

**Table 2:** Characteristic of the 438 participants, aged 65 years and over.

Characteristic	Number of patients n (%)
Gender	
Male	162 (37 %)
Female	276 (63 %)
Age group	
Young-old	220 (50 %)
Middle-old	136 (31 %)
Oldest-old	82 (19 %)
Education	
Basic	90 (21 %)
Vocational	77 (17 %)
Secondary	158 (36 %)
Higher	113 (26 %)
Residential status	
Living with family members	233 (53 %)
Living alone	205 (47 %)
Professional activity	
Retired	370 (85 %)
Disabled and receiving benefit	53 (12 %)
Professionally active	15 (3 %)
Smoking	
Non-smokers	278 (63 %)
Former smokers	104 (24 %)
Active smokers	54 (13 %)
Most common diseases	
Visual problems	390 (89 %)
Hypertension	338 (77 %)
Worsening of hearing	224 (51 %)
Chronic pain	225 (51 %)
Physical activity level	
Sedentary lifestyle	216 (49 %)
Regular physical activity	222 (51 %)
Vitamin D intake	
Yes	175 (40 %)
No	263 (60 %)
Vaccinated against influenza	
Yes	107 (25 %)
No	331 (75 %)

n: number.