Harmonization of Cross-National Studies of Aging to the Health and Retirement Study

User Guide: Physical and Anthropometric Measurement

Eunjee Kwon, Peifeng Hu

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USER GUIDE

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Eunjee Kwon
Peifeng Hu

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Table of Contents

Introduction ...................................................................................................................................................................................... 5

Executive Summary and Overview ........................................................................................................................................ 6

1. Methodological Issues across Surveys ................................................................................................................................. 9

  1.1 Blood Pressure and Pulse Rate ................................................................................................................................... 9

  1.2 Balance .............................................................................................................................................................................. 11

  1.3 Walking Speed .............................................................................................................................................................. 13

  1.4 Lung Function ............................................................................................................................................................... 14

  1.5 Grip Strength ................................................................................................................................................................. 15

  1.6 Leg Raise ......................................................................................................................................................................... 17

  1.7 Chair Stand ..................................................................................................................................................................... 17

  1.8 Height ............................................................................................................................................................................... 18

  1.9 Weight .............................................................................................................................................................................. 18

  1.10 Waist Circumference ................................................................................................................................................ 19

  1.11 Hip Circumference .................................................................................................................................................... 19

  1.12 Vision ............................................................................................................................................................................. 20

  1.13 Hearing Exam ............................................................................................................................................................. 20

  1.14 Sitting Height .............................................................................................................................................................. 20

  1.15 Knee Height ................................................................................................................................................................. 20

2. Questionnaire ............................................................................................................................................................................ 22

  2.1 HRS ................................................................................................................................................................................... 24

  2.2 ELSA .................................................................................................................................................................................. 42
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.3 SHARE</td>
<td>53</td>
</tr>
<tr>
<td>2.4 KLoSA</td>
<td>60</td>
</tr>
<tr>
<td>2.5 CHARLS</td>
<td>65</td>
</tr>
<tr>
<td>2.6 TILDA</td>
<td>73</td>
</tr>
<tr>
<td>2.7 MHAS</td>
<td>80</td>
</tr>
<tr>
<td>2.8 JSTAR</td>
<td>90</td>
</tr>
<tr>
<td>3.1 HRS</td>
<td>99</td>
</tr>
<tr>
<td>3.2 ELSA</td>
<td>108</td>
</tr>
<tr>
<td>3.3 SHARE</td>
<td>113</td>
</tr>
<tr>
<td>3.4 KLoSA</td>
<td>117</td>
</tr>
<tr>
<td>3.5 CHARLS</td>
<td>121</td>
</tr>
<tr>
<td>3.6 TILDA</td>
<td>127</td>
</tr>
<tr>
<td>3.7 MHAS</td>
<td>134</td>
</tr>
<tr>
<td>3.8 JSTAR</td>
<td>142</td>
</tr>
</tbody>
</table>
LIST OF TABLES

Table 1. Summary of Blood Pressure Measures and Pulse Rate in Each Survey .............................................. 10
Table 2. Summary of Balance Measure in Each Survey ...................................................................................... 12
Table 3. Summary of Walking Speed Measure in Each Survey ........................................................................ 13
Table 4. Summary of Lung Function Measure in Each Survey .......................................................................... 14
Table 5. Summary of Grip Strength Measure in Each Survey ........................................................................... 16
Table 6. Summary of Leg Raise / Chair Stands Measure in Each Survey ........................................................... 18
Table 7. Summary of Anthropometric Measurements in Each Survey .............................................................. 21
Table 8. Inventory of Physical Measures across Surveys .................................................................................... 22
Introduction

Identifying comparable measures across global aging surveys is essential for cross-country analysis. This guide provides an overview of harmonization of physical and anthropometric measurements across the surveys within the family of Health Retirement Study (HRS). The surveys included are the Health and Retirement Study (HRS), English Longitudinal Study of Ageing (ELSA), Survey of Health, Ageing, and Retirement in Europe (SHARE), Korean Longitudinal Study of Aging (KLoSA), China Health and Retirement Longitudinal Study (CHARLS), The Irish Longitudinal Study on Aging (TILDA), Mexican Health and Aging Survey (MHAS), and Japanese Study on Aging and Retirement (JSTAR). The measures we have reviewed in this guide include blood pressure, pulse rate, balance, walking speed, lung function, grip strength, leg raise, chair stand, height, weight, waist circumference, hip circumference, vision, hearing, sitting height, and knee height.

This guide is designed to provide researchers with documentation about the concepts, measures, questions, and protocols of particular physical and anthropometric domains in all HRS-family surveys. It summarizes, compares, and expands the information found in codebooks, questionnaires, and data descriptions. We hope this guide accelerates scientific advances, by helping researchers save time and better understand what can be studied within HRS-family surveys.

This guide consists of the following chapters. In the first chapter, we elaborate the methodological issues of each measure across surveys. The second chapter presents questionnaires of each survey. The last chapter lists biomarker measurement protocols or nurse guides from each survey.
Executive Summary and Overview


**Blood Pressure and Pulse Rate**

- All surveys except for KLoSA [HRS, ELSA, SHARE (Germany Wave 4 only), CHARLS, TILDA, MHAS, and JSTAR] measured systolic and diastolic blood pressure of respondents.
- HRS, ELSA, CHARLS, and JSTAR collected pulse rate of respondents as well.
- Studies vary in number of measurement and preferred arm for measurement.

**Balance**

- HRS, ELSA, and CHARLS have three balance positions: semi-tandem, full-tandem, and side-by-side.
- In HRS and CHARLS, conditional on respondents’ success of initial semi-tandem stance, one of the two remaining balance positions were tested. In ELSA, respondents started with side-by-side, then semi-tandem if he/she completed side-by-side, and finally full-tandem, if he/she completed semi-tandem.

**Walking Speed**

- HRS, SHARE, CHARLS, and MHAS measured walking speed of respondents, with length of walking courses varying from 2.5 to 3 meters.

---

\(^1\) Some physical measures (height, waist circumference, and blood pressure) were only done in Germany.
TILDA did a timed up-and-go test.

**Lung Function**
- HRS and CHARLS took 3 measurements of peak flow rate with 30 seconds interval. SHARE also measured peak flow during waves 2 and 4. But, no detailed information is available.
- ELSA used spirometry to collect forced vital capacity (FVC), forced expiratory volume (FEV) and peak flow (PF) information from three acceptable blows from each eligible respondent.

**Grip Strength**
- All surveys measured grip strength of respondents.
- Studies vary in whether to measure grip strength of both hands or dominant hand only.

**Leg Raise**
- ELSA and MHAS measured leg raise.
- These two studies differ in age eligibility, duration of the test, and whether respondents need to close eyes during the test.

**Chair Stand**
- Only ELSA and CHARLS ask respondents to stand up and down five times at the fastest pace.

**Height**
- HRS used inches, and ELSA, SHARE, CHARLS, TILDA, MHAS, and JSTAR used centimeter as unit for height measurement. KLoSA collected self-reported height in centimeters.

**Weight**
- HRS used pounds, ELSA, SHARE, CHARLS, TILDA, and MHAS used kilogram as unit for weight measurement. KLoSA and JSTAR collected self-reported weights in kilogram.

**Waist Circumference**
- HRS used inches, ELSA, SHARE, CHARLS, TILDA, MHAS, and JSTAR used centimeters for waist circumference measurement.
- Studies differ in measurement protocols (at the level of navel vs. midway between the iliac crest and the costal margin).
**Hip Circumference**
- ELSA, TILDA, and MHAS used centimeter as unit for hip circumference. ELSA and TILDA measured hip circumference at least twice, while MHAS only measured it once.

**Vision**
- HRS, ELSA, SHARE, KLoSA, CHARLS, MHAS, and JSTAR have self-reported vision information.
  - TILDA used LogMAR chart to measure visual acuity.

**Hearing**
- In HRS, self-reported hearing ability questions were asked before 2016. In 2016, hearing was also objectively tested using HearCheck Device, in addition to the self-reported questions.
  - ELSA, SHARE, KLOSA, CHARLS, TILDA, MHAS, and JSTAR have self-reported questions only.

**Sitting Height**
- Sitting height was measured in centimeter in ELSA (wave 2,4), MHAS, and JSTAR.

**Knee Height**
- Knee height was measured in centimeters in CHARLS and MHAS.
1. Methodological Issues across Surveys

Establishing comparability of physical measures across surveys requires careful evaluation, as each survey may have subtle or even significant differences in how physical parameters are measured. In this chapter, we summarize methodological similarities and differences of each physical measure across the surveys. Specifically, this section focuses on a few salient features that could potentially affect measurement results.

1.1 Blood Pressure and Pulse Rate

1.1.1 Measurement

All surveys except for KLoSA [HRS, ELSA, SHARE (Germany Wave 4 only), CHARLS, TILDA, MHAS, and JSTAR] measured systolic and diastolic blood pressure of respondents (Table 1). HRS, ELSA, CHARLS, and JSTAR collected pulse rate of respondents as well.

1.1.2 Equipment

Omron monitors were used to measure blood pressure and pulse rate by many surveys. HRS used Omron HEM-780 Intellisense automated blood pressure monitor with ComFit cuff, CHARLS used Omron HEM-7200 monitor, and TILDA used OMRON Model M10-IT. No detailed model information of Omron monitors is available for ELSA, MHAS, and JSTAR. SHARE does not specify which blood pressure monitor was used.

1.1.3 Number of Measurements, Interval, and Measured Arms

HRS and CHARLS took blood pressure and pulse from respondent’s left arm 3 times, with 45 to 60 seconds interval between measurements. ELSA measured 3 times from right arm, but the protocol does not specify time gap between measurements. TILDA measured 2 times with 1-minute gap from whichever arm that was more convenient to a respondent. MHAS measured 2 times from left arm and JSTAR measured 3 times from left arm.
1.1.4 Position

All surveys measure blood pressure and pulse in sitting position if possible. Most surveys (HRS, CHARLS, MHAS, JSTAR) measure blood pressure and pulse on the left arm. ELSA measured blood pressure and pulse on right arm, while TILDA used whichever arm more convenient to respondents.

Table 1. Summary of Blood Pressure Measures and Pulse Rate in Each Survey

<table>
<thead>
<tr>
<th>Measures</th>
<th>HRS</th>
<th>ELSA</th>
<th>SHARE</th>
<th>KLoSA</th>
<th>CHARLS</th>
<th>TILDA</th>
<th>MHAS</th>
<th>JSTAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country</td>
<td>United States</td>
<td>England</td>
<td>20+ European</td>
<td>S. Korea</td>
<td>China</td>
<td>Ireland</td>
<td>Mexico</td>
<td>Japan</td>
</tr>
<tr>
<td>Measures</td>
<td>Systolic, Diastolic, Pulse</td>
<td>Systolic, Diastolic, Pulse</td>
<td>(Germany, w4 only) Systolic, Diastolic,</td>
<td></td>
<td>Systolic, Diastolic, Pulse</td>
<td></td>
<td>Systolic, Diastolic</td>
<td>Systolic, Diastolic, Pulse</td>
</tr>
<tr>
<td>Equipment</td>
<td>Omron HEM-780 Intellisense automated blood pressure monitor, with ComFit cuff.</td>
<td>Omron monitors</td>
<td>Electronic blood pressure monitor</td>
<td></td>
<td>Omron HEM-7200 monitor, (wave 1 only) OMRONTM digital automatic blood pressure monitor (Model M10-IT) with arm cuff.</td>
<td></td>
<td>Electronic sphygmomanometer (OMRON)</td>
<td>OMRON machines</td>
</tr>
<tr>
<td>Number of Measurement</td>
<td>3</td>
<td>3</td>
<td>-</td>
<td></td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Interval</td>
<td>45 – 60 seconds</td>
<td>-</td>
<td>-</td>
<td></td>
<td>45 - 60 seconds</td>
<td>1 min</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Arms</td>
<td>Left arm</td>
<td>Right arm</td>
<td>-</td>
<td></td>
<td>Left arm</td>
<td>Either arm (more convenient)</td>
<td>Left arm</td>
<td>Left arm</td>
</tr>
<tr>
<td>Position</td>
<td>Seated, arm on a flat surface palm facing up so that the center of upper arm is at the same height as heart</td>
<td>Seated</td>
<td>Seated</td>
<td></td>
<td>Seated, arm on a flat surface palm facing up so that the center of upper arm is at the same height as heart</td>
<td>Upright seated position, with arm on a table, asked not to talk or move</td>
<td>Sitting in an armchair or with a table</td>
<td>Position (sitting position /standing position/Other) can vary</td>
</tr>
</tbody>
</table>
1.2 Balance

1.2.1 Measurement
HRS, ELSA, and CHARLS have three balance measures: semi-tandem, full-tandem, and side-by-side (Table 2). In HRS and CHARLS, conditional on respondents’ success of initial semi-tandem stance, one of the two remaining balance positions were tested. In ELSA, conditional on respondents’ success of previous measure, from one to three positions were tested.

1.2.2 Sequence
In HRS and CHARLS, all respondents tried semi-tandem first and then did either full-tandem (if the respondent had successfully completed semi-tandem) or side-by-side (if the respondent could not complete semi-tandem). In ELSA, respondents started with side-by-side, then semi-tandem if he/she completed side-by-side, and finally full-tandem, if he/she completed semi-tandem.

1.2.3 Equipment
HRS and CHARLS used a diagram showing the foot positions for the different balance stands and a stop watch. For ELSA, 3 balance positions were demonstrated by nurses.

1.2.4 Age and Duration
All surveys measured semi-tandem and side-by-side for 10 seconds, regardless of respondents’ age. For full-tandem, age and duration vary across surveys. In HRS, respondents aged 70 and above were asked to complete a full-tandem test for 30 seconds, while those who were younger than 70 were asked to complete a 60 seconds full-tandem test. (age cut-off was 65 in 2006, and 70 in the studies after 2006). In ELSA, respondents below age 70 were asked to complete the full-tandem for 30 seconds, whereas respondents with age 70 or above were asked do it for 10 seconds. Finally, CHARLS asked respondents below 70 to complete the test for 60 seconds and respondents 70 or above for 30 seconds (same as HRS).
### Table 2. Summary of Balance Measure in Each Survey

<table>
<thead>
<tr>
<th>Measures</th>
<th>HRS</th>
<th>ELSA</th>
<th>SHARE 20+ European</th>
<th>SHARE S. Korea</th>
<th>CHARLS</th>
<th>TILDA</th>
<th>MHAS</th>
<th>JSTAR</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Country</strong></td>
<td>United States</td>
<td>England</td>
<td>England</td>
<td>20+ European</td>
<td>S. Korea</td>
<td>China</td>
<td>Ireland</td>
<td>Mexico</td>
</tr>
<tr>
<td><strong>Measures</strong></td>
<td>up to two of the followings: Full Tandem, Semi-Tandem, Side-by-Side</td>
<td>Side by side, semi-tandem, full tandem</td>
<td>Side-by-side, semi-tandem (if complete side-by-side), full-tandem (if complete semi-tandem)</td>
<td>N/A</td>
<td>N/A</td>
<td>full tandem, side by side, semi-tandem</td>
<td>Semi-tandem and either full-tandem (if successful semi-tandem) or side-by-side (if not))</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Sequence</strong></td>
<td>Semi-tandem and either full-tandem (if successful semi-tandem) or side-by-side (if not))</td>
<td>Side-by-side, semi-tandem (if complete side-by-side), full-tandem (if complete semi-tandem)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Equipment</strong></td>
<td>A diagram showing the foot positions for the different balance stands and a stop watch.</td>
<td>Each position was demonstrated by nurses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Age and Duration</strong></td>
<td>semi- and side-by-side: 10 seconds; full: 30 seconds (70+) / 60 seconds (under 70)</td>
<td>semi- and side-by-side: 10 seconds; full: 10 seconds (70+) / 30 seconds (under 70)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: N/A indicates information not available.
1.3 Walking Speed

1.3.1 Measurement
HRS, SHARE, CHARLS, TILDA, MHAS measured walking speed of respondents.

1.3.2 Equipment
HRS and CHARLS used stop watch, tape measure (pre-marked at 98.5 inches), masking tape (to mark the course). MHAS used three meters strip, stopwatch, registration log. No information for SHARE or TILDA.

1.3.3 Course Length and the Number of Measurement
HRS asked respondents to walk 98.5 inches (2.5 meters) course two times, on a clear, preferably non-carpeted area which is approximately 12 feet in length. SHARE measured the time (in seconds) it took for a respondent to walk two and a half meters (approximately 98.5 inches). CHARLS asked respondents to walk 2.5 meters 2 times, on the 4 meters long, non-carpeted area. Respondents in MHAS were asked to walk 3 meters long, 2 times. TILDA did timed up-and-go test (stand up from an arm chair and walk 3 meters and walk back and sit down one time).

Table 3. Summary of Walking Speed Measure in Each Survey

<table>
<thead>
<tr>
<th>Measures</th>
<th>HRS</th>
<th>ELSA</th>
<th>SHARE</th>
<th>KLoSA</th>
<th>CHARLS</th>
<th>TILDA</th>
<th>MHAS</th>
<th>JSTAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country</td>
<td>United States</td>
<td>England</td>
<td>20+ European</td>
<td>S. Korea</td>
<td>China</td>
<td>Ireland</td>
<td>Mexico</td>
<td>Japan</td>
</tr>
<tr>
<td>Equipment</td>
<td>Stop watch, tape measure, masking tape</td>
<td>N/A</td>
<td>-</td>
<td>N/A</td>
<td>Stop watch, tape measure, masking tape</td>
<td>N/A (timed up-and-go)</td>
<td>Three-meter strip, stopwatch, registration log</td>
<td>N/A</td>
</tr>
<tr>
<td>Course Length and the Number of Measurement</td>
<td>98.5 inch (2.5 meters) course two times. A clear, preferably non-carpeted area, approximately 12 feet in length</td>
<td>measuring the time it takes for a respondent to walk 2.5 meters (w1,w2)</td>
<td>N/A</td>
<td>2.5 meters twice (setup: 4 meters long in a non-carpeted area)</td>
<td>3 meters twice</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1.4 Lung Function

1.4.1 Measurement

ELSA used spirometers to collect forced vital capacity (FVC), forced expiratory volume (FEV) and peak flow (PF) information from three acceptable blows from each eligible respondent (Table 4). After each attempt, the program advised the nurse whether the blow was acceptable. If it wasn’t, the program instructed the nurse to ask the respondent to try again. At least 3 and up to 8 measurements were taken. HRS and CHARLS took 3 measurements of peak flow with 30 seconds interval. SHARE also measured peak flow during waves 2 and 4. But, no detailed information is available.

1.4.2 Equipment

HRS used Mini-Wright Peak Flow Meter with a disposable mouthpiece. In ELSA, spirometers were used. However, cross-wave comparisons should be done with caution: at wave 6, due to major technological advances, a different model of spirometer was used to measure lung function. This new model differed significantly from the model used at waves 2 and 4 and so results across waves should be interpreted separately. CHARLS used a peak flow meter manufactured in China. No information was obtainable from SHARE.

### Table 4 Summary of Lung Function Measure in Each Survey

<table>
<thead>
<tr>
<th>Topic</th>
<th>Measures</th>
<th>HRS</th>
<th>ELSA</th>
<th>SHARE</th>
<th>KLoSA</th>
<th>CHARLS</th>
<th>TILDA</th>
<th>MHAS</th>
<th>JSTAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country</td>
<td></td>
<td>United States</td>
<td>England</td>
<td>20+ European</td>
<td>S. Korea</td>
<td>Ireland</td>
<td>Mexico</td>
<td>Japan</td>
<td></td>
</tr>
<tr>
<td>Lung Function</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of Measurement</td>
<td>Three measurements with 30 seconds apart</td>
<td>Three acceptable measurements from up to 8 attempts</td>
<td>Waves 2 and 4 only (no information)</td>
<td>N/A</td>
<td>Three measurement s with 30 seconds interval</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Equipment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mini-Wright Peak Flow Meter with a disposable mouthpiece.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1.5 Grip Strength

1.5.1 Measurement

All surveys measured grip strength of respondents.

1.5.2 Equipment

HRS used Smedley spring-type hand dynamometer; ELSA used the isometric handgrip strength measure; Tilda used a Baseline (Fabrication Enterprises Inc, White Plains, NY) hydraulic hand dynamometer which consists of a gripping handle with a strain-gauge and an analogue reading scale. JSTAR used Smedley-type Hand Grip Meter, No. 6103; TANITA, Tokyo, Japan. SHARE, KLOSA, CHARLS, and MHAS didn’t provide detailed model name of the dynamometer.

1.5.3 Number of Measurements, Sequence, and Measured hand

HRS, CHARLS and MHAS performed the measurement 2 times from each hand, beginning with the left hand, while KloSA did two measurements of each hand, beginning with right hand. ELSA measured grip strength of both hands three times. JSTAR took only 1 measurement preferably from the dominant hand.

TILDA changed methods of measurement over waves; in wave 1, two values were recorded for each hand, starting with the non-dominant hand (4 values all together). For wave 2, only one measurement was attempted by the interviewer using the respondent’s dominant hand. If the respondent was unable to use their dominant hand, for example due to pain or recent surgery, a measurement was taken using the non-dominant hand.

1.5.4 Position

In HRS, CHARLS, and MHAS the respondents were asked to stand. TILDA asked respondents to stand, if not then sit in an upright chair. In JSTAR, respondents could either stand or sit as long as the arm was not moving. In KLoSA, no preferred position is specified but respondent’s position during grip strength test was recorded (standing; sitting; lying down).
<table>
<thead>
<tr>
<th>Measures</th>
<th>HRS</th>
<th>ELSA</th>
<th>SHARE</th>
<th>KLoSA</th>
<th>CHARLS</th>
<th>TILDA</th>
<th>MHAS</th>
<th>JSTAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country</td>
<td>United States</td>
<td>England</td>
<td>20+ European</td>
<td>S. Korea</td>
<td>China</td>
<td>Ireland</td>
<td>Mexico</td>
<td>Japan</td>
</tr>
<tr>
<td>Measures</td>
<td>Grip strength, both hands</td>
<td>Grip strength, both hands</td>
<td>Grip Strength, dominant/measured hand, position</td>
<td>Grip strength, both hands</td>
<td>Grip strength, both hands</td>
<td>Grip strength, both hands in wave 1 and dominant hand only in wave 2</td>
<td>Grip strength, both hands</td>
<td>Grip strength, dominant hand</td>
</tr>
<tr>
<td>Equipment</td>
<td>Smedley spring-type hand dynamometer</td>
<td>Isometric handgrip strength measure</td>
<td>-</td>
<td>-</td>
<td>Dynamometer</td>
<td>Baseline (Fabrication Enterprises Inc, White Plains, NY) hydraulic hand dynamometer</td>
<td>Dynamometer</td>
<td>Smedley-type Hand Grip Meter, No. 6103; TANITA, Tokyo, Japan</td>
</tr>
<tr>
<td>Number of Measurement</td>
<td>2</td>
<td>3</td>
<td>-</td>
<td>2</td>
<td>2</td>
<td>2 for wave 1 and 1 for wave 2</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Sequence and Measured Hand</td>
<td>Left hand first, then right</td>
<td>both the dominant and non-dominant hand</td>
<td>-</td>
<td>Right hand first, then left</td>
<td>Left hand first, then right</td>
<td>Non-dominant first in wave 1, and dominant hand in wave 2</td>
<td>Left hand first, then right (preferably) dominant hand</td>
<td></td>
</tr>
<tr>
<td>Position</td>
<td>Stand, hold the dynamometer at a right angle and squeeze the handle for a few seconds</td>
<td>-</td>
<td>Questionnaire did not specify whether the preferred position is standing or sitting</td>
<td>Stand, hold the dynamometer at a right angle and squeeze the handle for a few seconds</td>
<td>a standing position, hold the dynamometer at a 90° angle and squeeze</td>
<td>standing, if not possible sit in an upright chair</td>
<td>standing or sitting position does not matter, as long as the arm is not moving</td>
<td></td>
</tr>
</tbody>
</table>
1.6 Leg Raise

1.6.1 Measurement and Sequence

In ELSA, only respondents aged 69 and under who successfully passed the side-by-side were asked to complete this module. They were asked to stand on one leg with their eyes open for 30 seconds and then, if they could complete this, they were asked to complete the same movement with their eyes closed for 30 seconds.

In MHAS, respondents were asked to stand on one leg (whichever the respondent feels the safest with) for 10 seconds and try the same with the other leg for 10 seconds.

1.7 Chair Stand

1.7.1 Measurement

ELSA asked all respondents to stand up from a firm chair without using their arms. If succeeded, they were asked to stand up and down as quickly as they could for either 5 rises (age >=70) or 10 rises (age < 70). Nurse recorded the times taken to complete the task.

CHARLS asked respondents to stand up and down at the fastest pace five times without stopping. Respondents were also asked to do so without using arms.
Table 6. Summary of Leg Raise / Chair Stands Measure in Each Survey

<table>
<thead>
<tr>
<th>Measure</th>
<th>Measures</th>
<th>HRS United States</th>
<th>ELSA England</th>
<th>SHARE 20+ European</th>
<th>KLoSA S. Korea</th>
<th>CHARLS China</th>
<th>TILDA Ireland</th>
<th>MHAS Mexico</th>
<th>JSTAR Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg Raise</td>
<td>N/A (Aged 69 years or under and held side-by-side stand for 10 seconds)</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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<tr>
<td>Chair Stands</td>
<td>N/A Stand up from a chair. If completed, stand up and down 5 times (if 70 and above)/ 10 times (if below 70)</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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</tr>
</tbody>
</table>

1.8 Height

1.8.1 Unit of Measurement

HRS used inches, and ELSA, SHARE, CHARLS, TILDA, MHAS, and JSTAR used centimeter as unit for height measurement. KLoSA collected self-reported height in centimeters.

1.8.2 Equipment

HRS used a tape measure, Rafter’s square, an adhesive note and pencil for this measure. ELSA, CHARLS, and MHAS used stadiometer. TILDA used a Seca 240 wall mounted measuring rod. No information is available for SHARE or JSTAR.

1.9 Weight

1.9.1 Unit of Measurement

HRS used pounds, ELSA, SHARE, CHARLS, TILDA, and MHAS used kilogram as unit for weight measurement. KLoSA and JSTAR collected self-reported weights in kilogram.
1.9.2 Equipment

HRS used Healthometer 830KL digital scale for this measure. CHARLS used a scale by a Chinese manufacturer, without detailed information. TILDA used a SECA electronic floor scales. MHAS used electronic portable scales. No detailed equipment information is available from ELSA or SHARE.

1.10 Waist Circumference

1.10.1 Unit of Measurement

HRS used inches, ELSA, SHARE, CHARLS, TILDA, MHAS, and JSTAR used centimeters for waist circumference measurement. ELSA nurses measured waist circumference twice. If the second measurement differed from the first by 3 cm or more, the nurse received an error message in the CAPI program and was prompted to either amend one of the previous responses if a mistake had been made entering a measurement, or to take a third measurement. MHAS also measured waist circumference twice. When there was doubt between the first and second measurement, a third measurement was taken to verify the result.

1.10.2 Measure Instruction

HRS, SHARE, CHARLS, and JSTAR measured waist circumference at the height of navel. TILDA and MHAS measured at the point midway between the iliac crest and the costal margin (lower rib). ELSA documentations did not provide details on how waist circumference was measured.

1.11 Hip Circumference

1.11.1 Unit of Measurement

ELSA, TILDA, and MHAS used centimeter as unit for hip circumference. Same as waist circumference, ELSA measured hip circumference twice. TILDA also measured hip circumference twice (once for waist circumference) and the larger value was recorded. A third measurement was taken if the difference between the first two measurements was greater than 3 cm. MHAS measured hip circumference only once.
1.11.2 Measure Instruction
Both TILDA and MHAS defined the hip circumference as being the widest circumference over the buttocks. No information is available for ELSA.

1.12 Vision

1.12.1 Method
HRS, ELSA, SHARE, KLoSA, CHARLS, MHAS, and JSTAR have self-reported vision information. TILDA used LogMAR chart to measure visual acuity.

1.13 Hearing Exam

1.13.1 Method
In HRS, self-reported hearing ability questions were asked before 2016. In 2016, hearing was also objectively tested using HearCheck Device, in addition to the self-reported questions. ELSA, SHARE, KLOSA, CHARLS, TILDA, MHAS, and JSTAR have self-reported questions only.

1.14 Sitting Height

1.14.1 Unit of Measurement
Sitting height was measured in centimeter in ELSA (wave 2,4), MHAS, and JSTAR

1.14.2 Equipment
MHAS used measuring tape and ruler to measure sitting height, no detailed equipment information for ELSA or JSTAR.

1.14.3 Measuring Instruction
In MHAS, sitting height was defined as the distance between the vertex (top of the participant’s head) and the lower parts of the pelvis (both ischia), which rest on the seat. No detailed equipment information for ELSA or JSTAR.

1.15 Knee Height

1.15.1 Unit of Measurement
Knee height was measured in centimeters in CHARLS and MHAS.
1.15.2 Equipment
CHARLS used Martin caliper, and MHAS used fiberglass measuring tape.

1.15.3 Measuring Instruction
Both CHARLS and MHAS defined knee height as the distance between the heel to highest part of the knee (above the femoral epicondyles). CHARLS measured right leg, if possible, while MHAS used left leg.

<table>
<thead>
<tr>
<th>Measure</th>
<th>Country</th>
<th>Measures</th>
<th>HRS</th>
<th>ELSA</th>
<th>SHARE</th>
<th>KLoSA</th>
<th>CHARLS</th>
<th>TILDA</th>
<th>MHAS</th>
<th>JSTAR</th>
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<td>cm cm</td>
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<td>N/A N/A cm (left leg, if possible)</td>
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</table>

Table 7. Summary of Anthropometric measurements in Each Survey
## 2. Questionnaire

To facilitate the cross-country comparisons, this section lists out all physical measure questions or coding information in each survey. Table 8 lists the variable names of each survey.

<table>
<thead>
<tr>
<th>Topic</th>
<th>HRS</th>
<th>ELSA</th>
<th>SHARE</th>
<th>KLOSA</th>
<th>CHARLS</th>
<th>TILDA</th>
<th>NHAS</th>
<th>JSTAR</th>
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<td>IB59 IB64 IB69</td>
<td>sys1 sys2 sys3 sysval</td>
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<td>IB60 IB65 IB70</td>
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<td>IB79 IB76 IB80 IB81</td>
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<td>L896 L887 L888 L889</td>
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<td>Full-tandem</td>
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<td>L807 L808 L809</td>
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<td>LtugSpeed, tug007, tug009m, tug009s, tug009 (timed up and go)</td>
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<td>CHARLS</td>
<td>TILD</td>
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<td>Grip Strength (kg)</td>
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Table 8. Inventory of Physical Measures across Surveys (cont.)
2.1 HRS

In this section, HRS coding information is collected based on 2008 study.

2.1.1 Blood Pressure and Pulse Rate

2.1.1.1 Systolic

**LI859 BLOODPRESSURE 1 SYSTOLIC**
Section: I      Level: Respondent      Type: Numeric      Width: 3      Decimals: 0
Ref: SecI2.V859_BloodPressure1_Systolic
BLOOD PRESSURE - 1st SYSTOLIC
First Reading SYSTOLIC
Enter 993 if R tried but was unable to do it.
Enter 999 if R chose not to do it.

**LI864 BLOODPRESSURE 2 SYSTOLIC**
Section: I      Level: Respondent      Type: Numeric      Width: 3      Decimals: 0
Ref: SecI2.V864_BloodPressure2_Systolic
BLOOD PRESSURE - 2nd SYSTOLIC
Second Reading SYSTOLIC
Enter 993 if R tried but was unable to do it.
Enter 999 if R chose not to do it.

**LI869 BLOODPRESSURE 3 SYSTOLIC**
Section: I      Level: Respondent      Type: Numeric      Width: 3      Decimals: 0
Ref: SecI2.V869_BloodPressure34_Systolic
BLOOD PRESSURE - 3rd SYSTOLIC
Third Reading SYSTOLIC
Enter 993 if R tried but was unable to do it.
Enter 999 if R chose not to do it.
2.1.1.2 Diastolic

**LI860 BLOODPRESSURE 1 DIASTOLIC**
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V860_BloodPressure1_DIASTOLIC
BLOOD PRESSURE - 1st DIASTOLIC
First Reading DIASTOLIC

**LI865 BLOODPRESSURE 2 DIASTOLIC**
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V865_BloodPressure2_DIASTOLIC
BLOOD PRESSURE - 2nd DIASTOLIC
Second Reading DIASTOLIC

**LI870 BLOODPRESSURE 3 DIASTOLIC**
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V870_BloodPressure3_DIASTOLIC
BLOOD PRESSURE - 3rd DIASTOLIC
Third Reading DIASTOLIC

2.1.1.3 Arm

**LI872 BLOODPRESSURE ARM**
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V872_BloodPressureArm
BLOOD PRESSURE - Arm
Which arm was used to conduct the measurements?
Answer:
LEFT ARM / 2. RIGHT ARM / 8. DK (Don't Know); NA (Not Ascertained) / 9. RF (Refused) / Blank. INAP (Inapplicable); Partial Interview
2.1.1.4 Pulse

**LI861 BLOODPRESSURE 1 PULSE**
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V861_BloodPressure1_Pulse
BLOOD PRESSURE - 1st Pulse
First Reading Pulse

**LI866 BLOODPRESSURE 2 PULSE**
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V866_BloodPressure2_Pulse
BLOOD PRESSURE - 2nd Pulse
Second Reading Pulse

**LI871 BLOODPRESSURE 3 PULSE**
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V871_BloodPressure3_Pulse
BLOOD PRESSURE - 3rd PULSE
Third Reading Pulse

2.1.2 Balance

2.1.2.1 Semi Tandem

**LI879 BALANCE TEST SEMI-TANDEM HOLD FULL TIME**
Section: I Level: Respondent Type: Numeric Width: 4 Decimals: 0
Ref: SecI2.V879_SemiTandemHoldFullTime
BALANCE TEST - SEMI-TANDEM STAND
Did R hold semi-tandem stand for full 10 seconds without stepping out of place
or grabbing hold of anything?
Answer:
1. YES 5. NO 993. R TRIED BUT WAS UNABLE 999. R CHOSE NOT TO DO IT 10849
**LI876 BALANCE TEST - SEMI-TANDEM STAND**

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V876_STSTAND

BALANCE TEST - SEMI-TANDEM STAND

Did R complete the semi-tandem stand?

Answer:

1. YES 5. NO

**LI880 BALANCE TEST SEMI-TANDEM TIME**

Section: I Level: Respondent Type: Numeric Width: 6 Decimals: 2
Ref: SecI2.V880_SemiTandemTime

BALANCE TEST - SEMI-TANDEM STAND

Record time in seconds to two decimal places

**LI881 BALANCE TEST SEMI-TANDEM COMPENSATORY**

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V881_SemiTandemCompensatory

BALANCE TEST - SEMI-TANDEM STAND

Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during semi-tandem stand?

Answer:

1. YES 5. NO 8. DK (Don't Know); NA (Not Ascertained)

2.1.2.2 Side-by-side

**LI883 BALANCE TEST S-B-S COMPLETE**

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V883_SideBySideComplete

BALANCE TEST - SIDE-BY-SIDE STAND

Did R complete the side-by-side stand?
LI886 BALANCE TEST S-B-S HOLD FULL TIME
Section: I Level: Respondent Type: Numeric Width: 4 Decimals: 0
Ref: SecI2.V886_SideBySideHoldFullTime
BALANCE TEST - SIDE-BY-SIDE STAND
Did R hold side-by-side stand for full 10 seconds without stepping out of place or grabbing hold of anything?
Answer:
1. YES  5. NO  993. R TRIED BUT WAS UNABLE / 999. R CHOSE NOT TO DO IT

LI887 BALANCE TEST SIDE-BY-SIDE TIME
Section: I Level: Respondent Type: Numeric Width: 4 Decimals: 2
Ref: SecI2.V887_SideBySideTime
BALANCE TEST - SIDE-BY-SIDE STAND
Record time in seconds to two decimal places

LI888 BALANCE TEST SIDE-BY-SIDE COMPENSATORY
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V888_SideBySideCompensatory
BALANCE TEST - SIDE-BY-SIDE STAND
Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during side-by-side stand?
Answer:
1. YES  5. NO  8. DK (Don't Know); NA (Not Ascertained)

2.1.2.3 Full tandem

LI893 BALANCE TEST FULL TANDEM COMPLETE
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V893_FullTandemComplete
BALANCE TEST - FULL TANDEM STAND
Did R complete the full tandem stand?
Answer:
1.  YES 5.  NO

LI896 BALANCE TEST FULL TANDEM HOLD FULL TIME
Section: I Level: Respondent Type: Numeric Width: 4 Decimals: 0
Ref: SecI2.V896_FullTandemHoldFullTime
BALANCE TEST - FULL TANDEM STAND
Did R hold full tandem stand for full seconds without stepping out of place or grabbing hold of anything?
Answer:
1. YES 5. NO 993. R TRIED BUT WAS UNABLE 999. R CHOSE NOT TO DO IT

LI897 BALANCE TEST FULL TANDEM TIME
Section: I Level: Respondent Type: Numeric Width: 5 Decimals: 2
Ref: SecI2.V897_FullTandemTime
BALANCE TEST - FULL TANDEM STAND
Record time in seconds to two decimal places

LI898 BALANCE TEST FULL TANDEM COMPENSATORY
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V898_FullTandemCompensatory
BALANCE TEST - FULL TANDEM STAND
Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during full tandem stand?
Answer :
1. YES ; 5.NO ; 8.DK (Don't Know); NA (Not Ascertained
2.1.3 Walking Speed

2.1.3.1 Help

**LI828 WALKING AID TYPE**

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V828_Twalktypeofaid

WALKING TEST

Record type of aid used

Answer:
1. NONE; 2. WALKING STICK OR CANE; 3. ELBOW CRUTCHES; 4. WALKING FRAME; 7. OTHER (SPECIFY);
8. DK (Don’t Know); NA (Not Ascertained); 9. RF (Refused)

2.1.3.2 Walking Speed

**LI820 WALKING TEST COMPLETE AT LEAST ONE TRIAL**

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V820_

WALKING TEST

Did R complete at least one trial of the walking test?

Answer:
1. YES; 5. NO

**LI823 WALKING TEST 1ST TRIAL TIME**

Section: I Level: Respondent Type: Numeric Width: 7 Decimals: 2
Ref: SecI2.V823_Twalk1sttrialtime

WALKING TEST - Time from first trial

Record time in seconds to two decimal places

FIRST TRIAL:
SECOND TRIAL:

Enter 993 if R was unable to do it; Enter 999 if R chose not to do it
LI824 WALKING TEST 2ND TRIAL TIME
Section: I Level: Respondent Type: Numeric Width: 5 Decimals: 2
Ref: SecI2.V824_Twalk2ndtrialtime
WALKING TEST - Time from second trial
Record time in seconds to two decimal places
FIRST TRIAL: [T walk 1st trial time]
SECOND TRIAL:
Enter 993 if R was unable to do it; Enter 999 if R chose not to do it

2.1.4 Lung Function

LI804 BREATH COMPLETE AT LEAST ONE TRIAL
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V804_BreathTest
BREATHING TEST
Did R complete at least one trial of the breathing test?

LI807 PUFF TEST 1
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V807_Puff1
BREATHING TEST
FIRST READING:
SECOND READING:
THIRD READING:
Enter 993 if R tried but was unable to do it.
Enter 999 if R chose not to do it.
User Note: Breathing test is measured in liters per min (L/Min).

LI808 PUFF TEST 2
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V808_PufF2

BREATHING TEST
FIRST READING: [Puff Test 1]
SECOND READING:
THIRD READING:
Enter 993 if R tried but was unable to do it.
Enter 999 if R chose not to do it.
User Note: Breathing test is measured in liters per min (L/Min).

LI809 PUFF TEST 3
Section: I Level: Respondent Type: Numeric Width: 3 Decimals: 0
Ref: SecI2.V809_Puff3

BREATHING TEST
FIRST READING: [Puff Test 1]
SECOND READING: [Puff Test 2]
THIRD READING:
Enter 993 if R tried but was unable to do it.
Enter 999 if R chose not to do it.
User Note: Breathing test is measured in liters per min (L/Min).

2.1.4.2 Effort Level

LI810 R BREATHING TEST EFFORT
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V810_Reffort

BREATHING TEST
How much effort did the R give to this test?
1. R GAVE FULL EFFORT
2. FULL EFFORT PREVENTED BY ILLNESS, PAIN, OR OTHER SYMPTOMS OR DISCOMFORTS
3. FULL EFFORT NOT GIVEN, BUT NO OBVIOUS REASON FOR THIS
2.1.4.3 Position

**LI811 BREATHING TEST R POSITION**

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V811_Rposition

**BREATHING TEST**

What was the r's position for this test?

1. STANDING
2. SITTING
3. LYING DOWN

8. DK (Don't Know); NA (Not Ascertained)
9. RF (Refused)

2.1.5 Grip Strength

2.1.5.1 Grip Strength

**LI816 LEFT HAND FIRST**

Section: I Level: Respondent Type: Numeric Width: 6 Decimals: 1
Ref: SecI2.V816_leftfirst

**HAND STRENGTH TEST**

left hand, first measurement.
LEFT hand, FIRST measurement:
RIGHT hand, FIRST measurement:

LEFT hand, SECOND measurement:

RIGHT hand, SECOND measurement:
Enter the result to the nearest 0.5 kilogram.
Enter 9993 if R was unable to perform this measurement
Enter 9999 if R chose not to do it

**LI851 RIGHT HAND FIRST**

Section: I Level: Respondent Type: Numeric Width: 6 Decimals: 1
Ref: SecI2.V851_RIGHTfirst
HAND STRENGTH TEST
right hand, first measurement.
LEFT hand, FIRST measurement: [Left first ]
RIGHT hand, FIRST measurement:
LEFT hand, SECOND measurement:
RIGHT hand, SECOND measurement:
Enter the result to the the nearest 0.5 kilogram.
Enter 9993 if R was unable to perform this measurement
Enter 9999 if R chose not to do it

**LI852 LEFT HAND SECOND**

Section: I Level: Respondent Type: Numeric Width: 6 Decimals: 1
Ref: SecI2.V852_leftsecond
HAND STRENGTH TEST
left hand, second measurement.
LEFT hand, FIRST measurement: [Left first ]
RIGHT hand, FIRST measurement: [RIGHT first ]
LEFT hand, SECOND measurement:
RIGHT hand, SECOND measurement:
Enter the result to the the nearest 0.5 kilogram.
Enter 9993 if R was unable to perform this measurement
Enter 9999 if R chose not to do it

**LI853 RIGHT HAND SECOND**

Section: I Level: Respondent Type: Numeric Width: 6 Decimals: 1
Ref: SecI2.V853_RIGHTSecond
HAND STRENGTH TEST
right hand, second measurement.
LEFT hand, FIRST measurement: [Left first ]
RIGHT hand, FIRST measurement: [RIGHT first ]
LEFT hand, SECOND measurement: [left second]
RIGHT hand, SECOND measurement:
Enter the result to the the nearest 0.5 kilogram.
Enter 9993 if R was unable to perform this measurement
Enter 9999 if R chose not to do it

2.1.5.2 Pain

**LI817** GRIP R EFFORT

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V817_gripReffort

HAND STRENGTH TEST

How much effort did the R give to this test?
Answer:
1. R GAVE FULL EFFORT ; 2. FULL EFFORT PREVENTED BY ILLNESS, PAIN, OR OTHER SYMPTOMS OR DISCOMFORTS ; 3. FULL EFFORT NOT GIVEN, BUT NO OBVIOUS REASON FOR THIS

2.1.5.3 Dominant / Measured Hand

**LI815** GRIP DOMINANT HAND

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V815_gripdominanathand

HAND STRENGTH TEST

Record r's dominant hand.

User Note: Grip strength is measured in kilograms.

Answer:
1. RIGHT HAND; 2. LEFT HAND; 3. BOTH HANDS EQUALLY DOMINANT; 3 8. DK (Don't Know); NA (Not Ascertained) ; 9. RF (Refused
HAND STRENGTH REST ARM

Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V819_

HAND STRENGTH TEST
Did the R rest their arm on a support while performing this test?
Answer:
1. YES ; 5. NO

2.1.5.4 Position

HAND STRENGTH TEST R POSITION
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V818_Rposition

HAND STRENGTH TEST
What was the r's position for this test?
Answer:
1. STANDING ; 2. SITTING ; 3. LYING DOWN

2.1.6 Leg Raise
None

2.1.6.1 Eye Open
None

2.1.6.2 Eye Close
None

2.1.7 Chair Stand
None
2.1.8 Height

LI834 HEIGHT MEASUREMENT
Section: I Level: Respondent Type: Numeric Width: 5 Decimals: 2
Ref: SecI2.V834_Heightinches
HEIGHT
Enter respondent’s height in inches. Round to the nearest quarter inch.

LI837 HEIGHT WEARING SHOES
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V837_
HEIGHT
Was R wearing shoes during measurement?
Answer: 1. YES ; 5. NO ; Blank. INAP (Inapplicable); Partial Interview

2.1.9 Weight

LI838 WEIGHT ABLE TO MEASURE
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V838_
WEIGHT
Were you able to measure R’s weight?
Answer: 1. YES; 5. NO ; Blank. INAP (Inapplicable); Partial Interview

LI841 WEIGHT POUNDS MEASUREMENT
Section: I Level: Respondent Type: Numeric Width: 7 Decimals: 2
Ref: SecI2.V841_Weightpounds
WEIGHT
Enter respondent’s weight in pounds as recorded on scale (to the nearest 1/2 pound).
Enter 999993 if R tried but received an error message.
Enter 99999 if R chose not to do it.

**LI842 WEIGHT FLOOR SURFACE**
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V842_WEIGHTFlooring

**WEIGHT**
Record type of floor surface

Answer:
1. LINOUEM/TILE/WOOD ; 2. LOW-PILE CARPET; 3. HIGH-PILE CARPET; 4. CONCRETE/brick; 5 5. NOT SURF; 7. OTHER (SPECIFY); Blank. INAP (Inapplicable); Partial Interview

**LI844 WEIGHT WEARING SHOES**
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V844_

**WEIGHT**
Was R wearing shoes during measurement?
1. YES ; 5. NO ; Blank. INAP (Inapplicable); Partial Interview

2.1.10 Waist Circumference

**LI904 WAIST COMPLETE**
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V904_WaistComplete

**WAIST CIRCUMFERENCE**
Were you able to measure R's waist circumference?

**LI907 WAIST MEASUREMENT**
Section: I Level: Respondent Type: Numeric Width: 7 Decimals: 2
Ref: SecI2.V907_WaistMeasurement

**WAIST CIRCUMFERENCE -measurement**
Enter respondent's Waist Circumference to the nearest quarter inch.
Enter 99993 if R tried but was unable to do it.
Enter 99999 if R chose not to do it.

**LI912 WAIST BULKY CLOTHES**
Section: I Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecI2.V912_WaistBulkyClothes
WAIST CIRCUMFERENCE
Was R wearing bulky clothing during this measurement?
Answer:
1. YES; 5. NO ; Blank. INAP (Inapplicable); Partial Interview

2.1.11 Hip Circumference
None

2.1.12 Vision

**LC095 RATE EYESIGHT**
Section: C Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecC.Eyesight.C095_
Is your eyesight excellent, very good, good, fair, or poor using glasses or corrective lenses as usual?
Answer: 1. EXCELLENT; 2. VERY GOOD; 3. GOOD; 4. FAIR; 5. POOR 6. [VOL] LEGALLY BLIND; 8. DK (Don't Know); NA (Not Ascertained); 9. RF (Refused); Blank. INAP (Inapplicable)

**LC096 RATE DISTAL VISION**
Section: C Level: Respondent Type: Numeric Width: 1 Decimals: 0
Ref: SecC.Eyesight.C096_
How good is your eyesight for seeing things at a distance, like recognizing a friend across the street, using glasses or corrective lenses as usual? (Is it excellent, very good, good, fair, or poor?)
Answer:
1. EXCELLENT; 2. VERY GOOD; 3. GOOD; 4. FAIR; 5. POOR; 8. DK (Don't Know); NA (Not Ascertained); 9. RF (Refused); Blank. INAP (Inapplicable); Partial Interview
**LC097 RATE NEAR VISION**

Section: C     Level: Respondent      Type: Numeric    Width: 1   Decimals: 0

Ref: SecC.Eyesight.C097_

How good is your eyesight for seeing things up close, like reading ordinary newspaper print, using glasses or corrective lenses as usual? (Is it excellent, very good, good, fair, or poor?)

Answer:

1. EXCELLENT; 2. VERY GOOD; 3. GOOD; 4. FAIR; 5. POOR; 8. DK (Don't Know); NA (Not Ascertained); 9. RF (Refused); Blank. INAP (Inapplicable); Partial Interview

2.1.13 Hearing Exam

*(2016 only)*

**Secl.I678_HrLTest1**

LEFT EAR – TEST 1, 1000 Hz

Enter the number of times the R raised their finger during test 1 (1000 Hz)

Enter 993 if you were unable to complete this test

Enter 999 if R chose not to do it

**Secl.I679_HrLTest2**

LEFT EAR – TEST 2, 3000 Hz

Enter the number of times the R raised their finger during test 2 (3000 Hz)

Enter 993 if you were unable to complete this test

Enter 999 if R chose not to do it

**Secl.I680_HrRTest1**

RIGHT EAR – TEST 1, 1000 Hz

Enter the number of times the R raised their finger during test 1 (1000 Hz)

Enter 993 if you were unable to complete this test

Enter 999 if R chose not to do it

**Secl.I681_HrRTest2**
RIGHT EAR – TEST 2, 3000 Hz
1) Enter the number of times the respondent raised their finger during test 2 (3000 Hz)
2) Remove the disposable ear cup
Enter 993 if you were unable to complete this test
Enter 999 if R chose not to do it

(all waves)

LC102 WEAR HEARING AID
Section: C  Level: Respondent  Type: Numeric  Width: 1  Decimals: 0
Ref: SecC.Hearingaid.C102_
Do you ever wear a hearing aid?
Answer:
1. YES; 5. NO; 8. DK (Don't Know); NA (Not Ascertained); 9. RF (Refused); Blank. INAP (Inapplicable); Partial Interview

LC103 RATE HEARING
Section: C  Level: Respondent  Type: Numeric  Width: 1  Decimals: 0
Ref: SecC.Hearingaid.C103_
Is your hearing excellent, very good, good, fair, or poor [(using a hearing aid as usual)]?
Answer: 1. EXCELLENT; 2. VERY GOOD; 3. GOOD; 4. FAIR; 5. POOR; 8. DK (Don't Know); NA (Not Ascertained); 9. RF (Refused); Blank. INAP (Inapplicable); Partial Interview

2.1.14 Sitting Height
None

2.1.15 Knee Height
None
2.2 ELSA

In this section, ELSA coding information is collected based on Wave 4 study.

2.2.1 Blood Pressure and Pulse Rate

2.2.1.1 Systolic

SYS
NURSE: Take three measurements from right arm.
Enter [first / second / third] systolic reading (mmHg).
If reading not obtained, enter 999.
If you are not going to get any bp readings at all, enter 996.
Range: 1..999
[Responses to SYS are recorded in variables SYS1 to SYS3]

2.2.1.2 Diastolic

DIAS
Enter [first / second / third] diastolic reading (mmHg).
If reading not obtained, enter 999.
Range: 1..999
[Responses to DIAS are recorded in variables DIAS1 to DIAS3]

2.2.1.3 Arm

None

2.2.1.4 Pulse

PULSE
Enter [first / second / third] pulse reading (bpm).
If reading not obtained, enter 999.
Range: 1..999
[Responses to PULSE are recorded in variables PULSE1 to PULSE3]
2.2.2 Balance

2.2.2.1 Semi Tandem

**MMSTRE**

NURSE: Record the outcome of the semi-tandem stand.

Answer:

1 Held for 10 seconds; 2 Held for less than 10 seconds; 3 Not attempted

*IF Outcome of semi-tandem stand = held for less than 10 seconds [MmSTRe = 2]*

**MMSTTI**

NURSE: Record the time in seconds to two decimal places.

(enter the large numbers on the stopwatch display before the decimal point and the small numbers after it).

Use the full stop as the decimal point, e.g. 6.55.

2.2.2.2 Side by Side

**MMSSINT @**

NURSE: First explain and then demonstrate the side-by-side stand to the respondent.

'Now I will show you the first movement. I want you to try to stand with your feet together, side-by-side, for about 10 seconds. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. You may support yourself on a chair, table or wall while getting into position.'

NURSE: Press <1> and <Enter> to continue.

Range: 1..1

Other Answer: 6 Participant refused; 7 Other reason

*IF Outcome of side-by-side stand = held for 10 seconds [MmSSRe = 1]*

**MMSSRE**

NURSE: Record the outcome of the side-by-side stand.
1 Held for 10 seconds
2 Held for less than 10 seconds
3 Not attempted

2.2.2.3 Full Tandem

**MMFTTI**

NURSE: Record the time in seconds to two decimal places.
(enter the large numbers on the stopwatch display before the decimal point and
the small numbers after it).
Use the full stop as the decimal point, e.g. 6.55.

**MMFTRE @**

NURSE: Record the outcome of the full tandem stand.
Answer:
1 Held for \(^{\text{^30} / 10}\) seconds; 2 Held for less than \(^{\text{^30} / 10}\) seconds; 3 Not attempted

*Variable MMFTRE2 indicates whether the respondent held the full tandem
stand for 10 or 30 seconds (which depended on their age)*

*IF Outcome of full tandem stand = held for less than 30 / 10 seconds

[MMFTRE = 2]*

2.2.3 Walking Speed

2.2.3.1 Help
None

2.2.3.2 Walking Speed
None

2.2.4 Lung Function

2.2.4.1 Lung Function

**FVC**
Enter FVC reading. If no reading obtained enter '0'.
If you are not going to obtain any readings at all enter '9.95'.

*Responses to FVC are recorded in variables FVC1 to FVC3*

*Highest technically satisfactory FVC reading is recorded in variable HTFVC*

*Whether no LF readings were obtained is computed and recorded in variable NoRead*

If FVC reading (litres) < 9.95 [FVC < 9.95]

**FEV**

Enter FEV reading. If no reading obtained enter '0'.

*Responses to FEV are recorded in variables FEV1 to FEV3*

*Highest technically satisfactory FEV reading is recorded in variable HTFEV*

*CHECKS N70 - N74*

2.2.4.2 Effort Level

**TECHNIQUE**

Was the technique satisfactory?

Answer: 1 Yes; 2 No

*Responses to TECHNIQUE are recorded in variables TECHNI1 to TECHNI3*

*Whether technique was satisfactory on any of the measurements is computed and recorded in variable NLSATLF*

**LFRESP**

NURSE CHECK: Code one only.

1 All blows obtained were technically satisfactory; 2 Some blows obtained were technically satisfactory; 3 Attempted, but no technically satisfactory blows obtained; 4 All blows refused; 5 None attempted

2.2.4.2 Position

**LFSTAND**

NURSE: Were the measurements taken while respondent was standing or sitting?

Answer: 1 Standing; 2 Sitting
2.2.5 Grip Strength

2.2.5.1 Grip Strength

MMGSD1

NURSE: [^Left / Right (Dominant)] hand, **first** measurement.
Say: 'One, two, three, squeeze!'
Enter the result to the nearest whole value.
Range: 0..100

*IF Whether respondent is able to use both, one or neither hands = [both, unable to use dominant] [MMGSSSta = [1, 2]]*

MMGSN2

NURSE: [^Left / Right (Non-dominant)] hand, **second** measurement.
Say: 'One, two, three, squeeze!'
Enter the result to the nearest whole value.
Range: 0..100

*IF Whether respondent is able to use both, one or neither hands = [both, unable to use non-dominant] [MMGSSSta = [1, 3]]*

MMGSD2

NURSE: [^Left / Right (Dominant)] hand, **second** measurement.
Say: 'One, two, three, squeeze!'
Enter the result to the nearest whole value.
Range: 0..100

*IF Whether respondent is able to use both, one or neither hands = [both, unable to use dominant] [MMGSSSta = [1, 2]]*

MMGSN3

NURSE: [^Left / Right (Non-dominant)] hand, **third** measurement.
Say: 'One, two, three, squeeze!'
Enter the result to the nearest whole value.
Range: 0..100

*IF Whether respondent is able to use both, one or neither hands = [both, unable to use non-dominant] [MMGSSta = [1, 3]]*

**MMGSD3**
NURSE: [^[Left / Right (Dominant)] hand, third measurement.
Say: 'One, two, three, squeeze!' Enter the result to the nearest whole value.
Range: 0..100

2.2.5.2 Pain
None
2.2.5.3 Dominant / Measured Hand
None
2.2.5.4 Position

**MMGSTP**
NURSE: Record respondent's position.
Answer:
1 Standing without arm support; 2 Sitting without arm support; 3 Standing with arm support; 4 Sitting with arm support

2.2.6 Leg Raise
2.2.6.1 Eye Open

**MMLSRE**
NURSE: Record the outcome of the leg raise with eyes shut.
Answer:
1 Held for 30 seconds; 2 Held for less than 30 seconds; 3 Not attempted
*IF Outcome of leg raise (eyes shut) = held for less than 30 seconds*
NURSE: Record the time in seconds to two decimal places.
(enter the large numbers on the stopwatch display before the decimal point and the small numbers after it).
Use the full stop as the decimal point, e.g. 6.55.

2.2.6.2 Eye Close

NURSE: Record the outcome of the leg raise with eyes shut.
Answer:
1 Held for 30 seconds; 2 Held for less than 30 seconds; 3 Not attempted
IF Outcome of leg raise (eyes shut) = held for less than 30 seconds [MmLSRe = 2]

NURSE: Record the time in seconds to two decimal places.
(enter the large numbers on the stopwatch display before the decimal point and the small numbers after it).
Use the full stop as the decimal point, e.g. 6.55.

2.2.7 Chair Stand

NURSE: Record the outcome of single chair rise measure.
1 Participant stood without using arms
2 Participant used arms to stand
3 Test not completed

IF Outcome of single chair rise measure = Not completed [MmCRRe = 3]
NURSE: Record the time in seconds to two decimal places to complete five chair rises (enter the large numbers on the stopwatch display before the decimal point and the small numbers after it).
Use the full stop as the decimal point, e.g. 26.55.

NURSE: Record the total number of rises completed.
Range: 0..10

IF Outcome of multiple chair rises (number of rises completed) = [5 - 10]
[MMRRRe = [5 - 10]]

NURSE: Record the time in seconds to two decimal places to complete ten chair rises (enter the large numbers on the stopwatch display before the decimal point and the small numbers after it).
Use the full stop as the decimal point, e.g. 26.55.

2.2.8 Height

NURSE: Record standing height (in centimetres).
Please record height with one decimal digit, using the full stop as decimal point.
[Don’t know and refusal are not allowed]

2.2.9 Weight

NURSE: Record weight (in kilograms).
Record weight with one decimal digit, using the full stop as decimal point.
[Don’t know and refusal are not allowed]
2.2.10 Waist Circumference

WAIST

NURSE: Measure the waist and hip circumferences to the nearest mm.

Enter the [first / second / third] Waist Circumferencement in centimetres.

(Remember to include the decimal point.)

If measurement not obtained, enter '999.9'.

[Don’t know and refusal are not allowed]

[Responses to WAIST are recorded in variables WAIST1 to WAIST3]

2.2.11 Hip Circumference

HIP

NURSE: Measure the waist and hip circumferences to the nearest mm.

Enter the [first / second / third] measurement of hip circumference in centimetres. (Remember to include the decimal point.)

If measurement not obtained, enter '999.9'. [Don’t know and refusal are not allowed]

[Responses to HIP are recorded in variables HIP1 to HIP3]

2.2.12 Vision

HEEYE

Is eyesight (using glasses or corrective lenses if use them)...

Answer:

1 ...excellent; 2 very good; 3 good; 4 fair; 5 or, poor?; 6 SPONTANEOUS: Registered or legally blind

HEFRND

How good is your eyesight for seeing things at a distance, like recognizing a friend across the street (using glasses or corrective lenses if use them)?
Answer:
1 ...excellent; 2 very good; 3 good; 4 fair; 5 or, poor

HEPAP
How good is your eyesight for seeing things up close, like reading ordinary newspaper print (using
glasses or corrective lenses if use them)?
Answer:
1 ...excellent; 2 very good; 3 good; 4 fair; 5 or, poor

2.2.13 Hearing Exam

HEHEAR
Is hearing (using a hearing aid if use one)... 
Answer:
1 ...excellent; 2 very good; 3 good; 4 fair; 5 or, poor

HEHRA
Do you find it difficult to follow a conversation if there is background noise, such as TV, radio or children
playing (using a hearing aid as usual)?
Answer:
1 Yes; 2 No

2.2.14 Sitting Height

Height was measured both standing and sitting in waves 2 and 4, and just standing in wave 6.

SITHTRSP
NURSE: Measure sitting height and code below.
Include 'disguised' refusals such as 'It will take too long', 'I have to go out' etc. at code 2:
Height refused.
Answer:
1 Sitting height measured; 2 Sitting height refused; 3 Sitting height attempted, not obtained; 4 Sitting
height not attempted
[Responses to SITHTRSP are recorded in variable SITHTRS]

IF Whether sitting height measurement was attempted or obtained = Measured [SitHtRsp = 1]

SITHGT

NURSE: Record sitting height (in centimetres).

Please record sitting height with one decimal digit, using the full stop as decimal point.

IF Sitting height - centimetres = RESPONSE [SitHgt = RESPONSE]

2.2.15 Knee Height

None
2.3 SHARE

In this section, SHARE coding information is collected based on Wave 4 study. Note that information of measures collected in only in Germany (blood pressure, measured height, waist circumference in Wave 4) is not collected.

2.3.1 Blood Pressure and Pulse Rate

Blood pressure is taken only in Wave 4 in Germany

2.3.1.1 Systolic

None

2.3.1.2 Diastolic

None

2.3.1.3 Arm

None

2.3.1.4 Pulse

None

2.3.2 Balance

2.3.2.1 Semi Tandem

None

2.3.2.2 Side by Side

None

2.3.2.3 Full Tandem

None

2.3.3 Walking Speed

In Wave 1 and Wave 2 only

2.3.3.1 Help

None
2.3.3.2 Walking Speed

**WS010** _RESULT OF FIRST TRIAL_

IWER: RECORD RESULT OF THE FIRST TRIAL

*Answer:*


IF WS010_ (RESULT OF FIRST TRIAL) = 1. Completed successfully

**WS011** _TIME OF FIRST WALKING SPEED TEST_

IWER: RECORD TIME IN SECONDS TO TWO DECIMAL PLACES

__________ (0.50..30.00)

**WS012** _RESULT OF SECOND TRIAL_

IWER: REPEAT WALKING SPEED TEST; RECORD RESULT OF THE SECOND TRIAL

*Answer:*


IF WS012_ (RESULT OF SECOND TRIAL) = 1. Completed successfully
WS013_ TIME OF SECOND WALKING SPEED TEST
IWER: RECORD TIME IN SECONDS TO TWO DECIMAL PLACES
____________ (0.50..30.00)

2.3.4 Lung Function
2.3.4.1 Lung Function

(Wave 2, Wave 4 only)
PF003_ValFirstMeas
IWER: Enter value first measurement
(Record 30 if less than 60; record 890 if past last tick mark; record 993 if R tried but was unable; or record 999 if R chose not to do it.)

PF004_ValSecMeas
IWER: Enter value second measurement
(Record 30 if less than 60; record 890 if past last tick mark; record 993 if R tried but was unable; or record 999 if R chose not to do it.)

2.3.4.2 Effort Level
PF005_EffortR
IWER: How much effort did R give to this measurement?
1. R gave full effort
2. R was prevented from giving full effort by illness, pain, or other symptoms or discomforts
3. R did not appear to give full effort, but no obvious reason for this

2.3.4.3 Position
PF006_PositionR
IWER: What was the R’s position for this test?
Answer:
1. Standing; 2. Sitting; 3. Lying down
2.3.5 Grip Strength

2.3.5.1 Grip Strength

**GS006** _FirstLHand_

*LEFT HAND, FIRST MEASUREMENT.*

*IWER: Enter the results to the nearest integer value.*

0..100

**GS007** _SecondLHand_

*LEFT HAND, SECOND MEASUREMENT.*

*IWER: Enter the results to the nearest integer value.*

0..100

**GS008** _FirstRHand_

*RIGHT HAND, FIRST MEASUREMENT.*

*IWER: Enter the results to the nearest integer value.*

0..100

**GS009** _SecondRHand_

*RIGHT HAND, SECOND MEASUREMENT.*

*IWER: Enter the results to the nearest integer value.*

0..100

2.3.5.2 Pain

None

2.3.5.3 Dominant / Measured Hand

**GS004** _DominantHand_

*Which is your dominant hand?*
**Answer:**
1. Right hand 2. Left hand

2.3.5.4 Position

**GS013_Position**

IWER: What was the R's position for this test?

Answer:
1. Standing; 2. Sitting; 3. Lying down

2.3.6 Leg Raise

2.3.6.1 Eye Open
None

2.3.6.2 Eye Close
None

2.3.7 Chair Stand

**CS004_ SINGLE CS TEST RESULTS**

IWER: RECORD SINGLE CHAIR STAND TEST RESULTS

Answer: 1. R stood up without using arms 2. R used arms to stand up 3. Test not completed

**CS008_ TIME IN SECONDS USED FOR FIVE STANDS**

IWER: RECORD TIME IN SECONDS USED FOR 5 STANDS. TYPE 99 IF R FAILED TO COMPLETE 5 STANDS IN ONE MINUTE

_________ (0.00..99.00)

2.3.8 Height

Measured height is taken only in Wave 4 in Germany
BI003_Completed IWER: Which measurements were completed? Tick all that apply
Answer:

PH013_HowTall
How tall are you?
IWER: Length in centimetres (in UK: feet-dot-inches)
0.00..230.00

2.3.9 Weight

PH012_Weight
Approximately how much do you weigh?
IWER: Weight in kilos (in UK stone-dot-pounds)
0.00..250.00

2.3.10 Waist Circumference

Waist Circumference is taken only in Wave 4 in Germany

BI003_Completed IWER: Which measurements were completed? Tick all that apply
Answer:

2.3.11 Hip Circumference

None

2.3.12 Vision

PH041_UseGlasses
Do you usually wear glasses or contact lenses?
Answer: 1. Yes; 5. No

**PH043_EyeSightDist**

*How good is your eyesight for seeing things at a distance, like recognising a friend across the street [using glasses or contact lenses as usual]? Would you say it is...*

Answer: 1. Excellent; 2. Very good; 3. Good; 4. Fair; 5. Poor

**PH044_EyeSightPap**

*How good is your eyesight for seeing things up close, like reading ordinary newspaper print [using glasses or contact lenses as usual]? Would you say it is...*

Answer: 1. Excellent; 2. Very good; 3. Good; 4. Fair; 5. Poor

2.3.13 Hearing Exam

**PH045_UseHearingAid**

Are you usually wearing a hearing aid?
Answer: 1. Yes; 5. No

**PH046_Hearing**

Is your hearing [using a hearing aid as usual]...
Answer: 1. Excellent; 2. Very good; 3. Good; 4. Fair; 5. Poor

2.3.14 Sitting Height
None

2.3.15 Knee Height
None
2.4 KLoSA

In this section, KLoSA coding information is collected based on wave 4.

2.4.1 Blood Pressure and Pulse Rate

2.4.1.1 Systolic
None

2.4.1.2 Diastolic
None

2.4.1.3 Arm
None

2.4.1.4 Pulse
None

2.4.2 Balance

2.4.2.1 Semi Tandem
None

2.4.2.2 Side by Side
None

2.4.2.3 Full Tandem
None

2.4.3 Walking Speed

2.4.3.1 Help
None

2.4.3.2 Walking Speed
None

2.4.4 Lung Function

2.4.4.1 Lung Function
None

2.4.4.2 Effort Level
None
2.4.4.3 Position
None

2.4.5 Grip Strength

2.4.5.1 Grip Strength

**C507.** Now, I’m going to measure your RIGHT HAND. Please put your elbow onto your side and make a right angle around your elbow. Make sure the scale of the dynamometer is set to zero.
Ready? Squeeze it now. (unit: Kg)
[IWER: R is asked to take off his/her ring or watch for safety.]
FIRST READING [range: 0~50]

**C508.** Now, I’m going to measure your RIGHT HAND again. Please set the scale of the dynamometer to zero, Squeeze it now. (unit: Kg.)
SECOND READING [range: 0~50]

**C509.** Now, I’m going to measure your LEFT HAND, Please put your elbow onto your side and make a right angle around your elbow. Make sure the scale of the dynamometer is set to zero. Ready? Squeeze it now. (unit: Kg.)
[IWER: R is asked to take off his/her ring or watch for safety.]
FIRST READING [range: 0~50]

**C510.** Now, I’m going to measure your LEFT HAND again, Please set the scale of the dynamometer to zero. Squeeze it now. (unit: Kg.)
SECOND READING [range: 0~50]

2.4.5.2 Pain

**C504.** Which hand hurts?
Answer: 1. R is unable to use both hands → Go to C505; 3. R is unable to use right hand → Go to C509; 5. R is unable to use left hand → Go to C507
2.4.5.3 Dominant / Measured Hand

C501. Now I would like to measure the strength of your hand in a gripping action. Which is your dominant hand?
Answer: 1. Right hand; 3. Left hand; 5. Both hands equally dominant

2.4.5.4 Position

C511. [IWER: What was R's position for this test?]
Answer: 1. standing; 3. Sitting; 5. lying down

2.4.6 Leg Raise
None
2.4.6.1 Eye Open
None
2.4.6.2 Eye Close
None
2.4.7 Chair Stand
None
2.4.8 Height

C107. How tall are you? (unit: Centimeter)
[range:70~210]

2.4.9 Weight

C105. How much do you weigh? (unit: Kilogram)
[range:30~200]
2.4.10 Waist Circumference
None

2.4.11 Hip Circumference
None

2.4.12 Vision

**C074.** Now I have some questions about your eyesight. Do you usually wear glasses or corrective lenses?
Answer: 1. Yes; 3. Visually disabled (blind)→Go to C082; 5. No

**C075.** How good is your eyesight (including corrected vision)?

**C076.** How good is your eyesight (including corrected vision) for seeing things at a distance, like recognizing a friend across a street?

**C077.** How good is your eyesight (including corrected vision) for seeing things up close, like reading a newspaper?

2.4.13 Hearing Exam

**C082.** Now I have some questions about your hearing. Do you wear a hearing aid?
Answer: 1. Yes; 5. No

**C083.** How good is your hearing? If you use a hearing aid, answer about your hearing when you wear it.

**C084.** Does your hearing limit your daily activities?
Answer: 1. Yes; 5. No
2.4.14 Sitting Height
None

2.4.15 Knee Height
None
2.5 CHARLS

In this section, CHARLS coding information is collected based on wave 1.

2.5.1 Blood Pressure and Pulse Rate

LI857-LI875: Record measurements in chart: (Enter ‘993’ in systolic reading if R tried but was unable to do it. Enter ‘999’ if R chose not to do it.)

2.5.1.1 Systolic

LI857 (Measure 1) Time of Reading
   LI859 (Measure 1) Systolic Reading
   
LI857 (Measure 2) Time of Reading
LI864 (Measure 2) Systolic Reading

LI857 (Measure 3) Time of Reading
LI869 (Measure 3) Systolic Reading

2.5.1.2 Diastolic

LI857 (Measure 1) Time of Reading
LI860 (Measure 1) Systolic Reading

LI857 (Measure 2) Time of Reading
LI865 (Measure 2) Systolic Reading

LI857 (Measure 3) Time of Reading
LI870 (Measure 3) Systolic Reading

2.5.1.3 Arm

LI872 Which arm was used to conduct the measurements? (circle one)
Answer:
1 Left arm; 2 Right arm

2.5.1.4 Pulse

LI857 (Measure 1) Time of Reading
LI861 (Measure 1) Systolic Reading

LI857 (Measure 2) Time of Reading
LI866 (Measure 2) Systolic Reading

LI857 (Measure 3) Time of Reading
LI871 (Measure 3) Systolic Reading

2.5.2 Balance
2.5.2.1 Semi Tandem

LI879 Did R hold semi-tandem stand for a full 10 seconds without stepping out of place or grabbing hold of anything?
Answer: (Circle one)
1. YES ; 5. NO →Enter amount of time R held stand in seconds to two decimal places:
LI880 ___ ___ . ___ ___0..10 Sec ;993. R tried but was unable; 999. R chose not to do it

LI881 Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during semi-tandem stand?
Answer: (Circle one)
1. YES ; 5. NO ; 8. Don’t Know

2.5.2.2 Side by Side

LI886 Did R hold side-by-side stand for a full 10 seconds without stepping out of place or grabbing hold of anything?
LI887 ___ ___ . ___ 0..10 ; 993. R tried but was unable; 999. R chose not to do it

LI888 Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during side-by-side stand? (Circle one)
Answer: (Circle one)
1. YES ; 5. NO ; 8. Don't Know

LI889 Record the type of floor surface that the balance measures were conducted on. (Circle one).
Answer: (Circle one)
1. Linoleum/tile/wood; 2. carpet; 3. Clay; 4. Concrete; 5. Not sure; 97. Other
(Specify):__________________

2.5.2.3 Full Tandem

LI896 Did R hold full-tandem stand for a full [30/60] seconds without stepping out of place or grabbing hold of anything
Answer: (Circle one)
1. YES ; 5. NO →Enter amount of time R held stand in seconds to two decimal places:
   (LI897) ___ . ___ Sec ; 993. R tried but was unable; 999. R chose not to do it

LI898 Did R use any compensatory movements of his/her trunk, arms or legs to steady him/herself during full-tandem stand? (Circle one)
Answer: (Circle one)
1. YES ; 5. NO ; 8. Don’t Know

LI899 Record the type of floor surface that the balance measures were conducted on.
Answer: (Circle one)
1. Linoleum/tile/wood; 2. carpet; 3. Clay; 4. Concrete; 5. Not sure; 97. Other (Specify): __________________

2.5.3 Walking Speed

2.5.3.1 Help

None

2.5.3.2 Walking Speed

LI823 (Measure 1) Walking Speed Time (second)
LI824 (Measure 2) Walking Speed Time (second)

2.5.4 Lung Function

2.5.4.1 Lung Function

LI807-LI811: IWER: Record measurements in chart: (Record 30 if less than 60; Record 890 if past last tick mark; Record 993 if R tried but was unable; or Record 999 if R chose not to do it.)

2.5.4.2 Effort Level

LI810 IWER: How much effort did R give to this test? (Circle one)
Answer: 1) R gave full effort; 2) R was prevented from giving full effort by illness, pain, or other symptoms or discomforts; 3) R did not appear to give full effort, but no obvious reason for this

2.5.4.3 Position

LI811 IWER: What was R’s position for this test? (Circle one)
Answer: 1) standing 2) sitting; 3) lying down

2.5.5 Grip Strength

2.5.5.1 Grip Strength

LI816 (Measure 1) Left Hand
2.5.5.2 Pain

**K006** “Before we begin, I’d like to make sure it is safe for you to do this measurement. Have you had surgery or experienced any swelling, inflammation, severe pain, or injury in one or both hands within the last 6 months?”

Answer: (Circle one)

1 ....... YES → continue with the next question

5 ....... NO → skip the next question

**K007** “In which hand (have you had surgery or experienced any swelling, inflammation, severe pain, or injury in the last 6 months)?”

Answer: (Circle one)

1 ...... BOTH HANDS → do not complete this measure and answer question in box below

2 ...... LEFT HAND ONLY → continue but do not perform measurement on left hand

3 ...... RIGHT HAND ONLY → continue but do not perform measurement on right hand

2.5.5.3 Dominant / Measured Hand

**LI815** “Which is your dominant hand?”

Answer: (Circle one)

1 .......... Right hand; 2 .......... Left hand; 3 .......... Both hands equally dominant

2.5.5.4 Position

None
2.5.6 Leg Raise

2.5.6.1 Eye Open
None

2.5.6.2 Eye Close
None

2.5.7 Chair Stand

**LI003** Did R can stand up straight and then sit down again at his/her usual pace five times without stopping in between and without using arms to push off (Circle one)

1 ....... Yes Enter amount of time R held stand in seconds to two decimal places: *(LI004) : _____.__ _Sec

5 ....... No Enter amount of time R held stand in seconds to two decimal places *(LI005) : _____.__ _Sec

993 .......... R tried but was unable; 999 .......... .. R chose not to do it

Record the number of stands R completed : *(LI006 )_____0..5times

Record the chair height from floor to seat in the space provided. *(LI007 )____ _____.___.0..999cm

**LI008** Did R use his/her trunk arms during repeated chair stands?

Answer (Circle one)
1.YES; 5. NO ; 8. Don’t Know

2.5.8 Height

**LI011** (Measure 1) (0-210, centimeter)

2.5.9 Weight

**LI841** (Measure 1) (0-150, kg)
2.5.10 Waist Circumference
LI907 (Measure 1) (0-999, centimeter)

2.5.11 Hip Circumference
None

2.5.12 Vision
DA032. Now I have some questions about your eyesight. Do you usually wear glasses or corrective lenses?
Answer:
(1) Yes ; (2) Legally blind; (3) No

DA033. How good is your eyesight for seeing things at a distance, like recognizing a friend from across the street (with glasses or corrective lenses if you wear them)? Would you say your eyesight for seeing things at a distance is excellent, very good, good, fair, or poor?
Answer:
(1) Excellent; (2) Very good; (3) Good; (4) Fair; (5) Poor

DA034. How good is your eyesight for seeing things up close, like reading ordinary newspaper print (with glasses or corrective lenses if you wear them)? Would you say your eyesight for seeing things up close is excellent, very good, good, fair, or poor?
Answer:
(1) Excellent; (2) Very good; (3) Good; (4) Fair; (5) Poor

2.5.13 Hearing Exam
DA038. Now I have some questions about your hearing. Do you ever wear a hearing aid?
Answer:
1. YES; 5. NO ;

DA039. Is your hearing very good, good, fair, poor, or very poor (with a hearing aid if you normally use it
and
without if you normally don’t)? Would you say your hearing is excellent, very good, good, fair, or poor?
Answer:
(1) Excellent; (2) Very good; (3) Good; (4) Fair; (5) Poor

2.5.14 Sitting Height
None

2.5.15 Knee Height
LI019 (RIGHT KNEE HEIGHT) (0-150, centimeter)
2.6 TILDA

In this section, THILDA coding information is collected based on wave 1,2.

2.6.1 Blood Pressure and Pulse Rate
(Wave 1 only)

2.6.1.1 Systolic

**BPseatedsystolic1**
Seated systolic blood pressure measurement 1 (mm Hg)

**BPseatedsystolic2**
Seated systolic blood pressure measurement 2 (mm Hg)

**BPseatedsystolicmean**
Mean seated systolic blood pressure (mm Hg)

2.6.1.2 Diastolic

**BPseateddiastolic1**
Seated diastolic blood pressure measurement 1 (mm Hg)

**BPseateddiastolic2**
Seated diastolic blood pressure measurement 2 (mm Hg)

**BPseateddiastolicmean**
Mean seated diastolic blood pressure (mm Hg)

2.6.1.3 Arm
None
2.6.1.4 Pulse
None

2.6.2 Balance

2.6.2.1 Semi Tandem
None

2.6.2.2 Side by Side
None

2.6.2.3 Full Tandem
None

2.6.3 Walking Speed
(Wave 2 only)

2.6.3.1 Help
None

2.6.3.2 Walking Speed

**tug007**
Height of chair from the seat to the ground to nearest cm

**tug009m**
Time taken to complete walk in minutes, seconds and centiseconds – minutes (m)

**tug009s**
Time taken to complete walk in minutes, seconds and centiseconds – seconds (s)

**tug009c**
Time taken to complete walk in minutes, seconds and centiseconds – centiseconds (cs)

2.6.4 Lung Function

2.6.4.1 Lung Function
None
2.6.4.2 Effort Level
None

2.6.4.3 Position
None

2.6.5 Grip Strength

2.6.5.1 Grip Strength

**GRIPtest1D**
Grip strength test 1 for dominant hand (kg)

**GRIPtest2D**
Grip strength test 2 for dominant hand (kg)

**GRIPtest1ND**
Grip strength test 1 for non-dominant hand (kg)

**GRIPtest2ND**
Grip strength test 2 for non-dominant hand (kg)

**FRgripstrengthD**
Mean grip strength for dominant hand (kg)

**FRgripstrengthND**
Mean grip strength for non-dominant hand (kg)

**gs005**
Grip strength for dominant hand (kg)

**gs006**
Grip strength for non-dominant hand (kg)
2.6.5.2 Pain
None

2.6.5.3 Dominant / Measured Hand
GRIPtestdominant
Dominant hand

2.6.5.4 Position
gs007
Respondent’s position during test

2.6.6 Leg Raise
2.6.6.1 Eye Open
None
2.6.6.2 Eye Close
None
2.6.7 Chair Stand
None

2.6.8 Height
(Wave 1 only)
height
Objective height measurement (cm)

SR_Height_Centimetres
Self-reported height – CAPI (cm)

2.6.9 Weight
(Wave 1 only)
weight
Objective weight measurement (kg)
SR_Weight_Kilogrammes
Self-reported weight – CAPI (kg)

2.6.10 Waist Circumference
(Wave 1 only)
FRwaist
Waist circumference (cm)

2.6.11 Hip Circumference
(Wave 1 only)
FRhip
Hip circumference (cm)

FRwhr
Waist:hip ratio

2.6.12 Vision
(Wave 1 only)
visualAcuityRight
Visual acuity score for right eye

visualAcuityLeft
Visual acuity score for left eye

wearGlasses
If respondent wears glasses/corrective lens (yes/no)

woreGlassesDuringTest
If respondent wore glasses/corrective lens during test (yes/no)
2.6.13 Hearing Exam

**PH107:**

[Do/Does] [you/he/she] use any of the following aids or appliances to help [you/him/her] with [your/his/her] hearing?

Answer:

1. Hearing aid (all the time) [ph107_01]; 2. Hearing aid (some of the time) [ph107_02]; 3. Amplifier [ph107_03]; 96. None of the above [ph107_96]; 98. DK [ph107_98]; 99. RF [ph107_99]

**PH145:**

Do you feel [you/he/she] [have/has] a hearing loss?

Answer:

1. Yes; 5. No; 98. DK; 99. RF

**PH108:**

Is your hearing (with or without a hearing aid)

Answer:

1. excellent; 2. very good; 3. Good; 4. Fair; 5. or, poor; 98. DK; 99. RF

**PH109:**

Can you follow a conversation with one person (with or without a hearing aid)?

Answer:

1. with no difficulty; 2. with some difficulty; 3. with much difficulty; 4. no I cannot; 98. DK; 99. RF

**PH110:**

Can you follow a conversation with four people (with or without a hearing aid)?

Answer:

1. with no difficulty; 2. with some difficulty; 3. with much difficulty; 4. no I cannot; 98. DK; 99. RF
2.6.14 Sitting Height
None

2.6.15 Knee Height
None
2.7 MHAS

In this section, MHAS coding information is collected based on wave 3.

2.7.1 Blood Pressure and Pulse Rate

2.7.1.1 Systolic

1.1 First Measurement

First I would like to measure your blood pressure and pulse. Remain seated while I prepare the arm cuff. The arm cuff will squeeze your arm a little, but it will not hurt you. Please relax. Make two measurements—one now and the other a little later. [____][____][____] SYSTOLIC

Did not get measurement ....999/999 [__|__I__]

1.2 Time first blood pressure measurement was taken HOURS MINUTES [__ | __] [__ | __]

1.3 Result of the measure

Answer:

1.No issue; 2 Physical problem; 3 No cooperation 4 Refused to provide

1.13 SECOND MEASUREMENT

Now I will take your blood pressure again. I will need you to continue sitting and be relaxed as possible to get the measurement. [____][____][____] SYSTOLIC

Did not get measurement ....999/999 [__|__I__]

1.14 Time second blood pressure measurement was taken HOURS MINUTES [__ | __] [__ | __]

1.15 Result of the second measure

Answer:

1.No issue; 2 Physical problem; 3 No cooperation 4 Refused to provide
2.7.1.2 Diastolic

1.1 First Measurement
First I would like to measure your blood pressure and pulse. Remain seated while I prepare the arm cuff. The arm cuff will squeeze your arm a little, but it will not hurt you. Please relax. Make two measurements—one now and the other a little later. [____][____][____] DIASTOLIC

Did not get measurement ....999/999 [___|___]

1.2 Time first blood pressure measurement was taken HOURS MINUTES [__|__] [__|__]

1.3 Result of the measure
Answer:
1. No issue; 2 Physical problem; 3 No cooperation 4 Refused to provide

1.13 SECOND MEASUREMENT
Now I will take your blood pressure again. I will need you to continue sitting and be relaxed as possible to get the measurement. [____][____][____] DIASTOLIC

Did not get measurement ....999/999 [___|___]

1.14 Time second blood pressure measurement was taken HOURS MINUTES [__|__] [__|__]

1.15 Result of the second measure
Answer:
1. No issue; 2 Physical problem; 3 No cooperation 4 Refused to provide

2.7.1.3 Arm
None
2.7.1.4 Pulse

1.1 First Measurement
First I would like to measure your blood pressure and pulse. Remain seated while I prepare the arm cuff. The arm cuff will squeeze your arm a little, but it will not hurt you. Please relax. Make two measurements—one now and the other a little later. [____][____][____] DIASTOLIC

Did not get measurement ....999/999 [__|__|__]

1.2 Time first blood pressure measurement was taken HOURS MINUTES [__|__] [__|__]

1.3 Result of the measure
Answer:

1.No issue; 2 Physical problem; 3 No cooperation 4 Refused to provide

1.13 SECOND MEASUREMENT
Now I will take your blood pressure again. I will need you to continue sitting and be relaxed as possible to get the measurement. [____][____][____] DIASTOLIC

Did not get measurement ....999/999 [__|__|__]

1.14 Time second blood pressure measurement was taken HOURS MINUTES [__|__] [__|__]

1.15 Result of the second measure
Answer:

1.No issue; 2 Physical problem; 3 No cooperation 4 Refused to provide

2.7.2 Balance
2.7.2.1 Semi Tandem
None

2.7.2.2 Side by Side
None
2.7.2.3 Full Tandem
None

2.7.3 Walking Speed

2.7.3.1 Help

1.19 Aids used during first test
Answer:
1 None; 2 Cane; 7 Other

1.22 Aids used during second test
Answer:
1 None; 2 Cane; 7 Other

2.7.3.2 Walking Speed

1.17 Time for the first test Time to walk 4 meters [___|___] . [___|___] Min. Sec.
If the test was not performed, enter…….00 00 [___][___] . [___][___]

1.18 If the participant did not attempt or failed the test, indicate reason:
Answer:
1 Tried, but could not do; 2 The participant could not maintain position without help; 3 No attempt, you did not feel safe; 4 No attempt, the did not feel safe; 5 The participant could not understand instructions; 6 Other (specify);7 Refused to do

1.20 Time for the second test Time to walk 4 meters [___|___] . [___|___] Min. Sec.
If the test was not performed, enter……00 00 [___][___] . [___][___]

1.21 If the participant did not attempt or failed the test, indicate reason:
Answer:
1 Tried, but could not do; 2 The participant could not maintain position without help; 3 No attempt, you did not feel safe; 4 No attempt, the did not feel safe; 5 The participant could not understand instructions; 6 Other (specify);7 Refused to do
2.7.4 Lung Function
2.7.4.1 Lung Function
None
2.7.4.2 Effort Level
None
2.7.4.3 Position
None
2.7.5 Grip Strength
2.7.5.1 Grip Strength
INTERVIEWER: Check the answer to question 1.23. If the answer is coded “1” do 1.26 and 1.27; if the answer is code “2”, do 1.27 and if the answer is coded “3”, do only 1.26.

FIRST MEASUREMENT SECOND MEASUREMENT

1.26. We will do two measurements with the left hand. [____][____][____] kg

Tried, but could not do.......................... 993.0; Did not try......................... 999.0
[____][____][____] kg

1.27. We will do two measurements with the right hand. [____][____][____] kg

Tried, but could not do.......................... 993.0; Did not try......................... 999.0[____][____][____] kg

1.28. Completed the handgrip test

Answer:

1 Yes; 2 No

2.7.5.2 Pain
1.23 Do you feel it is safe for you to do this measurement? Please consider whether in the past six months you had surgery or experienced some swelling, inflammation, pain or serious injury to one or both hands.

Answer:
1 Yes, with both hands; 2 Yes, only with the right hand; 3 Yes, only with the left hand; 4 It is not possible to do the test with any hand

2.7.5.3 Dominant / Measured Hand

**1.25** What is your dominant hand, with which you perform most things?

Answer:

1 Right; 2 Left; 3 Both hands

2.7.5.4 Position

None

2.7.6 Leg Raise

2.7.6.1 Eye Open

**1.16** Now we will do some exercises to measure your mobility. I will show you how to do the following exercise. I would like you to try to do it. If you think you cannot do it or it is too dangerous for you, please tell me. While standing, please try to stand on one unsupported foot or holding onto anything. Try it with any of your legs, and then try it with the other one. I will keep time, so I will let you know when to start and when to stop (TEN SECONDS). You can stop any time you feel that you are losing your balance. Let's start first with the leg you feel more confident with.

**Right foot**

94 Missing or injured extremity; 95 Tried, but could not do; 96 No attempt was made to be safe; 97 Cannot stand; 99 Refused to do

Passed the test within: Time [___ | ___] Seconds [____ | ____]

**Left foot**

94 Missing or injured extremity; 95 Tried, but could not do; 96 No attempt was made to be safe; 97 Cannot stand; 99 Refused to do

Passed the test within: Time [___ | ___] Seconds [____ | ____]
2.7.6.2 Eye Close
None

2.7.7 Chair Stand
None

2.7.8 Height

**FIRST MEASURE SECOND MEASURE**

1.7 Height l__l__l__l. l__l (Centimeters mm)

995.0 Tried, but could not do; 996.0 No attempt was made to be safe; 997.0 Cannot stand; 999.0 Refused to do [__|__I__].[__]

1.7.1 To verify that I measured well, I will do it again.

Height l__l__l__l. l__l (Centimeters mm)

995.0 Tried, but could not do; 996.0 No attempt was made to be safe; 997.0 Cannot stand; 999.0 Refused to do [__|__I__].[__]

2.7.9 Weight

**FIRST MEASURE SECOND MEASURE**

1.8 Now I will measure your weight.

Weight l__l__l__l. l__l (Kilos Grams)

995.000 Tried, but could not do; 996.000 No attempt was made to be safe; 997.000 Cannot stand; 999.000 Refused to do [__|__I__].[__|__I__]

1.8.1 To verify that I measured well, I will do it again.

Weight l__l__l__l. l__l (Kilos Grams)
2.7.10 Waist Circumference

1.9 Waist | | | | | (Centimeters mm)

2.7.11 Hip Circumference

1.10 Hip | | | | | (Centimeters mm)

2.7.12 Vision

C.41 Do you usually wear glasses?
C.42 How is your vision (with glasses)?
Answer
1 Excellent; 2 Very Good; 3 Good; 4 Fair; 5 Poor; 6 [Vol] LEGALLY BLIND; 8 RF; 9 DK

2.7.13 Hearing Exam
C.43 Do you usually use a hearing aid or auditory device?
Answer:
1 YES; 2 NO; 8 RF; 9 DK

C.44 How is your hearing/auditory range (using hearing aid or auditory device)?
Answer
1 Excellent; 2 Very Good; 3 Good; 4 Fair; 5 Poor; 6 [Vol] LEGALLY DEAF; 8 RF; 9 DK

2.7.14 Sitting Height
1.11 Sitting Height l__l__l__l. l__l (Centimeters mm)
995.0 Tried, but could not do; 996.0 No attempt was made to be safe; 997.0 Cannot stand; 999.0 Refused to do [___][___].[___]

1.11.1 To verify that I measured well, I will do it again.

Sitting Height... l__l__l__l. l__l (Centimeters mm)
995.0 Tried, but could not do; 996.0 No attempt was made to be safe; 997.0 Cannot stand; 999.0 Refused to do [___][___].[___]

2.7.15 Knee Height
1.12 Measurement of knee height
Height I__I__I__I. I__I (Centimeters mm)

995.0 Tried, but could not do; 996.0 No attempt was made to be safe; 997.0 Cannot stand; 999.0
Refused to do [__|__I__].[__]

1.12.1 To verify that I measured well, I will do it again.

Height I__I__I__I. I__I (Centimeters mm)

995.0 Tried, but could not do; 996.0 No attempt was made to be safe; 997.0 Cannot stand; 999.0
Refused to do [__|__I__].[__]
2.8 JSTAR

In this section, JSTAR coding information is collected based on wave 2.

2.8.1 Blood Pressure and Pulse Rate

2.8.1.1 Systolic

09D2-002-3

[Interviewer: Please measure the blood pressure following to the manual in the accompanying sheet. When you finish the procedure, choose "Completed the measurement." If it was interrupted for some reason, choose "Terminated the measurement" and move on to the next screen.

<table>
<thead>
<tr>
<th></th>
<th>Systolic BP (mmHg)</th>
<th>Diastolic BP (mmHg)</th>
<th>Pulse rate (/minute)</th>
<th>Time (automatically fill in the time of entering systolic BP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Second</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Third</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Completed the measurement (When you finish the measurement, please let the respondent know the results orally)

2. Terminated the measurement 77

09D2-004

Measurement condition 1 [Interviewer: Do not read aloud the following, and check the condition when you measure the blood pressure.]

A: Measurement place

Answer:
1. Indoors 2. Entrance 3. Outdoors

B: Measurement arm

1. Right 2. Left

C: Measurement posture

1. sitting position 2. standing position 3. Other (specify____)
09D2-004-1:
Measurement condition 2 Does he/she usually take medicine for blood pressure?
1. Yes  2. No  3. Don’t know  4. Refused to answer

09D2-004-2:
Measurement condition 3 Did he/she take the medicine for blood pressure today? When did he/she take it?
1. Yes [About ( ) o’clock]  2. No  3. Don’t know  4. Refused to answer

2.8.1.2 Diastolic
Refer to 3.8.1.1 Systolic

2.8.1.3 Arm
None

2.8.1.4 Pulse
Refer to 3.8.1.1 Systolic

2.8.2 Balance
2.8.2.1 Semi Tandem
None

2.8.2.2 Side by Side
None

2.8.2.3 Full Tandem
None

2.8.3 Walking Speed
2.8.3.1 Help
None

2.8.3.2 Walking Speed
None
2.8.4 Lung Function

2.8.4.1 Lung Function
None

2.8.4.2 Effort Level
None

2.8.4.3 Position
None

2.8.5 Grip Strength

2.8.5.1 Grip Strength

09F-004-3 :
[Interviewer: Enter score, rounding off to closest kg.]
1. ___kg
2. Not possible to measure, or measurement failed

09F-005-3 :
[Interviewer: Enter score, rounding off to closest kg.]
1. ___kg
2. Not possible to measure, or measurement failed

2.8.5.2 Pain

09F-002 :
[Interviewer: Assess the condition of the respondent. Do not read the following choices out loud.]
Answer:
1. Respondent can use both hands ; 2. Respondent cannot use right hand ; 3. Respondent cannot use left hand ; 4. Respondent cannot use either hand ; 5. Don't know
2.8.5.3 Dominant / Measured Hand

09F-004-2 :
[Interviewer: Indicate which hand was measured.]
Answer:
1. Right ; 2. Left

09F-003 :
Which is your dominant hand?
Answer:
1. Right ; 2. Left; 3. Don't know; 4. Refused to answer ;

2.8.5.4 Position
None

2.8.6 Leg Raise
2.8.6.1 Eye Open
None
2.8.6.2 Eye Close
None
2.8.7 Chair Stand
None

2.8.8 Height
09D-006 :
What is your current height?
[Interviewer] If 09D-006 is 3, read the following and prompt once more.
[Read] Answers to the other dietary questions will be analyzed so that you will be given the results. If you give me the answer to this question, the result will be more accurate. Could you please answer?
1. ___ cm ; 2. Don't know ; 3. Refused to answer
2.8.9 Weight
09D-005 :
What is your current weight?
[Interviewer] If 09D-005 is 3, read the following and prompt once more.
[Read] Answers to the other dietary questions will be analyzed so that you will be given the results. If you give me the answer to this question, the result will be more accurate. Could you please answer?
1. ___ kg ; 2. Don’t know ; 3. Refused to answer

2.8.10 Waist Circumference
09D2-007-3 :
[Interviewer: Please measure the waist size following the manual in the accompanying sheet.]
1. Result: ( )cm ; 2. Stopped the measurement
Only two or three half-width digit numbers are valid. Otherwise display the error message, "enter the value correctly in centimeters."

09D2-008 :
Reason for disagreement/interruption [Interviewer: Read the following, and mark the reasons. (Multiple answers are acceptable)] [Instructions for interviewer to read:] Excuse me. We will stop the measurement.
Answer:
1. A family member could not attend ;
2. The subject could not keep standing/sitting during the measurement
3. The subject felt uneasy/unpleasant during the measurement
4. The subject could not hold breathing during the measurement
5. Could not have the measure around the waist because of his/her health condition
6. The subject could not understand the procedure
7. The subject could not indicate where his/her navel was
8. The subject felt uneasy/unpleasant during the measurement
9. Something is wrong with the instrument
10. Other (specify)
Measurement condition [Interviewer: Do not read aloud the following, and check the condition when you measure the waist size.]
A: Whether he/she was wearing thick clothes during the measurement
Answer:
1. Yes ; 2. No

2.8.11 Hip Circumference
None

2.8.12 Vision

09D-007 :
Do you normally use glasses, contact lenses, or other corrective lenses?
Answer:
1. Yes / 2. No

09D-008-1 :
How clear is your sight, with ophthalmic devices if you use them?
Indicate one of the following.
Answer:
1. Can see very well ; 2. Can see well ; 3. Can see at an average level ; 4. Can see only so-so ; 5. Can’t see well ; 6. Can’t see at all, or am visually impaired

09D-008-2 :
ophthalmic devices if you use them?
Answer:
1. Can see very well ; 2. Can see well ; 3. Can see at an average level ; 4. Can see only so-so ; 5. Can’t see well ; 6. Can’t see at all, or am visually impaired

09D-008-3 :
How clearly do you see near objects, such as the newspaper?
Answer:

1. Can see very well; 2. Can see well; 3. Can see at an average level; 4. Can see only so-so; 5. Can’t see well; 6. Can’t see at all,

2.8.13 Hearing Exam

09D-009:
Do you normally use a hearing aid(s)?
Answer:
1. Yes / 2. No

09D-010-1:
How clear is your hearing, with hearing aid(s) if you use one/them?
Indicate one of the following.
Answer:
1. Can hear very well; 2. Can hear well; 3. Can hear at an average level; 4. Can hear only so-so; 5. Can’t hear well; 6. Cannot hear at all, or am hearing-impaired.

09D-010-2:
How clearly do you understand conversation in a noisy environment, for example, around a TV or radio, with hearing aid(s) if you use one/them?
Answer:
1. Can hear very well; 2. Can hear well; 3. Can hear at an average level; 4. Can hear only so-so; 5. Can’t hear well; 6. Cannot hear at all, or am hearing-impaired.

09D-010-3:
How clearly do you understand conversation between several people, with hearing aids if you use one/them?
Answer:
1. Can hear very well; 2. Can hear well; 3. Can hear at an average level; 4. Can hear only so-so; 5. Can’t hear well; 6. Cannot hear at all, or am hearing-impaired.
How clearly do you understand one-to-one conversation, with hearing aids if you use one/them?

Answer:
1. Can hear very well; 2. Can hear well; 3. Can hear at an average level; 4. Can hear only so-so; 5. Can’t hear well; 6. Cannot hear at all.

2.8.14 Sitting Height

[Interviewer:] Please comment in the following table below without speaking aloud.

<table>
<thead>
<tr>
<th>1: The subject could stand and sit without swaying during the height measurement</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>2: The subject could understand the gist of how the standing and seated height measurements were to be performed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3: A safe place to measure the standing and sitting heights could be secured</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4: Permission was received to paste the post-it note to the wall</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If answers from 09D-015-2-1 to 09D-015-2-4 are “yes”, go to 09D-015-3. Otherwise go to 09D-015-4.

[Interviewer:] Please perform the measurements following the outline in the enclosed paper.
1. Measurement result (________) centimeters
2. Stop measurement

Measurement in 3 digits or error message (please correctly enter the result in centimeters)

[To the Interviewer:] Please perform the measurements following the outline in the enclosed paper.
1. Measurement result (________) centimeters
2. Stop measurement
2.8.15 Knee Height
None
3. Biomarker Measurement Protocols

In this section, biomarker measurement protocols or nurse guides from each survey are listed.

3.1 HRS

3.1.1 Blood Pressure and Pulse Rate

3.1.1.1 Measurement

Three measurements, 45 seconds apart, were taken on the respondent’s left arm. Data recorded for each measurement include systolic and diastolic blood pressure, pulse, and the time of day the reading was taken.

3.1.1.2 Equipment

Omron HEM-780 Intellisence Automated blood pressure monitor with ComFit cuff.

3.1.1.3 Protocol

- Respondents were instructed to sit down with both feet on the floor and their left arm comfortably supported (on a table for example) with the palm facing up. Respondents were asked to roll their sleeve up unless they had on a short sleeve shirt or a thin shirt.
- The cuff was adjusted to the respondent’s arm ensuring that it made direct contact with the skin, the bottom of the cuff was approximately half an inch above the elbow and the air tube ran down the middle of the respondent’s arm.
- The interviewer pressed the start button.
- The cuff inflated automatically and then deflated while displaying the systolic and diastolic blood pressure and pulse.
- The interviewer recorded the systolic and diastolic blood pressure and pulse, as well as the time of the reading.
- The interviewer used a stop watch and waited 45-60 seconds before beginning the next measurement.
- Three readings were taken.
- Interviewers were instructed to turn the monitor away from the respondent so that the respondent would not see the readings during the measurements, as viewing the reading could affect subsequent blood pressure and pulse measurements. Interviewers
were instructed to remain quiet and not to respond to a respondent’s inquiry regarding the reading while the three measurements were being taken. If the lowest blood pressure reading obtained was higher than 160 systolic or higher than 110 diastolic (160/110), interviewers were instructed to record the measurements on a pre-designed card instructing the respondent to consult their physician as soon as possible.

3.1.2 Balance

3.1.2.1 Measurement
Up to two of the following measures of balance were conducted: Full Tandem, Semi-Tandem, Side-by-Side.

3.1.2.2 Equipment
A diagram showing the foot positions for the different balance stands and a stop watch.

3.1.2.3 Protocol: Semi-Tandem
  o All respondents attempted the Semi-Tandem stand.
  o Interviewers assessed the appropriateness of the respondent’s footwear before conducting the test. If necessary, respondents were asked to remove their shoes or to wear low or no heeled shoes. The interviewer was instructed conduct the test in an area where the floor was level, preferably with no or low-pile carpet. If a respondent was not able to perform the test for the full amount of time, the interviewer recorded the amount of time the position was held.
  o The respondent was asked to stand up with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds.
  o The respondent could put either foot in front and use their arms, bend their knees or move their body to maintain balance, but was instructed to try not to move their feet.
  o If necessary, the interviewer was instructed to gently support the respondent’s arm to help them get into the semi-tandem position. The interviewer stood to the side of the respondent to be in position to assist if a respondent lost his/her balance.
  o The respondent was instructed to try to hold this position until told to stop.
  o The interviewer stopped the stopwatch after 10 seconds or when the respondent
stepped out of position or grabbed the interviewer’s arm.

3.1.2.4 Protocol: Full-Tandem

- If they were able to hold Semi-Tandem for 10 seconds, they were then asked to do the Full Tandem stand.
- Same protocol as for semi-tandem, except that the respondent was asked to stand to stand with the heel of one foot in front of and touching the toes of the other foot for about [30/60] seconds.
- Respondents aged 65 or older were asked to complete a 30 second full-tandem balance test while those younger than 65 were asked to complete a 60 second full-tandem balance test.
- The interviewer stopped the stopwatch after [30/60] seconds or when the respondent stepped out of position or grabbed the interviewer’s arm.

3.1.2.5 Protocol: Side-by-side

- If they were unable to hold the Semi-Tandem for 10 seconds, they were asked to perform the Side-by-Side Tandem stand.
- Same protocol as for semi-tandem, except that the respondent was asked to stand to stand with both feet together, side-by-side, for about 10 seconds.
- The interviewer stopped the stopwatch after 10 seconds or when the respondent stepped out of position or grabbed the interviewer’s arm.

3.1.3 Walking Speed

3.1.3.1 Measure

Respondents were timed as they walked the 98.5 inch course two times (there and back).

3.1.3.2 Equipment

Stop Watch, Tape Measure (pre-marked at 98.5 inches), Masking Tape (to mark the course)

3.1.3.3 Protocol

- The interviewer set up a walking course by placing the tape measure on the floor to measure the full distance.
The interviewer placed a strip of masking tape, approximately 8 inches long, on the floor to mark the starting and ending points of the course.

The interviewer retrieved the tape measure from the floor and instructed the respondent to place their toes at the start of the course.

The interviewer said, “Ready, begin” to signal to the respondent to begin walking.

The interviewer started the stop watch once the respondent’s foot was across the starting line and fully touching the floor.

The respondent was instructed to walk at their normal pace just past the end of the course.

The interviewer stopped the stop watch as soon as the respondent’s foot was completely past the masking tape marking the finish line and fully touched the floor.

The interviewer reset the stop watch and instructed the respondent to walk back to the other side.

The interviewer timed the second walk as well and recorded the information in the booklet.

All respondents aged 65 years or older meeting the criteria described above and who do not have any problems from recent surgery, injury, or other health conditions that might prevent them from walking were eligible for the timed walk test. Additionally, sufficient space was necessary to conduct the test. A clear, preferably non-carpeted area, approximately 12 feet in length was needed to set up the walking course.

Respondents were instructed to wear appropriate footwear (low or no heel). The interviewer walked just to the side and slightly behind the respondent so as to clearly see the respondent’s feet as they crossed the line, but also to gently support the respondent if they lost their balance or started to fall. This measure could be completed with a walking aid, such as a cane or a walker, if a respondent normally used an aid to walk.

3.1.4 Lung Function

3.1.4.1 Measurement

Three measurements, 30 seconds apart, were conducted.
3.1.4.2 Equipment

Mini-Wright Peak Flow Meter with a disposable mouthpiece.

3.1.4.3 Protocol

- The interviewer handed the peak flow meter and a disposable mouthpiece to the Respondent and asked that they place the mouthpiece firmly on the meter.
- Respondents were instructed to stand up, take a deep breath, place their lips around the mouthpiece and blow as hard and as fast as possible.
- The interviewer recorded the value indicated by the pointer and reset the meter.
- The interviewer used a stop watch and waited 30 seconds before beginning the next measure.
- Up to three readings were obtained.
- Interviewers were instructed to stop the measurement if the respondent became dizzy, wheezy or had a coughing attack. If the respondent coughed or laughed during a measurement, the measurement was repeated.

3.1.5 Grip Strength

3.1.5.1 Measurement

Two measurements were taken for each hand, alternating hands.

3.1.5.2 Equipment

Smedley spring-type hand dynamometer.

3.1.5.3 Protocol

- The dynamometer was fit to the respondent’s hand and the respondent practiced once with their dominant hand in a standing position with their arm at their side at a 90 degree angle.
- The respondent was instructed to squeeze the meter as hard as they were able for a couple of seconds and to then let go.
- After the practice measurement, the respondent was instructed to switch to their nondominant hand.
- Two measurements were taken with each hand, alternating hands.
- After each measurement, the interviewer recorded the result and handed the
If the respondent was unable to stand, the measurement was completed with the respondent seated. If the respondent had difficulty holding the dynamometer, the respondent was allowed to perform the measurement was conducted with their upper arm resting on a table or other object for support. If the measurement was only performed with one hand, the interviewer instructed the respondent to wait 30 seconds between each measurement.

3.1.6 Leg Raise

3.1.6.1 Measurement

None

3.1.6.2 Equipment

None

3.1.6.3 Protocol

None

3.1.7 Chair Stand

3.1.7.1 Measurement

None

3.1.7.2 Equipment

None

3.1.7.3 Protocol

None

3.1.8 Height

3.1.8.1 Unit of Measurement

Inches

3.1.8.2 Equipment

Tape measure, Rafter’s square, Self-adhesive Note, Pencil
3.1.9 Weight

3.1.9.1 Unit of Measurement
Pounds

3.1.9.2 Equipment
Healthometer 830KL digital scale

3.1.10 Waist Circumference

3.1.10.1 Unit of Measurement
Inches

3.1.10.2 Measure Instruction
Waist circumference was measured at the height of the navel regardless of whether this was the smallest point or the natural waist. If the respondent was unable to place the measure around their waist, the interviewer could help them to do so. The measure was conducted over a thin layer of clothing.

3.1.11 Hip Circumference

3.1.11.1 Unit of Measurement
None

3.1.11.2 Measure Instruction
None

3.1.12 Vision

3.1.12.1 Method
Self-Reported

3.1.13 Hearing Exam

3.1.13.1 Method
In HRS, self-Reported hearing ability questions were asked before 2016. In 2016, hearing test was taken in addition to the self-reported questions.

3.1.13.2 Equipment
HearCheck Device, Disposable Ear Cup
3.1.13.3 Measuring Instruction

Demonstrate using the HearCheck device:

1) Remove any obstructions from your ears (long hair, glasses, jewelry, etc.)
2) Press device against your ear
3) Explain that you will say “Ready, begin” to begin the test
4) You will ask the R to raise their finger when they hear each sound; demonstrate by lifting your finger 2-3 times

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1) Ask the respondent to ensure both of their ears are free of obstructions that would prevent the ear-cup from fully enclosing the ear (R should remove glasses, earrings, headwear, etc. and pull hair away from ear)
2) Ensure the hearing test is being conducted in a quiet environment (no noise from radio, television, pets or other sources)
3) Insert a new disposable ear-cup into the HearCheck Device

LEFT EAR – TESTS 1 AND 2 [F1 – Help]

1) Ask the respondent to remove any hearing aid(s) they are currently wearing. Make sure they will be able to see or hear you signaling the start and end of the tests.
2) Gently place the cup of the device over the respondent’s left ear
3) Say “Ready, begin.”
4) Press the Start button to initiate test 1 (1000 Hz).
5) Count the number of times the respondent raises their finger during test 1.
6) Press Start button within 20 seconds to continue with test 2 (3000 Hz).
7) Count the number of times the respondent raises their finger during test 2.

RIGHT EAR – TESTS 1 AND 2 [F1 – Help]

1) Move the device to the R’s right ear
2) Press Start button to start test 1 (1000 Hz) on the right ear
3) Count the number of times the respondent raises their finger during test 1
4) Press Start button within 20 seconds to continue with test 2 (3000 Hz)
5) Count the number of times the respondent raises their finger during test 2

3.1.14 Sitting Height
   3.1.14.1 Unit of Measurement
       None
   3.1.14.2 Equipment
       None
   3.1.14.3 Measuring Instruction
       None

3.1.15 Knee Height
   3.1.15.1 Unit of Measurement
       None
   3.1.15.2 Equipment
       None
   3.1.15.3 Measuring Instruction
       None
3.2 ELSA

3.2.1 Blood Pressure and Pulse Rate

3.2.1.1 Measurement
Three measurements of systolic, diastolic pressure and pulse were taken.

3.2.1.2 Equipment
If you wish to compare the blood pressure results to earlier HSE ones, please note that Omron machines were used to take the readings in the ELSA waves 2, 4 and 6 nurse visits.

3.2.1.3 Protocol
Three measurements were taken of systolic and diastolic pressure as well as pulse rate on the respondent’s right arm while they were seated. The respondent was given advice if their results indicated a higher than normal reading. The nurses were instructed to give this advice based on the higher of the last two blood pressure readings – the first reading can be high, as people are sometimes nervous about having their blood pressure taken.

3.2.2 Balance

3.2.2.1 Measurement
The eligibility for the balance module depends on age of respondent and performance during the stands.

3.2.2.2 Equipment
A diagram showing the foot positions for the different balance stands and a stop watch.

3.2.2.3 Protocol: Semi-Tandem
- If they held side-by-side for 10 seconds they attempted the semi-tandem stand for 10 seconds.
- Stand with the side of the heel of one foot touching the big toe of the other foot

3.2.2.4 Protocol: Full-Tandem
- Respondents who completed side-by-side and semi-tandem were then asked to do the
full tandem stand
  - If the respondent was aged 69 and under they were asked to attempt the full tandem stand for 30 seconds; if they were 70 or over they were asked to do the full tandem stand for 10 seconds.
  - Stand with the heel of one foot in front of and touching the toes of the other foot

3.2.2.5 Protocol: Side-by-side
  - All respondents start with the side-by-side
  - Stand with feet together, side by side

3.2.3 Walking Speed
  3.2.3.1 Measure
  None
  3.2.3.2 Equipment
  None
  3.2.3.3 Protocol
  None

3.2.4 Lung Function
  3.2.4.1 Measurement
  - Waves 2 and 4: Three measurements each were taken of forced vital capacity (FVC), forced expiratory volume (FEV) and peak flow (PF) using a spirometer. It should be noted that the variables HTFVC and HTFEV (highest technically satisfactory values of FVC and FEV respectively) should not be combined to give a FEV/FVC ratio without checking that they are from the same blow.
  - Wave 6: The aim was to collect three acceptable blows from each eligible respondent. After each attempt, the program advised the nurse whether the blow was acceptable. If it wasn’t, the program instructed the nurse to ask the respondent to try again. At least 3 and up to 8 measurements were taken. As in waves 2 and 4, measurements taken using a spirometer were of FVC, FEV and PF.

3.2.4.2 Equipment
  At wave 6, due to major technological advances, a different model of spirometer was
used to measure lung function. The model differed significantly from the model used at waves 2 and 4 and so results across waves should be interpreted separately.

3.2.4.3 Protocol
None

3.2.5 Grip Strength

3.2.5.1 Measurement
Three measurements of grip strength were taken on both the dominant and non-dominant hand. The respondent was asked which hand was their dominant one. The precise measure carried out was the isometric handgrip strength measure.

3.2.5.2 Equipment
None

3.2.5.3 Protocol
None

3.2.6 Leg Raise

3.2.6.1 Measurement
Only respondents aged 69 and under who successfully passed the side-by-side stand were eligible and therefore asked to complete this module. They were asked to stand on one leg with their eyes open for 30 seconds and then, if they did this, they were asked to complete the same movement with their eyes closed for 30 seconds.

3.2.6.2 Equipment
None

3.2.6.3 Protocol
None

3.2.7 Chair Stand

3.2.7.1 Measurement
Chair Rise

3.2.7.2 Equipment
None
3.2.7.3 Protocol

This is a measure of lower body strength, during which respondents were asked to stand up from a firm chair without using their arms. If they succeeded, they were asked to stand up and down as quickly as they could for either five rises if they were aged 70 and over, or up to ten rises if aged 69 and under. The nurse recorded the time that respondents took to do the number of rises required. For respondents who did ten rises, the nurse recorded the times taken to do both five and ten rises (in the same attempt) so that all respondents had a time for five rises which could be compared.

3.2.8 Height

3.2.8.1 Unit of Measurement

\text{cm}

3.2.8.2 Equipment

No information

3.2.9 Weight

3.2.9.1 Unit of Measurement

\text{Kg}

3.2.9.2 Equipment

No information

3.2.10 Waist Circumference

3.2.10.1 Unit of Measurement

\text{Centimeter}

3.2.10.2 Measure Instruction

No information

3.2.11 Hip Circumference

3.2.11.1 Unit of Measurement

\text{Centimeter}

3.2.11.2 Measure Instruction

No information
3.2.12 Vision
   3.2.12.1 Method
       Self-Reported

3.2.13 Hearing Exam
   3.2.13.1 Method
       Self-Reported

3.2.14 Sitting Height
   3.2.14.1 Unit of Measurement
       Centimeter (wave 2,4 not wave 6)
   3.2.14.2 Equipment
       No information
   3.2.14.3 Measure Instruction
       No information

3.2.15 Knee Height
   3.2.15.1 Unit of Measurement
       None
   3.2.15.2 Equipment
       None
   3.2.15.3 Measure Instruction
       None
3.3 SHARE

3.3.1 Blood Pressure and Pulse Rate

3.3.1.1 Measurement
Wave 4 (2010/2011)

3.3.1.2 Equipment
None

3.3.1.3 Protocol
None

3.3.2 Balance

3.3.2.1 Measurement
None

3.3.2.2 Equipment
None

3.3.2.3 Protocol: Semi-Tandem
None

3.3.2.4 Protocol: Full-Tandem
None

3.3.2.5 Protocol: Side-by-side
None

3.3.3 Walking Speed

3.3.3.1 Measure
Wave 1 (2004/05), Wave 2 (2006/07)

3.3.3.2 Equipment
None

3.3.3.3 Protocol
Walking speed is assessed by measuring the time (in seconds) it takes for a respondent to walk a distance of two and a half meters.
3.3.4 Lung Function

3.3.4.1 Measurement
Wave 2 (2006/07)

3.3.4.2 Equipment
None

3.3.4.3 Protocol
None

3.3.5 Grip Strength

3.3.5.1 Measurement

3.3.5.2 Equipment
Hand dynamometer.

3.3.5.3 Protocol

*Performance measurement that quantifies the respondent's maximum handgrip strength with the aid of a dynamometer.*

3.3.6 Leg Raise

3.3.6.1 Measurement
None

3.3.6.2 Equipment
None

3.3.6.3 Protocol
None

3.3.7 Chair Stand

3.3.7.1 Measurement
Wave 2 (2006/07)

3.3.7.2 Equipment
None
3.3.7.3 Protocol
   The chair stand test is measured one time per respondent and is performed only by respondents who are 74 years old or younger. The respondents fold their arms across their chest and stand up from a sitting position on a chair and sit down again for five times.

3.3.8 Height
   3.3.8.1 Unit of Measurement
   Centimeter (Wave 4 (2010/11)), both self-reported and measured
   3.3.8.2 Equipment
   No information

3.3.9 Weight
   3.3.9.1 Unit of Measurement
   Kg (Wave 4 (2010/11))
   3.3.9.2 Equipment
   No information

3.3.10 Waist Circumference
   3.3.10.1 Unit of Measurement
   Centimeter (Wave 4 (2010/11))
   3.3.10.2 Measure Instruction
   Interviewers were instructed to place the tape measure around the body at the height of the navel. Respondents were asked to breathe in, to breathe out and to hold their breath for a second. The measurement was taken while holding the breath. Respondents were allowed to measure their waist circumference themselves if they wished to do so.

3.3.11 Hip Circumference
   3.3.11.1 Unit of Measurement
   None
3.3.11.2 Measure Instruction
None

3.3.12 Vision
3.3.12.1 Method
None

3.3.13 Hearing Exam
3.3.13.1 Method
None

3.3.14 Sitting Height
3.3.14.1 Unit of Measurement
None
3.3.14.2 Equipment
None
3.3.14.3 Measure Instruction
None

3.3.15 Knee Height
3.3.15.1 Unit of Measurement
None
3.3.15.2 Equipment
None
3.3.15.3 Measure Instruction
None
3.4 KLoSA

3.4.1 Blood Pressure and Pulse Rate

3.4.1.1 Measurement

None

3.4.1.2 Equipment

None

3.4.1.3 Protocol

None

3.4.2 Balance

3.4.2.1 Measurement

None

3.4.2.2 Equipment

None

3.4.2.3 Protocol: Semi-Tandem

None

3.4.2.4 Protocol: Full-Tandem

None

3.4.2.5 Protocol: Side-by-side

None

3.4.3 Walking Speed

3.4.3.1 Measure

None

3.4.3.2 Equipment

None

3.4.3.3 Protocol

None
3.4.4 Lung Function

3.4.4.1 Measurement
None

3.4.4.2 Equipment
None

3.4.4.3 Protocol
None

3.4.5 Grip Strength

3.4.5.1 Measurement
Grip strength, Pain, Dominant hand, Measured hand, Position

3.4.5.2 Equipment
Hand dynamometer.

3.4.5.3 Protocol
- Now, I’m going to measure your RIGHT HAND. Please put your elbow onto your side and make a right angle around your elbow. Make sure the scale of the dynamometer is set to zero. Ready? Squeeze it now. (unit: Kg)
- Now, I’m going to measure your RIGHT HAND again. Please set the scale of the dynamometer to zero, Squeeze it now. (unit: Kg)
- Now, I’m going to measure your LEFT HAND, Please put your elbow onto your side and make a right angle around your elbow. Make sure the scale of the dynamometer is set to zero. Ready? Squeeze it now. (unit: Kg)
- Now, I’m going to measure your LEFT HAND again, Please set the scale of the dynamometer to zero. Squeeze it now. (unit: Kg)

3.4.6 Leg Raise

3.4.6.1 Measurement
None

3.4.6.2 Equipment
None
3.4.6.3 Protocol
   None

3.4.7 Chair Stand
   3.3.6.1 Measurement
      None
   3.3.6.2 Equipment
      None
   3.3.6.3 Protocol
      None

3.4.8 Height
   3.4.8.1 Unit of Measurement
      Centimeter (Self-reported)
   3.4.8.2 Equipment
      None

3.4.9 Weight
   3.4.9.1 Unit of Measurement
      Kg (Self-reported)
   3.4.9.2 Equipment
      None

3.4.10 Waist Circumference
   3.4.10.1 Unit of Measurement
      None
   3.4.10.2 Measure Instruction
      None

3.4.11 Hip Circumference
   3.4.11.1 Unit of Measurement
      None
3.4.11.2 Measure Instruction
   None

3.4.12 Vision
   3.4.12.1 Method
   Self-reported

3.4.13 Hearing Exam
   3.4.13.1 Method
   Self-reported

3.4.14 Sitting Height
   3.4.14.1 Unit of Measurement
   None
   3.4.14.2 Equipment
   None
   3.4.14.3 Measure Instruction
   None

3.4.15 Knee Height
   3.4.15.1 Unit of Measurement
   None
   3.4.15.2 Equipment
   None
   3.4.15.3 Measure Instruction
   None
3.5 CHARLS

3.5.1 Blood Pressure

3.5.1.1 Measurement
2 measurements of Systolic, Diastolic, and pulse from left arm

3.5.1.2 Equipment
Omron HEM-7200 Monitor, Batteries, Stopwatch

3.5.1.3 Protocol
- “Now let’s talk about the first activity. I’d like to measure your blood pressure using this monitor and cuff which I will secure around your left arm. I would like to take three blood pressure measures. I will ask you to relax and remain seated and quiet during the measurements. First, I will place the cuff on your left arm. Once the cuff is placed appropriately on your arm and we are ready to begin, I’ll ask you to lay your arm on a flat surface palm facing up so that the center of your upper arm is at the same height as your heart. I will then press the Start button. The cuff will inflate and deflate automatically. After we have completed all three measures, I will give you your results.”
- Insert arm cuff plug into jack on the side of the monitor, place the cuff on your left arm approximately ½ above the elbow. Position the arrows over the brachial artery on the inside of the arm. Press the START/STOP button to show how the cuff with inflate automatically

3.5.2 Balance

3.5.2.1 Measurement
Semi-Tandem, Full-Tandem, Side-by-side

3.5.2.2 Equipment
Stopwatch, Show Card

3.5.2.3 Protocol: Semi-Tandem
“For the first one, I want you to try to stand with the side of the heel of one foot touching the big toe of the other foot for about 10 seconds. You may put either foot in front, whichever is more comfortable for you. Like this...”
3.5.2.4 Protocol: Full-Tandem

“Now I want you to try to stand with the heel of one foot in front of and touching the toes of the other foot for about \[30/60\] seconds. You may put either foot in front, whichever is more comfortable for you. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. Like this…”

[Procedure: If R’s age \(\geq 70\), then do this measurement for 30 seconds; if R’s age \(< 70\), then do this measurement for 60 seconds.]

3.5.2.5 Protocol: Side-by-side

“Now I will show you the next movement. I want you to try to stand with your feet together, side-by-side for about 10 seconds. You may use your arms, bend your knees, or move your body to maintain your balance, but try not to move your feet. Try to hold this position until I tell you to stop. Like this…”

3.5.3 Walking Speed

3.5.3.1 Measure

2 measurements, walking speed time

3.5.3.2 Equipment

Tape measure, Stopwatch, Masking Tape

3.5.3.3 Protocol

- Measured only for age \(> 60\)
- “I am going to time you as you walk the course at your normal pace. I will be asking you to walk the course at your usual pace a total of two times. I’ll walk along side you the whole time during the measurement. I’d like you to stand here with your feet lined up. Start walking when I say ‘Begin’. Walk all the way past the other end of the tape before you stop. Are you ready to go now? Begin.”

- “Now I want you to repeat the walk. Remember to walk at your usual pace and go all the way past the other end of the course. I’d like you to stand here with your feet lined up. Start walking when I say ‘Begin’. Are you ready to go now? Begin.”
3.5.4 Lung Function

3.5.4.1 Measurement

3 measurements

3.5.4.2 Equipment

Peak flow meter, Disposable mouthpiece(s) packaged in plastic bag

3.5.4.3 Protocol

“Next I’m going to ask you to perform a simple measurement that will measure how fast you can expel air from your lungs. It is important that you blow as hard and as fast as you can. I would like you to perform the measurement three times. When we are ready to begin, I’ll ask you to stand up. Take as deep a breath as possible. Open your mouth and close your lips firmly around the outside of the mouthpiece, and then blow as hard and as fast as you can into the mouthpiece. Like this…”

Stand up, take a deep breath and then place lips around the outside of the mouthpiece. Blow as hard and as fast as you can.

3.5.5 Grip Strength

3.5.5.1 Measurement

2 measurements from both dominant and non-dominant hands

3.5.5.2 Equipment

Hand dynamometer.

3.5.5.3 Protocol

“Now I would like to assess the strength of your hand in a gripping action. I will ask you to squeeze this handle as hard as you can, just for a couple of seconds and then let go. I will take alternately two measurements from your right and your left hands.”

Stand, hold the dynamometer at a right angle and squeeze the handle for a few seconds
3.5.6 Leg Raise
  3.5.6.1 Measurement
    None
  3.5.6.2 Equipment
    None
  3.5.6.3 Protocol
    None

3.5.7 Chair Stand
  3.5.7.1 Measurement
    Repeated chair stand
  3.5.7.2 Equipment
    Stadiometer
  3.5.7.3 Protocol
    "Now, I will show you the next movement. Please keep your arms folded across your chest. When I say ‘ready? stand’, please stand up straight and then sit down again at your fastest pace five times without stopping in between and without using your arms to push off. Do you think you can do that for me?"

3.5.8 Height
  3.5.8.1 Unit of Measurement
    Centimeter
  3.5.8.2 Equipment
    Stadiometer

3.5.9 Weight
  3.5.9.1 Unit of Measurement
    Kg
  3.5.9.2 Equipment
    Scale (no detailed information)
3.5.10 Waist Circumference

3.5.10.1 Unit of Measurement
Centimeter

3.5.10.2 Measure Instruction
“Next I’m going to perform a simple measurement of your waist circumference. For this measurement it is important for you to be standing. I will ask you to identify where on your body your navel (belly button) is located. I will then place this soft measuring tape around your waist, over your clothing, holding it securely at the level of your navel. Once the tape measure is placed appropriately around your waist then we are ready to begin. I will ask you to take a normal breath and exhale, holding your breath at the end of the exhale. I will then record the measurement.”

Stand and locate navel. Place measuring tape over the clothing around the waist at the level of the navel. Take a normal breath and exhale, holding breath at end of exhale and letting the tape out slightly.

3.5.11 Hip Circumference

3.5.11.1 Unit of Measurement
None

3.5.11.2 Measure Instruction
None

3.5.12 Vision

3.5.12.1 Method
Self-reported

3.5.13 Hearing Exam

3.5.13.1 Method
Self-reported

3.5.14 Sitting Height

3.5.14.1 Unit of Measurement
None
3.5.14.2 Equipment
   None
3.5.14.3 Measure Instruction
   None

3.5.15 Knee Height
3.5.15.1 Unit of Measurement
   Centimeter
3.5.14.2 Equipment
   MA DING Rule
3.5.14.3 Measure Instruction
   “Next I will measure your knee height. Please sit on a chair with barefoot.”
3.6 TILDA

3.6.1 Blood Pressure and Pulse Rate

3.6.1.1 Measurement

2 measurements with 1 minute interval, of Systolic, Diastolic, from either arm

3.6.1.2 Equipment

Blood pressure was measured (in wave 1 only) using the OMRON® digital automatic blood pressure monitor (Model M10-IT) with arm cuff. The arm cuff measures arm circumferences from 22 to 42 cm.

3.6.1.3 Protocol

Blood pressure was measured (in wave 1 only) using the OMRON® digital automatic blood pressure monitor (Model M10-IT) with arm cuff. The arm cuff measures arm circumferences from 22 to 42 cm. The respondent removed any tight fitting clothing from their upper arm and any thick clothing (e.g. sweater). Measurements were taken in a quiet place while the respondent was in a relaxed but upright seated position - correct posture during measurement is necessary to get accurate results. The ambient temperature of the room was recorded just prior to the first measurement.

The arm cuff was applied to either arm, whichever was most convenient to the respondent. The blue strip was centered on the middle of the respondent’s inner arm, pointing down the inside of the arm. The air tube ran down the inside of the respondent’s forearm, in line with their middle finger. The bottom of the cuff was 1-2 cm above the elbow. The cuff was fitted snugly around the respondent’s arm with no kinks in the air tubing. The respondent placed their arm on a table so that the cuff was at the same level as their heart and was asked not to talk or move during the measurements.

The machine was pre-programmed to record 2 blood pressure readings, one minute apart. During the first measurement, the cuff inflated and then completely deflated again. After one minute, the 2nd measurement started automatically. The respondent was reminded to remain still until the entire measurement process was complete. The results for each individual measurement were displayed after all measurements were completed.
3.6.2 Balance

3.6.2.1 Measurement
None

3.6.2.2 Equipment
None

3.6.2.3 Protocol: Semi-Tandem
None

3.6.2.4 Protocol: Full-Tandem
None

3.6.2.5 Protocol: Side-by-side
None

3.6.3 Walking Speed

3.6.3.1 Measure
2 measurements, walking speed time, help

3.6.3.2 Equipment
None

3.6.3.3 Protocol
The timed “Up & Go” test measures, in seconds, the time taken by an individual to stand up from a standard arm chair (approximate seat height of 46 cm, arm height 65 cm), walk a distance of 3 meters (approximately 10 feet), turn, walk back to the chair, and sit down again. Respondents wore their regular footwear and if assistive devices such as canes or walkers were usually used by the respondents, they were asked to use them during the test.
3.6.4 Lung Function

3.6.4.1 Measurement
None

3.6.4.2 Equipment
None

3.6.4.3 Protocol
None

3.6.5 Grip Strength

3.6.5.1 Measurement
2 measurements from both dominant and non-dominant hands

3.6.5.2 Equipment
Grip strength was measured with a Baseline (Fabrication Enterprises Inc, White Plains, NY) hydraulic hand dynamometer which consists of a gripping handle with a strain-gauge and an analogue reading scale.

3.6.5.3 Protocol
Hand-grip strength affects everyday function and declines with age. It is an indicator of frailty in older persons and lower grip strength is associated with higher morbidity and mortality.

Respondents with swelling, inflammation, severe pain or recent injury to their hand/wrist, and those with surgery to their hand/wrist in the last 6 months were excluded. If there was a problem with one hand, measurements were taken with the other hand. The grip strength test was explained and demonstrated before the test was carried out. Each respondent was asked to indicate their dominant hand.

Large rings were removed before the test and the handle was set to a comfortable grip ensuring that the metal bar (grip) rested on the middle piece of the four fingers. The upper arm was kept tight against their trunk and the forearm was kept at a right angle to the upper arm. If the respondent found the dynamometer too heavy to hold in this position, either they or the nurse were allowed use their free hand to rest the dynamometer on. The test was carried out standing; if this was not
possible, the respondent was allowed to sit in an upright chair. If necessary, the table could be used for arm support ensuring the forearm was still at a right angle to the upper arm. The respondent was asked to squeeze the handle with maximum force for a few seconds. The value to the nearest whole number in kg was recorded by viewing the scale when held at nose level.

In wave 1, two values were recorded for each hand alternating between hands, starting with the non-dominant hand (4 values all together). For wave 2, only one measurement was attempted by the interviewer using the respondent’s dominant hand. If the respondent was unable to use their dominant hand, for example due to pain or recent surgery, a measurement was taken using the non-dominant hand.

3.6.6 Leg Raise

6.6.6.1 Measurement
None

3.6.6.2 Equipment
None

3.6.6.3 Protocol
None

3.6.7 Chair Stand

3.6.7.1 Measurement
None

3.6.7.2 Equipment
None

3.6.7.3 Protocol
None

3.6.8 Height

3.6.8.1 Unit of Measurement
Centimeter (in Wave 1 only)
3.6.8.2 Equipment
Seca 240 wall mounted measuring rod

3.6.9 Weight
3.6.9.1 Unit of Measurement
Kg
3.6.9.2 Equipment
SECA electronic floor scale

3.6.10 Waist Circumference
3.6.10.1 Unit of Measurement
Centimeter
3.6.10.2 Measure Instruction
The waist was defined as the point midway between the iliac crest and the costal margin (lower rib). Men's waists tend to be above the top of their trousers whereas women's waists are often under the waistband of their trousers or skirts. If the respondent had a waistband at the correct level of the waist (midway between the lower rib margin and the iliac crest), waist circumference was measured over the waistband. The respondent was asked to breathe out gently and to look straight ahead (to prevent them contracting their muscles or holding their breath). The tape was kept horizontal and the measurement to the nearest mm was taken at the end of a normal expiration.

Caution was taken with female respondents where the waistband of jeans was on the waist at the back but dipped down at the front. In such instances, the Waist Circumference was taken on the waist band at the back and off the waist band at the front.

3.6.11 Hip Circumference
3.6.11.1 Unit of Measurement
Centimeter
3.6.11.2 Measure Instruction
The hip circumference was defined as being the widest circumference over the
buttocks and below the iliac crest. The tape was pulled so that it was horizontal and kept in position but not causing indentation. The respondent was asked to relax their gluteal muscles during measurement. Two measurements were taken and the largest value was recorded.

3.6.12 Vision

3.6.12.1 Method
Vision or eyesight was assessed

3.6.12.2 Equipment
LogMAR (Minimal Angle of Resolution) charts

3.6.12.3 Measure Instruction
As respondents were allowed wear corrective glasses/lenses for this test, the measurements reflect corrected visual acuity. The charts are designed to be used at 4 meters. A different chart was used to test each eye starting with the right eye.

The respondent was asked to stand behind the marked line on the floor, 4 m from the chart. He/She covered the left eye and read Chart 1 slowly letter by letter starting at the top left hand corner of the chart and reading across, then moving onto the line beneath and repeating this step. Only one reading of a given letter was allowed. When the respondent had difficulty, he or she was encouraged to guess. It was deemed reasonable to point to the letter and say “Try reading this one”. The score for the right eye was calculated using the scoring protocol below and recorded to two decimal places. For the left eye, the respondent was asked to stand behind the line, cover the right eye and read Chart 2 slowly letter by letter as before. If a respondent was unable to read any letters, they were moved closer to the chart (1 m away) and 0.6 was added to the LogMAR score for each line.

3.6.13 Hearing Exam

3.6.13.1 Method
Self-reported
3.6.14 Sitting Height

3.6.14.1 Unit of Measurement
None

3.6.14.2 Equipment
None

3.6.14.3 Measure Instruction
None

3.6.15 Knee Height

3.6.15.1 Unit of Measurement
None

3.6.15.2 Equipment
None

3.6.15.3 Measure Instruction
None
3.7 MHAS

3.7.1 Blood Pressure

3.7.1.1 Measurement

2 measurements with 5 minutes interval, of Systolic, Diastolic, from either arm

3.7.1.2 Equipment

Electronic sphygmomanometer(OMRON), AA batteries, Pen or pencil,

3.7.1.3 Protocol

Prepare the sphygmomanometer, i.e. install the cuff hose to the sphygmomanometer on the left and turn on the blue on/off button. The systolic and diastolic readings appear at the bottom left of the screen, when turned on 688 shows up for each measurement and 188 shows up for pulse along with the clock with the appropriate time.

Explain to the participant the procedure you will perform to make the measurement

Ask the participant to sit and to put out their left arm, help the participant in case they need help.

Ask the participant to remove rings. Bracelets or watches, etc.

The participant should be comfortably sitting in an armchair or with a table to allow the arm to be fully extended and supported during measurement

Locate the brachial pulse with the index and middle fingers, adjust the cuff so that the hose is not obstructed and stays along the path of the artery

Place the cuff around the arm, about an inch above the elbow

Ensure that the whole cuff is in contact with the skin but is not too tight

Once the cuff is properly placed, press the grey START button to inflate the cuff and just before the pressure in the cuff begins to decrease, the blood pressure measurement that is to be recorded will appear on the screen
120/80 mmHg is considered a normal value in adults, but may vary depending on body type, age, and sex of the individual

3.7.2 Balance

3.7.2.1 Measurement
None

3.7.2.2 Equipment
None

3.7.2.3 Protocol: Semi-Tandem
None

3.7.2.4 Protocol: Full-Tandem
None

3.7.2.5 Protocol: Side-by-side
None

3.7.3 Walking Speed

3.7.3.1 Measure
2 measurements, help

3.7.3.2 Equipment
Three meter strip, stopwatch

3.7.3.3 Protocol
Now I will observe how you walk normally. If you use a cane or other device to walk, you may use it during this time.

First trial of the gait speed test: This is the walking path. I will ask you to walk to the end of the path with your normal speed, as though walking on the street to go to the store. Show the path to the participant. Walk all the way to pass the other side of the tape before stopping. Do you feel that this is safe? Ask the participant to stand with both feet touching the start line. When you are ready, I will say Ready, start! When the participant understands this instruction, say “Ready, Start”

Press the start button on the stopwatch while the participant starts walking.
Walk behind and to the side of the participant. Stop talking the time when one foot of the participant is completely across the finish line.

Second trial of the Gait Speed Test:
Now I would like to walk the path again. Remember to walk at your normal pace, and continue until you reach the end of the path. Ask the participant to stand with both feet touching the start line.

When you are ready, I will say Ready, start! When the participant understands this instruction, say “Ready, Start”. Press the start button on the stopwatch while the participant starts walking. Walk behind and to the side of the participant. Stop taking the time when one of the participant’s foot is completely across the line.

3.7.4 Lung Function

3.7.4.1 Measurement
None

3.7.4.2 Equipment
None

3.7.4.3 Protocol
None

3.7.5 Grip Strength

3.7.5.1 Measurement
2 measurements from both dominant and non-dominant hands

3.7.5.2 Equipment
Dynamometer

3.7.5.3 Protocol
“Now we will measure your hand strength. I will ask you to squeeze an object as hard as you can for couple of seconds and then release. We will perform the test on both of your hands.”

Have the participant remove their rings or other jewelry.
While the participant is using their dominant hand, adjust the dynamometer for the participant, moving it up and down so that the bar rests between the index and ring finger.

In a standing position, hold the dynamometer at a 90’ angle and squeeze the handle for a few seconds. Ensure that the participant is in the correct position: standing with the arm forming a 90’ angle

Ensure that the dynamometer reads zero

Explain the procedure again

Allow the participant to practice with their dominant hand. If the participant cannot use their dominant hand, have them practice with the other hand and wait 30 seconds between each test

This test should be done twice on each hand.

3.7.6 Leg Raise

3.7.6.1 Measurement

None

3.7.6.2 Equipment

None

3.7.6.3 Protocol

Please try to stand on one foot without support or grabbing anything. You can try on any leg and then we will try with the other one. I will keep the time so that I can tell you when to start and stop (10 seconds). We can stop at any time if you feel you are about to lose your balance. Let’s start with the leg you feel the safest with.

3.7.7 Chair Stand

3.7.7.1 Measurement

None
3.7.7.2 Equipment
   None

3.7.7.3 Protocol
   None

3.7.8 Height
   3.7.8.1 Unit of Measurement
   Centimeter

   3.7.8.2 Equipment
   Stadiometer

3.7.9 Weight
   3.7.9.1 Unit of Measurement
   Kg

   3.7.9.2 Equipment
   Electronic portable scales

3.7.10 Waist Circumference
   3.7.10.1 Unit of Measurement
   Centimeter

   3.7.10.2 Measure Instruction
   - The participant should be standing relaxed with bare skin showing along the waist, arms crossed and resting on the shoulders with shoes off
   - Feel along and locate both of the participant’s inferior and superior iliac crests on and the last rib and identify the midpoint between the superior iliac crest and the last rib
   - Using the tape measure, measure the midaxillary distance on the right side and again on the left side
   - Once the midaxillary distance have been marked with pen in both sides, locate the measuring tape and wrap it around the waist leaving the “o” visible and ensuring there are no folds in the tape, then take the measurement. Remember the measurement should be recorded in centimeters and millimeters.
   - Keep your fingers from getting between the tape and the participants waist, which can
lead to false readings

3.7.11 Hip Circumference

3.7.11.1 Unit of Measurement
Centimeter

3.7.11.2 Measure Instruction
The participant should stand with feet about 20cm apart, with weight evenly distributed on both bare feet, wearing the least amount of clothing possible

The circumference is taken horizontally along the widest area of the buttocks

The measurement is made on the widest or bulkiest part of the buttocks

The trochanters can be used as a line of reference for the measure

The anthropometrist should stand so that they are able to see the widest part of the buttocks to place the measuring tape horizontally along this plane

The tape should fit tight on the body but not to the point of squeezing

The reading should be taken on the left side, to avoid being improper or making the participant uncomfortable

3.7.12 Vision

3.7.12.1 Method
Measured

3.7.13 Hearing Exam

3.7.13.1 Method
Self-reported

3.7.14 Sitting Height

3.7.14.1 Unit of Measurement
Centimeter

3.7.14.2 Equipment
Measuring tape, ruler, pen, registration log, measurement log
3.7.14.3 Measure Instruction

It is the distance between the vertex and the lower parts of the pelvis (both ischia), which rest on the seat. Normally, this measure should be carried out with participants sitting in a chair with bare feet flat on the floor. The participant’s head orientated in the Frankfort Plane Position, have them stand in the most erect position, with the upper back and back of the head firmly against the back of the chair, forming a 90 degree angle with the thighs. Record the measurement in the measurement log. Remember to use centimeters and millimeters. Have the participant stand up from the chair. This procedure is to be performed on the participant twice. Should there be any doubt between the first and second measurement, a third measurement should be made to as a confirmation.

3.7.15 Knee Height

3.7.15.1 Unit of Measurement

Centimeter

3.7.15.2 Equipment

Fiberglass measuring tape, pen, registration log, measurement log

3.7.15.3 Equipment

Before proceeding with the measurement, you will ask the participant to uncover their leg up three finger widths above the knee. In case there is a physical impediment, help the participant with this step.

Measure the distance between the heel and the highest part of the knee joint, on the external lateral part, with the participant’s leg bent at a 90 degree angle between the thigh and calf. Standing in front of the participant, have the participant bend the knee to from a 90 degree angle and to sit in a comfortable position. The point is first located by first looking with the thumb or index finger the depression at the knee joint, surrounded by three protuberances (femoral epicondyle, anterolateral border of the tibia and fibular head); second, press down on this spot using the lateral thumb of your right hand and locate the border of the tibia and finally, palpate the towards the back until the point coinciding with the external proximal tibial plateau. This point is at least one third of the distance between the anterior and posterior
points of the knee. Once the anatomical point has been identified, have the participant stand, while keeping the anatomical point always marked. To take the measurement, use the left leg if possible with the respondent sitting, with shoes off and with the knee at a right angle (in bedridden people the leg should be bent at a 90 degree angle). Measure the distance between the anatomical point located before and the point where the heel makes contact with the ground. The measure should be made with a straight line passing through the lateral malleolus. Round off the measure to every 0.5 cm. Record the measure.
3.8 JSTAR

3.8.1 Blood Pressure

3.8.1.1 Measurement
3 measurements of Systolic, Diastolic, and Pulse from either arm

3.8.1.2 Equipment
OMRON

3.8.1.3 Protocol
We would like to measure in the following procedure. Here is a sphygmomanometer. Please let us measure three times using this equipment. Wrap the cuff around your left arm. Hold your palm upwards and relax your arm. Relax your stomach during the measurement. When you push the button, the cuff starts to expand and press your arm. Then cuff deflates gradually as the air comes out, and it measures your blood pressure automatically. Since checking the result may affect the blood pressure, I will tell you all the results after measuring three times. Did you understand the procedure?

3.8.2 Balance

3.8.2.1 Measurement
None

3.8.2.2 Equipment
None

3.8.2.3 Protocol: Semi-Tandem
None

3.8.2.4 Protocol: Full-Tandem
None

3.8.2.5 Protocol: Side-by-side
None
3.8.3 Walking Speed
3.8.3.1 Measure
None
3.8.3.2 Equipment
None
3.8.3.3 Protocol
None

3.8.4 Lung Function
3.8.4.1 Measurement
None
3.8.4.2 Equipment
None
3.8.4.3 Protocol
None

3.8.5 Grip Strength
3.8.5.1 Measurement
1 measurement from (preferably) dominant hand
3.8.5.2 Equipment
Dynamometer
3.8.5.3 Protocol
Grasp this handle as strongly as possible for 2-3 seconds with your dominant hand, or if your dominant hand is disabled, with your other hand, and release. I will perform this test only once

Conduct grip strength test after the following procedure. Adjust the width of the grip by turning a knob of the grip dynamometer. The ideal width is the length where second joint of the forefinger is flexed to a right angle. Set the needle to zero. Instruct the person being tested to grip the dynamometer so that the gauge faces to other side of his or her. The arm should be pulled down and be relaxed at the beginning. It does not matter if the person being tested takes the test while sitting or standing. By
keeping the arm at the same position (without moving) ask him or her to grip the dynamometer as much as possible for 2 to 3 seconds and let it relax.

Only when first try did not work out properly, please conduct a second try.

Please make sure if the person being tested understands the procedure of the test. If the person does not understand the procedure, please explain the steps again as follows: Adjust the width of the grip by turning a knob of the grip dynamometer. The ideal width is the length where second joint of the forefinger is flexed to a right angle. Set the needle to zero. Instruct the person being tested to grip the dynamometer so that the gauge faces to other side of his or her. The arm should be pulled down and be relaxed at the beginning. It does not matter if the person being tested takes the test while sitting or standing. By keeping the arm at the same position (without moving) ask him or her to grip the dynamometer as much as possible for 2 to 3 seconds and let it relax.

3.8.6 Leg Raise

3.8.6.1 Measurement
None

3.8.6.2 Equipment
None

3.8.6.3 Protocol
None

3.8.7 Chair Stand

3.8.7.1 Measurement
None

3.8.7.2 Equipment
None

3.8.7.3 Protocol
None
3.8.8 Height

3.8.8.1 Unit of Measurement
Centimeter

3.8.8.2 Equipment
No information

3.8.9 Weight

3.8.9.1 Unit of Measurement
Kg (self-reported)

3.8.9.2 Equipment
None

3.8.10 Waist Circumference

3.8.10.1 Unit of Measurement
Centimeter

3.8.10.2 Measure Instruction
Read the following, and encourage to respondent to cooperate in the Waist Circumference. If he/she refuses, please do not coerce.] [Instructions for interviewer to read]: Next, could we measure your waist? Waist size reflects the condition of your visceral fat, and is used for diagnosis for metabolic syndrome. This is one of the important measurements to know your health condition. We would like you to measure it by yourself using this tape measure. Could you agree to this?

We would like to measure in the following procedure. First please stand up. If you are wearing thick clothes, take it off or turn it over around your waist. Please indicate where your navel is. Then I will give you this tape measure. Please wrap it around your waist over the clothes at the height of your navel. You are ready if you have it correctly. Breathe normally and freely. I will ask you to stop breathing when you breathe in and out. Then I will read the value of the measure. Did you understand the procedure?
3.8.11 Hip Circumference
  3.8.11.1 Unit of Measurement
    None
  3.8.11.2 Measure Instruction
    None

3.8.12 Vision
  3.8.12.1 Method
    Self-reported

3.8.13 Hearing Exam
  3.8.13.1 Method
    Self-reported

3.8.14 Sitting Height
  3.8.14.1 Unit of Measurement
    Centimeter
  3.8.14.2 Equipment
    No information
  3.8.14.3 Measure Instruction
    First, I would like you to stand with your back against the wall. Then I will measure
    your height by placing this triangle against your head, and then pasting this post-it
    note to the wall to mark your height. Is this okay? We will measure your seated height
    in the same way. Do you understand?

3.8.15 Knee Height
  3.8.15.1 Unit of Measurement
    None
  3.8.15.2 Equipment
    None
  3.8.15.3 Equipment
    None