

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60

Annex of web-based supplementary files

www Supplementary file Table 1. What does the term 'well-being' mean to you? You can mention as many things as you like including mental or psychological and/or physical health issues, social relationships and activities, and anything else you think of. There are no right or wrong answers.

	% (no)+
Physical health and activity:	
Having/being in good health/physical functioning, physically fit, strong, having energy, feeling well, retaining senses - sight, hearing, not being bed bound	67 (705)
Keeping/staying active/mobile/able to go out/do things (including gardening, decorating, housework/domestic tasks) by moving about, not sitting too long	4 (42)
Good diet/eating well/properly/healthily/responsibly/cook properly	4 (37)
Healthy lifestyle unspecified	3 (31)
Exercising/keeping physically fit (including dancing, gym, sport, golf, tennis, bowls, physical games, walking/the dog, cycling, swimming), DIY, yoga	2 (19)
Illness/disease related: not falling, low blood pressure, low cholesterol, not being ill/sick, no aches/pains	1 (12)
No smoking, no heavy drinking/drink responsibly	---- (3)
Other health	---- (1)
Social participation:	
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	3 (31)
Going to educational or evening/other classes/open university/university of 3rd age, learning new things	1 (9)
Holidays, travelling, day trips, outings, driving, sightseeing	1 (8)
Having/attending group/organisational/community activities/societies: attending/keeping up/teaching social/supper/lunch/meals out/pub/bridge/other club	1 (5)
Other hobbies - include fishing, keep	1 (5)

birds/birdlife, wildlife, betting on horses, photography, playing instrument/having outside interests	
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, meeting people, having friends	---- (4)
Keeping busy, doing things and not sitting indoors/watching TV, keeping up activities, hobbies	---- (4)
Being able to fast for religion/pray/observe religious festivals/being close to God	---- (4)
Having pets	---- (3)
Having social roles, involvement in/contribute to community, choir, committees, church work etc/voluntary/charity/community work	---- (2)
Listening/watching TV/radio/music/talking books, videos, DVDs, sport	---- (2)
Shopping, retail, therapy, market	---- (1)
Doing crafts (knitting, sewing art, similar)	---- (1)
Other leisure/social roles	---- (2)
Mental health and functioning	
Mental fitness, maintaining concentration, not losing memory	13 (133)
Exercising mind/mental alertness/keeping mind occupied, keeping brain working (by crosswords, puzzles, sudoku, reading, jigsaw puzzles, words, bingo)	---- (4)
Other mental	---- (1)
Psychological resources/outlook:	
Life satisfaction, enjoyment, enjoying life, happiness, being happy not depressed	21 (220)
Positive thinking, outlook/good/attitude to life/state of mind, keeping sense of humour, staying focused, not worrying, self confidence, less stress, get up and do it, think positive, have a purpose in life, taking on challenges, being in control	19 (200)
Having dignity, having wisdom, being respected	1 (9)
Maintaining interest in life/contemporary world/politics/engaging in world	---- (1)
Having/keeping/not losing confidence/self esteem/not losing confidence to go out, do things	---- (1)
Social contact/support:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60	Seeing/meeting/visiting/entertaining/going out with/being with family, grandchildren	9 (98)
	Seeing/meeting/visiting/entertaining/going out with/being with friends (including neighbours)	4 (40)
	Having someone (e.g. family, friend) to help one/to do things/comfort/love/being close to/care about or look out for one	6 (61)
	Contributing to family life/being a good wife, looking after someone/caring for/helping someone ill/frail/old/looking after grandchildren/children	1 (14)
	Meetings lots of other people, having social connections/not having to stay at home/sitting around	4 (40)
	Independence/control/freedom:	
	Being able to continue to do same things always done, live the way want to, remaining independent, be able to drive car, able to do own tasks, shopping	7 (70)
	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	4 (45)
	Continue to live in own home	3 (29)
	To be in control of yourself/life, to make own decisions	1 (9)
	Remaining independent as possible	1 (15)
	Other independence/freedom	---- (1)
	Financial/standard of living:	
	Financial security, independence, adequate/sufficient income/pension (including for food, bills, transport) no money worries/problems	19 (201)
	Staying in work/paid employment as long as possible	6 (67)
	Comfortable living, good standard of living	5 (50)
	Having enough money to enjoy life/enjoy being old/to buy little presents/entertainment/having nice clothes	1 (12)
	Receiving social security/benefits/pension credits, discounted social services, discounted facilities	1 (11)
	Has access to car/can drive/afford petrol	---- (1)
	Neighbourhood environment:	
	Security when going out/being safe in neighbourhood	3 (30)
	Access to good/free healthcare, doctor, medical services, preventive care, prescriptions	3 (27)

Neighbourliness, good neighbours/community	2 (21)
Availability/access to buses, trains, public transport	1 (5)
Access to local services, libraries, facilities/services	1 (9)
Access to leisure facilities/exercise classes/education, open footpaths etc	---- (1)
Availability of assistance (with mobility, personal advice, housing, transport, domestic/home care etc)	---- (1)
Other (e.g. 'growing old gracefully)	1 (11)
Don't know	1 (10)
No. of respondents	1049

Totals do not equal 100% as respondents could mention more than One theme; each theme coded once per respondent

Supplementary file Table 2. In your opinion, how can the general and mental well-being of older people be improved?	
	% (no)
Physical health:	
Improve/increase physical activity/exercises	5 (52)
Improve/increase physical health/mobility/physical functioning	2 (20)
Improve diet	1 (15)
Mental health:	
Improve/increase mental activity/exercises/keeping brain active inc crosswords, stimulation, learning new things, technology, classes/hobbies	7 (74)
Improve mental health/memory/functioning	1 (4)
Economic:	
Having more money/pension/financial security/not worrying about money	14 (146)
Continue in paid work	1 (10)
Independence:	
Improve/increase independence/ability to stay in own home	5 (52)
Social participation, roles, contact and support:	
More/having social support/having someone to look out for you/help/good support network, someone to turn to	22 (233)
More social activities/participation/opportunities/mixing/facilities/groups to meet people, not being left alone/on one's own	17 (179)
Keeping occupied/busy/give people something to do/things to do	2 (24)
A role/contribute to community	2 (18)
Reduce loneliness	1 (15)
Neighbourliness	1 (10)
Day trips/days out	1 (8)
Services, home and neighbourhood:	
Good/better/adequate access to services - health, social, community, home care/help in home	28 (298)
Living in a good neighbourhood/better neighbourhood security/facilities/reduce crime	3 (28)
Better transport	2 (20)
Having more sheltered housing	1 (9)
Having/home adaptations/home improvements	---- (3)
Psychological:	
Improve society's attitudes to older people/more respect/feeling valued/important/understanding	9 (99)
Improving psychological outlook - work-life balance, life satisfaction, optimism, peaceful, acceptance	3 (29)
Improve self esteem, confidence, feeling of control in life	1 (14)
Other (e.g. depends on living circumstances)	1 (13)
Don't know	10 (112)
No. of respondents	1049

Totals do not equal 100% as respondents could mention more than one theme; each theme coded once per respondent

www Supplementary file Table 3. Well-being, health and social circumstances	
	% (n)
Overall, would you say your own well-being was:	
1 Very good	36 (369)
2 Good	42 (433)
3 Alright	18 (190)
4 Bad	3 (31)
5 Very bad	1 (9)
	1032
<i>Mean (standard deviation):</i>	
<i>Female 1.87 (0.863),</i>	
<i>Male 1.85 (0.798),</i>	
<i>2-tailed t-test: 0.318;</i>	
<i>P= 0.317 ns</i>	
<i>Age <65 1.85 (0.831),</i>	
<i>Age 65+ 1.91 (0.842),</i>	
<i>2-tailed t-test: 1.080; P=0.280 ns</i>	
<i>Spearman's correlation with continuous age: r=0.047 ns</i>	
Please rate your mental well-being, would you say your mental well-being was:	
1 Very good	40 (414)
2 Good	40 (412)
3 Alright	17 (174)
4 Bad	2 (21)
5 Very bad	1 (6)
	1027
<i>Mean (standard deviation):</i>	
<i>Female 1.79 (0.802),</i>	
<i>Male 1.77 (0.790),</i>	
<i>2-tailed t-test: 0.416; P= 0.968 ns</i>	
<i>Age <65 1.77 (0.798),</i>	
<i>Age 65+ 1.79 (0.791),</i>	
<i>2-tailed t-test: -0.312; P=0.755 ns</i>	
<i>Spearman's correlation with continuous age: r=0.037 ns</i>	
In general, how satisfied are you with your life as a whole these days? Please rate your satisfaction on a scale of 1 to 10, with 1 being low and 10 being high:	
1	--- (4)
2	--- (4)
3	1 (11)
4	2 (23)

5	5 (55)
6	8 (78)
7	18 (178)
8	31 (320)
9	19 (192)
10	16 (167)
	1032
<i>Mean (standard deviation):</i>	
<i>Female 7.87 (1.674),</i>	
<i>Male 7.79 (1.608),</i>	
<i>2-tailed t-test: 0.753; P= 0.471 ns</i>	
<i>Age <65 7.81 (1.625),</i>	
<i>Age 65+ 7.94 (1.708),</i>	
<i>2-tailed t-test: -1.026; P=0.305 ns</i>	
<i>Spearman's correlation with continuous age: r=0.037 ns</i>	
All things considered, How happy would you say you are (<i>direction of wording in questionnaire reversed to prevent response set, but reverse coded in office so direction matched other questions</i>):	
4 Not at all happy	--- (3)
3 Not very happy	5 (51)
2 Quite happy	49 (493)
1 Very happy	46 (472)
	1018
<i>Mean (standard deviation):</i>	
<i>Female 1.57 (0.594),</i>	
<i>Male 1.62 (0.602),</i>	
<i>2-tailed t-test: -1.431; P= 0.926 ns</i>	
<i>Age <65 1.59 (0.592),</i>	
<i>Age 65+ 1.59 (0.619),</i>	
<i>2-tailed t-test: -0.003; P=0.998 ns</i>	
<i>Spearman's correlation with continuous age: r=0.043 ns</i>	
Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole?	
1 Very good	33 (343)
2 Good	46 (483)
3 Alright	18 (182)
4 Bad	2 (23)
5 Very bad	1 (5)
	1036
<i>Mean (standard deviation):</i>	
<i>Female 1.84 (0.789),</i>	

<p>Male 1.84 (0.750), 2-tailed t-test: 0.141; P= 0.417 ns</p> <p>Age <65 1.84 (0.771), Age 65+ 1.84 (0.774), 2-tailed t-test: -0.061; P= 0.951 ns</p> <p>Spearman's correlation with continuous age: r=0.051 ns</p>	
Are you able to walk at least 400 yards (approx. 350 metres):	
1 No difficulty	85 (885)
2 Some difficulty	9 (94)
3 Can do with help of aid or appliance	3 (27)
4 Unable to do	3 (35)
	1041
<p>Mean (standard deviation):</p> <p>Female 1.23 (0.679), Male 1.17 (0.522), 2-tailed t-test: 1.649; P= 0.001</p> <p>Age <65 1.13 (0.491), Age 65+ 1.49 (0.873), 2-tailed t-test: -8.001 P=0.001</p> <p>Spearman's correlation with continuous age: r=0.302**</p>	
Are you able to do heavy housework:	
1 No difficulty	77 (800)
2 Some difficulty	13 (135)
3 Can do with help of aid or appliance	1 (13)
4 Unable to do	9 (93)
	1041
<p>Mean (standard deviation):</p> <p>Female 1.41 (0.900), Male 1.32 (0.789), 2-tailed t-test: 1.750; P= 0.001</p> <p>Age <65 1.21 (0.642), Age 65+ 1.95 (0.199), 2-tailed t-test: -12.272; P=0.001</p> <p>Spearman's correlation with continuous age: r=0.394**</p>	
Are you able to go shopping and carry heavy bags:	
1 No difficulty	77 (786)
2 Some difficulty	12 (127)
3 Can do with help of aid or appliance	3 (28)
4 Unable to do	10 (100)
	1041

Mean (standard deviation): Female 1.49 (0.972), Male 1.30 (0.764), 2-tailed t-test: 3.455; P= 0.0001 Age <65 1.125 (0.716), Age 65+ 1.97 (1.177), 2-tailed t-test: -11.36 P=0.001 <i>Spearman's correlation with continuous age: r=0.396**</i>	
Are you able to go up and down stairs or steps:	
1 No difficulty	83 (866)
2 Some difficulty	11 (113)
3 Can do with help of aid or appliance	2 (25)
4 Unable to do	4 (36)
	1040
Mean (standard deviation): Female 1.25 (0.666), Male 1.20 (0.583), 2-tailed t-test: 1.229; P= 0.019 Age <65 1.12 (0.474), Age 65+ 1.60 (0.916), 2-tailed t-test: -10.61; P=0.001 <i>Spearman's correlation with continuous age: r=0.352**</i>	
How is your health in general:	
1 Very good	37 (388)
2 Good	40 (416)
3 Fair	16 (170)
4 Bad	6 (60)
5 Very bad	1 (12)
	1046
Mean (standard deviation): Female 1.89 (0.905), Male 1.89 (0.873), 2-tailed t-test: 0.010; P= 0.755 ns Age <65 1.78 (0.832), Age 65+ 2.32 (0.962), 2-tailed t-test: -8.453; P=0.001 <i>Spearman's correlation with continuous age: r=0.289**</i>	
In general, compared with other people your age, how would you rate your current health? MCT_7	20 (206)
1 Excellent	38 (388)

2 Very good	27 (282)
3 Good	11 (116)
4 Fair	4 (43)
5 Poor	1035
<i>Mean (standard deviation):</i>	
<i>Female 2.36 (1.038),</i>	
<i>Male 2.37 (1.011),</i>	
<i>2-tailed t-test: -0.106; P= 0.598 ns</i>	
<i>Age <65 2.33 (1.017),</i>	
<i>Age 65+ 2.47 (1.048),</i>	
<i>2-tailed t-test: -1.868; P=0.062 ns</i>	
<i>Spearman's correlation with</i>	
<i>continuous age: r=0.071*</i>	
Longstanding illness, disability, infirmity: LSIII	
Yes	36 (373)
No	64 (673)
	1046
<i>Female 34% (190),</i>	
<i>Male 34% (160),</i>	
<i>Chi.sq. 0.006, 1df, P=0.937 ns</i>	
<i>Age 16-44 17% (74),</i>	
<i>45-64 36% (141),</i>	
<i>65+ 60% (135),</i>	
<i>Chi-sq. 121.642, 2df, P=0.001</i>	
<i>Spearman's correlation with</i>	
<i>continuous age: r=0.289**</i>	
IF YES: Does this illness or disability limit your activities in any way?	
Yes	57 (214)
No	43 (159)
	673
<i>Female 61% (115)</i>	
<i>Male 53% (85),</i>	
<i>Chi.sq. 1.943, 1df, P=0.163 ns</i>	
<i>Age 16-44 54% (40),</i>	
<i>45-64 55% (78),</i>	
<i>65+ 61% (82),</i>	
<i>Chi-sq. 1.193, 2 df, P=0.551 ns</i>	
<i>Spearman's correlation with</i>	
<i>continuous age: r=-0.349**</i>	
In last 4 weeks have you suffered from anxiety, nerves or depression at all?	
1 No, not at all	70 (727)
2 Yes slightly	21 (215)
3 Yes, moderately	6 (66)
4 Yes, extremely	3 (31)

	1039
<p><i>Mean (standard deviation):</i></p> <p><i>Female 1.43 (0.723),</i> <i>Male 1.34 (0.683),</i> <i>2-tailed t-test: 2.007; P= 0.006</i></p> <p><i>Age <65 1.39 (0.694),</i> <i>Age 65+ 1.39 (0.747),</i> <i>2-tailed t-test: -0.030; P=0.976</i></p> <p><i>Spearman's correlation with</i> <i>continuous age: r=0.028</i></p>	
If you need any practical help doing everyday chores, how many people would help you if asked:	
0	3 (28)
1	8 (79)
2	10 (107)
3	9 (88)
4	11 (111)
5	11 (116)
6	14 (146)
7	3 (30)
8+	31(314)
	1019
<p><i>Mean (standard deviation):</i></p> <p><i>Female 6.65 (5.894),</i> <i>Male 7.19 (7.943),</i> <i>2-tailed t-test: 1.234; P= 0.079 ns</i></p> <p><i>Age <65 7.35 (7.371),</i> <i>Age 65+ 5.25 (4.501),</i> <i>2-tailed t-test: 4.033 P=0.001</i></p> <p><i>Spearman's correlation with</i> <i>continuous age: r=-0.206**</i></p>	
If you had a serious personal crisis, how many people do you feel you could turn to for comfort and support:	
0	2 (18)
1	7 (70)
2	13 (130)
3	11 (117)
4	12 (122)
5	12 (126)
6	14 (141)
7	2 (24)
8+	27 (285)
	1033
<p><i>Mean (standard deviation):</i></p> <p><i>Female 6.57 (5.155),</i> <i>Male 6.97 (6.657),</i></p>	

2-tailed t-test: 1.088; P= 0.009	
Age <65 7.04 (6.130), Age 65+ 5.73 (4.810), 2-tailed t-test: 2.967; P=0.003	
Spearman's correlation with continuous age: r=-0.140**	
In the last 4 weeks have you gone to any clubs, community groups, organisations, education or recreation classes/meetings:	
Yes	45 (472)
No	55 (571)
	1043
Yes: Female 49% (277) Male 44% (208), Chi.sq. 2.565, 1df, P=0.109 ns	
Age 16-44 49% (209), 45-64 41% (162), 65+ 51% (114), Chi-sq. 7.726, 2 df, P=0.021	
Spearman's correlation with continuous age: r=0.025 ns	
In the last 4 weeks, have you gone to the cinema, theatre, concerts or other similar social entertainment?	
Yes	40 (419)
No	60 (628)
	1047
Yes: Female 41% (235), Male 41% (193), Chi.sq. 0.029, 1df, P=0.864 ns	
Age 16-44 51% (219), 45-64 39% (153), 65+ 25% (58), Chi-sq. 43.699, 10df, P=0.001	
Spearman's correlation with continuous age: r=0.233**	
In the last 4 weeks, have you taken part in keep fit, swimming, sport, dancing, exercise classes, walking for exercise?	
Yes	63 (659)
No	37 (381)
	1040
Yes:	

<p>Female 63% (356), Male 67% (317), Chi.sq. 2.222, 1df, P=0.136 ns</p> <p>Age 16-44 73% (309), 45-64 68% (261), 65+ 46% (104), Chi-sq. 47.162, 2df, P=0.001</p> <p>Spearman's correlation with continuous age: r=0.220**</p>	
<p>AGE 65+ ONLY:- Compared to others, are your chances of going into care in the future:</p>	
1 Higher	6 (26)
2 About the same	48 (231)
3 Lower	46 (219)
	476
<p>Mean (standard deviation):</p> <p>Female 2.41 (0.608), Male 2.44 (0.546), 2-tailed t-test: -0.515; P= 0.054</p> <p>Age <65 2.41 (0.566), Age 65+ 2.43 (0.600), 2-tailed t-test: -0.430; P=0.668</p> <p>Spearman's correlation with continuous age: r=0.045**</p>	

Due to sample weighting numbers do not necessarily =100%
t-tests were for independent samples, 2-tailed tests; t-tests could only be performed on ranked or continuous variables (and with age dichotomised); for other variables Chi-square tests were performed and on 3-category age-groups ns: not statistically significant at least at the 0.05 level

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60

Supplementary file Table 4. Well-being by age-group and sex						
	Females by age group			Males by age group		
	16-44	45-64	65+	16-44	45-64	65+
	<i>Mean (sd)</i>	<i>Mean (sd)</i>	<i>Mean (sd)</i>	<i>Mean (sd)</i>	<i>Mean (sd)</i>	<i>Mean (sd)</i>
Self-rated well-being overall	1.79 (0.799)	1.92 (0.909)	1.93 (0.888)	1.84 (0.765)	1.85 (0.850)	1.87 (0.772)
<i>Total mean (sd) 1.86 (0.833)</i>						
Self-rated mental well-being	1.75 (0.781)	1.82 (0.839)	1.80 (0.785)	1.74 (0.804)	1.79 (0.771)	1.78 (0.803)
<i>Total mean (sd) 1.78 (0.796)</i>						
Life satisfaction rating	7.98 (1.614)	7.84 (0.111)	7.90 (1.799)	7.68 (1.636)	7.81 (1.594)	8.01 (0.161)
<i>Total mean (sd) 7.84 (1.644)</i>						
Happy rating	1.50 (0.586)	1.61 (0.562)	1.61 (0.654)	1.64 (0.622)	1.63 (0.596)	1.57 (0.578)
<i>Total mean (sd) 1.59 (0.598)</i>						
Self-rated quality of life	1.77 (0.729)	1.89 (0.811)	1.85 (0.845)	1.79 (0.744)	1.90 (0.798)	1.82 (0.687)
<i>Total mean (sd) 1.84 (0.771)</i>						
No. of respondents 1018-1035						

sd standard deviation

Supplementary Table 5. Spearmans rank correlations with self rated well-being and mental well-being – health, functioning, social participation and support, and socio-demographic/economic characteristics:

	Well-being	Mental well-being
Self-rated health status longer response scale & compared to others	0.550**	0.433**
Able to walk 400 yards	0.338**	0.217**
Longstanding illness, disability or infirmity	-0.333**	-0.237**
Able to do heavy housework	0.340**	0.219
Able to go shopping and carry heavy bags	0.348**	0.231**
Able to go up/down steps and stairs	0.324**	0.201**
In last 4 weeks, suffered from anxiety, nerves or depression	0.318**	0.399**
Number of people who would help if needed with everyday chores	-0.193**	-0.156**
Number of people could turn to for comfort/support	-0.196**	-0.162**
In the last 4 weeks gone to any clubs, community groups, organisations, education or recreation classes/meetings:	0.107**	0.130**
In the last 4 weeks gone to cinema, theatre, concerts or similar	0.116**	0.070*
In last 4 weeks taken part in	0.252**	0.183**

exercise etc		
Compared to others chances of going into care	-0.156**	-0.170**
Housing tenure	0.125**	0.098**
Household size	-0.130**	-0.120**
Number of adults in household	-0.149**	-0.139**
Sex	0.002	0.018
Age - continuous	0.047	0.037
Highest level of education	0.101**	0.098**
Age finished FT education	-0.078**	-0.106**
General health status short response scale	0.481**	0.356**
NS-SEC all categories	0.075**	0.042
NS_SEC 8 categories	0.081**	0.050
Annual gross income	-0.113**	-0.065*

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

Inverse correlations reflect different directions of coding