

## **X. Physical Function Tests**

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### 1) Physical fitness

- Sitting trunk flexion
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- Left grip strength
- Foot balance with eye closed
- Reaction time
- Leg extension power
- Sit up
- Right leg strength
- Left leg strength

### 2) Gait performance

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- Stride, Pitch, Velocity with maximum speed

### 3) Stabilometry

- With eye opened
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1. Physical fitness (Takei corp.)

Sitting trunk flexion (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	3.3	8.7	153	3.4	8.9	146	2.7	9.2	133	2.7	8.1	131	3.0	8.7	563
Female	10.0	6.8	145	9.8	7.8	134	10.5	6.6	137	9.3	7.3	126	9.9	7.1	542
Total	6.5	8.5	298	6.5	9.0	280	6.6	8.9	270	5.9	8.4	257	6.4	8.7	1105

Right grip strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	48.1	7.2	152	43.2	7.2	148	39.7	6.4	133	35.3	5.9	134	41.8	8.2	567
Female	28.0	5.1	145	25.6	4.6	134	24.1	4.7	135	21.1	3.9	129	24.8	5.2	543
Total	38.3	11.9	297	34.8	10.7	282	31.8	9.6	268	28.3	8.7	263	33.5	11.0	1110

Left grip strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	46.2	6.9	153	41.6	7.0	148	38.7	5.7	133	34.0	6.2	135	40.3	7.8	569
Female	26.6	5.0	144	24.5	4.3	133	22.5	4.7	135	19.9	3.7	128	23.5	5.1	540
Total	36.7	11.5	297	33.5	10.4	281	30.5	9.6	268	27.1	8.7	263	32.1	10.7	1109

Foot balance with eye closed (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.7	32.3	153	15.4	15.6	148	9.8	15.2	134	5.5	6.4	133	16.7	22.9	568
Female	27.2	27.5	145	16.8	27.4	134	6.8	7.5	135	4.0	4.0	121	14.2	22.2	535
Total	30.5	30.1	298	16.1	22.0	282	8.3	12.0	269	4.8	5.4	254	15.5	22.6	1103

Reaction time (sec)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.423	0.066	153	0.441	0.074	147	0.464	0.096	134	0.537	0.133	133	0.464	0.103	567
Female	0.463	0.072	143	0.489	0.083	134	0.515	0.100	134	0.630	0.151	117	0.520	0.121	528
Total	0.442	0.072	296	0.464	0.082	281	0.489	0.101	268	0.580	0.149	250	0.491	0.115	1095

Leg extension power (W)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	707.0	192.7	152	585.9	150.4	145	487.0	129.5	130	386.1	123.6	125	550.7	194.0	552
Female	360.0	115.9	144	333.6	94.0	129	298.5	83.6	126	219.3	79.5	108	308.0	108.3	507
Total	538.2	236.0	296	467.1	178.9	274	394.2	144.3	256	308.8	134.2	233	434.5	199.8	1059

Sit up (reps)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	16.1	4.6	152	13.5	3.7	143	11.2	3.9	128	8.8	4.3	122	12.6	4.9	545
Female	10.2	4.2	138	6.3	5.1	122	4.3	4.6	120	3.6	4.0	103	6.3	5.2	483
Total	13.3	5.3	290	10.2	5.7	265	7.8	5.5	248	6.4	4.9	225	9.7	6.0	1028

Right leg strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	43.0	9.8	64	42.6	10.5	66	34.1	7.4	57	29.4	6.2	52	37.8	10.4	239
Female	26.4	6.8	73	26.0	6.0	49	23.9	6.8	53	19.6	5.7	56	24.1	6.9	231
Total	34.1	11.7	137	35.5	12.1	115	29.2	8.7	110	24.3	7.7	108	31.1	11.2	470

Left leg strength (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	44.0	9.6	64	42.9	9.9	65	33.2	8.1	57	29.1	6.2	52	37.9	10.7	238
Female	26.5	6.6	73	26.0	6.4	49	23.8	6.8	53	19.6	5.4	56	24.1	6.8	231
Total	34.7	12.0	137	35.6	12.0	114	28.7	8.8	110	24.2	7.5	108	31.1	11.3	469

2. Gait performance (Yagami corp.)

Stride of gait with comfortable speed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	71.4	7.0	151	70.2	8.4	146	68.2	8.9	131	64.9	8.8	131	68.8	8.6	559
Female	67.0	6.1	143	66.6	7.5	128	63.1	6.5	134	57.8	7.4	126	63.7	7.8	531
Total	69.3	7.0	294	68.5	8.2	274	65.6	8.2	265	61.4	8.9	257	66.3	8.6	1090

Pitch of gait with comfortable speed (step/min)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	115.9	9.5	151	116.6	11.5	146	117.8	10.0	131	115.0	13.6	131	116.3	11.2	559
Female	123.9	12.5	143	124.2	14.2	128	125.5	12.9	134	118.5	11.8	126	123.1	13.1	531
Total	119.8	11.7	294	120.1	13.4	274	121.7	12.2	265	116.7	12.9	257	119.6	12.6	1090

Velocity of gait with comfortable speed (m/min)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	82.8	10.8	151	81.8	12.1	146	80.4	12.5	131	74.8	13.4	131	80.1	12.5	559
Female	83.1	11.6	143	82.6	11.9	128	79.5	10.5	134	68.7	12.1	126	78.6	12.8	531
Total	82.9	11.2	294	82.2	12.0	274	79.9	11.5	265	71.8	13.1	257	79.4	12.7	1090

Stride of gait with maximum speed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	83.0	8.6	151	82.0	8.7	146	79.0	9.3	131	74.1	8.6	130	79.7	9.4	558
Female	74.2	7.3	143	73.9	8.8	128	69.2	7.4	133	64.5	10.7	126	70.6	9.4	530
Total	78.7	9.1	294	78.2	9.6	274	74.1	9.7	264	69.4	10.8	256	75.3	10.5	1088

Pitch of gait with maximum speed (step/min)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	140.0	15.7	151	136.0	15.3	146	136.9	15.4	131	134.0	13.3	130	136.9	15.1	558
Female	146.5	16.9	143	143.7	18.7	128	144.7	17.4	133	135.5	15.8	126	142.7	17.7	530
Total	143.2	16.6	294	139.6	17.4	274	140.9	16.9	264	134.8	14.6	256	139.7	16.7	1088

Velocity of gait with maximum speed(m/min)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	115.8	13.9	151	111.6	15.3	146	108.1	16.6	131	99.3	14.3	130	109.1	16.2	558
Female	108.2	12.4	143	105.7	13.4	128	99.8	12.6	133	86.4	14.2	126	100.3	15.6	530
Total	112.1	13.7	294	108.9	14.7	274	103.9	15.3	264	93.0	15.6	256	104.8	16.5	1088

3. Stabilometry (NEC corp.)

Stabilometry - out around area with eye opened (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.93	0.91	66	2.18	0.91	67	2.71	1.43	58	2.95	2.06	61	2.42	1.44	252
Female	1.66	0.76	75	2.14	0.93	48	2.48	1.30	57	2.80	1.47	59	2.23	1.22	239
Total	1.79	0.84	141	2.16	0.92	115	2.60	1.37	115	2.88	1.79	120	2.33	1.34	491

Stabilometry - total power spectram X with eye opened (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.24	0.15	66	0.24	0.12	67	0.33	0.20	58	0.35	0.24	61	0.29	0.19	252
Female	0.21	0.13	75	0.27	0.18	48	0.30	0.20	57	0.36	0.26	59	0.28	0.20	239
Total	0.23	0.14	141	0.25	0.15	115	0.32	0.20	115	0.35	0.25	120	0.28	0.19	491

Stabilometry - total power spectram Y with eye opened (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.42	0.41	66	0.49	0.42	67	0.57	0.61	58	0.55	0.45	61	0.51	0.47	252
Female	0.32	0.17	75	0.47	0.32	48	0.49	0.32	57	0.53	0.36	59	0.44	0.30	239
Total	0.37	0.31	141	0.49	0.38	115	0.53	0.49	115	0.54	0.41	120	0.48	0.40	491

Stabilometry - center coordinates X with eye opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.05	0.62	66	-0.10	0.71	67	0.24	0.65	58	0.23	0.77	61	0.10	0.70	252
Female	0.02	0.66	75	0.03	0.80	48	0.09	0.63	57	0.38	0.61	59	0.13	0.68	239
Total	0.03	0.64	141	-0.05	0.75	115	0.17	0.64	115	0.30	0.70	120	0.11	0.69	491

Stabilometry - center coordinates Y with eye opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.37	1.41	66	0.42	1.79	67	0.49	1.39	58	0.62	1.63	61	0.47	1.56	252
Female	-0.66	1.31	75	-0.01	1.62	48	-0.46	1.44	57	-0.23	1.48	59	-0.37	1.46	239
Total	-0.18	1.45	141	0.24	1.73	115	0.02	1.49	115	0.20	1.61	120	0.06	1.57	491

Stabilometry - back and forth difference with eye opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2.28	0.76	66	2.52	0.77	67	2.66	0.91	58	2.66	0.81	61	2.52	0.82	252
Female	2.08	0.54	75	2.43	0.68	48	2.61	0.76	57	2.62	0.83	59	2.41	0.74	239
Total	2.18	0.66	141	2.48	0.73	115	2.64	0.84	115	2.64	0.81	120	2.47	0.78	491

Stabilometry - right and left difference with eye opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.85	0.51	66	1.91	0.41	67	2.17	0.60	58	2.37	1.20	61	2.07	0.76	252
Female	1.75	0.48	75	1.94	0.53	48	2.06	0.59	57	2.27	0.80	59	1.99	0.64	239
Total	1.80	0.50	141	1.92	0.46	115	2.12	0.59	115	2.32	1.02	120	2.03	0.70	491

Stabilometry - total locus length with eye opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	72.26	13.68	66	76.26	12.39	67	81.13	13.86	58	89.36	25.71	61	79.50	18.20	252
Female	67.47	10.39	75	72.44	16.30	48	76.08	13.76	57	81.02	21.54	59	73.87	16.46	239
Total	69.71	12.24	141	74.67	14.21	115	78.63	13.98	115	85.26	24.02	120	76.76	17.59	491

Stabilometry - out around area with eye closed (cm<sup>2</sup>)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	3.68	2.13	66	4.06	2.57	67	4.47	2.77	58	4.79	3.03	61	4.23	2.65	252
Female	3.13	2.26	75	3.35	1.81	48	4.30	2.92	57	4.47	5.39	59	3.78	3.42	239
Total	3.39	2.21	141	3.76	2.31	115	4.39	2.84	115	4.63	4.34	120	4.01	3.05	491

Stabilometry - total power spectrum X with eye closed (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.47	0.40	66	0.42	0.31	67	0.51	0.32	58	0.56	0.44	61	0.49	0.37	252
Female	0.37	0.31	75	0.37	0.23	48	0.44	0.32	57	0.55	0.73	59	0.43	0.44	239
Total	0.41	0.35	141	0.40	0.28	115	0.48	0.32	115	0.56	0.59	120	0.46	0.41	491

Stabilometry - total power spectrum Y with eye closed (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.69	0.64	66	0.65	0.43	67	0.71	0.44	58	0.73	0.45	61	0.69	0.50	252
Female	0.50	0.33	75	0.54	0.30	48	0.87	0.82	57	0.62	0.48	59	0.63	0.53	239
Total	0.59	0.51	141	0.61	0.38	115	0.79	0.66	115	0.68	0.47	120	0.66	0.52	491

Stabilometry - center coordinates X with eye closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.01	0.64	66	-0.20	0.70	67	0.13	0.79	58	0.04	0.80	61	-0.01	0.74	252
Female	0.08	0.72	75	0.07	0.87	48	0.09	0.72	57	0.30	0.68	59	0.13	0.74	239
Total	0.05	0.68	141	-0.09	0.78	115	0.11	0.75	115	0.16	0.75	120	0.06	0.74	491

Stabilometry - center coordinates Y with eye closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.69	1.39	66	0.80	1.68	67	0.76	1.44	58	1.00	1.53	61	0.81	1.51	252
Female	-0.48	1.20	75	0.30	1.68	48	-0.19	1.47	57	0.05	1.47	59	-0.12	1.46	239
Total	0.07	1.41	141	0.59	1.69	115	0.29	1.53	115	0.53	1.57	120	0.36	1.56	491

Stabilometry - back and forth difference with eye closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	3.00	0.88	66	3.13	0.93	67	3.19	1.01	58	3.31	1.06	61	3.15	0.97	252
Female	2.67	0.94	75	2.77	0.74	48	3.37	1.27	57	2.94	1.05	59	2.93	1.05	239
Total	2.83	0.92	141	2.98	0.87	115	3.28	1.14	115	3.13	1.06	120	3.04	1.01	491

Stabilometry - right and left difference with eye closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2.60	0.94	66	2.52	0.86	67	2.78	0.90	58	2.92	1.04	61	2.70	0.94	252
Female	2.33	0.72	75	2.38	0.75	48	2.50	0.87	57	2.79	1.60	59	2.49	1.05	239
Total	2.45	0.84	141	2.46	0.81	115	2.64	0.89	115	2.86	1.34	120	2.60	1.00	491

Stabilometry - total locus length with eye closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	101.47	34.96	66	108.08	33.96	67	117.18	34.77	58	127.72	46.43	61	113.20	38.83	252
Female	91.64	19.22	75	93.59	25.00	48	104.86	28.63	57	108.35	46.53	59	99.31	31.80	239
Total	96.24	28.05	141	102.03	31.25	115	111.07	32.33	115	118.19	47.29	120	106.44	36.22	491

4. Physical activity (Electric pedometer, Sanei corp.)

Electric pedmeter - total energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	2064.6	217.0	103	1925.2	247.8	106	1727.8	217.1	68	1533.6	239.9	87	1834.2	307.6	364
Female	1677.4	173.8	95	1661.4	212.7	85	1472.3	250.8	76	1280.1	301.4	67	1542.5	280.1	323
Total	1878.8	276.5	198	1807.8	266.8	191	1593.0	267.3	144	1423.3	295.7	154	1697.1	328.8	687

Electric pedmeters - energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	307.4	109.9	103	319.1	200.5	106	238.4	119.7	68	208.4	130.3	87	274.3	154.5	364
Female	241.3	100.6	95	272.8	130.1	85	237.8	185.9	76	172.4	146.5	67	234.5	145.0	323
Total	275.7	110.4	198	298.5	173.9	191	238.1	157.6	144	192.8	138.3	154	255.6	151.3	687

Electric pedmeters - steps average (step)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	9329.0	2962	103	9624.5	4227	106	8376.8	3863	68	7553.6	3805	87	8812.8	3808	364
Female	9345.8	3157	95	9830.4	3430	85	8873.5	3257	76	7069.1	3459	67	8889.9	3447	323
Total	9337.0	3049	198	9716.2	3884	191	8638.9	3552	144	7342.8	3655	154	8849.1	3641	687

5. Physical activity questioners

Leisure-time physical activity (2.5METs) (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	7.66	13.39	155	12.85	16.98	149	22.93	32.77	134	38.18	48.86	138	19.87	32.79	576
Female	9.34	20.48	145	11.45	19.29	134	19.76	27.70	136	20.97	38.88	135	15.29	27.99	550
Total	8.47	17.18	300	12.19	18.09	283	21.33	30.31	270	29.67	44.96	273	17.63	30.61	1126

Leisure-time physical activity (4.5METs) (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	16.77	30.93	155	21.27	36.16	149	33.31	66.49	134	21.87	44.77	138	23.00	46.14	576
Female	13.91	26.60	145	13.95	25.17	134	18.59	45.97	136	9.19	28.11	135	13.92	32.60	550
Total	15.39	28.91	300	17.80	31.60	283	25.89	57.45	270	15.60	37.94	273	18.56	40.34	1126

Leisure-time physical activity (6.5METs) (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.87	15.25	155	3.73	14.44	149	1.91	16.52	134	0.57	5.12	138	2.59	13.68	576
Female	1.31	8.51	145	1.75	10.15	134	0.01	0.13	136	0.21	2.42	135	0.82	6.77	550
Total	2.63	12.50	300	2.79	12.61	283	0.96	11.65	270	0.39	4.01	273	1.73	10.90	1126

Leisure-time physical activity (8.5METs) (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.00	0.00	155	0.04	0.50	149	0.00	0.00	134	0.00	0.00	138	0.01	0.26	576
Female	0.00	0.00	145	0.00	0.00	134	0.00	0.00	136	0.00	0.00	135	0.00	0.00	550
Total	0.00	0.00	300	0.02	0.36	283	0.00	0.00	270	0.00	0.00	273	0.01	0.18	1126

Leisure-time physical activity - total (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	28.31	37.20	155	38.05	41.48	149	58.15	76.31	134	60.46	66.97	138	45.47	58.43	576
Female	24.55	35.05	145	27.16	33.99	134	38.99	54.67	136	30.40	45.72	135	30.19	43.33	550
Total	26.50	36.17	300	32.89	38.44	283	48.50	66.87	270	45.60	59.29	273	38.01	52.15	1126

Leisure-time physical activity - total (hr/day)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	0.37	0.47	155	0.52	0.51	149	0.84	0.99	134	1.02	1.11	138	0.67	0.84	576
Female	0.35	0.50	145	0.39	0.47	134	0.62	0.79	136	0.52	0.80	135	0.47	0.66	550
Total	0.36	0.48	300	0.46	0.49	283	0.73	0.90	270	0.77	1.00	273	0.57	0.77	1126

Occupational-time physical activity - sitting (1.5METs) (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	136.90	81.09	155	128.14	79.08	149	55.17	75.21	134	22.29	44.64	138	88.16	86.62	576
Female	57.44	56.33	145	57.87	66.08	134	36.50	55.23	136	23.36	43.53	135	44.00	57.59	550
Total	98.49	80.61	300	94.87	81.10	283	45.77	66.45	270	22.82	44.01	273	66.59	77.08	1126

Occupational-time physical activity - standing (2.5METs) (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	113.12	98.45	155	125.81	115.3	149	68.73	90.61	134	45.49	72.60	138	89.87	101.1	576
Female	237.14	119.8	145	234.79	117.9	134	172.99	100.1	136	147.21	97.83	135	198.63	116.0	550
Total	173.06	125.5	300	177.41	128.4	283	121.24	108.7	270	95.79	99.83	273	143.00	121.5	1126

Occupational-time physical activity - moderate (4.5METs) (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	26.06	84.87	155	35.79	99.48	149	25.95	82.12	134	13.87	47.89	138	25.63	81.50	576
Female	23.67	54.26	145	31.36	81.26	134	28.74	70.54	136	15.22	35.46	135	24.73	62.77	550
Total	24.90	71.62	300	33.69	91.17	283	27.36	76.38	270	14.54	42.13	273	25.19	72.92	1126

## Occupational-time physical activity - severe (7.5METs) (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	17.99	89.35	155	7.13	38.91	149	8.03	44.33	134	3.52	24.80	138	9.40	56.20	576
Female	3.40	24.79	145	3.29	35.82	134	0.56	6.48	136	0.00	0.00	135	1.84	22.02	550
Total	10.94	66.79	300	5.31	37.46	283	4.27	31.73	270	1.78	17.69	273	5.70	43.19	1126

## Occupational-time physical activity - total (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	294.07	121.6	155	296.86	109.3	149	157.88	151.6	134	85.18	115.5	138	213.06	154.1	576
Female	321.65	126.3	145	327.31	155.4	134	238.79	125.0	136	186.02	107.1	135	269.25	142.0	550
Total	307.40	124.4	300	311.28	133.7	283	198.63	144.4	270	135.04	122.2	273	240.51	150.9	1126

## Occupational-time physical activity - total (hr/day)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	7.18	1.88	155	7.18	1.83	149	3.53	2.98	134	1.82	2.34	138	5.04	3.26	576
Female	6.91	2.36	145	6.94	3.06	134	4.96	2.57	136	3.86	2.35	135	5.69	2.90	550
Total	7.05	2.13	300	7.06	2.49	283	4.25	2.86	270	2.83	2.56	273	5.36	3.10	1126

## Sleep (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	107.76	12.66	155	107.96	16.03	149	117.38	19.46	134	124.27	20.96	138	114.01	18.69	576
Female	101.54	15.02	145	103.61	17.23	134	116.39	17.96	136	121.28	19.12	135	110.56	19.22	550
Total	104.75	14.17	300	105.90	16.72	283	116.88	18.69	270	122.79	20.09	273	112.32	19.02	1126

## Sleep (hr/day)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	7.13	0.84	155	7.14	1.06	149	7.76	1.29	134	8.22	1.39	138	7.54	1.24	576
Female	6.72	0.99	145	6.85	1.14	134	7.70	1.19	136	8.02	1.26	135	7.31	1.27	550
Total	6.93	0.94	300	7.00	1.11	283	7.73	1.24	270	8.12	1.33	273	7.43	1.26	1126

## Residual physical activity (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	282.01	58.21	155	277.03	63.37	149	359.04	88.00	134	386.48	75.83	138	323.67	85.86	576
Female	303.11	71.98	145	296.71	87.98	134	324.30	76.31	136	350.57	71.63	135	318.44	79.74	550
Total	292.21	65.97	300	286.35	76.52	283	341.54	83.99	270	368.73	75.81	273	321.12	82.93	1126

## Residual physical activity (hr/day)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	9.33	1.92	155	9.16	2.10	149	11.87	2.91	134	12.89	2.27	138	10.73	2.81	576
Female	10.02	2.38	145	9.81	2.91	134	10.72	2.52	136	11.49	2.56	135	10.51	2.67	550
Total	9.66	2.18	300	9.47	2.53	283	11.29	2.78	270	12.20	2.51	273	10.62	2.74	1126

## Total physical activity (METs.min x 1000 / year)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	712.15	101.4	155	719.91	87.32	149	692.45	100.7	134	656.39	82.66	138	696.21	96.38	576
Female	750.86	72.17	145	754.79	80.65	134	718.48	68.12	136	688.27	53.72	135	728.45	74.24	550
Total	730.86	90.46	300	736.43	85.87	283	705.56	86.67	270	672.15	71.54	273	711.96	87.73	1126

## Intensity index

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.47	0.21	155	1.49	0.18	149	1.43	0.21	134	1.36	0.17	138	1.44	0.20	576
Female	1.55	0.15	145	1.56	0.17	134	1.48	0.14	136	1.42	0.11	135	1.51	0.15	550
Total	1.51	0.19	300	1.52	0.18	283	1.46	0.18	270	1.39	0.15	273	1.47	0.18	1126

## Active intensity index

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	1.78	0.30	155	1.80	0.27	149	1.76	0.29	134	1.68	0.23	138	1.76	0.28	576
Female	1.86	0.20	145	1.89	0.24	134	1.83	0.18	136	1.76	0.15	135	1.84	0.20	550
Total	1.82	0.26	300	1.84	0.26	283	1.79	0.25	270	1.72	0.20	273	1.80	0.25	1126

# XI. Anthropometry and Body Composition

## XI. Anthropometry and Body composition

### 1) Anthropometric measurements

### 2) Body composition

#### 1. Percent body fat

#### 2. Total body water, extracellular fluid volume, intracellular fluid volume

### 3) Thickness of subcutaneous fat, thickness of preperitoneal fat, thickness of muscle

1) Anthropometric measurements

Height (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	168.8	5.9	155	165.8	5.8	149	163.3	5.2	134	160.5	5.5	138	164.7	6.4	576
Female	154.4	5.1	145	153.2	4.6	135	150.2	5.3	139	147.1	6.0	135	151.3	6.0	554
Total	161.8	9.1	300	159.8	8.2	284	156.6	8.4	273	153.9	8.8	273	158.1	9.1	1130

Weight (kg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	66.2	9.6	155	62.8	8.0	149	60.5	8.2	134	57.1	8.3	138	61.8	9.2	576
Female	54.1	8.0	145	53.5	7.5	135	52.2	8.0	139	49.4	8.9	135	52.3	8.3	554
Total	60.3	10.7	300	58.3	9.0	284	56.3	9.1	273	53.3	9.5	273	57.2	9.9	1130

Trochanterion height (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	82.6	4.7	155	81.1	3.9	149	79.8	3.3	134	78.4	3.9	138	80.5	4.3	576
Female	74.9	3.8	145	74.3	3.3	135	73.8	3.8	139	72.5	4.2	135	73.9	3.9	554
Total	78.8	5.7	300	77.9	5.0	284	76.7	4.7	273	75.5	5.0	273	77.3	5.3	1130

Iliocrystal height (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	97.3	4.9	142	95.4	4.4	138	93.6	4.0	114	92.4	4.1	126	94.8	4.8	520
Female	88.4	3.7	130	87.5	3.8	122	86.3	4.0	120	85.0	4.8	119	86.8	4.3	491
Total	93.0	6.2	272	91.7	5.7	260	89.8	5.5	234	88.8	5.8	245	90.9	6.0	1011

Waist circumference at mid-way (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	82.2	8.3	155	81.5	6.9	149	82.3	8.3	134	80.5	9.2	138	81.6	8.2	576
Female	72.3	7.8	145	73.6	8.5	135	76.0	8.8	139	76.2	10.0	135	74.5	8.9	554
Total	77.4	9.5	300	77.8	8.7	284	79.1	9.1	273	78.4	9.8	273	78.2	9.3	1130

Waist circumference at umbilicus (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	84.3	8.2	155	83.3	6.8	149	84.2	7.8	134	82.8	8.1	138	83.7	7.8	576
Female	82.3	8.8	145	84.5	8.1	135	87.0	9.1	139	86.2	10.4	135	85.0	9.3	554
Total	83.3	8.5	300	83.9	7.5	284	85.6	8.6	273	84.5	9.5	273	84.3	8.6	1130

Hip circumference (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	92.8	5.5	155	91.2	4.3	149	90.1	4.7	134	88.4	4.6	138	90.7	5.1	576
Female	91.8	5.3	145	90.8	5.1	135	90.0	5.4	139	89.1	6.3	135	90.4	5.6	554
Total	92.3	5.4	300	91.0	4.7	284	90.0	5.1	273	88.8	5.5	273	90.6	5.3	1130

Thigh circumference (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	49.9	4.2	155	48.4	3.4	149	47.1	3.7	134	45.5	3.9	138	47.8	4.1	576
Female	49.1	4.5	145	48.2	3.7	135	47.0	4.1	139	45.2	4.7	135	47.4	4.5	554
Total	49.5	4.4	300	48.3	3.5	284	47.1	3.9	273	45.4	4.3	273	47.6	4.3	1130

Thigh circumference (10cm above knee) (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	45.1	3.8	155	44.0	3.1	149	43.0	3.4	134	41.9	3.6	138	43.6	3.7	576
Female	44.9	4.5	145	44.0	3.6	135	43.1	3.8	139	41.8	4.5	135	43.5	4.3	554
Total	45.0	4.2	300	44.0	3.3	284	43.1	3.6	273	41.8	4.1	273	43.5	4.0	1130

Thigh circumference (5cm above knee) (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	40.8	3.6	155	39.8	2.8	149	39.0	3.1	134	37.9	3.3	138	39.4	3.4	576
Female	40.6	4.4	145	39.6	3.4	135	38.7	3.6	139	37.7	4.2	135	39.2	4.0	554
Total	40.7	4.0	300	39.7	3.1	284	38.8	3.4	273	37.8	3.8	273	39.3	3.7	1130

Calf circumference (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	36.5	2.9	155	35.3	2.2	149	34.7	2.8	134	33.5	2.6	138	35.1	2.8	576
Female	34.7	2.5	145	33.9	2.4	135	33.1	2.8	139	32.2	2.6	135	33.5	2.7	554
Total	35.6	2.9	300	34.6	2.4	284	33.9	2.9	273	32.8	2.7	273	34.3	2.9	1130

Upper arm circumference (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	29.2	2.5	155	28.5	2.2	149	27.7	2.4	134	27.0	2.3	138	28.1	2.5	576
Female	27.3	2.9	145	27.5	2.6	135	27.7	2.9	139	26.7	3.1	135	27.3	2.9	554
Total	28.3	2.9	300	28.0	2.4	284	27.7	2.7	273	26.9	2.7	273	27.7	2.7	1130

Sagittal abdominal diameter (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	29.2	2.5	155	28.5	2.2	149	27.7	2.4	134	27.0	2.3	138	28.1	2.5	576
Female	27.3	2.9	145	27.5	2.6	135	27.7	2.9	139	26.7	3.1	135	27.3	2.9	554
Total	28.3	2.9	300	28.0	2.4	284	27.7	2.7	273	26.9	2.7	273	27.7	2.7	1130

Body mass index (cm/m<sup>2</sup>)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N									
Male	23.2	3.0	155	22.8	2.5	149	22.7	2.8	134	22.2	2.9	138	22.7	2.8	576
Female	22.7	3.4	145	22.8	3.2	135	23.1	3.2	139	22.8	3.7	135	22.9	3.4	554
Total	23.0	3.2	300	22.8	2.9	284	22.9	3.0	273	22.5	3.3	273	22.8	3.1	1130