

## **Supplementary data file of Appendices 1-8; Box 1.doc**

### **Appendix 1 Ethnibus Survey (2007-2008)**

The Ethnibus Omnibus Survey is a monthly nation-wide survey of the main ethnic minority communities living in the UK. Interviews were conducted by trained, multi-lingual field-workers. The Ethnibus was based on focused enumeration and stratification random sampling to ensure that samples are representative of the population. For sampling, Ethnibus used Census information on ethnicity across postal sectors, and listed the postal sectors according to concentration. Systematic random sampling was then used to ensure an even spread of postal sectors with differing concentrations. The number of addresses which were selected within the sector was proportional to the size of the ethnic concentration, e.g. high concentration sector would yield high number of interviews. These addresses form the starting point of the focused enumeration procedure. Ethnibus targeted the following, most common, ethnic groups: Indian Pakistani, Caribbean, Chinese people. Sample boosting on the doorstep was used to include greater numbers of people aged 65 and over. Invitations for interviews continued until target was achieved. A total of 400 interviews were aimed for and were obtained (200 per wave agreed, two waves required to achieve 400). The response rate among people aged 65+, using this method, was correctly anticipated at 70%; there were no refusals to answer any of the questions (see next table).

<b>Appendix 1 Table. Ethnibus: target interviews by ethnic group re: Census and achieved: combined sample (waves in parenthesis).</b>				
<b>Ethnicity</b>	<b>No. Addresses approached</b>	<b>No. required Census (re: Census)</b>	<b>Actual No. Achieved (400):</b>	<b>Response Rate % (both waves identical %)</b>
<b>Indian</b>	200 (wave 1: 100; wave 2: 100))	152 (38%) (38%)	152 (wave 1: 76, wave 2: 76)	76%
<b>Pakistani</b>	162 (wave 1: 80; wave 2: 82)	117 (29%) (29%)	117 (wave 1: 58, wave 2: 59)	72%
<b>Caribbean</b>	159 (wave 1: 80, wave 2: 79)	86 (25%) (21.5%)	86 (wave 1: 43, wave 2: 43)	54%
<b>Chinese</b>	82 (wave 1: 40; wave 2: 42)	45 (8%) (11%)	45 (wave 1: 22, wave 2: 23)	55%

*Response for all ethnic groups:  $152+117+86+45/200+162+159+82=400/603=66\%$ .*

The age distributions of the Ethnibus sample was younger than that of the Omnibus sample (see later), reflecting the fact that people in ethnic minority groups in Britain are younger than the white British population (e.g. estimates from the 2001 census show that while around 17% of the white British population were aged 65+, only about 6% of non-white ethnic minority groups were. Census figures also show that Pakistani and Bangladeshi populations have a younger profile than the Indian population, and Black Caribbean people have the oldest profile. Sample weights were provided by Ethnibus (weighting so that the sample matched the socio-demographic characteristics of ethnic populations aged 65+, using population estimates derived from the last Census). The weightings made little or no difference to the sample estimates or further analyses.

In order to ensure equivalent interpretation, the questionnaire, with the OPQOL, WHOQOL-OLD, CASP\_19, standard Ethnibus socio-demographic items, and questions on active ageing, health and social circumstances, was initially be assessed for meaning, face and content validity with three focus groups reflecting ethnic diversity organised by Ethnibus's focus group section (<http://www.ethnifocus.com>), based on materials prepared by both Ethnifocus and AB, and AB attended the interviewer briefing day in order to ensure that questions were understood and that there was consistency in interpretation of questions. The focus group exercises resulted in three additional questions being included in OPQOL (Ethnibus and ONS Omnibus samples only as the QOL follow-up survey had already commenced) about the importance to QoL of having children (1 item in social relationships and social participation sub-scale, religion and cultural festivals (2 item subscale) (n.b. four were actually tested and one was subsequently removed (on shared family culture) due to ambiguity).

## **Appendix 2 Omnibus Survey (2007-2008)**

The same questionnaire used in the Ethnibus survey, with the OPQOL, as well as the WHOQOL-OLD and CASP\_19, along with standard ONS socio-demographic items, and our survey questions on active ageing, health and social circumstances, was administered to respondents aged 65+ to two waves of Office for National Statistics (ONS) Omnibus surveys in Britain. The survey conducts face to face interviews with approximately 1200 adults aged 16 or over, living in private households in Britain, each month. The sampling frame used for Omnibus Surveys was the British Postcode Address File (PAF) of 'small users' (all private household addresses).

The overall response rate to the Omnibus surveys was 62%, and ONS interviewers identified 589 respondents aged 65+ during the Omnibus interviews in December 2007 and January 2008, and administered our module to all of them (100% agreement to participate). They were representative of the population of Britain in relation to age and sex, when compared with population estimates from the last census. As with all National Statistics surveys, a quality check on field work was carried out through recall interviews with a proportion of respondents to make sure that the interviews actually took place with those respondents and that responses to questions were consistent. The Office of National Statistics did not collect information about the non-responders. They informed users that the responders are broadly representative of mid-year population estimates, but provide no other information. The combined response rate for the two Omnibus survey waves was 62% (2256 achieved interviews out of 3660 eligible base; 589 of these respondents were aged 65+) (this represented 61% (n 1130 achieved interviews out of the eligible sample (1864)) in wave 1 (December 2007); 288 of these were aged 65+ - 100%

were administered our module; and 63% (n 1126 achieved interviews out of the eligible sample (1796) in wave 2 January 2008; 301 of these were aged 65+ - 100% were administered our module); 1% (23) of households at wave 1 and 1% (14) wave 2 were households unknown to be eligible: combined rate  $23+14/3660=1\%$ . Of the eligible households, 30% refused to [participate (553) in wave 1 and also in wave 2 (540); the combined refusal rate was  $553+540=1093/3660=30\%$ . There was no contact with 8% (158) in wave 1 and 6% (116) in wave 2; combined no contact rate  $158+116=274/3660=7\%$ . The next table shows the response rates for the full Omnibus sample using the base as the number of eligible households. Although the full Omnibus sample comprised 2010 addresses, response rates are calculated using the number of eligible households only (see next table). The Omnibus sample was representative of the population of Britain in relation to age and sex. The age distributions of the Ethnibus sample was younger, reflecting the fact that people in ethnic minority groups in Britain are younger than the white British population (e.g. estimates from the 2001 census show that while around 17% of the white British population were aged 65+, only about 6% of non-white ethnic minority groups were. Census figures also show that Pakistani and Bangladeshi populations have a younger profile than the Indian population, and Black Caribbean people have the oldest profile.

<b>Appendix 2 Table. Response rates for the full Omnibus sample to our module on active aging and QoL (AA-QoL)</b>			
	<b>Wave 1 (Dec. 2007)</b>	<b>Wave 2 (Jan 2008)</b>	<b>Merged sample</b>
<b>Response rate %</b>	61 %	63 %	62 %
<b>Response rate(count)</b>	1130	1126	2256
<b>Base</b>	1864	1796	3660
	<b>Wave 1 (Dec. 2007)</b>	<b>Wave 2 (Jan 2008)</b>	<b>Merged sample</b>
<b>Response rate to AA-QoL module</b>	288 (100%)	301 (100%)	589 (100%)
<b>Base: sample of responders aged 65+ to Omnibus Survey</b>	288 (representing 25% of 1130 sample of adults of all ages)	301 (representing 27% of 1126 sample of adults of all ages)	589 (representing 26% of 2256 sample of adults of all ages)

For the ONS Omnibus surveys, a new sample of 67 postal sectors is selected for each month and stratified by region, the proportion of households where the household reference person in which the head of household is in the National Statistics Socio-economic Classification (NS-SEC) categories 1-3 (i.e. employers in large organisations, higher managerial occupations, higher professional employees/self-employed), and the proportion of people who are aged over 65. The postal sectors were selected with probability proportional to size. If an address contains more than one household, the interviewer uses a standard ONS procedure to randomly select where to interview – this may be at one, two or three households depending on the exact circumstances. Within households with more than one adult member, just one person aged 16 or over is selected with the use of a Kish Grid. The interviewers endeavour to interview that person - proxy interviews are not taken. Because only one household member is interviewed, people in households containing few adults have a greater chance of selection than those in households with more. A weight is applied by ONS to correct for this unequal probability, in analyses which use the individual adult as the unit of

analysis. This is calculated by dividing the number of adults in the sampled household by the average number of adults per household. The base is then adjusted back to the number of respondents who were interviewed. The weightings made little or no difference to the sample estimates or further analyses.

### **Appendix 3 QoL follow-up study (2007-8) of people aged 65+ at baseline (1999-2000)**

The QoL Survey sample was derived from four quarterly Omnibus face-to-face interview surveys of randomly selected private households (via post code files) in Britain, in 1999-2000 carried out by the Office for National Statistics (ONS), using a small-user postcode sampling frame, with geographic and socio-economic stratification. The socio-demographic characteristics of the sample were comparable to those from mid-year population estimates. Omnibus sample members who were aged 65 and more years were asked whether they would be willing to be re-interviewed about their quality of life, and 999 (77% of those eligible) people aged 65+ were successfully re-interviewed, by ONS interviewers, for the QoL Survey (2000-2001). The response rate to the first follow-up was 69% [22], and to the 2007-8 follow-up survey it was 58% (287 of the 496 survivors; with sample weights  $n. = 302$ ).

Of the 1299 eligible respondents at baseline Omnibus survey, 77% (999) were successfully re-interviewed, 19% refused to participate, and 4% were not contactable during the interview period. Responders and non-responders had similar profiles. Full details of the methods and sample have been published (15, 16, 22). The response rate to the 2007-8 follow-up survey. Of the 999 responders to the baseline, 770 surviving sample members also consented to further follow-up, and were contacted 18 months later with a postal questionnaire about QoL, changes in health and social circumstances. The response rate, with two reminders was 69% (22).



At each survey wave, the addresses of non-surviving, consenting, respondents were removed after checks made at the NHS Central Registry. This process ensured that distress was minimised by inadvertently contacting households where a respondent had died. It also enabled the maintenance of active sample lists, which facilitated the calculation of more valid response rates. In winter 2006, this process left 608 surviving sample members who had consented to further follow-up (for a pre-pilot survey of the OPQOL).

In winter 2007, the sample list was reduced further to 553 surviving, consenting respondents. These 553 people aged 65+ at baseline were then mailed a postal questionnaire containing the OPQOL, plus questions about active ageing, their health, psych-social and economic circumstances. Of these 553 mailings, relatives replied and informed us that a further five sample members had died, and the Royal Mail returned a further 52 envelopes as 'person not at/unknown at that address' (suggesting further deaths, as well as moves to residential/care homes or to be with/nearer relatives). A total of 287 completed questionnaires were returned by respondents. The raw response rate, then, was 287 out of 553 mailed: 52%. The response was 52% if deaths were removed from the denominator ( $302/553$  minus 5 deaths= $287/548$ ). The valid response rate of 287 questionnaires returned out of 496 valid addresses (removing both 5 deaths and 52 untraced respondents from the denominator =base =496) was 58%. [The sample (287) was initially weighted by ONS to correct for the unequal probability of small households being included in the sample and this increased the effective sample size to  $n= 302$ .] Sample attrition is inevitable in longitudinal surveys, especially in older sample members, where the most vulnerable and ill members of the sample will have died or dropped out, leaving the healthiest sample members.

#### **Appendix 4 Characteristics of the samples**

In addition to the sample estimates referred to in the main text of the paper, the table (Appendix 4) also shows that, as would be expected, larger proportions of the older QoL follow-up sample, than the ONS Omnibus sample, aged 65+ reported worse health status, a longstanding illness (and which was restrictive), and difficulty with physical functioning (although the distributions were similar for the categories 'unable to do alone'). However, larger proportions of the Ethnibus sample than both of the other samples reported poorer health status, and difficulty with walking at least 400 yards.

The Ethnibus sample had more relatives and neighbours, but not friends, to help them with practical tasks. The ONS Omnibus sample members were more likely to have the most friends who would help, and the most comforters to support them. Type of social activity engaged in varied widely between the samples. The ONS Omnibus and the QoL follow-up sample were most likely to have been to clubs or local groups in the last month, gone for a walk or done gardening, and to have had visitors. The QoL follow-up sample were more likely to have undertaken mental activities, while the Ethnibus sample members were more likely to have been to social entertainments, sports or other physical activities (this is explained as cultural differences apply in the interpretation of physical activity: yoga, meditation and cultural games such as dominoes, were included by respondents in this category). The Ethnibus had worse QoL scores than the other samples.

<b>Appendix 4 Table. Characteristics of the samples</b>			
	<b>Ethnibus 2008</b>	<b>ONS Omnibus 2008</b>	<b>QoL Survey follow-up 2007/8</b>
<b>Characteristics</b>	<b>% (n)</b>	<b>% (n)</b>	<b>% (n)</b>
<b>Self-rated health status, compared with others same age:</b>			
Excellent	4 (16)	20 (115)	10 (29)****
Very good	8 (33)	33 (195)	28 (79)
Good	32 (130)	28 (161)	38 (107)
Fair	38 (151)	14 (84)	20 (58)
Poor	18 (70)	5 (29)	4 (11)
<b>Reported long-standing illness, disability, infirmity (that has troubled you/likely to affect you over a period of time):\$</b>			
No	57 (226)	61 (358)	30 (90)****
Yes	43 (174)	39 (229)	70 (211)
<b>Reported long-standing illness, disability, infirmity restricts activities:</b>			
No	49 (86)	31 (111)	50 (151)****
Yes	51 (88)	69 (247)	50 (150)
(% n. reported LSI)	(174)	(358)	(301)
<b>Able to walk 400 yards:</b>			
No difficulty	50 (200)	67 (396)	56 (157)***
Some difficulty	31 (123)	11 (62)	18 (50)
Can do with help of aid	12 (48)	10 (56)	16 (45)
Unable to do alone	7 (29)	12 (71)	10 (27)
<b>Able to do heavy housework:</b>			
No difficulty	47 (188)	48 (283)	36 (101)****
Some difficulty	30 (121)	25 (144)	38 (107)
Can do with help of aid	13 (52)	4 (21)	5 (13)
Unable to do alone	10 (39)	23 (134)	21 (59)
<b>Able to go shopping and carry heavy bags:</b>			
No difficulty	46 (184)	51 (295)	42 (118)*
Some difficulty	30 (118)	20 (119)	29 (81)
Can do with help of aid	12 (48)	6 (35)	9 (26)
Unable to do alone	12 (50)	23 (135)	20 (56)
<b>Able to go up and down stairs or steps</b>			
No difficulty	49 (195)	59 (344)	46 (129)***
Some difficulty	32 (129)	24 (142)	38 (106)
Can do with help of aid	13 (51)	8 (44)	10 (29)
Unable to do alone	6 (25)	9 (55)	6 (18)
<b>If needs practical help with everyday chores, running errands, odd jobs, number who</b>			

<b>help, or would help, if asked?</b>			
<b>No. of relatives:</b>			
0	7 (26)	3 (16)	16 (41)****
1	6 (24)	26 (131)	14 (36)
2-3	23 (94)	36 (182)	36 (92)
4+	64 (256)	35 (176)	34 (89)
<b>No. of friends:</b>			
0	10 (42)	1 (4)	18 (42)****
1	26 (103)	21 (106)	10 (25)
2-3	36 (143)	31 (159)	39 (94)
4+	28 (112)	47 (246)	33 (79)
<b>No. of neighbours:</b>			
0	10 (41)	1 (5)	17 (41)****
1	21 (84)	26 (130)	19 (47)
2-3	32 (129)	45 (229)	39 (95)
4+	37 (146)	28 (146)	25 (62)
<b>Total number of relatives, friends, neighbours who help/would help with everyday chores, running errands or odd jobs:</b>			
0	6 (23)	2 (10)	5 (11)**
1	1 (2)	3 (14)	1 (3)
2-3	6 (25)	12 (68)	11 (27)
4+	87 (350)	83 (459)	83 (202)
<b>If had a serious personal crisis, number of people could turn to for comfort and support:</b>			
0	4 (16)	--- (2)	3 (7)***
1	14 (57)	9 (49)	7 (20)
2-3	27 (109)	24 (135)	35 (93)
4+	55 (218)	67 (383)	55 (148)
<b>No. of different social activities done in last month:</b>			
0	---	1 (5)	2 (5)***
1-2	14 (59)	19 (112)	10 (24)
3+	85 (341)	80 (469)	88 (208)
<b>Type of social activities done in last month:</b>			
Gone to clubs, local or neighbourhood groups or organisations, education classes, place of worship	31 (122)	55 (322)	59 (159)****
Gone to cinema, theatre, concert, other social entertainment	66 (263)	26 (154)	43 (118)****
Done voluntary or paid work	61 (243)	26 (154)	25 (64)****
Gone for a walk or done gardening	26 (104)	74 (434)	78 (214)****
Played sport, gone to keep fit, swimming, dancing, exercise	60 (238)	32 (190)	29 (76)****

classes or done other type of physical activity $\neq$			
Done crosswords, other mental puzzles, bingo	63 (252)	70 (413)	82 (220)**
Helped or cared for other people, baby-sat or minded children	72 (287)	42 (246)	43 (113)****
Had visits from/or visited friends or family	23 (93)	93 (550)	95 (265)****
Other types of hobbies/pastimes \$\$	60 (238)	97 (573)	65 (164) $\pm\pm$
<b>OPQOL TOTAL [Ethnibus, ONS Omnibus 35 items; 5-point scale (1-5) range 35-175; QoL follow-up: 32 items, range 32-160]</b>			
$\leq 99$ QoL so bad could not be worse	6 (24)	1 (6)	7 (17)***
100 -119	67 (266)	11 (64)	38 (96)
120 -139	25 (100)	52 (289)	43 (108)
140 -159	2 (9)	32 (178)	12 (29)
160-175 QoL so good could not be better	--- (1)	4 (23)	---
<i>Cronbach's alpha of internal consistency (reliability)</i>	0.748	0.876	0.901
<b>CASP-19 TOTAL [19 items; 5-point (0-3) scale range 0-57]</b>			
$\leq 19$ Absence of QoL	--- (2)	1 (5)***	n/a
20-29	23 (92)	7 (38)	
30-39	68 (271)	27 (158)	
40-49	8 (32)	46 (265)	
50-57 Satisfaction in all domains	1 (3)	19 (107)	
<i>Cronbach's alpha of internal consistency (reliability)</i>	0.553	0.866	n/a
<b>WHOQOL-OLD TOTAL [24 items; 5-point (1-5) scale range 24-120]</b>			
$\leq 69$ Lowest possible QoL	2 (6)	4 (22) ***	n/a
70-79	23 (94)	11 (58)	
80-89	58 (234)	24 (130)	
90-99	15 (59)	40 (182)	
100-120 Highest possible QoL	2 (7)	27 (144)	
<i>Cronbach's alpha of internal consistency (reliability)</i>	0.415	0.849	n/a
<b>Sex:</b>			
Male	48 (193)	45 (265)	46 (132) ns
Female	52 (207)	55 (324)	54 (152)
<b>Age group in 2007/8:</b>			
65<75	91 (363)	55 (326)	17 (47)****
75+	9 (37)	45 (163)	83 (235)

<b>Marital status:</b>			
Married and living with spouse/cohabiting	58 (230)	49 (285)	49 (138)**
Single, never married	20 (82)	6 (37)	7 (20)
Divorced, widowed, separated (mostly widowed)	22 (88)	45 (267)	44 (123)
<b>Employment status:</b>			
Employed full or part time	13 (50)	8 (50)	6 (16)# **
Unemployed	--- (1)	1 (5)	1 (2)
Retired	87 (349)	91 (534)	93 (264)
<b>Housing tenure:</b>	---		---
Owner occupier/with mortgage	52 (208)	73 (429)	85 (239)****
Rents local authority, housing/other association	18 (71)	20 (121)	13 (36)
Part rent/part mortgage	---	1 (3)	---
Rents privately	13 (53)	4 (24)	--- (1)
Other: Living with friends/family; Lives rent free, including in relative/s' friends' home	17 (68)	2 (12)	1 (4)
<b>No. of adults aged 18+ in household ±</b>			
1 (respondent)	5 (19)	48 (286)	49 (137)****
2	53 (213)	48 (282)	51 (145)
3	12 (50)	3 (16)	
4-6	30 (118)	1 (5)	
<b>Ethnic status:</b>			
White British	---	94 (555)	100 (299)# ±±
White other	---	2 (12)	---
Indian Asian (including British Asian – Indian ONS)	38 (152)	--- (3)	---
Indian Pakistan (including Asian – Pakistani British and Other: ONS Omnibus)	29 (117)	1 (4)	---
Black Caribbean (including Black, Black British, Black African ONS)	22 (86)	1 (7)	---
Chinese	11 (45)	--- (1)	---
Mixed race	---	1 (7)	---
Other	---	1 (6)	---
<b>First language:</b>			
English	41 (162)	100	100
Punjabi	26 (105)	---	---
Hindi	8 (33)	---	---
Guajarati	9 (36)	---	---
Urdu	8 (32)	---	---
Cantonese	8 (32)	---	---
<b>Religion:</b>			
Christian	24 (97)	---	---
Hindu	30 (121)	---	---

Sikh	7 (28)	---	---
Muslim	30 (119)	---	---
Other	7 (28)	---	---
None	2 (7)	---	---
<b>No. of respondents</b>	400	567-589+	237-301

*n/a: not asked in QoL follow-up survey as additional scales were judged to be too burdensome in the postal administration survey*

*# Asked at baseline*

*± Follow-up question dichotomous: lives alone or with others*

*≠ The interpretation of physical exercise was cultural: people included yoga, meditation and dominoes in the Ethnibus sample, explaining the higher proportion of positive responses.*

*\$ The most commonly coded types of longstanding illness were disorders of musculoskeletal, cardiovascular and circulatory systems*

*+ ONS Omnibus: n=505-515 for number of relatives, friends and neighbours who would help with practical tasks*

*\* p<0.05; \*\* p<0.01; \*\*\*p<0.001; \*\*\*\*p0.0001; ns not statistically significant; caution where cells <5 cases; ±± not tested*

*\$\$ The main 'Other' types of social activities engaged in by Ethnibus, ONS Omnibus and QoL follow-up respondents respectively included shopping/retail therapy/going to market (17% (67), 2% (10) and 1% (2); reading newspapers or books (1% (2), 23% (136), 8% (23); and crafts/knitting/sewing (0%, 11% (66), 7% (19) respectively (Note: open-coded items not tested for statistical significance)*

**Appendix 5 Table. QoL Follow-up sample: additional questions**

<b>Appendix 5 Table. QoL Follow-up sample: additional questions</b>	
	<b>% (no.)</b>
<b>During past 12 months attended hospital in A&amp;E or out-patients</b>	
No	61 (163)
Yes	39 (104)
<b>During past 12 months attended hospital as day patient</b>	
No	83 (209)
Yes	17 (42)
<b>During past 12 months attended hospital as in-patient</b>	
No	81 (209)
Yes	19 (50)
<b>Feels younger, same, older than actual age:</b>	
Younger	51 (141)
Same	4 (12)
Older	45 (122)
<b>Age feels:</b>	
<50	42 (118)
50<65	17 (48)
65<75	29 (79)
75+	12 (34)
<b>Self-efficacy:</b>	
<b>I can usually handle whatever comes my way':</b>	
Not at all true	2 (6)
Hardly true	6 (17)
Moderately true	61 (167)
Exactly true	31 (85)
<b>I can usually solve most problems if I invest the necessary effort:</b>	
Not at all true	2 (5)
Hardly true	5 (13)
Moderately true	57 (158)
Exactly true	36 (99)
<b>Feels lonely:</b>	
Always	1 (3)
Often	7 (19)
Sometimes	42 (117)
Never	50 (138)
<b>No. of respondents</b>	<b>251 - 288</b>



**Appendix 6 Box. Definitions of active ageing in Ethnibus, ONS Omnibus, QoL follow-up samples 2007-8**

<b>Appendix 6 Box. Definitions of active ageing in Ethnibus, ONS Omnibus, QoL follow-up samples 2007-8</b>			
<b>In your opinion, what are the things associated with ‘active ageing’? Please write in your reply. You can mention as many things as you like:</b>	<b>Ethnibus</b>	<b>ONS Omnibus</b>	<b>QoL follow-up survey</b>
	<b>% (n)</b>	<b>% (n)</b>	<b>% (n)</b>
<b>Physical health and functioning:</b>			
1. Having/Being in good health/physical functioning, able bodied/able to get out/about/do things/physically fit, strong, having energy/being energised, feeling well, retaining senses – sight, hearing /not being housebound or bed-bound or immobile or unhealthy etc	7 (27)	22 (130)	27 (78)****
2. Exercising body/keeping physically fit (including dancing, gym, sport, golf, tennis, bowls, bowls/bowling, physical games, walking/to park/to lake etc, walking in fresh air/ the dog, cycling, swimming), moving around, DIY, cycling, aqua-aerobics, yoga, keeping/staying fit	17 (67)	33 (192)	26 (75)****
3. Keeping/Staying active/mobile/able to get out/about/do things (including by gardening, decorating, housework/domestic tasks) by moving about, not sitting too long	5 (21)	22 (128)	19 (55)****
4. Illness/disease related: Not falling, low blood pressure, low cholesterol, not being ill/sick, no aches/pains	4 (14)	2 (13)	3 (8)
5. No smoking, no heavy drinking/drink responsibly	--- (1)	1 (6)	2 (5)
6. Good diet/eating well/properly/healthily healthily/responsibly/cook properly	5 (21)	7 (41)	5 (13)
7. Healthy lifestyle etc unspecified	1 (3)	1 (5)	1 (2)
8. Other health	--- (1)	---	--- (1)
<b>Leisure – social roles and activities:</b>			
9a. Having/attending group/organisational/community activities/societies: - attending/keeping up/teaching social/supper/lunch/meals out/pub/bridge/other clubs	1 (4)	9 (53)	8 (23)
9b Going to Church/Mosque/Temple/Synagogue	2 (6)	2 (9)	--- (1)
9c. Having social roles, involvement in/contribute to community, choir, committees, Church work etc/voluntary/charity/community work	1 (4)	4 (21)	3 (8)
10a. Having/doing normal activities/participate in activities, do things, keeping up one’s activities, go out as much, continue to do things as before/social interaction general/meeting people/having friends	5 (20)	10 (60)	11 (30)
10b. Continuing to do above/things did before or years ago/normal activities/participate in activities, do things, keeping up one’s activities, go out as much, continue to do things as before/social interaction general/meeting people/having friends	---	2 (9)	3 (8)
11. Holidays, travelling, day/trips, outings, driving,	3 (11)	9 (51)	5 (14)

sightseeing			
12. Going to educational or evening/other classes/U3AA (Open University/university of 3 <sup>rd</sup> age)	---	3 (15)	3 (8)
13. 'Keeping busy', doing things/and not sitting indoors/watching TV, <u>keeping</u> up activities/hobbies etc	6 (22)	2 (16)	4 (12)
14. Shopping/retail therapy/market	2 (7)	2 (11)	1 (3)
15. Doing crafts (knitting, sewing art, similar) – <i>if does in group only code as above Group...</i>	---	1 (8)	---
16. Being able to fast during Ramadan/pray/ 'not missing my five prayers a day'/observe religious/cultural festivals/'being closer to God'	2 (9)	--- (1)	---
17. Other hobbies – include fishing, keep birds/birdlife, wildlife, betting/on horses, photography, playing instrument, having outside interests/interests	1 (2)	9 (55)	8 (22)
18. Reading	1 (3)	5 (28)	7 (20)
19. Listening/watching TV/radio/music/talking books, videos, DVDs, sports	---	1 (7)	3 (8)
20. Cooking – including for others, winemaking, cake making etc	1 (3)	7 (4)	---
21. DIY (Do-it-yourself tasks/jobs)	---	---	---
<b>22. Doing new things</b>	2 (8)	---	1 (2)
23a. Having pets	---	---	1 (3)
23b. Staying in work/paid employment /as long as possible	1 (3)	3 (17)	1 (4)
23c. Other leisure/social/roles	---	---	1 (2)
<b>Mental activity:</b>			
24. Mental fitness, maintaining concentration/not losing memory etc	1 (5)	4 (21)	7 (19)
25. Exercising mind/mental alertness/ keeping mind occupied, keeping brain working (by crosswords, quizzes, puzzles, Sudoku, reading, jigsaw puzzles, words, bingo etc)	1 (3)	12 (68)	14 (39)****
<b>26. Learning/trying new things, keeping up to date with new/skills to keep mind active/mental concentration (languages, computer, internet, technological advances)</b>	2 (8)	1 (8)	2 (5)
<b>Psychological:</b>			
<i>[code numbers 27-28 not used]</i>			
29. Positive thinking, outlook/good/attitude to life/state of mind, keeping sense of humour, staying focused, not worrying, self/confidence, less stress/un-stressed, 'get up and do it', think positive, have a purpose in life, taking on challenges/risks, being in control of yourself, being content	15 (59)	7 (39)	8 (23)****
30. Maintaining interest in life/ contemporary world/politics/engaging in world	1 (2)	4 (23)	7 (21)
31. Life satisfaction, enjoyment, enjoying life, happiness/'being happy not depressed'	10 (38)	1 (5)	---
32. Having dignity, having wisdom, being respected	2 (9)	1 (6)	---
33. Avoiding old age stereotypes, thinking/feeling 'young' not old	3 (12)	2 (13)	2 (6)

34a. Having/keeping/not losing confidence/self-esteem/not losing confidence to go out/do things	1 (5)	--- (2)	---
34b. Other psychological	---	--- (1)	---
<b>Social relationships and contacts:</b>			
35. Family - seeing/meeting/visiting/entertaining/going out with/being with family, grand-children/happy family life	9 (36)	4 (26)	8 (22)
36. Friends - seeing/meeting/visiting/entertaining/going out with/being with friends (including neighbours as friends)	6 (22)	3 (15)	9 (27)
37. Having someone (e.g. family, neighbour, friend) to help one/to do things/comfort/love/being close to/care about or look out for one	2 (9)	2 (10)	3 (8)
38. Contributing to family life/'being a good wife', looking after someone/caring for/helping someone ill/frail/old/ looking after grandchildren/children	5 (20)	1 (8)	2 (7)
39. Meeting lots of/other people, having social connections/not having to stay at home/sitting around	1 (5)	4 (23)	6 (17)
40. Not being lonely	--- (1)	--- (1)	--- (1)
41. Being around: children/caring children/younger people	3 (10)	2 (13)	4 (11)
42. Other social relationships	--- (1)	---	1 (2)
<b>Independence and freedom:</b>			
43. Remaining independent/as possible	3 (11)	1 (7)	2 (6)
44. Having health to: stay/being able to do same things as always done/to live the way want to/remain independent; to be able to drive car/to use public transport; not being dependent on others/family; able to do own domestic tasks, shopping, personal care, dress self, things for oneself/look after self	2 (8)	3 (17)	4 (12)
45. To remain independent etc to/be able to do what one enjoys/get out/enjoy self, doing/what one wants/as wishes/doing one's own things	--- (1)	2 (9)	2 (5)
46. Continue to live in own home	---	--- (1)	---
47. Retaining ability to drive for independence, getting out	---	1 (8)	1 (2)
48. To be in control/of yourself/life/to make own decisions	1 (2)	1 (3)	---
49. Other independence/freedom	---	---	--- (1)
<b>Finances:</b>			
50. Having enough money to enjoy life/enjoy being old/to buy 'little presents'/entertainment/having nice clothes	1 (3)	--- (1)	1 (2)
51. Financial security, independence; adequate/sufficient income/pension (including for food, bills, transport)/no money worries/problems	3 (10)	2 (9)	3 (9)
52. Receiving social security/benefits/pension credits, discounted social services, discounted facilities (leisure, transport etc)	---	1 (6)	---
53. Has/access to car/can drive/afford petrol	---	---	--- (1)
54. Other finances	--- (1)	---	--- (1)
<b>Neighbourhood, local/essential facilities/services:</b>			
55. Security when going out/being safe in neighbourhood	1 (5)	--- (2)	1 (2)
56. Access to good/free health care, doctor, medical/ services/ preventive care, prescriptions	1 (3)	1 (5)	1 (3)

57. Availability/access to of buses, trains, public transport	---	1 (5)	2 (7)
58a. Access to local services, libraries, facilities/services	---	1 (5)	1 (3)
58b. Access to leisure facilities/exercise classes/education/open footpaths	---	1 (8)	---
59. Availability of assistance (with mobility, personal advice, housing, transport, domestic/home care)	---	1 (4)	1 (2)
60. Living in neighbourhood with people from own community/who understand own culture	--- (1)	--- (1)	---
61. Neighbourliness/good neighbours/community	---	--- (1)	--- (1)
62. Other neighbourhood	---	--- (2)	1 (3)
63. Don't know/don't understand active ageing/can't say, can't think/doesn't mean much to me/don't have any views	8 (32)	9 (53)	2 (7)
64. Other themes (e.g. 'Growing old gracefully')	1 (2)	2 (9)	--- (1)
<b>No. respondents</b>	<b>400</b>	<b>589</b>	<b>287</b>

\*\*\* $p < 0.0001$

**Appendix 7 Table. Self-rated active ageing by OPQOL, CASP-19, WHOQOL**

<b>Appendix 7 Table. Self-rated active ageing by OPQOL, CASP-19, WHOQOL sub-scales and total score: Spearman's rho</b>	
	<b>Self-rated active ageing</b>
<b>OPQOL [35 items: Ethnibus &amp; ONS Omnibus; 32 items: QoL follow-up]:</b>	
<b>Life overall</b>	
Ethnibus	-0.156**
ONS Omnibus	-0.431**
QPOL follow-up survey	-0.470**
<b>Health and functioning</b>	
Ethnibus	-0.148**
ONS Omnibus	-0.593**
QPOL follow-up survey	-0.589**
<b>Social relationships and participation</b>	
Ethnibus	-0.268**
ONS Omnibus	-0.426**
QPOL follow-up survey	-0.550**
<b>Control, independence, freedom</b>	
Ethnibus	-0.284**
ONS Omnibus	-0.321**
QPOL follow-up survey	-0.383**
<b>Area: Home and neighbourhood</b>	
Ethnibus	-0.231**
ONS Omnibus	-0.197**
QPOL follow-up	-0.235**
<b>Psychological well-being and outlook</b>	
Ethnibus	-0.280**
ONS Omnibus	-0.253**
QPOL follow-up survey	-0.327**
<b>Financial circumstances</b>	
Ethnibus	-0.157**
ONS Omnibus	-0.181**
QPOL follow-up survey	-0.262**
<b>Religion/culture</b>	
Ethnibus	-0.139**
ONS Omnibus	-0.042
QPOL follow-up survey	n/a
<b>OPQOL Total</b>	
Ethnibus	-0.358**
ONS Omnibus	-0.504**
QPOL follow-up survey	-0.575**
<b>CASP-19</b>	
<b>Control</b>	
Ethnibus	-0.080
ONS Omnibus	-0.430**
<b>Autonomy</b>	
Ethnibus	-0.164**

ONS Omnibus	-0.344**
<b>Pleasure</b>	
Ethnibus	-0.235**
ONS Omnibus	-0.255**
<b>Self-realisation</b>	
Ethnibus	-0.178**
ONS Omnibus	-0.449**
<b>CASP-19 Total</b>	
Ethnibus	-0.241**
ONS Omnibus	-0.469
<b>WHOQOL-OLD sub-scales:</b>	
<b>Sensory abilities SAB</b>	
Ethnibus	-0.125
ONS Omnibus	-0.322**
<b>Autonomy AUT</b>	
Ethnibus	0.032
ONS Omnibus	-0.346**
<b>Part, present and future abilities (PPF)</b>	
Ethnibus	-0.005
ONS Omnibus	-0.375**
<b>Social participation SOP</b>	
Ethnibus	-0.081
ONS Omnibus	-0.459**
<b>Death and dying DAD</b>	
Ethnibus	-0.061
ONS Omnibus	-0.014
<b>Intimacy INT</b>	
Ethnibus	-0.010
ONS Omnibus	-0.161**
<b>WHOQOL-OLD Total</b>	
Ethnibus	-0.069
ONS Omnibus	-0.439**

\*\* P<0.01

**Appendix 8 Table. Self-rated active ageing by health, social support and socio-demographic characteristics**

<b>Appendix 8 Table. Self-rated active ageing by health, social support and socio-demographic characteristics (Spearman's rho) all samples</b>	
	<b>Self-rated active ageing</b>
<b>Self-rated health status (5-point scale Excellent-Poor)</b>	
Ethnibus	0.303**
ONS Omnibus	0.497**
QoL follow-up	0.613**
<b>Reported longstanding illness, disability, infirmity</b>	
Ethnibus	0.113*
ONS Omnibus	0.287**
QoL follow-up	-0.327**
<b>Reported LSI restricts activities</b>	
Ethnibus (base n=174)	0.175*
ONS Omnibus (base n= 340)	0.346**
QoL follow-up (sub-base n= 227)	0.418**
<b>Ability to walk 400 yards</b>	
Ethnibus	0.196**
ONS Omnibus	0.434**
QoL follow-up	0.514**
<b>Ability to do heavy housework</b>	
Ethnibus	0.148**
ONS Omnibus	0.449**
QoL follow-up	0.543**
<b>Ability to go shopping and carry heavy bags</b>	
Ethnibus	0.135**
ONS Omnibus	0.461**
QoL follow-up	0.535**
<b>Ability to go up and down stairs</b>	
Ethnibus	0.178**
ONS Omnibus	0.404**
QoL follow-up	0.460**
<b>In last 12 months attended hospital A&amp;E or out-patients:</b>	
Ethnibus	n/a
ONS Omnibus	n/a
QoL follow-up	0.125*
<b>In last 12 months admitted as hospital in-patient:</b>	
Ethnibus	n/a
ONS Omnibus	n/a
QoL follow-up	0.207**
<b>Social networks: support and help: No. of relatives who would</b>	

<b>help if needed with everyday chores, running errands, odd jobs:</b>	
Ethnibus	-0.029
ONS Omnibus	-0.042
QoL follow-up	-0.082
<b>No. of friends who would help if needed with everyday chores, running errands, odd jobs:</b>	
Ethnibus	-0.052
ONS Omnibus	-0.226**
QoL follow-up	-0.317**
<b>No. of neighbours who would help if needed with everyday chores, running errands, odd jobs:</b>	
Ethnibus	-0.023
ONS Omnibus	-0.193**
QoL follow-up	-0.171**
<b>In a serious personal crisis, number of people could turn to for comfort and support:</b>	
Ethnibus	-0.066
ONS Omnibus	-0.146**
QoL follow-up	-0.173**
<b>No of social activities</b>	
Ethnibus	-0.048
ONS Omnibus	-0.484**
QoL follow-up	-0.568**
<b>Age of respondent (continuous)</b>	
Ethnibus	-0.048
ONS Omnibus	0.232**
QoL follow-up	-0.122
<b>Sex of respondent</b>	
Ethnibus	0.001
ONS Omnibus	-0.071
QoL follow-up	-0.005
<b>Occupational classification/social class++</b>	
Ethnibus	-0.011
ONS Omnibus	0.113**
QoL follow-up	0.127*
<b>Housing tenure</b>	
Ethnibus	0.066
ONS Omnibus	0.134**
QoL follow-up	0.099
<b>Marital status</b>	
Ethnibus	0.043
ONS Omnibus	0.034
QoL follow-up	0.080
<b>No. of adults in household</b>	
Ethnibus	0.034



ONS Omnibus	-0.034
QoL follow-up (lives alone vs. with others)	0.061
<b>Has access to car/van in household</b>	
Ethnibus	n/a
ONS Omnibus	0.198**
QoL follow-up (baseline)	-0.144*
<b>Ethnic status</b>	
Ethnibus	-0.160**
ONS Omnibus	0.079
QoL follow-up	n/a
<b>Religion</b>	
Ethnibus	-0.071
ONS Omnibus	n/a
QoL follow-up	n/a

++ *ONS Omnibus and QoL follow-up: NS-SEC; Ethnibus Market Research Society classification of socio-economic status*

\*  $p < 0.05$ ; \*\*  $p < 0.01$

**Appendix 9 Table. Self-rated active ageing by subjective age, perceived self-efficacy and loneliness**

<b>Appendix 9 Table. Self-rated active ageing by subjective age, perceived self-efficacy and loneliness (Spearman's rho) : QoL follow-up sample only+</b>	
	<b>Self-rated active ageing</b>
<b>Feels younger, same or older than actual age</b>	0.375**
<b>'I can usually handle whatever comes my way'</b>	-0.356**
<b>'I can usually solve most problems if I invest the necessary effort'</b>	-0.330**
<b>Feels lonely</b>	-0.226**

+ Items included in follow-up survey only for comparisons with baseline items

\*\* p<0.01