

**Table 1.1: Disability Patterns of Screened Population for Four Domains of Functioning<sup>1,2</sup>**

Disability Status	Total (N=3841)	Age		
		65-74 (N=1777)	75-84 (N=1170)	85+ (N=894)
Difficulty for domains and individual tasks (%)				
Upper extremity domain	34.5	29.6	37.0	51.1
Raising your arms up over your head <sup>3</sup>	11.0	9.8	12.0	14.0
Using your fingers to grasp or handle <sup>3</sup>	15.6	13.3	17.5	20.8
Lifting or carrying something as heavy as 10 pounds, for example a bag of groceries <sup>3</sup>	25.3	20.9	27.3	41.0
Mobility domain	49.6	41.5	54.9	71.7
Walking for a quarter of a mile, that is about 2 or 3 blocks <sup>3</sup>	35.1	28.0	38.9	57.9
Walking up 10 steps without resting <sup>3</sup>	23.1	17.6	26.2	39.9
Getting in and out of bed or chairs <sup>3</sup>	14.5	11.4	15.1	27.6
Doing heavy housework such as washing windows, walls or floors <sup>4</sup>	37.7	30.5	42.2	58.8
Higher functioning domain	22.0	14.2	25.6	48.6
Using the telephone <sup>4</sup>	4.7	2.4	5.5	14.1
Doing light housework such as doing dishes, straightening up or light cleaning <sup>4</sup>	10.6	7.4	11.6	24.0
Preparing your own meals <sup>4</sup>	8.2	4.8	9.2	21.5
Shopping for personal items, such as toilet items or medicine <sup>4</sup>	17.6	10.9	19.7	44.2
Self-care domain	21.8	15.8	24.0	45.0
Bathing or showering <sup>3</sup>	17.6	12.4	19.2	38.7
Dressing <sup>3</sup>	8.2	5.7	9.4	17.2
Eating, for example, holding a fork, cutting your food, or drinking from a glass <sup>3</sup>	3.8	2.5	4.7	7.0
Using the toilet, including getting to the toilet <sup>3</sup>	8.0	4.9	9.0	20.1
Disability by number of domains and patterns of difficulty (%) <sup>5</sup>				
No domains	43.7	51.7	38.2	22.3
One domain <sup>6</sup>	20.1	19.5	22.3	15.2
Upper extremity	4.5	4.8	4.6	3.0
Mobility	14.1	13.7	15.8	9.9
Higher functioning	0.9	0.4	1.4	1.1
Self-care	0.6	0.6	0.4	1.1
Two domains <sup>6</sup>	13.6	13.0	13.9	16.4
Upper extremity and mobility	8.4	8.8	8.1	7.8
Upper extremity and higher functioning	0.1	0.2	0.0	0.0
Upper extremity and self-care	0.5	0.6	0.4	0.5
Mobility and higher functioning	2.5	1.6	2.9	5.1
Mobility and self-care	2.1	1.7	2.4	3.1
Higher functioning and self-care	0.0	0.1	0.0	0.0
Three domains <sup>6</sup>	9.9	7.7	11.3	16.3
Upper extremity, mobility and higher functioning	4.0	3.0	5.0	5.9
Upper extremity, mobility and self-care	4.1	3.8	4.5	3.8
Upper extremity, higher functioning and self-care	0.1	0.2	0.0	0.3
Mobility, higher functioning and self-care	1.7	0.7	1.8	6.3
Four domains	12.7	8.1	14.4	29.9

(Women's Health and Aging Study, screening interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> The question is in the form "By yourself, that is without help from another person or special equipment, do you have any difficulty . . . ?"

<sup>4</sup> The question is in the form "Because of a health or physical problem, do you have any difficulty . . . (by yourself)?"

<sup>5</sup> Sum of no domains, one domain, two domains, three domains and four domains may not add up to 100% due to rounding.

<sup>6</sup> Categories may not add up to this rate due to rounding.

**Table 1.2: Screener Status According to Demographic Characteristics, Health Status, and Cognitive Functioning<sup>1,2</sup>**

Demographics; Health and Cognitive Status	N	Percent of Total Screened <sup>3</sup>	Screener Status <sup>4</sup>		
			Percent Eligible	Percent Ineligible	
				Non-Disabled	Cognitively Impaired <sup>5</sup>
Total	3841	100.0	33.9	62.6	3.5
Age					
65-74	1777	52.9	28.4	70.7	0.9
75-84	1170	36.7	37.0	58.7	4.3
85+	894	10.4	50.8	35.3	14.0
Race					
Black	982	25.0	35.6	58.6	5.8
White	2838	74.5	33.3	64.0	2.7
Other	19	0.6	34.8	56.6	8.6
Years of education <sup>6</sup>					
0-8	1433	35.0	39.8	54.6	5.6
9-11	813	22.8	35.2	63.4	1.5
12	852	23.6	27.6	70.5	2.0
More than 12	693	18.6	29.7	69.1	1.2
Income <sup>7</sup>					
Less than \$6,000	484	11.9	44.7	50.2	5.1
\$6,000-7,999	506	13.0	41.5	56.4	2.1
\$8,000-9,999	344	8.9	38.7	59.1	2.2
\$10,000-14,999	513	13.8	33.5	65.1	1.4
\$15,000-24,999	556	15.6	29.0	69.3	1.7
\$25,000-34,999	263	7.2	28.2	70.5	1.4
\$35,000 or more	356	9.8	25.6	73.0	1.4
Unknown/refused	819	19.8	30.4	60.8	8.8
Marital status <sup>8</sup>					
Married	1053	31.0	27.8	70.6	1.5
Widowed	2201	53.2	36.2	59.0	4.9
Separated	80	2.3	42.4	52.4	5.2
Divorced	216	6.2	39.9	59.2	0.9
Never married	285	7.3	35.6	61.5	2.9
At the present time, would you say that your health is . . . ?					
Excellent	370	9.9	11.8	86.7	1.6
Very good	1030	27.5	16.5	81.1	2.4
Good	1275	33.4	30.5	66.0	3.6
Fair	844	21.7	55.2	40.6	4.2
Poor	301	7.6	80.3	12.9	6.8
	N	Mean (Range)	Mean (Range)	Mean (Range)	Mean (Range)
Mini-Mental State Examination Score <sup>9</sup>	3807	26.6 (0-30)	26.6 (18-30)	27.3 (18-30)	12.5 (0-17)

(Women's Health and Aging Study, screening interview, 1992-1995)

<sup>1</sup> All variables except income have less than 2% missing data. For these variables results are based on non-missing data.

<sup>2</sup> Percents and means are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> For each row "Eligible," "Non-disabled", and "Cognitively Impaired" may not add up to 100% due to rounding.

<sup>5</sup> Excludes women who were not administered the screener due to extreme cognitive impairment.

<sup>6</sup> What is the highest grade in school or year of college that you completed?

<sup>7</sup> What was your household's total income from all sources, before taxes in [PREVIOUS YEAR]? Social Security, retire-ment income, job earnings, public assistance, help from relatives, rent from property, and any other income should be included. (If the subject did not know or refused to respond, she was shown a card with income ranges and asked to pick a range.)

<sup>8</sup> Are you now married, or are you widowed, separated, divorced, or have you never been married?

<sup>9</sup> Folstein MF, Folstein SE, McHugh PR. (1975). 'Mini-Mental State.' A practical method for grading the cognitive state of patients for the clinician. J Psychiatr Res 12:189-98.

**Table 1.3: Percent Reporting Chronic Conditions According to Screener Status<sup>1,2,3</sup>**

Condition	Total (N=3841)	Screener Status		
		Eligible (N=1409)	Ineligible	
			Non-Disabled (N=2226)	Cognitively Impaired <sup>4</sup> (N=206)
Heart attack or myocardial infarction	12.6	20.9	8.1	13.2
Angina	12.5	20.8	8.5	4.7
Congestive heart failure	4.3	8.3	2.0	7.3
High blood pressure	52.5	59.8	48.7	50.0
Other heart disease	10.2	14.8	7.9	4.8
Diabetes	14.1	21.0	10.1	19.6
Arthritis	57.6	76.5	47.8	49.3
Stroke	8.0	14.9	3.7	17.3
Cancer	13.3	16.1	12.1	6.8
Broken or fractured hip	4.7	7.3	2.7	16.5
Parkinson's disease	1.0	2.3	0.3	2.2
Lung disease, such as emphysema or chronic bronchitis	10.1	16.9	6.7	5.9
Hearing problems	18.9	27.1	14.0	26.8
Vision problems	73.0	79.6	69.4	72.8

(Women's Health and Aging Study, screening interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> The question is in the form "Has a doctor ever told you that you had (a) (any) . . . ?"

<sup>4</sup> Excludes women who were not administered the screener due to extreme cognitive impairment.

**Table 1.4: Demographic Characteristics, Health Status, and Cognitive Functioning for All Eligible Women and According to Participation Status in Baseline Assessment<sup>1,2</sup>**

Demographics; Health and Cognitive Status <sup>3</sup>	Total Eligible		Participated		Did Not Participate	
	N	Percent	N	Percent	N	Percent
Total	1409	100.0	1002	100.0	407	100.0
Age						
65-74	506	35.9	388	38.7	118	29.0
75-84	434	30.8	311	31.0	123	30.2
85+	469	33.3	303	30.2	166	40.8
Race						
Black	366	26.0	284	28.3	82	20.1
White	1037	73.6	713	71.2	324	79.6
Other	6	0.4	5	0.5	1	0.2
Years of education <sup>4</sup>						
0-8	611	43.7	432	43.3	179	44.9
9-11	260	18.6	175	17.5	84	21.1
12	229	16.4	178	17.8	85	21.3
More than 12	297	21.3	213	21.3	51	12.8
Income <sup>5</sup>						
Less than \$6,000	220	15.6	171	17.1	49	12.0
\$6,000-7,999	222	15.8	169	16.9	53	13.0
\$8,000-9,999	140	9.9	98	9.8	42	10.3
\$10,000-14,999	192	13.6	140	14.0	52	12.8
\$15,000-24,999	173	12.3	144	14.4	29	7.1
\$25,000-34,999	80	5.7	66	6.6	14	3.4
\$35,000 or more	100	7.1	73	7.3	27	6.6
Unknown/refused	282	20.0	141	14.1	141	34.6
Marital status <sup>6</sup>						
Married	299	21.2	212	21.2	87	21.4
Widowed	870	61.8	614	61.3	256	62.9
Separated	34	2.4	27	2.7	7	1.7
Divorced	89	6.3	71	7.1	18	4.4
Never married	116	8.2	77	7.7	39	9.6
At the present time, would you say that your health is . . . ?						
Excellent	59	4.2	40	4.0	19	4.7
Very good	203	14.5	145	14.5	58	14.3
Good	430	30.6	300	30.1	130	32.0
Fair	477	34.0	339	34.0	138	34.0
Poor	235	16.7	174	17.4	61	15.0
	N	Mean (Range)	N	Mean (Range)	N	Mean (Range)
Mini-Mental State Examination Score <sup>7</sup>	1404	26.2 (18-30)	1002	26.4 (18-30)	402	25.7 (18-30)

(Women's Health and Aging Study, screening interview, 1992-1995)

<sup>1</sup> All variables except income have less than 1% missing data. For these variables results are based on non-missing data.

<sup>2</sup> Percents and means are based on unweighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> What is the highest grade in school or year of college that you completed?

<sup>5</sup> What was your household's total income from all sources, before taxes in [PREVIOUS YEAR]? Social Security, retirement income, job earnings, public assistance, help from relatives, rent from property, and any other income should be included. (If the subject did not know or refused to respond, she was shown a card with income ranges and asked to pick a range.)

<sup>6</sup> Are you now married, or are you widowed, separated, divorced, or have you never been married?

<sup>7</sup> Folstein MF, Folstein SE, McHugh PR. (1975). 'Mini-Mental State.' A practical method for grading the cognitive state of patients for the clinician. J Psychiatr Res 12:189-98.

**Table 1.5: Disability Patterns for Study Ineligible and Eligible Participants<sup>1</sup>**

Tasks with Difficulty (%)	Eligibility Status and Disability Level				
	Ineligible for Study <sup>2</sup>		Eligible, Participated in Baseline		
	Total (N=2226)	One Domain (N=714)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
Receives No Help (N=478)				Receives Help (N=181)	
Upper extremity domain					
Raising your arms up over your head <sup>4</sup>	1.7	5.2	20.4	28.0	45.9
Using your fingers to grasp or handle <sup>4</sup>	3.8	11.8	25.7	39.2	49.2
Lifting or carrying something as heavy as 10 pounds, for example a bag of groceries <sup>4</sup>	2.2	6.9	61.5	65.1	79.2
Number of tasks <sup>5</sup>					
0	93.0	78.3	16.9	19.7	7.7
1	6.4	19.9	62.1	42.7	34.8
2+	0.6	1.8	21.0	37.7	57.5
Mobility domain					
Walking for a quarter of a mile, that is about 2 or 3 blocks <sup>4</sup>	12.6	39.4	66.7	77.6	88.4
Walking up 10 steps without resting <sup>4</sup>	5.1	15.9	40.6	56.9	78.1
Getting in and out of bed or chairs <sup>4</sup>	2.2	6.7	1.8	52.3	61.9
Doing heavy housework such as washing windows, walls or floors <sup>5</sup>	13.0	40.3	78.7	81.8	95.6
Number of tasks <sup>5</sup>					
0	77.2	29.0	0.9	2.9	0.6
1	15.0	46.8	37.6	13.4	5.5
2+	7.8	24.2	61.5	83.7	93.9
Higher functioning domain					
Using the telephone <sup>6</sup>	0.8	2.5	7.9	11.3	24.3
Doing light housework such as doing dishes, straightening up or light cleaning <sup>6</sup>	0.0	0.1	10.2	25.5	69.1
Preparing your own meals <sup>6</sup>	0.1	0.4	6.4	15.9	65.8
Shopping for personal items, such as toilet items or medicine <sup>6</sup>	0.6	1.7	29.5	46.7	81.2
Number of tasks <sup>5</sup>					
0	98.7	95.9	58.6	42.1	9.9
1	1.1	3.4	32.1	30.8	12.2
2+	0.2	0.7	9.3	27.2	77.9
Total number of tasks <sup>5,7</sup>					
0	67.9	-	-	-	-
1	23.4	73.0	-	-	-
2	6.7	20.9	27.1	6.9	0.6
3	1.7	5.2	27.1	9.2	1.1
4	0.4	1.0	24.5	13.2	1.1
5	0.0	0.0	13.1	14.0	3.3
6	0.0	0.0	5.3	13.8	12.7
7	0.0	0.0	2.0	12.6	8.3
8+	0.0	0.0	0.9	30.3	72.9

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data. Table uses unweighted data.

<sup>2</sup> Excludes cognitively impaired women.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The screener question is in the form "By yourself, that is, without help from another person or special equipment, do you have any difficulty . . . ?" For study participants the presence of the condition was confirmed in the baseline interview.

<sup>5</sup> Categories may not add up to 100% due to rounding.

<sup>6</sup> The question is in the form "Because of a health or physical problem, do you have any difficulty . . . (by yourself)?"

<sup>7</sup> Based on items from all four domains of disability (Table 1.1).

**Table 2.1: Demographic Characteristics and Cognitive Functioning of Participants in Baseline Assessment<sup>1,2</sup>**

Demographics, Disability, and Cognitive Functioning <sup>3</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=378)	Receives Help (N=181)
Age (%)							
65-74	44.2				49.1	42.6	38.2
75-84	40.7				40.2	40.6	42.2
85+	15.1				10.7	16.8	19.7
Disability level (%)							
Moderate <sup>4</sup>	35.4	39.4	34.9	25.0			
ADL difficulty: receives no help	47.5	45.9	47.4	52.8			
ADL difficulty: receives help	17.1	14.8	17.7	22.3			
Race (%)							
Black	28.3	33.0	26.4	19.7	32.4	23.1	33.9
White	71.1	65.6	73.6	80.3	67.2	76.2	65.0
Other	0.6	1.4	0.0	0.0	0.4	0.7	1.1
Years of education <sup>5</sup> (%)							
0-8	40.5	33.5	44.9	49.4	41.0	38.7	44.7
9-11	23.1	29.9	19.9	11.5	23.7	22.9	22.3
12	18.3	21.9	14.3	18.5	19.9	16.5	19.9
More than 12	18.1	14.8	20.9	20.6	15.5	21.9	13.1
Income <sup>6</sup> (%)							
Less than \$6,000	17.4	16.9	19.2	14.0	16.3	16.5	22.0
\$6,000-7,999	16.8	15.9	17.6	17.5	18.7	16.9	12.8
\$8,000-9,999	9.7	10.2	9.2	9.6	9.0	11.4	6.6
\$10,000-14,999	13.2	14.5	11.1	14.8	12.4	12.8	15.9
\$15,000-24,999	15.5	18.0	15.3	8.9	17.6	15.9	10.2
\$25,000-34,999	6.9	7.0	7.5	5.1	6.2	6.9	8.5
\$35,000 or more	7.9	7.2	8.8	7.6	6.4	9.4	6.7
Unknown/refused	12.6	10.4	11.3	22.6	13.4	10.4	17.3
Marital status <sup>7</sup> (%)							
Married	24.5	34.1	20.7	6.3	25.9	21.7	29.2
Widowed	57.3	43.6	64.9	76.6	52.9	60.2	58.2
Separated	3.1	6.0	1.1	0.0	3.9	2.6	2.8
Divorced	7.7	10.9	5.6	4.0	8.4	8.6	3.6
Never married	7.5	5.4	7.7	13.2	9.0	6.9	6.3
Mini-Mental State Examination Score (Mean) <sup>8</sup>	26.7	27.2	26.6	25.1	26.6	27.0	25.8

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables except income have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>5</sup> What is the highest grade in school or year of college that you completed?

<sup>6</sup> What was your household's total income from all sources, before taxes in [PREVIOUS YEAR]? Social Security, retirement income, job earnings, public assistance, help from relatives, rent from property, and any other income should be included. (If the subject did not know or refused to respond, she was shown a card with income ranges and asked to pick a range.)

<sup>7</sup> Are you now married, or are you widowed, separated, divorced, or have you never been married?

<sup>8</sup> Folstein MF, Folstein SE, McHugh PR. (1975). 'Mini-Mental State.' A practical method for grading the cognitive state of patients for the clinician. J Psychiatr Res 12:189-98.

**Table 2.2: Percent of Women Reporting Difficulty in Mobility-Related Tasks and Level of Difficulty Reported<sup>1,2</sup>**

Task and Level of Difficulty	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Stooping, crouching, or kneeling <sup>4</sup>	82.6	84.5	82.1	78.1	68.2	89.5	93.1
Level of difficulty <sup>5,6</sup>							
A little	10.3	11.7	9.8	7.5	14.4	8.4	7.1
Some	14.0	17.3	12.3	8.9	16.6	15.2	5.2
A lot	20.7	23.9	20.4	11.8	16.0	25.2	17.6
Unable to do	37.5	31.6	39.6	49.4	20.9	40.7	63.2
Doing heavy housework such as washing windows, walls, or floors <sup>4</sup>	81.6	80.4	82.8	82.0	77.1	79.7	96.4
Level of difficulty <sup>5,6</sup>							
A little	6.4	8.4	5.5	2.7	10.5	5.4	0.7
Some	9.2	11.5	8.5	4.0	11.0	10.1	2.7
A lot	11.1	15.6	8.5	4.6	15.7	10.4	3.5
Unable to do	54.8	44.6	60.3	70.1	39.9	53.7	89.0
Walking for a quarter of a mile, that is about 2 or 3 blocks <sup>8</sup>	74.4	69.7	76.5	82.4	66.0	75.4	89.0
Level of difficulty <sup>5,6</sup>							
A little	13.7	12.9	16.4	9.1	20.0	12.5	4.2
Some	14.8	14.8	16.3	11.1	17.5	13.9	11.8
A lot	19.1	20.7	19.6	13.3	17.2	22.6	13.6
Unable to do	26.3	21.0	24.3	47.4	11.2	25.9	58.8
Walking up 10 steps without resting <sup>8</sup>	51.9	49.3	53.3	55.3	37.2	53.5	77.6
Level of difficulty <sup>5,6</sup>							
A little	8.4	6.6	10.8	7.2	8.9	9.2	5.2
Some	15.0	17.4	13.7	11.7	14.8	15.4	14.3
A lot	15.1	16.6	13.8	14.4	9.4	17.1	21.4
Unable to do	13.2	8.8	15.1	21.5	4.1	11.6	36.7
Walking across a small room <sup>4</sup>	25.5	19.4	25.2	44.1	7.2	26.6	60.0
Level of difficulty <sup>5,6</sup>							
A little	4.4	2.5	4.4	9.8	3.0	5.1	5.3
Some	8.4	6.2	8.5	14.8	3.3	10.6	13.1
A lot	5.4	4.8	4.7	9.3	0.9	5.7	14.0
Unable to do	7.0	5.6	7.6	9.4	0.1	4.8	27.2

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The question is in the form "By yourself, that is, without help from another person or special equipment, do you have any difficulty . . . ?"

<sup>5</sup> How much difficulty do you have?

<sup>6</sup> The percents of participants reporting their levels of difficulty may not add up to the percent reporting difficulty due to (1) rounding (2) level of difficulty not reported.

<sup>7</sup> The screener question is in the form "Because of a health or physical problem, do you have any difficulty . . . ?" The presence of the condition was confirmed in the baseline interview.

<sup>8</sup> The screener question is in the form "By yourself, that is, without help from another person or special equipment, do you have any difficulty . . . ?" The presence of the condition was confirmed in the baseline interview.

**Table 2.3: Percent of Women Reporting Difficulty in Upper Extremity-Related Tasks and Level of Difficulty Reported<sup>1,2</sup>**

Task and Level of Difficulty	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Lifting or carrying something as heavy as 10 pounds, for example a bag of groceries <sup>4</sup>	65.7	67.0	66.4	59.8	62.9	63.5	77.5
Level of difficulty <sup>5,6</sup>							
A little	16.5	18.6	16.6	9.9	20.9	15.5	10.3
Some	16.7	18.2	17.3	10.6	19.4	16.5	11.8
A lot	12.0	14.0	11.3	7.6	10.9	12.1	13.8
Unable to do	20.1	15.6	20.9	31.4	11.3	19.0	41.6
Using your fingers to grasp or handle <sup>4</sup>	36.5	35.8	38.8	32.3	26.4	38.9	50.6
Level of difficulty <sup>5,6</sup>							
A little	15.9	16.5	15.4	15.7	16.5	17.0	11.8
Some	12.1	12.0	14.1	6.9	7.2	14.0	16.7
A lot	7.6	6.3	8.7	8.6	2.4	7.8	17.9
Unable to do	0.9	1.0	0.6	1.1	0.4	0.0	4.2
Raising your arms up over your head <sup>4</sup>	28.4	30.6	27.9	23.0	20.5	27.7	46.4
Level of difficulty <sup>5,6</sup>							
A little	9.2	10.6	8.3	7.4	8.8	7.4	15.1
Some	8.6	9.7	8.3	6.4	6.4	10.9	7.1
A lot	6.2	6.4	6.2	5.2	4.5	5.1	12.5
Unable to do	4.2	3.9	4.7	3.7	0.6	4.2	11.6
Turning a key in a lock <sup>7</sup>	11.5	9.2	13.0	13.9	4.5	8.9	33.6
Level of difficulty <sup>5,6</sup>							
A little	2.9	3.3	2.6	2.7	2.5	3.3	2.9
Some	2.9	2.4	3.6	2.4	1.5	2.7	6.4
A lot	1.9	1.2	2.8	1.3	0.0	2.4	4.4
Unable to do	3.8	2.4	4.0	7.5	0.5	0.6	19.9

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The screener question is in the form "By yourself, that is, without help from another person or special equipment, do you have any difficulty . . . ?" The presence of the condition was confirmed in the baseline interview.

<sup>5</sup> How much difficulty do you have?

<sup>6</sup> The percents of participants reporting their levels of difficulty may not add up to the percent reporting difficulty due to (1) rounding (2) level of difficulty not reported.

<sup>7</sup> The question is in the form "By yourself, that is, without help from another person or special equipment, do you have any difficulty . . . ?"



**Table 2.4: Percent of Women Reporting Difficulty in Instrumental ADLs and Level of Difficulty Reported<sup>1,2</sup>**

Task and Level of Difficulty	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Shopping for personal items, such as toilet items or medicine <sup>4</sup>	40.9	33.6	39.7	65.0	26.0	39.2	76.4
Level of difficulty <sup>5,6</sup>							
A little	4.1	3.9	5.0	2.0	4.8	3.8	3.4
Some	5.2	4.7	4.4	8.5	5.0	5.5	4.6
A lot	4.7	3.6	6.1	4.3	3.1	5.7	5.4
Unable to do	26.8	21.3	24.0	50.2	13.1	24.3	62.2
Doing light housework such as doing dishes, straightening up or light cleaning <sup>4</sup>	24.3	21.9	25.0	29.8	7.3	21.8	66.6
Level of difficulty <sup>5,6</sup>							
A little	4.2	5.2	3.7	2.8	1.3	5.6	6.5
Some	6.3	6.1	6.7	6.2	3.1	7.2	10.8
A lot	3.7	4.1	3.3	3.4	1.5	4.1	7.0
Unable to do	10.1	6.6	11.3	17.4	1.4	5.0	42.4
Preparing your own meals <sup>4</sup>	19.0	15.8	20.3	24.9	5.3	13.8	62.0
Level of difficulty <sup>5,6</sup>							
A little	3.0	3.0	3.5	1.7	0.7	3.6	6.3
Some	2.8	3.1	2.5	2.5	1.6	3.2	4.0
A lot	3.3	2.6	4.1	2.8	1.0	2.8	9.1
Unable to do	9.9	7.1	10.1	17.6	1.9	4.2	42.6
Managing your money, for example, paying bills or keeping a bank account <sup>7</sup>	14.8	10.0	15.4	27.0	7.5	11.8	38.2
Level of difficulty <sup>5,6</sup>							
A little	3.3	1.6	4.3	5.4	3.1	3.3	3.7
Some	3.0	2.2	2.8	5.9	0.8	3.0	7.8
A lot	1.5	1.4	1.1	2.4	0.3	1.2	4.6
Unable to do	7.0	4.7	7.1	13.2	3.3	4.3	22.2
Using the telephone <sup>4</sup>	10.1	6.8	11.0	17.2	6.1	9.5	20.1
Level of difficulty <sup>5,6</sup>							
A little	3.9	3.2	4.2	5.4	2.9	4.0	6.1
Some	2.6	1.5	3.4	3.6	1.6	2.0	6.2
A lot	1.5	1.0	1.6	2.6	0.7	1.7	2.8
Unable to do	1.9	1.0	1.8	4.8	0.7	1.8	4.8
Taking medications <sup>8</sup>	3.9	1.9	4.3	8.7	0.8	1.8	16.2
Level of difficulty <sup>5,6</sup>							
A little	1.2	0.5	1.6	2.0	0.1	0.6	5.0
Some	0.8	0.2	0.8	2.7	0.7	0.5	2.1
A lot	0.6	0.7	0.3	1.0	0.0	0.0	3.5
Unable to do	1.3	0.5	1.6	3.0	0.0	0.8	5.6

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The screener question is in the form "Because of a health or physical problem, do you have any difficulty . . . by yourself?" The presence of the condition was confirmed in the baseline interview.

<sup>5</sup> How much difficulty do you have?

<sup>6</sup> The percents of participants reporting their levels of difficulty may not add up to the percent reporting difficulty due to (1) rounding (2) level of difficulty not reported.

<sup>7</sup> The question is in the form "Do you have any difficulty . . . by yourself and without help from another person?"

<sup>8</sup> The question is in the form "Because of a health or physical problem, do you have any difficulty . . . by yourself?"

**Table 2.5: Percent of Women Reporting Difficulty in ADLs and Level of Difficulty Reported<sup>1,2</sup>**

Task and Level of Difficulty	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Bathing or showering <sup>4</sup>	44.8	39.4	46.9	55.1	0.0	61.7	90.5
Level of difficulty <sup>5,6</sup>							
A little	9.5	10.8	8.3	9.0	0.0	15.4	12.7
Some	12.6	11.3	13.9	12.7	0.0	19.0	20.8
A lot	10.3	8.3	11.7	12.3	0.0	14.3	20.4
Unable to do	12.3	8.9	12.7	20.9	0.0	12.6	36.6
Getting in and out of bed or chairs <sup>4</sup>	35.1	33.3	35.4	39.5	0.0	51.4	62.3
Level of difficulty <sup>5,6</sup>							
A little	12.6	12.8	11.8	14.1	0.0	22.1	12.1
Some	11.4	9.2	12.8	14.0	0.0	16.4	21.0
A lot	8.1	8.7	7.9	7.3	0.0	11.4	16.0
Unable to do	2.6	2.2	2.7	3.8	0.0	0.8	13.2
Dressing <sup>4</sup>	21.4	19.1	23.0	23.7	0.0	23.7	59.2
Level of difficulty <sup>5,6</sup>							
A little	8.4	9.3	7.0	9.4	0.0	12.4	14.4
Some	7.0	5.4	8.2	8.1	0.0	7.8	19.1
A lot	3.8	3.1	5.1	2.1	0.0	3.5	12.3
Unable to do	2.3	1.4	2.7	3.7	0.0	0.0	13.3
Using the toilet, including getting to the toilet <sup>4</sup>	20.4	17.2	21.4	27.2	0.0	24.2	52.4
Level of difficulty <sup>5,6</sup>							
A little	5.1	4.8	5.2	5.4	0.0	8.1	7.1
Some	5.7	5.0	5.5	8.7	0.0	8.4	10.2
A lot	4.9	3.7	5.9	5.7	0.0	3.8	18.1
Unable to do	4.5	3.5	4.8	6.8	0.0	3.4	17.0
Eating, for example, holding a fork, cutting your food, or drinking from a glass <sup>4</sup>	9.1	8.4	10.0	8.6	0.0	11.0	22.6
Level of difficulty <sup>5,6</sup>							
A little	3.9	3.0	5.3	3.0	0.0	6.3	5.6
Some	2.7	2.3	2.8	3.6	0.0	2.6	8.7
A lot	1.6	2.2	1.0	1.8	0.0	1.6	5.0
Unable to do	0.7	0.7	0.9	0.2	0.0	0.3	3.4

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The screener question is in the form "By yourself, that is, without help from another person or special equipment, do you have any difficulty . . . ?" The presence of the condition was confirmed in the baseline interview.

<sup>5</sup> How much difficulty do you have?

<sup>6</sup> The percents of participants reporting their levels of difficulty may not add up to the percent reporting difficulty due to (1) rounding (2) level of difficulty not reported.

**Table 3.1: Perception of Disability and Adaptation to Disability (N=1002)<sup>1,2,3</sup>**

Task and Adaptation	No Difficulty (%)	Difficulty (%)	Unable to Do (%)	Doesn't Do (%)
Walking up 10 steps without resting <sup>4</sup>	48.2	38.6	13.2	-
Does less often <sup>5</sup>	37.4	84.6	-	-
Does differently <sup>6</sup>	46.1	85.5	-	-
Walking for a quarter of a mile, that is about 2 or 3 blocks <sup>4</sup>	25.6	48.1	26.3	-
Does less often <sup>5</sup>	51.3	92.0	-	-
Doing heavy housework such as washing windows, walls or floors <sup>7</sup>	11.9	26.8	54.8	6.5
Does less often <sup>5</sup>	68.9	89.7	-	-
Does differently <sup>6</sup>	49.9	67.9	-	-
Receives help <sup>8</sup>	41.6	58.3	83.4	75.0
Walking across a small room <sup>9</sup>	74.5	19.7	5.8	-
Does less often <sup>5</sup>	16.4	72.4	-	-
Lifting or carrying something as heavy as 10 pounds, for example a bag of groceries <sup>4</sup>	34.3	45.6	20.1	-
Does less often <sup>5</sup>	55.9	90.6	-	-
Shopping for personal items, such as toilet items or medicine <sup>7</sup>	55.6	14.1	26.8	3.5
Does less often <sup>5</sup>	29.9	74.8	-	-
Does differently <sup>6</sup>	22.4	80.4	-	-
Receives help <sup>8</sup>	26.8	71.5	95.9	83.3
Doing light housework such as doing dishes, straightening up or light cleaning <sup>7</sup>	73.6	14.2	10.1	2.1
Receives help <sup>8</sup>	20.7	55.1	93.1	71.5
Preparing your own meals <sup>7</sup>	78.4	9.1	9.9	2.6
Does less often <sup>10,11</sup>	15.0	74.2	-	-
Does differently <sup>10,12</sup>	15.6	63.3	-	-
Missing	10.7	0.0	-	-
Do you have any difficulty managing your money, for example, paying bills or keeping a bank account, by yourself and without help from another person?	78.9	7.8	7.0	6.4
Does less often <sup>13</sup>	5.0	69.5	100.0	-
Receives help <sup>14</sup>	14.0	72.0	61.2	39.8
Using telephone <sup>7</sup>	89.4	8.2	1.9	0.5
Receives help <sup>8</sup>	2.2	28.7	56.9	-
Taking medications <sup>15</sup>	95.4	2.6	1.3	0.7
Receives help <sup>8</sup>	3.7	84.8	97.8	14.7

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables except preparing meals less often or differently have less than 2% missing data. For these variables, results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> First row for each task may not add up to 100% due to rounding.

<sup>4</sup> The screener question is in the form "By yourself, that is without help from another person or special equipment, do you have any difficulty . . . ?" Item is followed by "How much difficulty do you have?" The presence of the condition was confirmed in the baseline interview.

<sup>5</sup> The question is in the form "Do you [do the task] less often than you used to?"

<sup>6</sup> The question is in the form "Do you [do the task] differently than you used to?"

<sup>7</sup> The screener question is in the form "Because of a health or physical problem, do you have any difficulty . . . (by yourself)?" and followed by "By yourself, how much difficulty do you have?" The presence of the condition was confirmed in the baseline interview.

<sup>8</sup> Do you usually receive help from another person [doing the task]?

(Continued)

**(Continued)**

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- <sup>9</sup> The question is in the form "By yourself, that is without help from another person or special equipment, do you have any difficulty . . . ?" Item is followed by "How much difficulty do you have?"
- <sup>10</sup> Due to an error in the administration of the questionnaire the questions were not asked of all eligible participants.
- <sup>11</sup> Have you cut back on the number of meals you prepare because your health makes it difficult?
- <sup>12</sup> Have you changed the types of food you prepare or given up preparing certain foods because your health makes it difficult?
- <sup>13</sup> Are you less involved in managing your money than you used to be because your health or physical condition makes it difficult?
- <sup>14</sup> Does another person usually help you with managing your money?
- <sup>15</sup> The question is in the form "Because of a health or physical problem, do you have any difficulty . . . (by yourself)?" and followed by "By yourself, how much difficulty do you have?"

**Table 3.2: Relationship of Housing Characteristics to Needs and Abilities<sup>1,2</sup>**

Housing Characteristics and Needs %	Total (N=1002)	Age Level			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Is it <u>necessary</u> to go up or down a step to get into this (house/apartment) from the outside?							
Yes	80.3	84.8	79.8	68.2	79.9	80.1	81.4
If yes: Unable to go up 10 steps <sup>4</sup>	10.6	6.6	12.8	18.6	1.5	8.8	34.3
Does this (house/apartment) have a bathroom, bedroom, and kitchen <u>all</u> on the <u>same</u> floor or level?							
No	55.9	60.8	55.3	43.5	60.6	52.0	57.0
If no: Because of a health or physical problem, do you <u>need</u> a bathroom, bedroom, and kitchen all on the same floor or level?	31.9	28.1	33.6	41.9	17.4	34.0	58.2
Does this (house/apartment) have a walk-in shower, that is, where you don't step over the side of the tub to get into the shower?							
No	84.7	84.1	85.9	83.2	85.4	84.6	83.7
If no: Because of a health or physical problem, do you <u>need</u> a walk-in shower?	22.2	22.8	20.4	25.4	14.5	20.0	45.0
Are there any rooms that you have stopped using because of your health or physical condition?							
Yes	12.1	11.9	11.5	14.6	3.4	10.5	34.7
If yes: Mean percent of rooms <sup>5</sup>	40.0	32.6	42.8	47.9	29.7	36.2	43.8

(Women's Health and Aging Study, baseline interview, 1992-1994)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Percents and means are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> By yourself, that is without help from another person or special equipment, do you have any difficulty walking up 10 steps without resting? How much difficulty do you have?

<sup>5</sup> 100(r/R), where r=number of rooms no longer using (How many?) and R=number of rooms (How many rooms do you have in your (house/apartment)?)

**Table 3.3: Walking Aids (Percent)<sup>1,2</sup>**

Walking Aids	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
When you walk, do you . . . ?							
Use a cane	37.0	27.9	39.9	56.0	22.3	44.5	46.6
Use a walker	11.2	7.1	10.6	24.6	2.5	11.3	28.9
Reach out for or hold onto furniture or walls	41.0	36.7	40.3	55.6	24.9	46.7	58.6
Hold onto another person	32.3	27.6	31.4	48.2	19.4	33.8	54.7
Cannot walk	3.1	3.1	3.1	2.8	0.0	1.3	14.3
Do you use a wheelchair?	11.1	9.6	11.2	15.2	1.8	8.1	38.4
Do you . . . at home?							
Use a cane	19.3	12.2	21.2	34.8	9.0	22.2	32.0
Use a walker	9.2	5.8	8.4	21.7	1.7	8.7	26.5
Use a wheelchair	5.4	6.1	4.7	5.2	0.4	2.4	24.1
Reach out for or hold onto furniture or walls (when you walk)	38.4	33.8	38.3	52.1	24.1	43.7	53.4
Hold onto another person (when you walk)	6.2	4.8	6.4	9.9	2.5	3.6	21.4
Do you . . . outside your home?							
Use a cane	34.3	26.3	36.7	51.4	20.8	42.6	39.4
Use a walker	6.7	5.8	5.6	12.5	1.5	7.3	15.9
Use a wheelchair	9.0	8.3	8.2	13.4	1.4	7.0	30.6
Reach out for or hold onto furniture or walls (when you walk)	21.0	17.8	21.8	27.9	12.2	25.2	27.5
Hold onto another person (when you walk)	28.5	24.3	28.8	40.3	17.8	30.3	45.6
When you walk in the dark, do you (reach out for or) hold onto . . . ?							
The furniture or walls	40.3	38.0	42.0	42.4	38.4	41.6	40.5
Another person	7.0	5.6	8.4	7.3	6.6	5.1	13.4
Doesn't walk in dark	11.2	10.6	8.7	20.0	7.1	14.5	10.7
Cannot or does not walk across small room	7.0	5.6	7.6	9.4	0.1	4.9	27.5
When you shop, do you lean on an object such as a shopping cart?							
Yes	50.3	52.3	51.1	42.2	49.5	57.3	32.3
Doesn't shop or walk	20.5	14.6	18.4	43.3	8.6	15.6	58.5

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 4.1: Measured Walks<sup>1,2</sup>**

Walking Test	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Faster of 2 usual-pace measured walks <sup>4</sup>							
Unable to do (%)	3.8	3.9	4.2	2.3	0.0	1.6	18.0
Speed (meters/second)							
Mean	0.6	0.7	0.6	0.4	0.7	0.6	0.4
5th percentile	0.2	0.3	0.2	0.1	0.3	0.2	0.1
25th percentile	0.4	0.5	0.4	0.3	0.5	0.4	0.2
50th percentile	0.6	0.6	0.6	0.4	0.6	0.5	0.4
75th percentile	0.7	0.7	0.8	0.6	0.8	0.7	0.5
95th percentile	1.1	1.1	1.1	0.8	1.1	1.1	0.8
Fast-pace walk <sup>4</sup>							
Unable to do (%)	6.0	4.9	6.2	9.2	0.3	3.5	26.0
Speed (meters/second)							
Mean	0.9	1.0	0.9	0.7	1.1	0.9	0.6
5th percentile	0.2	0.4	0.3	0.2	0.5	0.3	0.2
25th percentile	0.6	0.8	0.6	0.4	0.8	0.6	0.3
50th percentile	0.9	1.0	0.9	0.7	1.0	0.9	0.6
75th percentile	1.1	1.3	1.1	0.9	1.3	1.1	0.8
95th percentile	1.7	1.7	1.7	1.3	1.7	1.6	1.2

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> If 4 meters not available, the walk was 3 meters.

**Table 4.2: Percent Able to Hold Stands for Ten Seconds<sup>1,2</sup>**

Type of Stand	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Side-by-side stand	84.1	90.0	84.6	65.5	95.1	85.3	58.2
Semi-tandem stand	63.2	76.1	61.0	31.6	78.0	62.6	34.5
Tandem stand	24.9	39.7	16.6	4.0	34.8	23.6	8.2

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).



**Table 4.3: Functional Reach<sup>1,2</sup>**

Test Performance	Total (N=899)	Age Group			Disability Level		
		65-74 (N=347)	75-84 (N=279)	85+ (N=273)	Moderate <sup>3</sup> (N=295)	ADL Difficulty	
						Receives No Help (N=432)	Receives Help (N=172)
Unable to do (%)	26.3	19.1	27.2	44.7	11.5	22.6	63.7
Distance reached (cm) <sup>4</sup>							
Mean	20.9	22.8	19.1	19.3	21.5	21.1	17.1
5th percentile	7.5	8.6	6.9	8.5	7.5	8.5	4.7
25th percentile	15.2	18.4	13.5	14.5	17.4	15.0	10.5
50th percentile	21.5	24.0	18.8	19.0	22.0	21.3	16.4
75th percentile	26.3	28.2	24.0	24.0	27.0	26.4	24.2
95th percentile	34.0	34.8	32.8	33.0	34.0	34.0	31.8

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Data on functional reach missing for 103 (10%) women; most missing data due to lack of wall space. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Longest of up to three reaches.

**Table 4.4: Single Chair Stand<sup>1,2</sup>**

Ability to Stand from Chair	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Stood without using arms (%)	78.7	85.4	78.3	59.8	94.1	80.5	42.1
Unable to stand without using arms (%)	21.3	14.6	21.7	40.2	5.9	19.5	57.9

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Variable has less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 4.5: Repeated Chair Stands<sup>1,2</sup>**

Test Performance	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Unable to do (%)	25.2	17.8	25.9	44.9	7.5	24.4	63.7
Time to rise five times (seconds)							
Mean	15.3	14.7	15.7	16.3	14.2	15.8	17.9
5th percentile	24.5	21.9	25.5	24.1	20.7	25.3	28.6
25th percentile	17.4	16.7	17.5	18.5	15.9	18.1	20.1
50th percentile	14.2	13.9	14.4	15.0	13.5	14.8	16.8
75th percentile	12.3	12.1	12.4	12.7	11.7	12.9	13.5
95th percentile	10.0	9.6	10.3	10.0	9.3	10.1	11.2

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Variable has less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 4.6: Grip Strength<sup>1</sup>**

Test Performance	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>2</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Unable to do (%) <sup>3</sup>	2.6	2.3	3.3	2.0	0.6	3.4	4.9
Missing (%) <sup>4</sup>	5.0	4.5	4.5	7.8	5.4	5.1	3.6
Grip strength (kg) <sup>5</sup>							
Mean	20.8	22.6	20.1	17.5	21.8	21.2	17.9
5th percentile	12	13	11	11	13	12	8
25th percentile	17	20	17	15	18	17	14
50th percentile	20	23	20	18	21	20	18
75th percentile	24	26	24	20	24	24	20.5
95th percentile	30	31	30	25	30	30	27

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.

<sup>2</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>3</sup> Includes women with recent worsening of pain or of arthritis in the wrist, tendonitis, recent surgery on hands or arms or for whom test was thought to be unsafe.

<sup>4</sup> Includes 53 (5%) women not given the task because of a blood pressure alert.

<sup>5</sup> The best measure of three attempts for stronger arm.

**Table 4.7: Pinch Strength<sup>1</sup>**

Test Performance	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>2</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Unable to do (%)	0.5	0.5	0.3	0.7	0.1	0.6	0.6
Pinch strength (kg) <sup>3</sup>							
Mean	5.0	5.3	4.7	4.3	5.2	4.9	4.4
5th percentile	3	3	3	3	3	3	2
25th percentile	4	4	4	4	4	4	3
50th percentile	5	5	5	4	5	5	4
75th percentile	6	6	5	5	6	6	5
95th percentile	7	8	7	6	8	7	7

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.

<sup>2</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>3</sup> The best measure of two attempts, one left and one right.

**Table 4.8: Upper Extremity Strength<sup>1,2,3</sup>**

Height of Lift	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Lifting 10-pound jug (%)							
Lifted over head	48.6	59.9	44.1	28.0	61.9	50.0	16.6
Lifted to eye level	26.4	23.0	29.1	29.1	24.8	27.0	27.8
Unable to lift to eye level	17.3	10.4	18.1	35.0	8.9	18.3	32.1
Unable to lift over 1 inch	7.7	6.7	8.8	7.9	4.4	4.7	23.5

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Variable has less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Columns may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 4.9: Shoulder Rotation<sup>1,2</sup>**

Range of Motion <sup>3</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Right shoulder, external rotation (%)							
Fully able	71.7	76.2	70.4	61.9	80.0	73.0	50.6
Partially able	25.6	21.4	27.1	33.5	19.8	25.0	39.2
Unable	2.8	2.4	2.6	4.6	0.2	2.0	10.3
Left shoulder, external rotation (%)							
Fully able	71.2	75.7	70.6	59.8	78.8	73.3	49.5
Partially able	25.1	20.9	25.2	37.5	20.2	25.3	35.1
Unable	3.7	3.5	4.2	2.7	1.0	1.4	15.4
Right shoulder, internal rotation (%)							
Fully able	96.1	95.7	96.2	97.0	98.4	97.4	87.6
Partially able	2.3	2.6	2.4	0.9	0.3	2.0	6.9
Unable	1.7	1.7	1.5	2.2	1.2	0.6	5.5
Left shoulder, internal rotation (%)							
Fully able	96.1	96.1	95.8	96.9	98.8	97.2	87.6
Partially able	1.7	1.4	2.4	0.8	0.0	2.4	3.3
Unable	2.2	2.5	1.8	2.4	1.2	0.4	9.1

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 4.10: Purdue Pegboard<sup>1,2</sup>**

Test Performance	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Trial with dominant hand Unable to do (%)	6.8	4.4	6.8	13.6	5.0	4.7	16.5
Time (seconds)							
Mean	30.2	28.5	30.7	34.2	28.7	29.7	35.6
5th percentile	47.6	41.7	46.4	52.7	42.6	47.2	55.0
25th percentile	34.5	31.2	35.0	38.4	32.8	33.3	41.6
50th percentile	28.7	26.8	29.1	32.3	27.6	28.1	34.4
75th percentile	25.0	23.9	25.3	27.0	24.4	24.8	28.4
95th percentile	21.2	20.7	21.4	22.8	21.0	21.0	22.9
Trial with other hand Unable to do (%)	9.3	6.4	9.2	17.8	4.5	6.6	26.8
Time (seconds)							
Mean	31.3	29.3	32.0	35.5	30.3	30.7	36.3
5th percentile	49.6	44.0	47.6	54.5	44.5	47.7	56.0
25th percentile	35.7	32.4	35.9	39.1	34.8	34.4	43.6
50th percentile	30.0	27.5	30.6	32.6	28.8	29.5	35.1
75th percentile	25.6	24.1	26.2	28.1	25.0	25.6	29.4
95th percentile	21.6	21.0	22.3	22.9	21.2	21.2	23.9

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).



**Table 4.11: Opening a Lock with Key<sup>1,2</sup>**

Test Performance	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Able to pick up key (%)	96.8	97.2	97.1	95.1	98.4	97.4	92.0
Able to put key in lock (%)	94.7	96.3	95.3	88.6	97.5	95.9	85.5
Able to open lock (%)	93.9	96.1	94.2	86.5	97.4	95.0	83.4
Time to complete entire task (seconds)							
Mean	10.2	8.6	10.7	14.2	9.3	9.7	14.2
5th percentile	33.1	23.2	30.0	41.6	26.6	27.8	43.5
25th percentile	13.0	9.4	13.0	17.7	12.6	12.5	18.6
50th percentile	7.3	6.0	7.7	10.5	7.2	6.9	9.7
75th percentile	4.8	4.2	4.9	6.3	4.7	4.6	6.3
95th percentile	3.1	2.8	3.1	3.8	2.9	3.2	3.6

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 4.12: Putting on Blouse<sup>1,2</sup>**

Test Performance	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Able to put on blouse (%)	95.1	95.2	95.3	94.2	98.7	97.2	81.4
Able to button blouse (%)	81.0	85.8	79.4	71.2	90.4	84.1	52.1
Time to put on and button blouse (seconds) <sup>4</sup>							
Mean	82.7	70.3	88.4	109.4	78.3	80.2	110.5
5th percentile	190.8	167.3	180.1	213.9	173.4	187.2	200.2
25th percentile	108.4	81.5	109.5	142.8	100.4	104.4	154.0
50th percentile	70.8	58.2	80.5	94.6	66.4	69.8	108.3
75th percentile	50.7	44.0	53.9	66.1	49.1	49.8	72.8
95th percentile	34.6	30.6	38.0	41.2	32.9	35.0	50.4

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Computed for those who completed task correctly.

**Table 4.13: Finding and Dialing a Telephone Number<sup>1,2</sup>**

Test Performance	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Finding the telephone number (%) <sup>4</sup>							
Found correct number (no prompting)	43.5	52.8	41.2	22.5	46.2	47.6	26.4
Found correct number (prompting)	23.2	19.8	26.1	25.5	23.0	24.2	20.9
Found correct number (with magnifier)	1.3	0.5	1.0	4.7	1.1	1.5	1.4
Found correct number (prompting and magnifier)	0.6	0.5	0.7	0.4	0.4	0.9	0.0
Found incorrect number	7.7	6.7	8.4	8.9	6.5	8.3	8.6
Unable to read print	19.1	15.7	17.9	32.5	19.0	13.8	34.3
Unable to find number	4.6	4.1	4.8	5.6	3.9	3.8	8.5
Dialing the telephone number (%) <sup>4,5</sup>							
Dialed correct number	90.2	94.9	88.6	80.2	90.6	92.9	81.4
Dialed incorrect number	5.5	2.7	6.6	11.2	5.8	5.2	6.0
Unable to understand	0.3	0.6	0.0	0.4	0.6	0.0	0.7
Unable to dial	1.6	1.0	2.4	0.8	0.8	0.3	6.9
Unable to read numbers on telephone	2.4	0.8	2.4	7.4	2.2	1.6	5.1
Time to complete entire task (seconds) <sup>6</sup>	(N=851)	(N=357)	(N=262)	(N=232)	(N=300)	(N=420)	(N=131)
Mean	85.0	72.9	91.7	107.5	81.3	85.0	93.8
5th percentile	183.9	159.7	174.4	237.0	177.6	178.0	220.8
25th percentile	116.2	97.8	119.4	141.2	109.5	117.1	127.9
50th percentile	76.6	62.4	86.1	96.1	72.4	74.5	84.5
75th percentile	48.9	41.7	58.3	61.1	44.8	50.3	62.2
95th percentile	27.2	22.8	31.3	31.9	24.6	27.8	31.0

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 5% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> Those unable to find the correct telephone number were given the correct number to dial.

<sup>6</sup> Computed only for those who found and dialed the correct number.

**Table 5.1: Living Arrangement and Type of Living Quarters (Percent)<sup>1,2</sup>**

Living Arrangement and Housing	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Living arrangements							
Household composition <sup>4,5</sup>							
Alone	46.1	34.6	53.0	61.2	44.6	54.3	26.4
Spouse only	17.4	23.1	15.8	5.1	19.9	15.0	19.0
Spouse and others	5.7	9.4	3.6	0.8	4.9	5.3	8.5
Others only	30.8	32.9	27.7	32.9	30.6	25.4	46.1
Number of others <sup>5,6</sup>							
None	46.1	34.6	53.0	61.2	44.6	54.3	26.4
1	33.4	37.1	32.1	25.9	35.0	29.2	41.7
2	11.6	15.3	8.2	9.9	11.5	10.0	16.0
3 or more	9.0	13.0	6.8	3.1	8.9	6.5	15.8
Household members <sup>4,7</sup>							
Spouse	23.1	32.5	19.3	6.0	24.8	20.3	27.5
Children	24.8	30.2	20.6	20.6	22.8	21.9	37.2
Siblings	3.7	3.9	2.7	5.6	4.7	2.8	4.0
Grandchildren	12.3	16.4	10.6	5.3	15.0	8.6	17.1
Other relatives	7.9	7.8	8.0	7.9	7.5	5.3	15.8
Non-relatives	4.2	4.6	3.8	4.0	3.7	3.4	7.3
Type of living quarters <sup>5,8</sup>							
Detached single-family house	20.3	19.2	20.8	22.0	19.2	20.8	21.1
Apartment <sup>9</sup>	18.6	15.8	19.3	25.4	18.3	20.2	15.2
Semi-detached row house or town house <sup>10</sup>	50.9	57.8	48.3	37.3	50.6	50.0	54.1
Retirement community or apartments	9.0	6.4	9.9	13.9	10.3	8.3	8.0
Other <sup>11</sup>	1.2	0.8	1.6	1.4	1.7	0.7	1.5

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> What are the names of all persons living or staying in the household? Name, relationship to the participant, sex, and age given.

<sup>5</sup> Categories may not add up to 100% due to rounding.

<sup>6</sup> Besides yourself, how many other people live in your household?

<sup>7</sup> Percent of the total number of participants having at least one household member in the category.

<sup>8</sup> Based on interviewer's description.

<sup>9</sup> Includes detached two-to-four family house or apartment; apartment house (five or more units); and apartment in partially commercial structure.

<sup>10</sup> Two or more units in a row.

<sup>11</sup> Includes apartment in a semi-detached or row house; and house and art studio combination.

**Table 5.2: Health Status<sup>1,2</sup>**

Health Status	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
At the present time, would you say that your health is . . . ?(%) <sup>4</sup>							
Excellent	3.6	2.1	3.5	8.2	3.5	3.2	4.7
Very good	13.4	11.6	13.4	18.3	13.2	15.8	7.1
Good	28.9	29.6	27.6	30.3	34.3	25.9	26.1
Fair	35.5	38.4	34.1	30.6	33.6	38.9	29.8
Poor	18.7	18.3	21.4	12.5	15.4	16.3	32.3
During the last 2 weeks or 14 days, did you stay in bed for more than half a day because of illness or injury?							
Yes (%)	11.4	11.5	12.7	7.8	7.8	9.7	24.0
If yes: Mean days in bed <sup>5</sup>	6.0	6.3	5.3	8.2	5.1	5.5	7.2
Number of days in bed <sup>6</sup>							
1-3 (%)	49.3	44.3	58.1	32.4	56.1	57.0	36.1
4-7 (%)	21.3	24.7	17.7	22.3	24.8	14.9	26.1
8-14 (%)	29.4	31.0	24.2	45.3	19.2	28.1	37.8
Were there any (other) days when you cut down on the things you usually do because of illness or injury?							
Yes (%)	30.0	36.0	28.3	17.2	27.7	29.3	37.0
Mean days cut down <sup>o</sup>	5.7	5.7	5.5	6.7	4.9	5.7	7.1
Number of days cut down <sup>4</sup>							
1-3 (%)	47.3	46.3	50.3	40.2	52.7	49.3	33.4
4-7 (%)	28.4	30.2	27.6	21.3	29.5	25.7	33.0
8-14 (%)	24.3	23.6	22.1	38.6	17.7	25.0	33.6

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Percents and means are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> During the last 2 weeks, how many days did you stay in bed more than half the day because of illness or injury?

<sup>6</sup> How many days did you cut down, not counting those when you stayed in bed?

**Table 5.3: Cigarette Smoking (Percent)<sup>1,2</sup>**

Smoking Status <sup>3</sup>	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>4</sup>	ADL Difficulty	
						Receives No Help	Receives Help
All Participants	(N=1002)	(N=388)	(N=311)	(N=303)	(N=343)	(N=478)	(N=181)
Current smoking status <sup>5</sup>							
Never smoked	49.9	41.8	52.4	66.6	44.5	51.2	57.3
Former smoker who quit more than 1 year ago	33.1	36.1	32.5	25.8	34.1	32.7	32.1
Former smoker who quit 1 year ago or less	3.9	4.6	3.8	2.1	5.8	3.2	2.1
Current smoker	13.1	17.5	11.2	5.6	15.7	12.9	8.5
Current and Former Cigarette Smokers	(N=469)	(N=224)	(N=147)	(N=98)	(N=182)	(N=217)	(N=70)
Cigarette pack years <sup>6</sup>							
Less than 20	43.7	40.4	46.3	51.1	42.2	43.8	47.4
20-39	18.5	16.8	19.5	23.8	18.0	19.1	18.2
40-59	17.6	19.1	17.1	11.9	18.2	18.0	15.1
60 or more	20.1	23.7	17.1	13.2	21.6	19.2	19.3
Current Cigarette Smokers	(N=115)	(N=66)	(N=34)	(N=15)	(N=49)	(N=51)	(N=15)
Cigarettes per day <sup>7</sup>							
1-19	51.4	51.1	50.1	60.6	43.3	58.1	53.9
20-39	40.9	40.4	41.9	39.4	51.6	32.1	36.8
40 or more	7.8	8.5	8.0	0.0	5.1	9.8	9.3
For how many years have you smoked?							
1-19	2.3	0.0	5.9	3.1	4.8	0.0	1.8
20-39	12.1	15.7	8.3	0.0	17.6	7.5	10.2
40-59	58.8	79.9	30.4	22.4	44.9	73.3	51.8
60 or more	26.9	4.5	55.4	74.6	32.7	19.3	36.3
Former Cigarette Smokers	(N=354)	(N=158)	(N=113)	(N=83)	(N=133)	(N=166)	(N=55)
Cigarettes per day <sup>7</sup>							
1-19	51.7	47.2	52.6	68.6	50.7	50.7	56.8
20-39	34.8	34.0	37.9	27.0	34.6	37.3	28.0
40 or more	13.5	18.8	9.5	4.4	14.7	12.0	15.2
For how many years did you smoke?							
1-19	32.6	32.1	31.9	37.7	30.0	31.3	42.9
20-39	29.8	28.5	31.0	31.3	23.5	39.0	18.4
40 or more	37.6	39.4	37.2	31.1	46.5	29.8	38.7

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two more domains (see Chapter 1).

<sup>5</sup> Which of the following best describes your current cigarette smoking status?

<sup>6</sup> (c/20)y, where c=cigarettes (On average, how many cigarettes (do/did) you smoke per day?) and y=years (For how many years (have/did) you smoke(d)?)

<sup>7</sup> On average, how many cigarettes (do/did) you smoke per day?

**Table 5.4: Alcohol Consumption (Percent)<sup>1,2</sup>**

Alcohol Consumption	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>3</sup>	ADL Difficulty	
						Receives No Help	Receives Help
All Participants	(N=1002)	(N=388)	(N=311)	(N=303)	(N=343)	(N=478)	(N=181)
Do you usually drink alcoholic beverages, including beer, wine, sherry, or liquor, at least once every week?							
Yes	15.6	16.9	14.5	14.5	17.2	14.9	14.0
Current Alcohol Drinkers <sup>4</sup>	(N=154)	(N=65)	(N=44)	(N=45)	(N=59)	(N=72)	(N=23)
Average drinks per week <sup>5</sup>							
1-3	36.3	34.4	36.7	41.6	38.0	32.5	43.0
4-7	37.5	38.2	36.8	37.3	40.5	33.8	41.2
8 or more	26.2	27.4	26.4	21.1	21.5	33.6	15.9
On the days when you drink, about how many drinks do you usually have?							
1	54.6	47.3	60.9	62.0	56.8	47.1	71.0
2	30.1	29.8	29.7	32.2	26.0	35.8	23.5
3 or more	15.3	23.0	9.4	5.8	17.2	17.1	5.6
Over the past 6 months, how many days per week did you typically drink like this?							
1-2	39.0	44.3	30.1	45.1	35.3	39.6	46.1
3-4	22.3	19.7	27.5	16.7	28.1	17.1	22.9
5 or more	38.7	36.0	42.4	38.2	36.6	43.3	31.0

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 4% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Categories for each item may not add up to 100% due to rounding.

<sup>5</sup> d(w), where d=drinks per day (On the days when you drink, about how many drinks do you usually have?) and w=days (Over the past 6 months, how many days per week did you typically drink like this?)

**Table 5.5: Sleep Patterns (Percent)**<sup>1,2,3</sup>

Hours of Sleep <sup>4</sup>	Total (N=903)	Age Group			Disability Level		
		65-74 (N=347)	75-84 (N=269)	85+ (N=287)	Moderate <sup>5</sup> (N=311)	ADL Difficulty	
						Receives No Help (N=438)	Receives Help (N=154)
How many hours do you usually sleep at night?							
3 or less	2.7	2.4	2.7	3.4	1.4	3.5	2.9
4 to 6	44.0	43.0	47.5	38.0	43.5	44.9	42.5
7 to 9	47.7	48.3	45.7	50.9	48.9	47.0	47.0
10 or more	5.7	6.3	4.2	7.6	6.3	4.6	7.6
How many hours do you usually sleep during the day?							
None	57.7	61.1	55.4	53.8	57.3	58.7	55.4
1	24.4	24.9	23.5	25.1	25.0	24.6	22.4
2	12.8	9.9	16.0	13.0	12.2	11.9	16.8
3 or more	5.2	4.2	5.1	8.1	5.5	4.9	5.4
Total hours of sleep per day <sup>6</sup>							
3 or less	0.8	1.3	0.0	1.7	0.1	1.3	0.9
4 to 6	33.6	32.2	37.3	28.1	32.9	33.9	34.2
7 to 9	52.5	55.6	50.3	49.5	53.3	54.3	45.7
10 to 12	11.4	9.6	10.9	17.9	11.6	9.2	17.7
13 or more	1.6	1.3	1.5	2.9	2.0	1.3	1.6

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Due to an error in the administration of the questionnaire the questions were not asked of all eligible participants.

<sup>4</sup> Categories for each item may not add up to 100% due to rounding.

<sup>5</sup> No ADL difficulty; disabled in two more domains (see Chapter 1).

<sup>6</sup> (n+d), where n=hours of sleep at night and d=hours of sleep during the day.



**Table 5.6: Participation in Exercise Activities in the Past Two Weeks (Percent)<sup>1,2,3</sup>**

Exercise Frequency and Time <sup>4</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Walked for exercise <sup>6</sup>	33.2	34.6	31.7	32.7	36.2	34.0	24.3
Times per week <sup>7</sup>							
1-2	13.3	13.9	12.9	12.8	15.5	13.4	8.5
3-4	5.8	5.9	6.2	4.8	6.2	6.0	4.8
Over 4	13.8	14.7	12.5	14.8	14.4	14.4	10.8
Hours per week <sup>8</sup>							
Less than 1	12.3	11.5	11.8	16.3	10.4	14.2	11.3
1 to less than 2	9.6	10.7	9.6	6.1	12.2	8.8	6.1
2 or more	10.9	12.2	10.1	9.1	13.4	10.6	6.8
Done moderately strenuous house- hold chores <sup>8,9</sup>	39.2	47.8	36.5	21.5	47.0	45.0	7.3
Times per week <sup>7</sup>							
1	21.9	24.4	21.3	16.5	24.5	26.4	4.4
2 or more	17.2	23.4	15.0	5.0	22.5	18.5	2.9
Hours per week <sup>8</sup>							
Less than 1	17.6	18.9	17.7	13.3	18.7	21.9	3.1
1 to less than 2	7.3	9.6	6.4	3.4	10.5	6.9	1.8
2 or more	14.1	19.0	12.2	4.8	17.5	15.8	2.3
Done moderately strenuous out-door chores <sup>8,10</sup>	12.0	14.8	10.8	6.9	12.6	15.8	0.0
Times per week <sup>7</sup>							
1	6.0	8.8	4.2	2.6	6.9	7.4	0.0
2 or more	5.9	5.8	6.6	4.3	5.7	8.2	0.0
Hours per week <sup>8</sup>							
Less than 1	4.2	5.2	3.6	2.7	6.6	3.9	0.0
1 to less than 2	2.7	4.1	2.0	0.2	2.6	3.7	0.0
2 or more	5.0	5.2	5.2	4.0	3.4	8.0	0.0
Danced <sup>6</sup>	5.5	6.9	4.9	3.4	6.2	5.6	4.1
Times per week <sup>7</sup>							
1	4.4	5.1	4.0	3.1	5.1	4.0	4.1
2 or more	1.0	1.4	0.8	0.3	1.1	1.2	0.0
Hours per week <sup>8</sup>							
Less than 1	4.4	5.7	3.8	2.2	5.3	4.1	3.5
1 or more	1.0	0.8	1.0	1.2	0.9	1.1	0.6
Participated in any regular exercise program <sup>8,11</sup>	14.2	15.2	14.6	10.4	14.3	16.6	7.3
Times per week <sup>7</sup>							
1-2	3.7	4.6	3.5	1.8	3.3	4.8	1.3
3-4	2.1	2.8	1.6	1.3	2.0	2.5	1.3
Over 4	8.4	7.8	9.5	7.3	9.0	9.3	4.6
Hours per week <sup>8</sup>							
Less than 1	4.1	4.3	3.8	3.9	3.4	5.3	2.0
1 to less than 2	4.9	4.9	5.3	3.9	5.1	5.5	2.8
2 or more	5.2	6.0	5.4	2.6	5.8	5.8	2.5
Any exercise activity <sup>12</sup>	62.0	67.0	60.7	50.7	69.0	67.5	32.0
Hours per week							
Less than 1	16.3	12.2	18.8	21.7	13.8	19.4	13.0
1 to less than 2	13.2	15.2	12.9	7.9	18.8	12.2	4.2
2 to less than 3	7.1	7.2	7.6	5.8	6.6	7.7	6.7
3 or more	24.7	31.9	21.1	13.8	29.4	27.3	7.9

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Participants who reported being unable to walk across a small room without help from another person or special equipment were presumed to be non-participants in exercise activities.

<sup>4</sup> Rates for times per week and hours per week may not add up to rate for report of doing exercises because of (1) rounding and (2) amount of exercise not reported.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>6</sup> The question is in the form "During the past two weeks have you . . . ?"

<sup>7</sup> Response to "How often have you [physical activity] in the past two weeks?" divided by 2.

<sup>8</sup> Derived from responses to: (1) How often have you [physical activity] in the past two weeks? (2) What is the average amount of time that you spent per session?

<sup>9</sup> " . . . like scrubbing and vacuuming?"

<sup>10</sup> " . . . like mowing or raking the lawn, shoveling snow, or working in the garden?"

<sup>11</sup> " . . . such as stretching or strengthening exercises, swimming or any other regular exercise program?"

<sup>12</sup> Includes activities listed in the table, as well as bowling.

**Table 5.7: Walking and Stair Climbing in the Past Week (Percent)<sup>1,2</sup>**

Walking and Stair Climbing <sup>3</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
City blocks or equivalent walked <sup>5</sup>							
Cannot walk <sup>6</sup>	7.1	5.7	7.6	9.4	0.1	4.9	27.4
Less than 1	32.5	26.4	31.9	51.5	28.3	31.8	42.8
1-6	32.0	32.9	34.3	23.3	36.0	32.8	21.8
7-12	12.1	11.9	13.7	8.1	14.4	14.1	1.8
Over 12	16.4	23.1	12.4	7.7	21.3	16.4	6.1
When you walk outside your home, what is your usual pace?							
Does not walk <sup>7</sup>	17.1	14.1	16.3	28.4	6.2	14.1	48.3
Casual strolling	58.6	57.5	59.9	58.6	58.5	64.6	42.1
Average to normal	20.8	22.8	22.2	11.3	31.3	17.2	9.1
Fairly brisk	3.3	5.4	1.7	1.4	4.0	3.7	0.4
Brisk or striding	0.2	0.3	0.0	0.5	0.1	0.3	0.0
Flights of stairs climbed <sup>8</sup>							
Cannot walk <sup>6</sup>	7.1	5.7	7.6	9.4	0.1	4.9	27.4
0	20.1	11.9	23.1	35.8	15.6	21.9	24.4
1-20	36.8	40.9	34.0	32.3	40.3	37.0	29.1
21-40	18.5	21.0	17.7	13.7	20.8	19.5	11.2
Over 40	17.5	20.4	17.6	8.8	23.2	16.7	8.1

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>5</sup> During the last week, about how many city blocks or their equivalent did you walk?

<sup>6</sup> Participants reporting that they were "Unable" to walk across a small room.

<sup>7</sup> Includes participants reporting that they were "Unable" to walk across room or did not walk outside home.

<sup>8</sup> In the last week, how many flights of stairs did you climb up?

**Table 5.8: Driving Practices (Percent)<sup>1,2</sup>**

Driving Status and History	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>3</sup>	ADL Difficulty	
						Receives No Help	Receives Help
All Participants	(N=1002)	(N=388)	(N=311)	(N=303)	(N=343)	(N=478)	(N=181)
Participant driving status <sup>4,5</sup>							
Current driver	25.4	32.3	24.8	6.7	29.3	28.9	7.6
Former driver	23.6	16.2	25.7	39.4	20.2	23.4	31.0
Never licensed	51.0	51.5	49.5	53.9	50.5	47.7	61.4
Usual driver <sup>5,6</sup>							
Participant	19.3	23.3	20.0	5.6	22.5	22.9	2.9
Someone in home	26.7	30.1	24.6	22.2	25.9	21.6	42.4
Someone outside home	47.6	42.1	47.8	63.4	46.0	49.2	46.6
Does not travel by car	6.4	4.5	7.6	8.8	5.6	6.3	8.2
Current Drivers	(N=222)	(N=125)	(N=75)	(N=22)	(N=90)	(N=121)	(N=11)
Drives less because of health or vision <sup>7</sup>	60.2	53.0	67.6	88.8	61.3	56.5	91.8
Former Drivers	(N=264)	(N=64)	(N=80)	(N=120)	(N=80)	(N=126)	(N=58)
Did you stop driving for health or vision reasons or for some other reason? <sup>5</sup>							
Health	36.9	33.3	38.9	37.8	20.4	38.0	56.9
Vision	18.6	22.9	15.3	19.1	27.1	12.4	20.1
Other reason	44.5	43.8	45.7	43.1	52.5	49.6	23.0

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Driving status was determined by the following questions: (1) When you go somewhere by car, who usually drives? (2) Have you ever had a driver's license? (3) Do you still drive?

<sup>5</sup> Categories may not add up to 100% due to rounding.

<sup>6</sup> When you go somewhere by car, who usually drives?

<sup>7</sup> "Yes" response to "Over the last year, have you cut down on the amount you drive or when you drive (such as not driving at night or in the rain) because of your health or vision?"

**Table 5.9: Eating and Meal Preparation (Percent)<sup>1</sup>**

Eating and Meal Preparation	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>2</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Do you have problems chewing or swallowing that limit your ability to eat? <sup>2</sup> Yes	19.1	21.4	18.5	14.2	15.0	19.5	26.6
Difficulty with meal preparation <sup>3,4,5</sup> None	78.3	82.9	76.9	68.8	91.8	84.2	34.1
A little, some or a lot	9.1	8.7	10.2	7.2	3.4	9.6	19.3
Unable/does not do for health reasons	10.0	7.3	10.1	17.6	1.9	4.2	43.0
Does not do for other reasons	2.6	1.1	2.9	6.4	2.9	2.1	3.6
Have you cut back on the number of meals you prepare because your health makes it difficult? <sup>6</sup> Yes	18.5	18.9	19.8	13.5	14.9	18.7	25.3
Missing <sup>7</sup>	8.5	10.7	7.0	6.3	8.3	9.8	5.3
Have you changed the types of food you prepare or given up preparing certain foods because your health makes it difficult? <sup>6</sup> Yes	17.9	19.8	17.2	14.2	15.7	17.8	22.7
Missing <sup>7</sup>	8.6	10.7	7.0	6.6	8.3	9.9	5.5
Who has the main responsibility for preparing meals in your home? <sup>3,5</sup> Participant	77.9	82.2	78.0	64.9	87.5	85.4	37.2
Someone else because of health	15.8	12.8	15.1	26.7	5.0	9.5	56.0
Someone else for other reason	6.3	5.0	6.9	8.4	7.6	5.1	6.9
Receives meals or help preparing meals from someone outside the home <sup>3,8</sup>	8.2	7.6	7.2	12.7	4.7	7.2	18.0
Do you usually eat meals alone? <sup>3</sup> Yes	52.2	44.9	59.2	54.8	50.7	57.1	41.8
Do you eat most of your meals in restaurants? <sup>3</sup> Yes	1.5	1.3	1.3	2.4	1.5	1.3	1.9
Regular use of "Eating Together" program <sup>3,9</sup>	4.6	3.0	5.4	7.1	4.7	4.6	4.3
Does the place where you live provide group meals? <sup>3</sup> Yes	8.4	4.8	9.2	17.2	7.8	8.0	11.0
If yes: Do you usually eat at those group meals? <sup>3</sup> Yes	53.1	36.2	51.3	69.4	48.4	55.7	54.8
Do you get Meals on Wheels? <sup>3</sup> Yes	1.6	0.5	2.3	2.7	1.6	0.9	3.4

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.

<sup>2</sup> No ADL difficulty; disabled in two more domains (see Chapter 1).

<sup>3</sup> These variables have less than 1% missing data. Results are based on non-missing data.

<sup>4</sup> The screener questions were "Because of a health or physical problem, do you have any difficulty preparing your own meals by yourself?" and "By yourself, how much difficulty do you have?" The presence of the condition was confirmed in the baseline interview.

<sup>5</sup> Categories may not add up to 100% due to rounding.

<sup>6</sup> Not asked if participant indicated that she did not prepare meals, but percentages are based on total populations.

<sup>7</sup> Due to an error in the administration of the questionnaire the question was not asked of all eligible participants.

<sup>8</sup> Does (a/any other) friend or relative come into your home to help you prepare meals or bring you meals on a regular basis?

<sup>9</sup> Do you regularly go out to eat at an Eating Together program such as at a Senior Center or church?

**Table 5.10: Social Contact and Activity (Percent)<sup>1,2</sup>**

Activity <sup>3</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Life space <sup>5</sup>							
Home	14.5	10.6	15.1	24.2	7.6	13.4	31.9
Neighborhood	19.3	17.7	17.9	27.6	20.8	17.3	21.7
Beyond neighborhood	66.2	71.7	67.0	48.2	71.6	69.3	46.5
Number of times leaves home per week <sup>6</sup>							
Less than 1	16.6	13.2	15.8	28.9	9.3	14.9	36.6
1-3	17.2	14.5	19.8	17.7	19.9	15.6	15.8
4-7	25.6	24.6	25.8	28.2	24.4	28.0	21.8
Over 7	40.6	47.7	38.6	25.2	46.5	41.6	25.7
Number of telephone contacts per week <sup>7</sup>							
3 or fewer	23.1	19.1	24.5	30.9	19.7	23.2	29.9
4-7	28.1	26.7	28.9	29.9	25.6	30.0	27.9
Over 7	48.8	54.1	46.6	39.2	54.7	46.8	42.2
Number of face-to-face contacts per week <sup>8</sup>							
Less than 1	23.4	18.5	25.1	33.2	17.9	25.0	30.7
1-3	46.0	49.9	43.9	40.4	49.3	43.9	45.1
4 or more	30.6	31.5	31.1	26.4	32.8	31.2	24.2
Attends church or church functions <sup>9</sup>							
Never							
Once a month or less	45.1	45.2	43.7	49.0	37.8	45.9	58.2
At least twice monthly	8.0	7.5	8.8	7.5	5.8	8.2	12.0
	46.8	47.3	47.5	43.5	56.4	45.8	29.8
Attends other functions <sup>10</sup>							
Never	67.4	61.0	70.6	77.4	62.2	66.0	82.2
Once a month or less	21.8	27.2	18.8	14.2	26.6	21.0	14.3
At least twice monthly	10.8	11.8	10.6	8.4	11.3	13.0	3.5

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>5</sup> During a typical week, do you leave your neighborhood? During a typical week, weather permitting, do you go outside the house, but stay in your neighborhood?

<sup>6</sup> Tell me how many times in a typical week that you leave your neighborhood? How many times in a typical week do you go outside but stay in your neighborhood? Responses were converted to real-number estimates of times per week and then summed to produce the total.

<sup>7</sup> In a typical week, about how many times do you talk on the telephone with friends, neighbors or relatives?

<sup>8</sup> How often do you get together with friends, neighbors or relatives?

<sup>9</sup> Do you attend church or church functions? How often do you attend church or church functions?

<sup>10</sup> Do you attend other events such as concerts, movies, or ethnic festivals? How often do you attend other events?

**Table 5.11: Life Events in the Past Twelve Months (Percent)<sup>1,2</sup>**

Event	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Were you widowed . . . ? <sup>4</sup> Yes	2.6	3.0	2.9	0.8	2.3	3.1	2.0
Has your husband been seriously ill or had a serious accident . . . ? <sup>4</sup> Yes	7.0	9.3	6.2	2.3	7.9	6.2	7.2
Have you lost (a/any other) close relative or very close friend through death . . . ? <sup>4</sup> Yes	46.6	44.9	48.7	46.2	48.7	44.8	47.3
Have you been separated from a child, close friend or relative whom you depend on for help . . . ? <sup>4</sup> Yes	7.4	7.4	7.1	7.8	5.5	7.3	11.2
Did you lose a pet . . . ? <sup>4</sup> Yes	6.6	8.7	5.4	3.4	5.2	6.9	8.7
Have you had to give up a hobby or activity that is important to you . . . ? <sup>4</sup> Yes	19.1	17.4	19.5	23.3	14.6	21.4	22.2
Did anything (else) happen to you, either good or bad . . . that was very important to you? <sup>4</sup> Yes	19.7	23.3	17.4	15.5	17.3	20.9	21.4
Number of items with "Yes" response <sup>5</sup>							
0	30.7	28.7	31.9	33.4	33.6	28.4	31.2
1	39.7	39.6	39.0	42.3	38.3	42.2	35.8
2 or more	29.5	31.7	29.1	24.3	28.1	29.3	33.1

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The phrase "(with)in the past 12 months" is included in the question.

<sup>5</sup> Categories may not add up to 100% due to rounding.

**Table 5.12: Percent Reporting Incontinence<sup>1,2</sup>**

Incontinence Status	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Do you ever lose control of normal bowel movements so that you soil yourself?							
All the time <sup>4</sup>	0.8	0.8	0.9	0.4	1.0	0.3	1.5
Occasionally	18.1	16.7	18.3	21.5	10.9	20.0	27.6
Colostomy/ileostomy	0.5	0.5	0.5	0.9	0.1	0.7	0.9
In the last year have you had any problem with losing control of your urine . . . ?							
A. When you cough, sneeze, laugh, or lift things Yes	40.4	42.6	40.7	33.0	37.7	42.7	39.3
B. Because you could not get to the toilet quickly enough Yes	50.9	50.7	52.0	48.7	42.6	52.4	64.1
If yes to both A and B	27.3	29.6	25.5	25.8	21.3	29.0	35.4
Any episode of urinary incontinence <sup>5</sup>	64.6	64.8	67.1	57.5	59.5	66.8	69.3
During the past month, how often have you lost control of your urine? <sup>6</sup>							
Several times a day	7.4	5.8	8.3	9.7	5.5	8.4	8.8
Once a day	6.2	5.5	7.4	5.3	6.1	6.1	7.1
Several times a week	9.5	10.3	8.8	9.3	8.0	8.8	14.8
Once a week	7.5	8.5	7.2	5.5	7.4	8.6	4.4
Less than once a week	23.0	23.4	23.4	20.7	21.2	24.5	22.6
No incontinence in past month <sup>7</sup>	45.3	45.2	44.0	49.2	51.8	43.4	37.1
When you lose control of your urine, approximately how much do you lose? <sup>6</sup>							
More than ¼ cup	7.9	7.4	8.9	6.7	5.0	8.0	13.7
1 teaspoon to ¼ cup	14.3	13.1	14.9	16.4	13.4	14.2	16.4
Less than or equal to 1 teaspoon	13.6	16.1	11.9	10.7	9.2	16.4	14.7
A few drops	27.8	27.3	30.2	23.0	31.4	27.8	20.4
No incontinence in past year <sup>8</sup>	35.4	34.9	33.1	42.9	41.0	33.4	29.4
Currently catheterized <sup>9</sup>	1.0	1.3	1.0	0.4	0.0	0.2	5.2

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two more domains (see Chapter 1).

<sup>4</sup> Frequency was determined by the response to "Do you have occasional soiling or does it happen all the time?"

<sup>5</sup> Responded "Yes" to (1) at least one of the questions about urinary incontinence above or (2) In the last year have you had any problems with accidentally losing control of your urine or bladder function that is, do you wet yourself?

<sup>6</sup> Categories in this item plus "Currently Catheterized" may not add up to 100% due to rounding.

<sup>7</sup> Responded "Never" to this question or "No" to all three questions about losing control of urine in the past year.

<sup>8</sup> "No" to all three questions about losing control of urine in the past year.

<sup>9</sup> Determined by a response of "Catheterized" to the question about losing control of urine in the past year, or to the question "How many times during a typical night do you get up to urinate?"

**Table 6.1: Insurance Coverage and Ability to Pay for Care (Percent)<sup>1,2</sup>**

Insurance and Ability to Pay	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Are you covered by Maryland's Medical Assistance (MEDICAID) program? Yes	20.1	21.5	19.7	17.3	24.9	14.5	26.1
Are you covered by any other public assistance program that pays for medical care? Yes	2.4	2.2	3.2	1.1	3.9	0.9	3.5
Not counting Medicare, Medical Assistance or the programs I just asked about, do you have any other health insurance or medical insurance that pays hospital or doctor bills? Yes	67.1	65.4	67.1	72.3	64.8	73.9	52.9
Not counting Medicare or Medical Assistance, do you have any health insurance plan or medical insurance that pays for prescription medicines? Yes	35.6	37.7	37.1	25.3	33.8	38.4	31.6
How often does it happen that you (and your husband) do not have enough money to afford the kind of medical care you (and your husband) should have? <sup>4</sup>							
Never	76.4	72.3	77.0	87.0	76.8	77.6	72.2
Once in a while	14.5	16.7	14.2	8.9	17.2	12.0	15.8
Fairly often	4.0	4.2	4.3	2.5	3.3	4.6	3.7
Very often	5.1	6.8	4.6	1.6	2.8	5.7	8.3

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Categories may not add up to 100% due to rounding.



**Table 6.2: Utilization of Hospital Inpatient and Nursing Home Care<sup>1,2</sup>**

Utilization History	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Have you stayed overnight in a hospital during the past 12 months? Yes (%)	27.0	25.2	31.4	20.6	23.5	24.8	40.8
If yes: Median number of days <sup>4</sup>	6.0	6.0	8.0	5.0	5.0	6.0	8.0
Mean number of days	11.1	10.2	12.0	10.3	7.7	10.4	16.4
Have you stayed in a nursing home during the past 12 months? Yes (%)	1.0	0.4	1.5	1.7	0.1	0.9	3.2
If yes: Median number of days <sup>5</sup>	21.0	17.5	10.5	30.0	30.0	14.0	30.0
Mean number of days	28.4	17.7	26.3	41.7	30.0	36.7	22.4

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> How many nights did you stay overnight in the hospital during the past 12 months?

<sup>5</sup> Altogether, how many days did you stay in the nursing home (during the past 12 months)?

**Table 6.3: Ambulatory and Preventive Medical Care<sup>1,2</sup>**

Medical Care	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
In the last 6 months, have you seen a doctor in his or her office or a clinic or at your home? Yes (%)	88.6	88.0	89.9	86.8	87.9	89.1	88.6
If yes: Mean number of visits <sup>4</sup>	4.0	4.2	4.2	3.0	3.6	4.2	4.4
Is there a regular doctor or a particular clinic, health center, doctor's office or other place that you usually go if you are sick or need advice about your health? Yes (%)	95.8	96.8	94.8	95.4	95.1	96.5	95.1
Have you had a flu shot in the past year? Yes (%)	53.5	53.8	52.5	55.3	55.0	53.5	50.0

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> How many times have you seen a doctor in his or her office or a clinic or at your home?

**Table 6.4: Use of Therapists, Mental Health Professionals, and Nursing Services in the Last Six Months<sup>1,2</sup>**

Service Provider	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Physical therapist <sup>4</sup>							
Yes (%)	13.9	14.0	14.3	12.6	8.5	13.5	26.3
If yes: Median number of visits <sup>5</sup>	6.0	8.0	8.0	5.0	5.5	6.0	8.0
Mean number of visits	13.5	15.0	11.9	13.4	12.8	12.0	16.0
Occupational therapist <sup>4</sup>							
Yes (%)	2.1	2.9	1.7	0.4	0.3	1.9	6.1
If yes: Median number of visits <sup>5</sup>	13.5	15.0	12.0	43.5	3.0	13.5	16.0
Mean number of visits	15.0	15.8	11.2	44.6	3.0	11.7	19.6
Speech therapist <sup>4</sup>							
Yes (%)	0.9	1.2	0.6	1.0	0.3	0.4	3.7
If yes: Median number of visits <sup>5</sup>	3.5	3.0	2.0	5.0	1.0	3.5	5.0
Mean number of visits	6.7	6.6	2.0	14.4	1.0	3.3	8.8
Hearing therapist <sup>4</sup>							
Yes (%)	4.2	4.0	4.1	5.4	4.0	3.9	5.7
If yes: Median number of visits <sup>5</sup>	1.0	1.0	1.0	1.0	1.0	1.0	1.0
Mean number of visits	2.0	1.5	2.9	1.4	3.3	1.3	1.5
In the last 6 months, have you discussed any personal problems with a psychiatrist, a psychologist, or any other mental health professional?							
Yes (%)	3.7	5.2	2.7	2.1	2.6	3.7	6.0
If yes: Median number of visits <sup>6</sup>	4.0	4.0	3.0	3.0	3.0	4.0	4.0
Mean number of visits <sup>6</sup>	4.6	5.1	3.6	4.1	5.4	4.4	4.1
Visiting nurse, home health aide, or nurse's aide <sup>7</sup>							
Yes (%)	12.7	8.8	16.0	15.5	6.9	9.2	34.6
If yes: Median number of visits <sup>8</sup>	15.0	13.0	18.0	15.0	12.0	11.0	24.0
Mean number of visits	33.1	34.5	27.3	47.4	19.3	17.0	51.0

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> With the following exceptions all variables have less than 1% missing data: number of physical therapist visits, 3.6%; number of occupational therapist visits, 5.3%; number of visiting nurse, home health aide, or nurse's aide visits, 6.7%. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The question is in the form "In the last 6 months, have you seen a(an) . . . ?"

<sup>5</sup> How many times have you seen a (an) [service provider]?

<sup>6</sup> How many times have you discussed any personal problems with a psychiatrist, a psychologist, or any other mental health professional?

<sup>7</sup> The question is in the form "In the last 6 months, have you received nursing services at home from someone such as a . . . ?"

<sup>8</sup> How many times have you received nursing services at home from someone such as a visiting nurse, home health aide, or nurse's aid?

**Table 7.1: Receipt of Instrumental Support: Number, Relationship, Compensation, and Resident Status of Helpers (Percent)<sup>1,2</sup>**

Characteristics of Helpers	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
<b>Number<sup>4,5</sup></b>							
None	14.6	17.0	15.5	5.1	20.9	15.4	0.0
1	39.9	41.0	41.1	33.4	41.8	42.6	28.5
2	25.9	24.0	24.7	34.5	24.9	24.8	30.8
3	13.1	10.9	14.0	17.1	7.0	13.4	24.1
4 or more	6.6	7.1	4.8	10.0	5.5	3.9	16.6
<b>Relationship to participant<sup>6</sup></b>							
Spouse	22.3	33.0	18.3	4.6	25.2	18.3	26.9
Daughter/daughter-in-law	38.0	41.8	34.5	36.5	36.4	34.1	49.6
Son/son-in-law	22.1	22.4	21.5	23.0	15.9	26.1	23.2
Sibling	6.9	6.8	6.1	9.3	6.0	7.6	6.9
Other relative	22.3	23.3	19.4	26.6	24.8	17.8	28.6
Paid non-relative	32.4	19.0	38.2	52.7	27.4	31.9	41.7
Unpaid non-relative	12.7	10.9	12.7	17.1	8.8	13.5	17.1
<b>Remuneration status<sup>5</sup></b>							
All paid	15.1	10.8	19.6	15.0	17.0	16.8	8.0
All unpaid	61.3	74.8	54.6	43.0	67.7	62.9	47.1
Paid and unpaid	23.6	14.4	25.8	42.0	15.3	20.4	44.9
<b>Residence status<sup>5</sup></b>							
All live with participant	30.3	39.5	26.3	16.1	37.9	24.2	31.9
None live with participant	48.8	36.6	55.6	64.0	45.0	58.9	31.5
Both arrangements	20.9	24.0	18.1	20.0	17.1	16.9	36.6

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The participants were asked to name up to three (or four for meal preparation) helpers for the following activities: bathing or showering, dressing, getting in or out of bed or chairs, eating, using the toilet including getting to the toilet, preparing meals, doing heavy housework, doing light housework, shopping for personal items such as medicines or toilet items, using the telephone, taking medications, and managing money.

<sup>5</sup> Categories may not add up to 100% due to rounding.

<sup>6</sup> Percent of participants having at least one helper in these categories.

**Table 7.2: Characteristics of the Primary Helper for Women with ADL Difficulty Who Receive Help (Percent)<sup>1,2,3</sup>**

Characteristics of Helpers	Total (N=181)	Age Group		
		65-74 (N=58)	75-84 (N=57)	85+ (N=66)
Relationship to participant <sup>4,5</sup>				
Spouse	22.2	33.1	22.1	1.0
Daughter/daughter-in-law	28.0	26.7	24.9	37.2
Son/son-in-law	4.1	6.9	1.8	3.9
Sibling	3.8	3.3	4.9	2.6
Other relative	6.8	5.2	6.8	10.0
Friend/neighbor	8.1	6.3	12.8	1.6
Nurse/aide	22.7	17.2	23.4	31.9
Other/non-relative	4.3	1.4	3.4	11.8
Gender <sup>6</sup>				
Male	26.3	40.0	23.9	4.9
Female	62.9	52.4	61.7	86.0
Not ascertainable	10.8	7.7	14.4	9.1
Residence <sup>7</sup>				
Lives with participant	56.3	62.9	58.0	40.1
Number of ADL tasks in which helper provides assistance <sup>8</sup>				
1	52.1	55.6	49.6	50.8
2	30.0	29.3	33.3	24.6
3	8.5	3.7	9.1	16.8
4	6.9	8.5	6.7	4.6
5	2.4	2.9	1.5	3.2
Assists with a least one IADL task <sup>9</sup>	87.2	86.9	85.3	91.8
Paid for help <sup>10</sup>	32.1	22.4	35.6	43.9

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> These variables have less than 1% missing data. Results are based on non-missing data.  
<sup>2</sup> Descriptive statistics are based on weighted data.  
<sup>3</sup> In the last year, who have you relied on the most for help with the activities I've mentioned?  
<sup>4</sup> What is [person's] relationship to you?  
<sup>5</sup> Categories may not add up to 100% due to rounding.  
<sup>6</sup> Gender of caregivers was not asked directly. Primary helpers whose relationship to the participant is "nurse/aide" or "houseworker/maid" are assumed to be female. Gender is unascertainable for primary helpers whose relationship to the participant is "partner/roommate", "friend/neighbor", or "other non-relative."  
<sup>7</sup> Does [person] live with you or not?  
<sup>8</sup> Out of a possible 5 tasks: bathing or showering, dressing, getting in or out of bed or chairs, eating, and using the toilet including getting to the toilet.  
<sup>9</sup> IADL tasks include preparing meals, doing heavy housework, doing light housework, shopping for personal items, using the telephone, taking medications, and managing money.  
<sup>10</sup> Is [person] paid to help you or not?

**Table 7.3: Tasks for Which Help Received (Percent)<sup>1,2</sup>**

Task	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Bathing or showering <sup>4,5</sup>	16.3	13.3	17.0	23.3	2.5	2.0	84.6
Dressing <sup>4,5</sup>	11.2	10.6	10.9	13.7	2.8	1.5	55.5
Getting in and out of bed or chairs <sup>4,5</sup>	4.2	3.2	4.7	6.0	0.1	0.3	23.7
Eating <sup>4,5</sup>	1.7	2.2	0.9	2.3	0.1	0.0	9.6
Using the toilet including getting to the toilet <sup>4,5</sup>	3.0	3.0	3.0	3.3	0.5	0.0	16.8
Meal preparation <sup>6</sup>	21.0	17.3	19.9	34.3	8.7	15.6	61.3
Doing heavy housework such as washing windows, walls, or floors <sup>7</sup>	71.1	68.2	69.8	82.6	63.1	68.9	93.6
Doing light housework such as doing dishes, straightening up, or light cleaning <sup>4</sup>	34.0	31.1	34.0	42.4	21.2	27.6	78.1
Shopping for personal items such as medicines or toilet items <sup>4</sup>	53.7	44.7	54.7	77.3	43.5	48.1	90.2
Using the telephone <sup>4</sup>	5.4	4.6	4.4	10.2	1.9	3.1	18.7
Taking your medications <sup>4</sup>	7.1	4.8	7.9	11.9	3.3	2.5	27.7
Managing your money <sup>7</sup>	36.7	31.2	38.5	48.2	29.8	33.8	59.3

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The question is in the form "Do you usually receive help from another person in . . . ?" and was asked of all participants.

<sup>5</sup> For each task, participants were asked if they received any help whether or not they reported difficulty with the task. In order to be classified as having ADL difficulty, receives help, a participant had to report both difficulty and receipt of help for the same ADL (at least one). Thus a small percentage of women who were not classified as receiving ADL help reported receiving help with some ADL tasks.

<sup>6</sup> Who has the main responsibility for preparing meals in your home? Does (a/any other) friend or relative come in to your home to help you prepare meals or bring you meals on a regular basis?

<sup>7</sup> Does another person usually help you with managing your money?

**Table 7.4: Emotional Support: Presence and Type of Confidant and Perceived Adequacy of Support (Percent)<sup>1,2</sup>**

Indicator of Emotional Support	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Is there any one special person you know that you feel very close and intimate with someone you share confidences and feelings with, someone you feel you can depend on? <sup>4</sup>							
No	9.0	7.9	9.4	11.3	5.7	11.5	8.9
Yes	91.0	92.1	90.6	88.7	94.3	88.5	91.1
Who is this person? <sup>5</sup>							
Spouse	5.0	7.0	4.2	1.1	4.2	4.7	7.2
Child	28.9	29.8	27.4	30.3	27.9	28.6	32.0
Other relative	24.3	21.3	27.0	25.9	28.7	20.8	25.1
Friend/neighbor	30.8	32.7	29.6	28.2	32.3	32.1	23.8
Other	2.0	1.3	2.5	3.2	1.2	2.4	2.9
Could you have used more emotional support than you received in the last year? <sup>4</sup>							
No	68.1	63.7	70.1	75.4	73.2	69.0	54.6
Yes	32.0	36.3	29.9	24.6	26.8	31.0	45.4
Would you say you needed . . . ? <sup>5</sup>							
A lot more	8.7	9.2	10.1	3.7	8.0	7.4	14.1
Some more	10.9	11.5	9.8	12.0	8.2	11.5	14.9
A little more	12.3	15.7	10.0	8.9	10.6	12.2	16.5

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> Categories may not add up to percent "Yes" above due to rounding.

**Table 8.1: Depressive Symptomatology: Geriatric Depression Scale Scores<sup>1,2,3</sup>**

Geriatric Depression Scale	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Mean	8.0	8.1	7.9	7.9	7.1	8.0	9.9
Mild to high level of depressive symptomatology (≥10) (%)	31.8	34.7	29.5	29.4	27.2	29.8	46.8
Moderate to high level of depressive symptomatology (≥14) (%)	17.4	18.6	17.3	14.3	13.1	16.4	29.3

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Percents and means are based on weighted data.

<sup>3</sup> The Geriatric Depression Scale (GDS) consists of 30 items with a yes/no response format. Scores can range from 0 to 30, with high scores indicative of more depressive symptomatology. Yesavage JA, Brink TL, Rose TL, et al. (1983). Development and validation of a geriatric depression screening scale: A preliminary report. J Psychiatr Res 17:37-49.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).



**Table 8.2: Perceived Quality of Life: Level of Satisfaction for Scale Items (Percent)<sup>1,2,3</sup>**

Level of Satisfaction <sup>4</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
How satisfied are you with . . . ?							
1) Your physical health, that is, the health of your body							
Dissatisfied (0-3)	23.8	25.2	24.2	18.8	17.7	25.7	31.5
Neutral (4-6)	31.8	33.6	32.3	24.8	31.0	32.2	32.1
Satisfied (7-10)	44.4	41.2	43.5	56.4	51.4	42.1	36.4
2) How well you care for yourself, for example, preparing meals, bathing or shopping							
Dissatisfied (0-3)	12.0	10.1	12.9	15.1	5.2	10.7	29.5
Neutral (4-6)	17.6	17.3	15.8	23.5	11.9	18.8	26.3
Satisfied (7-10)	70.4	72.6	71.3	61.4	83.0	70.5	44.2
3) How well you think and remember							
Dissatisfied (0-3)	9.0	8.7	9.1	9.6	8.4	8.2	12.7
Neutral (4-6)	27.6	25.5	30.2	26.5	26.7	27.8	26.6
Satisfied (7-10)	63.4	65.8	60.7	64.0	64.8	64.0	58.8
4) The amount of walking you do							
Dissatisfied (0-3)	38.6	39.7	39.8	31.6	29.1	40.7	52.1
Neutral (4-6)	31.3	33.1	29.1	32.0	32.4	32.4	26.0
Satisfied (7-10)	30.1	27.2	31.0	36.4	38.5	26.9	21.9
5) How often you get outside the house, for example, going into town, using public transportation or driving							
Dissatisfied (0-3)	22.3	20.1	22.5	28.3	16.1	22.1	35.7
Neutral (4-6)	24.6	25.6	24.9	20.9	23.4	23.6	29.8
Satisfied (7-10)	53.1	54.3	52.7	50.8	60.5	54.3	34.5
6) How well you carry on a conversation, for example, speaking clearly, hearing others, or being understood							
Dissatisfied (0-3)	6.4	5.0	6.9	9.0	3.7	6.9	10.6
Neutral (4-6)	17.2	13.9	19.8	19.8	14.8	18.3	18.8
Satisfied (7-10)	76.5	81.1	73.3	71.2	81.5	74.8	70.7
7) The kind and amount of food you eat							
Dissatisfied (0-3)	6.5	7.9	5.3	6.0	5.5	6.3	9.3
Neutral (4-6)	17.2	16.3	19.6	13.4	14.7	18.6	18.5
Satisfied (7-10)	76.3	75.8	75.2	80.6	79.8	75.1	72.3
8) How often you see or talk to your family and friends							
Dissatisfied (0-3)	5.9	5.7	6.3	5.8	5.0	6.3	7.0
Neutral (4-6)	16.0	14.8	15.7	20.4	13.4	15.5	22.7
Satisfied (7-10)	78.1	79.6	78.0	73.8	81.6	78.3	70.3
9) The help you get from your family and friends, for example, helping in an emergency, fixing your house, or doing errands							
Dissatisfied (0-3)	7.9	6.9	9.1	7.7	5.6	9.1	9.4
Neutral (4-6)	12.1	13.4	9.8	14.1	10.8	11.6	15.8
Satisfied (7-10)	80.1	79.7	81.1	78.2	83.6	79.3	74.8
10) The help you give to your family and friends							
Dissatisfied (0-3)	8.6	5.9	10.5	11.3	2.6	9.9	17.3
Neutral (4-6)	18.3	16.5	19.4	20.7	13.4	19.0	26.5
Satisfied (7-10)	73.1	77.6	70.1	68.0	84.0	71.1	56.2

		Age Group			Disability Level		
						ADL Difficulty	
						Receives	Receives

**Table 8.3: Perceived Quality of Life Scale and Subscale Scores<sup>1,2</sup>**

Perceived Quality of Life Scale and Subscales <sup>3</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Perceived quality of life scale <sup>5</sup>							
Mean scale score	7.3	7.3	7.3	7.4	7.6	7.3	6.6
Distribution of scale score (%)							
Low (0-3)	2.5	2.1	2.7	3.2	0.7	2.9	5.1
Medium (4-6)	25.2	24.6	25.5	26.3	18.8	25.0	39.2
High (7-10)	72.3	73.3	71.8	70.5	80.5	72.1	55.7
Cognitive health subscale <sup>6</sup>							
Mean subscale score	7.6	7.7	7.5	7.3	7.7	7.5	7.2
Distribution of subscale score (%)							
Low (0-3)	4.0	4.0	3.6	5.4	2.2	4.3	7.0
Medium (4-6)	20.3	17.3	21.9	24.7	20.8	19.5	21.5
High (7-10)	75.7	78.8	74.5	69.9	77.1	76.2	71.5
Physical health subscale <sup>7</sup>							
Mean subscale score	6.3	6.3	6.3	6.5	6.9	6.3	5.2
Distribution of subscale score (%)							
Low (0-3)	11.4	10.9	11.6	12.2	5.2	10.6	26.5
Medium (4-6)	38.9	39.4	39.8	34.6	33.9	40.6	44.2
High (7-10)	49.7	49.6	48.6	53.2	60.9	48.8	29.3
Social health subscale <sup>8</sup>							
Mean subscale score	7.6	7.5	7.6	7.8	7.9	7.6	7.0
Distribution of subscale score (%)							
Low (0-3)	2.4	1.9	3.0	2.2	1.0	2.2	5.6
Medium (4-6)	21.2	20.9	21.3	21.9	15.8	21.1	32.7
High (7-10)	76.4	77.2	75.8	75.9	83.2	76.7	61.7

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Percents and means are based on weighted data.

<sup>3</sup> Distribution of scores may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two more domains (see Chapter 1).

<sup>5</sup> Scale score is mean of items 1-20 in Table 8.2.

<sup>6</sup> Subscale score is mean of items 3 and 6 in Table 8.2.

<sup>7</sup> Subscale score is mean of items 1, 2, 4, 5, and 19 in Table 8.2.

<sup>8</sup> Subscale score is mean of items 8-18 and 20 in Table 8.2.

Level of Satisfaction <sup>4</sup>	Total (N=1002)	65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	No Help (N=478)	Help (N=181)
11) Your contribution to your community, for example, a neighborhood, religious, political or other group							
Dissatisfied (0-3)	14.6	12.1	17.2	15.1	8.6	14.6	27.0
Neutral (4-6)	24.2	25.4	23.0	23.9	21.6	26.6	22.8
Satisfied (7-10)	61.2	62.6	59.8	61.0	69.8	58.7	50.2
12) Your retirement or current job							
Dissatisfied (0-3)	11.8	14.4	10.2	8.6	8.5	10.3	22.9
Neutral (4-6)	15.2	18.1	12.5	14.2	15.0	15.5	15.0
Satisfied (7-10)	73.0	67.5	77.3	77.2	76.5	74.2	62.1
13) The kind and amount of recreation or leisure you have							
Dissatisfied (0-3)	14.3	16.0	12.6	14.0	9.7	14.3	23.9
Neutral (4-6)	24.2	26.1	22.9	22.2	23.6	23.4	27.7
Satisfied (7-10)	61.5	57.9	64.6	63.8	66.7	62.3	48.5
14) Your level of sexual activity or lack of sexual activity							
Dissatisfied (0-3)	13.1	11.9	15.6	10.0	10.8	13.1	18.1
Neutral (4-6)	19.2	23.2	14.8	19.0	19.5	17.0	24.6
Satisfied (7-10)	67.7	64.9	69.6	71.0	69.8	69.9	57.3
15) The way your income meets your needs							
Dissatisfied (0-3)	17.9	23.0	15.2	10.4	14.1	18.1	25.2
Neutral (4-6)	19.9	20.3	20.9	16.0	22.7	18.2	18.6
Satisfied (7-10)	62.2	56.8	63.9	73.6	63.2	63.6	56.1
16) How respected you are by others							
Dissatisfied (0-3)	2.2	2.1	3.0	0.6	1.6	2.4	3.0
Neutral (4-6)	9.6	11.4	7.2	11.1	6.9	10.7	12.5
Satisfied (7-10)	88.2	86.5	89.9	88.3	91.5	87.0	84.5
17) The meaning and purpose of your life							
Dissatisfied (0-3)	7.9	8.7	7.2	7.0	5.7	7.9	12.1
Neutral (4-6)	16.1	14.9	16.9	17.4	14.6	17.3	15.8
Satisfied (7-10)	76.0	76.4	75.8	75.7	79.7	74.8	72.1
18) The amount of variety in your life							
Dissatisfied (0-3)	12.6	12.9	11.8	14.1	8.3	12.1	23.0
Neutral (4-6)	23.6	21.3	26.1	23.6	21.7	24.2	25.6
Satisfied (7-10)	63.8	65.9	62.1	62.3	70.0	63.6	51.4
19) The amount and kind of sleep you get							
Dissatisfied (0-3)	10.2	9.6	12.0	7.3	8.1	11.7	10.5
Neutral (4-6)	23.4	26.0	22.1	19.4	21.9	22.8	28.5
Satisfied (7-10)	66.4	64.4	65.9	73.3	70.0	65.5	61.0
20) Please tell me how happy you are							
Unhappy (0-3)	6.1	6.9	5.8	4.9	3.1	6.5	11.4
Neutral (4-6)	19.1	19.8	19.3	16.7	19.5	17.8	22.2
Happy (7-10)	74.8	73.4	74.9	78.3	77.3	75.8	66.4

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Consists of 20 questions on health and fundamental aspects of life. For 19 of the items, respondents indicate level of satisfaction from 0 (extremely dissatisfied) to 10 (very satisfied). For one item, respondents indicate their level of happiness from 0 (extremely unhappy) to 10 (very happy). Patrick DL, Danis M, Southerland LI, Hong G. (1988). Quality of life following intensive care. J Int Med 3:218-23.

<sup>4</sup> Categories for each item may not add up to 100% due to rounding.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 8.4: Anxiety Symptoms (Percent)**<sup>1,2,3</sup>

Anxiety Symptoms <sup>4</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
During the past week, have you . . . ?							
Felt nervous or shaky inside							
No	73.1	73.0	73.5	72.1	76.2	73.2	66.3
A little	15.7	17.0	15.0	14.0	13.5	17.0	16.7
Quite a bit	7.6	7.2	7.5	8.9	8.2	5.3	12.3
Extremely	3.6	2.8	4.0	5.1	2.1	4.4	4.7
Had to avoid certain things, places, or activities because they frighten you							
No	95.1	95.5	93.9	97.0	98.5	93.8	91.6
A little	2.3	2.5	2.2	1.5	1.5	1.9	4.9
Quite a bit	2.3	1.4	3.9	0.9	0.0	4.0	2.6
Extremely	0.3	0.5	0.0	0.6	0.0	0.4	0.9
Felt tense or keyed up							
No	74.4	70.5	77.6	77.3	76.0	75.9	67.1
A little	15.6	18.6	13.5	12.2	15.3	15.5	16.6
Quite a bit	7.7	9.3	6.6	6.1	7.2	6.8	11.3
Extremely	2.3	1.6	2.3	4.4	1.6	1.9	5.1
Felt fearful							
No	89.6	89.5	90.4	87.5	92.7	88.6	85.7
A little	5.8	5.0	6.3	6.8	5.7	5.1	8.1
Quite a bit	3.3	4.2	2.4	3.2	1.7	4.7	2.7
Extremely	1.3	1.3	0.9	2.5	0.0	1.5	3.5
Total symptoms <sup>6</sup>							
None	58.6	57.2	59.3	60.9	62.8	58.2	51.0
1	22.5	22.4	24.2	18.4	21.3	23.9	21.4
2 or more	18.9	20.5	16.5	20.6	15.9	18.0	27.6

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Items come from the anxiety subscale of the Hopkins Symptom Checklist. Derogatis LR, Lipman RS, Rickels K, Uhlenhuth EH, Covi L. (1974). The Hopkins Symptom Checklist (HSCL): A self-report symptom inventory. Behavioral Science 19:1-15.

<sup>4</sup> Categories for each item may not add up to 100% due to rounding.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>6</sup> Total number of items for which participant reported experiencing the symptom at least "a little."

**Table 8.5: Personal Mastery (Percent)<sup>1,2,3</sup>**

Personal Mastery <sup>4</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
I can do just about anything I really set my mind to.							
Disagree strongly	7.7	7.2	7.3	10.2	5.7	6.1	16.2
Disagree somewhat	19.5	15.1	23.8	20.7	16.6	19.9	24.3
Agree somewhat	26.3	29.2	23.8	24.7	26.4	28.8	19.3
Agree strongly	46.5	48.6	45.1	44.4	51.4	45.2	40.2
I often feel helpless in dealing with the problems of life.							
Disagree strongly	37.4	40.4	37.6	28.1	42.3	39.5	21.4
Disagree somewhat	33.1	34.5	30.6	35.5	32.4	34.1	31.6
Agree somewhat	19.6	16.3	21.6	24.0	16.1	19.6	27.0
Agree strongly	9.9	8.8	10.3	12.3	9.3	6.8	20.0

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Adapted from: Pearlin LI, Schooler C. (1978). The structure of coping. *J Health Soc Behav* 18:2-21.

<sup>4</sup> Categories for each item may not add up to 100% due to rounding.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 9.1: Percent Prevalence of Self-Reported Cardiovascular Conditions and Events<sup>1,2</sup>**

Condition	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Angina <sup>4</sup>	20.5	20.1	22.3	17.1	20.9	21.8	16.3
Heart attack or myocardial infarction <sup>4</sup>	20.3	16.2	25.1	19.6	23.8	17.9	20.0
Congestive heart failure <sup>4</sup>	8.9	8.0	10.4	7.2	8.9	6.9	14.3
Coronary artery bypass surgery <sup>5</sup>	3.5	4.0	3.9	1.3	5.5	3.2	0.7
Lower extremity arterial disease <sup>6</sup>	6.7	7.1	6.7	5.2	7.5	6.4	5.7
Surgery on leg arteries <sup>7</sup>	5.0	5.9	4.2	4.6	4.8	4.9	5.9
High blood pressure <sup>4</sup>	58.7	62.5	56.9	52.7	57.4	58.9	61.1
Diabetes <sup>4</sup>	20.5	23.7	21.7	7.8	19.1	16.0	35.8
Rheumatic heart or heart valve problems <sup>8</sup>	8.9	8.2	11.3	4.6	9.6	9.8	5.2

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The screener question is in the form "Has a doctor ever told you that you had (a) . . . ?" The presence of the condition was confirmed in the baseline interview.

<sup>5</sup> Have you ever had coronary artery bypass surgery?

<sup>6</sup> Has a doctor ever told you that you had intermittent claudication or pain in your legs from blockage of the arteries (peripheral vascular disease or atherosclerosis)?

<sup>7</sup> Have you ever had surgery on the arteries in your legs?

<sup>8</sup> The question is in the form "Has a doctor ever told you that you had . . . ?"

**Table 9.2: Percent Prevalence of Cardiovascular Symptoms<sup>1,2</sup>**

Symptom	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Chest pain <sup>4</sup>							
Nonexertional <sup>5</sup>							
Pain reported but does not walk <sup>6</sup>	1.5	1.2	1.6	2.2	0.0	0.7	7.0
Not precipitated by walking <sup>7</sup>	24.6	27.8	24.2	16.5	25.0	26.3	19.1
Exertional							
Walking uphill or hurrying only	8.5	10.0	9.2	2.6	11.5	8.4	3.0
Walking on level <sup>8</sup>	7.8	8.7	7.9	5.0	7.0	7.9	9.1
Orthopnea or paroxysmal nocturnal dyspnea <sup>9</sup>	24.7	26.5	25.1	18.2	19.1	25.4	34.1
Intermittent claudication <sup>10</sup>							
Yes	13.6	14.3	14.8	8.6	13.1	13.1	16.2
Does not walk <sup>11</sup>	4.4	4.2	4.4	4.9	0.8	1.8	19.0
Ankle swelling <sup>12</sup>	48.5	52.8	46.3	41.6	42.6	52.3	50.1

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.  
<sup>2</sup> Descriptive statistics are based on weighted data.  
<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).  
<sup>4</sup> "Yes" response to "Have you ever had any pain or discomfort in your chest?"  
<sup>5</sup> Whether chest pain was classified as exertional or nonexertional was determined by two questions: (1) Do you get this pain or discomfort when you walk uphill or hurry? (2) Do you get it when you walk at an ordinary pace on the level?  
<sup>6</sup> "Cannot walk" response to "When you walk, do you use a cane?" OR "Doesn't walk" response to question about pain when walking uphill or hurrying.  
<sup>7</sup> Pain not precipitated when walking uphill or hurrying or by walking on the level.  
<sup>8</sup> Pain reported when walking on the level AND "Yes" or "Doesn't walk uphill or hurry" response to question about pain when walking uphill or hurrying.  
<sup>9</sup> "Yes" response to either of the following: (1) Do you get short of breath at night if you sleep flat or on only one pillow? (2) Do you wake up at night gasping for breath?  
<sup>10</sup> "Yes" responses to all of the following questions: (1) Do you get pain in either leg when you walk? (2) Do you get this pain in your calf or calves? (3) If you stand still is the pain relieved?  
<sup>11</sup> "Doesn't walk" response to "Do you get pain in either leg when you walk?"  
<sup>12</sup> "Yes" responses to both: (1) Have you ever had swelling of your feet or ankles? (2) Did the swelling tend to come on during the day and go down at night?

**Table 9.3: Percent Prevalence of Clinical Signs and Distribution of Cardiovascular Measures<sup>1</sup>**

Exam Finding	Total (N=1002)	Age Level			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>2</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Pulmonary rales <sup>3</sup>	6.0	4.1	5.4	13.3	6.5	5.8	5.7
Heart murmurs <sup>3</sup>							
Systolic	28.9	24.9	30.2	37.0	31.2	26.6	30.5
Diastolic	13.5	11.6	14.0	17.7	14.0	14.2	10.6
Systolic and diastolic	4.7	3.4	5.4	6.7	4.9	4.3	5.6
Uninterpretable <sup>4</sup>	3.6	2.6	4.0	5.4	1.9	3.8	6.4
Bilateral ankle edema <sup>3</sup>	32.7	23.0	35.5	53.8	25.7	33.5	45.2
Blood pressure <sup>3,5,6</sup>							
Normotensive <sup>7</sup>	52.4	56.3	52.0	41.9	58.0	49.6	48.6
Borderline isolated systolic hypertension <sup>8</sup>	26.5	26.4	25.9	28.1	23.4	28.3	27.9
Isolated systolic hypertension <sup>9</sup>	16.2	10.7	18.8	25.2	14.9	16.5	18.1
Diastolic hypertension <sup>10</sup>	5.0	6.6	3.3	4.8	3.8	5.7	5.4
Ankle-arm blood pressure index <sup>5,11</sup>							
Less than .8	12.5	10.6	12.6	17.5	13.6	10.8	14.9
.8 to less than .9	7.9	6.6	8.0	11.6	9.1	7.0	8.2
.9 to less than 1.0	11.4	11.4	11.7	10.3	10.4	13.4	7.9
1.0 to less than 1.5	61.5	67.9	59.1	49.2	62.4	62.9	55.5
1.5 and over	0.7	0.5	0.6	1.3	0.3	1.1	0.0
Not obtainable	6.1	3.0	7.9	10.2	4.2	4.8	13.4

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.  
<sup>2</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).  
<sup>3</sup> These variables have less than 1% missing data. Results are based on non-missing data.  
<sup>4</sup> Systolic or diastolic murmur classified as "None" and other given as "Don't know" or "Not ascertained;" or systolic and diastolic murmur both classified as "Don't know."  
<sup>5</sup> Categories may not add up to 100% due to rounding.  
<sup>6</sup> Semi-recumbent auscultatory blood pressure (BP).  
<sup>7</sup> Diastolic BP less than 90 mmHg and systolic BP less than 140 mmHg.  
<sup>8</sup> Diastolic BP less than 90 mmHg and systolic BP at least 140 mmHg and less than 160 mmHg.  
<sup>9</sup> Diastolic BP less than 90 mmHg and systolic BP at least 160 mmHg.  
<sup>10</sup> Diastolic BP at least 90 mmHg.  
<sup>11</sup> Mean of the higher of two left and right posterior tibial semi-recumbent systolic BP's divided by the higher of two right brachial semi-recumbent systolic BP's.



**Table 9.4: Electrocardiographic Results<sup>1,2</sup>**

	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Number with valid ECG <sup>4</sup>	953	370	299	284	327	454	172
Percent with valid ECG <sup>4</sup>	95.5	95.5	96.2	93.8	95.5	95.1	96.6
Heart rate (beats per minute) <sup>5</sup>							
60 or less (%)	18.8	18.5	20.5	14.5	19.3	20.1	13.9
61-90 (%)	75.2	72.7	75.1	83.1	75.2	75.1	75.7
Over 90 (%)	6.0	8.8	4.4	2.4	5.5	4.8	10.4
Mean heart rate	71.4	72.5	70.6	70.5	70.9	70.7	74.4
Electrocardiographic abnormalities (%) <sup>6</sup>							
Major Q/QS waves <sup>7</sup>	8.3	7.6	8.7	9.4	6.3	9.0	10.4
Left ventricular hypertrophy <sup>7</sup>	1.2	0.5	1.1	3.5	1.0	1.5	0.9
Isolated major ST-T wave abnormalities <sup>7</sup>	0.6	0.3	0.9	0.8	0.4	0.7	0.9
Atrial fibrillation or flutter	4.2	3.3	4.4	6.7	5.2	2.7	6.5
First-degree atrioventricular block <sup>8</sup>	7.3	4.8	9.3	8.9	5.1	7.6	10.8
Ventricular conduction defects <sup>9</sup>	11.8	8.7	13.9	15.4	9.5	13.1	12.9
Left bundle branch block	2.2	1.6	2.7	2.8	2.1	2.2	2.6
Right bundle branch block	4.6	2.6	5.7	7.8	2.3	6.1	5.6
Intraventricular block of indeterminate type	4.9	4.4	5.5	4.9	5.1	4.8	4.8
Any electrocardiographic abnormality above	29.2	22.6	33.1	38.2	23.0	31.0	37.2

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data for participants with valid ECG. Results are for participants with valid ECG and are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Participants with electronic pacemakers were not included.

<sup>5</sup> Categories may not add up to 100% due to rounding.

<sup>6</sup> See text for definitions of ECG abnormalities.

<sup>7</sup> Diagnosis not applied to participants with ventricular conduction defects.

<sup>8</sup> Diagnosis not applied to participants with atrial fibrillation or flutter.

<sup>9</sup> Categories may not add up to the percent with ventricular conduction defects due to rounding.

**Table 10.1: Exercise Tolerance: Specific Activity Scale Score (Percent)<sup>1,2,3</sup>**

Specific Activity Scale <sup>4</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Score (approximate range in METs) <sup>6</sup>							
1 (<2)	5.6	3.4	6.8	9.0	0.5	3.7	23.0
2 (2-2.3)	5.5	4.5	5.1	9.6	2.1	3.9	17.9
3 (3-5)	20.1	19.8	18.1	26.4	16.2	23.3	19.4
4 (4.5-5.2)	11.9	9.6	13.5	14.7	10.1	12.7	14.0
5 (5-6)	33.5	34.6	35.1	25.9	41.3	31.8	21.1
6 (7-9)	23.3	28.1	21.5	14.4	29.8	24.7	4.6
Grouped score (approximate range in METs) <sup>6</sup>							
1-2 (0-2.3)	11.1	7.9	11.9	18.5	2.6	7.6	41.0
3-4 (3-5.2)	32.0	29.4	31.5	41.1	26.3	35.9	33.4
5-6 (5-9)	56.8	62.7	56.5	40.3	71.1	56.5	25.7

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Goldman L, Hashimoto B, Cook EF, Loscalzo A. (1981). Comparative reproducibility and validity of systems for assessing cardiovascular functional class: Advantages of a new specific activity scale. *Circulation* 64:1227-1234.

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>6</sup> Scale ranges from 1 through 6, inclusive, where 1 represents the lowest and 6 the highest level of exercise tolerance. METs = metabolic equivalents.

**Table 10.2: Participants Meeting Specific Exclusion Criteria for Seated Step Test<sup>1</sup>**

Exclusion	Number	Percent
History of:		
Aortic stenosis	0	0.0
Myocardial infarction (MI) in past 6 months	13	1.3
Unstable angina or angina at rest	41	4.1
Severe hip or knee pain due to arthritis	14	1.4
At time of visit:		
Bedridden	6	0.6
Chairbound	24	2.4
Acute infection	3	0.3
Unstable angina or angina at rest	12	1.2
On examination:		
Loud systolic murmur	87	8.7
Congestive heart failure	2	0.2
Shortness of breath at rest	22	2.2
Resting Diastolic BP >110 mmHg or Systolic BP >200 mmHg	57	5.7
Severe weakness in one or both legs	88	8.8
Resting heart rate exceeds 75% of predicted maximum <sup>2</sup>	7	0.7
From ECG:		
Atrial fibrillation	46	4.6
Atrial flutter	1	0.1
Wolf-Parkinson-White or ventricular pre-excitation	0	0.0
Wide QRS $\geq$ 120 m sec	113	11.3
Idioventricular rhythm/complete heart block	2	0.2
Ventricular tachycardia	10	1.0
Acute pericarditis	0	0.0
Any reference to acute injury, ischemia, or MI	3	0.3
Resting heart rate $\leq$ 45 bpm	5	0.5
Resting heart rate $\geq$ 120 bpm	4	0.4
From rhythm strip:		
Ventricular arrhythmias: $\geq$ 3 premature ventricular contractions per 30 seconds	4	0.4
Number of exclusions met		
1	342	34.1
2	84	8.4
3 or more	16	1.6
Participants excluded		
Age group		
65-74	132	34.0
75-84	142	45.7
85+	168	55.5
Disability level		
Moderate	129	37.6
ADL difficulty: receives no help	201	42.1
ADL difficulty: receives help	112	61.9
Total	442	44.1
Did not attempt for other reason <sup>3</sup>	23	2.3
Number attempting test	537	53.7

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Results are based on unweighted data.

<sup>2</sup> .75(200-age)

<sup>3</sup> Did not meet exclusion criteria and responded "Yes" to "Do you see any reason why you could not perform this test?"

**Table 10.3: Participants Meeting Specific Stopping Criteria for Seated Step Test (N=504)<sup>1</sup>**

Stopping Criterion	Number	Percent
Symptoms:		
Chest pain	2	0.4
Lightheaded or dizzy	0	0.0
Short of breath	18	3.6
Leg pain	5	1.0
On examination:		
Diastolic BP > 110 mmHg or systolic BP > 200 mmHg	13	2.6
Diastolic BP < 60 mmHg or systolic BP < 90 mmHg	0	0.0
O <sub>2</sub> saturation ≤ 80%	0	0.0
Heart rate exceeds 75% of predicted maximum <sup>2</sup>	48	9.5
From ECG rhythm strip:		
Wide QRS ≥ 120 m sec	1	0.2
Ventricular arrhythmias: ≥ 3 premature ventricular contractions per 30 seconds	7	1.4
ST depression exceeding 1 mm measured 2 mm past end of QRS	1	0.2
Borg perceived exertion scale ≥ 8	143	28.4
Participant says she cannot continue	210	41.7
Participant says she is too tired	2	0.4
Participant reports pain	18	3.6
Participant unable to lift leg	16	3.2
Other	18	3.6
Unknown	2	0.4
Total participants who stopped before test end	504	93.9 <sup>3</sup>

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Results are based on unweighted data.

<sup>2</sup> .75(200-age).

<sup>3</sup> Percent based on number of participants who started the test (N=537).

**Table 10.4: Body Mass Index<sup>1,2</sup>**

Body Mass Index (kg/m <sup>2</sup> )	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>3</sup>	ADL Difficulty	
						Receives No Help	Receives Help
<b>Total</b>	(N=924)	(N=358)	(N=287)	(N=279)	(N=333)	(N=455)	(N=136)
Mean	28.9	31.1	27.6	26.1	27.9	29.6	29.4
Median	27.4	29.5	27.1	25.6	27.0	27.9	27.0
Percent underweight (<21.44) <sup>4</sup>	11.7	5.9	15.3	19.1	12.7	10.0	15.5
Percent overweight (≥31.58) <sup>5</sup>	28.5	39.1	23.1	12.5	24.0	31.1	31.8
<b>Whites</b>	(N=667)	(N=235)	(N=208)	(N=224)	(N=221)	(N=352)	(N=94)
Mean	28.0	29.8	27.2	25.9	27.0	28.6	28.7
Median	26.9	28.8	27.0	25.4	26.5	27.7	26.3
Percent underweight (<21.44) <sup>4</sup>	12.5	5.6	15.7	20.9	12.1	10.8	20.4
Percent overweight (≥31.58) <sup>5</sup>	24.9	33.7	21.6	12.1	17.8	28.0	31.4
<b>Blacks</b>	(N=254)	(N=120)	(N=79)	(N=55)	(N=111)	(N=101)	(N=42)
Mean	31.3	33.8	28.8	26.9	29.7	33.1	30.9
Median	28.9	31.5	28.0	27.0	29.0	29.4	28.2
Percent underweight (<21.44) <sup>4</sup>	9.9	6.6	13.9	12.0	14.1	7.2	4.6
Percent overweight (≥31.58) <sup>5</sup>	37.5	49.2	27.5	14.0	35.8	41.2	32.6

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Weight(kg)/height(m)<sup>2</sup>. If a participant's height was not measured, it was estimated from the average of two knee height measurements. The estimated height in cm = 84.88 + 1.83 (knee height) - 0.24(age). Chumlea WC, Roche AF, Steinbaugh ML. Estimating stature from knee height for persons 60 to 90 years of age. J Am Geriatr Soc 1995, 33: 116-120.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> 15th percentile or below, based on data from NHANES I for females age 70 to 74 years in Must A, Dallal GE, Dietz WH. (1991). Reference data for obesity: 85th and 95th percentiles of body mass index (wt/ht<sup>2</sup>) and triceps skinfold thickness. Am J Clin Nutr 53:839-846.

<sup>5</sup> 85th percentile or above, based on previous reference.

**Table 10.5: Triceps Skinfold Thickness<sup>1,2</sup>**

Triceps Skinfold Thickness (mm)	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>3</sup>	ADL Difficulty	
						Receives No Help	Receives Help
<b>Total</b>	(N=995)	(N=384)	(N=309)	(N=302)	(N=342)	(N=473)	(N=180)
Mean	21.9	24.4	20.8	17.4	21.8	22.0	21.7
Median	20.7	24.0	19.8	17.4	21.0	20.4	19.9
Percent low ( $\leq 16.3$ ) <sup>4</sup>	25.6	14.6	29.9	45.9	24.4	24.5	31.3
Percent high ( $\geq 30.8$ ) <sup>5</sup>	15.2	22.1	11.6	5.2	14.3	14.9	17.9
<b>Whites</b>	(N=709)	(N=248)	(N=219)	(N=242)	(N=228)	(N=361)	(N=120)
Mean	21.4	24.2	20.4	17.1	21.2	21.6	21.0
Median	20.2	23.3	20.2	17.3	20.8	20.2	19.6
Percent low ( $\leq 16.3$ ) <sup>4</sup>	25.3	13.4	28.0	47.1	24.0	24.2	32.0
Percent high ( $\geq 30.8$ ) <sup>5</sup>	12.2	20.3	7.6	3.9	10.3	12.7	14.3
<b>Blacks</b>	(N=281)	(N=131)	(N=90)	(N=60)	(N=113)	(N=109)	(N=59)
Mean	23.1	25.0	21.9	18.4	23.1	23.3	23.0
Median	21.1	24.8	19.5	18.7	22.2	20.9	20.7
Percent low ( $\leq 16.3$ ) <sup>4</sup>	26.9	17.8	35.5	40.9	25.4	26.3	31.1
Percent high ( $\geq 30.8$ ) <sup>5</sup>	23.4	26.4	22.8	10.6	23.0	22.6	25.6

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Skinfold thickness was usually computed by averaging the first two measures. A third measure was taken if the difference between the first two exceeded 2 mm. If the third measure was within 2 mm of just one of the earlier measures then the average of the two close measures was computed. Otherwise, the average of three measures was used. When a single measure was taken then it was used for the thickness.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> 15th percentile or below, based on data from NHANES I for females age 70 to 74 years in Must A, Dallal GE, Dietz WH. (1991). Reference data for obesity: 85th and 95th percentiles of body mass index (wt/ht<sup>2</sup>) and triceps skinfold thickness. Am J Clin Nutr 53:839-846.

<sup>5</sup> 85th percentile or above, based on previous reference.

**Table 11.1: Percent Prevalence of Self-Reported Pulmonary Conditions<sup>1,2</sup>**

	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>3</sup>	ADL Difficulty	
						Receives No Help	Receives Help
<b>Total</b>	(N=1002)	(N=388)	(N=311)	(N=303)	(N=343)	(N=478)	(N=181)
Chronic bronchitis							
Ever <sup>4</sup>	16.4	20.3	16.2	5.6	19.2	15.4	13.2
Current <sup>5</sup>	8.4	10.2	8.4	3.4	10.4	7.3	7.7
Emphysema <sup>4</sup>	8.5	11.3	7.3	4.0	10.8	7.8	5.8
Asthma							
Ever <sup>4</sup>	11.3	14.2	10.9	4.0	11.2	11.8	10.4
Current <sup>5</sup>	7.6	10.9	5.8	2.6	8.6	7.8	5.0
Have you been treated for pneumonia in the past 5 years?							
Yes	13.3	13.0	15.2	9.3	14.9	11.7	14.7
Did you require a stay in the hospital for treatment (of pneumonia)?							
Yes	7.1	6.9	8.0	5.5	8.6	6.0	7.3
<b>Current and Former Cigarette Smokers<sup>6,7</sup></b>	(N=469)	(N=224)	(N=147)	(N=98)	(N=182)	(N=217)	(N=70)
Chronic bronchitis							
Ever <sup>4</sup>	22.5	26.4	21.3	7.9	26.1	20.2	20.2
Current <sup>5</sup>	12.2	14.6	11.2	4.0	14.6	10.1	12.3
Emphysema <sup>4</sup>	14.0	17.2	11.0	9.8	15.2	13.8	11.6
Asthma							
Ever <sup>4</sup>	11.2	13.7	9.0	6.5	12.3	11.0	8.9
Current <sup>5</sup>	8.2	11.0	6.0	3.2	9.8	7.5	6.5
Have you been treated for pneumonia in the past 5 years?							
Yes	16.1	17.3	16.1	9.8	16.7	13.6	22.2
Did you require a stay in the hospital for treatment (of pneumonia)?							
Yes	8.4	8.3	8.6	7.8	10.7	6.0	9.7
<b>Never Smoked Cigarettes<sup>6,8</sup></b>	(N=533)	(N=164)	(N=164)	(N=205)	(N=161)	(N=261)	(N=111)
Chronic bronchitis							
Ever <sup>4</sup>	10.2	11.8	11.5	4.5	10.4	11.0	8.0
Current <sup>5</sup>	4.7	4.3	5.9	3.2	5.2	4.7	4.3
Emphysema <sup>4</sup>	3.0	3.0	4.0	1.0	5.4	2.2	1.5
Asthma							
Ever <sup>4</sup>	11.5	14.9	12.6	2.7	9.8	12.6	11.6
Current <sup>5</sup>	6.9	10.9	5.7	2.3	7.0	8.1	3.8
Have you been treated for pneumonia in the past 5 years?							
Yes	10.6	7.1	14.4	9.1	12.6	9.9	9.2
Did you require a stay in the hospital for treatment (of pneumonia)?							
Yes	5.8	4.8	7.5	4.3	6.0	5.9	5.5

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> "Yes" response to a question in the form "Has a doctor ever told you that you had . . . ?"

<sup>5</sup> "Yes" response to "Do you still have it?"

<sup>6</sup> Which of the following best describes your current smoking status?

<sup>7</sup> "Former smoker who quit more than 1 year ago"; "Former smoker who quit 1 year ago or less"; or "Current smoker" in response to the smoking status question.

<sup>8</sup> Response of "never smoked" to the smoking status question.

**Table 11.2: Percent Prevalence of Self-Reported Pulmonary Symptoms<sup>1,2</sup>**

Symptom	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Do you <u>usually</u> cough . . . ? On getting up, first thing in the morning Yes	19.7	21.3	20.3	13.8	18.9	21.0	17.8
During the rest of the day or during the night Yes	21.6	22.5	23.3	14.5	22.0	19.7	26.2
Duration of cough <sup>4</sup> Less than 1 month	4.8	5.2	4.5	4.6	4.3	4.1	7.9
1-12 months	9.5	10.7	9.2	6.9	8.1	9.5	12.3
Over 12 months	15.8	16.0	17.1	11.7	18.2	16.2	9.9
Do you <u>usually</u> bring up phlegm . . . ? On getting up, first thing in the morning Yes	23.6	24.3	24.1	20.3	22.6	22.7	28.3
During the rest of the day or during the night Yes	18.0	19.9	17.6	13.7	19.6	17.1	17.3
Duration of phlegm production <sup>4</sup> Less than 1 month	4.4	5.7	3.0	4.3	3.9	3.7	7.3
1-12 months	8.4	8.5	8.4	8.3	8.8	6.9	11.8
Over 12 months	18.2	18.0	19.7	14.5	18.5	18.7	16.0
Does your chest ever sound wheezy or whistling . . . ? When you have a cold Yes	42.6	51.7	40.1	22.5	46.2	42.0	36.7
Apart from when you have a cold Yes	16.4	21.3	14.5	6.7	16.7	14.6	20.7
Most days or nights <sup>5</sup> Yes	7.6	10.0	6.5	3.5	8.0	5.9	11.4
Duration of wheezing <sup>4,5</sup> Less than 1 month	2.0	3.3	0.9	1.0	2.3	1.3	3.0
1-12 months	5.2	6.6	4.5	2.7	5.1	5.2	5.1
Over 12 months	9.0	11.1	9.1	3.0	8.7	8.0	12.6
Attack of wheezing resulting in shortness of breath <sup>6</sup> One episode only	5.4	6.2	4.9	4.2	6.2	4.6	5.8
Two or more episodes	14.6	19.0	13.8	4.1	12.6	14.4	19.2
Have you ever required medicine or treatment for the(se) attack(s)? Yes	15.2	19.5	14.2	5.7	15.7	15.0	14.9

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The question is in the form "Have you had this . . . for . . . ?"

<sup>5</sup> Asked of participants who reported that the chest sounded wheezy or whistling apart from when they had a cold.

<sup>6</sup> Have you ever had an attack of wheezing that has made you feel short of breath? Have you had two or more such episodes?



**Table 11.3 Spirometry Examination Results<sup>1</sup>**

Test Result	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>2</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Attempting spirometry							
Number	840	338	255	247	292	406	142
Percent	84.7	87.6	82.2	82.9	85.2	85.3	82.0
If attempted: Acceptable reproducibility <sup>3</sup>							
Number	639	260	195	184	225	319	95
Percent	77.2	76.8	77.9	76.5	78.7	79.2	68.1

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.

<sup>2</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>3</sup> Three acceptable trials, free of coughs, early termination or extrapolated volume.

**Table 11.4: Spirometry Results<sup>1,2</sup>**

Test Result	Total (N=639)	Age Group			Disability Level		
		65-74 (N=260)	75-84 (N=195)	85+ (N=184)	Moderate <sup>3</sup> (N=225)	ADL Difficulty	
						Receives No Help (N=319)	Receives Help (N=95)
<b>Forced expiratory volume in the first second (FEV<sub>1</sub>) (liters)</b>							
Mean	1.4	1.5	1.4	1.2	1.5	1.5	1.4
5th percentile	0.7	0.8	0.7	0.7	0.7	0.7	0.7
25th percentile	1.1	1.1	1.1	1.0	1.1	1.1	1.0
50th percentile	1.4	1.6	1.4	1.2	1.4	1.4	1.3
75th percentile	1.7	1.9	1.7	1.5	1.8	1.8	1.5
95th percentile	2.2	2.3	2.1	1.8	2.2	2.2	2.1
<b>Forced expiratory volume in 6 seconds (FEV<sub>6</sub>) (liters)</b>							
Mean	1.9	2.1	1.9	1.6	2.0	1.9	1.7
5th percentile	1.0	1.2	1.1	0.8	1.1	1.1	0.9
25th percentile	1.5	1.7	1.5	1.3	1.6	1.5	1.3
50th percentile	1.9	2.1	1.9	1.6	1.9	1.9	1.6
75th percentile	2.2	2.4	2.2	1.9	2.3	2.3	2.0
95th percentile	2.7	3.0	2.7	2.4	2.8	2.7	2.6
<b>Forced vital capacity (FVC) (liters)</b>							
Mean	2.0	2.1	2.0	1.6	2.1	2.0	1.8
5th percentile	1.1	1.3	1.1	0.8	1.1	1.1	0.9
25th percentile	1.5	1.7	1.6	1.4	1.6	1.6	1.3
50th percentile	1.9	2.1	1.9	1.7	2.0	2.0	1.6
75th percentile	2.3	2.5	2.3	2.0	2.4	2.4	2.1
95th percentile	3.0	3.3	2.9	2.5	3.0	3.0	2.8
<b>FEV<sub>1</sub>/FEV<sub>6</sub> (percent)</b>							
Mean	75.7	74.5	75.4	79.8	74.9	75.1	79.6
5th percentile	55.6	53.0	56.5	60.5	52.9	55.8	62.7
25th percentile	70.6	70.7	69.5	71.4	69.2	70.2	73.6
50th percentile	76.2	76.3	75.6	76.4	75.2	76.2	78.7
75th percentile	81.4	80.9	81.5	83.1	80.6	80.9	87.3
95th percentile	97.5	89.6	100.0	100.0	95.0	97.3	100.0
<b>FEV<sub>1</sub>/FVC (percent)</b>							
Mean	72.9	71.7	72.8	76.8	71.5	72.4	78.1
5th percentile	50.2	49.0	48.8	56.0	48.1	51.2	60.9
25th percentile	66.6	65.4	65.6	68.9	65.1	66.5	70.7
50th percentile	73.4	73.1	72.4	74.6	72.3	73.1	77.7
75th percentile	80.3	79.9	80.5	82.9	79.9	79.5	87.1
95th percentile	97.1	88.8	99.3	100.0	94.9	97.1	99.3
<b>Percent of predicted FEV<sub>1</sub><sup>4</sup></b>							
Mean	78.3	76.7	79.2	81.3	76.9	80.2	75.6
5th percentile	41.9	40.7	40.0	45.4	43.1	40.9	42.1
25th percentile	62.6	61.4	63.6	66.2	60.2	65.2	61.6
50th percentile	80.7	79.4	80.0	83.3	78.9	83.6	75.5
75th percentile	95.6	92.1	97.4	101.0	93.6	98.3	91.1
95th percentile	116.4	112.1	114.5	121.5	114.2	116.9	113.3
<b>Percent of predicted FVC<sup>5</sup></b>							
Mean	83.2	84.0	83.5	79.8	83.6	85.2	75.3
5th percentile	47.6	50.9	48.8	44.2	50.5	50.9	40.2
25th percentile	69.4	71.7	68.1	68.2	70.3	70.8	61.3
50th percentile	82.0	82.9	82.3	80.1	82.0	84.2	73.7
75th percentile	99.0	98.9	100.4	96.4	99.1	100.4	90.1
95th percentile	120.1	119.6	119.1	121.5	120.5	120.4	113.8

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> FEV<sub>1</sub>/predicted FEV<sub>1</sub>.

<sup>5</sup> FVC/predicted FVC.

**Table 11.5: Spirometry Interpretation by National Institute for Occupational Safety and Health (NIOSH) (Percent)<sup>1,2</sup>**

Test Result <sup>3</sup>	Total (N=639)	Age Group			Disability Level		
		65-74 (N=260)	75-84 (N=195)	85+ (N=184)	Moderate <sup>4</sup> (N=225)	ADL Difficulty	
						Receives No Help (N=319)	Receives Help (N=95)
Normal pattern	51.6	54.4	46.3	57.3	48.6	55.0	47.6
Obstructive pattern							
Mild	11.5	12.7	13.0	4.1	15.1	10.0	8.0
Moderate or severe	7.2	7.5	7.6	5.1	8.8	7.7	1.3
Restrictive pattern							
Mild	7.7	4.1	11.6	8.6	6.1	9.0	7.7
Moderate or severe	13.2	11.6	12.4	20.0	11.7	8.7	31.7
Obstructive and restrictive							
Mild	0.4	0.4	0.6	0.2	1.1	0.1	0.0
Mild obstructive/moderate to severe restrictive	2.4	1.9	3.6	0.8	2.0	3.1	1.1
Mild restrictive/moderate to severe obstructive	2.2	2.7	1.1	3.4	1.5	2.5	2.6
Moderate to severe	3.8	4.8	3.9	0.6	5.2	4.0	0.0

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

**Table 11.6: Spirometry Interpretation for All Participants Based on Benchmark Group (Percent)<sup>1,2,3</sup>**

Interpretation <sup>4</sup>	Total (N=639)	Age Group			Disability Level		
		65-74 (N=260)	75-84 (N=195)	85+ (N=184)	Moderate <sup>5</sup> (N=225)	ADL Difficulty	
						Receives No Help (N=319)	Receives Help (N=95)
Normal pattern	75.2	72.8	76.7	78.9	71.6	76.6	79.6
Obstructive pattern <sup>6</sup>	17.6	21.1	16.8	9.0	21.7	17.9	6.3
Restrictive pattern <sup>7</sup>	7.2	6.2	6.6	12.1	6.7	5.5	14.1

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> The benchmark group consists of participants with no self-report of cough, phlegm, chest wheezing or whistling apart from a cold, or history of smoking cigarettes.

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>6</sup> Percent predicted FEV<sub>1</sub>/percent predicted FVC less than 5th percentile of the benchmark group.

<sup>7</sup> Percent predicted FEV<sub>1</sub>/percent predicted FVC at least 5th percentile of the benchmark group, and percent predicted FVC less than 5th percentile of the benchmark group.

**Table 12.1: Percent Prevalence of Self-Reported Arthritis and Surgical Treatment for Arthritis<sup>1,2</sup>**

Condition and Treatment	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Self-report of arthritis <sup>4</sup>	76.1	75.4	77.4	74.6	70.0	80.4	76.9
Has a doctor ever told you that you had arthritis? <sup>5</sup>							
Yes	75.1	74.7	76.5	72.6	68.5	79.8	75.5
Are you currently being treated or taking medication for arthritis?							
Yes	42.2	42.5	44.7	34.6	37.7	44.5	45.3
Which type of arthritis do you have? <sup>6</sup>							
Rheumatoid arthritis	11.6	10.1	14.4	8.7	10.2	11.3	15.5
Osteoarthritis or degenerative arthritis	21.8	26.4	19.0	16.1	17.7	24.6	22.7
Some other type	1.9	1.4	2.8	0.9	2.3	1.8	1.3
Don't know	40.8	37.5	41.3	48.9	39.8	42.7	37.4
Any surgery for arthritis <sup>7</sup>	8.4	8.4	9.1	6.6	3.5	11.2	10.8
Hip surgery <sup>8</sup>	2.2	1.9	2.9	1.3	0.4	3.3	3.1
Knee surgery <sup>9</sup>	5.0	5.5	4.7	4.1	2.2	6.8	5.8

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> "Yes" response to either the question about doctor's diagnosis of arthritis or the question about treatment or medication for arthritis.

<sup>5</sup> The question was asked in the screener interview and the presence of the condition was confirmed in the baseline interview.

<sup>6</sup> Categories may not add up to percent reporting arthritis due to rounding.

<sup>7</sup> "Yes" response to "Have you ever had any operations for treatment of your arthritis?"

<sup>8</sup> "Yes" response to either "Was your right hip operated on?" or "Was your left hip operated on?"

<sup>9</sup> "Yes" response to either "Was your right knee operated on?" or "Was your left knee operated on?"

**Table 12.2: Percent Prevalence of Other Self-Reported Osteoarticular Conditions<sup>1,2</sup>**

Condition and Treatment	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Osteoporosis or thinning of the bones <sup>1</sup>	16.0	14.1	19.4	12.3	16.9	16.0	14.2
Are you currently being treated for osteoporosis?							
Yes	5.6	5.9	6.6	2.1	4.5	6.7	5.1
Bone fractures							
Hip <sup>5</sup>	6.1	3.2	6.3	14.5	3.9	6.9	8.7
Hospitalized during past year for hip fracture <sup>6</sup>	0.4	0.3	0.7	0.3	0.0	0.0	2.6
Compression fracture or collapsed or crushed vertebrae <sup>7</sup>	4.9	2.9	7.0	5.0	3.0	5.6	6.8
Wrist/arm (since age 50) <sup>8</sup>	13.1	10.4	14.6	16.8	12.1	15.0	10.0
Other bones (since age 50) <sup>9</sup>	19.4	17.4	22.4	17.3	16.6	22.1	17.8
Degenerated or herniated disc or spinal stenosis <sup>10</sup>	17.8	19.0	19.3	10.1	12.1	22.9	15.1
Surgery for treatment of degenerated disc or spinal stenosis <sup>11</sup>	0.8	0.8	1.2	0.0	0.3	1.5	0.0

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 5% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The question is in the form "Has a doctor ever told you that you had . . . ?"

<sup>5</sup> "Yes" response to "Has a doctor ever told you that you had a broken or fractured hip?" from the screener interview. The presence of the condition was confirmed in the baseline interview.

<sup>6</sup> "Yes" response to "Were you hospitalized for treatment of your broken hip?" and date of most recent hip fracture given in response to "When were you admitted to the hospital?" no more than 365 days prior to date of baseline interview.

<sup>7</sup> "Yes" response to "Has a doctor ever X-rayed you and told you that you had a compression fracture or collapsed or crushed vertebrae?"

<sup>8</sup> "Yes" response to "Since the age of 50, has a doctor ever told you that you had broken or fractured your wrist or arm?"

<sup>9</sup> "Yes" response to "Since the age of 50, has a doctor ever told you that you had broken or fractured any other bones?"

<sup>10</sup> "Yes" response to either "Has a doctor ever told you that you had a degenerated, slipped or herniated disc or sciatica?" or "Has a doctor ever told you that you had spinal stenosis?"

<sup>11</sup> "Yes" response to either "Did you have surgery for treatment of your degenerated, slipped, or herniated disc or sciatica?" or "Did you have surgery for treatment of spinal stenosis?"

**Table 12.3: Percent Prevalence of Osteoarticular Symptoms<sup>1,2</sup>**

Symptom	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
<b>Hands or wrists</b>							
Pain, aching, or discomfort <sup>4</sup>	33.0	36.6	31.7	26.2	27.5	33.7	42.7
Swelling with tenderness <sup>5</sup>	16.0	19.6	15.0	8.4	13.8	13.9	26.7
Morning stiffness <sup>6</sup>	27.7	31.2	26.9	19.7	20.8	27.4	42.8
Pain or stiffness occurred in the past month <sup>7</sup>	56.9	60.4	56.7	47.6	50.2	61.5	58.3
<b>Hips</b>							
Pain, aching, or discomfort <sup>4</sup>	27.7	31.8	25.0	22.9	20.6	33.1	27.1
Morning stiffness <sup>6</sup>	20.9	23.9	20.1	13.8	13.9	25.9	21.2
Pain or stiffness occurred in the past month <sup>8</sup>	38.6	41.8	38.1	30.4	30.7	46.7	32.4
<b>Knees</b>							
Pain, aching, or discomfort <sup>4</sup>	45.9	52.1	43.3	34.7	36.3	51.4	50.4
Swelling with tenderness <sup>5</sup>	23.4	28.8	19.9	17.3	16.0	25.5	33.2
Morning stiffness <sup>6</sup>	34.5	41.1	32.6	20.5	23.5	39.8	42.7
Pain or stiffness occurred in the past month <sup>8</sup>	55.4	59.7	54.7	45.0	45.9	61.3	58.8
<b>Feet</b>							
Pain, aching, or discomfort <sup>4</sup>	34.1	35.9	35.8	24.2	27.9	36.8	39.5
Swelling with tenderness <sup>5</sup>	21.9	23.0	22.7	16.8	18.6	21.0	31.5
Morning stiffness <sup>6</sup>	21.0	24.4	20.7	11.9	14.0	23.4	28.9
Pain or stiffness occurred in the past month <sup>8</sup>	43.2	44.5	45.7	32.9	38.2	46.2	45.4
<b>Lower back</b>							
Pain <sup>4</sup>	42.2	45.8	43.4	28.6	33.2	49.0	42.1

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> "Yes" response to "During the past year, have you had . . . in your . . . on most days for at least one month?"

<sup>5</sup> "Yes" response to "Have you ever had any swelling with aching or tenderness in your . . . on most days for at least six weeks?"

<sup>6</sup> "Yes" response to "Have you ever had stiffness in your . . . when first getting up in the morning on most days for at least six weeks?"

<sup>7</sup> "Yes" response to either "Have you had (this/any) pain in your hands or wrists during the past month?" or "Have you had (this/any) stiffness in your hands or wrists in the last month?"

<sup>8</sup> "Yes" response to either "Have you had (this/any) pain in your . . . during the past month?" or "Has stiffness in your . . . occurred in the past month?"

**Table 12.4: Presence and Severity of Pain in Hands or Wrists, Feet, and Lower Back During the Past Month (Percent)<sup>1,2</sup>**

Symptom <sup>3</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
<b>Hands or wrists<sup>5,6</sup></b>							
No pain reported	49.2	46.8	48.6	58.0	55.7	44.9	48.0
Mild pain (0-3)	14.0	13.4	15.3	12.3	12.2	18.1	6.3
Moderate pain (4-6)	21.9	24.4	20.0	19.6	18.6	23.1	25.3
Severe pain (7-10)	14.9	15.4	16.1	10.1	13.5	14.0	20.3
<b>Feet<sup>5,6</sup></b>							
No pain reported	58.2	56.9	56.0	67.9	63.6	55.2	55.5
Mild pain (0-3)	10.4	6.9	15.3	7.7	7.7	13.2	8.2
Moderate pain (4-6)	13.9	15.6	12.9	11.8	14.0	14.0	13.6
Severe pain (7-10)	17.4	20.6	15.7	12.6	14.6	17.6	22.8
<b>Lower back<sup>7,6</sup></b>							
No pain reported	57.8	54.2	56.6	71.4	66.8	51.0	57.9
Mild pain (0-3)	5.3	3.8	7.3	4.8	4.7	6.1	4.4
Moderate pain (4-6)	16.2	19.3	13.5	14.2	15.3	16.8	16.4
Severe pain (7-10)	20.7	22.7	22.6	9.7	13.2	26.1	21.2

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>5</sup> Have you had (this/any) pain in your . . . (during the past month)?

<sup>6</sup> Respondents who answered "Yes" to the question about pain were then asked "Please rate the average pain in your . . . during the past month by giving me a number from 0 to 10, where 0 is no pain and 10 is severe or excruciating pain, as bad as you can imagine."

<sup>7</sup> During the past year, have you had pain in your lower back on most days for at least one month?



**Table 12.5: Presence and Severity of Pain in Knees or Hips During the Past Month (Percent)<sup>1,2</sup>**

Symptom	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Pain in knees or hips during the past month <sup>4</sup>	65.5	69.5	64.7	56.2	55.8	72.7	65.8
Severity of pain reported during activities: <sup>5</sup>							
Walking on a flat surface <sup>6</sup>							
Doesn't do	0.4	0.0	0.5	1.0	0.0	0.0	2.2
Mild pain (0-3)	20.1	19.5	20.9	19.6	18.9	22.5	15.9
Moderate pain (4-6)	22.3	24.0	22.0	18.1	21.8	24.5	17.2
Severe pain (7-10)	22.5	26.0	21.0	16.5	15.0	25.6	29.9
Going up or down stairs <sup>6</sup>							
Doesn't do	4.1	2.6	4.6	7.4	1.1	4.5	9.8
Mild pain (0-3)	16.5	16.2	16.2	18.5	15.7	17.9	14.5
Moderate pain (4-6)	17.4	16.9	20.1	11.6	19.1	18.5	10.7
Severe pain (7-10)	26.8	33.6	23.2	16.5	19.8	31.4	29.2
In bed at night <sup>6</sup>							
Mild pain (0-3)	33.8	31.5	36.5	33.1	29.7	38.3	29.7
Moderate pain (4-6)	16.2	17.6	15.3	14.7	13.6	17.9	17.1
Severe pain (7-10)	15.4	20.4	12.8	7.3	12.4	16.4	18.6
Sitting or lying down <sup>6</sup>							
Mild pain (0-3)	37.3	36.1	39.2	35.7	33.1	42.9	30.5
Moderate pain (4-6)	16.7	20.7	13.1	14.6	14.2	18.3	17.4
Severe pain (7-10)	11.3	12.4	12.4	5.1	8.1	11.4	17.8
Standing upright <sup>6</sup>							
Doesn't do	0.5	0.2	0.5	1.4	0.0	0.2	2.5
Mild pain (0-3)	27.0	26.5	28.6	24.3	25.7	29.3	23.6
Moderate pain (4-6)	18.7	18.8	18.9	17.7	14.4	23.6	13.7
Severe pain (7-10)	19.1	24.0	16.3	12.0	15.4	19.6	25.3

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> "Yes" response to at least one of the following questions: (1) Have you had (this/any) pain in your knees during the past month? and (2) Have you had (this/any) pain in your hips during the past month?

<sup>5</sup> Categories for each item may not add up to percent reporting pain due to (1) rounding (2) level of severity not reported.

<sup>6</sup> Respondents who reported pain in knees or hips during the past month were asked "Please rate the average pain in your (knees) (and) (hips) during the past month by giving me a number from 0 to 10, where 0 is no pain and 10 is severe or excruciating pain, as bad as you can imagine. How would you rate the pain when you are . . . ?"

**Table 12.6: Percent Prevalence of Limb and Joint Abnormalities on Examination<sup>1,2</sup>**

Examination Finding	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Either wrist or any hand joint							
Tender on palpation or pain on passive motion	52.5	53.3	52.1	51.3	47.6	55.1	55.3
Swelling	26.6	24.7	30.5	21.5	22.1	28.0	32.0
Decreased range of motion	51.2	48.2	50.1	62.9	47.7	50.7	59.8
Shoulder rotation (internal and external) <sup>4</sup>							
Fully able to do	64.5	69.1	63.3	54.2	74.8	66.2	38.2
Partially able	29.2	24.6	30.8	38.5	22.5	30.5	39.6
Unable to do at least one rotation <sup>5</sup>	6.3	6.4	5.9	7.3	2.7	3.3	22.2
Either hip							
Pain on passive motion	24.1	27.3	21.2	22.4	21.2	26.9	22.2
Either knee							
Crepitus	83.3	83.4	82.2	86.1	84.8	81.9	84.1
Tender on palpation or pain on passive motion	35.3	37.0	31.9	39.9	24.7	38.0	49.9
Bony enlargement	42.1	34.3	47.0	52.0	31.0	44.6	58.4
Angular deformity <sup>6</sup>	16.6	15.2	17.6	18.2	10.9	20.1	18.8
Either foot							
Hammer toes	49.4	44.6	51.9	56.8	47.9	49.2	52.9
Bunions	69.7	64.0	72.6	78.5	69.0	71.1	67.0

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> Of either shoulder, internal or external.

<sup>6</sup> Observed varus or valgus of greater than 5 degrees.

**Table 12.7: Lower Extremity Muscle Strength Tests<sup>1</sup>**

Test Result	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>2</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Knee extensor muscle test							
Number completing exam <sup>3</sup>	826	327	256	243	305	397	124
Percent completing exam	83.1	84.4	82.6	80.7	89.1	84.1	67.8
Muscle strength (kg) <sup>4</sup>							
Mean	13.3	14.5	12.7	11.6	14.2	13.3	11.0
5th percentile	5.6	6.5	4.5	4.9	6.8	5.9	3.8
25th percentile	9.8	10.7	8.9	8.9	10.5	9.8	7.8
50th percentile	12.9	14.8	12.8	11.4	13.8	12.6	10.8
75th percentile	16.4	18.1	15.4	14.9	17.5	16.4	14.1
95th percentile	21.7	22.9	21.9	20.1	22.6	21.7	17.8
Hip flexion muscle test							
Number completing exam <sup>3</sup>	781	316	239	226	305	361	115
Percent completing exam	79.0	81.9	77.6	74.7	89.4	77.0	63.2
Muscle strength (kg) <sup>4</sup>							
Mean	11.9	12.9	11.4	10.0	12.3	12.0	10.2
5th percentile	4.7	5.4	4.4	3.9	4.9	4.9	2.3
25th percentile	8.1	9.3	7.8	7.3	8.6	8.1	7.2
50th percentile	11.2	12.1	11.5	9.6	11.8	11.2	9.2
75th percentile	14.6	16.1	14.2	13.1	15.4	14.5	12.2
95th percentile	20.6	22.6	20.7	18.4	21.8	20.2	19.0

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.

<sup>2</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>3</sup> Defined as completing two trials on each leg.

<sup>4</sup> Highest of the four scores (two trials on each leg).

**Table 13.1: Percent Prevalence of Self-Reported Stroke<sup>1,2</sup>**

Condition and Treatment	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>3</sup>	ADL Difficulty	
						Receives No Help	Receives Help
All Participants	(N=1002)	(N=388)	(N=311)	(N=303)	(N=343)	(N=478)	(N=181)
Has a doctor ever told you that you had a stroke? <sup>4</sup>							
Yes	14.7	15.5	14.4	12.9	10.2	11.4	32.8
Participants Reporting Stroke	(N=143)	(N=61)	(N=45)	(N=37)	(N=34)	(N=55)	(N=54)
Have you ever been hospitalized for a stroke?							
Yes	73.2	75.6	74.5	60.1	68.5	71.1	78.3
How many strokes have you had? <sup>5</sup>							
One	64.0	67.3	60.9	62.1	74.3	60.3	61.1
More than one	36.0	32.7	39.2	37.9	25.7	39.7	38.9

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 5% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The question was asked in the screener interview and the presence of the condition was confirmed in the baseline interview.

<sup>5</sup> Categories may not add up to 100% due to rounding.

**Table 13.2: Percent Prevalence of Current Residual Symptoms Resulting from a Stroke<sup>1,2,3</sup>**

Stroke Symptom	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>4</sup>	ADL Difficulty	
						Receives No Help	Receives Help
Participants Reporting Stroke <sup>5</sup>	(N=143)	(N=61)	(N=45)	(N=37)	(N=34)	(N=55)	(N=54)
Any motor symptoms (weakness) <sup>6,7</sup>	53.3	56.8	50.3	50.1	41.4	45.3	68.9
Left side only	31.8	34.9	27.8	33.4	21.4	31.6	38.9
Right side only	15.3	16.0	15.9	11.1	12.9	8.2	23.7
Both sides	6.2	6.0	6.7	5.7	7.0	5.5	6.3
Any non-motor symptoms	62.7	68.2	61.6	47.2	60.0	64.7	62.5
Any effect on speech	24.8	29.8	21.0	18.7	19.5	26.9	26.1
Loss or change in speech <sup>8</sup>	20.1	21.4	20.6	14.3	16.1	17.6	25.2
Slurred speech <sup>9</sup>	10.9	10.7	12.2	7.6	6.1	7.3	17.6
Wrong words came out <sup>10</sup>	11.9	12.6	11.5	10.3	13.5	8.4	14.3
Words would not come out <sup>11</sup>	14.8	13.3	18.6	8.8	13.5	18.3	12.3
Could not think of right words <sup>12</sup>	11.0	13.0	7.3	15.6	6.0	18.9	6.7
Numbness, tingling, or loss of feeling <sup>13</sup>							
Left side only	15.8	18.1	16.9	4.9	17.1	12.4	18.3
Right side only	10.4	9.9	11.7	8.2	3.4	8.8	16.4
Both sides	1.9	1.6	2.5	1.3	4.2	2.5	0.0
Dizziness, loss of balance, or sensation of spinning <sup>14</sup>	31.2	30.4	34.4	24.5	25.2	35.7	30.7
Loss or blurring of vision, complete or partial <sup>15</sup>							
Left eye only	7.6	5.0	11.0	5.9	10.3	6.9	6.6
Right eye only	4.0	3.4	4.6	3.8	3.4	0.0	7.9
Both eyes	8.6	4.8	13.6	6.1	9.8	4.7	11.4

(Women's Health and Aging Study, baseline interview, 1992-1995)

- <sup>1</sup> All variables have less than 5% missing data. Results are based on non-missing data.
- <sup>2</sup> Descriptive statistics are based on weighted data.
- <sup>3</sup> Responses are included in this table if the participants reported experiencing the symptom as a result of a stroke and answered "Yes" to "Do you still have this problem?"
- <sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).
- <sup>5</sup> Responded "Yes" to "Has a doctor ever told you that you had a stroke?"
- <sup>6</sup> Sum of rates for categories may not equal rate for any motor symptoms due to rounding.
- <sup>7</sup> Weakness in side of the body is included if the participant answered "Yes" to "After (any of) your stroke(s), did you have weakness in your [part of body]?"
- <sup>8</sup> Did you have a sudden loss or change in speech as a result of (any of) your stroke(s)?
- <sup>9</sup> Your speech was slurred like you were drunk.
- <sup>10</sup> You could talk, but the wrong words came out.
- <sup>11</sup> You knew what you wanted to say, but the words would not come out.
- <sup>12</sup> You could not think of the right words.
- <sup>13</sup> Did you have sudden numbness, tingling, or a loss of feeling in either side of your body, including your face, arm, or leg, as a result of any stroke?
- <sup>14</sup> Did you have sudden dizziness, loss of balance, or a sensation of spinning as a result of a stroke?
- <sup>15</sup> After (any of) your stroke(s), did you have sudden loss or blurring of vision, either complete or partial?

**Table 13.3: Percent Prevalence of Self-Reported Parkinson's Disease and Parkinsonian Symptoms<sup>1,2</sup>**

Condition and Treatment	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Has a doctor ever told you that you had Parkinson's disease? <sup>4</sup> Yes	2.3	2.3	2.4	2.4	1.1	1.6	7.0
Are you currently being treated for Parkinson's disease? Yes	1.9	2.0	1.7	2.3	1.1	1.3	5.4
Current use of L-dopa or Sinemet <sup>5</sup>	1.6	1.8	1.0	2.8	0.6	1.3	4.6
Any of the above <sup>6</sup>	2.4	2.3	2.4	3.2	1.1	1.8	7.0
Parkinsonism Questionnaire <sup>7</sup>							
Do you have trouble rising from a chair? Yes	50.8	50.1	48.9	57.7	23.5	61.8	76.8
Is your handwriting smaller than it once was? Yes	22.6	19.3	24.7	26.6	19.1	21.1	33.7
Do people tell you that your voice is softer than it once was? Yes	9.3	8.5	10.2	9.0	9.1	8.9	10.7
Is your balance poor? Yes	56.4	52.0	59.9	60.0	45.7	58.7	72.2
Do your feet suddenly seem to freeze in doorways? Yes	10.2	8.6	11.8	10.7	5.9	10.5	18.4
Do people tell you that your face seems less expressive than it once did? Yes	8.1	8.8	8.4	5.4	6.9	7.1	13.6
Do your arms or legs shake? Yes	16.0	13.2	19.2	15.8	13.2	12.8	30.8
Do you shuffle your feet or take tiny steps when you walk? Yes	23.3	19.8	23.2	34.1	14.9	23.5	40.5
Have you ever taken L-dopa or Sinemet? Yes	2.7	2.8	2.5	2.8	0.3	2.2	8.8

(Women's Health and Aging Study, screening and baseline interviews, 1992-1995)

<sup>1</sup> All variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> The question was asked in the screener interview and the presence of the condition was confirmed in the baseline interview.

<sup>5</sup> Interviewers asked participants: "May I see the medicine bottles, containers or bags for all of the medicines that you have taken or used in the last two weeks? Please include medicine prescribed by a doctor and medicine not prescribed by a doctor." Evidence of current use of L-dopa or Sinemet is based on the interviewer's notation of at least one of these among the drugs shown.

<sup>6</sup> "Yes" to the question about having Parkinson's disease, or evidence of current use of L-dopa or Sinemet.

<sup>7</sup> Tanner CM, et al. (1990). A brief screening questionnaire for parkinsonism. *Ann Neurol* 28:264-268.

**Table 13.4: Percent Prevalence of Abnormal Peripheral Sensation<sup>1,2</sup>**

Symptom	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Abnormal peripheral sensation <sup>4</sup>	9.6	10.7	9.4	6.9	3.6	11.4	16.7
Is your abnormal sensation found in your . . . ?							
A. Legs or feet							
Yes	6.7	8.1	6.1	4.3	2.6	8.6	10.0
B. Arms or hands							
Yes	8.2	9.6	7.8	4.9	3.2	9.6	14.5
If yes to both A and B	5.4	7.0	4.5	2.9	2.2	6.8	8.2
Have you ever burned yourself without feeling pain?							
Yes	1.7	2.1	1.6	0.8	1.1	1.2	4.4

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Includes positive response to any of the items below.

**Table 13.5: Vibration Sensitivity Test<sup>1,2</sup>**

Test Result	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Number completing exam	898	364	287	247	320	430	148
Percent completing exam	91.6	94.2	92.3	81.9	94.3	92.4	83.6
Vibration threshold (microns) <sup>4,5</sup>							
Mean	4.1	3.6	4.2	5.3	3.6	4.3	4.5
5th percentile	1.2	1.0	1.4	2.0	1.1	1.5	1.2
25th percentile	2.5	2.2	2.6	3.7	2.2	2.8	2.9
50th percentile	3.9	3.1	3.9	5.0	3.2	4.2	4.5
75th percentile	5.5	4.7	5.2	6.9	4.7	5.9	6.1
95th percentile	8.6	7.9	8.5	9.2	8.3	8.9	8.9

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.

<sup>2</sup> Data obtained by using Vibratron II (Physitemp Instrument).

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Maser RE, et al. (1989). Measuring diabetic neuropathy. Assessment and comparison of clinical examination and quantitative sensory testing. *Diabetes Care* 12(4):270-275.

<sup>5</sup> The method for calculating vibration threshold is described in the text.



**Table 13.6: Percent Prevalence of Dizziness, Fainting, Falls and Fear of Falling<sup>1,2</sup>**

Symptom	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Do you ever feel dizzy or light-headed after standing up? Yes	38.6	39.8	37.3	39.0	35.1	38.7	45.7
Have you fainted during the past year? Yes	5.2	4.1	5.9	6.8	5.3	4.6	6.6
Have you fallen in the past 12 months? <sup>4</sup> Yes	34.0	30.3	36.5	38.2	26.9	34.4	47.7
Number of falls <sup>5,6</sup>							
1	18.6	15.3	21.1	22.0	15.3	19.0	24.5
2 or more	15.1	15.0	15.0	15.6	11.6	14.9	23.1
In the past 12 months, have you been anxious or worried or afraid you might fall? Yes	45.2	44.9	44.1	49.2	32.8	50.9	55.3
Limitation in activities because of fear of falling <sup>7,8</sup>							
No	24.1	24.6	23.6	24.1	22.1	27.4	19.3
Rarely	2.3	3.2	1.9	1.1	1.0	3.5	1.9
Some of the time	9.6	10.1	9.5	8.6	5.4	10.3	16.5
Most or all of the time	9.2	7.1	9.2	15.4	4.3	9.8	17.5

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Falling includes falling on the ground or at some other level, such as a chair.

<sup>5</sup> How many times have you fallen in the last 12 months?

<sup>6</sup> Categories may not add up to percent reporting falls due to (1) rounding (2) number of falls not reported.

<sup>7</sup> Do you ever limit your activities, for example, what you do or where you go, because you are afraid of falling? Do you limit your activities because of a fear of falling . . . ?

<sup>8</sup> Categories may not add up to percent afraid of falling due to (1) rounding (2) limitation in activities not reported.

**Table 13.7: Percent Prevalence of Balance Problems During Daily Activities<sup>1,2</sup>**

Symptom <sup>3</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>4</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Problem keeping balance when Walking on a level surface <sup>5</sup>							
Always, very often or often	18.9	15.5	18.7	29.5	10.2	18.8	37.2
Sometimes	43.4	43.1	44.0	42.8	44.3	45.3	36.6
Never	36.4	40.2	36.0	26.1	45.5	35.4	20.2
Doesn't do	1.3	1.2	1.3	1.6	0.0	0.6	6.0
Dressing while standing <sup>5</sup>							
Always, very often or often	19.6	16.7	19.6	27.9	9.6	20.4	38.4
Sometimes	35.0	36.5	35.6	29.0	34.0	35.7	35.2
Never	43.7	45.4	43.1	40.4	56.4	41.9	22.0
Doesn't do	1.7	1.3	1.7	2.8	0.0	2.0	4.5
Standing with your eyes closed, such as standing in the shower <sup>5</sup>							
Always, very often or often	18.8	17.3	18.2	24.7	11.2	17.4	38.8
Sometimes	25.5	24.7	28.5	19.8	24.8	27.5	21.3
Never	48.9	52.3	46.5	45.1	60.8	47.5	27.5
Doesn't do	6.8	5.7	6.8	10.3	3.2	7.6	12.4
Walking <u>down</u> stairs <sup>5</sup>							
Always, very often or often	21.8	21.8	22.1	21.2	12.4	23.7	36.7
Sometimes	23.7	26.0	22.6	19.8	26.6	23.1	18.9
Never	49.8	50.6	50.0	47.1	59.2	49.2	31.5
Doesn't do	4.7	1.7	5.3	11.9	1.8	4.0	12.9

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 5% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Categories for each item may not add up to 100% due to rounding.

<sup>4</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>5</sup> The question is in the form ". . . please tell me if you have any problem with keeping your balance when you are . . ."

**Table 14.1: Percent Reporting a History of Ocular Conditions<sup>1,2</sup>**

Condition	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Has a doctor ever told you that you had . . . ?							
Glaucoma or suspected glaucoma	15.9	15.1	17.0	15.3	17.2	14.1	18.4
Cataract <sup>4,5</sup>							
One eye only	27.7	23.7	28.8	36.0	28.9	28.1	23.9
Both eyes	31.6	22.0	38.9	40.2	31.2	34.0	26.1
No cataract	40.7	54.3	32.2	23.8	39.9	37.9	50.0
Diabetic retinopathy or eye disease from diabetes	3.3	4.8	2.5	1.1	3.2	2.1	6.9
Macular degeneration or age related maculopathy	4.0	1.9	4.4	9.0	4.7	3.8	3.1
An eye injury which permanently reduced your ability to see	4.7	5.0	3.8	6.0	4.7	4.7	4.6
Double vision	4.5	3.4	5.6	4.9	4.0	4.1	6.7

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Constructed from responses to two questionnaire items: (1) Has a doctor ever told you that you had a cataract in one eye? (2) Has a doctor ever told you that you had cataracts in both eyes, at the same time?

<sup>5</sup> Categories may not add up to 100% due to rounding.

**Table 14.2: Percent Reporting Vision Problems<sup>1,2</sup>**

Use of Glasses and Visual Symptom	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Do you have glasses or contact lenses?							
Yes	94.7	95.2	94.7	93.2	94.9	95.5	92.2
If yes: Do you wear them . . . ? <sup>4</sup>							
Most of the time	66.9	66.2	66.3	70.7	66.4	68.2	64.2
Sometimes	9.8	9.2	10.8	8.7	7.6	10.3	12.8
For special reasons, such as reading or driving	21.6	23.6	20.9	17.6	23.3	21.0	19.8
Never	1.7	1.0	2.0	3.1	2.7	0.5	3.2
Can you see well enough to recognize someone across the room? <sup>5</sup>							
No	5.4	3.6	5.8	9.7	5.8	4.7	6.6
Can you see well enough to watch TV? <sup>5</sup>							
No	5.0	4.2	4.1	9.6	5.3	4.2	6.5
Can you see well enough to read the newspaper? <sup>5</sup>							
No	12.6	8.4	14.1	21.0	9.9	11.4	21.6
Do you ever have trouble with blurred vision?							
Yes	37.0	38.5	36.4	34.2	36.5	35.3	42.7

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> When applicable, the phrase, "with glasses, if needed," is embedded in the questionnaire item.

**Table 14.3: Visual Acuity Measure<sup>1,2</sup>**

Test Result	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Number completing exam	907	364	273	270	309	445	153
Percent completing exam	91.0	94.1	88.3	89.2	89.7	93.5	86.7
Worn for exam (%) <sup>4</sup>							
Glasses	81.7	82.3	81.0	81.3	83.3	81.7	77.8
Contact lenses	0.6	0.5	0.8	0.3	0.4	0.7	0.9
Neither	17.8	17.1	18.2	18.4	16.3	17.6	21.3
Snellen denominator (Mean) <sup>5</sup>	38.0	32.8	38.9	51.6	38.1	35.2	46.3
Visual acuity (%) <sup>5</sup>							
20/20 or better	23.3	33.9	17.4	6.7	26.8	23.8	14.6
20/40 or better	76.7	86.3	74.3	53.6	82.1	79.1	58.4
20/60 or better	91.6	94.5	90.9	84.4	91.1	94.5	83.9
20/200 or better	98.4	98.7	98.4	97.2	97.7	99.0	97.8
Worse than 20/200	1.6	1.3	1.6	2.8	2.3	1.0	2.2

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Categories may not add up to 100% due to rounding.

<sup>5</sup> Visual acuity was measured using a Goodlite portable eye chart, usually at a distance at 10 feet. Acuity is presented as 20/Snellen denominator where the Snellen denominator is computed from correct answers on the acuity test and viewing distance (using log 10 minimum angle of resolution).

**Table 14.4: Percent Reporting Hearing Problems<sup>1,2</sup>**

Symptom	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Do you use a hearing aid? Yes	9.3	4.8	9.2	22.8	8.7	10.5	7.2
Can you hear well enough to use the telephone? No	5.9	4.6	6.0	9.1	5.1	6.9	4.6
Can you hear well enough to carry on conversation in a crowded room? No	18.3	15.0	19.4	25.2	14.8	21.3	17.5
Do you have trouble hearing another person if there is a radio or TV playing in the same room? Yes	45.9	40.7	48.0	55.9	39.1	48.3	53.7
Do you have difficulty hearing when someone speaks in a whisper? <sup>4</sup> Yes	50.9	41.0	55.4	67.6	45.9	53.2	54.8
Does a hearing problem cause you to feel frustrated when talking to members of your family? <sup>4</sup> Yes Not applicable <sup>5</sup>	12.5 31.3	10.1 38.5	12.4 28.0	19.6 19.1	10.4 36.8	12.8 28.1	15.8 28.6
Does a hearing problem cause you to attend church, movies, con- certs or other events less often than you would like? <sup>4</sup> Yes Not applicable <sup>5</sup>	6.1 31.3	3.8 38.5	6.7 28.0	11.1 19.1	3.9 36.8	7.9 28.1	5.4 28.6
Does a hearing problem cause you to have arguments with family members? <sup>4</sup> Yes Not applicable <sup>5</sup>	5.1 31.3	4.2 38.5	5.3 28.0	7.3 19.1	3.6 36.8	5.7 28.1	6.9 28.6
Does a hearing problem cause you difficulty when listening to television or the radio? <sup>4</sup> Yes Not applicable <sup>5</sup>	13.3 31.3	9.3 38.5	14.3 28.0	22.4 19.1	9.7 36.8	14.9 28.1	16.4 28.6
Do you feel that any difficulty with your hearing limits or hampers your personal or social life? <sup>4</sup> Yes	9.0	5.8	10.1	15.7	5.6	11.5	9.3

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> Unless otherwise specified, all variables have less than 2% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Item from Hearing Handicap Inventory for the Elderly-Screening Version. Ventry IM, Weinstein B. (1982). The Hearing Handicap Inventory for the Elderly: A new tool. *Ear Hear* 3:128-134.

<sup>5</sup> Includes participants reporting no hearing problems in the first five items of this table.

**Table 14.5: Hearing Impairment Detected by Audiometry<sup>1</sup>**

Test Result	Total (N=973)	Age Group			Disability Level			Age-Adjusted Disability Level <sup>2</sup>		
		65-74 (N=378)	75-84 (N=304)	85+ (N=291)	Moder- ate <sup>3</sup> (N=338)	ADL Difficulty		Moder- ate <sup>3</sup>	ADL Difficulty	
						Receives No Help (N=459)	Receives Help (N=176)		Receives No Help	Receives Help
Impaired hearing (%) <sup>4</sup>	38.5	21.2	45.1	71.9	33.4	40.5	43.5	33.2	36.7	36.3
Bilateral impairment (%) <sup>5</sup>	32.7	16.6	37.8	66.9	27.5	35.7	35.6	27.3	32.0	28.5
Percent failing to hear 40-dB tone at signal frequency (Hz) <sup>6</sup>										
In both ears										
500	18.1	8.9	19.9	40.8	13.4	20.2	22.3	13.5	17.9	18.6
1000	27.1	13.7	30.9	56.3	23.2	29.3	29.1	23.3	26.1	22.8
2000	22.0	9.1	24.9	52.4	16.7	23.7	28.2	16.5	20.9	21.9
4000	41.5	23.9	47.8	76.6	34.2	44.8	47.4	34.1	40.9	39.8
In one ear only										
500	14.4	12.3	13.9	22.1	17.7	12.2	13.8	17.6	11.9	12.2
1000	18.7	16.9	20.2	19.8	21.8	16.2	18.9	21.6	16.1	18.6
2000	16.9	13.5	19.1	20.9	17.4	16.2	17.8	17.5	15.6	16.2
4000	21.0	22.6	21.6	14.5	25.9	17.4	20.8	25.2	18.2	22.2

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.

<sup>2</sup> Adjusted using U.S. female population, 1992.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> Participant was considered to be hearing impaired if she had (1) a 40-dB loss at the 1000- or 2000-Hz frequency in both ears or (2) a 40-dB loss at the 1000- and 2000-Hz frequencies in one ear.

<sup>5</sup> 40-dB loss at 1000-Hz or 2000-Hz in both ears.

<sup>6</sup> Two trials at each signal frequency.

**Table 15.1: Percent Using Prescription and Over-the-Counter Drugs<sup>1</sup>**

Medication Use	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>2</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Do you have any medicines prescribed by a doctor that you have taken or used in the past 2 weeks? Yes	88.0	88.4	88.4	85.6	86.9	87.8	90.6
During the past two weeks, did you take any medicine <u>not</u> prescribed by a doctor? Yes	77.8	76.6	79.7	75.8	77.4	79.9	72.7

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> Descriptive statistics are based on weighted data.

<sup>2</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).



**Table 15.2: Medications Taken by Participants<sup>1,2</sup>**

Therapeutic or Chemical Category	Most Frequent Drug Ingredients (Percent)	Percent
<b>Antigout</b>	Allopurinol (1.1), colchicine (1.0), probenecid (0.4)	<b>2.1</b>
<b>Antihistamines</b>	Diphenhydramine (2.8), chlorpheniramine (1.6)	<b>9.0</b>
<b>Antiinfectives</b>		<b>11.9</b>
Antibiotics	Neomycin (1.3), amoxicillin (0.9), polymyxin-B (0.9)	6.3
Antimalarials	Quinine (2.5), hydroxychloroquine (0.4)	2.9
Other (antiviral, urinary)	Sulfamethoxazole (1.2), amantadine (0.6), sulfacetamide (0.4)	3.6
<b>Antineoplastic</b>	Tamoxifen (1.6), methotrexate (0.3)	<b>2.4</b>
<b>Autonomic</b>		<b>33.8</b>
Parasympathomimetic	Pilocarpine (2.6), pyridostigmine (0.1)	3.0
Parasympatholytic	Ipratropium bromide (3.9), atropine (1.9)	7.6
Sympathomimetic	Albuterol (4.7), pseudoephedrine (1.6)	8.9
Sympatholytic		20.9
Beta-blockers	Atenolol (6.4), timolol oph. (3.7), metoprolol (3.4), propranolol (1.6)	18.6
Alpha-blockers	Terazosin (0.8), prazosin (0.5)	1.3
Muscle relaxants	Cyclobenzaprine (0.4), methocarbamol (0.4), baclofen (0.2)	1.1
<b>Blood formation and coagulation</b>		<b>19.5</b>
Antianemia	Iron preparations (14.8)	14.8
Anticoagulants	Warfarin (5.3)	5.3
<b>Cardiovascular</b>		<b>58.4</b>
Cardiac		14.5
Antiarrhythmic	Quinidine (0.9), flecainide (0.3)	1.9
Glycosides	Digoxin (13.5)	13.5
Antilipemic	Lovastatin (4.8), pravastatin (1.7), gemfibrozil (1.0), cholestyramine (0.5)	8.6
Hypotensive		20.4
ACE-inhibitors	Enalapril (5.9), lisinopril (4.9), captopril (4.8), ramipril (0.7), benazepril (0.6), quinapril (0.5)	17.3
Other	Clonidine (1.4), methyldopa (1.0), reserpine (0.7)	3.6
Vasodilators		39.9
Nitrates	Nitroglycerin (15.7), isosorbide dinitrate (6.4), isosorbide mononitrate (0.6)	20.1
Calcium channel blockers	Nifedipine (9.7), diltiazem (8.2), verapamil (7.8), nifedipine (1.0)	28.0
<b>Central nervous system</b>		<b>82.3</b>
NSAID	Aspirin (36.9), ibuprofen (11.6), naproxen (3.8), nabumetone (2.2)	55.0
Opioid analgesics	Propoxyphene (4.4), oxycodone (1.7)	5.9
Analgesics and antipyretics	Acetaminophen (38.0)	39.6
Anticonvulsants	Phenobarbital (1.1), phenytoin (0.8)	1.9
Antidepressants	Amitriptyline (2.2), nortriptyline (1.7)	7.7
Benzodiazepines	Alprazolam (2.1), lorazepam (1.9), temazepam (1.3)	8.8
Dopaminergic	Levodopa (1.4)	1.4
Other	Caffeine (3.8)	7.1
<b>Drugs affecting electrolytes</b>		<b>51.1</b>
Replacements	Potassium (16.2), trace elements (12.0), calcium (4.1)	29.4
Diuretics		38.9
Low-ceiling	Hydrochlorothiazide (17.0)	19.3
Loop	Furosemide (17.2), bumetadine (1.8)	18.9
Other	Triamterene (7.7), spironolactone (0.9)	10.1
Other	Sodium bicarbonate (0.9), lactulose (0.5)	2.8
<b>Gastrointestinal</b>		<b>42.6</b>
Antacids	Calcium carbonate (8.1), magnesium hydroxide (7.0), aluminum hydroxide (5.8)	17.8
Cathartics	Docusate (6.6), phenolphthalein (3.6)	12.8
Antiulcer	Ranitidine (8.3), omeprazole (1.5), cimetidine (1.5)	14.5
Other	Psyllium (5.6), simethicone (4.4)	15.7

Therapeutic or Chemical Category	Most Frequent Drug Ingredients (Percent)	Percent
<b>Hormones</b>		<b>34.4</b>
Corticosteroids	Prednisone (4.3), hydrocortisone topical (1.6), prednisolone (1.6), triamcinolone (1.0), dexamethasone (1.2)	9.6
Estrogens	Conjugated estrogens (6.2)	7.7
Antidiabetic		13.3
Insulins	Insulin (4.8)	4.8
Sulfonylureas	Glyburide (6.0), glipizide (1.7)	8.7
Progestogens	Medroxyprogesterone (1.5)	1.6

Thyroid gland		9.6
Thyroid agents	Levothyroxine (8.5), thyroid (0.6)	9.0
Antithyroid agents	Propylthiouracil (0.3)	0.4
<b>Bronchial spasmolytics</b>	Theophylline (4.9), oxybutynin (1.5)	<b>6.5</b>
<b>Skin and mucous membrane agents</b>	Beclomethasone (3.9), methyl salicylate (1.6)	<b>10.6</b>
<b>Vitamins</b>	Multivitamin preparation (19.1), vitamin C (8.1), vitamin B (6.7), vitamin E (6.1), vitamin D (3.1)	<b>29.2</b>

(Women's Health and Aging Health, baseline interview, 1992-1995)

<sup>1</sup> Information on medication use is missing for less than 3%. Results are based on non-missing information.

<sup>2</sup> A. Do you have any medicines prescribed by a doctor that you have taken or used in the past 2 weeks? Please include insulin and eye drops if you use them.

B. We are also interested in other medicines not prescribed by a doctor such as: aspirin, Tylenol, Bufferin, Anacin, headache pills or pain killers, laxatives, bowel medicine, cold medicine, cough medicine, sleep medicine, antacids or stomach medicines, vitamins, ointments, salves, or eye drops, or any other medicines from the drug store. During the past two weeks, did you take any medicine not prescribed by a doctor?

C. May I see the medicine bottles, containers or bags for all of the medicines that you have taken or used in the last two weeks? Please include medicine prescribed by a doctor and medicine not prescribed by a doctor. Please remember to include insulin and eye drops if you use them.

**Table 16.1: Distribution (Percent) of Laboratory Blood Test Results<sup>1</sup>**

Test Result <sup>2</sup>	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>3</sup>	ADL Difficulty	
						Receives No Help	Receives Help
<b>Albumin (gm/dL) (N=697)</b>							
Mean	4.0	4.1	4.0	4.0	4.1	4.1	3.9
<3.5	3.0	3.0	2.6	4.2	2.2	2.1	7.2
3.5-3.8	22.0	20.6	21.9	27.8	17.0	20.6	37.3
3.9-4.2	51.7	49.2	56.1	47.1	55.7	53.2	38.5
>4.2	23.3	27.3	19.5	20.8	25.1	24.2	17.0
<b>Cholesterol (mg/dL) (N=700)</b>							
Mean	225.4	228.8	224.1	216.6	226.8	226.8	218.0
<160	3.7	2.6	3.8	7.5	2.9	4.4	3.6
160-199	22.4	19.0	23.8	31.0	23.2	20.0	27.8
200-239	41.8	45.5	40.5	31.8	42.5	42.3	38.7
>239	32.1	32.9	31.8	29.7	31.4	33.3	29.9
<b>HDL cholesterol (mg/dL) (N=708)</b>							
Mean	53.2	52.4	54.4	53.0	54.5	53.7	49.1
<35	7.5	9.1	5.5	7.6	5.2	7.2	13.5
35-59	61.3	61.5	60.3	63.7	59.4	61.1	66.4
>59	31.2	29.4	34.1	28.7	35.5	31.8	20.1
<b>Hemoglobin (gm/dL) (N=682)</b>							
Mean	13.0	13.1	13.0	12.7	13.1	13.1	12.8
<10.0	2.0	1.4	2.3	3.2	1.6	2.3	2.0
10.0-11.9	17.7	16.3	17.0	25.6	19.2	15.6	20.6
12.0-13.0	29.0	29.2	28.6	29.3	27.4	28.8	32.9
>13	51.4	53.1	52.1	42.0	51.9	53.3	44.5
<b>Mean corpuscular volume (fL) in those with anemia (hemoglobin &lt;12.0 gm/dL) (N=146)</b>							
Mean	90.2	89.4	89.4	93.7	89.4	91.1	89.8
<83	22.6	22.6	26.7	13.6	26.6	18.7	23.2
83-103	72.0	75.3	66.8	75.6	69.5	76.7	66.0
>103	5.5	2.1	6.5	10.8	3.9	4.6	10.8
<b>Mean corpuscular volume (fL) in those without anemia (N=536)</b>							
Mean	94.0	94.0	94.0	94.2	93.8	94.2	94.0
<83	3.3	2.1	4.1	5.1	4.3	1.9	4.9
83-103	93.5	94.8	92.4	92.4	93.1	95.3	89.1
>103	3.2	3.1	3.5	2.5	2.6	2.8	6.0
<b>Glycohemoglobin (percent) in those reporting diabetes (N=129)</b>							
Mean	9.9	10.2	9.8	8.9	9.8	10.0	10.0
<6.0	0.2	0.0	0.0	4.6	0.0	0.0	0.8
6.0-8.0	18.1	13.4	22.2	29.1	13.6	17.8	24.0
8.0-10.0	37.3	41.4	31.6	43.8	47.3	33.6	29.5
>10.0	44.4	45.0	46.2	22.6	39.2	48.6	45.7
<b>Glycohemoglobin (percent) in those reporting no diabetes (N=532)</b>							
Mean	7.7	7.8	7.6	7.7	7.6	7.8	7.6
<6.0	2.7	2.0	3.9	1.4	3.1	1.4	6.6
6.0-8.0	67.1	67.4	66.9	66.1	67.8	67.0	65.0
8.0-10.0	28.9	28.4	28.4	31.7	26.9	30.4	28.4
>10.0	1.4	2.2	0.7	0.8	2.2	1.2	0.0
<b>TSH (μU/L) (N=693)</b>							
Mean	2.5	2.4	2.4	2.5	2.2	2.5	3.1
<0.4	5.6	6.4	3.9	7.7	7.5	3.7	6.7
0.4-5.0	86.0	84.6	88.5	82.9	85.6	89.1	77.5
>5.0	8.5	9.0	7.5	9.5	6.9	7.2	15.9

(Continued)

**(Continued)**

Test Result <sup>2</sup>	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate <sup>3</sup>	ADL Difficulty	
						Receives No Help	Receives Help
Thyroxin (µg/dL) (N=698)							
Mean	7.4	7.5	7.5	7.1	7.5	7.5	7.1
<5.0	5.2	5.8	3.2	9.3	5.2	4.5	7.5
5.0-12.0	92.7	91.2	95.3	90.2	92.1	93.3	92.6
>12.0	2.1	3.0	1.5	0.5	2.8	2.2	0.0
Creatinine (mg/dL) (N=699)							
Mean	1.1	1.1	1.1	1.1	1.1	1.1	1.1
<0.9	18.7	23.0	15.3	13.5	14.6	20.4	23.1
.9-1.2	61.2	59.3	62.3	64.5	62.6	61.2	58.1
>1.2-1.4	11.6	10.9	12.3	12.1	14.5	10.1	9.5
>1.4	8.5	6.8	10.0	9.9	8.4	8.3	9.3

(Women's Health and Aging Study, 1992-1995)

<sup>1</sup> Reported N's are based on unweighted data. Other descriptive statistics are based on weighted data.

<sup>2</sup> Categories for each item may not add up to 100% due to rounding.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).