



## **Supporting Information**

### **Supplementary results**

**This appendix was part of the submitted manuscript and has been peer reviewed.  
It is posted as supplied by the authors.**

Appendix to: Lefevre A, Hopper I, McNeil J, Owen A, for the ALSOP Complementary Medicine Research Group\*. Complementary medicine use by community-dwelling older Australians. *Med J Aust* 2021; doi: 10.5694/mja2.50884.

\* Robyn Woods, Michael Berk, Carlene Britt, Michael Ernst, Julia Gilmartin-Thomas, Jessica Lockery, Nigel Stocks.

**Table 1. Complementary medicine by 14 757 respondents to complementary medicine question in the ASPIrin in Reducing Events in the Elderly (ASPREE) Longitudinal Study of Older Persons (ALSOP) baseline medical questionnaire**

<b>Complementary medicine</b>	<b>Total</b>	<b>Women</b>	<b>Men</b>
Fish oil	6563 (44.5%)	3870 (48.0%)	2693 (40.3%)
Vitamin D	4995 (33.8%)	3649 (45.2%)	1346 (20.1%)
Glucosamine	3940 (26.7%)	2372 (29.4%)	1568 (23.4%)
Calcium supplements	3652 (24.7%)	2878 (35.7%)	774 (11.6%)
Multivitamins	2400 (16.3%)	1456 (18.0%)	944 (14.1%)
Vitamin C	1867 (12.7%)	1078 (13.4%)	789 (11.8%)
Vitamin B	1321 (9.0%)	847 (10.5%)	474 (7.1%)
Vitamin E	645 (4.4%)	393 (4.9%)	252 (3.8%)
Coenzyme Q <sub>10</sub>	485 (3.3%)	314 (3.9%)	171 (2.6%)
Zinc supplements	685 (4.6%)	420 (5.2%)	265 (4.0%)
Gingko biloba	361 (2.4%)	242 (3.0%)	119 (1.8%)
Chinese/herbal/other	1249 (8.5%)	829 (10.3%)	420 (6.3%)

**Table 2. Characteristics of survey respondent, by reported use of complementary medicines**

	Total respondents	Use complementary medicines	Do not use complementary medicines	P
Number of respondents	14 757	10 961	3796	
Sex				< 0.001*
Women	8068	6637 (60.6%)	1431 (37.7%)	
Men	6689	4324 (39.4%)	2365 (62.3%)	
Age (years)				0.67*
70–74	8617	6368 (58.1%)	2249 (59.2%)	
75–79	3885	2906 (26.5%)	979 (25.8%)	
80–84	1708	1278 (11.7%)	430 (11.3%)	
≥ 85	547	409 (3.7%)	138 (3.6%)	
Mean (standard deviation)	—	75.3 (4.3)	75.2 (4.3)	0.46†
Body mass index (kg/m <sup>2</sup> )				0.020*
< 20	259	204 (1.9%)	55 (1.5%)	
20–24.9	3632	2749 (25.2%)	883 (23.3%)	
25–29.9	6661	4879 (44.7%)	1782 (47.1%)	
≥ 30	4138	3076 (28.2%)	1062 (28.1%)	
Missing data	67	53 (0.5%)	14 (0.4%)	
Mean (standard deviation)	—	27.9 (4.6)	28.0 (4.4)	0.13†
Education (years)				0.002*
12 or less	8918	6542 (59.7%)	2376 (62.6%)	
13 or more	5838	4418 (40.3%)	1420 (37.4%)	
Missing data	1	1 (< 0.1%)	0	
Smoking history				<0.001*
Current	459	281 (2.6%)	178 (4.7%)	
Former	6083	4428 (40.4%)	1655 (43.6%)	
Never	8215	6252 (57%)	1963 (51.7%)	
Alcohol use				0.005*
Current	11,722	8666 (79.1%)	3056 (80.5%)	
Former	699	502 (4.6%)	197 (5.2%)	
Never	2336	1793 (16.4%)	543 (14.3%)	

\*  $\chi^2$  test; † independent *t* test.

**Table 3. Medical conditions reported by survey responders, by reported use of complementary medicines**

<b>Self-reported conditions</b>	<b>Use complementary medicines</b>	<b>Do not use complementary medicines</b>	<i>P</i>
History of depression	987 of 4053 (24.4%)	264 of 1347 (19.6%)	0.002*
Diabetes	815 of 10 944 (7.4%)	363 of 3790 (9.6%)	< 0.001*
Hypertension	5165 of 6996 (73.8%)	1872 of 2479 (75.5%)	0.24*
High cholesterol	2914 of 5198 (56.1%)	963 of 1744 (55.2%)	0.62*
Osteoarthritis	3060 of 5240 (58.4%)	705 of 1598 (44.1%)	< 0.001*
Mean number self-reported conditions	1.2 (1.0)	1.1 (1.0)	< 0.001†

\*  $\chi^2$  test; † independent *t* test.