

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

"Follow-Up Postal Survey 1" of the first-wave participants of the National Institute for Longevity Sciences - Longitudinal Study of Aging (NILS-LSA)

Date of implementation: August 2013

I. Study Objective and Overview

Extending the healthy lifespan of older adults is an important issue in this rapidly aging society. When considering old age from a health preservation perspective, basic medical research, which investigates the progression of aging, aging factors, and factors associated with the onset of geriatric diseases, plays a highly significant role. The objective of this study was to conduct a postal survey to investigate the current health and daily living statuses of the 2,267 participants who had taken part in the first wave (between 1997 and 2000) of the National Institute for Longevity Sciences - Longitudinal Study of Aging (NILS-LSA). Participants were randomly selected age- and sex-stratified individuals from a pool of non-institutionalized residents in the NILS neighborhood areas of Obu City and Higashiura Town in Aichi Prefecture. The first wave of the NILS-LSA was conducted from November 1997 to April 2000 and comprised 2,267 participants (1,139 men, 1,128 women; age range, 40-79 years).

In August 2013, 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 families), questionnaires were delivered to 1,933 individuals out of the 2,267 baseline participants. A total of 1,462 respondents (76% collection rate, March 2014) replied. The breakdown of the 1,462 respondents by gender and age group are shown in Table 1. Apart from the 1,462 respondents, the breakdown of the 471 non-respondents was as follows: death (24 deaths reported on returned questionnaire), withdrawal (1), address unknown (33), and no reply (413).

In compliance with the "Ethical Principles of Epidemiological Research", 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 by gender and age group are shown below.

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

	50 to 59 yrs	60 to 69 yrs	70 to 79 yrs	over 80 yrs	Total
Men	78	243	220	158	699
Women	93	252	224	194	763
Total	171	495	444	352	1462

II. "Follow-Up Postal Survey 1" of the NILS-LSA

Survey Items

1. Health Status and Lifestyle Habits

- [1\) Past and present illness](#)
- [2\) Self-rated health](#)
- [3\) Weight](#)
- [4\) Smoking status](#)
- [5\) Alcohol drinking habit](#)
- [6\) Continued exercise in the past year](#)
- [7\) MOS 36-Item Short-Form Health Survey \(SF-36, Physical Functioning\)](#)
- [8\) Frequency of outing](#)
- [9\) History of falls in the past year](#)
- [10\) Tokyo Metropolitan Institute of Gerontology Index of Competence \(TMIG-IC\)](#)
- [11\) Independence in activities of daily living](#)

[12\) Certification of long-term care need](#)

[13\) Incontinence](#)

[14\) Presence of menstruation \(only for females\)](#)

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](#)

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	78	100.0	232	96.3	201	93.5	132	85.7	643	93.5
	Female	91	98.9	241	96.0	205	93.6	172	90.1	709	94.2
	Total	169	99.4	473	96.1	406	93.5	304	88.1	1352	93.8
On medication	Male	0	0.0	3	1.2	6	2.8	12	7.8	21	3.1
	Female	1	1.1	4	1.6	4	1.8	9	4.7	18	2.4
	Total	1	0.6	7	1.4	10	2.3	21	6.1	39	2.7
Previously medicated	Male	0	0.0	6	2.5	8	3.7	10	6.5	24	3.5
	Female	0	0.0	5	2.0	9	4.1	8	4.2	22	2.9
	Total	0	0.0	11	2.2	17	3.9	18	5.2	46	3.2
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	1	0.4	1	0.5	2	1.0	4	0.5
	Total	0	0.0	1	0.2	1	0.2	2	0.6	4	0.3

1-1-2) Hypertension

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	53	67.9	145	59.9	122	56.5	76	49.7	396	57.5
	Female	74	80.4	168	66.9	121	55.0	78	41.1	441	58.6
	Total	127	74.7	313	63.5	243	55.7	154	44.9	837	58.0
On medication	Male	18	23.1	80	33.1	81	37.5	69	45.1	248	36.0
	Female	14	15.2	66	26.3	93	42.3	106	55.8	279	37.1
	Total	32	18.8	146	29.6	174	39.9	175	51.0	527	36.5
Previously medicated	Male	2	2.6	7	2.9	11	5.1	8	5.2	28	4.1
	Female	3	3.3	10	4.0	2	0.9	5	2.6	20	2.7
	Total	5	2.9	17	3.4	13	3.0	13	3.8	48	3.3
Not treated	Male	5	6.4	10	4.1	2	0.9	0	0.0	17	2.5
	Female	1	1.1	7	2.8	4	1.8	1	0.5	13	1.7
	Total	6	3.5	17	3.4	6	1.4	1	0.3	30	2.1

1-1-3) Angina pectoris or myocardial infarction

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	75	96.2	223	92.9	192	90.1	127	81.4	617	89.8
	Female	90	97.8	244	97.2	204	92.3	158	82.7	696	92.2
	Total	165	97.1	467	95.1	396	91.2	285	82.1	1313	91.1

On medication	Male	0	0.0	12	5.0	13	6.1	18	11.5	43	6.3
	Female	0	0.0	4	1.6	9	4.1	22	11.5	35	4.6
	Total	0	0.0	16	3.3	22	5.1	40	11.5	78	5.4
Previously medicated	Male	3	3.8	5	2.1	6	2.8	10	6.4	24	3.5
	Female	1	1.1	2	0.8	5	2.3	11	5.8	19	2.5
	Total	4	2.4	7	1.4	11	2.5	21	6.1	43	3.0
Not treated	Male	0	0.0	0	0.0	2	0.9	1	0.6	3	0.4
	Female	1	1.1	1	0.4	3	1.4	0	0.0	5	0.7
	Total	1	0.6	1	0.2	5	1.2	1	0.3	8	0.6

1-1-4) Dyslipidemia

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	62	79.5	188	78.0	182	84.3	140	90.3	572	82.9
	Female	76	82.6	192	76.5	165	75.7	151	81.6	584	78.3
	Total	138	81.2	380	77.2	347	80.0	291	85.6	1156	80.5
On medication	Male	11	14.1	32	13.3	22	10.2	9	5.8	74	10.7
	Female	9	9.8	43	17.1	43	19.7	25	13.5	120	16.1
	Total	20	11.8	75	15.2	65	15.0	34	10.0	194	13.5
Previously medicated	Male	0	0.0	5	2.1	4	1.9	4	2.6	13	1.9
	Female	2	2.2	4	1.6	1	0.5	5	2.7	12	1.6
	Total	2	1.2	9	1.8	5	1.2	9	2.6	25	1.7
Not treated	Male	5	6.4	16	6.6	8	3.7	2	1.3	31	4.5
	Female	5	5.4	12	4.8	9	4.1	4	2.2	30	4.0
	Total	10	5.9	28	5.7	17	3.9	6	1.8	61	4.2

1-1-5) Diabetes mellitus

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	72	92.3	204	84.3	182	83.9	137	87.8	595	85.9
	Female	87	94.6	231	92.0	197	90.0	171	90.0	686	91.2
	Total	159	93.5	435	88.2	379	86.9	308	89.0	1281	88.7
On medication	Male	5	6.4	31	12.8	29	13.4	13	8.3	78	11.3
	Female	5	5.4	17	6.8	19	8.7	16	8.4	57	7.6
	Total	10	5.9	48	9.7	48	11.0	29	8.4	135	9.3
Previously medicated	Male	0	0.0	2	0.8	3	1.4	6	3.8	11	1.6
	Female	0	0.0	0	0.0	2	0.9	2	1.1	4	0.5
	Total	0	0.0	2	0.4	5	1.1	8	2.3	15	1.0
Not treated	Male	1	1.3	5	2.1	3	1.4	0	0.0	9	1.3
	Female	0	0.0	3	1.2	1	0.5	1	0.5	5	0.7
	Total	1	0.6	8	1.6	4	0.9	1	0.3	14	1.0

1-1-6) Osteoporosis

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	77	98.7	235	97.5	209	96.3	146	93.6	667	96.4
	Female	88	95.7	214	85.3	157	71.4	117	62.9	576	76.9
	Total	165	97.1	449	91.3	366	83.8	263	76.9	1243	86.3
On medication	Male	0	0.0	2	0.8	7	3.2	6	3.8	15	2.2
	Female	1	1.1	22	8.8	41	18.6	50	26.9	114	15.2
	Total	1	0.6	24	4.9	48	11.0	56	16.4	129	9.0

Previously medicated	Male	0	0.0	2	0.8	0	0.0	1	0.6	3	0.4
	Female	1	1.1	4	1.6	11	5.0	11	5.9	27	3.6
	Total	1	0.6	6	1.2	11	2.5	12	3.5	30	2.1
Not treated	Male	1	1.3	2	0.8	1	0.5	3	1.9	7	1.0
	Female	2	2.2	11	4.4	11	5.0	8	4.3	32	4.3
	Total	3	1.8	13	2.6	12	2.7	11	3.2	39	2.7

1-1-7) Rheumatoid arthritis

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	78	100.0	237	98.3	214	98.6	150	97.4	679	98.4
	Female	89	96.7	241	96.0	208	95.0	175	94.6	713	95.4
	Total	167	98.2	478	97.2	422	96.8	325	95.9	1392	96.9
On medication	Male	0	0.0	2	0.8	2	0.9	1	0.6	5	0.7
	Female	3	3.3	8	3.2	4	1.8	3	1.6	18	2.4
	Total	3	1.8	10	2.0	6	1.4	4	1.2	23	1.6
Previously medicated	Male	0	0.0	2	0.8	1	0.5	3	1.9	6	0.9
	Female	0	0.0	0	0.0	2	0.9	6	3.2	8	1.1
	Total	0	0.0	2	0.4	3	0.7	9	2.7	14	1.0
Not treated	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	2	0.8	5	2.3	1	0.5	8	1.1
	Total	0	0.0	2	0.4	5	1.1	1	0.3	8	0.6

1-1-8) Knee osteoarthritis

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	75	96.2	229	94.6	198	92.1	138	88.5	640	92.6
	Female	84	91.3	221	89.1	164	74.9	121	66.1	590	79.5
	Total	159	93.5	450	91.8	362	83.4	259	76.4	1230	85.8
On medication	Male	1	1.3	5	2.1	8	3.7	12	7.7	26	3.8
	Female	3	3.3	8	3.2	23	10.5	30	16.4	64	8.6
	Total	4	2.4	13	2.7	31	7.1	42	12.4	90	6.3
Previously medicated	Male	2	2.6	6	2.5	7	3.3	2	1.3	17	2.5
	Female	3	3.3	15	6.0	20	9.1	25	13.7	63	8.5
	Total	5	2.9	21	4.3	27	6.2	27	8.0	80	5.6
Not treated	Male	0	0.0	2	0.8	2	0.9	4	2.6	8	1.2
	Female	2	2.2	4	1.6	12	5.5	7	3.8	25	3.4
	Total	2	1.2	6	1.2	14	3.2	11	3.2	33	2.3

1-1-9) Cancer

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	76	97.4	225	93.0	190	88.8	129	83.2	620	90.0
	Female	87	94.6	236	95.2	203	91.9	152	82.6	678	91.0
	Total	163	95.9	461	94.1	393	90.3	281	82.9	1298	90.5
On medication	Male	0	0.0	4	1.7	8	3.7	4	2.6	16	2.3
	Female	1	1.1	3	1.2	4	1.8	6	3.3	14	1.9
	Total	1	0.6	7	1.4	12	2.8	10	2.9	30	2.1
Previously medicated	Male	2	2.6	13	5.4	15	7.0	22	14.2	52	7.5
	Female	4	4.3	9	3.6	14	6.3	26	14.1	53	7.1
	Total	6	3.5	22	4.5	29	6.7	48	14.2	105	7.3

Not treated	Male	0	0.0	0	0.0	1	0.5	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	1	0.2	0	0.0	1	0.1

1-1-10) Fracture

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	64	82.1	187	77.6	170	78.7	132	85.7	553	80.3
	Female	78	84.8	203	82.2	164	74.9	121	63.7	566	75.7
	Total	142	83.5	390	79.9	334	76.8	253	73.5	1119	77.9
On medication	Male	0	0.0	4	1.7	3	1.4	2	1.3	9	1.3
	Female	0	0.0	1	0.4	7	3.2	9	4.7	17	2.3
	Total	0	0.0	5	1.0	10	2.3	11	3.2	26	1.8
Previously medicated	Male	13	16.7	50	20.7	43	19.9	19	12.3	125	18.1
	Female	13	14.1	43	17.4	48	21.9	59	31.1	163	21.8
	Total	26	15.3	93	19.1	91	20.9	78	22.7	288	20.0
Not treated	Male	1	1.3	0	0.0	0	0.0	1	0.6	2	0.3
	Female	1	1.1	0	0.0	0	0.0	1	0.5	2	0.3
	Total	2	1.2	0	0.0	0	0.0	2	0.6	4	0.3

1-1-11) Dementia

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	78	100.0	240	100.0	210	96.8	145	94.2	673	97.7
	Female	91	98.9	247	99.6	215	98.6	159	86.9	712	96.1
	Total	169	99.4	487	99.8	425	97.7	304	90.2	1385	96.9
On medication	Male	0	0.0	0	0.0	7	3.2	4	2.6	11	1.6
	Female	1	1.1	1	0.4	2	0.9	14	7.7	18	2.4
	Total	1	0.6	1	0.2	9	2.1	18	5.3	29	2.0
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	1	0.5	2	1.1	3	0.4
	Total	0	0.0	0	0.0	1	0.2	2	0.6	3	0.2
Not treated	Male	0	0.0	0	0.0	0	0.0	5	3.2	5	0.7
	Female	0	0.0	0	0.0	0	0.0	8	4.4	8	1.1
	Total	0	0.0	0	0.0	0	0.0	13	3.9	13	0.9

1-2) Self-rated health

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Excellent	Male	4	5.1	14	5.8	17	7.9	5	3.2	40	5.8
	Female	6	6.5	15	6.0	10	4.5	6	3.1	37	4.9
	Total	10	5.8	29	5.9	27	6.2	11	3.2	77	5.3
Good	Male	22	28.2	105	43.4	63	29.2	30	19.5	220	31.9
	Female	31	33.3	75	29.8	49	22.0	28	14.4	183	24.0
	Total	53	31.0	180	36.4	112	25.5	58	16.7	403	27.8
Neither	Male	47	60.3	111	45.9	118	54.6	90	58.4	366	53.0
	Female	49	52.7	150	59.5	145	65.0	117	60.3	461	60.5
	Total	96	56.1	261	52.8	263	59.9	207	59.5	827	57.0
Bad	Male	5	6.4	12	5.0	18	8.3	25	16.2	60	8.7
	Female	6	6.5	11	4.4	16	7.2	38	19.6	71	9.3
	Total	11	6.4	23	4.7	34	7.7	63	18.1	131	9.0

Very bad	Male	0	0.0	0	0.0	0	0.0	4	2.6	4	0.6
	Female	1	1.1	1	0.4	3	1.3	5	2.6	10	1.3
	Total	1	0.6	1	0.2	3	0.7	9	2.6	14	1.0

1-3) 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	64.9	9.2	77	64.9	8.8	240	61.1	8.0	214	55.5	10.2	146	61.7	9.6	677
Female	55.4	11.4	93	52.8	10.6	250	51.0	6.8	222	47.5	8.3	187	51.3	9.5	752
Total	59.7	11.4	170	58.7	11.5	490	56.0	9.0	436	51.0	10.0	333	56.2	10.9	1429

1-4) Smoking status

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Non-smoker	Male	22	28.2	65	26.7	68	31.3	53	34.2	208	30.0
	Female	86	92.5	219	87.3	215	96.4	185	96.9	705	93.0
	Total	108	63.2	284	57.5	283	64.3	238	68.8	913	62.9
Ex-smoker	Male	32	41.0	127	52.3	132	60.8	94	60.6	385	55.6
	Female	6	6.5	19	7.6	5	2.2	6	3.1	36	4.7
	Total	38	22.2	146	29.6	137	31.1	100	28.9	421	29.0
Current-smoker	Male	24	30.8	51	21.0	17	7.8	8	5.2	100	14.4
	Female	1	1.1	13	5.2	3	1.3	0	0.0	17	2.2
	Total	25	14.6	64	13.0	20	4.5	8	2.3	117	8.1

1-5) Alcohol drinking habit

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Everyday	Male	36	46.2	117	48.1	88	40.9	41	26.8	282	40.9
	Female	14	15.1	19	7.5	11	4.9	5	2.6	49	6.5
	Total	50	29.2	136	27.5	99	22.6	46	13.5	331	22.9
Sometimes (once a month)	Male	27	34.6	70	28.8	62	28.8	42	27.5	201	29.2
	Female	27	29.0	61	24.2	52	23.3	24	12.7	164	21.7
	Total	54	31.6	131	26.5	114	26.0	66	19.3	365	25.2
Never	Male	15	19.2	56	23.0	65	30.2	70	45.8	206	29.9
	Female	52	55.9	172	68.3	160	71.7	160	84.7	544	71.9
	Total	67	39.2	228	46.1	225	51.4	230	67.3	750	51.9

1-6) Continued exercise 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	32	42.1	144	60.3	136	66.3	62	45.6	374	57.0
	Female	35	38.0	144	58.8	130	66.3	42	28.4	351	51.5
	Total	67	39.9	288	59.5	266	66.3	104	36.6	725	54.2
No	Male	44	57.9	95	39.7	69	33.7	74	54.4	282	43.0
	Female	57	62.0	101	41.2	66	33.7	106	71.6	330	48.5
	Total	101	60.1	196	40.5	135	33.7	180	63.4	612	45.8

1-7) MOS 36-Item Short-Form Health Survey (SF-36, Physical Functioning),
Difficulty in sitting on the floor Japanese style

1-7-1) SF-36: Doing hard exercise

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	8	10.3	46	18.9	72	33.3	87	58.0	213	31.0
	Female	15	16.1	57	22.6	86	38.6	133	72.7	291	38.7
	Total	23	13.5	103	20.8	158	36.0	220	66.1	504	35.0
A little difficult	Male	33	42.3	129	53.1	111	51.4	55	36.7	328	47.7
	Female	49	52.7	140	55.6	114	51.1	46	25.1	349	46.5
	Total	82	48.0	269	54.3	225	51.3	101	30.3	677	47.1
Not difficult	Male	37	47.4	68	28.0	33	15.3	8	5.3	146	21.3
	Female	29	31.2	55	21.8	23	10.3	4	2.2	111	14.8
	Total	66	38.6	123	24.8	56	12.8	12	3.6	257	17.9

1-7-2) SF-36: Doing moderate exercise

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	3	1.2	9	4.1	25	16.7	37	5.4
	Female	2	2.2	4	1.6	7	3.2	33	17.9	46	6.1
	Total	2	1.2	7	1.4	16	3.6	58	17.4	83	5.8
A little difficult	Male	6	7.7	26	10.7	31	14.2	46	30.7	109	15.8
	Female	6	6.5	21	8.4	52	23.5	93	50.5	172	23.0
	Total	12	7.0	47	9.5	83	18.9	139	41.6	281	19.6
Not difficult	Male	72	92.3	214	88.1	178	81.7	79	52.7	543	78.8
	Female	85	91.4	225	90.0	162	73.3	58	31.5	530	70.9
	Total	157	91.8	439	89.0	340	77.4	137	41.0	1073	74.7

1-7-3) SF-36: Lifting or carrying a bag

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	4	1.6	5	2.3	18	11.8	27	3.9
	Female	1	1.1	6	2.4	6	2.7	44	23.8	57	7.6
	Total	1	0.6	10	2.0	11	2.5	62	18.4	84	5.8
A little difficult	Male	6	7.7	19	7.8	20	9.1	51	33.6	96	13.9
	Female	9	9.7	30	11.9	65	29.4	94	50.8	198	26.4
	Total	15	8.8	49	9.9	85	19.3	145	43.0	294	20.4
Not difficult	Male	72	92.3	220	90.5	194	88.6	83	54.6	569	82.2
	Female	83	89.2	216	85.7	150	67.9	47	25.4	496	66.0
	Total	155	90.6	436	88.1	344	78.2	130	38.6	1065	73.8

1-7-4) SF-36: Going up several flight of the stairs

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	4	1.7	7	3.2	26	17.2	37	5.4
	Female	3	3.2	6	2.4	15	6.7	61	33.2	85	11.3
	Total	3	1.8	10	2.0	22	5.0	87	26.0	122	8.5
A little difficult	Male	7	9.0	37	15.3	51	23.5	59	39.1	154	22.4
	Female	12	12.9	37	14.8	64	28.7	82	44.6	195	26.0
	Total	19	11.1	74	15.0	115	26.1	141	42.1	349	24.3
Not difficult	Male	71	91.0	201	83.1	159	73.3	66	43.7	497	72.2
	Female	78	83.9	207	82.8	144	64.6	41	22.3	470	62.7
	Total	149	87.1	408	82.9	303	68.9	107	31.9	967	67.2

1-7-5) SF-36: Going up a flight of the stairs

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	3	1.2	5	2.3	11	7.3	19	2.8
	Female	1	1.1	3	1.2	7	3.2	35	19.1	46	6.2
	Total	1	0.6	6	1.2	12	2.8	46	13.8	65	4.5
A little difficult	Male	3	3.8	5	2.1	11	5.1	52	34.7	71	10.3
	Female	5	5.4	14	5.6	37	16.9	74	40.4	130	17.4
	Total	8	4.7	19	3.8	48	11.0	126	37.8	201	14.0
Not difficult	Male	75	96.2	235	96.7	201	92.6	87	58.0	598	86.9
	Female	87	93.5	234	93.2	175	79.9	74	40.4	570	76.4
	Total	162	94.7	469	94.9	376	86.2	161	48.3	1168	81.5

1-7-6) SF-36: Bending over, drop the knee, or ducking down

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	3	1.2	6	2.8	8	5.3	17	2.5
	Female	1	1.1	5	2.0	10	4.5	30	16.2	46	6.1
	Total	1	0.6	8	1.6	16	3.7	38	11.3	63	4.4
A little difficult	Male	8	10.3	25	10.3	42	19.4	54	35.8	129	18.8
	Female	10	10.8	33	13.1	52	23.5	79	42.7	174	23.2
	Total	18	10.5	58	11.7	94	21.5	133	39.6	303	21.1
Not difficult	Male	70	89.7	215	88.5	168	77.8	89	58.9	542	78.8
	Female	82	88.2	214	84.9	159	71.9	76	41.1	531	70.7
	Total	152	88.9	429	86.7	327	74.8	165	49.1	1073	74.6

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

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	4	1.6	8	3.7	36	24.2	48	7.0
	Female	5	5.4	6	2.4	16	7.2	81	44.3	108	14.4
	Total	5	2.9	10	2.0	24	5.5	117	35.2	156	10.9
A little difficult	Male	4	5.1	21	8.6	24	11.1	45	30.2	94	13.7
	Female	6	6.5	27	10.7	50	22.6	45	24.6	128	17.1
	Total	10	5.8	48	9.7	74	16.9	90	27.1	222	15.5
Not difficult	Male	74	94.9	218	89.7	185	85.3	68	45.6	545	79.3
	Female	82	88.2	219	86.9	155	70.1	57	31.1	513	68.5
	Total	156	91.2	437	88.3	340	77.6	125	37.7	1058	73.7

1-7-8) SF-36: Walking more than several hundred meters

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	2	0.8	7	3.3	28	19.3	37	5.5
	Female	1	1.1	3	1.2	12	5.4	50	27.5	66	8.8
	Total	1	0.6	5	1.0	19	4.4	78	23.9	103	7.2
A little difficult	Male	1	1.3	7	2.9	9	4.2	22	15.2	39	5.8
	Female	5	5.4	7	2.8	31	13.9	58	31.9	101	13.5
	Total	6	3.5	14	2.8	40	9.2	80	24.5	140	9.8
Not difficult	Male	77	98.7	232	96.3	197	92.5	95	65.5	601	88.8

Female	87	93.5	241	96.0	180	80.7	74	40.7	582	77.7
Total	164	95.9	473	96.1	377	86.5	169	51.7	1183	83.0

1-7-9) SF-36: Walking more than one hundred meters

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	2	0.8	4	1.9	15	10.4	21	3.1
	Female	0	0.0	2	0.8	7	3.2	38	21.5	47	6.3
	Total	0	0.0	4	0.8	11	2.5	53	16.5	68	4.8
A little difficult	Male	1	1.3	2	0.8	12	5.6	22	15.3	37	5.5
	Female	3	3.3	7	2.8	23	10.4	49	27.7	82	11.0
	Total	4	2.4	9	1.8	35	8.0	71	22.1	119	8.4
Not difficult	Male	77	98.7	237	98.3	198	92.5	107	74.3	619	91.4
	Female	89	96.7	243	96.4	192	86.5	90	50.8	614	82.6
	Total	166	97.6	480	97.4	390	89.4	197	61.4	1233	86.8

1-7-10) SF-36: Taking a bath or getting dressed

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	0	0.0	1	0.4	3	1.4	6	3.9	10	1.4
	Female	1	1.1	3	1.2	4	1.8	16	8.6	24	3.2
	Total	1	0.6	4	0.8	7	1.6	22	6.5	34	2.3
A little difficult	Male	0	0.0	3	1.2	4	1.8	16	10.5	23	3.3
	Female	2	2.2	2	0.8	5	2.2	24	12.9	33	4.4
	Total	2	1.2	5	1.0	9	2.0	40	11.8	56	3.9
Not difficult	Male	78	100.0	239	98.4	212	96.8	131	85.6	660	95.2
	Female	90	96.8	247	98.0	215	96.0	146	78.5	698	92.5
	Total	168	98.2	486	98.2	427	96.4	277	81.7	1358	93.8

1-7-11) Sitting on the floor Japanese style

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very difficult	Male	1	1.3	14	5.8	15	6.9	38	24.8	68	9.8
	Female	3	3.2	21	8.3	35	15.6	81	42.9	140	18.5
	Total	4	2.3	35	7.1	50	11.3	119	34.8	208	14.3
A little difficult	Male	13	16.7	44	18.1	52	23.9	33	21.6	142	20.5
	Female	22	23.7	29	11.5	48	21.4	39	20.6	138	18.2
	Total	35	20.5	73	14.7	100	22.6	72	21.1	280	19.3
Not difficult	Male	64	82.1	185	76.1	151	69.3	82	53.6	482	69.7
	Female	68	73.1	202	80.2	141	62.9	69	36.5	480	63.3
	Total	132	77.2	387	78.2	292	66.1	151	44.2	962	66.3

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

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Once a day or more	Male	77	98.7	218	89.7	168	77.8	78	52.0	541	78.7
	Female	80	86.0	189	75.3	151	67.7	63	33.2	483	63.8
	Total	157	91.8	407	82.4	319	72.7	141	41.5	1024	70.9
Once every two or three days	Male	0	0.0	21	8.6	41	19.0	39	26.0	101	14.7
	Female	12	12.9	59	23.5	59	26.5	73	38.4	203	26.8

		Total	12	7.0	80	16.2	100	22.8	112	32.9	304	21.1
Once a week	Male	1	1.3	2	0.8	6	2.8	20	13.3	29	4.2	
	Female	1	1.1	2	0.8	8	3.6	39	20.5	50	6.6	
	Total	2	1.2	4	0.8	14	3.2	59	17.4	79	5.5	
Almost never	Male	0	0.0	2	0.8	1	0.5	13	8.7	16	2.3	
	Female	0	0.0	1	0.4	5	2.2	15	7.9	21	2.8	
	Total	0	0.0	3	0.6	6	1.4	28	8.2	37	2.6	

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	10	12.8	26	10.7	39	18.0	41	27.2	116	16.8
	Female	16	17.2	39	15.5	47	21.1	69	36.1	171	22.5
	Total	26	15.2	65	13.1	86	19.5	110	32.2	287	19.8
No	Male	68	87.2	217	89.3	178	82.0	110	72.8	573	83.2
	Female	77	82.8	213	84.5	176	78.9	122	63.9	588	77.5
	Total	145	84.8	430	86.9	354	80.5	232	67.8	1161	80.2

1-9-2) Frequency of falls in the past year (only for persons with 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		1.4	0.7	10	1.8	1.4	24	2.0	2.4	35	3.5	6.4	40	2.5	4.2	109
Female		1.3	0.7	16	2.0	1.9	38	1.3	0.7	47	2.1	1.8	64	1.8	1.5	165
Total		1.3	0.7	26	1.9	1.7	62	1.6	1.7	82	2.7	4.2	104	2.0	2.9	274

1-10) Tokyo Metropolitan Institute of Gerontology Index of Competence (TMIG-IC)

1-10-1) Can you use public transportation (bus or train) by yourself?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	77	98.7	238	98.3	211	95.9	122	79.2	648	93.4
	Female	91	97.8	245	97.6	211	94.6	122	63.9	669	88.3
	Total	168	98.2	483	98.0	422	95.3	244	70.7	1317	90.7
No (unable)	Male	1	1.3	4	1.7	9	4.1	32	20.8	46	6.6
	Female	2	2.2	6	2.4	12	5.4	69	36.1	89	11.7
	Total	3	1.8	10	2.0	21	4.7	101	29.3	135	9.3

1-10-2) Are you able to shop for daily necessities?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	78	100.0	238	98.8	213	96.8	133	85.8	662	95.4
	Female	92	98.9	246	98.0	216	96.4	153	79.7	707	93.0
	Total	170	99.4	484	98.4	429	96.6	286	82.4	1369	94.2
No (unable)	Male	0	0.0	3	1.2	7	3.2	22	14.2	32	4.6
	Female	1	1.1	5	2.0	8	3.6	39	20.3	53	7.0
	Total	1	0.6	8	1.6	15	3.4	61	17.6	85	5.8

1-10-3) Are you able to prepare meals by yourself?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	75	96.2	227	93.8	192	87.7	109	70.8	603	87.0
	Female	92	98.9	248	98.8	221	98.7	152	80.0	713	94.1
	Total	167	97.7	475	96.3	413	93.2	261	75.9	1316	90.7
No (unable)	Male	3	3.8	15	6.2	27	12.3	45	29.2	90	13.0
	Female	1	1.1	3	1.2	3	1.3	38	20.0	45	5.9
	Total	4	2.3	18	3.7	30	6.8	83	24.1	135	9.3

1-10-4) Are you able to pay bills?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	78	100.0	238	98.8	216	98.2	139	89.7	671	96.7
	Female	92	98.9	248	98.8	219	97.8	157	82.6	716	94.5
	Total	170	99.4	486	98.8	435	98.0	296	85.8	1387	95.5
No (unable)	Male	0	0.0	3	1.2	4	1.8	16	10.3	23	3.3
	Female	1	1.1	3	1.2	5	2.2	33	17.4	42	5.5
	Total	1	0.6	6	1.2	9	2.0	49	14.2	65	4.5

1-10-5) Can you handle your own banking?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	78	100.0	235	97.1	207	94.1	124	80.0	644	92.7
	Female	92	98.9	248	98.8	218	97.3	153	79.7	711	93.6
	Total	170	99.4	483	98.0	425	95.7	277	79.8	1355	93.1
No (unable)	Male	0	0.0	7	2.9	13	5.9	31	20.0	51	7.3
	Female	1	1.1	3	1.2	6	2.7	39	20.3	49	6.4
	Total	1	0.6	10	2.0	19	4.3	70	20.2	100	6.9

1-10-6) Are you able to fill out forms for your pension?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	74	97.4	237	97.9	211	96.8	133	86.9	655	95.1
	Female	91	97.8	244	97.6	216	96.4	145	76.7	696	92.1
	Total	165	97.6	481	97.8	427	96.6	278	81.3	1351	93.5
No (unable)	Male	2	2.6	5	2.1	7	3.2	20	13.1	34	4.9
	Female	2	2.2	6	2.4	8	3.6	44	23.3	60	7.9
	Total	4	2.4	11	2.2	15	3.4	64	18.7	94	6.5

1-10-7) Do you read newspapers?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	74	94.9	236	97.5	213	96.8	143	93.5	666	96.1
	Female	82	88.2	233	92.8	209	93.3	150	79.4	674	89.0
	Total	156	91.2	469	95.1	422	95.0	293	85.7	1340	92.4
No (unable)	Male	4	5.1	6	2.5	7	3.2	10	6.5	27	3.9
	Female	11	11.8	18	7.2	15	6.7	39	20.6	83	11.0
	Total	15	8.8	24	4.9	22	5.0	49	14.3	110	7.6

1-10-8) Do you read books or magazines?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	72	92.3	218	90.5	194	88.2	123	80.4	607	87.7
	Female	84	90.3	231	92.0	192	85.7	126	66.0	633	83.4
	Total	156	91.2	449	91.3	386	86.9	249	72.4	1240	85.5
No (unable)	Male	6	7.7	23	9.5	26	11.8	30	19.6	85	12.3
	Female	9	9.7	20	8.0	32	14.3	65	34.0	126	16.6
	Total	15	8.8	43	8.7	58	13.1	95	27.6	211	14.5

1-10-9) Are you interested in news stories or programs dealing with health?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	67	85.9	230	95.0	206	93.6	134	88.2	637	92.1
	Female	87	93.5	246	98.0	218	97.8	165	86.8	716	94.6
	Total	154	90.1	476	96.6	424	95.7	299	87.4	1353	93.4
No (unable)	Male	11	14.1	12	5.0	14	6.4	18	11.8	55	7.9
	Female	6	6.5	5	2.0	5	2.2	25	13.2	41	5.4
	Total	17	9.9	17	3.4	19	4.3	43	12.6	96	6.6

1-10-10) Do you visit the homes of friends?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	50	64.1	181	74.8	173	79.0	88	57.1	492	71.0
	Female	80	86.0	212	84.5	194	86.6	109	56.8	595	78.3
	Total	130	76.0	393	79.7	367	82.8	197	56.9	1087	74.8
No (unable)	Male	28	35.9	61	25.2	46	21.0	66	42.9	201	29.0
	Female	13	14.0	39	15.5	30	13.4	83	43.2	165	21.7
	Total	41	24.0	100	20.3	76	17.2	149	43.1	366	25.2

1-10-11) Are you sometimes called on for advice?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	72	92.3	215	88.8	194	88.2	112	72.7	593	85.4
	Female	91	97.8	241	96.0	208	92.9	116	61.4	656	86.7
	Total	163	95.3	456	92.5	402	90.5	228	66.5	1249	86.1
No (unable)	Male	6	7.7	27	11.2	26	11.8	42	27.3	101	14.6
	Female	2	2.2	10	4.0	16	7.1	73	38.6	101	13.3
	Total	8	4.7	37	7.5	42	9.5	115	33.5	202	13.9

1-10-12) Are you able to visit sick friends?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	77	98.7	235	97.1	211	95.9	125	81.2	648	93.4
	Female	92	98.9	246	98.0	214	95.5	137	71.7	689	90.8
	Total	169	98.8	481	97.6	425	95.7	262	75.9	1337	92.0
No (unable)	Male	1	1.3	7	2.9	9	4.1	29	18.8	46	6.6
	Female	1	1.1	5	2.0	10	4.5	54	28.3	70	9.2
	Total	2	1.2	12	2.4	19	4.3	83	24.1	116	8.0

1-10-13) Do you sometimes initiate conversations with young people?

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes (able to do)	Male	74	94.9	217	90.0	187	85.0	112	73.2	590	85.3
	Female	86	92.5	228	90.8	202	90.2	146	76.0	662	87.1
	Total	160	93.6	445	90.4	389	87.6	258	74.8	1252	86.2
No (unable)	Male	4	5.1	24	10.0	33	15.0	41	26.8	102	14.7
	Female	7	7.5	23	9.2	22	9.8	46	24.0	98	12.9
	Total	11	6.4	47	9.6	55	12.4	87	25.2	200	13.8

1-11) Independence in activities of daily living

1-11-1) Bathing

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	78	100.0	241	99.2	211	95.9	139	88.0	669	95.7
	Female	92	98.9	248	98.4	220	98.2	166	85.6	726	95.2
	Total	170	99.4	489	98.8	431	97.1	305	86.6	1395	95.4
Dependence	Male	0	0.0	2	0.8	9	4.1	19	12.0	30	4.3
	Female	1	1.1	4	1.6	4	1.8	28	14.4	37	4.8
	Total	1	0.6	6	1.2	13	2.9	47	13.4	67	4.6

1-11-2) Moving to and from bed

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	78	100.0	241	99.2	214	97.3	146	92.4	679	97.1
	Female	93	100.0	251	99.6	222	99.1	182	93.8	748	98.0
	Total	171	100.0	492	99.4	436	98.2	328	93.2	1427	97.6
Dependence	Male	0	0.0	2	0.8	6	2.7	12	7.6	20	2.9
	Female	0	0.0	1	0.4	2	0.9	12	6.2	15	2.0
	Total	0	0.0	3	0.6	8	1.8	24	6.8	35	2.4

1-11-3) Moving to and from chair

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	78	100.0	240	98.8	213	96.8	144	91.1	675	96.6
	Female	93	100.0	251	99.6	223	99.6	181	93.3	748	98.0
	Total	171	100.0	491	99.2	436	98.2	325	92.3	1423	97.3
Dependence	Male	0	0.0	3	1.2	7	3.2	14	8.9	24	3.4
	Female	0	0.0	1	0.4	1	0.4	13	6.7	15	2.0
	Total	0	0.0	4	0.8	8	1.8	27	7.7	39	2.7

1-11-4) Walking in the room

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	78	100.0	241	99.2	212	96.4	145	91.8	676	96.7
	Female	93	100.0	251	99.6	221	98.7	179	92.3	744	97.5
	Total	171	100.0	492	99.4	433	97.5	324	92.0	1420	97.1
Dependence	Male	0	0.0	2	0.8	8	3.6	13	8.2	23	3.3
	Female	0	0.0	1	0.4	3	1.3	15	7.7	19	2.5

Total	0	0.0	3	0.6	11	2.5	28	8.0	42	2.9
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1-11-5) Dressing

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	78	100.0	239	98.4	209	95.0	142	89.9	668	95.6
	Female	91	97.8	249	98.8	222	99.1	177	91.2	739	96.9
	Total	169	98.8	488	98.6	431	97.1	319	90.6	1407	96.2
Dependence	Male	0	0.0	4	1.6	11	5.0	16	10.1	31	4.4
	Female	2	2.2	3	1.2	2	0.9	17	8.8	24	3.1
	Total	2	1.2	7	1.4	13	2.9	33	9.4	55	3.8

1-11-6) Toileting

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	78	100.0	241	99.2	212	96.4	145	91.8	676	96.7
	Female	92	98.9	251	99.6	222	99.1	179	92.3	744	97.5
	Total	170	99.4	492	99.4	434	97.7	324	92.0	1420	97.1
Dependence	Male	0	0.0	2	0.8	8	3.6	13	8.2	23	3.3
	Female	1	1.1	1	0.4	2	0.9	15	7.7	19	2.5
	Total	1	0.6	3	0.6	10	2.3	28	8.0	42	2.9

1-11-7) Feeding

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	78	100.0	240	98.8	210	95.5	143	90.5	671	96.0
	Female	93	100.0	252	100.0	221	98.7	176	90.7	742	97.2
	Total	171	100.0	492	99.4	431	97.1	319	90.6	1413	96.6
Dependence	Male	0	0.0	3	1.2	10	4.5	15	9.5	28	4.0
	Female	0	0.0	0	0.0	3	1.3	18	9.3	21	2.8
	Total	0	0.0	3	0.6	13	2.9	33	9.4	49	3.4

1-11-8) Grooming

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Independence	Male	77	98.7	240	98.8	211	95.9	145	91.8	673	96.3
	Female	92	98.9	250	99.2	222	99.1	179	92.3	743	97.4
	Total	169	98.8	490	99.0	433	97.5	324	92.0	1416	96.9
Dependence	Male	1	1.3	3	1.2	9	4.1	13	8.2	26	3.7
	Female	1	1.1	2	0.8	2	0.9	15	7.7	20	2.6
	Total	2	1.2	5	1.0	11	2.5	28	8.0	46	3.1

1-12) Certification of long-term care need

1-12-1) Certification of long-term care need

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Never	Male	78	100.0	239	98.8	208	96.3	115	77.7	640	93.6
	Female	90	96.8	248	98.4	204	93.6	118	63.4	660	88.1

	Total	168	98.2	487	98.6	412	94.9	233	69.8	1300	90.7
Previously but not currently	Male	0	0.0	0	0.0	3	1.4	4	2.7	7	1.0
	Female	0	0.0	0	0.0	4	1.8	8	4.3	12	1.6
	Total	0	0.0	0	0.0	7	1.6	12	3.6	19	1.3
Currently certified	Male	0	0.0	3	1.2	5	2.3	29	19.6	37	5.4
	Female	3	3.2	4	1.6	10	4.6	60	32.3	77	10.3
	Total	3	1.8	7	1.4	15	3.5	89	26.6	114	8.0

1-12-2) Level of care (only for persons currently certificated)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Requiring help 1	Male	0	0.0	1	33.3	0	0.0	6	20.7	7	18.9
	Female	0	0.0	0	0.0	4	40.0	12	20.0	16	20.8
	Total	0	0.0	1	14.3	4	26.7	18	20.2	23	20.2
Requiring help 2	Male	0	0.0	0	0.0	0	0.0	7	24.1	7	18.9
	Female	0	0.0	0	0.0	2	20.0	17	28.3	19	24.7
	Total	0	0.0	0	0.0	2	13.3	24	27.0	26	22.8
Long-term care level 1	Male	0	0.0	1	33.3	1	20.0	4	13.8	6	16.2
	Female	2	66.7	2	50.0	2	20.0	13	21.7	19	24.7
	Total	2	66.7	3	42.9	3	20.0	17	19.1	25	21.9
Long-term care level 2	Male	0	0.0	0	0.0	0	0.0	5	17.2	5	13.5
	Female	0	0.0	0	0.0	1	10.0	6	10.0	7	9.1
	Total	0	0.0	0	0.0	1	6.7	11	12.4	12	10.5
Long-term care level 3	Male	0	0.0	0	0.0	2	40.0	3	10.3	5	13.5
	Female	1	33.3	0	0.0	0	0.0	4	6.7	5	6.5
	Total	1	33.3	0	0.0	2	13.3	7	7.9	10	8.8
Long-term care level 4	Male	0	0.0	1	33.3	1	20.0	1	3.4	3	8.1
	Female	0	0.0	1	25.0	0	0.0	4	6.7	5	6.5
	Total	0	0.0	2	28.6	1	6.7	5	5.6	8	7.0
Long-term care level 5	Male	0	0.0	0	0.0	1	20.0	3	10.3	4	10.8
	Female	0	0.0	1	25.0	1	10.0	4	6.7	6	7.8
	Total	0	0.0	1	14.3	2	13.3	7	7.9	10	8.8

1-13) Incontinence

1-13-1) Incontinence of urine

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	2	2.6	8	3.3	13	5.9	7	4.4	30	4.3
	Female	3	3.2	7	2.8	7	3.1	10	5.2	27	3.5
	Total	5	2.9	15	3.0	20	4.5	17	4.8	57	3.9
No	Male	75	96.2	215	88.5	186	84.5	118	74.7	594	85.0
	Female	74	79.6	200	79.4	165	73.7	107	55.2	546	71.6
	Total	149	87.1	415	83.8	351	79.1	225	63.9	1140	78.0
Yes	Male	1	1.3	20	8.2	21	9.5	33	20.9	75	10.7
	Female	16	17.2	45	17.9	52	23.2	77	39.7	190	24.9
	Total	17	9.9	65	13.1	73	16.4	110	31.3	265	18.1

1-13-2) Incontinence of feces

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	2	2.6	8	3.3	13	5.9	7	4.4	30	4.3

	Female	3	3.2	7	2.8	7	3.1	10	5.2	27	3.5
	Total	5	2.9	15	3.0	20	4.5	17	4.8	57	3.9
No	Male	76	97.4	233	95.9	197	89.5	137	86.7	643	92.0
	Female	88	94.6	242	96.0	214	95.5	157	80.9	701	91.9
	Total	164	95.9	475	96.0	411	92.6	294	83.5	1344	91.9
Yes	Male	0	0.0	2	0.8	10	4.5	14	8.9	26	3.7
	Female	2	2.2	3	1.2	3	1.3	27	13.9	35	4.6
	Total	2	1.2	5	1.0	13	2.9	41	11.6	61	4.2

1-13-3) Incontinence of urine or feces

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	2	2.6	8	3.3	13	5.9	7	4.4	30	4.3
	Female	3	3.2	7	2.8	7	3.1	10	5.2	27	3.5
	Total	5	2.9	15	3.0	20	4.5	17	4.8	57	3.9
Partially or totally incontinent	Male	1	1.3	22	9.1	29	13.2	37	23.4	89	12.7
	Female	16	17.2	45	17.9	52	23.2	83	42.8	196	25.7
	Total	17	9.9	67	13.5	81	18.2	120	34.1	285	19.5
Neither	Male	75	96.2	213	87.7	178	80.9	114	72.2	580	83.0
	Female	74	79.6	200	79.4	165	73.7	101	52.1	540	70.8
	Total	149	87.1	413	83.4	343	77.3	215	61.1	1120	76.6

1-14) Presence of menstruation (only for females)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes		4	4.3	0	0.0	0	0.0	0	0.0	4	0.5
No		89	95.7	249	100.0	216	99.5	183	100.0	737	99.3
Do not know		0	0.0	0	0.0	1	0.5	0	0.0	1	0.1

2. Current Living Conditions

2-1) Marital status

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Unmarried	Male	5	6.5	9	3.7	1	0.5	1	0.7	16	2.4
	Female	3	3.3	4	1.6	4	1.9	3	1.6	14	1.9
	Total	8	4.8	13	2.7	5	1.2	4	1.2	30	2.1
Already married (covers unregistered marriage)	Male	67	87.0	220	91.3	192	91.0	119	81.0	598	88.5
	Female	75	82.4	211	84.7	146	68.2	51	27.3	483	65.2
	Total	142	84.5	431	88.0	338	79.5	170	50.9	1081	76.3
Separation (except for living conditions such as working away from home)	Male	2	2.6	1	0.4	2	0.9	1	0.7	6	0.9
	Female	1	1.1	3	1.2	0	0.0	0	0.0	4	0.5
	Total	3	1.8	4	0.8	2	0.5	1	0.3	10	0.7
Divorced	Male	1	1.3	5	2.1	3	1.4	0	0.0	9	1.3
	Female	4	4.4	9	3.6	8	3.7	3	1.6	24	3.2
	Total	5	3.0	14	2.9	11	2.6	3	0.9	33	2.3
Bereavement	Male	2	2.6	6	2.5	13	6.2	26	17.7	47	7.0
	Female	8	8.8	22	8.8	56	26.2	130	69.5	216	29.1
	Total	10	6.0	28	5.7	69	16.2	156	46.7	263	18.6

2-2) Resident status

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Living alone	Male	4	5.3	14	5.8	10	4.7	12	7.9	40	5.9
	Female	3	3.2	22	8.8	40	18.3	58	30.1	123	16.3
	Total	7	4.1	36	7.3	50	11.5	70	20.3	163	11.3
Husband and wife	Male	20	26.3	108	45.0	151	70.6	80	52.6	359	52.6
	Female	25	26.9	118	47.2	100	45.7	39	20.2	282	37.4
	Total	45	26.6	226	46.1	251	58.0	119	34.5	641	44.6
Others	Male	52	68.4	118	49.2	53	24.8	60	39.5	283	41.5
	Female	65	69.9	110	44.0	79	36.1	96	49.7	350	46.4
	Total	117	69.2	228	46.5	132	30.5	156	45.2	633	44.1

3. Current Occupation and Economic Conditions

3-1) Employment status

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Inoccupation	Male	4	5.1	70	29.2	161	73.5	124	84.9	359	52.6
	Female	4	4.3	46	18.5	86	39.4	137	75.7	273	36.9
	Total	8	4.7	116	23.8	247	56.5	261	79.8	632	44.4
Housewife or househusband	Male	0	0.0	1	0.4	2	0.9	4	2.7	7	1.0
	Female	29	31.5	100	40.3	97	44.5	35	19.3	261	35.3
	Total	29	17.1	101	20.7	99	22.7	39	11.9	268	18.8
Regular employment (full-time employees, etc.)	Male	62	79.5	65	27.1	7	3.2	0	0.0	134	19.6
	Female	14	15.2	13	5.2	2	0.9	0	0.0	29	3.9
	Total	76	44.7	78	16.0	9	2.1	0	0.0	163	11.5
Non-regular employment (part-time employees, contract workers, temporary workers, etc.)	Male	5	6.4	61	25.4	24	11.0	0	0.0	90	13.2
	Female	34	37.0	64	25.8	16	7.3	1	0.6	115	15.6
	Total	39	22.9	125	25.6	40	9.2	1	0.3	205	14.4
Other (self-employed, workers in agriculture, forestry, and fishery, etc.)	Male	7	9.0	43	17.9	25	11.4	18	12.3	93	13.6
	Female	11	12.0	25	10.1	17	7.8	8	4.4	61	8.3
	Total	18	10.6	68	13.9	42	9.6	26	8.0	154	10.8

3-2) Sum of family annual income

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Less than 1,500,000yen	Male	1	1.3	11	4.6	6	2.8	7	4.9	25	3.7
	Female	3	3.4	11	4.5	12	5.7	26	16.9	52	7.4
	Total	4	2.4	22	4.5	18	4.2	33	11.1	77	5.6
Between 1,500,000 and 2,490,000 yen	Male	1	1.3	19	7.9	33	15.4	15	10.6	68	10.1
	Female	7	7.9	24	9.8	33	15.6	36	23.4	100	14.3
	Total	8	4.8	43	8.9	66	15.5	51	17.2	168	12.2
Between 2,500,000 and 3,490,000 yen	Male	1	1.3	28	11.7	66	30.8	41	28.9	136	20.2
	Female	9	10.1	48	19.6	57	26.9	23	14.9	137	19.6
	Total	10	6.0	76	15.7	123	28.9	64	21.6	273	19.9
Between 3,500,000 and 4,490,000 yen	Male	2	2.6	35	14.6	46	21.5	25	17.6	108	16.0
	Female	4	4.5	47	19.2	38	17.9	21	13.6	110	15.7
	Total	6	3.6	82	16.9	84	19.7	46	15.5	218	15.9
Between 4,500,000 and 5,490,000 yen	Male	7	9.1	25	10.4	12	5.6	21	14.8	65	9.7
	Female	13	14.6	21	8.6	14	6.6	11	7.1	59	8.4
	Total	20	12.0	46	9.5	26	6.1	32	10.8	124	9.0
Between 5,500,000 and 6,490,000 yen	Male	8	10.4	28	11.7	12	5.6	7	4.9	55	8.2

	Female	7	7.9	21	8.6	18	8.5	12	7.8	58	8.3
	Total	15	9.0	49	10.1	30	7.0	19	6.4	113	8.2
Between 6,500,000 and 7,490,000 yen	Male	13	16.9	20	8.3	12	5.6	5	3.5	50	7.4
	Female	11	12.4	13	5.3	10	4.7	8	5.2	42	6.0
	Total	24	14.5	33	6.8	22	5.2	13	4.4	92	6.7
Between 7,500,000 and 8,490,000 yen	Male	15	19.5	18	7.5	6	2.8	5	3.5	44	6.5
	Female	5	5.6	14	5.7	6	2.8	3	1.9	28	4.0
	Total	20	12.0	32	6.6	12	2.8	8	2.7	72	5.2
Between 8,500,000 and 9,990,000 yen	Male	9	11.7	17	7.1	11	5.1	5	3.5	42	6.2
	Female	10	11.2	17	6.9	10	4.7	4	2.6	41	5.9
	Total	19	11.4	34	7.0	21	4.9	9	3.0	83	6.0
Between 10,000,000 and 19,990,000 yen	Male	17	22.1	37	15.4	9	4.2	8	5.6	71	10.5
	Female	17	19.1	27	11.0	13	6.1	9	5.8	66	9.4
	Total	34	20.5	64	13.2	22	5.2	17	5.7	137	10.0
20,000,000 yen or more	Male	3	3.9	2	0.8	1	0.5	3	2.1	9	1.3
	Female	3	3.4	2	0.8	1	0.5	1	0.6	7	1.0
	Total	6	3.6	4	0.8	2	0.5	4	1.4	16	1.2

3-3) Level of satisfaction in annual income

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very satisfied	Male	5	6.4	26	10.8	27	12.3	21	13.8	79	11.4
	Female	9	9.8	41	16.3	28	12.8	38	21.0	116	15.6
	Total	14	8.2	67	13.6	55	12.6	59	17.7	195	13.6
Satisfied	Male	20	25.6	82	34.0	70	31.8	46	30.3	218	31.5
	Female	31	33.7	80	31.9	86	39.4	71	39.2	268	36.1
	Total	51	30.0	162	32.9	156	35.6	117	35.1	486	33.9
Neither satisfied nor dissatisfied	Male	32	41.0	66	27.4	70	31.8	58	38.2	226	32.7
	Female	29	31.5	90	35.9	58	26.6	38	21.0	215	29.0
	Total	61	35.9	156	31.7	128	29.2	96	28.8	441	30.8
Unsatisfied	Male	17	21.8	50	20.7	46	20.9	21	13.8	134	19.4
	Female	22	23.9	33	13.1	38	17.4	23	12.7	116	15.6
	Total	39	22.9	83	16.9	84	19.2	44	13.2	250	17.4
Very unsatisfied	Male	4	5.1	17	7.1	7	3.2	6	3.9	34	4.9
	Female	1	1.1	7	2.8	8	3.7	11	6.1	27	3.6
	Total	5	2.9	24	4.9	15	3.4	17	5.1	61	4.3