

## Resilience factors and successful ageing dimensions

Original codebook: <https://www.icpsr.umich.edu/web/NAHDAP/series/706/variables>

Mayburd & Baranova (2019):

- Article: <https://doi.org/10.1038/s41598-019-54867-8>
- Dataset: <https://osf.io/su238/files/osfstorage>

Mayburd, A. L., & Baranova, A. (2019). Increased lifespan, decreased mortality, and delayed cognitive decline in osteoarthritis. *Scientific Reports*, 9(1), 18639.

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### STROKE: had stroke in last 5 years?

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**Question:** IN THE LAST 5 YEARS, HAS A DOCTOR EVER TOLD YOU THAT YOU HAD a stroke, a cerebrovascular accident (CVA, a blood clot or bleeding in the brain, or transient ischemic attack (TIA)? (PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.) Note: cf. conditns 5 in W1 (same question without 5-year restriction)

Value	Label	Unweighted Frequency	%
0	no	2881	90.1%
1	yes	304	9.5%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	9	0.3%
-1	refused	2	0.1%
<b>Total</b>		3196	100%

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### ALZHEIMER: ever had alzheimer's disease?

**Question:** HAS A DOCTOR EVER TOLD YOU THAT YOU HAVE Alzheimer's Disease?  
 (PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.) Note: cf. conditns\_8 in W1 (Alzheimer's Disease or another form of dementia)

Value	Label	Unweighted Frequency	%
0	no	3164	99.0%
1	yes	27	0.8%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	4	0.1%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

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### DEMENTIA: ever had dementia?

**Question:** HAS A DOCTOR EVER TOLD YOU THAT YOU HAVE dementia (including vascular dementia, mixed dementia, or Mild Cognitive Impairment)? (PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.) Note: cf. conditns\_8 in W1 (Alzheimer's Disease or another form of dementia?)

Value	Label	Unweighted Frequency	%
0	no	3118	97.6%
1	yes	40	1.3%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	32	1.0%
-2	don't know	6	0.2%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### PARKINSON: ever had parkinson's disease?

**Question:** HAS A DOCTOR EVER TOLD YOU THAT YOU HAVE Parkinson's disease?

(PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.)

Value	Label	Unweighted Frequency	%
0	no	3156	98.7%
1	yes	35	1.1%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	3	0.1%
-1	refused	2	0.1%
<b>Total</b>		3196	100%

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CANCER was researcher-derived.

For more information, refer to Mayburd & Baranova (2019).

Mayburd, A. L., & Baranova, A. (2019). Increased lifespan, decreased mortality, and delayed cognitive decline in osteoarthritis. *Scientific Reports*, 9(1), 18639.

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### CONDITNS 6: ever had hypertension?

**Question:** HAS A DOCTOR EVER TOLD YOU THAT YOU HAVE high blood pressure or hypertension? (PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.)

Value	Label	Unweighted Frequency	%
0	no	1290	38.2%
1	yes	2075	61.4%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	9	0.3%
-1	refused	3	0.1%
<b>Total</b>		3377	100%

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### CONDITNS 7: ever had diabetes?

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**Question:** HAS A DOCTOR EVER TOLD YOU THAT YOU HAVE diabetes or high blood sugar? (PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.)

Value	Label	Unweighted Frequency	%
0	no	2427	75.9%
1	yes	759	23.7%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	8	0.3%
-1	refused	2	0.1%
<b>Total</b>		3196	100%

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EMPHASTH: ever had emphysema, asthma, chronic bronchitis or COPD?

**Question:** HAS A DOCTOR EVER TOLD YOU THAT YOU HAVE Emphysema, asthma, chronic bronchitis, or chronic obstructive pulmonary disease? (PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.) Note: cf. conditns\_3 (emphysema, chronic bronchitis or COPD) and conditns\_4 (asthma) in W1

Value	Label	Unweighted Frequency	%
0	no	2695	84.3%
1	yes	493	15.4%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	6	0.2%
-1	refused	2	0.1%
<b>Total</b>		3196	100%

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### ARTHRITIS: ever had arthritis?

**Question:** HAS A DOCTOR EVER TOLD YOU THAT YOU HAVE osteo or rheumatoid arthritis? (PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.) Note: cf. CONDITNS\_1 in W1 (unqualified question about arthritis)

Value	Label	Unweighted Frequency	%
0	no	2030	63.5%
1	yes	1124	35.2%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	41	1.3%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

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### HRTPROB2: ever had a heart condition?

**Question:** HAS A DOCTOR EVER TOLD YOU THAT YOU HAVE a heart condition? (PROMPT: Medical doctors include specialists such as dermatologists, psychiatrists, ophthalmologists, as well as general practitioners and osteopaths. Do not include chiropractors, dentists, nurses, or nurse practitioners.)

Value	Label	Unweighted Frequency	%
0	no	2278	71.3%
1	yes	907	28.4%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	9	0.3%
-1	refused	2	0.1%
<b>Total</b>		3196	100%

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### PREPMEAL: difficulty preparing meals?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Preparing meals?

Value	Label	Unweighted Frequency	%
0	no difficulty	2718	85.0%
1	some difficulty	253	7.9%
2	much difficulty	69	2.2%
3	unable to do	70	2.2%
4	if volunteered - have never done	82	2.6%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	2	0.1%
-1	refused	2	0.1%
<b>Total</b>		3196	100%

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### TAKEMEDS: difficulty taking medications?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Taking your medications?

Value	Label	Unweighted Frequency	%
0	no difficulty	3016	94.4%
1	some difficulty	125	3.9%
2	much difficulty	16	0.5%
3	unable to do	13	0.4%
4	if volunteered - have never done	25	0.8%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	1	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### MANAGEMONEY: difficulty managing money?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Managing your money such as writing checks and keeping track of bills?

Value	Label	Unweighted Frequency	%
0	no difficulty	2832	88.6%
1	some difficulty	195	6.1%
2	much difficulty	35	1.1%

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3	unable to do	63	2.0%
4	if volunteered - have never done	64	2.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	7	0.2%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### SHOPFOOD: difficulty shopping for groceries?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Shopping for groceries?

Value	Label	Unweighted Frequency	%
0	no difficulty	2754	86.2%
1	some difficulty	237	7.4%
2	much difficulty	67	2.1%
3	unable to do	94	2.9%
4	if volunteered - have never done	42	1.3%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	2	0.1%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### LIGHTWORK: difficulty performing light housework?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Performing light housework such as dishes, light vacuuming, or dusting?

Value	Label	Unweighted Frequency	%
0	no difficulty	2639	82.6%
1	some difficulty	324	10.1%
2	much difficulty	80	2.5%
3	unable to do	103	3.2%
4	if volunteered - have never done	49	1.5%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	1	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### USETELEP: difficulty using a telephone?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Using a telephone?

Value	Label	Unweighted Frequency	%
0	no difficulty	3024	94.6%
1	some difficulty	133	4.2%
2	much difficulty	26	0.8%
3	unable to do	13	0.4%
4	if volunteered - have never done	0	0.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### WALKROOM: difficulty walking across room?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Walking across a room?

Value	Label	Unweighted Frequency	%
0	no difficulty	2744	85.9%
1	some difficulty	354	11.1%
2	much difficulty	71	2.2%
3	unable to do	27	0.8%
4	if volunteered - have never done	0	0.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### BATHING: difficulty bathing or showering?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Bathing or showering?

Value	Label	Unweighted Frequency	%
0	no difficulty	2894	90.6%
1	some difficulty	232	7.3%
2	much difficulty	47	1.5%

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3	unable to do	23	0.7%
4	if volunteered - have never done	0	0.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

### EATING: difficulty eating?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Eating, such as cutting up your food?

Value	Label	Unweighted Frequency	%
0	no difficulty	3075	96.2%
1	some difficulty	92	2.9%
2	much difficulty	22	0.7%
3	unable to do	7	0.2%
4	if volunteered - have never done	0	0.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

### INOUTBED: difficulty getting in or out of bed?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Getting in or out of bed?

Value	Label	Unweighted Frequency	%
0	no difficulty	2888	90.4%
1	some difficulty	264	8.3%
2	much difficulty	33	1.0%
3	unable to do	10	0.3%
4	if volunteered - have never done	0	0.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	1	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### TOILET: difficulty using toilet?

**Question:** We are interested in what activities are easy or difficult for you. Please look at the answer categories on the hand card and tell me how much difficulty you have with each activity. Exclude any difficulties that you expect to last less than three months. Using the toilet, including getting up and down?

Value	Label	Unweighted Frequency	%
0	no difficulty	2884	90.2%
1	some difficulty	275	8.6%
2	much difficulty	27	0.8%
3	unable to do	10	0.3%
4	if volunteered - have never done	0	0.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### PHYSHLTH: self-rated physical health?

**Question:** This section is about your physical health. First, we would like to ask you some general questions. Would you say your health is excellent, very good, good, fair, or poor? (HAND CARD)

Value	Label	Unweighted Frequency	%
1	poor	175	5.5%
2	fair	669	20.9%
3	good	1048	32.8%
4	very good	941	29.4%
5	excellent	358	11.2%
<b>Missing Values</b>			
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	4	0.1%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

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MOCA was researcher-derived.

For more information, refer to Mayburd & Baranova (2019).

Mayburd, A. L., & Baranova, A. (2019). Increased lifespan, decreased mortality, and delayed cognitive decline in osteoarthritis. *Scientific Reports*, 9(1), 18639.

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### SOCIAL: freq of socializing with friends or relatives in past year?

**Question:** In the past 12 months, how often did you get together socially with friends or relatives? Note: asked in leave-behind in W2

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<b>Value</b>	<b>Label</b>	<b>Unweighted Frequency</b>	<b>%</b>
0	never	55	1.7%
1	less than once a year	40	1.3%
2	about once or twice a year	162	5.1%
3	several times a year	463	14.5%
4	about once a month	603	18.9%
5	every week	980	30.7%
6	several times a week	450	14.1%
<b>Missing Values</b>			
-5	not returned	397	12.4%
-4	no answer	46	1.4%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### VOLUNTEER: freq of volunteer work in past year?

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**Question:** In the past 12 months, how often did you do volunteer work for religious, charitable, political, health-related, or other organizations? (For the next set of questions, we would like you to think about your childhood just during the time from about age 6 to age 16.) Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
0	never	1057	33.1%
1	less than once a year	258	8.1%
2	about once or twice a year	300	9.4%
3	several times a year	289	9.0%
4	about once a month	268	8.4%
5	every week	385	12.0%
6	several times a week	191	6.0%
<b>Missing Values</b>			
-5	not returned	397	12.4%
-4	no answer	51	1.6%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### ATTEND: attendance at meetings of organized groups in past year?

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**Question:** In the past 12 months, how often did you attend meetings of any organized group? (Examples include a choir, a committee or board, a support group, a sports or exercise group, a hobby group, or a professional society.) (For the next set of questions, we would like you to think about your childhood just during the time from about age 6 to age 16.) Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
0	never	858	26.8%
1	less than once a year	202	6.3%
2	about once or twice a year	239	7.5%
3	several times a year	249	7.8%
4	about once a month	482	15.1%
5	every week	460	14.4%
6	several times a week	255	8.0%
<b>Missing Values</b>			
-5	not returned	397	12.4%
-4	no answer	54	1.7%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### ATNDSERV2: freq. of attending religious services?

**Question:** Thinking about the past 12 months, about how often have you attended religious services? (HAND CARD)

Value	Label	Unweighted Frequency	%
0	never	690	21.6%
1	about once or twice a year	386	12.1%
2	several times a year	319	10.0%
3	about once a month	306	9.6%
4	every week	1108	34.7%
5	several times a week	376	11.8%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	5	0.2%
-1	refused	5	0.2%
<b>Total</b>		3196	100%

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### NOTEAT: cesd: did not feel like eating?

**Question:** Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response. During the past week I did not feel like eating; my appetite was poor.

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	2454	76.8%
2	some of the time	407	12.7%
3	occasionally	226	7.1%
4	most of the time	104	3.3%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	2	0.1%
-1	refused	2	0.1%
<b>Total</b>		3196	100%

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### FLTDEP: cesd: felt depressed?

**Question:** During the past week I felt depressed. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

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Value	Label	Unweighted Frequency	%
1	rarely or none of the time	2166	67.8%
2	some of the time	573	17.9%
3	occasionally	369	11.5%
4	most of the time	84	2.6%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	3	0.1%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

### FLTEFF: cesd: felt everything was an effort?

**Question:** During the past week I felt that everything I did was an effort. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	2010	62.9%
2	some of the time	682	21.3%
3	occasionally	263	8.2%
4	most of the time	234	7.3%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	5	0.2%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

### NOSLEEP: cesd: sleep was restless?

**Question:** During the past week my sleep was restless. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	1576	49.3%
2	some of the time	907	28.4%
3	occasionally	390	12.2%
4	most of the time	320	10.0%
<b>Missing Values</b>			

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-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	2	0.1%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### WASHAPY: cesd: was happy?

**Question:** During the past week I was happy. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	66	2.1%
2	some of the time	411	12.9%
3	occasionally	213	6.7%
4	most of the time	2502	78.3%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	3	0.1%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### WASLONLY: cesd: felt lonely?

**Question:** During the past week I felt lonely. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	2216	69.3%
2	some of the time	485	15.2%
3	occasionally	372	11.6%
4	most of the time	121	3.8%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	1	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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### UNFRIEND: cesd: people were unfriendly?

**Question:** During the past week people were unfriendly. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	2745	85.9%
2	some of the time	259	8.1%
3	occasionally	136	4.3%
4	most of the time	44	1.4%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	11	0.3%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### ENJLIFE: cesd: enjoyed life?

**Question:** During the past week I enjoyed life. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	65	2.0%
2	some of the time	269	8.4%
3	occasionally	122	3.8%
4	most of the time	2735	85.6%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	3	0.1%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

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### FLTSAD: cesd: felt sad?

**Question:** During the past week I felt sad. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	1978	61.9%
2	some of the time	640	20.0%
3	occasionally	493	15.4%
4	most of the time	79	2.5%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	5	0.2%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### DISLIKD: cesd: felt people disliked me?

---

**Question:** During the past week I felt that people disliked me. (Now let's talk about thoughts and feelings you may have had during the past week. I will read a series of statements. Tell me how often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	2814	88.0%
2	some of the time	224	7.0%
3	occasionally	123	3.8%
4	most of the time	17	0.5%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-3	not applicable	0	0.0%
-2	don't know	16	0.5%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### FLTENS: hads: felt tense or wound up?

**Question:** Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response. During the past week I felt tense or "wound up." Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	1069	33.4%
2	some of the time	818	25.6%
3	occasionally	652	20.4%
4	most of the time	111	3.5%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	397	12.4%
-4	no answer	149	4.7%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### **FRIGHT: hads: something awful about to happen?**

**Question:** During the past week I got a frightened feeling as if something awful was about to happen. (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.) Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	1917	60.0%
2	some of the time	357	11.2%
3	occasionally	307	9.6%
4	most of the time	44	1.4%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	397	12.4%
-4	no answer	174	5.4%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### **WORRY:** hads: worrying thoughts went through mind?

---

**Question:** During the past week worrying thoughts went through my mind. (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	868	27.2%
2	some of the time	1153	36.1%
3	occasionally	518	16.2%
4	most of the time	97	3.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	397	12.4%
-4	no answer	162	5.1%
-3	not applicable	0	0.0%
-2	don't know	1	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### RELAXED: hads: could sit at ease and feel relaxed?

---

**Question:** During the past week I could sit at ease and feel relaxed. (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.) Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	286	8.9%
2	some of the time	682	21.3%
3	occasionally	424	13.3%
4	most of the time	1240	38.8%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	397	12.4%
-4	no answer	167	5.2%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### BUTRFLY: had butterflies in my stomach?

**Question:** During the past week I got a frightened feeling like butterflies in my stomach. (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.) Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	1886	59.0%
2	some of the time	363	11.4%
3	occasionally	340	10.6%
4	most of the time	38	1.2%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	397	12.4%
-4	no answer	172	5.4%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### RESTLES: hads: felt restless?

---

**Question:** During the past week I felt restless as if I had to be on the move. (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.)

Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	1317	41.2%
2	some of the time	734	23.0%
3	occasionally	472	14.8%
4	most of the time	99	3.1%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	397	12.4%
-4	no answer	177	5.5%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### PANIC: hads: sudden feeling of panic

---

**Question:** During the past week I had a sudden feeling of panic. (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.) Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
1	rarely or none of the time	2125	66.5%
2	some of the time	238	7.4%
3	occasionally	212	6.6%
4	most of the time	48	1.5%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	397	12.4%
-4	no answer	176	5.5%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### HAPPY: self-rated general happiness

---

**Question:** Now we will turn to thoughts and feelings you may have about your life or yourself. By asking about your thoughts and feelings in addition to your physical health, we can paint a more complete picture of your life. If you were to consider your life in general these days, how happy or unhappy would you say you are, on the whole...

Value	Label	Unweighted Frequency	%
1	unhappy usually	26	0.8%
2	unhappy sometimes	281	8.8%
3	pretty happy	1057	33.1%
4	very happy	1340	41.9%
5	extremely happy	483	15.1%
<b>Missing Values</b>			
-8	incomplete interview	1	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	7	0.2%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### COMPANION2: ucla loneliness scale: lack companionship (4 categories)

---

**Question:** How often do you feel that you lack companionship? (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.) Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
0	never	884	27.7%
1	hardly ever	772	24.2%
2	some of the time	802	25.1%
3	often	246	7.7%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-5	not returned	397	12.4%
-4	no answer	95	3.0%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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## Resilience factors and successful ageing dimensions

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### LEFTOUT2: ucla loneliness scale: feel left out (4 categories)

---

**Question:** How often do you feel left out? (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.) Note: asked in leave-behind in W2

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Value	Label	Unweighted Frequency	%
0	never	759	23.7%
1	hardly ever	1100	34.4%
2	some of the time	715	22.4%
3	often	99	3.1%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-5	not returned	397	12.4%
-4	no answer	126	3.9%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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## Resilience factors and successful ageing dimensions

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### ISOLATED2: ucla loneliness scale: feel isolated (4 categories)

---

**Question:** How often do you feel isolated from others? (Now we will ask you about thoughts and feelings you may have had during the past week. How often during the past week you felt like this; rarely or none of the time, some of the time, occasionally, or most of the time? Don't take too long over your replies; your immediate reaction to each item will probably be more accurate than a long thought out response.) Note: asked in leave-behind in W2

Value	Label	Unweighted Frequency	%
0	never	995	31.1%
1	hardly ever	925	28.9%
2	some of the time	608	19.0%
3	often	80	2.5%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-5	not returned	397	12.4%
-4	no answer	191	6.0%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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## Resilience factors and successful ageing dimensions

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### MNTLHLTH: self-rated mental health

---

**Question:** What about your emotional or mental health? Is it excellent, very good, good, fair, or poor? (HAND CARD) (This section is about your physical health. First, we would like to ask you some general questions.)

Value	Label	Unweighted Frequency	%
1	poor	53	1.7%
2	fair	356	11.1%
3	good	968	30.3%
4	very good	1179	36.9%
5	excellent	637	19.9%
<b>Missing Values</b>			
-3	not applicable	0	0.0%
-2	don't know	2	0.1%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

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### PHYSACT2: frequency of rigorous physical activity (6 categories)

---

**Question:** Now I will be asking you about physical activities you may do on a regular basis. On average over the last 12 months how often have you participated in vigorous physical activity or exercise? By vigorous physical activity, we mean 30 MINUTES OR MORE of things like sports, exercise classes, heavy housework, or a job that involves physical labor. FI NOTES: WALKS FOR MORE THAN 30 MINUTES CAN COUNT

Value	Label	Unweighted Frequency	%
0	never	832	26.0%
1	less than 1 time per month	296	9.3%
2	1 - 3 times per month	270	8.4%
3	1 - 2 times per week	494	15.5%
4	3 or 4 times per week	630	19.7%
5	5 or more times per week	670	21.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	3	0.1%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

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### DRNKWKLY: how many days per week do you drink?

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**Question:** In the last three months, on average, how many days per week have you had any alcohol to drink? (For example, beer, wine, or any drink containing liquor) (DO NOT READ RESPONSES) (Next, we would like to know about your use of alcohol and tobacco...)

Value	Label	Unweighted Frequency	%
0	0 (none or < 1/wk)	537	16.8%
1		355	11.1%
2		199	6.2%

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3		161	5.0%
4		82	2.6%
5		71	2.2%
6		42	1.3%
7	7 (every day)	280	8.8%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-3	not applicable	1461	45.7%
-2	don't know	8	0.3%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### AVECIG: (AVECIG) no. cigarettes per day

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**Question:** On the average, how many cigarettes, cigars or pipes per day do you usually smoke? (NOTE: ONE PACK = 20 CIGARETTES) (Next, we would like to know about your use of alcohol and tobacco...)

Value	Label	Unweighted Frequency	%
0		17	0.5%
1		24	0.8%
2		19	0.6%
3		23	0.7%
4		24	0.8%
5		20	0.6%
6		14	0.4%
7		9	0.3%
8		11	0.3%
9		2	0.1%
10		79	2.5%
12		4	0.1%
13		1	0.0%
15		25	0.8%
16		1	0.0%
17		1	0.0%
18		2	0.1%
20		101	3.2%
21		1	0.0%
25		1	0.0%
30		21	0.7%
40		9	0.3%
45		1	0.0%
50		1	0.0%
60		1	0.0%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	2781	87.0%
-2	don't know	3	0.1%
-1	refused	0	0.0%
<b>Total</b>		3196	100%

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## Resilience factors and successful ageing dimensions

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### WEIGHT: weight (lbs)

**Question:** Weight (lbs) Skip if: WEIGHT\_INTRO does not equal "enter in pounds" or "r over scale maximum

Value	Label	Unweighted Frequency	%
73.0		1	0.0%
84.5		1	0.0%
86.5		1	0.0%
87.0		1	0.0%
89.0		1	0.0%
90.0		1	0.0%
91.0		1	0.0%
92.0		1	0.0%
94.0		1	0.0%
95.0		1	0.0%
96.0		1	0.0%
96.5		1	0.0%
97.0		5	0.2%
97.5		1	0.0%
98.0		2	0.1%
98.5		1	0.0%
99.0		3	0.1%
100.0		2	0.1%
100.5		2	0.1%
101.0		2	0.1%
101.5		2	0.1%
102.0		6	0.2%
103.0		2	0.1%
104.0		2	0.1%
105.0		2	0.1%
106.0		6	0.2%
107.0		2	0.1%
108.5		3	0.1%
109.0		2	0.1%
109.5		2	0.1%
110.0		6	0.2%
110.5		4	0.1%
111.0		2	0.1%
111.5		1	0.0%
112.0		5	0.2%
112.5		5	0.2%
113.0		3	0.1%
113.5		6	0.2%
114.0		5	0.2%
114.5		5	0.2%
115.0		4	0.1%
115.5		1	0.0%
116.0		5	0.2%
<b>Missing Values</b>			
-8.0	incomplete interview	0	0.0%

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-6.0	missing in error	0	0.0%
-5.0	not returned	0	0.0%
-4.0	no answer	0	0.0%
-3.0	not applicable	152	4.8%
-2.0	don't know	0	0.0%
-1.0	refused	0	0.0%
<b>Total</b>		3196	100%

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<b>HEIGHT: height (inches)</b>			
<b>Question:</b> Height (inches) Skip if: HEIGHT INTRO does not equal "inches"			
<b>Value</b>	<b>Label</b>	<b>Unweighted Frequency</b>	<b>%</b>
5.5		1	0.0%
34.0		1	0.0%
36.0		1	0.0%
37.0		1	0.0%
38.0		1	0.0%
41.0		2	0.1%
42.0		1	0.0%
43.0		1	0.0%
44.0		1	0.0%
47.0		2	0.1%
48.0		1	0.0%
49.5		1	0.0%
50.0		2	0.1%
51.0		4	0.1%
52.0		3	0.1%
52.5		1	0.0%
53.0		1	0.0%
53.5		3	0.1%
54.0		2	0.1%
54.5		2	0.1%
55.0		6	0.2%
56.0		11	0.3%
56.5		5	0.2%
57.0		8	0.3%
57.5		9	0.3%
58.0		40	1.3%
58.5		18	0.6%
59.0		58	1.8%
59.5		33	1.0%
60.0		98	3.1%
60.5		32	1.0%
61.0		151	4.7%
61.5		76	2.4%
62.0		169	5.3%
62.5		71	2.2%
63.0		187	5.9%
63.5		73	2.3%
64.0		193	6.0%
64.5		80	2.5%
65.0		166	5.2%
65.5		74	2.3%
66.0		157	4.9%
66.5		52	1.6%
<b>Missing Values</b>			
-8.0	incomplete interview	0	0.0%
-6.0	missing in error	0	0.0%

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-5.0	not returned	0	0.0%
-4.0	no answer	0	0.0%
-3.0	not applicable	121	3.8%
-2.0	don't know	0	0.0%
-1.0	refused	0	0.0%
<b>Total</b>		3196	100%

Resilience factors and successful ageing dimensions

AGE: age of respondent (calculated in CAPI from dob)			
Question: Age of respondent (calculated in CAPI from dob)			
Value	Label	Unweighted Frequency	%
61		1	0.0%
62		30	0.9%
63		204	6.4%
64		183	5.7%
65		151	4.7%
66		169	5.3%
67		179	5.6%
68		155	4.8%
69		149	4.7%
70		134	4.2%
71		139	4.3%
72		140	4.4%
73		120	3.8%
74		135	4.2%
75		138	4.3%
76		110	3.4%
77		116	3.6%
78		99	3.1%
79		112	3.5%
80		92	2.9%
81		114	3.6%
82		114	3.6%
83		85	2.7%
84		71	2.2%
85		54	1.7%
86		45	1.4%
87		42	1.3%
88		53	1.7%
89		30	0.9%
90		30	0.9%
91		2	0.1%
<b>Missing Values</b>			
-8	incomplete interview	0	0.0%
-6	missing in error	0	0.0%
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	0	0.0%
-2	don't know	0	0.0%
-1	refused	0	0.0%
<b>Total</b>		3196	100%
Value	Label	Unweighted Frequency	%

## Resilience factors and successful ageing dimensions

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### FRAMT: how many friends does r have?

**Question:** About how many friends would you say that you have? Is that... (HAND CARD) Skip if: FROPEN2 equals "if volunteered - no friends" (Now we'd like to know a little about your relationships with friends, not including the family members or relatives we were just talking about. Some people see themselves as having a great many friends. Others see themselves as having fewer. Think about the people you consider to be your friends, both your closest friends and people with whom you are pretty good friends.)

Value	Label	Unweighted Frequency	%
0	none	104	3.3%
1	one	116	3.6%
2	2-3	541	16.9%
3	4-9	992	31.0%
4	10-20	699	21.9%
5	more than 20	685	21.4%
<b>Missing Values</b>			
-5	not returned	0	0.0%
-4	no answer	0	0.0%
-3	not applicable	51	1.6%
-2	don't know	7	0.2%
-1	refused	1	0.0%
<b>Total</b>		3196	100%

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### EDUC: education recode (4 categories)

**Question:** Education recode (4 categories) Note: recode degree\_coded 1=1 2=2 3=3 4/7=4 .c=., gen(educ); replace educ = 1 if educ==.b & !hschl; replace educ = 2 if inlist(hschl,1,2) & educ==1; replace educ = 3 if college==1 & inlist(educ,2,.b)

Value	Label	Unweighted Frequency	%
1	< hs	624	19.5%
2	hs/equiv	803	25.1%
3	voc cert/some college/assoc	993	31.1%
4	bachelors or more	776	24.3%
<b>Total</b>		3196	100%

## Resilience factors and successful ageing dimensions

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### INCOME\_1: HH income relative to people you know

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**Question:** Compared with most of the people you know personally, like your friends, family, neighbors, and work associates, would you say that your household income is far below average, below average, average, above average, or far above average? (Now, I'd like to ask you about the income of your household.)

Value	Label	Unweighted Frequency	%
1	far below average	208	6.5%
2	below average	612	19.1%
3	average	1352	42.3%
4	above average	396	12.4%
5	far above average	48	1.5%
<b>Missing Values</b>			
-5	not returned	397	12.4%
-4	no answer	181	5.7%
-2	don't know	2	0.1%
-1	refused	0	0.0%
<b>Total</b>		3196	100%