

## II. Food and Nutrition

### 1. Dietary Survey

#### [1\) Appetite](#)

#### [2\) Frequency of food consumption](#)

### 2. Intake of Alcoholic Beverages

Alcoholic beverage intake was assessed for the previous year. Frequency and volume of alcoholic beverage intake were obtained through an interview.

Average ethanol intake was estimated from the frequency and volume of each alcoholic beverage consumed based on the ethanol content of the corresponding beverage.

#### [1\) Frequency of alcohol intake](#)

#### [2\) Average ethanol intake per day](#)

### 1. Dietary Survey

#### 1) Appetite

Appetite (in the past month)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very poor	Male	0	0.0	1	0.4	1	0.4	0	0.0	2	0.2
	Female	2	0.8	1	0.4	0	0.0	1	0.8	4	0.5
	Total	2	0.4	2	0.4	1	0.2	1	0.4	6	0.4
Poor	Male	5	2.3	8	3.1	5	2.1	7	5.4	25	3.0
	Female	5	1.9	3	1.2	5	2.5	8	6.2	21	2.5
	Total	10	2.1	11	2.2	10	2.3	15	5.8	46	2.7
Average	Male	76	34.4	91	35.5	90	37.5	66	51.2	323	38.2
	Female	100	38.5	135	53.1	92	46.0	63	48.8	390	46.3
	Total	176	36.6	226	44.3	182	41.4	129	50.0	713	42.2
Good	Male	93	42.1	121	47.3	115	47.9	48	37.2	377	44.6
	Female	112	43.1	95	37.4	91	45.5	51	39.5	349	41.4
	Total	205	42.6	216	42.4	206	46.8	99	38.4	726	43.0
Very good	Male	47	21.3	35	13.7	29	12.1	8	6.2	119	14.1
	Female	41	15.8	20	7.9	12	6.0	6	4.7	79	9.4
	Total	88	18.3	55	10.8	41	9.3	14	5.4	198	11.7

Sensation of hunger (in the past month)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%

Not at all	Male	3	1.4	1	0.4	4	1.7	2	1.6	10	1.2
	Female	1	0.4	1	0.4	3	1.5	5	3.9	10	1.2
	Total	4	0.8	2	0.4	7	1.6	7	2.7	20	1.2
Not much	Male	13	5.9	23	9.0	22	9.2	22	17.1	80	9.5
	Female	12	4.6	16	6.3	25	12.5	23	17.8	76	9.0
	Total	25	5.2	39	7.6	47	10.7	45	17.4	156	9.2
Average	Male	89	40.3	98	38.3	103	42.9	68	52.7	358	42.3
	Female	97	37.3	120	47.2	81	40.5	63	48.8	361	42.8
	Total	186	38.7	218	42.7	184	41.8	131	50.8	719	42.6
Much	Male	89	40.3	115	44.9	102	42.5	36	27.9	342	40.4
	Female	130	50.0	112	44.1	86	43.0	36	27.9	364	43.2
	Total	219	45.5	227	44.5	188	42.7	72	27.9	706	41.8
Very much	Male	27	12.2	19	7.4	9	3.8	1	0.8	56	6.6
	Female	20	7.7	5	2.0	5	2.5	2	1.6	32	3.8
	Total	47	9.8	24	4.7	14	3.2	3	1.2	88	5.2

#### Food tastes (in the past month)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Very bad	Male	1	0.5	0	0.0	1	0.4	0	0.0	2	0.2
	Female	0	0.0	0	0.0	2	1.0	0	0.0	2	0.2
	Total	1	0.2	0	0.0	3	0.7	0	0.0	4	0.2
Bad	Male	0	0.0	0	0.0	5	2.1	1	0.8	6	0.7
	Female	4	1.5	2	0.8	0	0.0	6	4.7	12	1.4
	Total	4	0.8	2	0.4	5	1.1	7	2.7	18	1.1
Not changed	Male	57	25.8	78	30.5	62	25.8	38	29.5	235	27.8
	Female	67	25.8	96	37.8	67	33.5	45	34.9	275	32.6
	Total	124	25.8	174	34.1	129	29.3	83	32.2	510	30.2
Good	Male	102	46.2	140	54.7	140	58.3	82	63.6	464	54.8
	Female	148	56.9	136	53.5	115	57.5	70	54.3	469	55.6
	Total	250	52.0	276	54.1	255	58.0	152	58.9	933	55.2
Very good	Male	61	27.6	38	14.8	32	13.3	8	6.2	139	16.4
	Female	41	15.8	20	7.9	16	8.0	8	6.2	85	10.1
	Total	102	21.2	58	11.4	48	10.9	16	6.2	224	13.3

#### Meal frequency (in the past month)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Less than 1 time 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
1 time a day	Male	1	0.5	0	0.0	0	0.0	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	0	0.0	0	0.0	0	0.0	1	0.1
2 times a day	Male	17	7.7	18	7.0	14	5.8	3	2.3	52	6.1
	Female	22	8.5	11	4.3	9	4.5	6	4.7	48	5.7

		Total	39	8.1	29	5.7	23	5.2	9	3.5	100	5.9
3 times a day	Male	203	91.9	236	92.2	225	93.8	126	97.7	790	93.4	
	Female	233	89.6	242	95.3	190	95.0	122	94.6	787	93.4	
	Total	436	90.6	478	93.7	415	94.3	248	96.1	1577	93.4	
4 times a day or more	Male	0	0.0	2	0.8	1	0.4	0	0.0	3	0.4	
	Female	5	1.9	1	0.4	1	0.5	1	0.8	8	0.9	
	Total	5	1.0	3	0.6	2	0.5	1	0.4	11	0.7	

#### Eat with someone at least once a day

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Yes	Male	197	89.1	229	89.5	214	89.2	115	89.1	755	89.2
	Female	235	90.4	230	90.6	155	77.5	84	65.1	704	83.5
	Total	432	89.8	459	90.0	369	83.9	199	77.1	1459	86.4
No	Male	24	10.9	27	10.5	26	10.8	14	10.9	91	10.8
	Female	25	9.6	24	9.4	45	22.5	45	34.9	139	16.5
	Total	49	10.2	51	10.0	71	16.1	59	22.9	230	13.6

#### 2) Frequency of food consumption (in the past week)

##### Cereals

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	214	96.8	250	97.7	240	100.0	126	97.7	830	98.1
	Female	257	98.8	252	99.2	198	99.0	128	99.2	835	99.1
	Total	471	97.9	502	98.4	438	99.5	254	98.4	1665	98.6
Once every 2 days	Male	2	0.9	5	2.0	0	0.0	3	2.3	10	1.2
	Female	2	0.8	1	0.4	0	0.0	1	0.8	4	0.5
	Total	4	0.8	6	1.2	0	0.0	4	1.6	14	0.8
1 or 2 times a week	Male	3	1.4	0	0.0	0	0.0	0	0.0	3	0.4
	Female	1	0.4	1	0.4	1	0.5	0	0.0	3	0.4
	Total	4	0.8	1	0.2	1	0.2	0	0.0	6	0.4
Rarely	Male	2	0.9	1	0.4	0	0.0	0	0.0	3	0.4
	Female	0	0.0	0	0.0	1	0.5	0	0.0	1	0.1
	Total	2	0.4	1	0.2	1	0.2	0	0.0	4	0.2

##### Fishes and shellfishes

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	49	22.2	68	26.6	89	37.1	54	41.9	260	30.7
	Female	48	18.5	75	29.5	61	30.5	58	45.0	242	28.7
	Total	97	20.2	143	28.0	150	34.1	112	43.4	502	29.7
Once every 2 days	Male	86	38.9	111	43.4	108	45.0	45	34.9	350	41.4
	Female	96	36.9	121	47.6	88	44.0	42	32.6	347	41.2
	Total	182	37.8	232	45.5	196	44.5	87	33.7	697	41.3

1 or 2 times a week	Male	82	37.1	74	28.9	43	17.9	29	22.5	228	27.0
	Female	111	42.7	57	22.4	51	25.5	27	20.9	246	29.2
	Total	193	40.1	131	25.7	94	21.4	56	21.7	474	28.1
Rarely	Male	4	1.8	3	1.2	0	0.0	1	0.8	8	0.9
	Female	5	1.9	1	0.4	0	0.0	2	1.6	8	0.9
	Total	9	1.9	4	0.8	0	0.0	3	1.2	16	0.9

#### Meats

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	91	41.2	76	29.7	76	31.7	47	36.4	290	34.3
	Female	116	44.6	105	41.3	73	36.5	62	48.1	356	42.2
	Total	207	43.0	181	35.5	149	33.9	109	42.2	646	38.2
Once every 2 days	Male	95	43.0	131	51.2	111	46.3	50	38.8	387	45.7
	Female	116	44.6	118	46.5	93	46.5	46	35.7	373	44.2
	Total	211	43.9	249	48.8	204	46.4	96	37.2	760	45.0
1 or 2 times a week	Male	33	14.9	49	19.1	50	20.8	29	22.5	161	19.0
	Female	21	8.1	27	10.6	31	15.5	15	11.6	94	11.2
	Total	54	11.2	76	14.9	81	18.4	44	17.1	255	15.1
Rarely	Male	2	0.9	0	0.0	3	1.3	3	2.3	8	0.9
	Female	7	2.7	4	1.6	3	1.5	6	4.7	20	2.4
	Total	9	1.9	4	0.8	6	1.4	9	3.5	28	1.7

#### Eggs

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	86	38.9	95	37.1	115	47.9	73	56.6	369	43.6
	Female	110	42.3	113	44.5	95	47.5	77	59.7	395	46.9
	Total	196	40.7	208	40.8	210	47.7	150	58.1	764	45.2
Once every 2 days	Male	64	29.0	97	37.9	63	26.3	28	21.7	252	29.8
	Female	71	27.3	81	31.9	61	30.5	33	25.6	246	29.2
	Total	135	28.1	178	34.9	124	28.2	61	23.6	498	29.5
1 or 2 times a week	Male	67	30.3	60	23.4	54	22.5	26	20.2	207	24.5
	Female	72	27.7	57	22.4	42	21.0	19	14.7	190	22.5
	Total	139	28.9	117	22.9	96	21.8	45	17.4	397	23.5
Rarely	Male	4	1.8	4	1.6	8	3.3	2	1.6	18	2.1
	Female	7	2.7	3	1.2	2	1.0	0	0.0	12	1.4
	Total	11	2.3	7	1.4	10	2.3	2	0.8	30	1.8

#### Milk

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	1	0.5	0	0.0	0	0.0	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	0	0.0	0	0.0	0	0.0	1	0.1

Almost every day	Male	78	35.3	93	36.3	115	47.9	70	54.3	356	42.1
	Female	123	47.3	129	50.8	102	51.0	87	67.4	441	52.3
	Total	201	41.8	222	43.5	217	49.3	157	60.9	797	47.2
Once every 2 days	Male	16	7.2	29	11.3	19	7.9	16	12.4	80	9.5
	Female	23	8.8	33	13.0	26	13.0	6	4.7	88	10.4
	Total	39	8.1	62	12.2	45	10.2	22	8.5	168	9.9
1 or 2 times a week	Male	40	18.1	67	26.2	39	16.3	19	14.7	165	19.5
	Female	39	15.0	33	13.0	30	15.0	13	10.1	115	13.6
	Total	79	16.4	100	19.6	69	15.7	32	12.4	280	16.6
Rarely	Male	86	38.9	67	26.2	67	27.9	24	18.6	244	28.8
	Female	75	28.8	59	23.2	42	21.0	23	17.8	199	23.6
	Total	161	33.5	126	24.7	109	24.8	47	18.2	443	26.2

#### Dairy products

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	0	0.0	1	0.4	2	0.8	0	0.0	3	0.4
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	1	0.2	2	0.5	0	0.0	3	0.2
Almost every day	Male	84	38.0	105	41.0	111	46.3	63	48.8	363	42.9
	Female	131	50.4	135	53.1	116	58.0	78	60.5	460	54.6
	Total	215	44.7	240	47.1	227	51.6	141	54.7	823	48.7
Once every 2 days	Male	20	9.0	33	12.9	24	10.0	16	12.4	93	11.0
	Female	50	19.2	40	15.7	38	19.0	15	11.6	143	17.0
	Total	70	14.6	73	14.3	62	14.1	31	12.0	236	14.0
1 or 2 times a week	Male	77	34.8	72	28.1	60	25.0	27	20.9	236	27.9
	Female	55	21.2	63	24.8	28	14.0	18	14.0	164	19.5
	Total	132	27.4	135	26.5	88	20.0	45	17.4	400	23.7
Rarely	Male	40	18.1	45	17.6	43	17.9	23	17.8	151	17.8
	Female	24	9.2	16	6.3	18	9.0	18	14.0	76	9.0
	Total	64	13.3	61	12.0	61	13.9	41	15.9	227	13.4

#### Soy bean/soy bean products

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	57	25.8	75	29.3	116	48.3	69	53.5	317	37.5
	Female	82	31.5	97	38.2	114	57.0	79	61.2	372	44.1
	Total	139	28.9	172	33.7	230	52.3	148	57.4	689	40.8
Once every 2 days	Male	71	32.1	79	30.9	60	25.0	32	24.8	242	28.6
	Female	76	29.2	84	33.1	47	23.5	28	21.7	235	27.9
	Total	147	30.6	163	32.0	107	24.3	60	23.3	477	28.2
1 or 2 times a week	Male	83	37.6	97	37.9	58	24.2	27	20.9	265	31.3
	Female	89	34.2	71	28.0	39	19.5	21	16.3	220	26.1
	Total	172	35.8	168	32.9	97	22.0	48	18.6	485	28.7
Rarely	Male	10	4.5	5	2.0	6	2.5	1	0.8	22	2.6
	Female	13	5.0	2	0.8	0	0.0	1	0.8	16	1.9

Total	23	4.8	7	1.4	6	1.4	2	0.8	38	2.2
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Vegetables (green and yellow vegetables)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	117	52.9	111	43.4	152	63.3	75	58.1	455	53.8
	Female	153	58.8	157	61.8	150	75.0	109	84.5	569	67.5
	Total	270	56.1	268	52.5	302	68.6	184	71.3	1024	60.6
Once every 2 days	Male	73	33.0	97	37.9	63	26.3	39	30.2	272	32.2
	Female	72	27.7	71	28.0	39	19.5	15	11.6	197	23.4
	Total	145	30.1	168	32.9	102	23.2	54	20.9	469	27.8
1 or 2 times a week	Male	28	12.7	45	17.6	23	9.6	15	11.6	111	13.1
	Female	33	12.7	25	9.8	11	5.5	5	3.9	74	8.8
	Total	61	12.7	70	13.7	34	7.7	20	7.8	185	11.0
Rarely	Male	3	1.4	3	1.2	2	0.8	0	0.0	8	0.9
	Female	2	0.8	1	0.4	0	0.0	0	0.0	3	0.4
	Total	5	1.0	4	0.8	2	0.5	0	0.0	11	0.7

Vegetables (others)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	138	62.4	121	47.3	144	60.0	81	62.8	484	57.2
	Female	174	66.9	180	70.9	134	67.0	96	74.4	584	69.3
	Total	312	64.9	301	59.0	278	63.2	177	68.6	1068	63.2
Once every 2 days	Male	66	29.9	106	41.4	74	30.8	38	29.5	284	33.6
	Female	60	23.1	60	23.6	50	25.0	24	18.6	194	23.0
	Total	126	26.2	166	32.5	124	28.2	62	24.0	478	28.3
1 or 2 times a week	Male	15	6.8	28	10.9	22	9.2	10	7.8	75	8.9
	Female	24	9.2	14	5.5	16	8.0	9	7.0	63	7.5
	Total	39	8.1	42	8.2	38	8.6	19	7.4	138	8.2
Rarely	Male	2	0.9	1	0.4	0	0.0	0	0.0	3	0.4
	Female	2	0.8	0	0.0	0	0.0	0	0.0	2	0.2
	Total	4	0.8	1	0.2	0	0.0	0	0.0	5	0.3

Seaweeds

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	32	14.5	38	14.8	62	25.8	40	31.0	172	20.3
	Female	48	18.5	62	24.4	57	28.5	52	40.3	219	26.0
	Total	80	16.6	100	19.6	119	27.0	92	35.7	391	23.1
Once every 2 days	Male	57	25.8	75	29.3	69	28.8	45	34.9	246	29.1
	Female	60	23.1	64	25.2	63	31.5	46	35.7	233	27.6
	Total	117	24.3	139	27.3	132	30.0	91	35.3	479	28.4
1 or 2 times a week	Male	102	46.2	119	46.5	103	42.9	41	31.8	365	43.1
	Female	118	45.4	110	43.3	75	37.5	26	20.2	329	39.0

	Total	220	45.7	229	44.9	178	40.5	67	26.0	694	41.1
Rarely	Male	30	13.6	24	9.4	6	2.5	3	2.3	63	7.4
	Female	34	13.1	18	7.1	5	2.5	5	3.9	62	7.4
	Total	64	13.3	42	8.2	11	2.5	8	3.1	125	7.4

#### Potatoes

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	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	0	0.0	1	0.1
	Total	0	0.0	0	0.0	1	0.2	0	0.0	1	0.1
Almost every day	Male	12	5.4	8	3.1	21	8.8	23	17.8	64	7.6
	Female	15	5.8	29	11.4	21	10.5	27	20.9	92	10.9
	Total	27	5.6	37	7.3	42	9.5	50	19.4	156	9.2
Once every 2 days	Male	61	27.6	76	29.7	66	27.5	39	30.2	242	28.6
	Female	55	21.2	67	26.4	55	27.5	44	34.1	221	26.2
	Total	116	24.1	143	28.0	121	27.5	83	32.2	463	27.4
1 or 2 times a week	Male	115	52.0	153	59.8	131	54.6	61	47.3	460	54.4
	Female	163	62.7	140	55.1	111	55.5	54	41.9	468	55.5
	Total	278	57.8	293	57.5	242	55.0	115	44.6	928	54.9
Rarely	Male	33	14.9	19	7.4	22	9.2	6	4.7	80	9.5
	Female	27	10.4	18	7.1	12	6.0	4	3.1	61	7.2
	Total	60	12.5	37	7.3	34	7.7	10	3.9	141	8.3

#### Fruit

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	47	21.3	95	37.1	114	47.5	67	51.9	323	38.2
	Female	83	31.9	117	46.1	128	64.0	94	72.9	422	50.1
	Total	130	27.0	212	41.6	242	55.0	161	62.4	745	44.1
Once every 2 days	Male	47	21.3	54	21.1	56	23.3	32	24.8	189	22.3
	Female	63	24.2	62	24.4	37	18.5	20	15.5	182	21.6
	Total	110	22.9	116	22.7	93	21.1	52	20.2	371	22.0
1 or 2 times a week	Male	92	41.6	82	32.0	63	26.3	27	20.9	264	31.2
	Female	74	28.5	63	24.8	28	14.0	14	10.9	179	21.2
	Total	166	34.5	145	28.4	91	20.7	41	15.9	443	26.2
Rarely	Male	35	15.8	25	9.8	7	2.9	3	2.3	70	8.3
	Female	40	15.4	12	4.7	7	3.5	1	0.8	60	7.1
	Total	75	15.6	37	7.3	14	3.2	4	1.6	130	7.7

#### Nuts and seeds

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	22	10.0	30	11.7	47	19.6	23	17.8	122	14.4
	Female	35	13.5	46	18.1	51	25.5	40	31.0	172	20.4

	Total	57	11.9	76	14.9	98	22.3	63	24.4	294	17.4
Once every 2 days	Male	34	15.4	52	20.3	51	21.3	20	15.5	157	18.6
	Female	54	20.8	68	26.8	49	24.5	35	27.1	206	24.4
	Total	88	18.3	120	23.5	100	22.7	55	21.3	363	21.5
1 or 2 times a week	Male	109	49.3	128	50.0	101	42.1	60	46.5	398	47.0
	Female	115	44.2	111	43.7	85	42.5	44	34.1	355	42.1
	Total	224	46.6	239	46.9	186	42.3	104	40.3	753	44.6
Rarely	Male	56	25.3	46	18.0	41	17.1	26	20.2	169	20.0
	Female	56	21.5	29	11.4	15	7.5	10	7.8	110	13.0
	Total	112	23.3	75	14.7	56	12.7	36	14.0	279	16.5

#### Fats and oils

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Almost every day	Male	106	48.0	117	45.7	86	35.8	53	41.1	362	42.8
	Female	175	67.3	160	63.0	107	53.5	64	49.6	506	60.0
	Total	281	58.4	277	54.3	193	43.9	117	45.3	868	51.4
Once every 2 days	Male	71	32.1	87	34.0	88	36.7	41	31.8	287	33.9
	Female	60	23.1	66	26.0	49	24.5	38	29.5	213	25.3
	Total	131	27.2	153	30.0	137	31.1	79	30.6	500	29.6
1 or 2 times a week	Male	36	16.3	49	19.1	59	24.6	33	25.6	177	20.9
	Female	24	9.2	27	10.6	44	22.0	25	19.4	120	14.2
	Total	60	12.5	76	14.9	103	23.4	58	22.5	297	17.6
Rarely	Male	8	3.6	3	1.2	7	2.9	2	1.6	20	2.4
	Female	1	0.4	1	0.4	0	0.0	2	1.6	4	0.5
	Total	9	1.9	4	0.8	7	1.6	4	1.6	24	1.4

#### 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		5.1	2.8	220	5.0	2.8	255	6.2	2.9	238	6.7	3.3	129	5.6	3.0	842
Female		6.0	2.7	260	6.5	2.8	254	7.1	3.0	199	8.1	3.0	129	6.7	2.9	842
Total		5.6	2.8	480	5.8	2.9	509	6.6	2.9	437	7.4	3.2	258	6.2	3.0	1684

#### Eating habits

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
As usual	Male	177	80.1	190	74.2	191	79.6	88	68.2	646	76.4
	Female	180	69.2	167	65.7	134	67.0	72	55.8	553	65.6
	Total	357	74.2	357	70.0	325	73.9	160	62.0	1199	71.0
Generally, as usual	Male	40	18.1	62	24.2	49	20.4	39	30.2	190	22.5
	Female	77	29.6	82	32.3	66	33.0	53	41.1	278	33.0
	Total	117	24.3	144	28.2	115	26.1	92	35.7	468	27.7
Not as usual	Male	4	1.8	4	1.6	0	0.0	2	1.6	10	1.2
	Female	3	1.2	5	2.0	0	0.0	4	3.1	12	1.4



Total 7 1.5 9 1.8 0 0.0 6 2.3 22 1.3

2. Intake of Alcoholic Beverages

1) Frequency of alcohol intakes

Japanese sake

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Male	Never/less than once a month	158	71.5	167	65.2	150	62.5	90	69.8	565	66.8
	Once a month	17	7.7	20	7.8	16	6.7	7	5.4	60	7.1
	2 to 3 times a month	23	10.4	14	5.5	14	5.8	4	3.1	55	6.5
	Once a week	13	5.9	18	7.0	17	7.1	5	3.9	53	6.3
	2 to 3 times a week	6	2.7	26	10.2	20	8.3	7	5.4	59	7.0
	4 to 6 times a week	1	0.5	5	2.0	11	4.6	7	5.4	24	2.8
	Once a day or more	3	1.4	6	2.3	12	5.0	9	7.0	30	3.5
Female	Never/less than once a month	234	90.0	228	89.8	187	93.5	117	91.4	766	91.0
	Once a month	11	4.2	11	4.3	3	1.5	1	0.8	26	3.1
	2 to 3 times a month	10	3.8	8	3.1	6	3.0	5	3.9	29	3.4
	Once a week	3	1.2	2	0.8	2	1.0	2	1.6	9	1.1
	2 to 3 times a week	2	0.8	4	1.6	1	0.5	2	1.6	9	1.1
	4 to 6 times a week	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Once a day or more	0	0.0	1	0.4	1	0.5	1	0.8	3	0.4
Total	Never/less than once a month	392	81.5	395	77.5	337	76.6	207	80.5	1331	78.9
	Once a month	28	5.8	31	6.1	19	4.3	8	3.1	86	5.1
	2 to 3 times a month	33	6.9	22	4.3	20	4.5	9	3.5	84	5.0
	Once a week	16	3.3	20	3.9	19	4.3	7	2.7	62	3.7
	2 to 3 times a week	8	1.7	30	5.9	21	4.8	9	3.5	68	4.0
	4 to 6 times a week	1	0.2	5	1.0	11	2.5	7	2.7	24	1.4
	Once a day or more	3	0.6	7	1.4	13	3.0	10	3.9	33	2.0

Japanese distilled alcoholic beverages (Shochu)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Male	Never/less than once a month	143	64.7	134	52.3	128	53.3	99	76.7	504	59.6
	Once a month	22	10.0	19	7.4	13	5.4	1	0.8	55	6.5
	2 to 3 times a month	9	4.1	11	4.3	13	5.4	5	3.9	38	4.5
	Once a week	10	4.5	16	6.3	12	5.0	5	3.9	43	5.1
	2 to 3 times a week	15	6.8	34	13.3	26	10.8	5	3.9	80	9.5
	4 to 6 times a week	7	3.2	20	7.8	11	4.6	4	3.1	42	5.0
	Once a day or more	15	6.8	22	8.6	37	15.4	10	7.8	84	9.9
Female	Never/less than once a month	230	88.5	238	93.7	191	95.5	124	96.9	783	93.0
	Once a month	9	3.5	5	2.0	2	1.0	0	0.0	16	1.9

	2 to 3 times a month	6	2.3	2	0.8	3	1.5	1	0.8	12	1.4
	Once a week	1	0.4	3	1.2	0	0.0	2	1.6	6	0.7
	2 to 3 times a week	7	2.7	2	0.8	2	1.0	0	0.0	11	1.3
	4 to 6 times a week	1	0.4	1	0.4	1	0.5	0	0.0	3	0.4
	Once a day or more	6	2.3	3	1.2	1	0.5	1	0.8	11	1.3
Total	Never/less than once a month	373	77.5	372	72.9	319	72.5	223	86.8	1287	76.2
	Once a month	31	6.4	24	4.7	15	3.4	1	0.4	71	4.2
	2 to 3 times a month	15	3.1	13	2.5	16	3.6	6	2.3	50	3.0
	Once a week	11	2.3	19	3.7	12	2.7	7	2.7	49	2.9
	2 to 3 times a week	22	4.6	36	7.1	28	6.4	5	1.9	91	5.4
	4 to 6 times a week	8	1.7	21	4.1	12	2.7	4	1.6	45	2.7
	Once a day or more	21	4.4	25	4.9	38	8.6	11	4.3	95	5.6

Shochu-based beverage (Chuhai)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Male	Never/less than once a month	148	67.0	191	74.6	197	82.1	106	82.2	642	75.9
	Once a month	26	11.8	27	10.5	13	5.4	7	5.4	73	8.6
	2 to 3 times a month	18	8.1	18	7.0	8	3.3	1	0.8	45	5.3
	Once a week	13	5.9	9	3.5	10	4.2	3	2.3	35	4.1
	2 to 3 times a week	9	4.1	6	2.3	3	1.3	5	3.9	23	2.7
	4 to 6 times a week	2	0.9	1	0.4	2	0.8	1	0.8	6	0.7
	Once a day or more	5	2.3	4	1.6	7	2.9	6	4.7	22	2.6
Female	Never/less than once a month	184	70.8	206	81.1	164	82.0	106	82.8	660	78.4
	Once a month	26	10.0	16	6.3	10	5.0	5	3.9	57	6.8
	2 to 3 times a month	18	6.9	7	2.8	9	4.5	5	3.9	39	4.6
	Once a week	7	2.7	14	5.5	5	2.5	1	0.8	27	3.2
	2 to 3 times a week	16	6.2	8	3.1	4	2.0	5	3.9	33	3.9
	4 to 6 times a week	5	1.9	0	0.0	3	1.5	2	1.6	10	1.2
	Once a day or more	4	1.5	3	1.2	5	2.5	4	3.1	16	1.9
Total	Never/less than once a month	332	69.0	397	77.8	361	82.0	212	82.5	1302	77.1
	Once a month	52	10.8	43	8.4	23	5.2	12	4.7	130	7.7
	2 to 3 times a month	36	7.5	25	4.9	17	3.9	6	2.3	84	5.0
	Once a week	20	4.2	23	4.5	15	3.4	4	1.6	62	3.7
	2 to 3 times a week	25	5.2	14	2.7	7	1.6	10	3.9	56	3.3
	4 to 6 times a week	7	1.5	1	0.2	5	1.1	3	1.2	16	0.9
	Once a day or more	9	1.9	7	1.4	12	2.7	10	3.9	38	2.3

Regular or draft beer

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%



month	29	6.0	21	4.1	13	3.0	8	3.1	71	4.2
Once a week	14	2.9	20	3.9	20	4.5	4	1.6	58	3.4
2 to 3 times a week	16	3.3	13	2.5	10	2.3	3	1.2	42	2.5
4 to 6 times a week	2	0.4	1	0.2	1	0.2	1	0.4	5	0.3
Once a day or more	5	1.0	1	0.2	3	0.7	2	0.8	11	0.7

Hard liquor (such as whisky, brandy, gin, vodka, rum, etc.)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Male	Never/less than once a month	167	75.6	201	78.5	205	85.4	118	91.5	691	81.7
	Once a month	23	10.4	12	4.7	9	3.8	2	1.6	46	5.4
	2 to 3 times a month	12	5.4	9	3.5	9	3.8	2	1.6	32	3.8
	Once a week	6	2.7	9	3.5	7	2.9	1	0.8	23	2.7
	2 to 3 times a week	8	3.6	13	5.1	3	1.3	3	2.3	27	3.2
	4 to 6 times a week	4	1.8	4	1.6	4	1.7	1	0.8	13	1.5
	Once a day or more	1	0.5	8	3.1	3	1.3	2	1.6	14	1.7
Female	Never/less than once a month	246	94.6	248	97.6	194	97.0	126	98.4	814	96.7
	Once a month	4	1.5	2	0.8	1	0.5	2	1.6	9	1.1
	2 to 3 times a month	3	1.2	1	0.4	2	1.0	0	0.0	6	0.7
	Once a week	4	1.5	1	0.4	1	0.5	0	0.0	6	0.7
	2 to 3 times a week	2	0.8	1	0.4	0	0.0	0	0.0	3	0.4
	4 to 6 times a week	0	0.0	0	0.0	1	0.5	0	0.0	1	0.1
	Once a day or more	1	0.4	1	0.4	1	0.5	0	0.0	3	0.4
Total	Never/less than once a month	413	85.9	449	88.0	399	90.7	244	94.9	1505	89.2
	Once a month	27	5.6	14	2.7	10	2.3	4	1.6	55	3.3
	2 to 3 times a month	15	3.1	10	2.0	11	2.5	2	0.8	38	2.3
	Once a week	10	2.1	10	2.0	8	1.8	1	0.4	29	1.7
	2 to 3 times a week	10	2.1	14	2.7	3	0.7	3	1.2	30	1.8
	4 to 6 times a week	4	0.8	4	0.8	5	1.1	1	0.4	14	0.8
	Once a day or more	2	0.4	9	1.8	4	0.9	2	0.8	17	1.0

2) Average ethanol intake per day (All participants including non-drinkers)

Japanese sake (ml/day)

	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	5.7	221	3.6	9.9	256	4.6	11.4	240	4.0	10.7	129	3.5	9.7	846
Female	0.2	1.0	260	0.3	1.8	254	0.3	2.1	200	0.4	2.6	128	0.3	1.8	842
Total	0.9	4.0	481	2.0	7.3	510	2.6	8.8	440	2.2	8.0	257	1.9	7.2	1688

Japanese distilled alcoholic beverages (Shochu : ml/day)

	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	15.0	221	10.5	23.9	256	10.3	23.0	240	3.8	11.7	129	8.2	20.2	846
Female	1.3	6.5	260	0.3	2.2	254	0.3	2.0	200	0.1	0.5	128	0.6	4.0	842
Total	3.3	11.4	481	5.4	17.8	510	5.7	17.8	440	1.9	8.5	257	4.4	15.1	1688

Shochu-based beverage (Chuhai : ml/day)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.5	5.1	221	1.0	5.5	256	0.4	1.9	240	0.6	2.1	129	0.9	4.2	846
Female	0.9	4.2	260	0.4	1.7	254	0.2	0.6	200	0.5	2.7	128	0.5	2.8	842
Total	1.2	4.6	481	0.7	4.1	510	0.3	1.5	440	0.5	2.4	257	0.7	3.6	1688

Regular or draft beer (ml/day)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.4	11.8	221	7.8	12.3	256	6.8	10.9	240	2.7	5.6	129	6.7	11.1	846
Female	3.0	11.6	260	2.6	8.6	254	1.0	3.9	200	0.5	1.9	128	2.0	8.3	842
Total	5.0	11.9	481	5.2	10.9	510	4.2	9.0	440	1.6	4.3	257	4.4	10.1	1688

Wine (ml/day)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.1	3.6	221	0.6	1.9	256	0.3	1.1	240	0.2	0.9	129	0.6	2.2	846
Female	1.0	4.8	260	0.2	1.0	254	0.2	1.0	200	0.3	1.6	128	0.5	2.8	842
Total	1.0	4.3	481	0.4	1.5	510	0.3	1.1	440	0.2	1.3	257	0.5	2.5	1688

Hard liquor (such as whisky, brandy, gin, vodka, rum, etc. : ml/day)

	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	8.6	221	2.6	9.1	256	1.4	9.5	240	1.5	9.6	129	1.9	9.2	846
Female	0.2	1.8	260	0.2	1.7	254	0.3	2.7	200	0.0	0.1	128	0.2	1.9	842
Total	1.1	6.0	481	1.4	6.7	510	0.9	7.2	440	0.8	6.9	257	1.1	6.7	1688

Total alcohol (ml/day)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.5	26.9	221	26.1	34.3	256	23.8	31.4	240	12.7	20.9	129	21.7	30.2	846
Female	6.6	15.9	260	4.0	10.1	254	2.3	6.5	200	1.7	4.7	128	4.1	11.2	842
Total	12.5	22.5	481	15.1	27.6	510	14.0	25.9	440	7.2	16.1	257	12.9	24.4	1688