

## **ESTABLISHED POPULATIONS FOR EPIDEMIOLOGIC STUDIES OF THE ELDERLY (EPESE)**

The EPESE studies were developed to provide an epidemiologic resource for the conduct of a broad range of studies in representative samples of community-dwelling persons age 65 years and older. The goal of these studies has been to investigate the association of numerous factors (including medical conditions, demographic characteristics, social and psychological factors, medication use, and health behaviours) with important outcomes in aging populations, including death, disability, nursing home admission, and the onset of new chronic conditions.

### **Listing of study variables & measurement of variables**

#### **Sociodemographic:**

- age
- sex
- ethnic origins
- occupational and work status
- marital status
- residential mobility
- four populations in four communities, urban and rural
- income
- education
- housing type- public or private
- recent death of close relative or friend
- changes in demographic information

#### **Physical Functioning:**

- functional disability measured by performance in:
  - timed walk
  - stand up from chair with arms around chest
  - stand up from chair 5 times
  - heel-to-toe standing for up to 10 seconds
- placement of palm of hands at back of head
- visual acuity
- East Boston- oral condition, independence in activities of daily living
- Iowa- body weight, height and skinfold measurements
- Iowa- additional hearing information, oral condition
- New Haven- assistance for daily tasks
- North Carolina- instrumental activities of daily living

#### **Chronic Conditions:**

- cardiac, external chest pain, intermittent claudication
- stroke
- cancer
- diabetes
- fractures
- chronic respiratory symptoms
- hypertension
- Iowa- female history, back pain and other pains and stiffness
- New Haven- special diet, weight control, insulin other medical advice, cirrhosis, arthritis  
Parkinson's disease, limb amputation

- North Carolina- special diet information

### **Blood Analyses:**

- complete blood count
- measure of 24 biomedical determination, cholesterol and HDL cholesterol

### **Related Health Problems:**

- cognitive function
- depression
- bowel habits
- weight and weight history
- sleep
- dermatological problems
- self-perceived health status
- East Boston- recent memory/delayed memory, headaches, joint pain and stiffness, supplemental neuropsychological items, personality type, handedness
- Iowa- life satisfaction, anxiety scale, worries, life events, attitudes toward retirement, free-recall memory test, loneliness scale
- New Haven- urinary incontinence, attitudes and beliefs about health, life events, free time activities, self-perception of memory, recent memory
- North Carolina- life satisfaction, urinary incontinence

### **Social Functioning:**

- household composition
- group membership
- contacts with friends and relatives
- cognitive functioning
- East Boston- transportation needs, food preparation and housekeeping needs
- Iowa- additional social services and social support utilization
- New Haven- emotional support, financial support, additional social network and social support contacts with neighbours, additional religious information, sense of control
- North Carolina- additional social support items (including instrumental supports)

### **Health-related Behaviour:**

- cigarette smoking
- alcohol use
- drug use- prescription and non-prescription in past 2 weeks
- digitalis
- East Boston & Iowa- physical activity

### **Utilization of Services:**

- hospitalizations
- nursing home episodes
- dental visits
- East Boston- community services utilization
- Iowa- additional information on dental visits and oral condition
- New Haven- use of health care services, provider visits
- North Carolina- in/outpatient health insurance coverage