



## Men, Women and Ageing: Australian Longitudinal Study on Women's Health and Perth Health in Men Study

*NHMRC/ARC Ageing Well, Ageing Productively Grant*

Australian Association of Gerontology  
November, 2007, Adelaide




## Outline

- Descriptions of
  - Australian Longitudinal Study on Women's Health
  - Health In Men Study
- Bringing them together
- Research questions
- Progress to date

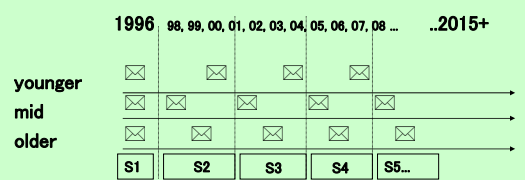
### Australian Longitudinal Study on Women's Health

- Cohort study – health, well-being and health service use of Australian women
- Social view of health
- Started 1996 – to continue until at least 2015
- National – over 40,000 participants
- Funded by Australian Department of Health & Ageing

### Australian Longitudinal Study on Women's Health: outline

- Three age groups: 18-23, 45-50 and 70-75 years in 1996
- Sampled randomly from Medicare database
- Systematic over-sampling in rural/remote areas
- Postal surveys every 3 years
- Linkage to Medicare database
- Additional sub-studies on particular issues

### Australian Longitudinal Study on Women's Health: Study Design



1996 98, 99, 00, 01, 02, 03, 04, 05, 06, 07, 08 ... ..2015+

younger  
 mid  
 older

S1 S2 S3 S4 S5...

Currently completing S5 for mid-aged women and piloting S5 for older women

### Australian Longitudinal Study on Women's Health: Older participants aged 70-75 in 1996

	Survey 1	Survey 2	Survey 3	Survey 4
Deaths since last survey		529	569	769
Too frail/withdrawn since last survey		368	779	888
Non-respondents		1101	1540	1372
Respondents	12,432	10,434	8,647	7158
Retention (% of eligible)		90.5%	84.9%	83.9%

## Health In Men Study

- Men aged 65-83 randomly sampled from electoral roll in 1996-9 for screening trial for Abdominal Aortic Aneurysm (AAA)
- Followed up in 2001-4 for first HIMS study
- Perth area only
- Physical examination, biomarkers, questionnaire
- Funded by NHMRC project grants

## Health In Men Study: participants

AAA attendees	12,203 (100%)
Deaths before HIMS	2,379 (20%)
Non-participants in HIMS	4,240 (35%)
Questionnaire only	1,322 (11%)
HIMS attendees	4,262 (35%)

~ 43% survivors of AAA attended

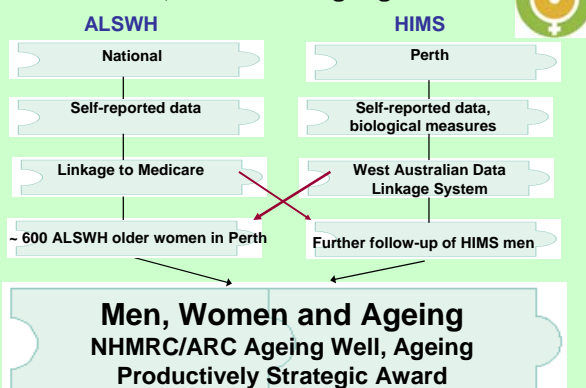
## Health In Men Study: assessments

- New questionnaire
- Height, weight, blood pressure and circumference at waist and hips
- Cognition: Mini Mental State (all men) and Word Recall in 700 men
- Fasting blood sample (lipids, sugar, creatinine, CRP, homocysteine, DNA, archived sera and plasma)

## Health In Men Study: questionnaire

- Repeat Edinburgh Claudication Questionnaire
- Medical history in the last 5 years
- Smoking
- Medication
- Psycho-social – based on ALSWH
- Geriatric Depression Scale

## Men, Women and Ageing



## Men, Women and Ageing

### HIMS + ALSWH questionnaire items in common

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>➤ Medical history</li> <li>➤ Falls</li> <li>➤ CAMDEX (eg sleep)</li> <li>➤ SF36</li> <li>➤ Medications</li> <li>➤ Smoking</li> <li>➤ Hearing &amp; sight problems</li> </ul> | <ul style="list-style-type: none"> <li>➤ Availability of health services</li> <li>➤ Living arrangements</li> <li>➤ Housing</li> <li>➤ Social support</li> <li>➤ Neighbourhood</li> <li>➤ Family support</li> </ul> |
|---|--|

### Men, Women and Ageing: research questions (1)



- What health-related, personal, lifestyle and social factors predict survival and healthy non-disabled life in men and women aged 70-90 years?
- Do changes in lifestyle in older age (eg smoking cessation) affect length and quality of life?
- Who makes greatest use of health services, and who least, and how does this relate to health outcomes?

### Men, Women and Ageing: research questions (2)



- How are health and lifestyle factors related to social connectedness and independent living in older age?
- What health and lifestyle factors predict positive mental health in older age?
- How are older men's and women's lifestyles and health status different, and how are they the same? Should health promotion programs in old age target men and women separately, or not?

### Men, Women and Ageing: progress to date



- Recruited staff
- Starting comparative data analysis
- Approvals for record linkages for ALSWH women in WA and HIMS men
  - mortality
  - hospital morbidity
  - cancer registries
  - aged care

### Men, Women and Ageing: what next?



Further data collection in 2008

- Data from ALSWH Survey 5
- Parallel questionnaire for HIMS participants
- Telephone interviews of HIMS men and WA women to explore cognition and psychological health



Please visit our website for more details  
***menwomenandageing.org***