

SHARE Release 1

Generated Health Variables

| | | |
|----------|---|----------|
| 1 | Cognitive Function (cf) & Mental Health (mh)..... | 1 |
| 2 | Physical Health (ph) & Behavioural Risk (br) | 2 |
| 3 | Grip Strength (gs) & Walking Speed (ws) | 5 |

1 Cognitive Function (cf) & Mental Health (mh)

orienti orientation to date, month, year and day of week:
Orientation in time – the higher the better oriented (generated from cf003 - cf006)

numeracy numeracy score:
Mathematical performance - the higher the better (generated from cf012 - cf015)

eurod depression scale EURO-D:
The score on EURO-D – high is depressed (generated from mh002 – mh017)

eurodcat EURO-D caseness:
EURO-D caseness - 1 is a case

The following 12 variables forming the EURO-D scale:

| | |
|---------------|---------------|
| euro1 | depression |
| euro2 | pessimism |
| euro3 | suicidality |
| euro4 | guilt |
| euro5 | sleep |
| euro6 | interest |
| euro7 | irritability |
| euro8 | appetite |
| euro9 | fatigue |
| euro10 | concentration |
| euro11 | enjoyment |
| euro12 | tearfulness |

2 Physical Health (ph) & Behavioural Risk (br)

GENERATED VARIABLES

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This paper is aimed at documenting the construction of new variables from the Physical health (PH) and health behaviour (BR) modules, based on version 1 of the SHARE data last updated on 7 March 2005.

We have made a selection of the most important variables from the Physical Health and health behaviour modules that we have created in order to analyse the data. These variables are:

1. GALI – Limitation with activities.

This variable was constructed on the basis of variable ph005_, which has originally three categories: (1) severely limited; (2) limited, but not severely; & (3) not limited. This new variable aggregates the values that delimitate limitations, resulting in two categories: (0) not limited & (1) limited. The latter category includes severe and not severe limitations. The motivation to dichotomise this variable is the smaller numbers of severely limited when analysing data per country, gender and age groups.

2. SPHEU (Self-perceived health European version)

This variable was constructed based on variables PH002_ & PH0053_. This variable puts together respondents that were initially randomised to answer the self-perceived health item either at the beginning or at the end of the PH questionnaire survey.

3. SPHUS (Self-perceived health US version)

This variable was constructed based on variables PH003_ & PH0052_. This variable puts together respondents that were initially randomised to answer the self-perceived health item either at the beginning or at the end of the PH questionnaire survey.

4. SPHEU2

This variable dichotomises the European version of self-perceived health into two categories: (0) good or very good health & (1) less than good health.

5. SPHUS2

This variable dichotomises the US version of self-perceived health into two categories: (0) very good and excellent & (1) less than very good.

6. CHRONIC (number of chronic diseases)

This variable is based on items PH006_1 to PH006_16 and presents the number of chronic diseases reported by each individual.

7. CHRONIC2

This variable summarizes the variable 'chronic' into the following categories: (0) less than 2 chronic diseases & (1) 2 or more chronic diseases.

8. SYMPTOMS (number of symptoms)

This variable was constructed based on items PH010_1 to PH010_13 and presents the number of symptoms reported by each individual.

9. SYMPTOM2

This variable summarizes the variable 'symptoms' into the following categories: (0) less than 2 symptoms & (1) 2 or more symptoms.

10. BMI (BODY MASS INDEX)

This variable is constructed based on variables PH012_ (weight) and PH013_ (height), and is based on the following formula: $BMI = (PH012_ / (PH013_)^2) * 10000$. BMI is a continuous variable.

11. BMI2

This variable reclassifies the variable BMI into the standard categories of body mass index determined by the World Health Organisation. These categories are:

1. Underweight (below 18.5)
2. Normal (18.5 – 24.9)
3. Overweight (25 – 29.9)
4. Obese (30 or higher)

The value '9999997' was created and set as a missing value. It corresponds to those values of BMI that are not likely to be correct, mostly because of a mistake either in measurement or entering of data on weight. 9999997 corresponds to values that are smaller than 12, because all weight values (in variable ph012_) for these subjects were unlikely to be true.

12. MOBILITY (number of limitations with mobility, arm function & fine motor function)

This variable was constructed based on items PH048_1 to PH048_11. It corresponds to the number of limitations with mobility, arm function & fine motor function reported by each individual.

13. MOBILIT2

This variable re-categorises the variable 'mobility' into the following values: (0) No limitations & (1) one or more limitations with mobility, arm function & fine motor function.

14. MOBILIT3

This variable re-categorises the variable 'mobility' into the following values: (0) Less than three limitations & (1) three or more limitations with mobility, arm function & fine motor function.

15. ADL (number of limitations with activities of daily living)

This variable is constructed based on items PH049_1 to PH049_14. It describes the number of limitations with activities of daily living (ADL). Six activities are included:

- Dressing, including putting on shoes and socks
- Walking across a room
- Bathing or showering
- Eating, such as cutting up your food
- Getting in and out of bed
- Using the toilet, including getting up or down

16. ADL2

This variable reclassifies the variable 'ADL' into two categories: (0) no ADL limitations and (1) one or more limitations with ADL.

17. IADL (number of limitations with instrumental activities of daily living)

This variable is constructed based on items PH049_1 to PH049_14. It describes the number of limitations with instrumental activities of daily living reported by each individual. Seven activities are included:

- Using a map to figure out how to get around in a strange place
- Preparing a hot meal
- Shopping for groceries
- Making telephone calls
- Taking medications
- Doing work around the house or garden
- Managing money, such as paying bills and keeping track of expenses

18. IADL2

This variable reclassifies the variable 'IADL' into two categories: (0) no IADL limitations and (1) one or more limitations with IADL.

19. CUSMOKE (Current smoking)

This variable was constructed based on variables br0021_ and br002_. It comprises information into the following categories: (1) current smoker; (2) reported in br001_ that had never smoked daily for at least one year; and (5) Former smoker (stopped smoking).

20. DRINKIN2 (Drinking more than two glasses of alcohol almost every day or 5/6 days a week)

On average, it is recommended that individuals consume about two glasses of alcohol per day. More than two glasses of alcohol per day is considered not beneficial for health. This variable comprises information on drinking more than two glasses of any of the three main drinks surveyed almost every day or five/six days a week. It is constructed based on variables br011_, br012_ and br013_. This generated variable is the closest approximation to 'more than the recommended levels of drinking' available in SHARE.

21. PHACTIV (Physical inactivity)

This variable is constructed on the basis of variables br015_ and br016_ regarding levels of vigorous and moderate physical activity, respectively. Physical inactivity is defined as never or almost never engaging into neither moderate nor vigorous physical activity.

3 Walking Speed (ws) & Grip Strength (gs)

22. WSPEED (Walking Speed)

This variable was constructed based on variables ws011_ and ws013_, which were measured among individuals aged 76 years and older ONLY. Walking speed was measured twice, and the average speed of the two tests is taken. WSPEED indicates the value of walking speed, which is obtained by dividing the sums of the distances by the times of the two measurements. Individuals that have a time equal or larger than 0.54 seconds and smaller than 30 seconds are included.

23. WSPEED2

WSPEED2 offers a cut-off point for walking speed as used in previous studies, and can take two values: (1) walking speed is 0.4 meters/second or less; (0) walking speed is more than 0.4 meters/second.

Maxgrip Maximum of grip strength measures:

According to instructions 2 grip strength measurements on each hand were recorded with a dynamometer at the interview.

Valid measurements are defined as grip strength measurements, where the two measurements of one hand differ by less than 20kg. If the difference was above ($>20\text{kg}$) the measurements for that hand have been recoded as MISSING.

If grip strength was only measured once on one hand this measurement has also been recoded as MISSING, but if there were 2 measurements on the other hand, these measurements have been included in this dataset.

Grip strength measurements of zero '0' or grip strength measurements above 100 kg ($\geq 100\text{ kg}$) have been recoded as MISSING.

The MAXGRIP is defined as the maximum grip strength measurement of both hands (2x2) or of one hand (1x2).