5	4.1
	Total	6	11.5	2	4.8	4	7.7	6	7.5	18	8.0

6-3-9) Seaweeds

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	4	16.7	7	24.1	4	18.2	6	18.8	21	19.6
	Female	2	7.1	1	7.1	6	18.8	18	38.3	27	22.3
	Total	6	11.5	8	18.6	10	18.5	24	30.4	48	21.1
Once every two days	Male	7	29.2	10	34.5	6	27.3	8	25.0	31	29.0
	Female	9	32.1	5	35.7	10	31.3	7	14.9	31	25.6
	Total	16	30.8	15	34.9	16	29.6	15	19.0	62	27.2
Once or two times a week	Male	10	41.7	11	37.9	10	45.5	15	46.9	46	43.0
	Female	14	50.0	7	50.0	15	46.9	19	40.4	55	45.5
	Total	24	46.2	18	41.9	25	46.3	34	43.0	101	44.3
Almost never	Male	3	12.5	1	3.4	2	9.1	3	9.4	9	8.4
	Female	3	10.7	1	7.1	1	3.1	3	6.4	8	6.6
	Total	6	11.5	2	4.7	3	5.6	6	7.6	17	7.5

6-3-10) Fishes and shellfishes

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	2	8.3	1	3.4	9	40.9	8	25.0	20	18.7
	Female	1	3.6	1	7.1	8	25.0	11	22.4	21	17.1
	Total	3	5.8	2	4.7	17	31.5	19	23.5	41	17.8
Once every two days	Male	9	37.5	14	48.3	6	27.3	17	53.1	46	43.0
	Female	16	57.1	7	50.0	12	37.5	21	42.9	56	45.5
	Total	25	48.1	21	48.8	18	33.3	38	46.9	102	44.3
Once or two times a week	Male	12	50.0	13	44.8	7	31.8	7	21.9	39	36.4
	Female	10	35.7	6	42.9	11	34.4	16	32.7	43	35.0
	Total	22	42.3	19	44.2	18	33.3	23	28.4	82	35.7
Almost never	Male	1	4.2	1	3.4	0	0.0	0	0.0	2	1.9

Female	1	3.6	0	0.0	1	3.1	1	2.0	3	2.4
Total	2	3.8	1	2.3	1	1.9	1	1.2	5	2.2

6-3-11) Meats

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	9	37.5	7	24.1	7	31.8	7	22.6	30	28.3
	Female	10	35.7	4	28.6	14	45.2	17	34.7	45	36.9
	Total	19	36.5	11	25.6	21	39.6	24	30.0	75	32.9
Once every two days	Male	14	58.3	18	62.1	8	36.4	15	48.4	55	51.9
	Female	14	50.0	8	57.1	9	29.0	21	42.9	52	42.6
	Total	28	53.8	26	60.5	17	32.1	36	45.0	107	46.9
Once or two times a week	Male	1	4.2	4	13.8	6	27.3	8	25.8	19	17.9
	Female	4	14.3	2	14.3	7	22.6	10	20.4	23	18.9
	Total	5	9.6	6	14.0	13	24.5	18	22.5	42	18.4
Almost never	Male	0	0.0	0	0.0	1	4.5	1	3.2	2	1.9
	Female	0	0.0	0	0.0	1	3.2	1	2.0	2	1.6
	Total	0	0.0	0	0.0	2	3.8	2	2.5	4	1.8

6-3-12) Eggs

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	9	37.5	12	41.4	12	54.5	14	43.8	47	43.9
	Female	9	32.1	5	35.7	12	37.5	24	50.0	50	41.0
	Total	18	34.6	17	39.5	24	44.4	38	47.5	97	42.4
Once every two days	Male	9	37.5	13	44.8	5	22.7	13	40.6	40	37.4
	Female	13	46.4	4	28.6	12	37.5	13	27.1	42	34.4
	Total	22	42.3	17	39.5	17	31.5	26	32.5	82	35.8
Once or two times a week	Male	5	20.8	4	13.8	5	22.7	5	15.6	19	17.8
	Female	5	17.9	5	35.7	8	25.0	9	18.8	27	22.1
	Total	10	19.2	9	20.9	13	24.1	14	17.5	46	20.1
Almost never	Male	1	4.2	0	0.0	0	0.0	0	0.0	1	0.9
	Female	1	3.6	0	0.0	0	0.0	2	4.2	3	2.5
	Total	2	3.8	0	0.0	0	0.0	2	2.5	4	1.7

6-3-13) Dairy products

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	8	33.3	19	65.5	14	63.6	25	78.1	66	61.7
	Female	18	64.3	9	64.3	24	75.0	30	60.0	81	65.3
	Total	26	50.0	28	65.1	38	70.4	55	67.1	147	63.6
Once every two days	Male	5	20.8	3	10.3	4	18.2	5	15.6	17	15.9
	Female	2	7.1	3	21.4	3	9.4	7	14.0	15	12.1
	Total	7	13.5	6	14.0	7	13.0	12	14.6	32	13.9
Once or two times a week	Male	8	33.3	6	20.7	3	13.6	2	6.3	19	17.8
	Female	7	25.0	1	7.1	4	12.5	12	24.0	24	19.4
	Total	15	28.8	7	16.3	7	13.0	14	17.1	43	18.6
Almost never	Male	3	12.5	1	3.4	1	4.5	0	0.0	5	4.7
	Female	1	3.6	1	7.1	1	3.1	1	2.0	4	3.2
	Total	4	7.7	2	4.7	2	3.7	1	1.2	9	3.9

6-3-14) Sweets and snacks

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	7	29.2	13	44.8	8	36.4	8	25.0	36	33.6
	Female	15	53.6	9	64.3	13	40.6	25	51.0	62	50.4
	Total	22	42.3	22	51.2	21	38.9	33	40.7	98	42.6
Once every two days	Male	7	29.2	7	24.1	6	27.3	11	34.4	31	29.0
	Female	5	17.9	4	28.6	7	21.9	7	14.3	23	18.7
	Total	12	23.1	11	25.6	13	24.1	18	22.2	54	23.5
Once or two times a week	Male	3	12.5	6	20.7	5	22.7	11	34.4	25	23.4
	Female	7	25.0	1	7.1	8	25.0	14	28.6	30	24.4
	Total	10	19.2	7	16.3	13	24.1	25	30.9	55	23.9
Almost never	Male	7	29.2	3	10.3	3	13.6	2	6.3	15	14.0
	Female	1	3.6	0	0.0	4	12.5	3	6.1	8	6.5
	Total	8	15.4	3	7.0	7	13.0	5	6.2	23	10.0

6-3-15) Number of food items consumed almost every day (possible range 0-14)

		50-59yr			60-69yr			70-79yr			80yr-			Total		
		Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male		4.1	2.0	24	4.8	1.9	29	5.5	4.2	19	5.9	2.6	29	5.1	2.7	101
Female		5.0	2.0	28	5.5	3.1	13	6.6	3.0	30	6.6	4.0	39	6.0	3.2	110
Total		4.6	2.1	52	5.0	2.3	42	6.2	3.5	49	6.3	3.5	68	5.6	3.0	211

6-4) Eating habits (over the past month)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
As usual	Male	19	79.2	19	67.9	8	40.0	13	43.3	59	57.8
	Female	13	46.4	5	38.5	16	53.3	29	56.9	63	51.6
	Total	32	61.5	24	58.5	24	48.0	42	51.9	122	54.5
Generally, as usual	Male	5	20.8	8	28.6	12	60.0	17	56.7	42	41.2
	Female	14	50.0	8	61.5	13	43.3	21	41.2	56	45.9
	Total	19	36.5	16	39.0	25	50.0	38	46.9	98	43.8
Not as usual	Male	0	0.0	1	3.6	0	0.0	0	0.0	1	1.0
	Female	1	3.6	0	0.0	1	3.3	1	2.0	3	2.5
	Total	1	1.9	1	2.4	1	2.0	1	1.2	4	1.8

7. Subjective cognitive complaints:

Total score of Memory Complaint Questionnaire (MAC-Q_MAS) (6 items, possible range 7-35)

		50-59yr			60-69yr			70-79yr			80yr-			Total		
		Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male		25.1	3.4	23	25.2	3.5	28	24.7	4.0	21	24.9	4.5	34	25.0	3.9	106
Female		24.7	2.9	28	24.5	2.4	13	24.4	3.4	30	26.2	4.4	43	25.2	3.7	114
Total		24.9	3.1	51	25.0	3.2	41	24.5	3.6	51	25.6	4.5	77	25.1	3.8	220