Distant visual acuity was measured for each eye with a Landolt C letter at 5m. Contrast sensitivity and intraocular pressure were also examined. Fundus photographs were taken with a Topcon fundus camera (TRC-NW5S). Autorefraction was done with the NIDEK-ARK700A. Refractive errors, in the spherical equivalent, were assessed. Corneal thickness was obtained with the Topcon SP-2000 specular microscope.

Auditory function assessed by pure-tone audiometry (Audiometer RION AA-73A), and impedance audiometry (Middle Ear Analyzer, Grason-Stadler model 33, version 2). Air conduction thresholds at 125Hz to 8000Hz were examined in all participants. Bone conduction thresholds at 250Hz to 4000Hz were examined in participants with elevation of air conduction thresholds. Middle ear function was evaluated by impedance audiometry. Inner ear function was also assessed by distortion product otoacoustic emission (DPOAE).

## 4. Oral examinations

Caries, periodontal index, and toungue coat were evaluated by awell trined dentist with a dental mirror and WHO CPI probe. All teeth were classified into intact, decayed, filled, missing, or caries observation. Periodontal index (CPI score) on 10 index teeth (17/16, 11, 26/27, 36/37, 31, 46/47) were derived according to World Health Organization standard. Score of toungue coat was given by its area on the toungue dorsum. Denture use was asked by a dentist on verbal. Score of tongue wetness was determined by putting Elsalibo R on the tongue dorsum for 10 seconds. For the assessment of bite force, each subject clenched a pressure sensitive sheet (Dental PrescaleR 50H, GC Co. Ltd.) as hard as they could at the intercuspal position for 3 seconds. Average bite force were determined by an image analyzer (Occuluzer R FPD703,GC Co. Ltd.).

## 5. Anthropometry and body composition

For anthropometry measurements, height, weight, abdominal sagittal diameter, circumferences of waist, hip, thigh and upper arm and other parameters were taken. Using ultrasonic tomography, intrabdominal and subcutaneous fat thickness and muscle thickness were evaluated. Intra- and extra-cellular fluid was measured via bioimpedance spectroscopy. Body fat was assessed by DXA. Abdominal fat distribution was evaluated as intra-abdominal and subcutaneous fat areas at the level of umbilicas using a computed tomography

## 6. Exercise examinations

Grip strength, leg extension power, sit-up and static balance, reaction time, and trunk flexion were measured with a computerized automatic diagnosis system. Step length, pitch, and velocity of walking were assessed by the 10m walking test using four video cameras and two force plates. Physical activities were checked by detailed interview using job-specific questionnaire sheets. Seven-day averages of physical activity were also measured with an electric pedmeter.

## 7. Nutritional survey

Nutritional intakes were assessed by three-day dietary record using a scale. The scale was handed out to each participant to record the weight of each food taken over the recording period. If it was impossible to weigh each food, approximate size and amounts of food were noted. Dieticians explained to each participant how to weigh foods and how to determine the size and approximate amount. For more accurate assessment, disposable cameras were also handed out to all participants. Before and after each meal, participants were asked to take pictures of all dishes to record what kind of foods and how much food were eaten, and how much food was not eaten. Using these dietary records and photographs, dieticians estimate actual food intake. Dietary supplement usage was also assessed by interview by dietitians in addition to three-day dietary record.

## 8. Psychological test

All participants were interviewed by psychology specialists. Cognition and intelligence were assessed using the Wechsler Adult Intelligence Scale-Revised Short Form (WAIS-R-SF) in all participants and the Mini-Mental State Examination (MMSE) in participants aged 60 years and over. Life events, hassles,and stress coping were also assessed by interview. Basic ADL was checked via the Katz index.

Depressive symptoms, personality, subjective well-being, social relations, and ADL were assessed using a questionnaire.

Over 1,000 variables, including various areas of gerontology and geriatrics will be checked repeatedly every two years in almost 2,400 participants. The staff of the NILS-LSA were consisted of full time researchers, researchers from hospitals and universities, research assistants such as administrators, clinical technicians, dieticians, psychologists, and radiologists. The total number of staff was about 90.

9) Future of the NILS-LSA

We will continue the NILS-LSA to investigate the natural course of aging and the changes that lead to disease. The third wave examination was completed in May 2004. The participants will be examined every 2 years. The cohort of the NILS-LSA is a dynamic cohort, that is, new subjects participate in the study instead of those who do not attend their next examination. Participants who move out of the area are to be followed up by telephone interview or postal questionnaire. Medical records of the participants who die during follow-up will be checked to find out the cause of death.

Extensive tests and examinations should be repeated in longitudinal studies on aging. However, it is actually impossible to repeat many tests and examinations in multiple research facilities with the same protocols and methods. Thus, there are almost no comprehensive longitudinal studies on aging that have been followed up for a long period by multi-center collaboration in the U.S. or other countries.

However, cohort studies with common end points such as dementia and disturbance of ADL are also important for aging studies. For these studies, a relatively large number of subjects and cases during follow-up will be required to get significant analysis results. We are collaborating with other research facilities in Japan and other countries as shown in Fig. 6.

Comparative studies of the aging process accounting for regional and cultural differences between northern and southern areas, or between urban and rural areas, are also important. In these comparative studies, the number of common examinations and tests should be limited. The study design should be a cross-sectional or short-term longitudinal study, considering the difficulties involved continuing and repeating the examinations in all facilities with same protocols.

We are going to make the data of this study public through the Internet. We hope that the results from this large longitudinal study of aging can serve the development of health science on aging.
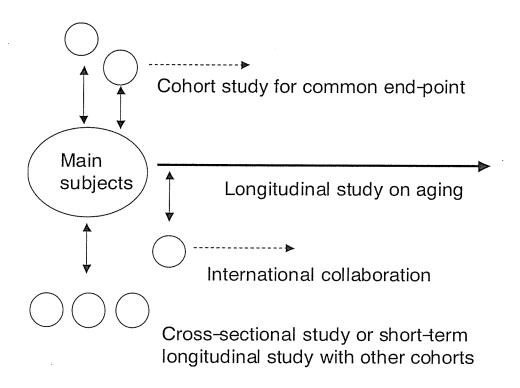
Fig. 6 Design of the longitudinal study by multi-center collaboration

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# II. Background Examinations

II. Background Examinations

1. Medical history
　　　1) Past and present illness
　　　2) Medication for hypertension and diabetes
　　　3) History of surgery
　　　4) Blood transfusion and hospital admission
　　　5) Bone fracture
　　　6) Family history

2. Gynecology (for only women)

3. Dialy life and health
　　　1) Health
　　　2) Smoking
　　　3) Outing
　　　4) Difficulty in daily activity
　　　5) Pain
　　　6) Change in height

4. Dental status

5. Eyesight

6. Hearing ability

7. Fall

8. Urinary disturbance

1-1. Medical history - Past and present illness

Stroke

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 285 | 99.7 | 290 | 98.3 | 284 | 94.7 | 226 | 88.6 | 44 | 83.0 | 1129 | 95.0 |
| | Female | 294 | 100.0 | 279 | 98.6 | 266 | 97.4 | 267 | 93.7 | 57 | 96.6 | 1163 | 97.4 |
| | Total | 579 | 99.8 | 569 | 98.4 | 550 | 96.0 | 493 | 91.3 | 101 | 90.2 | 2292 | 96.2 |
| On medication | Male | 0 | 0.0 | 2 | 0.7 | 9 | 3.0 | 18 | 7.1 | 6 | 11.3 | 35 | 2.9 |
| | Female | 0 | 0.0 | 1 | 0.4 | 5 | 1.8 | 11 | 3.9 | 2 | 3.4 | 19 | 1.6 |
| | Total | 0 | 0.0 | 3 | 0.5 | 14 | 2.4 | 29 | 5.4 | 8 | 7.1 | 54 | 2.3 |
| Previously medicated | Male | 1 | 0.3 | 3 | 1.0 | 5 | 1.7 | 8 | 3.1 | 2 | 3.8 | 19 | 1.6 |
| | Female | 0 | 0.0 | 2 | 0.7 | 2 | 0.7 | 6 | 2.1 | 0 | 0.0 | 10 | 0.8 |
| | Total | 1 | 0.2 | 5 | 0.9 | 7 | 1.2 | 14 | 2.6 | 2 | 1.8 | 29 | 1.2 |
| Not treated | Male | 0 | 0.0 | 0 | 0.0 | 2 | 0.7 | 3 | 1.2 | 1 | 1.9 | 6 | 0.5 |
| | Female | 0 | 0.0 | 1 | 0.4 | 0 | 0.0 | 1 | 0.4 | 0 | 0.0 | 2 | 0.2 |
| | Total | 0 | 0.0 | 1 | 0.2 | 2 | 0.3 | 4 | 0.7 | 1 | 0.9 | 8 | 0.3 |

Hypertension

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 260 | 90.9 | 234 | 79.3 | 190 | 63.3 | 141 | 55.3 | 30 | 56.6 | 855 | 71.9 |
| | Female | 276 | 93.9 | 235 | 83.0 | 195 | 71.4 | 138 | 48.4 | 23 | 39.0 | 867 | 72.6 |
| | Total | 536 | 92.4 | 469 | 81.1 | 385 | 67.2 | 279 | 51.7 | 53 | 47.3 | 1722 | 72.3 |
| On medication | Male | 14 | 4.9 | 41 | 13.9 | 93 | 31.0 | 106 | 41.6 | 20 | 37.7 | 274 | 23.0 |
| | Female | 8 | 2.7 | 32 | 11.3 | 60 | 22.0 | 135 | 47.4 | 34 | 57.6 | 269 | 22.5 |
| | Total | 22 | 3.8 | 73 | 12.6 | 153 | 26.7 | 241 | 44.6 | 54 | 48.2 | 543 | 22.8 |
| Previously medicated | Male | 2 | 0.7 | 10 | 3.4 | 13 | 4.3 | 5 | 2.0 | 2 | 3.8 | 32 | 2.7 |
| | Female | 7 | 2.4 | 10 | 3.5 | 16 | 5.9 | 12 | 4.2 | 2 | 3.4 | 47 | 3.9 |
| | Total | 9 | 1.6 | 20 | 3.5 | 29 | 5.1 | 17 | 3.1 | 4 | 3.6 | 79 | 3.3 |
| Not treated | Male | 10 | 3.5 | 10 | 3.4 | 4 | 1.3 | 3 | 1.2 | 1 | 1.9 | 28 | 2.4 |
| | Female | 3 | 1.0 | 6 | 2.1 | 2 | 0.7 | 0 | 0.0 | 0 | 0.0 | 11 | 0.9 |
| | Total | 13 | 2.2 | 16 | 2.8 | 6 | 1.0 | 3 | 0.6 | 1 | 0.9 | 39 | 1.6 |

Ischemic heart disease

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 285 | 99.7 | 290 | 98.3 | 283 | 94.3 | 235 | 92.2 | 44 | 83.0 | 1137 | 95.6 |
| | Female | 293 | 99.7 | 277 | 97.9 | 268 | 98.2 | 255 | 89.5 | 48 | 81.4 | 1141 | 95.6 |
| | Total | 578 | 99.7 | 567 | 98.1 | 551 | 96.2 | 490 | 90.7 | 92 | 82.1 | 2278 | 95.6 |
| On medication | Male | 0 | 0.0 | 3 | 1.0 | 12 | 4.0 | 18 | 7.1 | 6 | 11.3 | 39 | 3.3 |
| | Female | 0 | 0.0 | 0 | 0.0 | 5 | 1.8 | 20 | 7.0 | 6 | 10.2 | 31 | 2.6 |
| | Total | 0 | 0.0 | 3 | 0.5 | 17 | 3.0 | 38 | 7.0 | 12 | 10.7 | 70 | 2.9 |
| Previously medicated | Male | 1 | 0.3 | 0 | 0.0 | 4 | 1.3 | 2 | 0.8 | 3 | 5.7 | 10 | 0.8 |
| | Female | 1 | 0.3 | 3 | 1.1 | 0 | 0.0 | 8 | 2.8 | 4 | 6.8 | 16 | 1.3 |
| | Total | 2 | 0.3 | 3 | 0.5 | 4 | 0.7 | 10 | 1.9 | 7 | 6.3 | 26 | 1.1 |
| Not treated | Male | 0 | 0.0 | 2 | 0.7 | 1 | 0.3 | 0 | 0.0 | 0 | 0.0 | 3 | 0.3 |
| | Female | 0 | 0.0 | 3 | 1.1 | 0 | 0.0 | 2 | 0.7 | 1 | 1.7 | 6 | 0.5 |
| | Total | 0 | 0.0 | 5 | 0.9 | 1 | 0.2 | 2 | 0.4 | 1 | 0.9 | 9 | 0.4 |

Other heart disease

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 266 | 93.0 | 264 | 89.5 | 264 | 88.0 | 219 | 85.9 | 41 | 77.4 | 1054 | 88.6 |
| | Female | 281 | 95.6 | 264 | 93.3 | 252 | 92.3 | 248 | 87.0 | 52 | 88.1 | 1097 | 91.9 |
| | Total | 547 | 94.3 | 528 | 91.3 | 516 | 90.1 | 467 | 86.5 | 93 | 83.0 | 2151 | 90.3 |
| On medication | Male | 1 | 0.3 | 6 | 2.0 | 8 | 2.7 | 19 | 7.5 | 8 | 15.1 | 42 | 3.5 |
| | Female | 1 | 0.3 | 6 | 2.1 | 6 | 2.2 | 18 | 6.3 | 3 | 5.1 | 34 | 2.8 |
| | Total | 2 | 0.3 | 12 | 2.1 | 14 | 2.4 | 37 | 6.9 | 11 | 9.8 | 76 | 3.2 |
| Previously medicated | Male | 4 | 1.4 | 4 | 1.4 | 5 | 1.7 | 5 | 2.0 | 2 | 3.8 | 20 | 1.7 |
| | Female | 0 | 0.0 | 5 | 1.8 | 7 | 2.6 | 8 | 2.8 | 3 | 5.1 | 23 | 1.9 |
| | Total | 4 | 0.7 | 9 | 1.6 | 12 | 2.1 | 13 | 2.4 | 5 | 4.5 | 43 | 1.8 |
| Not treated | Male | 15 | 5.2 | 21 | 7.1 | 23 | 7.7 | 12 | 4.7 | 2 | 3.8 | 73 | 6.1 |
| | Female | 12 | 4.1 | 8 | 2.8 | 8 | 2.9 | 11 | 3.9 | 1 | 1.7 | 40 | 3.4 |
| | Total | 27 | 4.7 | 29 | 5.0 | 31 | 5.4 | 23 | 4.3 | 3 | 2.7 | 113 | 4.7 |

Hyperlipidemia

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 254 | 88.8 | 246 | 83.4 | 251 | 83.7 | 215 | 84.3 | 49 | 92.5 | 1015 | 85.4 |
| | Female | 283 | 96.3 | 232 | 82.0 | 192 | 70.3 | 204 | 71.6 | 42 | 71.2 | 953 | 79.8 |
| | Total | 537 | 92.6 | 478 | 82.7 | 443 | 77.3 | 419 | 77.6 | 91 | 81.3 | 1968 | 82.6 |
| On medication | Male | 3 | 1.0 | 19 | 6.4 | 21 | 7.0 | 27 | 10.6 | 3 | 5.7 | 73 | 6.1 |
| | Female | 2 | 0.7 | 16 | 5.7 | 46 | 16.8 | 49 | 17.2 | 14 | 23.7 | 127 | 10.6 |
| | Total | 5 | 0.9 | 35 | 6.1 | 67 | 11.7 | 76 | 14.1 | 17 | 15.2 | 200 | 8.4 |
| Previously medicated | Male | 4 | 1.4 | 8 | 2.7 | 8 | 2.7 | 4 | 1.6 | 0 | 0.0 | 24 | 2.0 |
| | Female | 1 | 0.3 | 7 | 2.5 | 7 | 2.6 | 7 | 2.5 | 1 | 1.7 | 23 | 1.9 |
| | Total | 5 | 0.9 | 15 | 2.6 | 15 | 2.6 | 11 | 2.0 | 1 | 0.9 | 47 | 2.0 |
| Not treated | Male | 25 | 8.7 | 22 | 7.5 | 20 | 6.7 | 9 | 3.5 | 1 | 1.9 | 77 | 6.5 |
| | Female | 8 | 2.7 | 28 | 9.9 | 28 | 10.3 | 25 | 8.8 | 2 | 3.4 | 91 | 7.6 |
| | Total | 33 | 5.7 | 50 | 8.7 | 48 | 8.4 | 34 | 6.3 | 3 | 2.7 | 168 | 7.0 |

Renal disease

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 274 | 95.8 | 285 | 96.6 | 283 | 94.3 | 246 | 96.5 | 50 | 94.3 | 1138 | 95.7 |
| | Female | 290 | 98.6 | 269 | 95.1 | 256 | 93.8 | 267 | 93.7 | 54 | 91.5 | 1136 | 95.1 |
| | Total | 564 | 97.2 | 554 | 95.8 | 539 | 94.1 | 513 | 95.0 | 104 | 92.9 | 2274 | 95.4 |
| On medication | Male | 1 | 0.3 | 2 | 0.7 | 4 | 1.3 | 4 | 1.6 | 0 | 0.0 | 11 | 0.9 |
| | Female | 0 | 0.0 | 0 | 0.0 | 3 | 1.1 | 3 | 1.1 | 1 | 1.7 | 7 | 0.6 |
| | Total | 1 | 0.2 | 2 | 0.3 | 7 | 1.2 | 7 | 1.3 | 1 | 0.9 | 18 | 0.8 |
| Previously medicated | Male | 11 | 3.8 | 8 | 2.7 | 13 | 4.3 | 4 | 1.6 | 3 | 5.7 | 39 | 3.3 |
| | Female | 4 | 1.4 | 14 | 4.9 | 13 | 4.8 | 12 | 4.2 | 3 | 5.1 | 46 | 3.9 |
| | Total | 15 | 2.6 | 22 | 3.8 | 26 | 4.5 | 16 | 3.0 | 6 | 5.4 | 85 | 3.6 |
| Not treated | 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 | 1 | 0.4 | 3 | 1.1 | 1 | 1.7 | 5 | 0.4 |
| | Total | 0 | 0.0 | 0 | 0.0 | 1 | 0.2 | 4 | 0.7 | 1 | 0.9 | 6 | 0.3 |

Liver disease

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 274 | 95.8 | 277 | 93.9 | 279 | 93.0 | 236 | 92.5 | 48 | 90.6 | 1114 | 93.7 |
| | Female | 287 | 97.6 | 271 | 95.8 | 262 | 96.0 | 269 | 94.4 | 56 | 94.9 | 1145 | 95.9 |
| | Total | 561 | 96.7 | 548 | 94.8 | 541 | 94.4 | 505 | 93.5 | 104 | 92.9 | 2259 | 94.8 |
| On medication | Male | 2 | 0.7 | 6 | 2.0 | 5 | 1.7 | 7 | 2.7 | 3 | 5.7 | 23 | 1.9 |
| | Female | 1 | 0.3 | 2 | 0.7 | 3 | 1.1 | 3 | 1.1 | 0 | 0.0 | 9 | 0.8 |
| | Total | 3 | 0.5 | 8 | 1.4 | 8 | 1.4 | 10 | 1.9 | 3 | 2.7 | 32 | 1.3 |
| Previously medicated | Male | 4 | 1.4 | 7 | 2.4 | 13 | 4.3 | 8 | 3.1 | 1 | 1.9 | 33 | 2.8 |
| | Female | 3 | 1.0 | 6 | 2.1 | 7 | 2.6 | 9 | 3.2 | 3 | 5.1 | 28 | 2.3 |
| | Total | 7 | 1.2 | 13 | 2.2 | 20 | 3.5 | 17 | 3.1 | 4 | 3.6 | 61 | 2.6 |
| Not treated | Male | 6 | 2.1 | 5 | 1.7 | 3 | 1.0 | 4 | 1.6 | 1 | 1.9 | 19 | 1.6 |
| | Female | 3 | 1.0 | 4 | 1.4 | 1 | 0.4 | 4 | 1.4 | 0 | 0.0 | 12 | 1.0 |
| | Total | 9 | 1.6 | 9 | 1.6 | 4 | 0.7 | 8 | 1.5 | 1 | 0.9 | 31 | 1.3 |

Cholecystitis and gallstone

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 278 | 97.2 | 275 | 93.2 | 277 | 92.3 | 227 | 89.0 | 43 | 81.1 | 1100 | 92.5 |
| | Female | 282 | 95.9 | 267 | 94.3 | 252 | 92.3 | 249 | 87.4 | 53 | 89.8 | 1103 | 92.4 |
| | Total | 560 | 96.6 | 542 | 93.8 | 529 | 92.3 | 476 | 88.1 | 96 | 85.7 | 2203 | 92.4 |
| On medication | Male | 0 | 0.0 | 0 | 0.0 | 1 | 0.3 | 3 | 1.2 | 1 | 1.9 | 5 | 0.4 |
| | Female | 0 | 0.0 | 0 | 0.0 | 2 | 0.7 | 0 | 0.0 | 0 | 0.0 | 2 | 0.2 |
| | Total | 0 | 0.0 | 0 | 0.0 | 3 | 0.5 | 3 | 0.6 | 1 | 0.9 | 7 | 0.3 |
| Previously medicated | Male | 7 | 2.4 | 15 | 5.1 | 16 | 5.3 | 21 | 8.2 | 8 | 15.1 | 67 | 5.6 |
| | Female | 8 | 2.7 | 14 | 4.9 | 13 | 4.8 | 27 | 9.5 | 5 | 8.5 | 67 | 5.6 |
| | Total | 15 | 2.6 | 29 | 5.0 | 29 | 5.1 | 48 | 8.9 | 13 | 11.6 | 134 | 5.6 |
| Not treated | Male | 1 | 0.3 | 5 | 1.7 | 6 | 2.0 | 4 | 1.6 | 1 | 1.9 | 17 | 1.4 |
| | Female | 4 | 1.4 | 2 | 0.7 | 6 | 2.2 | 9 | 3.2 | 1 | 1.7 | 22 | 1.8 |
| | Total | 5 | 0.9 | 7 | 1.2 | 12 | 2.1 | 13 | 2.4 | 2 | 1.8 | 39 | 1.6 |

Diabetes mellitus

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 279 | 97.6 | 274 | 92.9 | 261 | 87.0 | 227 | 89.0 | 44 | 83.0 | 1085 | 91.3 |
| | Female | 289 | 98.3 | 271 | 95.8 | 251 | 91.9 | 262 | 91.9 | 52 | 88.1 | 1125 | 94.2 |
| | Total | 568 | 97.9 | 545 | 94.3 | 512 | 89.4 | 489 | 90.6 | 96 | 85.7 | 2210 | 92.7 |
| On medication | Male | 4 | 1.4 | 15 | 5.1 | 30 | 10.0 | 24 | 9.4 | 4 | 7.5 | 77 | 6.5 |
| | Female | 2 | 0.7 | 8 | 2.8 | 17 | 6.2 | 16 | 5.6 | 4 | 6.8 | 47 | 3.9 |
| | Total | 6 | 1.0 | 23 | 4.0 | 47 | 8.2 | 40 | 7.4 | 8 | 7.1 | 124 | 5.2 |
| Previously medicated | Male | 0 | 0.0 | 1 | 0.3 | 5 | 1.7 | 2 | 0.8 | 3 | 5.7 | 11 | 0.9 |
| | Female | 0 | 0.0 | 3 | 1.1 | 3 | 1.1 | 3 | 1.1 | 1 | 1.7 | 10 | 0.8 |
| | Total | 0 | 0.0 | 4 | 0.7 | 8 | 1.4 | 5 | 0.9 | 4 | 3.6 | 21 | 0.9 |
| Not treated | Male | 3 | 1.0 | 5 | 1.7 | 4 | 1.3 | 2 | 0.8 | 2 | 3.8 | 16 | 1.3 |
| | Female | 3 | 1.0 | 1 | 0.4 | 2 | 0.7 | 4 | 1.4 | 2 | 3.4 | 12 | 1.0 |
| | Total | 6 | 1.0 | 6 | 1.0 | 6 | 1.0 | 6 | 1.1 | 4 | 3.6 | 28 | 1.2 |

Peptic ulcer

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| Not recorded | Male | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | Female | 1 | 0.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.1 |
| | Total | 1 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.0 |
| None | Male | 252 | 88.1 | 228 | 77.3 | 234 | 78.0 | 196 | 76.9 | 35 | 66.0 | 945 | 79.5 |
| | Female | 275 | 93.5 | 259 | 91.5 | 248 | 90.8 | 264 | 92.6 | 50 | 84.7 | 1096 | 91.8 |
| | Total | 527 | 90.9 | 487 | 84.3 | 482 | 84.1 | 460 | 85.2 | 85 | 75.9 | 2041 | 85.6 |
| On medication | Male | 1 | 0.3 | 5 | 1.7 | 5 | 1.7 | 10 | 3.9 | 2 | 3.8 | 23 | 1.9 |
| | Female | 1 | 0.3 | 2 | 0.7 | 2 | 0.7 | 3 | 1.1 | 3 | 5.1 | 11 | 0.9 |
| | Total | 2 | 0.3 | 7 | 1.2 | 7 | 1.2 | 13 | 2.4 | 5 | 4.5 | 34 | 1.4 |
| Previously medicated | Male | 26 | 9.1 | 53 | 18.0 | 56 | 18.7 | 48 | 18.8 | 16 | 30.2 | 199 | 16.7 |
| | Female | 15 | 5.1 | 19 | 6.7 | 21 | 7.7 | 18 | 6.3 | 6 | 10.2 | 79 | 6.6 |
| | Total | 41 | 7.1 | 72 | 12.5 | 77 | 13.4 | 66 | 12.2 | 22 | 19.6 | 278 | 11.7 |
| Not treated | Male | 7 | 2.4 | 9 | 3.1 | 5 | 1.7 | 1 | 0.4 | 0 | 0.0 | 22 | 1.9 |
| | Female | 2 | 0.7 | 3 | 1.1 | 2 | 0.7 | 0 | 0.0 | 0 | 0.0 | 7 | 0.6 |
| | Total | 9 | 1.6 | 12 | 2.1 | 7 | 1.2 | 1 | 0.2 | 0 | 0.0 | 29 | 1.2 |

Tuberculosis or plauritis

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| Not recorded | Male | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | Female | 0 | 0.0 | 1 | 0.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.1 |
| | Total | 0 | 0.0 | 1 | 0.2 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.0 |
| None | Male | 280 | 97.9 | 292 | 99.0 | 281 | 93.7 | 218 | 85.5 | 42 | 79.2 | 1113 | 93.6 |
| | Female | 290 | 98.6 | 276 | 97.5 | 269 | 98.5 | 258 | 90.5 | 48 | 81.4 | 1141 | 95.6 |
| | Total | 570 | 98.3 | 568 | 98.3 | 550 | 96.0 | 476 | 88.1 | 90 | 80.4 | 2254 | 94.6 |
| On medication | 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 |
| Previously medicated | Male | 6 | 2.1 | 3 | 1.0 | 18 | 6.0 | 35 | 13.7 | 9 | 17.0 | 71 | 6.0 |
| | Female | 3 | 1.0 | 6 | 2.1 | 4 | 1.5 | 26 | 9.1 | 11 | 18.6 | 50 | 4.2 |
| | Total | 9 | 1.6 | 9 | 1.6 | 22 | 3.8 | 61 | 11.3 | 20 | 17.9 | 121 | 5.1 |
| Not treated | Male | 0 | 0.0 | 0 | 0.0 | 1 | 0.3 | 1 | 0.4 | 2 | 3.8 | 4 | 0.3 |
| | Female | 1 | 0.3 | 0 | 0.0 | 0 | 0.0 | 1 | 0.4 | 0 | 0.0 | 2 | 0.2 |
| | Total | 1 | 0.2 | 0 | 0.0 | 1 | 0.2 | 2 | 0.4 | 2 | 1.8 | 6 | 0.3 |

Bronchial asthma

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 266 | 93.0 | 284 | 96.3 | 292 | 97.3 | 246 | 96.5 | 52 | 98.1 | 1140 | 95.9 |
| | Female | 277 | 94.2 | 268 | 94.7 | 263 | 96.3 | 271 | 95.1 | 57 | 96.6 | 1136 | 95.1 |
| | Total | 543 | 93.6 | 552 | 95.5 | 555 | 96.9 | 517 | 95.7 | 109 | 97.3 | 2276 | 95.5 |
| On medication | Male | 6 | 2.1 | 3 | 1.0 | 3 | 1.0 | 6 | 2.4 | 0 | 0.0 | 18 | 1.5 |
| | Female | 2 | 0.7 | 3 | 1.1 | 4 | 1.5 | 2 | 0.7 | 1 | 1.7 | 12 | 1.0 |
| | Total | 8 | 1.4 | 6 | 1.0 | 7 | 1.2 | 8 | 1.5 | 1 | 0.9 | 30 | 1.3 |
| Previously medicated | Male | 14 | 4.9 | 8 | 2.7 | 5 | 1.7 | 3 | 1.2 | 1 | 1.9 | 31 | 2.6 |
| | Female | 14 | 4.8 | 12 | 4.2 | 6 | 2.2 | 11 | 3.9 | 1 | 1.7 | 44 | 3.7 |
| | Total | 28 | 4.8 | 20 | 3.5 | 11 | 1.9 | 14 | 2.6 | 2 | 1.8 | 75 | 3.1 |
| Not treated | Male | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | Female | 1 | 0.3 | 0 | 0.0 | 0 | 0.0 | 1 | 0.4 | 0 | 0.0 | 2 | 0.2 |
| | Total | 1 | 0.2 | 0 | 0.0 | 0 | 0.0 | 1 | 0.2 | 0 | 0.0 | 2 | 0.1 |

## Chronic bronchitis

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 284 | 99.3 | 287 | 97.3 | 292 | 97.3 | 243 | 95.3 | 48 | 90.6 | 1154 | 97.1 |
| | Female | 289 | 98.3 | 278 | 98.2 | 269 | 98.5 | 264 | 92.6 | 56 | 94.9 | 1156 | 96.8 |
| | Total | 573 | 98.8 | 565 | 97.8 | 561 | 97.9 | 507 | 93.9 | 104 | 92.9 | 2310 | 96.9 |
| On medication | Male | 0 | 0.0 | 1 | 0.3 | 4 | 1.3 | 3 | 1.2 | 4 | 7.5 | 12 | 1.0 |
| | Female | 0 | 0.0 | 0 | 0.0 | 3 | 1.1 | 8 | 2.8 | 2 | 3.4 | 13 | 1.1 |
| | Total | 0 | 0.0 | 1 | 0.2 | 7 | 1.2 | 11 | 2.0 | 6 | 5.4 | 25 | 1.0 |
| Previously medicated | Male | 2 | 0.7 | 5 | 1.7 | 4 | 1.3 | 8 | 3.1 | 0 | 0.0 | 19 | 1.6 |
| | Female | 5 | 1.7 | 5 | 1.8 | 1 | 0.4 | 10 | 3.5 | 1 | 1.7 | 22 | 1.8 |
| | Total | 7 | 1.2 | 10 | 1.7 | 5 | 0.9 | 18 | 3.3 | 1 | 0.9 | 41 | 1.7 |
| Not treated | Male | 0 | 0.0 | 2 | 0.7 | 0 | 0.0 | 1 | 0.4 | 1 | 1.9 | 4 | 0.3 |
| | Female | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3 | 1.1 | 0 | 0.0 | 3 | 0.3 |
| | Total | 0 | 0.0 | 2 | 0.3 | 0 | 0.0 | 4 | 0.7 | 1 | 0.9 | 7 | 0.3 |

## Anemia

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| Not recorded | Male | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| | Female | 0 | 0.0 | 0 | 0.0 | 1 | 0.4 | 1 | 0.4 | 0 | 0.0 | 2 | 0.2 |
| | Total | 0 | 0.0 | 0 | 0.0 | 1 | 0.2 | 1 | 0.2 | 0 | 0.0 | 2 | 0.1 |
| None | Male | 282 | 98.6 | 285 | 96.6 | 290 | 96.7 | 239 | 93.7 | 44 | 83.0 | 1140 | 95.9 |
| | Female | 198 | 67.3 | 191 | 67.5 | 226 | 82.8 | 243 | 85.3 | 45 | 76.3 | 903 | 75.6 |
| | Total | 480 | 82.8 | 476 | 82.4 | 516 | 90.1 | 482 | 89.3 | 89 | 79.5 | 2043 | 85.7 |
| On medication | Male | 0 | 0.0 | 0 | 0.0 | 1 | 0.3 | 1 | 0.4 | 0 | 0.0 | 2 | 0.2 |
| | Female | 4 | 1.4 | 1 | 0.4 | 1 | 0.4 | 2 | 0.7 | 5 | 8.5 | 13 | 1.1 |
| | Total | 4 | 0.7 | 1 | 0.2 | 2 | 0.3 | 3 | 0.6 | 5 | 4.5 | 15 | 0.6 |
| Previously medicated | Male | 2 | 0.7 | 3 | 1.0 | 5 | 1.7 | 3 | 1.2 | 4 | 7.5 | 17 | 1.4 |
| | Female | 75 | 25.5 | 76 | 26.9 | 34 | 12.5 | 29 | 10.2 | 7 | 11.9 | 221 | 18.5 |
| | Total | 77 | 13.3 | 79 | 13.7 | 39 | 6.8 | 32 | 5.9 | 11 | 9.8 | 238 | 10.0 |
| Not treated | Male | 2 | 0.7 | 7 | 2.4 | 4 | 1.3 | 12 | 4.7 | 5 | 9.4 | 30 | 2.5 |
| | Female | 17 | 5.8 | 15 | 5.3 | 11 | 4.0 | 10 | 3.5 | 2 | 3.4 | 55 | 4.6 |
| | Total | 19 | 3.3 | 22 | 3.8 | 15 | 2.6 | 22 | 4.1 | 7 | 6.3 | 85 | 3.6 |

## Osteoporosis

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| Not recorded | Male | 0 | 0.0 | 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 | 1 | 0.4 | 0 | 0.0 | 1 | 0.1 |
| | Total | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.2 | 0 | 0.0 | 1 | 0.0 |
| None | Male | 285 | 99.7 | 294 | 99.7 | 297 | 99.0 | 248 | 97.3 | 50 | 94.3 | 1174 | 98.7 |
| | Female | 294 | 100.0 | 267 | 94.3 | 242 | 88.6 | 214 | 75.1 | 43 | 72.9 | 1060 | 88.8 |
| | Total | 579 | 99.8 | 561 | 97.1 | 539 | 94.1 | 462 | 85.6 | 93 | 83.0 | 2234 | 93.7 |
| On medication | Male | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 0.8 | 2 | 3.8 | 4 | 0.3 |
| | Female | 0 | 0.0 | 9 | 3.2 | 16 | 5.9 | 37 | 13.0 | 11 | 18.6 | 73 | 6.1 |
| | Total | 0 | 0.0 | 9 | 1.6 | 16 | 2.8 | 39 | 7.2 | 13 | 11.6 | 77 | 3.2 |
| Previously medicated | Male | 0 | 0.0 | 1 | 0.3 | 1 | 0.3 | 1 | 0.4 | 0 | 0.0 | 3 | 0.3 |
| | Female | 0 | 0.0 | 0 | 0.0 | 5 | 1.8 | 15 | 5.3 | 3 | 5.1 | 23 | 1.9 |
| | Total | 0 | 0.0 | 1 | 0.2 | 6 | 1.0 | 16 | 3.0 | 3 | 2.7 | 26 | 1.1 |
| Not treated | Male | 1 | 0.3 | 0 | 0.0 | 2 | 0.7 | 4 | 1.6 | 1 | 1.9 | 8 | 0.7 |
| | Female | 0 | 0.0 | 7 | 2.5 | 10 | 3.7 | 18 | 6.3 | 2 | 3.4 | 37 | 3.1 |
| | Total | 1 | 0.2 | 7 | 1.2 | 12 | 2.1 | 22 | 4.1 | 3 | 2.7 | 45 | 1.9 |

## Arthritis

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| Not recorded | Male | 0 | 0.0 | 1 | 0.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.1 |
| | Female | 0 | 0.0 | 1 | 0.4 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 1 | 0.1 |
| | Total | 0 | 0.0 | 2 | 0.3 | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 | 2 | 0.1 |
| None | Male | 283 | 99.0 | 286 | 96.9 | 280 | 93.3 | 237 | 92.9 | 46 | 86.8 | 1132 | 95.2 |
| | Female | 284 | 96.6 | 261 | 92.2 | 249 | 91.2 | 233 | 81.8 | 47 | 79.7 | 1074 | 89.9 |
| | Total | 567 | 97.8 | 547 | 94.6 | 529 | 92.3 | 470 | 87.0 | 93 | 83.0 | 2206 | 92.6 |
| On medication | Male | 1 | 0.3 | 0 | 0.0 | 2 | 0.7 | 6 | 2.4 | 3 | 5.7 | 12 | 1.0 |
| | Female | 4 | 1.4 | 5 | 1.8 | 6 | 2.2 | 15 | 5.3 | 9 | 15.3 | 39 | 3.3 |
| | Total | 5 | 0.9 | 5 | 0.9 | 8 | 1.4 | 21 | 3.9 | 12 | 10.7 | 51 | 2.1 |
| Previously medicated | Male | 2 | 0.7 | 7 | 2.4 | 16 | 5.3 | 10 | 3.9 | 4 | 7.5 | 39 | 3.3 |
| | Female | 5 | 1.7 | 10 | 3.5 | 15 | 5.5 | 35 | 12.3 | 3 | 5.1 | 68 | 5.7 |
| | Total | 7 | 1.2 | 17 | 2.9 | 31 | 5.4 | 45 | 8.3 | 7 | 6.3 | 107 | 4.5 |
| Not treated | Male | 0 | 0.0 | 1 | 0.3 | 2 | 0.7 | 2 | 0.8 | 0 | 0.0 | 5 | 0.4 |
| | Female | 1 | 0.3 | 6 | 2.1 | 3 | 1.1 | 2 | 0.7 | 0 | 0.0 | 12 | 1.0 |
| | Total | 1 | 0.2 | 7 | 1.2 | 5 | 0.9 | 4 | 0.7 | 0 | 0.0 | 17 | 0.7 |

Gout, hyperuricacidemia

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 263 | 92.0 | 274 | 92.9 | 275 | 91.7 | 228 | 89.4 | 50 | 94.3 | 1090 | 91.7 |
| | Female | 293 | 99.7 | 280 | 98.9 | 267 | 97.8 | 272 | 95.4 | 57 | 96.6 | 1169 | 97.9 |
| | Total | 556 | 95.9 | 554 | 95.8 | 542 | 94.6 | 500 | 92.6 | 107 | 95.5 | 2259 | 94.8 |
| On medication | Male | 7 | 2.4 | 14 | 4.7 | 12 | 4.0 | 16 | 6.3 | 2 | 3.8 | 51 | 4.3 |
| | Female | 0 | 0.0 | 0 | 0.0 | 2 | 0.7 | 4 | 1.4 | 1 | 1.7 | 7 | 0.6 |
| | Total | 7 | 1.2 | 14 | 2.4 | 14 | 2.4 | 20 | 3.7 | 3 | 2.7 | 58 | 2.4 |
| Previously medicated | Male | 11 | 3.8 | 5 | 1.7 | 11 | 3.7 | 10 | 3.9 | 1 | 1.9 | 38 | 3.2 |
| | Female | 0 | 0.0 | 2 | 0.7 | 0 | 0.0 | 5 | 1.8 | 0 | 0.0 | 7 | 0.6 |
| | Total | 11 | 1.9 | 7 | 1.2 | 11 | 1.9 | 15 | 2.8 | 1 | 0.9 | 45 | 1.9 |
| Not treated | Male | 5 | 1.7 | 2 | 0.7 | 2 | 0.7 | 1 | 0.4 | 0 | 0.0 | 10 | 0.8 |
| | Female | 1 | 0.3 | 1 | 0.4 | 4 | 1.5 | 4 | 1.4 | 1 | 1.7 | 11 | 0.9 |
| | Total | 6 | 1.0 | 3 | 0.5 | 6 | 1.0 | 5 | 0.9 | 1 | 0.9 | 21 | 0.9 |


Thyroid disease

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| None | Male | 282 | 98.6 | 292 | 99.0 | 296 | 98.7 | 250 | 98.0 | 50 | 94.3 | 1170 | 98.4 |
| | Female | 279 | 94.9 | 263 | 92.9 | 261 | 95.6 | 266 | 93.3 | 56 | 94.9 | 1125 | 94.2 |
| | Total | 561 | 96.7 | 555 | 96.0 | 557 | 97.2 | 516 | 95.6 | 106 | 94.6 | 2295 | 96.3 |
| On medication | Male | 2 | 0.7 | 1 | 0.3 | 1 | 0.3 | 2 | 0.8 | 2 | 3.8 | 8 | 0.7 |
| | Female | 4 | 1.4 | 6 | 2.1 | 3 | 1.1 | 8 | 2.8 | 1 | 1.7 | 22 | 1.8 |
| | Total | 6 | 1.0 | 7 | 1.2 | 4 | 0.7 | 10 | 1.9 | 3 | 2.7 | 30 | 1.3 |
| Previously medicated | Male | 2 | 0.7 | 2 | 0.7 | 2 | 0.7 | 2 | 0.8 | 0 | 0.0 | 8 | 0.7 |
| | Female | 9 | 3.1 | 10 | 3.5 | 8 | 2.9 | 10 | 3.5 | 2 | 3.4 | 39 | 3.3 |
| | Total | 11 | 1.9 | 12 | 2.1 | 10 | 1.7 | 12 | 2.2 | 2 | 1.8 | 47 | 2.0 |
| Not treated | Male | 0 | 0.0 | 0 | 0.0 | 1 | 0.3 | 1 | 0.4 | 1 | 1.9 | 3 | 0.3 |
| | Female | 2 | 0.7 | 4 | 1.4 | 1 | 0.4 | 1 | 0.4 | 0 | 0.0 | 8 | 0.7 |
| | Total | 2 | 0.3 | 4 | 0.7 | 2 | 0.3 | 2 | 0.4 | 1 | 0.9 | 11 | 0.5 |