

2) Gait performance (Yagami corp.)

Step length of gait during comfortable velocity (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	72.9	7.5	271	71.9	7.2	294	70.9	7.9	285	67.1	8.3	262	63.9	6.9	16	70.7	8.0	1128
Female	68.5	6.3	259	67.1	6.8	280	65.8	6.6	270	61.2	7.9	253	56.2	6.3	19	65.6	7.5	1081
Total	70.8	7.2	530	69.6	7.4	574	68.4	7.7	555	64.2	8.6	515	59.7	7.6	35	68.2	8.2	2209

Pitch of gait during comfortable velocity (step/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	115.2	9.9	271	115.5	9.7	294	115.0	10.1	285	113.0	11.6	262	108.2	12.9	16	114.6	10.4	1128
Female	121.1	9.6	259	122.5	11.0	280	121.3	11.2	270	116.3	11.1	253	113.0	14.8	19	120.2	11.1	1081
Total	118.1	10.2	530	119.0	10.9	574	118.0	11.1	555	114.6	11.5	515	110.8	14.0	35	117.4	11.1	2209

Velocity of gait during comfortable velocity (m/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	83.8	9.9	271	82.8	9.5	294	81.4	10.7	285	75.7	10.8	262	69.1	10.6	16	80.8	10.8	1128
Female	82.9	9.2	259	82.1	10.1	280	79.7	9.9	270	71.1	10.6	253	63.6	11.4	19	78.8	11.2	1081
Total	83.4	9.6	530	82.5	9.8	574	80.6	10.3	555	73.4	10.9	515	66.1	11.2	35	79.8	11.0	2209

Step length of gait during maximum velocity (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	83.8	7.6	269	82.6	8.1	293	80.4	8.4	285	75.8	9.8	260	71.4	8.7	16	80.6	9.1	1123
Female	75.8	7.6	258	73.5	7.4	279	70.8	7.3	267	67.0	8.4	247	62.1	9.3	17	71.7	8.4	1068
Total	79.9	8.6	527	78.1	9.0	572	75.8	9.2	552	71.5	10.1	507	66.6	10.1	33	76.3	9.8	2191

Pitch of gait during maximum velocity (step/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	135.6	13.7	269	135.0	13.5	293	133.1	13.1	285	129.5	13.5	260	125.9	17.2	16	133.3	13.7	1123
Female	143.3	14.2	258	142.7	12.8	279	140.7	14.7	267	133.4	13.1	247	131.0	13.4	17	140.0	14.3	1068
Total	139.4	14.5	527	138.7	13.7	572	136.8	14.4	552	131.4	13.4	507	128.5	15.3	33	136.5	14.4	2191

Velocity of gait during maximum velocity (m/min)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	113.4	13.4	269	111.2	12.2	293	106.6	12.1	285	97.8	13.8	260	89.6	14.6	16	107.2	14.3	1123
Female	108.1	11.3	258	104.5	11.0	279	99.3	11.9	267	88.9	11.1	247	80.9	12.4	17	100.1	13.6	1068
Total	110.8	12.7	527	107.9	12.1	572	103.1	12.5	552	93.5	13.3	507	85.1	14.0	33	103.7	14.4	2191

3) Stabilometry (NEC corp.)

Stabilometry - out around area with eyes opened (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.13	1.12	271	2.17	1.08	294	2.71	2.19	289	3.38	2.31	269	3.20	1.62	17	2.60	1.83	1140
Female	1.76	0.80	261	1.99	0.93	284	2.44	1.17	271	2.73	1.70	259	3.29	1.71	20	2.25	1.27	1095
Total	1.95	0.99	532	2.08	1.01	578	2.58	1.77	560	3.06	2.06	528	3.25	1.65	37	2.43	1.59	2235

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.24	0.16	271	0.24	0.19	294	0.32	0.47	289	0.38	0.26	269	0.35	0.26	17	0.29	0.30	1140
Female	0.20	0.15	261	0.22	0.13	284	0.27	0.17	271	0.32	0.19	259	0.37	0.25	20	0.25	0.17	1095
Total	0.22	0.16	532	0.23	0.17	578	0.29	0.36	560	0.35	0.23	528	0.36	0.25	37	0.27	0.25	2235

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.56	0.46	271	0.57	0.41	294	0.65	0.49	289	0.69	0.50	269	0.59	0.31	17	0.62	0.47	1140
Female	0.47	0.41	261	0.55	0.50	284	0.61	0.42	271	0.59	0.65	259	0.62	0.56	20	0.56	0.51	1095
Total	0.52	0.44	532	0.56	0.45	578	0.63	0.46	560	0.64	0.58	528	0.61	0.46	37	0.59	0.49	2235

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.51	0.76	271	2.52	0.73	294	2.72	0.84	289	2.96	1.05	269	2.83	0.78	17	2.68	0.87	1140
Female	2.30	0.69	261	2.46	0.74	284	2.68	0.78	271	2.66	0.95	259	2.86	0.95	20	2.53	0.81	1095
Total	2.41	0.73	532	2.49	0.73	578	2.70	0.81	560	2.81	1.01	528	2.84	0.86	37	2.61	0.84	2235

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.86	0.57	271	1.84	0.56	294	2.13	0.90	289	2.41	0.84	269	2.24	0.62	17	2.06	0.77	1140
Female	1.70	0.47	261	1.77	0.47	284	1.97	0.56	271	2.17	0.65	259	2.45	0.96	20	1.91	0.58	1095
Total	1.78	0.53	532	1.81	0.52	578	2.05	0.76	560	2.29	0.76	528	2.35	0.82	37	1.99	0.69	2235

Stabilometry - total locus length with eyes opened (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	74.5	16.1	271	75.8	16.3	294	82.1	19.9	289	96.0	28.4	269	97.6	22.1	17	82.2	22.3	1140
Female	66.4	10.3	261	71.2	12.3	284	76.4	14.6	271	83.0	19.5	259	90.8	21.3	20	74.5	16.0	1095
Total	70.5	14.1	532	73.5	14.7	578	79.3	17.8	560	89.6	25.3	528	94.0	21.6	37	78.4	19.9	2235

Stabilometry - out around area with eyes closed (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.68	2.12	270	3.83	2.18	294	5.05	5.76	289	6.06	4.64	269	5.76	2.02	17	4.66	4.09	1139
Female	2.80	1.49	261	3.29	1.67	284	4.29	2.89	271	4.70	3.54	258	4.92	3.33	20	3.78	2.65	1094
Total	3.25	1.89	531	3.57	1.96	578	4.68	4.61	560	5.40	4.19	527	5.31	2.80	37	4.23	3.49	2233

Stabilometry - total power spectram X with eyes closed (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.46	0.45	270	0.44	0.32	294	0.58	0.54	289	0.73	0.65	269	0.72	0.32	17	0.55	0.51	1139
Female	0.33	0.23	261	0.37	0.24	284	0.49	0.34	271	0.59	0.59	258	0.69	0.60	20	0.45	0.39	1094
Total	0.39	0.36	531	0.40	0.28	578	0.53	0.46	560	0.66	0.62	527	0.70	0.48	37	0.50	0.46	2233

Stabilometry - total power spectram Y with eyes closed (cm2)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.59	0.43	270	0.65	0.62	294	0.78	0.70	289	0.82	0.60	269	0.86	0.52	17	0.71	0.60	1139
Female	0.46	0.37	261	0.55	0.44	284	0.71	0.59	271	0.70	0.71	258	0.70	0.48	20	0.61	0.55	1094
Total	0.53	0.41	531	0.61	0.54	578	0.75	0.65	560	0.76	0.66	527	0.78	0.50	37	0.66	0.58	2233

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.86	0.85	270	3.07	1.03	294	3.31	1.17	289	3.54	1.14	269	3.66	0.93	17	3.20	1.08	1139
Female	2.54	0.77	261	2.79	0.88	284	3.14	1.01	271	3.15	1.10	258	3.22	0.91	20	2.91	0.98	1094
Total	2.70	0.82	531	2.93	0.97	578	3.23	1.10	560	3.35	1.14	527	3.42	0.94	37	3.06	1.04	2233

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

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.61	0.88	270	2.56	0.84	294	2.93	1.16	289	3.32	1.28	269	3.44	0.86	17	2.86	1.09	1139
Female	2.21	0.70	261	2.38	0.74	284	2.71	0.99	271	2.93	1.16	258	3.25	1.24	20	2.57	0.96	1094
Total	2.41	0.82	531	2.47	0.80	578	2.82	1.08	560	3.13	1.24	527	3.34	1.07	37	2.72	1.04	2233

Stabilometry - total locus length with eyes closed (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	103.9	29.9	270	108.2	32.9	294	121.4	52.3	289	148.5	67.6	269	149.9	46.6	17	120.7	50.9	1139
Female	85.8	19.9	261	93.5	23.5	284	105.0	30.8	271	117.1	42.9	258	127.9	51.6	20	100.7	33.1	1094
Total	95.0	27.1	531	101.0	29.6	578	113.5	43.9	560	133.1	58.9	527	138.0	49.9	37	110.9	44.3	2233

4) Physical activity assessed by electric pedometer

Electric pedometer, Suzuken corp.

Electric pedometer - total energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2152.7	194.2	238	2037.2	181.4	273	1901.0	207.5	274	1678.4	180.4	241	1565.7	199.1	13	1938.6	259.7	1039
Female	1711.4	159.9	239	1670.9	155.9	272	1582.5	154.6	253	1447.9	146.7	228	1300.5	139.6	14	1602.6	186.0	1006
Total	1931.6	283.5	477	1854.4	249.4	545	1748.1	243.2	527	1566.4	201.0	469	1428.2	215.1	27	1773.3	281.9	2045

Electric pedometer - energy expenditure average (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	257.6	112.1	238	245.4	102.7	273	219.4	120.4	274	161.5	94.9	241	163.3	96.7	13	220.8	113.9	1039
Female	195.5	74.7	239	198.0	83.3	272	174.6	82.9	253	125.7	65.4	228	115.1	67.1	14	174.0	82.4	1006
Total	226.5	100.1	477	221.7	96.4	545	197.9	106.4	527	144.1	83.8	469	138.3	84.7	27	197.8	102.3	2045

Electric pedometer - steps average (steps/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8598	3234	238	8613	3113	273	8101	3765	274	6657	3396	241	6643	3335	13	7996	3475	1039
Female	8356	2679	239	8677	2901	272	7918	3231	253	6243	2698	228	6395	3228	14	7826	3038	1006
Total	8477	2968	477	8645	3006	545	8013	3517	527	6456	3081	469	6514	3218	27	7913	3268	2045

5) Physical activity questionnaire

Distribution of 4 categories of leisure-time physical activity

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
2. 5METs	Male	101	37.0	169	57.1	195	67.0	198	72.0	14	82.4	677	58.8
	Female	88	33.7	142	50.0	162	59.8	155	57.6	18	81.8	565	51.0
	Total	189	35.4	311	53.6	357	63.5	353	64.9	32	82.1	1242	55.0
4. 5METs	Male	113	41.4	132	44.6	140	48.1	84	30.5	4	23.5	473	41.1
	Female	91	34.9	103	36.3	103	38.0	72	26.8	1	4.5	370	33.4
	Total	204	38.2	235	40.5	243	43.2	156	28.7	5	12.8	843	37.3
6. 5METs	Male	36	13.2	18	6.1	14	4.8	2	0.7	1	5.9	71	6.2
	Female	14	5.4	5	1.8	3	1.1	1	0.4	0	0	23	2.1
	Total	50	9.4	23	4.0	17	3.0	3	0.6	1	2.6	94	4.2
8. 5METs	Male	2	0.7	2	0.7	2	0.7	1	0.4	0	0	7	0.6
	Female	1	0.4	0	0	0	0	0	0	0	0	1	0.1
	Total	3	0.6	2	0.3	2	0.4	1	0.2	0	0	8	0.4
Total	Male	273	100.0	296	100.0	291	100.0	275	100.0	17	100.0	1152	100.0
	Female	261	100.0	284	100.0	271	100.0	269	100.0	22	100.0	1107	100.0
	Total	534	100.0	580	100.0	562	100.0	544	100.0	39	100.0	2259	100.0

Leisure-time physical activity score (2. 5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.4	14.9	272	12.2	18.4	295	27.7	38.1	291	32.9	42.5	275	38.1	40.2	17	20.1	32.8	1150
Female	7.2	14.9	261	12.6	19.4	283	16.6	26.6	271	19.6	34.5	269	45.6	62.2	22	14.7	26.9	1106
Total	6.8	14.9	533	12.4	18.9	578	22.4	33.5	562	26.4	39.3	544	42.3	53.2	39	17.4	30.2	2256

Leisure-time physical activity score (4. 5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.0	23.4	272	16.7	30.1	295	27.5	47.0	291	18.6	44.2	275	6.7	15.9	17	18.6	37.7	1150
Female	12.1	24.5	261	11.0	21.6	283	16.0	31.9	271	9.8	24.1	269	2.1	9.7	22	12.0	25.7	1106
Total	12.1	23.9	533	13.9	26.4	578	21.9	40.8	562	14.3	35.9	544	4.1	12.8	39	15.4	32.5	2256

Leisure-time physical activity score (6.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.6	18.0	272	3.1	16.2	295	2.0	11.6	291	0.4	4.2	275	2.2	9.1	17	2.5	13.6	1150
Female	1.8	11.1	261	0.9	8.7	283	0.9	9.7	271	0.1	1.1	269	0.0	0.0	22	0.9	8.5	1106
Total	3.2	15.1	533	2.0	13.1	578	1.5	10.7	562	0.2	3.1	544	1.0	6.0	39	1.7	11.4	2256

Leisure-time physical activity score (8.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.9	272	1.0	14.5	295	0.0	0.2	291	0.1	0.9	275	0.0	0.0	17	0.3	7.4	1150
Female	0.1	1.5	261	0.0	0.0	283	0.0	0.0	271	0.0	0.0	269	0.0	0.0	22	0.0	0.7	1106
Total	0.1	1.2	533	0.5	10.4	578	0.0	0.2	562	0.0	0.6	544	0.0	0.0	39	0.2	5.3	2256

Leisure-time physical activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.1	33.5	272	33.0	44.3	295	57.2	61.3	291	52.0	57.5	275	47.0	42.7	17	41.5	52.1	1150
Female	21.2	33.1	261	24.6	30.3	283	33.5	41.8	271	29.5	42.2	269	47.6	62.4	22	27.6	38.2	1106
Total	22.1	33.3	533	28.9	38.3	578	45.8	54.1	562	40.9	51.7	544	47.3	54.0	39	34.7	46.3	2256

Time spent on the leisure-time physical activity (hour/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	99.0	144.8	272	153.0	179.0	295	292.6	304.6	291	289.5	309.7	275	284.2	268.7	17	210.2	259.8	1150
Female	97.4	150.6	261	127.8	151.1	283	172.2	208.6	271	167.4	247.2	269	311.4	414.1	22	144.8	203.3	1106
Total	98.3	147.6	533	140.6	166.3	578	234.6	269.3	562	229.1	286.9	544	299.6	354.1	39	178.1	236.1	2256

Leisure-time physical activity score (METs*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.07	0.10	272	0.10	0.13	295	0.17	0.18	291	0.15	0.17	275	0.14	0.13	17	0.12	0.16	1150
Female	0.06	0.10	261	0.07	0.09	283	0.10	0.12	271	0.09	0.13	269	0.14	0.19	22	0.08	0.11	1106
Total	0.07	0.10	533	0.09	0.11	578	0.14	0.16	562	0.12	0.15	544	0.14	0.16	39	0.10	0.14	2256

Time spent on the leisure-time physical activity (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	0.4	272	0.5	0.5	295	0.9	0.9	291	0.9	0.9	275	0.8	0.8	17	0.6	0.8	1150
Female	0.3	0.4	261	0.4	0.4	283	0.5	0.6	271	0.5	0.7	269	0.9	1.2	22	0.4	0.6	1106
Total	0.3	0.4	533	0.4	0.5	578	0.7	0.8	562	0.7	0.9	544	0.9	1.1	39	0.5	0.7	2256

Distribution of 4 categories of the job physical activity

		40-49yr		50-59yr		60-69yr		70-79yr		80-yr		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
1. 5METs	Male	268	98.2	293	99.0	226	77.7	146	53.1	7	41.2	940	81.6
	Female	255	97.7	269	94.7	240	88.6	189	70.3	13	59.1	966	87.3
	Total	523	97.9	562	96.9	466	82.9	335	61.6	20	51.3	1906	84.4
2. 5METs	Male	254	93.0	271	91.6	242	83.2	193	70.2	11	64.7	971	84.3
	Female	261	100.0	283	99.6	270	99.6	268	99.6	22	100.0	1104	99.7
	Total	515	96.4	554	95.5	512	91.1	461	84.7	33	84.6	2075	91.9
4. 5METs	Male	81	29.7	75	25.3	105	36.1	104	37.8	6	35.3	371	32.2
	Female	168	64.4	200	70.4	196	72.3	187	69.5	15	68.2	766	69.2
	Total	249	46.6	275	47.4	301	53.6	291	53.5	21	53.8	1137	50.3
7. 5METs	Male	26	9.5	26	8.8	15	5.2	11	4.0	0	0	78	6.8
	Female	4	1.5	3	1.1	2	0.7	3	1.1	2	9.1	14	1.3
	Total	30	5.6	29	5.0	17	3.0	14	2.6	2	5.1	92	4.1
Total	Male	273	100.0	296	100.0	291	100.0	275	100.0	17	100.0	1152	100.0
	Female	261	100.0	284	100.0	271	100.0	269	100.0	22	100.0	1107	100.0
	Total	534	100.0	580	100.0	562	100.0	544	100.0	39	100.0	2259	100.0

On the job physical activity score (1.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	146.2	78.0	272	137.8	80.6	295	52.1	65.3	291	14.3	32.3	275	8.5	23.8	17	86.7	87.1	1150
Female	57.9	56.1	261	54.8	62.0	283	27.5	38.7	271	17.0	32.6	269	14.1	24.9	22	38.8	51.7	1106
Total	102.9	81.2	533	97.2	83.1	578	40.2	55.5	562	15.6	32.5	544	11.6	24.3	39	63.2	75.8	2256

On the job physical activity score (2.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	124.2	103.7	272	127.7	105.4	295	88.2	99.3	291	48.1	66.8	275	49.7	57.8	17	96.7	100.1	1150
Female	238.5	97.0	261	233.5	105.9	283	175.8	94.1	271	152.7	90.0	269	133.0	76.1	22	198.9	103.6	1106
Total	180.2	115.5	533	179.5	118.1	578	130.4	106.2	562	99.9	94.8	544	96.7	79.7	39	146.8	113.9	2256

On the job physical activity score (4.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.7	91.8	272	31.1	86.9	295	38.2	99.3	291	24.8	64.0	275	15.3	24.4	17	31.3	86.1	1150
Female	20.0	40.3	261	28.3	57.9	283	31.8	62.6	271	28.5	67.3	269	13.7	21.5	22	27.0	57.7	1106
Total	26.0	71.6	533	29.8	74.1	578	35.1	83.6	562	26.7	65.7	544	14.4	22.5	39	29.2	73.6	2256

On the job physical activity score (7.5METs) (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.4	37.9	272	6.6	29.4	295	2.9	24.6	291	1.2	11.5	275	0.0	0.0	17	5.0	27.5	1150
Female	1.3	16.9	261	0.2	2.2	283	0.1	1.8	271	0.3	3.4	269	0.6	2.9	22	0.5	8.5	1106
Total	5.4	29.8	533	3.5	21.3	578	1.6	17.8	562	0.8	8.5	544	0.4	2.2	39	2.8	20.6	2256

On the job physical activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	311.5	112.2	272	303.3	104.9	295	181.4	150.3	291	88.5	105.5	275	73.4	72.2	17	219.6	151.0	1150
Female	317.7	104.9	261	316.8	122.8	283	235.2	116.9	271	198.5	112.8	269	161.4	89.1	22	265.2	125.9	1106
Total	314.5	108.6	533	309.9	114.1	578	207.3	137.7	562	142.9	122.2	544	123.1	92.4	39	241.9	141.1	2256

Time spent on the job (hour/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2595.7	589.2	272	2512.8	627.4	295	1321.1	995.0	291	574.3	670.0	275	481.8	512.5	17	1737.3	1124	1150
Female	2312.2	752.9	261	2270.6	869.7	283	1595.8	763.6	271	1313.4	723.4	269	1095.3	582.7	22	1858.9	891.7	1106
Total	2456.8	688.5	533	2394.2	764.8	578	1453.6	900.7	562	939.8	788.4	544	827.8	627.1	39	1796.9	1018	2256

On the job physical activity score (METs*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.93	0.33	272	0.90	0.31	295	0.54	0.45	291	0.26	0.31	275	0.22	0.21	17	0.65	0.45	1150
Female	0.95	0.31	261	0.94	0.37	283	0.70	0.35	271	0.59	0.34	269	0.48	0.27	22	0.79	0.37	1106
Total	0.94	0.32	533	0.92	0.34	578	0.62	0.41	562	0.43	0.36	544	0.37	0.28	39	0.72	0.42	2256

Time spent on the job (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.7	1.8	272	7.5	1.9	295	3.9	3.0	291	1.7	2.0	275	1.4	1.5	17	5.2	3.3	1150
Female	6.9	2.2	261	6.8	2.6	283	4.7	2.3	271	3.9	2.2	269	3.3	1.7	22	5.5	2.7	1106
Total	7.3	2.0	533	7.1	2.3	578	4.3	2.7	562	2.8	2.3	544	2.5	1.9	39	5.3	3.0	2256

Residual physical activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	275.0	51.8	272	272.4	57.5	295	346.9	80.3	291	397.9	63.7	275	383.8	60.0	17	323.5	82.9	1150
Female	310.3	67.5	261	300.4	74.9	283	337.9	68.0	271	353.6	68.4	269	380.6	71.9	22	326.5	73.3	1106
Total	292.3	62.5	533	286.1	68.0	578	342.5	74.7	562	376.0	69.6	544	382.0	66.1	39	325.0	78.3	2256

Time spent on residual physical activity (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.1	1.7	272	9.0	1.9	295	11.5	2.7	291	13.2	2.1	275	12.7	2.0	17	10.7	2.7	1150
Female	10.3	2.2	261	9.9	2.5	283	11.2	2.2	271	11.7	2.3	269	12.6	2.4	22	10.8	2.4	1106
Total	9.7	2.1	533	9.5	2.2	578	11.3	2.5	562	12.4	2.3	544	12.6	2.2	39	10.7	2.6	2256

Sleeping time (hour/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.9	0.8	272	7.1	1.0	295	7.7	1.1	291	8.3	1.2	275	9.0	1.7	17	7.5	1.2	1150
Female	6.6	0.9	261	6.9	0.9	283	7.6	1.1	271	7.9	1.2	269	7.2	1.1	22	7.2	1.2	1106
Total	6.7	0.9	533	7.0	1.0	578	7.6	1.1	562	8.1	1.2	544	8.0	1.7	39	7.4	1.2	2256

Sleep activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	104.1	12.4	272	106.7	15.4	295	116.8	16.7	291	125.1	17.4	275	136.5	26.1	17	113.5	18.0	1150
Female	99.3	13.8	261	104.8	13.5	283	114.4	17.0	271	119.4	18.7	269	109.3	17.0	22	109.5	17.7	1106
Total	101.7	13.3	533	105.8	14.5	578	115.6	16.8	562	122.3	18.3	544	121.2	25.2	39	111.5	17.9	2256

Total physical activity score (METs*min/1000/year)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	713.7	90.2	272	715.4	84.4	295	702.3	85.6	291	663.4	62.6	275	640.7	43.8	17	698.1	83.8	1150
Female	748.5	55.4	261	746.5	63.4	283	721.0	62.9	271	701.1	62.6	269	698.9	41.3	22	728.7	64.0	1106
Total	730.7	77.1	533	730.6	76.4	578	711.3	76.0	562	682.0	65.4	544	673.5	51.1	39	713.1	76.3	2256

Total physical activity score (METs*min/1000/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.12	0.27	272	2.13	0.25	295	2.09	0.25	291	1.97	0.19	275	1.91	0.13	17	2.08	0.25	1150
Female	2.23	0.16	261	2.22	0.19	283	2.15	0.19	271	2.09	0.19	269	2.08	0.12	22	2.17	0.19	1106
Total	2.17	0.23	533	2.17	0.23	578	2.12	0.23	562	2.03	0.19	544	2.00	0.15	39	2.12	0.23	2256

Intensity index (METs)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.5	0.2	272	1.5	0.2	295	1.5	0.2	291	1.4	0.1	275	1.3	0.1	17	1.4	0.2	1150
Female	1.5	0.1	261	1.5	0.1	283	1.5	0.1	271	1.4	0.1	269	1.4	0.1	22	1.5	0.1	1106
Total	1.5	0.2	533	1.5	0.2	578	1.5	0.2	562	1.4	0.1	544	1.4	0.1	39	1.5	0.2	2256

Active intensity index (METs)

	40-49yr			50-59yr			60-69yr			70-79yr			80-yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	0.3	272	1.8	0.3	295	1.8	0.3	291	1.7	0.2	275	1.7	0.1	17	1.8	0.2	1150
Female	1.8	0.1	261	1.9	0.2	283	1.8	0.2	271	1.8	0.2	269	1.7	0.1	22	1.8	0.2	1106
Total	1.8	0.2	533	1.8	0.2	578	1.8	0.2	562	1.7	0.2	544	1.7	0.1	39	1.8	0.2	2256

**XI. Anthropometry, Body
Composition and Resting
Metabolic Profiles**

XI. Anthropometry and Body composition

1) Anthropometric measurements

2) Body composition

1. Body composition by BODPOD

2. Body composition by DXA

3. Extra- and intra-cellular fluid volume by multi-frequency impedance method.

3) Thickness of subcutaneous fat, preperitoneal fat and muscle tissue

4) Abdominal fat distribution

5) Resting metabolic profiles

1) Anthropometric measurements

Height (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	169.9	5.6	273	165.9	6.0	295	164.0	5.6	291	160.7	5.4	275	157.5	6.9	17	165.0	6.6	1151
Female	155.4	5.1	261	153.5	4.9	284	151.0	5.1	271	147.5	5.6	269	145.0	6.0	22	151.7	6.0	1107
Total	162.8	9.0	534	159.8	8.3	579	157.8	8.5	562	154.2	8.6	544	150.5	8.9	39	158.5	9.2	2258

Weight (kg)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	67.6	10.0	273	64.1	8.4	295	62.2	8.2	291	58.2	8.9	275	57.9	9.8	17	62.9	9.5	1151
Female	54.8	8.5	261	53.4	7.5	284	52.4	7.7	271	50.2	8.5	269	47.4	7.8	22	52.6	8.2	1107
Total	61.3	11.3	534	58.9	9.6	579	57.5	9.3	562	54.2	9.6	544	52.0	10.1	39	57.9	10.3	2258

Trochanterion height (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	82.6	4.0	273	80.3	4.0	295	79.4	3.6	291	78.6	3.6	275	76.5	5.2	17	80.2	4.1	1151
Female	75.3	3.1	261	74.1	3.3	284	73.4	3.3	271	72.3	3.4	269	72.7	3.4	21	73.8	3.4	1106
Total	79.0	5.1	534	77.3	4.8	579	76.5	4.6	562	75.5	4.7	544	74.4	4.7	38	77.0	5.0	2257

Iliocrystal height (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	97.5	4.4	273	95.2	4.4	295	94.1	4.0	291	93.2	3.7	275	90.6	6.2	17	95.0	4.5	1151
Female	89.6	3.7	261	88.4	3.5	284	87.4	3.6	271	86.0	3.6	269	85.7	3.9	22	87.8	3.8	1107
Total	93.7	5.6	534	91.9	5.2	579	90.9	5.1	562	89.7	5.1	544	87.8	5.5	39	91.5	5.5	2258

Waist circumference at midway (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	83.5	8.5	273	83.8	7.6	295	84.2	8.1	291	82.8	9.9	275	83.9	10.8	17	83.6	8.6	1151
Female	73.7	9.0	261	74.8	8.3	284	77.2	9.1	271	79.1	10.4	269	77.4	10.3	22	76.2	9.4	1107
Total	78.7	10.0	534	79.4	9.1	579	80.8	9.3	562	81.0	10.3	544	80.2	10.9	39	80.0	9.7	2258

Waist circumference at umbilicus (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	85.0	8.4	273	85.2	7.3	295	85.6	7.7	291	84.3	9.1	275	85.7	9.7	17	85.1	8.1	1151
Female	79.5	9.1	261	82.0	8.9	284	84.7	9.5	271	85.7	10.5	268	82.9	9.6	22	83.0	9.8	1106
Total	82.4	9.2	534	83.6	8.3	579	85.1	8.6	562	85.0	9.9	543	84.2	9.6	39	84.0	9.1	2257

Hip circumference (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	94.7	5.2	273	92.8	4.8	295	92.0	4.6	291	90.0	5.2	275	89.6	5.2	17	92.3	5.2	1151
Female	92.6	5.7	261	91.2	4.8	284	90.4	5.3	271	89.4	5.8	269	88.6	5.3	22	90.8	5.5	1107
Total	93.7	5.5	534	92.0	4.9	579	91.2	5.0	562	89.7	5.5	544	89.0	5.2	39	91.6	5.4	2258

Thigh circumference at midway (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	49.9	3.9	273	48.4	3.7	295	47.5	3.7	291	45.6	4.0	275	45.8	4.5	17	47.8	4.1	1151
Female	49.1	4.1	261	47.5	3.7	284	46.6	3.9	271	45.0	4.3	269	43.8	4.1	22	47.0	4.3	1107
Total	49.5	4.0	534	48.0	3.7	579	47.0	3.8	562	45.3	4.2	544	44.7	4.3	39	47.4	4.2	2258

Thigh circumference at 10 cm above knee (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	45.2	3.6	273	44.3	3.4	295	43.6	3.3	291	42.1	3.8	275	43.1	4.4	17	43.8	3.7	1151
Female	44.8	3.7	261	43.7	3.5	284	43.0	3.6	271	42.0	4.0	269	40.6	3.8	22	43.3	3.8	1107
Total	45.0	3.7	534	44.0	3.4	579	43.3	3.5	562	42.0	3.9	544	41.7	4.2	39	43.6	3.8	2258

Calf circumference (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	36.9	2.8	273	35.8	2.6	295	35.2	2.6	291	33.7	2.7	275	34.1	2.7	17	35.4	2.9	1151
Female	35.1	2.7	261	34.1	2.6	284	33.5	2.7	271	32.5	2.6	269	31.6	2.8	22	33.8	2.8	1107
Total	36.0	2.9	534	35.0	2.7	579	34.3	2.7	562	33.1	2.7	544	32.7	3.0	39	34.6	3.0	2258

Upper-arm circumference (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	29.6	2.6	273	28.9	2.6	295	28.2	2.2	291	27.1	2.5	275	27.6	2.8	17	28.4	2.6	1151
Female	27.4	3.0	261	27.4	2.6	284	27.6	2.9	271	27.0	3.1	269	26.1	2.9	22	27.3	2.9	1107
Total	28.5	3.0	534	28.2	2.7	579	27.9	2.6	562	27.0	2.8	544	26.7	2.9	39	27.9	2.8	2258

Sagittal abdominal diameter (cm)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.8	2.8	273	21.1	2.6	295	21.2	2.8	291	21.0	3.3	275	21.3	3.5	17	21.0	2.9	1151
Female	17.9	3.1	261	18.8	3.0	284	19.9	3.1	271	20.8	3.7	269	20.2	3.8	22	19.4	3.4	1107
Total	19.4	3.3	534	20.0	3.1	579	20.6	3.0	562	20.9	3.5	544	20.7	3.7	39	20.2	3.3	2258

Body mass index (kg/m²)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.4	3.0	273	23.3	2.7	295	23.1	2.7	291	22.5	3.0	275	23.3	3.2	17	23.1	2.8	1151
Female	22.7	3.4	261	22.7	3.0	284	23.0	3.1	271	23.1	3.5	269	22.5	3.4	22	22.8	3.3	1107
Total	23.0	3.2	534	23.0	2.8	579	23.0	2.9	562	22.8	3.3	544	22.9	3.3	39	23.0	3.1	2258

2) Body composition

1. BODPOD

Body volume by BODPOD (l)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	62.1	10.2	272	58.8	8.4	295	57.1	8.3	289	53.5	9.0	275	53.5	9.8	17	57.8	9.5	1148
Female	50.9	8.8	261	50.0	7.8	284	49.5	8.0	268	47.5	8.8	266	44.5	8.1	22	49.4	8.4	1101
Total	56.6	11.0	533	54.5	9.2	579	53.4	9.0	557	50.5	9.4	541	48.4	9.9	39	53.7	9.9	2249

Body density by BODPOD (g/cm³)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	0.0	270	1.0	0.0	289	1.0	0.0	285	1.0	0.0	266	1.0	0.0	17	1.0	0.0	1127
Female	1.0	0.0	258	1.0	0.0	278	1.0	0.0	263	1.0	0.0	257	1.0	0.0	20	1.0	0.0	1076
Total	1.0	0.0	528	1.0	0.0	567	1.0	0.0	548	1.0	0.0	523	1.0	0.0	37	1.0	0.0	2203

Percent fat mass by BODPOD (%)

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	21.1	5.7	270	21.4	5.4	290	22.3	5.8	285	23.5	6.1	266	24.9	6.8	17	22.1	5.8	1128
Female	26.4	6.7	258	29.1	6.1	278	32.0	5.9	263	32.0	6.5	257	31.0	5.7	20	29.9	6.7	1076
Total	23.7	6.7	528	25.2	7.0	568	27.0	7.6	548	27.7	7.6	523	28.2	6.8	37	25.9	7.4	2204