

Adults aged 60 plus

Study Reference					Mean Vlaues					
	No. of subjects	Gender	Mean age (years)	Ethnicity	Weight (Kg)	Height (cm)	BMI	RMR/BMR	PAL	TEE (MJ)
Women										
Arenari-Mateo et al 2006 (Cuba, Chile, Mexico)	21	Women	70	Hispanic	57.6	153	24.7	RMR 4.96	1.7	8.03
Blanc et al 2004 (USA)	67	Women	75	Black	73.5	160	28.6	4.73	1.69	7.96
Blanc et al 2004 (USA)	77	Women	75	White	67.2	160	26.2	4.81	1.65	7.88
Brochu et al 1999 (USA)	96	Women	66	Caucasian & African American	71	165	26	5.4		8.8
Carpenter et al 1998 (USA)	37	Women	65	African-American	84	162	32			8.3
Carpenter et al 1998 (USA)	52	Women	67	Caucasian	65	162	25			8.1
Kaczkowski et al 2000	17	Women	64	Not given	62	160	24.1			10.6
Kaczkowski et al 2000	12	Women	74		58	157	23.5			9.6
Kaczkowski et al 2000	6	Women	86		57	153	24.4			7.6
Morio et al 1997 (France)	6	Women	71	Not given	67.7	159	26.8	5.21		9.6

Pannemans & Westerterp 1995 (The Netherlands)	10	Women	68	Not given	65.4	161	25.6		1.66	9.6
Reilly et al 1993 (Southampton, UK)	11	Women	73	Not given	60			BMR 5.11mj	1.8	9.21mj
Rothenberg 2002 (Sweden)	9	women	73	Not given	65.7	162	24.9	5.63	1.73	9.62
Rothenberg et al 2000 (Sweden)	13	Women	91-96	Not given	61.3	159	24.2	5.36	1.19	6.3
Seale 2002 (USA)	27	Women	62	Not given	68.1	163	25.8			9.55
Seale et al 2002 (USA)	13	Women	74	Not given	69.8	159	27.6	REE 5.18		9.44
Starling et al 1998 (USA)	37	Women	64	African-American	83.9	162	32.1	5.8	1.51	8.74
Starling et al 1999 (USA)	35	Women	67	Caucasian	63.9	160	24.8			5.06
Tomoyasu et al 1999 (USA)	43	Women	68	Not given	65	161	24.8	5.17		8.35
Tomoyasu et al 2000 (USA)	36	Women	65	African American	83.9	162	32.1	5.81		8.74
Vinken et al 1999 (USA)	29	Women	61	Not given	65.9	163	24.7	REE 5.16	1.81	9.33
Vinken et al 1999 (USA)	10	Women	74	Not given	58.5	155	24.1	REE 4.79	1.59	7.59

Men

Aleman-Mateo et al 2006 (Cuba, Chile, Mexico)	19	Men	70	Hispanic	65.9	164	24.3	RMR 5.91	1.62	9.95
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Black et al 1997 (Cambridge, UK)	27	Men	68	Not given	74.7	172	25.4	6.28	1.86	11.67
Blanc et al 2004 (USA)	72	Men	75	Black	81.6	174	27.1	5.7	1.71	9.71
Blanc et al 2004 (USA)	72	Men	75	White	83.5	174	27.6	6.08	1.74	10.54
Brochu et al 1999 (USA)	84	Men	67	Caucasian & African American	80	172	27	6.8		11.5
Carpenter et al 1998 (USA)	47	Men	70	Caucasian	75	175	25			10.8
Carpenter et al 1998 (USA)	28	Men	64	African-American	87	175	28			11
Fuller et al 1996 (Cambridge, UK)	23	Men	82	Caucasian	72.4	171	24.8	BMR 6.0mj	1.5	9.2mj
Goran & Poehlman 1992 (USA)	7	Men	68	Not given	77.08	175	25.2	7.2		11.2
Morio et al 1997 (France)	6	Men	69	Not given	74.9	167	26.9	6.7		12.8
Pannemans & Westerterp 1995 (The Netherlands)	16	Men	71	Not given	74	172	25		1.52	9.6
Roberts et al 1992 (USA)	15	Men	69	Not given	75.4	177	24.1	REE 5.98mj	1.75	10.44mj
Rothenberg 2002 (Sweden)	3	Men	73	Not given	74	177	23.7	6.22	1.74	10.79
Rothenberg et al 2000 (Sweden)	8	Men	91-96	Not given	67.2	170	23.2	6.09	1.36	8.1
Seale 2002 (USA)	27	Men	61	Not given	83.9	176	27.2			12.85
Seale et al 2002 (USA)	14	Men	74	Not given	83.6	172	28.2	REE 6.78		12.43

Starling et al 1998 (USA)	28	Men	64	African-American	86.6	175	28.1	6.81	1.71	11.59
Starling et al 1999 (USA)	32	Men	66	Caucasian	79.5	176	25.7			5.06
Tomoyasu et al 1999 (USA)	39	Men	70	Not given	77	174	25.1	6.49		8.35
Tomoyasu et al 2000 (USA)	28	Men	65	African American	84.8	175	27.6	6.73		11.3
Vinken et al 1999 (USA)	20	Men	68	Not given	78.3	176	25.1	REE 6.21	1.74	10.8

Men & women

Hunter et al 2000	15	Men & women	67	Not given	70.4			5.39		7.83
Manini et al 2006 (USA)	302	Men & wome	75	Mixed ethnicity	76.4	167	27.3	5.33	1.7	9.04

