

Mean velocity at stance phase during maximal walking (m/sec)

	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	2.02	0.21	221	1.99	0.24	280	1.92	0.22	270	1.77	0.25	236	1.58	0.24	36	1.92	0.26	1043
Female	1.95	0.20	265	1.86	0.21	262	1.79	0.20	266	1.57	0.22	238	1.46	0.26	27	1.79	0.25	1058
Total	1.99	0.21	486	1.93	0.24	542	1.85	0.22	536	1.67	0.25	474	1.53	0.25	63	1.85	0.26	2101

Mean velocity at swing phase during maximal walking (m/sec)

	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	2.00	0.22	185	1.95	0.24	242	1.88	0.23	223	1.72	0.25	199	1.55	0.27	31	1.88	0.26	880
Female	1.91	0.21	210	1.82	0.22	217	1.74	0.20	236	1.53	0.22	202	1.40	0.22	23	1.74	0.26	888
Total	1.95	0.22	395	1.89	0.24	459	1.81	0.23	459	1.63	0.26	401	1.49	0.26	54	1.81	0.27	1768

Mean velocity at 1 cycle during maximal walking (m/sec)

	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	2.00	0.21	190	1.97	0.23	247	1.90	0.22	227	1.74	0.26	207	1.58	0.24	35	1.89	0.26	906
Female	1.92	0.20	217	1.83	0.22	225	1.76	0.20	242	1.55	0.22	215	1.41	0.22	24	1.76	0.25	923
Total	1.96	0.21	407	1.90	0.24	472	1.83	0.22	469	1.65	0.26	422	1.51	0.25	59	1.82	0.26	1829

Step length during maximal walking (m)

	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	0.83	0.06	232	0.81	0.07	286	0.80	0.07	274	0.76	0.08	234	0.68	0.07	35	0.80	0.08	1061
Female	0.74	0.06	277	0.72	0.07	264	0.70	0.06	266	0.65	0.08	230	0.61	0.09	28	0.70	0.08	1065
Total	0.78	0.07	509	0.77	0.08	550	0.75	0.08	540	0.70	0.09	464	0.65	0.09	63	0.75	0.09	2126

Step frequency during maximal walking (Hz)

	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	2.42	0.22	178	2.41	0.22	226	2.39	0.23	221	2.31	0.23	202	2.31	0.34	33	2.38	0.24	860
Female	2.61	0.25	211	2.55	0.25	221	2.52	0.24	238	2.40	0.23	201	2.32	0.26	22	2.52	0.26	893
Total	2.52	0.26	389	2.48	0.25	447	2.46	0.24	459	2.35	0.24	403	2.31	0.31	55	2.45	0.26	1753

Stance time during maximal walking (sec)

	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	0.54	0.05	239	0.55	0.06	296	0.56	0.06	283	0.58	0.06	243	0.60	0.07	35	0.56	0.06	1096
Female	0.53	0.04	285	0.54	0.05	278	0.54	0.05	276	0.58	0.06	245	0.57	0.06	29	0.55	0.05	1113
Total	0.53	0.05	524	0.54	0.06	574	0.55	0.05	559	0.58	0.06	488	0.59	0.07	64	0.55	0.06	2209

Swing time during maximal walking (sec)

	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	0.34	0.04	184	0.34	0.05	231	0.35	0.04	225	0.34	0.04	202	0.34	0.06	31	0.34	0.04	873
Female	0.32	0.05	219	0.32	0.05	230	0.33	0.06	241	0.33	0.06	214	0.36	0.07	24	0.33	0.06	928
Total	0.33	0.05	403	0.33	0.05	461	0.34	0.05	466	0.34	0.05	416	0.35	0.06	55	0.34	0.05	1801

Double support time at late stance phase during maximal walking (sec)

	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	0.12	0.01	228	0.12	0.02	285	0.12	0.02	272	0.13	0.02	239	0.14	0.02	35	0.13	0.02	1059
Female	0.12	0.02	284	0.12	0.02	277	0.12	0.02	274	0.14	0.02	232	0.13	0.02	27	0.12	0.02	1094
Total	0.12	0.02	512	0.12	0.02	562	0.12	0.02	546	0.13	0.02	471	0.14	0.02	62	0.12	0.02	2153

Cycle duration during maximal walking (sec)

	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	0.89	0.08	184	0.89	0.09	230	0.90	0.08	225	0.93	0.08	202	0.94	0.11	31	0.90	0.09	872
Female	0.85	0.08	218	0.86	0.08	230	0.87	0.08	241	0.90	0.09	213	0.94	0.09	24	0.87	0.08	926
Total	0.87	0.08	402	0.88	0.08	460	0.89	0.08	466	0.92	0.09	415	0.94	0.10	55	0.89	0.08	1798

Stance time during maximal walking (% of 1 cycle)

	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	61.4	2.8	184	61.5	3.6	230	61.6	3.3	225	63.0	2.6	202	63.6	3.0	31	61.9	3.2	872
Female	62.1	3.6	218	62.7	3.3	230	62.8	3.8	241	64.0	4.1	213	62.3	5.1	24	62.9	3.8	926
Total	61.8	3.3	402	62.1	3.5	460	62.2	3.6	466	63.5	3.5	415	63.0	4.1	55	62.4	3.5	1798

Swing time during maximal walking (% of 1 cycle)

	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	38.6	2.8	184	38.5	3.6	230	38.4	3.3	225	37.0	2.6	202	36.4	3.0	31	38.1	3.2	872
Female	37.9	3.6	218	37.3	3.3	230	37.2	3.8	241	36.0	4.1	213	37.7	5.1	24	37.1	3.8	926
Total	38.2	3.3	402	37.9	3.5	460	37.8	3.6	466	36.5	3.5	415	37.0	4.1	55	37.6	3.5	1798

Double support time at late stance phase during maximal walking (% of 1 cycle)

	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	13.8	1.5	174	13.7	1.8	220	13.8	1.7	214	14.2	1.9	193	14.5	2.2	30	13.9	1.8	831
Female	13.9	1.7	204	14.1	1.8	220	14.3	1.7	224	15.1	1.9	188	14.6	2.1	20	14.3	1.8	856
Total	13.8	1.6	378	13.9	1.8	440	14.0	1.7	438	14.6	1.9	381	14.5	2.1	50	14.1	1.8	1687

Range of motion at hip joint in stance phase during maximal walking (deg)

	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	52.0	5.0	181	51.6	5.5	207	51.8	5.9	196	49.2	6.3	178	47.1	4.8	32	51.0	5.8	794
Female	49.3	5.2	206	48.1	5.8	207	48.2	6.0	214	46.3	6.2	183	42.3	7.9	21	47.9	6.0	831
Total	50.5	5.2	387	49.8	5.9	414	49.9	6.2	410	47.8	6.4	361	45.2	6.6	53	49.4	6.1	1625

Range of motion at hip joint in swing phase during maximal walking (deg)

	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	45.8	5.6	198	45.9	6.0	239	45.5	6.8	233	43.2	6.8	212	40.0	6.0	34	44.9	6.5	916
Female	43.6	5.2	224	42.6	6.1	229	42.4	6.2	235	40.3	6.4	220	37.0	8.4	26	42.1	6.2	934
Total	44.6	5.5	422	44.3	6.3	468	43.9	6.7	468	41.8	6.7	432	38.7	7.2	60	43.5	6.5	1850

Range of motion at hip joint in 1 cycle during maximal walking (deg)

	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	52.5	4.6	158	52.2	4.8	176	52.7	5.7	171	49.9	5.9	163	47.5	4.4	31	51.7	5.4	699
Female	50.1	5.0	179	49.1	5.3	185	49.2	5.5	192	47.9	5.9	172	43.7	7.3	21	48.9	5.6	749
Total	51.2	5.0	337	50.6	5.3	361	50.9	5.8	363	48.9	6.0	335	46.0	6.0	52	50.3	5.7	1448

Range of motion at knee joint in stance phase during maximal walking (deg)

	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	27.6	4.5	169	27.9	5.3	195	27.6	5.4	180	29.0	5.7	166	29.4	6.2	29	28.1	5.3	739
Female	26.7	4.9	189	28.5	5.6	191	28.3	5.5	200	29.3	6.6	163	31.7	8.2	18	28.3	5.8	761
Total	27.1	4.7	358	28.2	5.4	386	28.0	5.5	380	29.2	6.2	329	30.3	7.1	47	28.2	5.6	1500

Range of motion at knee joint in swing phase during maximal walking (deg)

	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	59.6	5.8	161	59.8	5.3	199	60.5	5.3	199	60.5	5.2	184	58.1	5.4	29	60.1	5.4	772
Female	58.8	5.0	190	59.1	4.9	188	59.8	5.4	209	60.6	5.5	178	58.2	6.2	23	59.5	5.2	788
Total	59.1	5.4	351	59.5	5.1	387	60.2	5.3	408	60.5	5.3	362	58.2	5.7	52	59.8	5.3	1560

Range of motion at knee joint in 1 cycle during maximal walking (deg)

	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	62.9	4.8	122	63.4	5.4	144	63.1	4.4	137	62.9	4.8	132	61.0	5.5	26	63.0	4.9	561
Female	62.2	4.4	146	62.5	4.3	146	62.2	4.9	164	62.1	5.5	133	60.0	6.2	19	62.2	4.8	608
Total	62.5	4.6	268	62.9	4.9	290	62.6	4.7	301	62.5	5.2	265	60.6	5.8	45	62.6	4.9	1169

Range of motion at ankle joint in stance phase during maximal walking (deg)

	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	31.5	7.4	167	30.5	7.3	189	30.2	6.8	175	28.5	6.5	167	25.0	5.4	29	30.0	7.1	727
Female	31.6	6.6	187	31.7	6.4	180	30.8	6.9	197	28.5	6.6	160	32.0	7.7	18	30.8	6.8	742
Total	31.5	7.0	354	31.1	6.9	369	30.5	6.9	372	28.5	6.5	327	27.7	7.2	47	30.4	6.9	1469

Range of motion at ankle joint in swing phase during maximal walking (deg)

	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	26.8	6.7	147	27.3	7.3	182	24.3	7.1	185	21.7	5.8	167	21.1	6.7	26	24.9	7.2	707
Female	28.6	7.2	178	28.4	6.9	172	27.2	7.7	192	23.5	6.8	172	23.2	7.5	24	26.8	7.5	738
Total	27.8	7.0	325	27.8	7.1	354	25.8	7.5	377	22.6	6.4	339	22.1	7.1	50	25.9	7.4	1445

Range of motion at ankle joint in 1 cycle during maximal walking (deg)

	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	36.7	6.1	107	36.2	7.4	128	35.2	6.7	126	33.0	5.9	119	29.2	5.6	24	35.0	6.8	504
Female	37.2	5.6	133	36.7	6.0	127	36.1	6.8	146	33.2	6.5	126	34.8	7.3	18	35.8	6.4	550
Total	37.0	5.8	240	36.5	6.7	255	35.7	6.7	272	33.1	6.2	245	31.6	6.9	42	35.4	6.6	1054

Peak extensor torque at ankle during maximal walking (Nm)

	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	93.2	20.8	187	88.5	19.3	246	84.7	18.0	226	76.7	16.5	203	69.6	16.0	32	85.2	19.6	894
Female	67.9	14.4	232	63.5	12.1	223	62.3	12.1	222	57.0	11.9	199	49.3	9.6	17	62.6	13.3	893
Total	79.2	21.6	419	76.6	20.5	469	73.6	19.0	448	67.0	17.5	402	62.6	17.1	49	73.9	20.2	1787

4) Stabilometry (NEC Co.)

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	2.11	0.84	266	2.07	0.96	328	2.44	1.07	295	2.96	1.39	260	3.34	1.48	43	2.41	1.16	1192
Female	1.72	0.81	292	1.90	0.86	281	2.29	1.05	284	2.59	1.38	273	2.57	1.28	32	2.13	1.10	1162
Total	1.91	0.85	558	1.99	0.92	609	2.37	1.06	579	2.77	1.40	533	3.01	1.44	75	2.27	1.14	2354

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	0.25	0.14	266	0.23	0.14	328	0.26	0.15	295	0.36	0.22	260	0.38	0.20	43	0.27	0.17	1192
Female	0.20	0.14	292	0.23	0.17	281	0.25	0.15	284	0.31	0.22	273	0.36	0.24	32	0.25	0.18	1162
Total	0.22	0.14	558	0.23	0.15	609	0.26	0.15	579	0.33	0.22	533	0.37	0.21	75	0.26	0.18	2354

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	0.67	0.49	266	0.67	0.51	328	0.78	0.56	295	0.74	0.51	260	0.74	0.49	43	0.72	0.52	1192
Female	0.56	0.41	292	0.63	0.46	281	0.70	0.49	284	0.65	0.57	273	0.54	0.34	32	0.63	0.48	1162
Total	0.61	0.45	558	0.65	0.49	609	0.74	0.53	579	0.70	0.54	533	0.66	0.44	75	0.68	0.50	2354

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	2.71	0.75	266	2.71	0.80	328	2.92	0.87	295	2.97	0.83	260	3.08	0.80	43	2.83	0.82	1192
Female	2.47	0.71	292	2.57	0.75	281	2.79	0.80	284	2.74	0.91	273	2.63	0.78	32	2.64	0.80	1162
Total	2.58	0.74	558	2.64	0.78	609	2.86	0.84	579	2.85	0.87	533	2.89	0.81	75	2.74	0.82	2354

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	1.88	0.49	266	1.81	0.50	328	1.98	0.49	295	2.31	0.66	260	2.45	0.64	43	2.00	0.58	1192
Female	1.67	0.47	292	1.80	0.50	281	1.91	0.50	284	2.13	0.66	273	2.22	0.71	32	1.88	0.57	1162
Total	1.77	0.49	558	1.81	0.50	609	1.95	0.50	579	2.22	0.67	533	2.35	0.67	75	1.94	0.58	2354

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	67.2	14.4	266	70.1	16.4	328	74.3	17.0	295	88.5	27.6	260	99.5	33.8	43	75.6	21.9	1192
Female	59.0	10.3	292	62.8	12.2	281	69.3	15.1	284	76.8	19.3	273	80.3	21.0	32	67.2	16.3	1162
Total	62.9	13.1	558	66.8	15.0	609	71.8	16.3	579	82.5	24.4	533	91.3	30.4	75	71.4	19.8	2354

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	3.61	1.78	266	3.94	2.74	328	4.61	2.74	295	6.00	3.93	260	8.27	8.01	42	4.63	3.38	1191
Female	2.76	1.49	292	3.15	1.69	281	4.03	2.63	284	4.48	3.32	273	4.66	2.88	32	3.62	2.49	1162
Total	3.17	1.69	558	3.58	2.34	609	4.33	2.70	579	5.22	3.70	533	6.71	6.55	74	4.13	3.02	2353

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	0.44	0.27	266	0.47	0.36	328	0.54	0.44	295	0.74	0.59	260	0.98	1.01	42	0.56	0.48	1191
Female	0.35	0.24	292	0.39	0.28	281	0.49	0.36	284	0.58	0.51	273	0.54	0.42	32	0.45	0.37	1162
Total	0.39	0.26	558	0.44	0.33	609	0.51	0.40	579	0.66	0.56	533	0.79	0.84	74	0.51	0.43	2353

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	0.58	0.37	266	0.61	0.48	328	0.75	0.52	295	0.87	0.58	260	1.04	0.85	42	0.71	0.52	1191
Female	0.48	0.35	292	0.51	0.35	281	0.68	0.53	284	0.68	0.58	273	0.71	0.51	32	0.59	0.47	1162
Total	0.53	0.36	558	0.57	0.42	609	0.72	0.53	579	0.77	0.59	533	0.90	0.74	74	0.65	0.50	2353

Stabilometry - center coordinates X 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	-0.12	0.65	266	-0.18	0.72	328	-0.25	0.71	295	-0.13	0.75	260	-0.17	0.92	42	-0.17	0.72	1191
Female	-0.15	0.61	292	-0.07	0.65	281	-0.07	0.69	284	0.02	0.73	273	0.01	0.74	32	-0.06	0.67	1162
Total	-0.13	0.63	558	-0.12	0.69	609	-0.16	0.71	579	-0.05	0.75	533	-0.09	0.85	74	-0.12	0.70	2353

Stabilometry - center coordinates Y 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	1.14	1.35	266	1.32	1.54	328	1.32	1.49	295	1.44	1.45	260	1.44	2.00	42	1.31	1.49	1191
Female	0.02	1.40	292	0.19	1.43	281	0.25	1.39	284	0.34	1.60	273	-0.12	1.38	32	0.19	1.46	1162
Total	0.55	1.49	558	0.80	1.59	609	0.80	1.54	579	0.88	1.62	533	0.76	1.91	74	0.76	1.58	2353

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	2.89	0.78	266	2.99	0.98	328	3.32	1.07	295	3.58	1.14	260	4.00	1.28	42	3.21	1.06	1191
Female	2.57	0.75	292	2.74	0.82	281	3.11	0.97	284	3.12	1.05	273	3.22	0.98	32	2.89	0.94	1162
Total	2.73	0.78	558	2.87	0.92	609	3.22	1.03	579	3.34	1.12	533	3.66	1.22	74	3.06	1.01	2353

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	2.64	0.75	266	2.67	0.92	328	2.89	0.99	295	3.32	1.24	260	3.87	1.55	42	2.90	1.06	1191
Female	2.27	0.69	292	2.42	0.78	281	2.71	0.93	284	2.89	1.09	273	2.86	1.06	32	2.58	0.92	1162
Total	2.45	0.74	558	2.56	0.86	609	2.80	0.97	579	3.10	1.19	533	3.43	1.44	74	2.74	1.00	2353

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	98.5	29.5	266	106.7	38.1	328	112.7	34.4	295	143.9	72.2	260	179.7	94.2	42	117.1	52.3	1191
Female	80.0	20.4	292	86.4	21.5	281	99.6	29.2	284	110.7	39.7	273	112.4	42.0	32	94.4	31.4	1162
Total	88.8	26.8	558	97.3	33.1	609	106.3	32.6	579	126.9	60.2	533	150.6	82.8	74	105.9	44.7	2353

5) 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	2175.9	205.6	227	2083.7	195.0	310	1925.7	189.8	279	1717.0	190.2	231	1490.3	159.0	35	1964.8	267.7	1082
Female	1726.6	178.4	267	1676.3	146.5	260	1606.6	162.2	274	1453.7	133.9	237	1291.8	137.1	31	1610.5	192.8	1069
Total	1933.0	294.6	494	1897.8	267.7	570	1767.6	238.0	553	1583.7	210.4	468	1397.1	178.5	66	1788.7	293.1	2151

Electric pedometers - 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	260.4	103.6	227	263.0	117.1	310	229.8	120.7	279	173.6	104.2	231	111.7	67.4	35	229.9	118.3	1082
Female	203.8	78.1	267	195.1	74.3	260	188.5	91.2	274	127.7	66.9	237	101.8	43.0	31	177.9	83.8	1069
Total	229.8	94.9	494	232.0	105.4	570	209.4	109.0	553	150.3	90.2	468	107.0	57.1	66	204.1	105.8	2151

Electric pedometers - steps average (step)

	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	8583	3012	227	8929	3514	310	8263	3661	279	6863	3510	231	5302	2941	35	8127	3550	1082
Female	8634	2686	267	8566	2901	260	8316	3275	274	6272	2694	237	5765	1848	31	7929	3047	1069
Total	8611	2837	494	8764	3251	570	8290	3472	553	6564	3134	468	5519	2481	66	8029	3310	2151

6) 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	82	30.8	169	51.1	210	70.7	204	76.4	31	72.1	696	57.8
	Female	78	26.5	137	48.1	163	57.0	177	64.4	22	64.7	577	49.1
	Total	160	28.6	306	49.7	373	64.0	381	70.3	53	68.8	1273	53.5
4.5METs	Male	90	33.8	119	36.0	121	40.7	60	22.5	3	7.0	393	32.6
	Female	78	26.5	93	32.6	102	35.7	55	20.0	7	20.6	335	28.5
	Total	168	30.0	212	34.4	223	38.3	115	21.2	10	13.0	728	30.6
6.5METs	Male	23	8.6	17	5.1	11	3.7	2	0.7	0	0.0	53	4.4
	Female	9	3.1	4	1.4	2	0.7	0	0.0	0	0.0	15	1.3
	Total	32	5.7	21	3.4	13	2.2	2	0.4	0	0.0	68	2.9
8.5METs	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	1	0.2	0	0.0	1	0.0
Total	Male	266	100.0	331	100.0	297	100.0	267	100.0	43	100.0	1204	100.0
	Female	294	100.0	285	100.0	286	100.0	275	100.0	34	100.0	1174	100.0
	Total	560	100.0	616	100.0	583	100.0	542	100.0	77	100.0	2378	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	5.1	11.9	266	13.6	25.5	331	30.2	41.0	297	42.2	50.0	267	40.5	44.0	43	23.1	38.0	1204
Female	5.2	14.5	294	12.7	20.8	285	17.4	25.6	285	27.6	47.0	275	25.3	36.4	34	15.8	30.6	1173
Total	5.2	13.3	560	13.2	23.5	616	23.9	34.9	582	34.8	49.0	542	33.8	41.3	77	19.5	34.7	2377

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	10.8	23.8	266	10.5	22.6	331	20.0	37.5	297	9.8	28.9	267	2.5	14.4	43	12.5	28.7	1204
Female	8.0	18.4	294	10.3	22.8	285	16.5	34.6	285	6.5	17.0	275	7.4	19.0	34	10.3	24.3	1173
Total	9.4	21.2	560	10.5	22.7	616	18.3	36.1	582	8.1	23.6	542	4.7	16.7	77	11.4	26.7	2377

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	2.4	11.1	266	3.2	17.3	331	2.7	17.8	297	0.2	2.4	267	0.0	0.0	43	2.1	13.8	1204
Female	0.9	6.5	294	1.0	9.6	285	0.0	0.7	285	0.0	0.0	275	0.0	0.0	34	0.5	5.8	1173
Total	1.6	9.0	560	2.2	14.3	616	1.4	12.8	582	0.1	1.7	542	0.0	0.0	77	1.3	10.6	2377

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	0.0	0.0	266	0.0	0.0	331	0.0	0.0	297	0.2	3.0	267	0.0	0.0	43	0.0	1.4	1204
Female	0.0	0.0	294	0.0	0.0	285	0.0	0.0	285	0.0	0.0	275	0.0	0.0	34	0.0	0.0	1173
Total	0.0	0.0	560	0.0	0.0	616	0.0	0.0	582	0.1	2.1	542	0.0	0.0	77	0.0	1.0	2377

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	18.3	30.8	266	27.3	39.7	331	53.0	59.1	297	52.4	54.5	267	43.0	44.3	43	37.8	49.4	1204
Female	14.2	24.9	294	24.1	32.1	285	33.9	40.4	285	34.1	49.7	275	32.8	41.4	34	26.6	38.6	1173
Total	16.2	27.9	560	25.8	36.4	616	43.6	51.6	582	43.1	52.9	542	38.5	43.1	77	32.3	44.8	2377

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	80.1	130.1	266	138.0	200.7	331	282.6	310.2	297	318.8	336.8	267	279.5	290.5	43	206.0	275.2	1204
Female	67.0	120.6	294	126.6	162.7	285	177.3	200.3	285	208.9	318.9	275	196.4	253.9	34	145.3	219.7	1173
Total	73.3	125.3	560	132.7	184.0	616	231.0	267.2	582	263.1	332.1	542	242.8	276.4	77	176.1	251.1	2377

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	0.05	0.09	266	0.08	0.12	331	0.16	0.18	297	0.16	0.16	267	0.13	0.13	43	0.11	0.15	1204
Female	0.04	0.07	294	0.07	0.10	285	0.10	0.12	285	0.10	0.15	275	0.10	0.12	34	0.08	0.12	1173
Total	0.05	0.08	560	0.08	0.11	616	0.13	0.15	582	0.13	0.16	542	0.11	0.13	77	0.10	0.13	2377

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	0.2	0.4	266	0.4	0.6	331	0.8	0.9	297	0.9	1.0	267	0.8	0.9	43	0.6	0.8	1204
Female	0.2	0.4	294	0.4	0.5	285	0.5	0.6	285	0.6	0.9	275	0.6	0.8	34	0.4	0.7	1173
Total	0.2	0.4	560	0.4	0.5	616	0.7	0.8	582	0.8	1.0	542	0.7	0.8	77	0.5	0.7	2377

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	263	98.9	323	97.6	230	77.4	147	55.1	17	39.5
	Female	289	98.3	275	96.5	248	86.7	196	71.3	23	67.6	1031	87.8
	Total	552	98.6	598	97.1	478	82.0	343	63.3	40	51.9	2011	84.6
2.5METs	Male	247	92.9	303	91.5	247	83.2	197	73.8	28	65.1	1022	84.9
	Female	294	100.0	284	99.6	285	99.7	273	99.3	33	97.1	1169	99.6
	Total	541	96.6	587	95.3	532	91.3	470	86.7	61	79.2	2191	92.1
4.5METs	Male	75	28.2	74	22.4	77	25.9	78	29.2	10	23.3	314	26.1
	Female	173	58.8	198	69.5	187	65.4	169	61.5	17	50.0	744	63.4
	Total	248	44.3	272	44.2	264	45.3	247	45.6	27	35.1	1058	44.5
7.5METs	Male	27	10.2	32	9.7	11	3.7	1	0.4	1	2.3	72	6.0
	Female	2	0.7	4	1.4	2	0.7	0	0.0	0	0.0	8	0.7
	Total	29	5.2	36	5.8	13	2.2	1	0.2	1	1.3	80	3.4
Total	Male	266	100.0	331	100.0	297	100.0	267	100.0	43	100.0	1204	100.0
	Female	294	100.0	285	100.0	286	100.0	275	100.0	34	100.0	1174	100.0
	Total	560	100.0	616	100.0	583	100.0	542	100.0	77	100.0	2378	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	146.6	82.3	266	135.5	83.9	331	61.5	72.9	297	16.6	37.3	267	7.5	14.6	43	88.7	89.2	1204
Female	61.0	59.9	294	54.4	64.8	285	24.9	36.3	285	14.9	26.3	275	14.4	23.3	34	38.5	52.8	1173
Total	101.7	83.2	560	98.0	85.8	616	43.6	60.7	582	15.7	32.1	542	10.6	19.1	77	63.9	77.7	2377

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	137.5	120.1	266	132.4	115.2	331	84.4	87.7	297	56.2	73.6	267	49.6	73.2	43	101.8	106.1	1204
Female	228.1	94.8	294	226.0	103.9	285	178.4	90.2	285	141.6	86.6	275	101.6	79.7	34	191.6	101.3	1173
Total	185.1	116.6	560	175.7	119.5	616	130.5	100.5	582	99.5	91.0	542	72.6	79.9	77	146.1	113.0	2377

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	41.5	109.4	266	28.5	91.2	331	21.7	65.2	297	16.3	51.6	267	5.8	25.2	43	26.2	81.7	1204
Female	22.9	66.1	294	25.6	57.4	285	19.0	44.2	285	13.8	25.6	275	8.6	13.2	34	20.1	50.4	1173
Total	31.7	89.8	560	27.2	77.4	616	20.4	55.9	582	15.0	40.5	542	7.0	20.7	77	23.2	68.1	2377

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	12.2	57.0	266	10.8	57.6	331	7.8	67.4	297	0.2	4.0	267	1.0	6.6	43	7.7	52.6	1204
Female	0.1	0.9	294	0.6	6.4	285	2.0	32.1	285	0.0	0.0	275	0.0	0.0	34	0.6	16.1	1173
Total	5.8	39.7	560	6.1	42.7	616	5.0	53.2	582	0.1	2.8	542	0.6	4.9	77	4.2	39.3	2377

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	337.7	126.6	266	307.2	124.7	331	175.5	144.2	297	89.3	100.9	267	63.9	87.2	43	224.4	160.4	1204
Female	312.1	110.8	294	306.7	119.3	285	224.3	112.5	285	170.3	97.3	275	124.6	79.2	34	250.8	125.8	1173
Total	324.3	119.2	560	306.9	122.1	616	199.4	131.8	582	130.4	107.0	542	90.7	88.6	77	237.4	144.9	2377

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	2725.9	659.6	266	2517.3	692.2	331	1344.2	1021	297	619.4	682.1	267	437.8	555.6	43	1778.9	1164	1204
Female	2283.6	758.3	294	2207.8	849.3	285	1540.7	763.6	285	1160.1	662.5	275	869.5	530.5	34	1780.3	898.1	1173
Total	2493.7	746.0	560	2374.1	783.6	616	1440.4	908.6	582	893.8	724.0	542	628.5	582.5	77	1779.6	1041	2377

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	1.01	0.38	266	0.91	0.37	331	0.52	0.43	297	0.27	0.30	267	0.19	0.26	43	0.67	0.48	1204
Female	0.93	0.33	294	0.91	0.35	285	0.67	0.33	285	0.51	0.29	275	0.37	0.24	34	0.75	0.37	1173
Total	0.97	0.35	560	0.91	0.36	616	0.59	0.39	582	0.39	0.32	542	0.27	0.26	77	0.71	0.43	2377

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	8.1	2.0	266	7.5	2.1	331	4.0	3.0	297	1.8	2.0	267	1.3	1.7	43	5.3	3.5	1204
Female	6.8	2.3	294	6.6	2.5	285	4.6	2.3	285	3.5	2.0	275	2.6	1.6	34	5.3	2.7	1173
Total	7.4	2.2	560	7.1	2.3	616	4.3	2.7	582	2.7	2.2	542	1.9	1.7	77	5.3	3.1	2377

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	269.4	58.9	266	273.6	61.5	331	349.1	84.4	297	396.2	67.6	267	392.7	65.2	43	322.8	86.9	1204
Female	316.9	69.2	294	311.7	76.4	285	345.2	68.5	285	368.1	64.3	275	393.4	65.0	34	336.7	73.7	1173
Total	294.4	68.7	560	291.2	71.3	616	347.2	77.0	582	382.0	67.4	542	393.0	64.7	77	329.7	80.9	2377

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	8.9	1.9	266	9.0	2.0	331	11.5	2.8	297	13.1	2.2	267	13.0	2.2	43	10.7	2.9	1204
Female	10.5	2.3	294	10.3	2.5	285	11.4	2.3	285	12.2	2.1	275	13.0	2.1	34	11.1	2.4	1173
Total	9.7	2.3	560	9.6	2.4	616	11.5	2.5	582	12.6	2.2	542	13.0	2.1	77	10.9	2.7	2377

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	6.7	0.9	266	7.0	1.0	331	7.6	1.1	297	8.1	1.3	267	8.9	1.3	43	7.4	1.2	1204
Female	6.5	0.9	294	6.7	0.9	285	7.5	1.1	285	7.8	1.2	275	7.8	1.1	34	7.1	1.1	1173
Total	6.6	0.9	560	6.9	1.0	616	7.5	1.1	582	7.9	1.2	542	8.4	1.3	77	7.3	1.2	2377

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	101.9	13.3	266	106.6	15.7	331	115.1	16.0	297	122.6	18.9	267	134.3	20.2	43	112.2	18.4	1204
Female	98.6	13.3	294	102.0	13.2	285	113.0	16.5	285	117.2	18.1	275	118.2	16.5	34	107.9	17.2	1173
Total	100.2	13.4	560	104.5	14.8	616	114.1	16.2	582	119.8	18.7	542	127.2	20.2	77	110.1	17.9	2377

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	727.4	102.0	266	714.7	97.0	331	692.7	83.6	297	660.5	53.6	267	633.9	48.6	43	697.2	89.7	1204
Female	741.8	63.1	294	744.4	62.3	285	716.3	57.2	285	689.7	49.8	275	669.0	39.5	34	721.9	62.5	1173
Total	735.0	84.1	560	728.4	84.0	616	704.3	72.8	582	675.3	53.7	542	649.4	47.9	77	709.4	78.5	2377

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	2.16	0.30	266	2.13	0.29	331	2.06	0.25	297	1.97	0.16	267	1.89	0.14	43	2.07	0.27	1204
Female	2.21	0.19	294	2.22	0.19	285	2.13	0.17	285	2.05	0.15	275	1.99	0.12	34	2.15	0.19	1173
Total	2.19	0.25	560	2.17	0.25	616	2.10	0.22	582	2.01	0.16	542	1.93	0.14	77	2.11	0.23	2377

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	266	1.5	0.2	331	1.4	0.2	297	1.4	0.1	267	1.3	0.1	43	1.4	0.2	1204
Female	1.5	0.1	294	1.5	0.1	285	1.5	0.1	285	1.4	0.1	275	1.4	0.1	34	1.5	0.1	1173
Total	1.5	0.2	560	1.5	0.2	616	1.5	0.2	582	1.4	0.1	542	1.3	0.1	77	1.5	0.2	2377

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	266	1.8	0.3	331	1.7	0.2	297	1.7	0.2	267	1.6	0.1	43	1.7	0.2	1204
Female	1.8	0.2	294	1.8	0.2	285	1.8	0.2	285	1.7	0.1	275	1.7	0.1	34	1.8	0.2	1173
Total	1.8	0.2	560	1.8	0.2	616	1.8	0.2	582	1.7	0.1	542	1.7	0.1	77	1.8	0.2	2377

XI. Anthropometry, Body Composition and Resting Metabolic Profiles

XI. Anthropometry and Body composition

1) Anthropometric measurements

2) Body composition

1. Body composition by DXA

2. 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	170.0	5.6	266	167.3	6.1	331	164.5	5.2	297	161.3	5.2	267	158.1	6.7	43	165.6	6.5	1204
Female	156.1	5.1	294	154.0	4.9	285	151.9	5.0	286	147.4	5.2	275	144.3	5.7	34	152.2	6.1	1174
Total	162.7	8.8	560	161.2	8.7	616	158.3	8.1	583	154.3	8.7	542	152.0	9.3	77	159.0	9.2	2378

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	67.7	10.2	266	65.9	9.2	331	63.2	8.3	297	58.9	8.4	267	56.0	10.2	43	63.7	9.7	1204
Female	54.4	9.4	294	53.6	7.7	284	52.6	7.3	286	50.8	7.7	275	44.9	7.2	34	52.6	8.3	1173
Total	60.7	11.8	560	60.2	10.5	615	58.0	9.4	583	54.8	9.0	542	51.1	10.5	77	58.3	10.6	2377

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	83.4	4.0	266	81.7	4.3	330	80.3	3.6	296	79.4	3.3	267	78.6	4.7	43	81.1	4.1	1202
Female	76.5	3.6	294	74.9	3.3	285	74.3	3.4	286	72.7	3.3	275	72.3	3.1	34	74.6	3.7	1174
Total	79.8	5.1	560	78.6	5.1	615	77.4	4.6	582	76.0	4.7	542	75.8	5.2	77	77.9	5.1	2376

Iliocristal 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	98.4	4.4	266	96.7	4.5	330	95.0	3.9	296	94.1	3.6	267	92.9	5.2	43	95.9	4.5	1202
Female	90.6	3.8	294	89.0	3.6	285	88.3	3.8	286	86.2	3.7	275	85.1	3.7	34	88.5	4.1	1174
Total	94.3	5.6	560	93.1	5.6	615	91.7	5.1	582	90.1	5.4	542	89.4	6.0	77	92.2	5.7	2376

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	82.6	8.4	266	83.9	7.9	331	84.3	8.2	297	82.9	8.9	267	80.8	11.4	43	83.3	8.5	1204
Female	72.7	9.3	294	74.3	8.4	285	76.3	8.1	286	79.4	10.3	275	74.3	7.6	34	75.6	9.3	1174
Total	77.4	10.1	560	79.5	9.4	616	80.4	9.0	583	81.1	9.8	542	77.9	10.4	77	79.5	9.7	2378

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	84.6	8.3	266	85.8	7.8	331	86.2	8.2	297	84.7	8.8	267	83.2	11.0	43	85.3	8.4	1204
Female	78.8	10.2	294	81.1	9.4	285	83.6	9.1	286	86.1	10.5	275	79.2	8.0	34	82.2	10.1	1174
Total	81.5	9.8	560	83.6	8.9	616	84.9	8.7	583	85.4	9.7	542	81.4	10.0	77	83.8	9.4	2378

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	94.4	5.3	266	93.4	4.9	330	92.0	4.7	296	90.0	4.7	267	88.8	5.9	43	92.4	5.2	1202
Female	92.1	6.1	294	91.3	4.9	285	90.2	4.8	286	89.7	5.5	275	86.2	5.3	34	90.7	5.5	1174
Total	93.2	5.9	560	92.4	5.0	615	91.1	4.8	582	89.8	5.1	542	87.7	5.7	77	91.5	5.4	2376

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	50.2	4.0	266	49.0	3.6	331	47.6	3.7	296	45.8	3.8	267	44.9	4.8	43	48.1	4.2	1203
Female	48.9	4.3	294	47.8	4.0	285	46.8	3.6	286	45.2	4.1	275	43.2	3.8	34	47.1	4.3	1174
Total	49.5	4.2	560	48.4	3.9	616	47.2	3.7	582	45.5	4.0	542	44.1	4.5	77	47.6	4.3	2377

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	45.4	3.6	266	44.6	3.4	331	43.5	3.4	296	42.2	3.5	267	41.9	4.5	43	43.9	3.7	1203
Female	44.3	3.8	294	43.8	3.7	285	43.0	3.3	286	42.0	3.8	275	40.3	3.5	34	43.2	3.8	1174
Total	44.8	3.8	560	44.2	3.6	616	43.3	3.4	582	42.1	3.6	542	41.2	4.2	77	43.6	3.8	2377

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	266	36.2	2.6	331	35.3	2.5	296	33.9	2.5	267	33.2	3.0	43	35.5	2.9	1203
Female	34.8	2.7	294	34.2	2.6	285	33.5	2.3	286	32.6	2.4	275	31.3	2.6	34	33.7	2.7	1174
Total	35.8	3.0	560	35.3	2.8	616	34.4	2.6	582	33.2	2.5	542	32.4	3.0	77	34.6	2.9	2377

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	29.3	2.6	266	28.9	2.2	331	28.3	2.2	297	27.1	2.3	267	26.3	2.8	43	28.3	2.5	1204
Female	26.9	3.0	294	27.2	2.6	285	27.4	2.6	286	27.0	2.9	275	24.9	2.4	34	27.1	2.8	1174
Total	28.1	3.1	560	28.1	2.6	616	27.8	2.5	583	27.0	2.6	542	25.7	2.7	77	27.7	2.7	2378

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	20.9	2.8	266	21.4	2.6	331	21.6	2.9	297	21.2	3.0	267	20.9	3.6	43	21.3	2.9	1204
Female	18.1	3.2	294	19.1	3.1	285	20.2	3.0	286	21.4	3.6	275	19.7	2.7	34	19.7	3.4	1174
Total	19.4	3.3	560	20.4	3.1	616	20.9	3.0	583	21.3	3.3	542	20.4	3.2	77	20.5	3.2	2378

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	266	23.5	2.7	331	23.3	2.8	297	22.6	2.8	267	22.4	3.6	43	23.2	2.9	1204
Female	22.3	3.7	294	22.6	3.1	284	22.7	2.8	286	23.4	3.4	275	21.5	2.7	34	22.7	3.3	1173
Total	22.8	3.4	560	23.1	2.9	615	23.0	2.8	583	23.0	3.1	542	22.0	3.2	77	23.0	3.1	2377