

**National Institute for Longevity Sciences - Longitudinal Study of Aging
(NILS-LSA):
A Follow-Up Study**

"Follow-up postal survey 2 on the subjects participating in the National Institute for Longevity Sciences — Longitudinal Study of Aging (NILS-LSA) from the 1st wave to the 7th wave"

Date of implementation: October 2017

I.Objective and Overview of the Study

II.Follow-up postal survey 2 of the NILS-LSA

I.Objective and Overview of the Study

Extending the healthy life expectancy of older adults is an important issue for rapidly aging societies. When considering health in later life, basic medical research that investigates the aging process, the mechanisms behind aging, and factors associated with onset of age-related disease plays a highly significant role. The main purpose of the National Institute for Longevity Sciences — Longitudinal Study of Aging (NILS-LSA) is to systematically observe and describe the process of normal aging in humans. Participants in the NILS-LSA included randomly selected age- and sex-stratified individuals from a pool of non-institutionalized residents in the NCGG neighborhood areas of Obu City and Higashiura Town in Aichi Prefecture. The baseline age of participants in the survey was 40 to 79 years old.

This study aimed to investigate the current health status and daily lives of 3,983 participants (through all waves) who had taken part in the first wave (between 1997 and 2000) to the seventh wave (between 2010 and 2012) of the NILS-LSA. On October 2017, self-administered questionnaires were delivered to participants to assess their health status. After excluding participants who died (identified through the Basic Resident Register or information from their family members), those who moved away from the local area, and those who refused to participate in the follow-up survey, questionnaires were delivered to 2,464 individuals out of the 3,983 participants. A total of 1,916 respondents replied (response rate: 77.8%, on July 2018). Table 1 shows a breakdown of the respondents by gender and age group. Apart from the 1,916 respondents, the breakdown of the 548 non-respondents was as follows: death (4), address unknown (4), family members' refusal due to dementia (2), and no reply (538).

In compliance with the "Ethical Guidelines for Medical and Health Research Involving Human Subjects", this study was conducted with the approval of The Ethics and Conflict of Interest Committee of the National Center for Geriatrics and Gerontology.

The descriptive statistics from the collected survey are shown below, according to gender and age group.

Table 1. Breakdown of postal survey respondents by gender and age group

	40-49yr	50-59yr	60-69yr	70-79yr	80-89yr	90yr-	Total
Male	56	223	271	233	167	10	960
Female	61	229	238	251	160	17	956
Total	117	452	509	484	327	27	1916

II.Follow-Up Postal Survey 2 of the NILS-LSA

Survey Items

1. Health Status and Lifestyle Habits

- 1) [Past and present illness](#)
- 2) [Self-rated health](#)
- 3) [Smoking status](#)
- 4) [Alcohol drinking habit](#)
- 5) [Frailty Screening Index](#)
- 6) [MOS 36-Item Short-Form Health Survey \(SF-36, Physical Functioning\)](#)
- 7) [Continued exercise in the past year](#)

8) Frequency of outing

9) History of falls in the past year

10) Weight

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

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

12) Independence in activities of daily living

13) Certification of long-term care need

2. Current Living Conditions

1) Marital status

2) Resident status

3. Current Occupation and Economic Conditions

1) Employment status

2) Sum of family annual income

3) Level of satisfaction in annual income

4. Subjective Well-being

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

1. Health Status and Lifestyle Habits

1-1) Past and present illness

1-1-1) Cerebrovascular disease or stroke

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	55	98.2	219	98.6	263	98.1	213	92.2	139	84.8	8	80.0	897	94.3
	Female	60	100.0	228	100.0	233	97.9	233	92.8	148	93.1	15	88.2	917	96.2
	Total	115	99.1	447	99.3	496	98.0	446	92.5	287	88.9	23	85.2	1814	95.3
On medication	Male	1	1.8	1	0.5	2	0.7	4	1.7	8	4.9	1	10.0	17	1.8
	Female	0	0.0	0	0.0	2	0.8	8	3.2	6	3.8	0	0.0	16	1.7
	Total	1	0.9	1	0.2	4	0.8	12	2.5	14	4.3	1	3.7	33	1.7
Previously medicated	Male	0	0.0	2	0.9	3	1.1	13	5.6	17	10.4	1	10.0	36	3.8
	Female	0	0.0	0	0.0	2	0.8	8	3.2	5	3.1	2	11.8	17	1.8
	Total	0	0.0	2	0.4	5	1.0	21	4.4	22	6.8	3	11.1	53	2.8
Not treated	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Female	0	0.0	0	0.0	1	0.4	2	0.8	0	0.0	0	0.0	3	0.3
	Total	0	0.0	0	0.0	1	0.2	3	0.6	0	0.0	0	0.0	4	0.2

1-1-2) Hypertension

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	51	91.1	170	76.6	154	57.0	127	55.5	76	46.1	5	50.0	583	61.2
	Female	57	95.0	204	89.5	175	73.5	135	54.0	69	43.7	7	41.2	647	68.0
	Total	108	93.1	374	83.1	329	64.8	262	54.7	145	44.9	12	44.4	1230	64.6
On medication	Male	1	1.8	39	17.6	95	35.2	91	39.7	71	43.0	5	50.0	302	31.7
	Female	2	3.3	20	8.8	50	21.0	99	39.6	83	52.5	10	58.8	264	27.8
	Total	3	2.6	59	13.1	145	28.5	190	39.7	154	47.7	15	55.6	566	29.7
Previously medicated	Male	2	3.6	2	0.9	10	3.7	10	4.4	14	8.5	0	0.0	38	4.0
	Female	0	0.0	2	0.9	7	2.9	10	4.0	6	3.8	0	0.0	25	2.6
	Total	2	1.7	4	0.9	17	3.3	20	4.2	20	6.2	0	0.0	63	3.3
Not treated	Male	2	3.6	11	5.0	11	4.1	1	0.4	4	2.4	0	0.0	29	3.0
	Female	1	1.7	2	0.9	6	2.5	6	2.4	0	0.0	0	0.0	15	1.6
	Total	3	2.6	13	2.9	17	3.3	7	1.5	4	1.2	0	0.0	44	2.3

Never	Male	55	98.2	221	99.5	267	98.9	221	96.1	149	92.5	8	80.0	921	97.0
	Female	59	98.3	221	96.9	218	91.6	185	75.2	108	69.2	10	66.7	801	84.9
	Total	114	98.3	442	98.2	485	95.5	406	85.3	257	81.1	18	72.0	1722	91.0
On medication	Male	1	1.8	0	0.0	0	0.0	5	2.2	5	3.1	0	0.0	11	1.2
	Female	1	1.7	2	0.9	12	5.0	40	16.3	35	22.4	3	20.0	93	9.9
	Total	2	1.7	2	0.4	12	2.4	45	9.5	40	12.6	3	12.0	104	5.5
Previously medicated	Male	0	0.0	0	0.0	1	0.4	1	0.4	3	1.9	1	10.0	6	0.6
	Female	0	0.0	1	0.4	2	0.8	10	4.1	10	6.4	2	13.3	25	2.7
	Total	0	0.0	1	0.2	3	0.6	11	2.3	13	4.1	3	12.0	31	1.6
Not treated	Male	0	0.0	1	0.5	2	0.7	3	1.3	4	2.5	1	10.0	11	1.2
	Female	0	0.0	4	1.8	6	2.5	11	4.5	3	1.9	0	0.0	24	2.5
	Total	0	0.0	5	1.1	8	1.6	14	2.9	7	2.2	1	4.0	35	1.8

1-1-7) Rheumatoid arthritis

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	56	100.0	222	100.0	266	98.9	226	98.7	154	95.1	9	90.0	933	98.4
	Female	60	100.0	225	98.7	227	95.4	241	97.2	152	96.8	15	100.0	920	97.3
	Total	116	100.0	447	99.3	493	97.2	467	97.9	306	95.9	24	96.0	1853	97.8
On medication	Male	0	0.0	0	0.0	2	0.7	2	0.9	5	3.1	0	0.0	9	0.9
	Female	0	0.0	2	0.9	9	3.8	6	2.4	1	0.6	0	0.0	18	1.9
	Total	0	0.0	2	0.4	11	2.2	8	1.7	6	1.9	0	0.0	27	1.4
Previously medicated	Male	0	0.0	0	0.0	1	0.4	1	0.4	2	1.2	1	10.0	5	0.5
	Female	0	0.0	1	0.4	2	0.8	1	0.4	4	2.5	0	0.0	8	0.8
	Total	0	0.0	1	0.2	3	0.6	2	0.4	6	1.9	1	4.0	13	0.7
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	1	0.6	0	0.0	1	0.1
	Female	0	0.0	0	0.0	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	1	0.3	0	0.0	1	0.1

1-1-8) Knee osteoarthritis

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	56	100.0	214	97.7	253	93.7	215	93.9	142	88.2	8	80.0	888	94.0
	Female	59	98.3	214	93.9	215	90.7	184	75.4	108	68.8	12	75.0	792	84.1
	Total	115	99.1	428	95.7	468	92.3	399	84.4	250	78.6	20	76.9	1680	89.0
On medication	Male	0	0.0	1	0.5	4	1.5	3	1.3	12	7.5	1	10.0	21	2.2
	Female	0	0.0	2	0.9	8	3.4	25	10.2	22	14.0	3	18.8	60	6.4
	Total	0	0.0	3	0.7	12	2.4	28	5.9	34	10.7	4	15.4	81	4.3
Previously medicated	Male	0	0.0	2	0.9	10	3.7	8	3.5	5	3.1	1	10.0	26	2.8
	Female	1	1.7	12	5.3	10	4.2	21	8.6	22	14.0	1	6.3	67	7.1
	Total	1	0.9	14	3.1	20	3.9	29	6.1	27	8.5	2	7.7	93	4.9
Not treated	Male	0	0.0	2	0.9	3	1.1	3	1.3	2	1.2	0	0.0	10	1.1
	Female	0	0.0	0	0.0	4	1.7	14	5.7	5	3.2	0	0.0	23	2.4
	Total	0	0.0	2	0.4	7	1.4	17	3.6	7	2.2	0	0.0	33	1.7

1-1-9) Cancer

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	56	100.0	220	99.5	247	91.8	198	87.2	126	77.8	5	55.6	852	90.3
	Female	56	93.3	213	93.4	218	91.6	220	88.4	139	89.1	14	82.4	860	90.7
	Total	112	96.6	433	96.4	465	91.7	418	87.8	265	83.3	19	73.1	1712	90.5
On medication	Male	0	0.0	1	0.5	5	1.9	8	3.5	6	3.7	1	11.1	21	2.2

	Female	2	3.3	6	2.6	3	1.3	4	1.6	6	3.8	0	0.0	21	2.2
	Total	2	1.7	7	1.6	8	1.6	12	2.5	12	3.8	1	3.8	42	2.2
Previously medicated	Male	0	0.0	0	0.0	17	6.3	19	8.4	29	17.9	3	33.3	68	7.2
	Female	2	3.3	9	3.9	17	7.1	25	10.0	10	6.4	3	17.6	66	7.0
	Total	2	1.7	9	2.0	34	6.7	44	9.2	39	12.3	6	23.1	134	7.1
Not treated	Male	0	0.0	0	0.0	0	0.0	2	0.9	1	0.6	0	0.0	3	0.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	1	0.6	0	0.0	1	0.1
	Total	0	0.0	0	0.0	0	0.0	2	0.4	2	0.6	0	0.0	4	0.2

1-1-10) Fracture

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	37	66.1	168	75.7	215	80.2	179	77.8	135	83.9	10	100.0	744	78.6
	Female	52	88.1	190	83.7	190	79.8	189	76.2	108	70.1	10	62.5	739	78.5
	Total	89	77.4	358	79.7	405	80.0	368	77.0	243	77.1	20	76.9	1483	78.5
On medication	Male	1	1.8	0	0.0	2	0.7	5	2.2	1	0.6	0	0.0	9	1.0
	Female	1	1.7	2	0.9	2	0.8	6	2.4	9	5.8	1	6.3	21	2.2
	Total	2	1.7	2	0.4	4	0.8	11	2.3	10	3.2	1	3.8	30	1.6
Previously medicated	Male	17	30.4	54	24.3	49	18.3	45	19.6	24	14.9	0	0.0	189	20.0
	Female	6	10.2	35	15.4	45	18.9	53	21.4	36	23.4	5	31.3	180	19.1
	Total	23	20.0	89	19.8	94	18.6	98	20.5	60	19.0	5	19.2	369	19.5
Not treated	Male	1	1.8	0	0.0	2	0.7	1	0.4	1	0.6	0	0.0	5	0.5
	Female	0	0.0	0	0.0	1	0.4	0	0.0	1	0.6	0	0.0	2	0.2
	Total	1	0.9	0	0.0	3	0.6	1	0.2	2	0.6	0	0.0	7	0.4

1-1-11) Dementia

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	56	100.0	222	100.0	269	100.0	223	97.0	150	93.2	10	100.0	930	98.1
	Female	60	100.0	228	100.0	237	100.0	243	99.2	153	98.1	14	87.5	935	99.3
	Total	116	100.0	450	100.0	506	100.0	466	98.1	303	95.6	24	92.3	1865	98.7
On medication	Male	0	0.0	0	0.0	0	0.0	5	2.2	9	5.6	0	0.0	14	1.5
	Female	0	0.0	0	0.0	0	0.0	1	0.4	3	1.9	2	12.5	6	0.6
	Total	0	0.0	0	0.0	0	0.0	6	1.3	12	3.8	2	7.7	20	1.1
Previously medicated	Male	0	0.0	0	0.0	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	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Not treated	Male	0	0.0	0	0.0	0	0.0	2	0.9	2	1.2	0	0.0	4	0.4
	Female	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Total	0	0.0	0	0.0	0	0.0	3	0.6	2	0.6	0	0.0	5	0.3

1-1-12) Renal disease

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	55	98.2	219	98.6	263	97.4	223	97.0	154	96.3	10	100.0	924	97.5
	Female	59	98.3	226	99.1	229	97.0	242	98.0	150	96.8	16	100.0	922	97.9
	Total	114	98.3	445	98.9	492	97.2	465	97.5	304	96.5	26	100.0	1846	97.7
On medication	Male	1	1.8	2	0.9	5	1.9	2	0.9	4	2.5	0	0.0	14	1.5
	Female	1	1.7	1	0.4	4	1.7	3	1.2	0	0.0	0	0.0	9	1.0
	Total	2	1.7	3	0.7	9	1.8	5	1.0	4	1.3	0	0.0	23	1.2
Previously medicated	Male	0	0.0	1	0.5	0	0.0	4	1.7	1	0.6	0	0.0	6	0.6
	Female	0	0.0	1	0.4	3	1.3	1	0.4	5	3.2	0	0.0	10	1.1

	Total	0	0.0	2	0.4	3	0.6	5	1.0	6	1.9	0	0.0	16	0.8
Not treated	Male	0	0.0	0	0.0	2	0.7	1	0.4	1	0.6	0	0.0	4	0.4
	Female	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Total	0	0.0	0	0.0	2	0.4	2	0.4	1	0.3	0	0.0	5	0.3

1-2) Self-rated health

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Excellent	Male	3	5.4	22	9.9	16	6.0	13	5.7	7	4.2	0	0.0	61	6.4
	Female	7	11.5	8	3.5	12	5.1	9	3.6	8	5.1	0	0.0	44	4.6
	Total	10	8.5	30	6.6	28	5.6	22	4.6	15	4.7	0	0.0	105	5.5
Good	Male	32	57.1	88	39.5	117	44.0	87	38.0	41	24.8	3	30.0	368	38.8
	Female	23	37.7	99	43.2	72	30.4	66	26.5	31	19.7	4	23.5	295	31.1
	Total	55	47.0	187	41.4	189	37.6	153	32.0	72	22.4	7	25.9	663	34.9
Neither	Male	19	33.9	107	48.0	114	42.9	116	50.7	93	56.4	4	40.0	453	47.7
	Female	30	49.2	112	48.9	140	59.1	155	62.2	94	59.9	12	70.6	543	57.2
	Total	49	41.9	219	48.5	254	50.5	271	56.7	187	58.1	16	59.3	996	52.4
Bad	Male	2	3.6	5	2.2	18	6.8	12	5.2	22	13.3	3	30.0	62	6.5
	Female	1	1.6	10	4.4	13	5.5	19	7.6	24	15.3	1	5.9	68	7.2
	Total	3	2.6	15	3.3	31	6.2	31	6.5	46	14.3	4	14.8	130	6.8
Very bad	Male	0	0.0	1	0.4	1	0.4	1	0.4	2	1.2	0	0.0	5	0.5
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	1	0.2	1	0.2	1	0.2	2	0.6	0	0.0	5	0.3

1-3) Smoking status

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Non-smoker	Male	25	44.6	91	40.8	75	27.9	73	31.6	42	25.5	3	30.0	309	32.4
	Female	55	90.2	203	89.0	206	87.3	238	96.0	155	98.1	15	88.2	872	92.0
	Total	80	68.4	294	65.2	281	55.6	311	64.9	197	61.0	18	66.7	1181	62.1
Ex-smoker	Male	23	41.1	91	40.8	143	53.2	140	60.6	108	65.5	7	70.0	512	53.7
	Female	3	4.9	20	8.8	23	9.7	8	3.2	3	1.9	2	11.8	59	6.2
	Total	26	22.2	111	24.6	166	32.9	148	30.9	111	34.4	9	33.3	571	30.0
Current-smoker	Male	8	14.3	41	18.4	51	19.0	18	7.8	15	9.1	0	0.0	133	13.9
	Female	3	4.9	5	2.2	7	3.0	2	0.8	0	0.0	0	0.0	17	1.8
	Total	11	9.4	46	10.2	58	11.5	20	4.2	15	4.6	0	0.0	150	7.9

1-4) Alcohol drinking habit

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Everyday	Male	19	33.9	85	38.1	120	44.6	106	46.1	44	26.5	2	20.0	376	39.4
	Female	4	6.6	35	15.4	26	11.0	12	4.8	9	5.7	0	0.0	86	9.1
	Total	23	19.7	120	26.6	146	28.9	118	24.6	53	16.4	2	7.7	462	24.3
Sometimes (once a month)	Male	25	44.6	95	42.6	84	31.2	58	25.2	39	23.5	3	30.0	304	31.9
	Female	24	39.3	83	36.4	58	24.5	40	16.1	35	22.2	2	12.5	242	25.5
	Total	49	41.9	178	39.5	142	28.1	98	20.5	74	22.8	5	19.2	546	28.7
Never	Male	12	21.4	43	19.3	65	24.2	66	28.7	83	50.0	5	50.0	274	28.7
	Female	33	54.1	110	48.2	153	64.6	197	79.1	114	72.2	14	87.5	621	65.4
	Total	45	38.5	153	33.9	218	43.1	263	54.9	197	60.8	19	73.1	895	47.0

1-5) Frailty Screening Index

1-5-1) Frailty Screening Index: Shrinking

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
No	Male	42	75.0	183	82.8	216	80.9	206	90.4	148	88.6	7	77.8	802	84.6
	Female	42	73.7	186	81.9	206	87.3	229	93.1	132	84.6	14	82.4	809	86.2
	Total	84	74.3	369	82.4	422	83.9	435	91.8	280	86.7	21	80.8	1611	85.4
Yes	Male	14	25.0	38	17.2	51	19.1	22	9.6	19	11.4	2	22.2	146	15.4
	Female	15	26.3	41	18.1	30	12.7	17	6.9	24	15.4	3	17.6	130	13.8
	Total	29	25.7	79	17.6	81	16.1	39	8.2	43	13.3	5	19.2	276	14.6

1-5-2) Frailty Screening Index: Slowness

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
No	Male	44	78.6	156	70.6	187	70.0	115	50.4	50	30.1	2	22.2	554	58.5
	Female	43	75.4	172	75.8	148	63.0	127	51.4	36	22.9	3	17.6	529	56.3
	Total	87	77.0	328	73.2	335	66.7	242	50.9	86	26.6	5	19.2	1083	57.4
Yes	Male	12	21.4	65	29.4	80	30.0	113	49.6	116	69.9	7	77.8	393	41.5
	Female	14	24.6	55	24.2	87	37.0	120	48.6	121	77.1	14	82.4	411	43.7
	Total	26	23.0	120	26.8	167	33.3	233	49.1	237	73.4	21	80.8	804	42.6

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

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
No	Male	32	57.1	97	43.9	163	61.0	159	69.7	108	65.9	2	22.2	561	59.4
	Female	25	43.9	89	39.2	116	49.2	152	61.8	88	56.4	8	47.1	478	50.9
	Total	57	50.4	186	41.5	279	55.5	311	65.6	196	61.3	10	38.5	1039	55.1
Yes	Male	24	42.9	124	56.1	104	39.0	69	30.3	56	34.1	7	77.8	384	40.6
	Female	32	56.1	138	60.8	120	50.8	94	38.2	68	43.6	9	52.9	461	49.1
	Total	56	49.6	262	58.5	224	44.5	163	34.4	124	38.8	16	61.5	845	44.9

1-5-4) Frailty Screening Index: Forgetfulness

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
No	Male	53	94.6	208	94.1	252	94.7	210	92.5	142	87.1	8	88.9	873	92.7
	Female	55	96.5	217	95.6	229	97.0	224	92.2	135	86.0	13	76.5	873	93.2
	Total	108	95.6	425	94.9	481	95.8	434	92.3	277	86.6	21	80.8	1746	92.9
Yes	Male	3	5.4	13	5.9	14	5.3	17	7.5	21	12.9	1	11.1	69	7.3
	Female	2	3.5	10	4.4	7	3.0	19	7.8	22	14.0	4	23.5	64	6.8
	Total	5	4.4	23	5.1	21	4.2	36	7.7	43	13.4	5	19.2	133	7.1

1-5-5) Frailty Screening Index: Exhaustion

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
No	Male	50	89.3	190	86.0	246	92.1	198	87.6	136	82.9	7	77.8	827	87.7
	Female	51	89.5	194	85.5	209	88.9	211	86.1	113	72.4	14	87.5	792	84.6
	Total	101	89.4	384	85.7	455	90.6	409	86.8	249	77.8	21	84.0	1619	86.2
Yes	Male	6	10.7	31	14.0	21	7.9	28	12.4	28	17.1	2	22.2	116	12.3
	Female	6	10.5	33	14.5	26	11.1	34	13.9	43	27.6	2	12.5	144	15.4
	Total	12	10.6	64	14.3	47	9.4	62	13.2	71	22.2	4	16.0	260	13.8

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.

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Robust	Male	17	30.4	54	24.4	98	36.8	87	38.7	30	18.8	1	11.1	287	30.6
	Female	15	26.3	48	21.1	66	28.2	71	29.6	22	14.6	1	6.3	223	24.1
	Total	32	28.3	102	22.8	164	32.8	158	34.0	52	16.7	2	8.0	510	27.4
Pre-frail	Male	34	60.7	144	65.2	147	55.3	107	47.6	102	63.8	5	55.6	539	57.5
	Female	36	63.2	156	68.7	149	63.7	150	62.5	89	58.9	11	68.8	591	63.9
	Total	70	61.9	300	67.0	296	59.2	257	55.3	191	61.4	16	64.0	1130	60.7
Frail	Male	5	8.9	23	10.4	21	7.9	31	13.8	28	17.5	3	33.3	111	11.8
	Female	6	10.5	23	10.1	19	8.1	19	7.9	40	26.5	4	25.0	111	12.0
	Total	11	9.7	46	10.3	40	8.0	50	10.8	68	21.9	7	28.0	222	11.9

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

1-6-1) SF-36: Doing hard exercise

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	1	1.8	17	7.7	41	15.4	64	28.2	85	51.5	6	66.7	214	22.6
	Female	8	14.0	29	12.8	47	20.0	97	39.4	88	56.1	12	70.6	281	29.9
	Total	9	8.0	46	10.3	88	17.5	161	34.0	173	53.7	18	69.2	495	26.3
Bit difficult	Male	20	35.7	95	43.0	142	53.2	138	60.8	72	43.6	1	11.1	468	49.5
	Female	18	31.6	102	44.9	139	59.1	129	52.4	62	39.5	4	23.5	454	48.3
	Total	38	33.6	197	44.0	281	56.0	267	56.4	134	41.6	5	19.2	922	48.9
Not difficult	Male	35	62.5	109	49.3	84	31.5	25	11.0	8	4.8	2	22.2	263	27.8
	Female	31	54.4	96	42.3	49	20.9	20	8.1	7	4.5	1	5.9	204	21.7
	Total	66	58.4	205	45.8	133	26.5	45	9.5	15	4.7	3	11.5	467	24.8

1-6-2) SF-36: Doing moderate exercise

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	0	0.0	2	0.7	7	3.1	15	9.0	1	11.1	25	2.6
	Female	0	0.0	1	0.4	4	1.7	8	3.3	24	15.4	5	31.3	42	4.5
	Total	0	0.0	1	0.2	6	1.2	15	3.2	39	12.1	6	24.0	67	3.6
Bit difficult	Male	4	7.1	11	5.0	23	8.6	46	20.4	55	32.9	5	55.6	144	15.2
	Female	5	8.8	18	7.9	29	12.3	59	24.1	64	41.0	4	25.0	179	19.1
	Total	9	8.0	29	6.5	52	10.4	105	22.3	119	36.8	9	36.0	323	17.2
Not difficult	Male	52	92.9	210	95.0	242	90.6	173	76.5	97	58.1	3	33.3	777	82.1
	Female	52	91.2	208	91.6	202	86.0	178	72.7	68	43.6	7	43.8	715	76.4
	Total	104	92.0	418	93.3	444	88.4	351	74.5	165	51.1	10	40.0	1492	79.3

1-6-3) SF-36: Lifting or carrying a bag

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	1	0.5	1	0.4	6	2.6	11	6.7	1	11.1	20	2.1
	Female	0	0.0	1	0.4	3	1.3	8	3.3	24	15.5	5	29.4	41	4.4
	Total	0	0.0	2	0.4	4	0.8	14	3.0	35	10.9	6	23.1	61	3.2
Bit difficult	Male	1	1.8	8	3.6	18	6.7	35	15.4	54	32.7	5	55.6	121	12.8
	Female	7	12.3	20	8.8	34	14.4	68	27.8	71	45.8	7	41.2	207	22.1
	Total	8	7.1	28	6.3	52	10.3	103	21.8	125	39.1	12	46.2	328	17.4

Not difficult	Male	55	98.2	212	95.9	248	92.9	187	82.0	100	60.6	3	33.3	805	85.1
	Female	50	87.7	206	90.7	199	84.3	169	69.0	60	38.7	5	29.4	689	73.5
	Total	105	92.9	418	93.3	447	88.9	356	75.3	160	50.0	8	30.8	1494	79.3

1-6-4) SF-36: Going up several flight of the stairs

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	1	0.5	1	0.4	5	2.2	21	12.7	1	11.1	29	3.1
	Female	1	1.8	3	1.3	4	1.7	11	4.5	28	18.1	3	17.6	50	5.3
	Total	1	0.9	4	0.9	5	1.0	16	3.4	49	15.3	4	15.4	79	4.2
Bit difficult	Male	4	7.1	16	7.2	43	16.1	56	24.7	52	31.5	5	55.6	176	18.6
	Female	7	12.3	29	12.8	47	19.9	75	30.5	58	37.4	7	41.2	223	23.8
	Total	11	9.7	45	10.0	90	17.9	131	27.7	110	34.4	12	46.2	399	21.2
Not difficult	Male	52	92.9	204	92.3	223	83.5	166	73.1	92	55.8	3	33.3	740	78.3
	Female	49	86.0	195	85.9	185	78.4	160	65.0	69	44.5	7	41.2	665	70.9
	Total	101	89.4	399	89.1	408	81.1	326	68.9	161	50.3	10	38.5	1405	74.6

1-6-5) SF-36: Going up a flight of the stairs

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	0	0.0	0	0.0	2	0.9	9	5.4	0	0.0	11	1.2
	Female	1	1.8	0	0.0	1	0.4	3	1.2	22	14.5	2	12.5	29	3.1
	Total	1	0.9	0	0.0	1	0.2	5	1.1	31	9.7	2	8.0	40	2.1
Bit difficult	Male	0	0.0	5	2.3	13	4.9	23	10.1	43	25.9	5	55.6	89	9.4
	Female	0	0.0	8	3.5	9	3.8	35	14.3	38	25.0	7	43.8	97	10.4
	Total	0	0.0	13	2.9	22	4.4	58	12.3	81	25.5	12	48.0	186	9.9
Not difficult	Male	56	100.0	216	97.7	254	95.1	202	89.0	114	68.7	4	44.4	846	89.4
	Female	56	98.2	219	96.5	226	95.8	206	84.4	92	60.5	7	43.8	806	86.5
	Total	112	99.1	435	97.1	480	95.4	408	86.6	206	64.8	11	44.0	1652	88.0

1-6-6) SF-36: Bending over, drop the knee, or ducking down

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	1	0.5	7	2.6	9	3.9	14	8.4	0	0.0	31	3.3
	Female	0	0.0	3	1.3	9	3.8	10	4.1	24	15.6	4	23.5	50	5.3
	Total	0	0.0	4	0.9	16	3.2	19	4.0	38	11.9	4	15.4	81	4.3
Bit difficult	Male	3	5.4	24	10.9	34	12.7	42	18.4	64	38.6	5	55.6	172	18.2
	Female	5	8.8	21	9.3	30	12.7	60	24.5	49	31.8	8	47.1	173	18.5
	Total	8	7.1	45	10.0	64	12.7	102	21.6	113	35.3	13	50.0	345	18.3
Not difficult	Male	53	94.6	196	88.7	226	84.6	177	77.6	88	53.0	4	44.4	744	78.6
	Female	52	91.2	203	89.4	197	83.5	175	71.4	81	52.6	5	29.4	713	76.2
	Total	105	92.9	399	89.1	423	84.1	352	74.4	169	52.8	9	34.6	1457	77.4

1-6-7) SF-36: Walking more than one kilometer

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	1	1.8	1	0.5	1	0.4	9	3.9	25	15.2	1	12.5	38	4.0
	Female	1	1.8	2	0.9	9	3.8	12	4.9	37	23.9	4	25.0	65	7.0
	Total	2	1.8	3	0.7	10	2.0	21	4.4	62	19.4	5	20.8	103	5.5
Bit difficult	Male	3	5.4	11	5.0	20	7.5	32	14.0	42	25.5	7	87.5	115	12.2
	Female	2	3.5	20	8.8	34	14.5	52	21.2	46	29.7	7	43.8	161	17.2

	Total	5	4.4	31	6.9	54	10.8	84	17.8	88	27.5	14	58.3	276	14.7
Not difficult	Male	52	92.9	209	94.6	246	92.1	187	82.0	98	59.4	0	0.0	792	83.8
	Female	54	94.7	205	90.3	192	81.7	181	73.9	72	46.5	5	31.3	709	75.8
	Total	106	93.8	414	92.4	438	87.3	368	77.8	170	53.1	5	20.8	1501	79.8

1-6-8) SF-36: Walking more than several hundred meters

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	0	0.0	0	0.0	3	1.3	19	11.5	0	0.0	22	2.3
	Female	0	0.0	0	0.0	4	1.7	8	3.3	24	15.8	4	25.0	40	4.3
	Total	0	0.0	0	0.0	4	0.8	11	2.3	43	13.6	4	16.0	62	3.3
Bit difficult	Male	1	1.8	4	1.8	8	3.0	16	7.1	33	20.0	5	55.6	67	7.1
	Female	1	1.8	6	2.6	10	4.3	24	9.8	31	20.4	2	12.5	74	7.9
	Total	2	1.8	10	2.2	18	3.6	40	8.5	64	20.2	7	28.0	141	7.5
Not difficult	Male	55	98.2	216	98.2	258	97.0	205	91.5	113	68.5	4	44.4	851	90.5
	Female	56	98.2	221	97.4	221	94.0	214	87.0	97	63.8	10	62.5	819	87.8
	Total	111	98.2	437	97.8	479	95.6	419	89.1	210	66.2	14	56.0	1670	89.2

1-6-9) SF-36: Walking more than one hundred meters

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	0	0.0	0	0.0	2	0.9	10	6.2	1	11.1	13	1.4
	Female	0	0.0	0	0.0	2	0.8	7	2.9	18	11.9	2	13.3	29	3.1
	Total	0	0.0	0	0.0	2	0.4	9	1.9	28	9.0	3	12.5	42	2.3
Bit difficult	Male	0	0.0	4	1.8	7	2.6	13	5.8	22	13.7	0	0.0	46	4.9
	Female	1	1.8	3	1.3	6	2.5	11	4.5	23	15.2	1	6.7	45	4.8
	Total	1	0.9	7	1.6	13	2.6	24	5.1	45	14.4	1	4.2	91	4.9
Not difficult	Male	56	100.0	216	98.2	258	97.4	209	93.3	129	80.1	8	88.9	876	93.7
	Female	56	98.2	224	98.7	228	96.6	226	92.6	110	72.8	12	80.0	856	92.0
	Total	112	99.1	440	98.4	486	97.0	435	92.9	239	76.6	20	83.3	1732	92.9

1-6-10) SF-36: Taking a bath or getting dressed

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	0	0.0	0	0.0	3	1.3	5	3.0	0	0.0	8	0.8
	Female	0	0.0	0	0.0	0	0.0	3	1.2	6	3.8	4	23.5	13	1.4
	Total	0	0.0	0	0.0	0	0.0	6	1.3	11	3.4	4	15.4	21	1.1
Bit difficult	Male	0	0.0	0	0.0	2	0.7	3	1.3	13	7.9	1	11.1	19	2.0
	Female	1	1.8	1	0.4	5	2.1	4	1.6	13	8.3	0	0.0	24	2.6
	Total	1	0.9	1	0.2	7	1.4	7	1.5	26	8.1	1	3.8	43	2.3
Not difficult	Male	56	100.0	221	100.0	265	99.3	222	97.4	147	89.1	8	88.9	919	97.1
	Female	56	98.2	226	99.6	231	97.9	240	97.2	138	87.9	13	76.5	904	96.1
	Total	112	99.1	447	99.8	496	98.6	462	97.3	285	88.5	21	80.8	1823	96.6

1-6-11) Sitting on the floor Japanese style

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very difficult	Male	2	3.6	5	2.3	16	6.0	27	11.9	41	24.8	5	55.6	96	10.2
	Female	3	5.3	13	5.7	17	7.2	42	17.0	47	30.1	8	47.1	130	13.8
	Total	5	4.4	18	4.0	33	6.6	69	14.6	88	27.4	13	50.0	226	12.0
Bit difficult	Male	4	7.1	29	13.1	54	20.2	50	22.0	50	30.3	3	33.3	190	20.1

	Female	7	12.3	24	10.6	41	17.4	58	23.5	37	23.7	0	0.0	167	17.8
	Total	11	9.7	53	11.8	95	18.9	108	22.8	87	27.1	3	11.5	357	18.9
Not difficult	Male	50	89.3	187	84.6	197	73.8	150	66.1	74	44.8	1	11.1	659	69.7
	Female	47	82.5	190	83.7	178	75.4	147	59.5	72	46.2	9	52.9	643	68.4
	Total	97	85.8	377	84.2	375	74.6	297	62.7	146	45.5	10	38.5	1302	69.1

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

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Yes	Male	30	53.6	106	47.7	165	61.1	148	63.8	79	48.5	2	22.2	530	55.7
	Female	19	31.7	98	42.8	118	50.0	168	67.2	88	56.4	10	71.4	501	53.0
	Total	49	42.2	204	45.2	283	55.9	316	65.6	167	52.4	12	52.2	1031	54.3
No	Male	26	46.4	116	52.3	105	38.9	84	36.2	84	51.5	7	77.8	422	44.3
	Female	41	68.3	131	57.2	118	50.0	82	32.8	68	43.6	4	28.6	444	47.0
	Total	67	57.8	247	54.8	223	44.1	166	34.4	152	47.6	11	47.8	866	45.7

1-8) Frequency of outing for work, shopping, walking, or hospital visit

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
More than once a day	Male	53	94.6	211	94.6	236	87.1	176	75.9	96	58.2	4	40.0	776	81.1
	Female	54	90.0	196	85.6	177	74.7	169	67.6	59	37.3	6	37.5	661	69.6
	Total	107	92.2	407	90.0	413	81.3	345	71.6	155	48.0	10	38.5	1437	75.4
Once in 2 to 3 days	Male	1	1.8	8	3.6	30	11.1	41	17.7	43	26.1	1	10.0	124	13.0
	Female	6	10.0	28	12.2	56	23.6	68	27.2	67	42.4	5	31.3	230	24.2
	Total	7	6.0	36	8.0	86	16.9	109	22.6	110	34.1	6	23.1	354	18.6
Once in a week	Male	2	3.6	4	1.8	5	1.8	12	5.2	17	10.3	4	40.0	44	4.6
	Female	0	0.0	5	2.2	4	1.7	13	5.2	27	17.1	2	12.5	51	5.4
	Total	2	1.7	9	2.0	9	1.8	25	5.2	44	13.6	6	23.1	95	5.0
Almost no	Male	0	0.0	0	0.0	0	0.0	3	1.3	9	5.5	1	10.0	13	1.4
	Female	0	0.0	0	0.0	0	0.0	0	0.0	5	3.2	3	18.8	8	0.8
	Total	0	0.0	0	0.0	0	0.0	3	0.6	14	4.3	4	15.4	21	1.1

1-9) History of falls in the past year

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

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Yes	Male	11	19.6	19	8.6	30	11.1	48	20.7	49	29.9	4	40.0	161	16.9
	Female	6	10.0	44	19.2	40	16.9	60	23.9	66	41.3	7	43.8	223	23.4
	Total	17	14.7	63	14.0	70	13.8	108	22.4	115	35.5	11	42.3	384	20.1
No	Male	45	80.4	203	91.4	241	88.9	184	79.3	115	70.1	6	60.0	794	83.1
	Female	54	90.0	185	80.8	197	83.1	191	76.1	94	58.8	9	56.3	730	76.6
	Total	99	85.3	388	86.0	438	86.2	375	77.6	209	64.5	15	57.7	1524	79.9

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.7	3.0	9	2.1	2.5	19	1.6	0.8	27	1.8	1.1	48	2.1	1.4	47	3.5	4.4	4	2.0	1.7	154
Female	1.4	0.5	5	1.5	0.7	43	1.9	1.9	39	1.4	0.6	58	1.7	1.0	63	1.8	0.4	6	1.6	1.1	214
Total	2.2	2.5	14	1.7	1.5	62	1.8	1.5	66	1.6	0.9	106	1.9	1.2	110	2.5	2.7	10	1.8	1.4	368

1-10) Weight (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	70.3	11.4	55	68.4	8.9	223	65.7	8.7	271	62.7	8.8	232	59.2	7.4	164	51.8	6.5	8	64.6	9.4	953
Female	54.6	7.9	57	53.9	9.5	228	53.8	9.3	235	51.8	7.9	247	48.2	7.3	159	42.0	4.4	15	52.2	8.9	941
Total	62.3	12.5	112	61.1	11.7	451	60.2	10.7	506	57.1	9.9	479	53.8	9.2	323	45.4	7.0	23	58.5	11.0	1894

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)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.0	1.6	56	12.0	1.1	218	12.0	1.2	265	11.9	1.9	223	11.3	2.4	156	9.9	1.5	8	11.9	1.7	926
Female	12.1	1.1	59	12.3	0.9	226	12.3	1.2	233	12.3	1.3	242	11.3	2.6	145	8.3	4.3	16	12.1	1.7	921
Total	12.0	1.4	115	12.2	1.1	444	12.1	1.2	498	12.1	1.6	465	11.3	2.5	301	8.8	3.6	24	12.0	1.7	1847

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.0	0.2	56	5.0	0.2	223	4.9	0.3	271	4.7	0.8	229	4.4	1.2	164	4.8	0.4	10	4.8	0.7	953
Female	5.0	0.0	60	5.0	0.1	229	5.0	0.3	237	4.9	0.4	249	4.5	1.2	157	3.3	2.1	16	4.9	0.7	948
Total	5.0	0.1	116	5.0	0.2	452	4.9	0.3	508	4.8	0.6	478	4.5	1.2	321	3.9	1.8	26	4.8	0.7	1901

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.6	0.9	56	3.7	0.6	220	3.7	0.5	268	3.7	0.6	232	3.7	0.7	160	3.5	0.7	10	3.7	0.6	946
Female	3.4	0.7	60	3.7	0.6	226	3.7	0.6	237	3.8	0.5	248	3.6	0.8	153	2.9	1.4	17	3.7	0.7	941
Total	3.5	0.8	116	3.7	0.6	446	3.7	0.6	505	3.7	0.6	480	3.6	0.8	313	3.1	1.2	27	3.7	0.7	1887

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.5	0.8	56	3.4	0.7	220	3.4	0.9	268	3.4	1.0	226	3.2	1.0	158	1.8	1.3	8	3.4	0.9	936
Female	3.6	0.7	59	3.6	0.6	229	3.6	0.8	233	3.6	0.8	246	3.2	1.2	151	2.1	1.2	17	3.5	0.9	935
Total	3.5	0.8	115	3.5	0.7	449	3.5	0.8	501	3.5	0.9	472	3.2	1.1	309	2.0	1.2	25	3.4	0.9	1871

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)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.9	2.8	55	12.7	2.4	219	12.9	2.3	262	12.1	3.5	214	9.7	3.9	141	5.4	1.5	5	12.1	3.2	896
Female	13.3	2.4	59	13.2	2.2	228	12.9	2.3	225	11.9	3.0	225	9.4	3.8	131	5.6	3.4	14	12.1	3.1	882
Total	13.1	2.6	114	12.9	2.3	447	12.9	2.3	487	12.0	3.3	439	9.6	3.8	272	5.6	2.9	19	12.1	3.2	1778

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.9	0.3	56	4.0	0.2	221	3.9	0.4	269	3.3	1.1	223	2.4	1.5	161	1.1	1.6	8	3.5	1.1	938

Female	4.0	0.2	61	4.0	0.2	229	3.8	0.5	233	3.1	1.1	238	2.1	1.3	150	0.9	1.0	14	3.4	1.1	925
Total	4.0	0.2	117	4.0	0.2	450	3.8	0.5	502	3.2	1.1	461	2.2	1.4	311	1.0	1.2	22	3.4	1.1	1863

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.5	1.0	56	3.6	0.7	221	3.5	0.8	269	3.3	1.0	225	3.1	1.2	155	2.9	0.6	9	3.4	0.9	935
Female	3.6	0.7	61	3.6	0.8	228	3.5	0.8	233	3.3	0.9	239	3.2	1.1	142	2.7	1.4	17	3.4	0.9	920
Total	3.6	0.8	117	3.6	0.7	449	3.5	0.8	502	3.3	0.9	464	3.2	1.1	297	2.8	1.1	26	3.4	0.9	1855

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.4	0.9	56	3.3	0.9	221	3.4	0.9	264	3.3	1.0	226	2.9	1.1	152	2.0	0.6	6	3.2	1.0	925
Female	3.7	0.7	60	3.7	0.6	229	3.6	0.6	231	3.5	0.8	239	2.8	1.2	144	1.8	1.1	16	3.5	0.9	919
Total	3.6	0.8	116	3.5	0.8	450	3.5	0.8	495	3.4	0.9	465	2.8	1.2	296	1.8	1.0	22	3.4	0.9	1844

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	1.4	55	1.8	1.4	222	2.1	1.4	267	2.1	1.6	225	1.4	1.5	159	0.3	0.5	8	1.9	1.5	936
Female	2.1	1.5	60	2.0	1.4	228	1.9	1.5	231	1.7	1.5	244	1.1	1.4	153	0.4	0.5	17	1.7	1.5	933
Total	2.1	1.5	115	1.9	1.4	450	2.1	1.4	498	1.9	1.5	469	1.3	1.4	312	0.3	0.5	25	1.8	1.5	1869

1-12) Independence in activities of daily living

1-12-1) Bathing

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Independence	Male	55	98.2	221	99.1	270	99.6	229	98.3	157	94.0	10	100.0	942	98.1
	Female	61	100.0	229	100.0	237	99.6	247	98.4	151	94.4	12	70.6	937	98.0
	Total	116	99.1	450	99.6	507	99.6	476	98.3	308	94.2	22	81.5	1879	98.1
Dependence	Male	1	1.8	2	0.9	1	0.4	4	1.7	10	6.0	0	0.0	18	1.9
	Female	0	0.0	0	0.0	1	0.4	4	1.6	9	5.6	5	29.4	19	2.0
	Total	1	0.9	2	0.4	2	0.4	8	1.7	19	5.8	5	18.5	37	1.9

1-12-2) Moving to and from bed

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Independence	Male	56	100.0	221	99.1	270	99.6	230	98.7	164	98.2	9	90.0	950	99.0
	Female	61	100.0	229	100.0	236	99.2	248	98.8	156	97.5	15	88.2	945	98.8
	Total	117	100.0	450	99.6	506	99.4	478	98.8	320	97.9	24	88.9	1895	98.9
Dependence	Male	0	0.0	2	0.9	1	0.4	3	1.3	3	1.8	1	10.0	10	1.0
	Female	0	0.0	0	0.0	2	0.8	3	1.2	4	2.5	2	11.8	11	1.2
	Total	0	0.0	2	0.4	3	0.6	6	1.2	7	2.1	3	11.1	21	1.1

1-12-3) Moving to and from chair

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Independence	Male	56	100.0	221	99.1	270	99.6	229	98.3	161	96.4	9	90.0	946	98.5

	Female	61	100.0	229	100.0	237	99.6	248	98.8	157	98.1	16	94.1	948	99.2
	Total	117	100.0	450	99.6	507	99.6	477	98.6	318	97.2	25	92.6	1894	98.9
Dependence	Male	0	0.0	2	0.9	1	0.4	4	1.7	6	3.6	1	10.0	14	1.5
	Female	0	0.0	0	0.0	1	0.4	3	1.2	3	1.9	1	5.9	8	0.8
	Total	0	0.0	2	0.4	2	0.4	7	1.4	9	2.8	2	7.4	22	1.1

1-12-4) Walking in the room

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Independence	Male	56	100.0	222	99.6	270	99.6	230	98.7	160	95.8	9	90.0	947	98.6
	Female	61	100.0	229	100.0	238	100.0	248	98.8	155	96.9	16	94.1	947	99.1
	Total	117	100.0	451	99.8	508	99.8	478	98.8	315	96.3	25	92.6	1894	98.9
Dependence	Male	0	0.0	1	0.4	1	0.4	3	1.3	7	4.2	1	10.0	13	1.4
	Female	0	0.0	0	0.0	0	0.0	3	1.2	5	3.1	1	5.9	9	0.9
	Total	0	0.0	1	0.2	1	0.2	6	1.2	12	3.7	2	7.4	22	1.1

1-12-5) Dressing

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Independence	Male	56	100.0	221	99.1	270	99.6	229	98.3	158	94.6	9	90.0	943	98.2
	Female	61	100.0	229	100.0	237	99.6	247	98.4	156	97.5	14	82.4	944	98.7
	Total	117	100.0	450	99.6	507	99.6	476	98.3	314	96.0	23	85.2	1887	98.5
Dependence	Male	0	0.0	2	0.9	1	0.4	4	1.7	9	5.4	1	10.0	17	1.8
	Female	0	0.0	0	0.0	1	0.4	4	1.6	4	2.5	3	17.6	12	1.3
	Total	0	0.0	2	0.4	2	0.4	8	1.7	13	4.0	4	14.8	29	1.5

1-12-6) Toileting

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Independence	Male	55	98.2	221	99.1	270	99.6	229	98.3	160	95.8	9	90.0	944	98.3
	Female	61	100.0	229	100.0	237	99.6	248	98.8	157	98.1	16	94.1	948	99.2
	Total	116	99.1	450	99.6	507	99.6	477	98.6	317	96.9	25	92.6	1892	98.7
Dependence	Male	1	1.8	2	0.9	1	0.4	4	1.7	7	4.2	1	10.0	16	1.7
	Female	0	0.0	0	0.0	1	0.4	3	1.2	3	1.9	1	5.9	8	0.8
	Total	1	0.9	2	0.4	2	0.4	7	1.4	10	3.1	2	7.4	24	1.3

1-12-7) Feeding

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Independence	Male	55	98.2	221	99.1	270	99.6	231	99.1	159	95.2	9	90.0	945	98.4
	Female	61	100.0	229	100.0	238	100.0	247	98.4	155	96.9	14	82.4	944	98.7
	Total	116	99.1	450	99.6	508	99.8	478	98.8	314	96.0	23	85.2	1889	98.6
Dependence	Male	1	1.8	2	0.9	1	0.4	2	0.9	8	4.8	1	10.0	15	1.6
	Female	0	0.0	0	0.0	0	0.0	4	1.6	5	3.1	3	17.6	12	1.3
	Total	1	0.9	2	0.4	1	0.2	6	1.2	13	4.0	4	14.8	27	1.4

1-12-8) Grooming

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Independence	Male	56	100.0	221	99.1	270	99.6	230	98.7	159	95.2	9	90.0	945	98.4

	Female	61	100.0	229	100.0	238	100.0	246	98.0	156	97.5	15	88.2	945	98.8
	Total	117	100.0	450	99.6	508	99.8	476	98.3	315	96.3	24	88.9	1890	98.6
Dependence	Male	0	0.0	2	0.9	1	0.4	3	1.3	8	4.8	1	10.0	15	1.6
	Female	0	0.0	0	0.0	0	0.0	5	2.0	4	2.5	2	11.8	11	1.2
	Total	0	0.0	2	0.4	1	0.2	8	1.7	12	3.7	3	11.1	26	1.4

1-13) Certification of long-term care need

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

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	54	100.0	214	100.0	267	99.6	213	95.5	133	84.7	7	87.5	888	96.1
	Female	59	100.0	222	100.0	229	98.3	232	94.7	101	69.2	4	26.7	847	92.1
	Total	113	100.0	436	100.0	496	99.0	445	95.1	234	77.2	11	47.8	1735	94.1
Previously but not currently	Male	0	0.0	0	0.0	1	0.4	3	1.3	2	1.3	0	0.0	6	0.6
	Female	0	0.0	0	0.0	0	0.0	6	2.4	10	6.8	1	6.7	17	1.8
	Total	0	0.0	0	0.0	1	0.2	9	1.9	12	4.0	1	4.3	23	1.2
Currently certified	Male	0	0.0	0	0.0	0	0.0	7	3.1	22	14.0	1	12.5	30	3.2
	Female	0	0.0	0	0.0	4	1.7	7	2.9	35	24.0	10	66.7	56	6.1
	Total	0	0.0	0	0.0	4	0.8	14	3.0	57	18.8	11	47.8	86	4.7

1-13-2) Level of care (only for persons currently certificated)

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Requiring help 1	Male	0	0.0	0	0.0	0	0.0	0	0.0	6	27.3	1	100.0	7	23.3
	Female	0	0.0	0	0.0	0	0.0	4	57.1	8	22.9	2	20.0	14	25.0
	Total	0	0.0	0	0.0	0	0.0	4	28.6	14	24.6	3	27.3	21	24.4
Requiring help 2	Male	0	0.0	0	0.0	0	0.0	2	28.6	4	18.2	0	0.0	6	20.0
	Female	0	0.0	0	0.0	1	25.0	1	14.3	18	51.4	4	40.0	24	42.9
	Total	0	0.0	0	0.0	1	25.0	3	21.4	22	38.6	4	36.4	30	34.9
Long-term care level 1	Male	0	0.0	0	0.0	0	0.0	1	14.3	7	31.8	0	0.0	8	26.7
	Female	0	0.0	0	0.0	0	0.0	0	0.0	6	17.1	1	10.0	7	12.5
	Total	0	0.0	0	0.0	0	0.0	1	7.1	13	22.8	1	9.1	15	17.4
Long-term care level 2	Male	0	0.0	0	0.0	0	0.0	0	0.0	3	13.6	0	0.0	3	10.0
	Female	0	0.0	0	0.0	2	50.0	0	0.0	3	8.6	1	10.0	6	10.7
	Total	0	0.0	0	0.0	2	50.0	0	0.0	6	10.5	1	9.1	9	10.5
Long-term care level 3	Male	0	0.0	0	0.0	0	0.0	3	42.9	1	4.5	0	0.0	4	13.3
	Female	0	0.0	0	0.0	1	25.0	0	0.0	0	0.0	0	0.0	1	1.8
	Total	0	0.0	0	0.0	1	25.0	3	21.4	1	1.8	0	0.0	5	5.8
Long-term care level 4	Male	0	0.0	0	0.0	0	0.0	0	0.0	1	4.5	0	0.0	1	3.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	2	20.0	2	3.6
	Total	0	0.0	0	0.0	0	0.0	0	0.0	1	1.8	2	18.2	3	3.5
Long-term care level 5	Male	0	0.0	0	0.0	0	0.0	1	14.3	0	0.0	0	0.0	1	3.3
	Female	0	0.0	0	0.0	0	0.0	2	28.6	0	0.0	0	0.0	2	3.6
	Total	0	0.0	0	0.0	0	0.0	3	21.4	0	0.0	0	0.0	3	3.5

2. Current Living Conditions

2-1) Marital status

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Unmarried	Male	5	8.9	18	8.1	8	3.0	3	1.3	0	0.0	0	0.0	34	3.6
	Female	6	9.8	14	6.1	3	1.3	4	1.6	2	1.3	0	0.0	29	3.1

	Total	11	9.4	32	7.1	11	2.2	7	1.5	2	0.6	0	0.0	63	3.3
Already married (covers unregistered marriage)	Male	51	91.1	193	87.3	245	90.7	205	88.7	146	88.5	7	77.8	847	89.0
	Female	53	86.9	199	86.9	199	84.0	183	74.7	54	35.8	1	7.1	689	73.5
	Total	104	88.9	392	87.1	444	87.6	388	81.5	200	63.3	8	34.8	1536	81.3
Separation (except for living conditions such as working away from home)	Male	0	0.0	3	1.4	2	0.7	1	0.4	0	0.0	0	0.0	6	0.6
	Female	0	0.0	1	0.4	1	0.4	0	0.0	0	0.0	0	0.0	2	0.2
	Total	0	0.0	4	0.9	3	0.6	1	0.2	0	0.0	0	0.0	8	0.4
Divorced	Male	0	0.0	5	2.3	7	2.6	3	1.3	1	0.6	0	0.0	16	1.7
	Female	2	3.3	12	5.2	15	6.3	6	2.4	5	3.3	0	0.0	40	4.3
	Total	2	1.7	17	3.8	22	4.3	9	1.9	6	1.9	0	0.0	56	3.0
Bereavement	Male	0	0.0	2	0.9	8	3.0	19	8.2	18	10.9	2	22.2	49	5.1
	Female	0	0.0	3	1.3	19	8.0	52	21.2	90	59.6	13	92.9	177	18.9
	Total	0	0.0	5	1.1	27	5.3	71	14.9	108	34.2	15	65.2	226	12.0

2-2) Resident status

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Living alone	Male	3	5.4	11	5.0	16	5.9	13	5.6	10	6.0	2	22.2	55	5.8
	Female	2	3.3	6	2.6	20	8.4	37	14.9	49	31.6	6	35.3	120	12.6
	Total	5	4.3	17	3.8	36	7.1	50	10.4	59	18.4	8	30.8	175	9.2
Husband and wife	Male	7	12.5	52	23.6	129	47.6	142	61.2	101	60.8	4	44.4	435	45.6
	Female	9	14.8	50	21.8	106	44.5	124	49.8	30	19.4	1	5.9	320	33.7
	Total	16	13.7	102	22.7	235	46.2	266	55.3	131	40.8	5	19.2	755	39.7
Others	Male	46	82.1	157	71.4	126	46.5	77	33.2	55	33.1	3	33.3	464	48.6
	Female	50	82.0	173	75.5	112	47.1	88	35.3	76	49.0	10	58.8	509	53.6
	Total	96	82.1	330	73.5	238	46.8	165	34.3	131	40.8	13	50.0	973	51.1

3. Current Occupation and Economic Conditions

3-1) Employment status

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Inoccupation	Male	0	0.0	0	0.0	73	27.1	160	69.9	140	87.5	9	100.0	382	40.4
	Female	1	1.7	3	1.3	21	8.9	65	26.4	93	60.8	13	86.7	196	20.9
	Total	1	0.9	3	0.7	94	18.6	225	47.4	233	74.4	22	91.7	578	30.7
Housewife or househusband	Male	0	0.0	0	0.0	2	0.7	3	1.3	1	0.6	0	0.0	6	0.6
	Female	9	15.0	43	18.8	100	42.4	127	51.6	48	31.4	1	6.7	328	34.9
	Total	9	7.8	43	9.5	102	20.2	130	27.4	49	15.7	1	4.2	334	17.7
Regular employment (full-time employees, etc.)	Male	51	91.1	189	84.8	62	23.0	7	3.1	3	1.9	0	0.0	312	33.0
	Female	10	16.7	44	19.2	11	4.7	2	0.8	1	0.7	0	0.0	68	7.2
	Total	61	52.6	233	51.5	73	14.5	9	1.9	4	1.3	0	0.0	380	20.2
Non-regular employment (part-time employees, contract workers, temporary workers, etc.)	Male	0	0.0	5	2.2	78	29.0	28	12.2	4	2.5	0	0.0	115	12.2
	Female	37	61.7	123	53.7	78	33.1	31	12.6	1	0.7	0	0.0	270	28.8
	Total	37	31.9	128	28.3	156	30.9	59	12.4	5	1.6	0	0.0	385	20.4
Other (self-employed, workers in agriculture, forestry, and fishery, etc.)	Male	5	8.9	29	13.0	54	20.1	31	13.5	12	7.5	0	0.0	131	13.8
	Female	3	5.0	16	7.0	26	11.0	21	8.5	10	6.5	1	6.7	77	8.2
	Total	8	6.9	45	10.0	80	15.8	52	10.9	22	7.0	1	4.2	208	11.0

3-2) Sum of family annual income

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Less than 1,500,000 yen	Male	0	0.0	3	1.4	9	3.5	10	4.5	4	2.7	1	12.5	27	3.0

	Female	3	5.6	5	2.3	7	3.1	16	7.1	19	16.0	2	16.7	52	6.1
	Total	3	2.8	8	1.8	16	3.3	26	5.8	23	8.6	3	15.0	79	4.5
Between 1,500,000 and 2,490,000 yen	Male	0	0.0	2	0.9	26	10.0	22	9.8	33	22.3	1	12.5	84	9.2
	Female	1	1.9	12	5.4	26	11.6	39	17.3	28	23.5	5	41.7	111	13.0
	Total	1	0.9	14	3.2	52	10.8	61	13.6	61	22.8	6	30.0	195	11.0
Between 2,500,000 and 3,490,000 yen	Male	0	0.0	4	1.8	43	16.6	72	32.1	44	29.7	3	37.5	166	18.1
	Female	2	3.7	13	5.9	43	19.2	55	24.4	20	16.8	1	8.3	134	15.7
	Total	2	1.8	17	3.8	86	17.8	127	28.3	64	24.0	4	20.0	300	16.9
Between 3,500,000 and 4,490,000 yen	Male	3	5.5	14	6.3	37	14.3	40	17.9	19	12.8	1	12.5	114	12.5
	Female	1	1.9	22	10.0	34	15.2	44	19.6	17	14.3	1	8.3	119	13.9
	Total	4	3.7	36	8.1	71	14.7	84	18.7	36	13.5	2	10.0	233	13.2
Between 4,500,000 and 5,490,000 yen	Male	6	10.9	16	7.2	29	11.2	19	8.5	14	9.5	2	25.0	86	9.4
	Female	8	14.8	18	8.1	31	13.8	23	10.2	8	6.7	1	8.3	89	10.4
	Total	14	12.8	34	7.7	60	12.4	42	9.4	22	8.2	3	15.0	175	9.9
Between 5,500,000 and 6,490,000 yen	Male	3	5.5	15	6.8	19	7.3	19	8.5	6	4.1	0	0.0	62	6.8
	Female	8	14.8	18	8.1	23	10.3	10	4.4	8	6.7	0	0.0	67	7.8
	Total	11	10.1	33	7.5	42	8.7	29	6.5	14	5.2	0	0.0	129	7.3
Between 6,500,000 and 7,490,000 yen	Male	9	16.4	21	9.5	25	9.7	7	3.1	8	5.4	0	0.0	70	7.7
	Female	6	11.1	20	9.0	10	4.5	9	4.0	3	2.5	0	0.0	48	5.6
	Total	15	13.8	41	9.3	35	7.2	16	3.6	11	4.1	0	0.0	118	6.7
Between 7,500,000 and 8,490,000 yen	Male	11	20.0	28	12.7	19	7.3	9	4.0	5	3.4	0	0.0	72	7.9
	Female	7	13.0	27	12.2	11	4.9	1	0.4	4	3.4	0	0.0	50	5.8
	Total	18	16.5	55	12.4	30	6.2	10	2.2	9	3.4	0	0.0	122	6.9
Between 8,500,000 and 9,990,000 yen	Male	7	12.7	33	14.9	14	5.4	11	4.9	5	3.4	0	0.0	70	7.7
	Female	7	13.0	19	8.6	11	4.9	8	3.6	5	4.2	0	0.0	50	5.8
	Total	14	12.8	52	11.8	25	5.2	19	4.2	10	3.7	0	0.0	120	6.8
Between 10,000,000 and 19,990,000 yen	Male	15	27.3	79	35.7	34	13.1	15	6.7	8	5.4	0	0.0	151	16.5
	Female	11	20.4	59	26.7	27	12.1	16	7.1	5	4.2	2	16.7	120	14.0
	Total	26	23.9	138	31.2	61	12.6	31	6.9	13	4.9	2	10.0	271	15.3
More than 20,000,000 yen	Male	1	1.8	6	2.7	4	1.5	0	0.0	2	1.4	0	0.0	13	1.4
	Female	0	0.0	8	3.6	1	0.4	4	1.8	2	1.7	0	0.0	15	1.8
	Total	1	0.9	14	3.2	5	1.0	4	0.9	4	1.5	0	0.0	28	1.6

3-3) Level of satisfaction in annual income

		40-49yr		50-59yr		60-69yr		70-79yr		80-89yr		90yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%
Very satisfied	Male	3	5.4	21	9.4	30	11.1	21	9.2	22	13.8	0	0.0	97	10.2
	Female	10	16.9	40	17.5	30	12.8	38	15.6	28	18.8	8	53.3	154	16.6
	Total	13	11.3	61	13.5	60	11.9	59	12.5	50	16.2	8	33.3	251	13.4
Satisfied	Male	23	41.1	88	39.5	86	31.9	86	37.6	53	33.1	2	22.2	338	35.7
	Female	17	28.8	56	24.6	69	29.5	84	34.4	59	39.6	4	26.7	289	31.1
	Total	40	34.8	144	31.9	155	30.8	170	35.9	112	36.2	6	25.0	627	33.4
Neither satisfied nor dissatisfied	Male	14	25.0	66	29.6	91	33.7	70	30.6	52	32.5	5	55.6	298	31.5
	Female	16	27.1	63	27.6	84	35.9	87	35.7	36	24.2	3	20.0	289	31.1
	Total	30	26.1	129	28.6	175	34.7	157	33.2	88	28.5	8	33.3	587	31.3
Unsatisfied	Male	13	23.2	37	16.6	42	15.6	44	19.2	27	16.9	2	22.2	165	17.4
	Female	13	22.0	54	23.7	43	18.4	28	11.5	21	14.1	0	0.0	159	17.1
	Total	26	22.6	91	20.2	85	16.9	72	15.2	48	15.5	2	8.3	324	17.3
Very unsatisfied	Male	3	5.4	11	4.9	21	7.8	8	3.5	6	3.8	0	0.0	49	5.2
	Female	3	5.1	15	6.6	8	3.4	7	2.9	5	3.4	0	0.0	38	4.1
	Total	6	5.2	26	5.8	29	5.8	15	3.2	11	3.6	0	0.0	87	4.6

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)

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.2	2.1	53	5.2	2.0	216	5.5	2.1	258	5.4	2.3	212	4.9	2.4	153	3.4	2.4	10	5.2	2.2	902
Female	5.7	2.1	58	5.2	2.2	221	5.1	2.1	222	5.3	2.4	230	4.7	2.5	145	4.4	2.2	13	5.1	2.3	889
Total	5.4	2.1	111	5.2	2.1	437	5.3	2.1	480	5.3	2.3	442	4.8	2.5	298	4.0	2.3	23	5.2	2.2	1791

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.6	1.1	53	1.7	1.2	218	2.0	1.3	261	2.1	1.2	216	2.0	1.4	157	1.4	1.3	10	1.9	1.3	915
Female	2.1	1.2	59	1.8	1.2	221	1.8	1.2	227	2.1	1.3	232	2.1	1.3	149	2.1	1.3	14	2.0	1.3	902
Total	1.9	1.2	112	1.8	1.2	439	1.9	1.2	488	2.1	1.3	448	2.1	1.3	306	1.8	1.3	24	1.9	1.3	1817

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	1.0	54	1.9	0.9	220	1.9	1.0	265	1.9	1.0	219	1.8	1.0	157	1.2	1.0	10	1.9	1.0	925
Female	2.1	0.9	59	1.8	1.0	227	1.8	1.0	231	1.7	1.0	245	1.6	1.0	152	1.7	1.0	15	1.7	1.0	929
Total	2.0	0.9	113	1.8	1.0	447	1.9	1.0	496	1.8	1.0	464	1.7	1.0	309	1.5	1.0	25	1.8	1.0	1854

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-89yr			90yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	0.6	53	1.6	0.7	221	1.6	0.6	267	1.4	0.7	226	1.1	0.8	158	0.8	0.8	10	1.5	0.7	935
Female	1.5	0.6	60	1.6	0.6	227	1.5	0.7	235	1.4	0.8	247	1.0	0.8	155	0.6	0.6	15	1.4	0.7	939
Total	1.6	0.6	113	1.6	0.6	448	1.6	0.7	502	1.4	0.7	473	1.0	0.8	313	0.7	0.7	25	1.4	0.7	1874