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Health Characteristics of Adults Aged 55 Years and Over: United States, 2004–2007

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Abstract

Objectives—This report highlights selected health characteristics of four age groups of older adults—55–64 years, 65–74 years, 75–84 years, and 85 years and over—using data from the 2004 through 2007 National Health Interview Survey (NHIS). Data are presented for each of these age groups by sex, race and Hispanic origin, and by poverty, health insurance, and marital status.

Methods—The estimates were derived from the family and sample adult components of the 2004–2007 NHIS. Estimates are based on interviews with 36,984 sample adults aged 55 years and over, weighted to be nationally representative of adults in this age group.

Results—Prevalence rates for fair or poor health status, selected chronic health conditions, difficulties with physical or social impairments, health care access and utilization, and health behaviors such as healthy weight, never having smoked, and currently being a nonsmoker, generally increased with advancing age. Prevalence of leisure-time physical activity and sleeping seven to eight hours decreased with age. Variations in health were noted for each age group, with the most consistent and striking results found for poverty status and health insurance coverage. Poor adults, near poor adults, and adults with Medicaid were the most disadvantaged in terms of health status, physical and social functioning, health care utilization, and health behaviors.

Conclusion—Health disparities exist across subgroups of older adults and vary by age.

Keywords: National Health Interview Survey • elderly • health status • health behaviors

Introduction

Healthy aging has emerged as one of the major public health opportunities of the 21st century. Since the turn of the last century, there have been dramatic improvements in life expectancy. From

1900 through 1902, life expectancy at age 65 was 12 years; by 2005, life expectancy for this age group had increased to 18.7 years (1,2). The proportion of the U.S. population aged 65 and over more than tripled from

1900 (4.1%) through 2000 (12.4%) (3). According to U.S. Census Bureau projections, by 2030 adults aged 65 and over are expected to constitute 20% of the total U.S. population (4). The age group examined in this report—adults aged 55 and over—is expected to constitute nearly one-third (31.1%) of the population by 2030 (4).

Today, as U.S. adults live longer, there is growing emphasis on extending not just years of life, but years of *quality* life. Prevention, early diagnosis, and treatment of many of the diseases traditionally associated with older age have contributed to the extension of healthy years for many adults. As our understanding of aging-related health issues expands, and advances in medical technology continue, the opportunities for older adults to live longer, healthier lives should continue to increase.

In 2007, the Centers for Disease Control and Prevention (CDC) issued a report on the state of aging and health in America that described an action plan for improving the health of older Americans (5). This action plan includes injury prevention, reduction in prevalence of selected chronic health conditions, and increases in prevalence of health-promoting behaviors and use of preventive health services.



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Monitoring the health status characteristics, health care utilization, and preventive health behaviors of older adults is critical for appropriately addressing the health care needs of this population. Federal and state efforts to monitor and improve the health of older U.S. adults were discussed in an earlier report (6). Federal data sources continue to provide a rich source of information on all aspects of health and aging (7–14). Community-based studies and studies of special populations have focused on a myriad of aging-related health issues, including disparities in physical and mental health status; disability and access to health care (15–20); associations among various health conditions and impairments in older adults (21,22); and the health benefits and consequences of personal health behaviors (23–25). Researchers worldwide are working to more clearly define the concept of healthy aging and to identify health, social, and behavioral characteristics that increase the probability of successful aging (26,27).

This report—an update of a 2000–2003 report—provides prevalence estimates for selected health characteristics of adults aged 55 and over living in households throughout the United States, based on data from the 2004–2007 National Health Interview Survey (NHIS) (6,28–31). The report highlights some of the most prominent age and subgroup differences in several key health indicators and provides additional benchmarks for charting progress in improving the health and well-being of older Americans in the 21st century.

Methods

Data source

The statistics in this report are based on data from the 2004–2007 NHIS (28–31). NHIS is one of the major data collection systems of CDC's National Center for Health Statistics (NCHS). Based on a nationally representative sample of the U.S. civilian noninstitutionalized household population, information is collected on a wide range of demographic and health

characteristics of persons of all ages in three major components—the family core, the sample adult core, and the sample child core. Information contained in this report is based on data collected in the family core and the sample adult core for persons aged 55 and over. Estimates are weighted to reflect the U.S. population.

Measurement

This report describes the health characteristics of older adults in four age groups—55–64 years, 65–74 years, 75–84 years, and 85 years and over—by sex, race and Hispanic origin, and by poverty, health insurance, and marital status. Adults in the age group 55–64, although approaching retirement, are usually still working; some are still engaged in raising families, and some are beginning to experience chronic health problems typical of older adults. The age group 55–64 serves as a useful benchmark for assessing the patterns in health characteristics observed among adults in the older groups. Estimates in this report are age-specific. Age adjustment to a standard population was not done in order to maximize comparability with other nonadjusted estimates published in *Older Americans 2008* (14). Although many of the health characteristics examined in this report are likely to be correlated, this report is limited to highlighting sociodemographic variations for each characteristic separately, with emphasis on differences by age. Many of the measures included here are also available in annual reports from NHIS, although those reports contain less detail for the older age groups (32–39). Definitions of the sociodemographic and health characteristics are provided in the “Technical Notes” section of this report. Readers are particularly encouraged to review the definitions of health insurance coverage, which are complex. Categories of coverage are based on a hierarchy and are mutually exclusive. The term “Medicaid,” used throughout this report, refers to public health insurance coverage that includes Medicaid and other state and local programs. Adults covered by military

insurance (with or without Medicare) are included in the “other coverage” category.

The health measures examined include assessed health status, selected chronic conditions and impairments, difficulty with physical and social activities, use of health services, immunizations, and key health-related behaviors. Together these indicators provide an overview of the health characteristics of older U.S. adults. Demographic and assessed health status information is collected from the family respondent, who may or may not be the same as the sample adult respondent. All other data used for this analysis are obtained as part of the sample adult interview, for which self-response is required unless the designated respondent is physically or mentally incapable of responding for him or herself (about 2% of respondents aged 55 and over). Assessed health status has been shown to predict subsequent health and mortality in a longitudinal study of aging (40).

This report includes two variables not found in the earlier 2000–2003 report: serious psychological distress (Table 1) and sleeping 7 to 8 hours in a 24-hour period (Table 4). Questions related to serious psychological distress have been included in the annual core questionnaire since its redesign in 1997. However, prevalence of serious psychological distress, as measured in NHIS, is low in the older population, and thus estimates may be unreliable for key subgroups of older adults. Despite this limitation, the measure was added to the current report in order to provide at least some information on this very important aspect of health for older adults.

The National Institutes of Health's National Heart, Lung, and Blood Institute has identified 7 to 8 hours of sleep a night as the optimal amount for most adults although this can vary by age and from person to person (41). Sleep is important for maintaining memory and concentration and reducing risk of cardiovascular and other chronic conditions (41). A question about usual hours of sleep was first introduced into the NHIS core questionnaire in 2004

and thus was not available for the earlier report. Estimates of favorable sleep practices, that is, usually sleeping 7 to 8 hours in a 24-hour period, provide additional insight into the prevalence of healthy behaviors among older adults.

For those interested in exploring other aspects of the health of older adults not covered in this report, the complete questionnaires for each data year as well as public-use data files and documentation are available free of charge from the NCHS website at <http://www.cdc.gov/nchs/>. The questions, sometimes paraphrased, appear in the footnotes of each table.

Statistical analysis

Estimates and associated standard errors shown in Tables 1–4 were generated using SUDAAN, a software package that is designed to handle complex sample designs such as that used by NHIS (42). Estimates for each year were weighted by sex, age, and race/ethnicity to reflect the U.S. civilian noninstitutionalized population (28–31). Estimates shown in this report are average annual estimates for adults aged 55 and over. Estimates with a relative standard error of greater than 30% and less than or equal to 50% are identified with an asterisk preceding the estimate. Readers should exercise caution when interpreting these statistics. Estimates with a relative standard error of more than 50% are indicated with a dagger and are not shown.

Statistical tests performed to assess significance of differences in the estimates were two-tailed *t* tests with no adjustments for multiple comparisons. The critical value used to compare the estimates at the 0.05 level was 1.96. Terms such as “greater than” and “less than” indicate a statistically significant difference. Terms such as “similar” or “no difference” indicate that the statistics being compared were not significantly different. Lack of comment regarding the difference between any two statistics does not mean that the difference was tested and found to be not significant.

Results

Health status and conditions (Table 1)

Overall, prevalence of fair or poor health, hypertension, heart disease, hearing impairment, vision impairment, and absence of all natural teeth increased as age increased. Prevalence of serious psychological distress and of diabetes did not show the same pattern. Some of the most striking variations in prevalence of these health conditions by age and sociodemographic characteristics are highlighted below. Comparisons of race and Hispanic origin differences are complicated by large standard errors for some of these subgroups, especially at the oldest ages.

Health status

- Overall, 22.9% of adults aged 55 and over were in fair or poor health, ranging from 19.6% of those aged 55–64 to 32.1% of those aged 85 and over.
- Men and women were about equally likely to be in fair or poor health in all but the oldest age group; among adults aged 85 and over, men were more likely than women to be in fair or poor health.
- Across all of the age groups studied, non-Hispanic white adults were less likely than non-Hispanic black and

Hispanic adults to be in fair or poor health. Prevalence of fair or poor health was generally similar for non-Hispanic white and non-Hispanic Asian adults.

- Poor adults were more likely than adults who were not poor to be in fair or poor health (Figure 1, Table 1), with the greatest differences seen for adults not yet eligible for Medicare—those aged 55–64.
- Adults with Medicaid coverage were more likely than those with private insurance to be in fair or poor health. Adults aged 55–64 with Medicaid coverage (58.4%) were almost five times as likely as those with private health insurance (12.4%) to be in fair or poor health. In contrast, adults aged 65 and over with Medicaid and Medicare coverage (54.6%) were about 2.5 times as likely as those who have private health insurance coverage (21.1%) to be in fair or poor health.
- Marital status differences in assessed health status varied by age. Among adults aged 55–64 and 65–74, those who were currently married were less likely than adults in other marital status groups to be in fair or poor health. Among adults aged 75–84 and 85 and over, those who were currently married were more likely than adults in other marital status groups to be in fair or poor health. An analysis of gender differences in

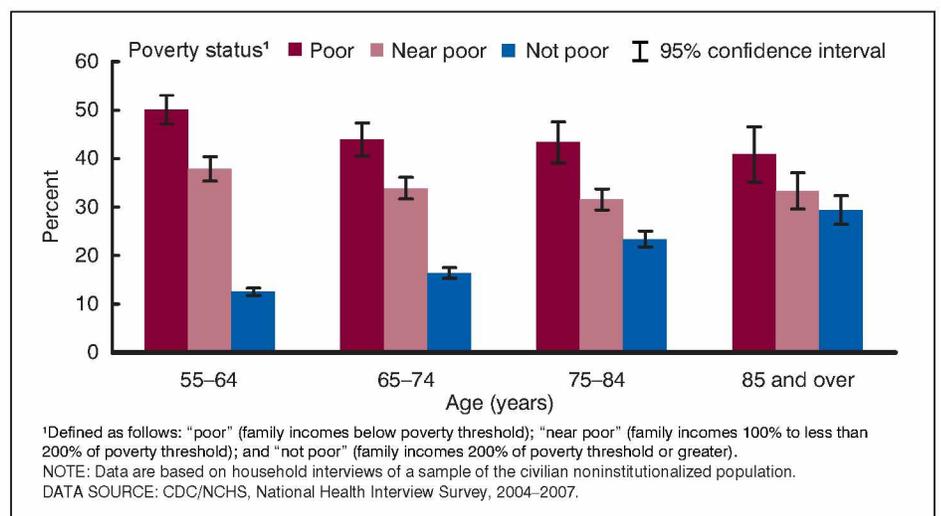


Figure 1. Percentage of adults aged 55 and over who were in fair or poor health, by age and poverty status: United States, 2004–2007

the relationship between marital status and health (not shown) revealed that patterns were generally similar for men and women.

Serious psychological distress

- Overall, about 2.9% of older adults experienced serious psychological distress in the past 30 days. Adults aged 55–64 (3.6%) were more likely than those aged 65 and over (2.2%) to have experienced serious psychological distress.
- Women were more likely than men to report symptoms of serious psychological distress across all age groups, with gender differences most notable among adults aged 55–64 (4.4% of women compared with 2.7% of men).
- Serious psychological distress was generally highest among adults who were non-Hispanic black, Hispanic, poor or near poor, covered by Medicaid, and not currently married.

Hypertension

- About one-half of adults aged 55 and over (47.3%) had hypertension, ranging from 40.8% of those aged 55–64 to 55.7% of those aged 75–84.
- Gender differences in prevalence of hypertension varied by age. In the youngest age group, men were more likely than women to have hypertension, whereas among adults aged 65 and over, women were more likely than men to have this condition.
- Non-Hispanic black adults had the highest rates of hypertension among the racial and ethnic groups studied. Among those aged 55–64, 57.2% of non-Hispanic black adults had hypertension compared with 39.1% of non-Hispanic white adults, 39.0% of Hispanic adults, and 33.5% of non-Hispanic Asian adults. Among adults aged 75–84, about 7 out of 10 (70.6%) non-Hispanic black adults had hypertension compared with somewhat more than one-half of non-Hispanic white adults (54.4%), Hispanic adults (54.7%), and non-Hispanic Asian adults (56.7%).

- Except in the oldest age group, adults with Medicaid coverage had higher rates of hypertension than adults with private health insurance coverage. Among adults aged 55–64, prevalence of hypertension among those with Medicaid coverage (60.0%) was markedly higher than among those with private health insurance coverage (38.7%). Among adults aged 65 and over, prevalence of hypertension among those having Medicaid and Medicare (63.4%) was also higher than for adults with private coverage (52.6%), although the differences were smaller than for the younger age group.

Heart disease

- Prevalence of heart disease increased with age. One out of four adults aged 55 and over (24.8%) had heart disease, with rates more than doubling between the age groups 55–64 (17.3%) and 85 and over (40.7%).
- Men were more likely than women to have heart disease, regardless of age. Differences between men and women were greater for adults aged 65 and over than for those in the youngest age group.
- The relationship between race and Hispanic origin and heart disease varied by age. Among those aged 55–64, non-Hispanic black (17.0%) and non-Hispanic white (18.0%) adults had similar rates of heart disease, while Hispanic adults (13.3%) and non-Hispanic Asian adults (9.3%) had lower prevalence. In contrast, among adults aged 65 and over, prevalence of heart disease was higher for non-Hispanic white adults (32.9%) than for non-Hispanic black adults (25.6%), Hispanic adults (24.5%), or non-Hispanic Asian adults (20.6%).
- Among those under age 75, poor adults had higher rates of heart disease than those who were not poor. Heart disease was not associated with poverty in the two oldest age groups.

Diabetes

- Unlike most other conditions studied, prevalence of diabetes did not

increase consistently with age: prevalence of diabetes was highest among adults aged 65–74 (19.2%) and 75–84 (18.2%) and lowest among those 55–64 (14.1%) and 85 and over (13.0%).

- Prevalence of diabetes was higher for non-Hispanic black and Hispanic adults than for non-Hispanic white or non-Hispanic Asian adults. Among those aged 55–64, non-Hispanic black (22.1%) and Hispanic (20.0%) adults were more likely than non-Hispanic white adults (12.3%) to have diabetes. Similarly, among those aged 65 and over, rates of diabetes were higher for non-Hispanic black (29.6%) and Hispanic (27.8%) adults than for non-Hispanic white adults (16.0%).
- Except among the oldest adults, poor adults were more likely than those who were not poor to have diabetes. Among those aged 55–64, poor adults (21.8%) were nearly twice as likely to have diabetes as adults who were not poor (12.1%). Among adults aged 65–74, poor (25.7%) and near poor (23.3%) adults also were more likely to have diabetes than adults who were not poor (17.0%).
- Adults with Medicaid coverage were considerably more likely to have diabetes than adults with private insurance coverage, uninsured adults, or those covered by Medicare only.

Hearing impairment

- The prevalence of hearing impairment increased with age. Overall, nearly one-third of adults aged 55 and over (31.6%) had some level of hearing impairment, ranging from 23.0% of those aged 55–64 to 62.1% of those aged 85 and over.
- Sex differences in prevalence of hearing impairment varied by age. Among adults aged 55–64, men (30.2%) were nearly twice as likely as women (16.4%) to have hearing impairment. Among adults aged 75–84, men (53.5%) were about 1.5 times as likely as women (37.0%) to have difficulty hearing. Among adults aged 85 and over, the gap in rates of hearing impairment between men

(69.0%) and women (58.5%) narrowed.

- Among those aged 65 and over, 4 out of 10 non-Hispanic white adults (41.6%) had hearing impairment compared with about 2 out of 10 non-Hispanic black adults (23.6%) and about 3 out of 10 non-Hispanic Asian (30.1%) and Hispanic (28.2%) adults.

Vision impairment (even when wearing glasses)

- Prevalence of vision impairment more than doubled between the age groups 55–64 (11.7%) and 85 and over (26.9%).
- Women were more likely than men to have vision impairment, except among adults aged 85 and over.
- Non-Hispanic black adults were more likely than non-Hispanic white and non-Hispanic Asian adults to have vision impairment in all but the oldest age group.
- Rates of vision impairment were highest among poor and near poor adults and those with Medicaid coverage, with the differences by poverty and insurance status most pronounced among adults aged 55–64.

Absence of natural teeth

- Prevalence of total tooth loss increased with age. Overall, about one in five adults aged 55 and over (19.0%) had lost all of their natural teeth, with rates of total tooth loss doubling between the age groups 55–64 (11.0%) and 65–74 (22.0%). More than one-third (35.6%) of adults aged 85 and over had lost all of their natural teeth.
- Poor and near poor adults were more likely than those who were not poor to have lost all their natural teeth. Among those aged 55–64, about 2 out of 10 poor (21.8%) and near poor (19.0%) adults had lost all their natural teeth compared with fewer than 1 out of 10 who were not poor (8.3%). Among those aged 75–84, about 4 out of 10 poor (42.2%) and near poor (35.9%) adults had lost all their natural teeth compared with less

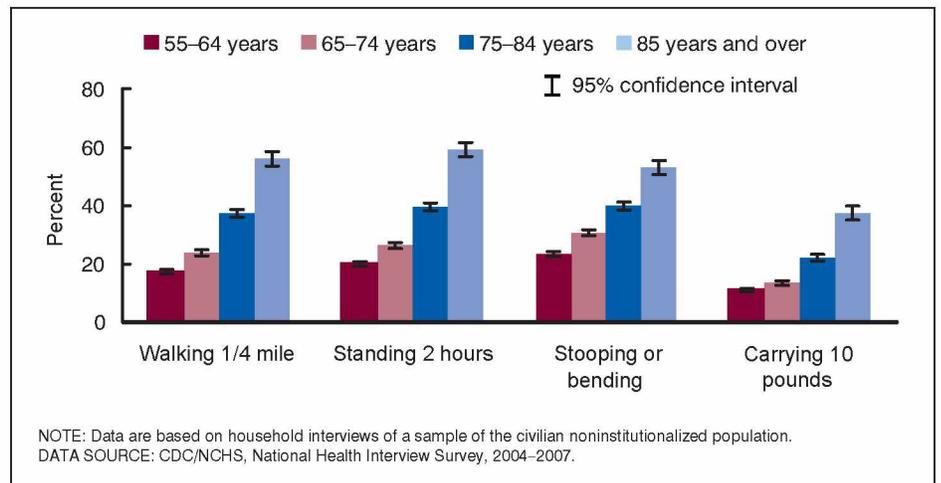


Figure 2. Percentage of adults aged 55 and over who had at least some difficulty with selected physical functioning, by age: United States, 2004–2007

than one-fourth (23.1%) of adults who were not poor.

- Adults with Medicaid coverage were two to three times as likely as those with private coverage to have lost all their natural teeth. Among adults aged 55–64, about one out of four of those with Medicaid coverage (27.0%) had lost all their natural teeth compared with about 1 out of 10 adults with private coverage (8.0%). Among adults aged 65 and over, those with Medicaid and Medicare coverage (44.4%) were nearly twice as likely as those with private coverage (22.5%) to have lost all their teeth.

Difficulty with physical and social functioning (Table 2)

Prevalence of difficulty with functioning in physical and social activities generally increased with age, with the greatest increase occurring between the two oldest age groups (Figure 2, Table 2). Prevalence estimates and the magnitude of subgroup differences varied by activity. However, overall, the patterns of subgroup differences were remarkably similar across activities. Selected highlights are presented, but the reader is encouraged to examine Table 2 for specific activities and subgroups of interest.

Prevalence of difficulty by age

- One out of four adults aged 55 and over (25.0%) had difficulty walking

one-quarter of one mile, ranging from 17.3% of those aged 55–64 to over one-half (56.1%) of those aged 85 and over.

- About one out of five adults aged 55 and over had difficulty walking up 10 steps. Adults aged 85 and over (45.2%) were more than three times as likely as those aged 55–64 (13.4%) to have difficulty with this activity.
- About one out of four adults aged 55 and over (27.6%) had difficulty standing for two hours, with prevalence increasing nearly three-fold between the age groups 55–64 (20.1%) and 85 and over (59.3%).
- About 1 out of 10 adults aged 55 and over had difficulty sitting for two hours; prevalence of this difficulty ranged from 9.9% of adults aged 65–74 to 13.8% of those aged 85 and over.
- About 3 out of 10 adults aged 55 and over (30.3%) had difficulty stooping or bending. Prevalence of this difficulty more than doubled between the age groups 55–64 (23.4%) and 85 and over (53.1%).
- About 1 out of 10 adults aged 55 and over had difficulty reaching (11.0%) or grasping (9.4%), with rates for those aged 85 and over 2.5 times that of adults aged 55–64.
- Overall, 15.2% of adults aged 55 and over had difficulty carrying 10 pounds. Prevalence of difficulty in carrying objects increased with age.

About 11.0% of adults aged 55–64 had difficulty carrying 10 pounds compared with 37.5% of those aged 85 and over.

- About one out of five adults aged 55 and over (20.9%) had difficulty pushing or pulling large objects, with rates for those aged 85 and over (47.9%) triple that of adults aged 55–64 (15.5%).
- About 1 out of 10 adults aged 55 and over had difficulty shopping (13.3%) or socializing (9.7%). Rates increased modestly between the age groups 55–64 and 75–84 and then doubled between the age groups 75–84 and 85 and over. Among adults aged 85 and over, about one-third (34.1%) had difficulty shopping and about one-fourth (27.6%) had difficulty socializing.

Sociodemographic variations in difficulty with activities

- Across the activities studied, women were more likely than men to have difficulty with physical and social activities, with the largest differences noted in those aged 65 and over.
- Non-Hispanic black adults had somewhat higher rates of difficulty than adults in the other race or Hispanic origin groups.
- Poor adults had higher rates of difficulty than adults who were not poor with differences greatest for those aged 55–64.
- Adults covered by Medicaid had higher rates of physical and social difficulty than those with private insurance, uninsured adults, or those covered by Medicare only.
- Currently married adults generally had the lowest rates of difficulty with physical or social activities and formerly married adults had the highest rates.

Health care utilization (Table 3)

Prevalence of most types of health care utilization—having a regular source of health care, getting a pneumonia or influenza shot (i.e., pneumococcal or influenza vaccination), visiting the doctor or emergency room, and

receiving home care—increased with age. However, the prevalence of having a dental visit in the past year declined steadily with advancing age. Disparities in health care access and utilization, by age and selected sociodemographic characteristics, are highlighted below. Differences in prevalence of pneumonia shot between adults under age 65 and those aged 65 and over are presented but should be interpreted with caution as the recommendations of CDC's Advisory Committee on Immunization Practices (ACIP) differ for the two age groups. Pneumococcal vaccination is only recommended for adults under age 65 if they are at increased risk of pneumococcal disease or its complications. Estimates for influenza vaccination are based on a question about having had a flu shot and do not include FluMist®, which is not recommended for the older age groups covered in this report.

Regular source of health care

- Overall, 94.3% of adults aged 55 and over had a regular source of health care. Having a regular source of health care varied by age, ranging from 91.9% of those aged 55–64 to 97.5% of those aged 85 and over.
- Among adults aged 55–64, women (93.2%) were more likely than men (90.6%) to have a regular source of health care. However, in the age groups 75–84 and 85 and over, men and women were about equally likely to have a regular source of care.
- Among adults aged 55–64, Hispanic adults (82.6%) were less likely than adults in the other race or Hispanic origin groups to have a regular source of care. Differences by race or Hispanic origin were smaller in the older age groups.
- Among those aged 55–64, uninsured adults (64.8%) were less likely than those with Medicaid (96.0%) and those with private coverage (95.4%) to have a regular source of health care.
- Among adults aged 65 and over, more than 90% of adults had a regular source of health care, regardless of sex, race or Hispanic

origin, poverty, health insurance status, or marital status.

Pneumonia shot

- Four out of 10 adults aged 55 and over (40.3%) had ever had a pneumonia shot. Adults aged 75–84 (64.4%) and those aged 85 and over (62.2%) were about three times as likely as those aged 55–64 (21.2%) to have had a pneumonia shot.
- Among adults under age 75, women were slightly more likely than men to have ever had a pneumonia shot. No sex difference was found for adults aged 75 and over.
- Non-Hispanic white adults were more likely than adults in the other race or Hispanic origin groups to have had a pneumonia shot, regardless of age. However, in the youngest age group, rates for non-Hispanic white adults (22.7%) were only modestly higher than rates for non-Hispanic black adults (19.7%), with rates for non-Hispanic Asian (10.9%) and Hispanic (13.1%) adults substantially lower. In contrast, among adults aged 65 and over, non-Hispanic white adults (61.4%) were substantially and consistently more likely than adults in the other race or Hispanic origin groups to have had a pneumonia shot.
- Prevalence of getting a pneumonia shot was associated with poverty status, although the association differed for adults under and over age 65. Among those aged 55–64, poor (25.9%) or near poor (24.2%) adults were *more* likely than those who were not poor (20.1%) to have had a pneumonia shot. In contrast, among those aged 65 and over, poor adults (45.7%) were *less* likely than those who were not poor (59.4%) or near poor (55.5%) to have had a pneumonia shot.
- The association between receipt of pneumonia vaccination and health insurance status also varied by age. Adults aged 55–64 with Medicaid (35.8%) were *more* likely than adults with private insurance (19.9%) and uninsured adults (12.1%) to have had a pneumonia shot. In contrast, among adults aged 65 and over, those with

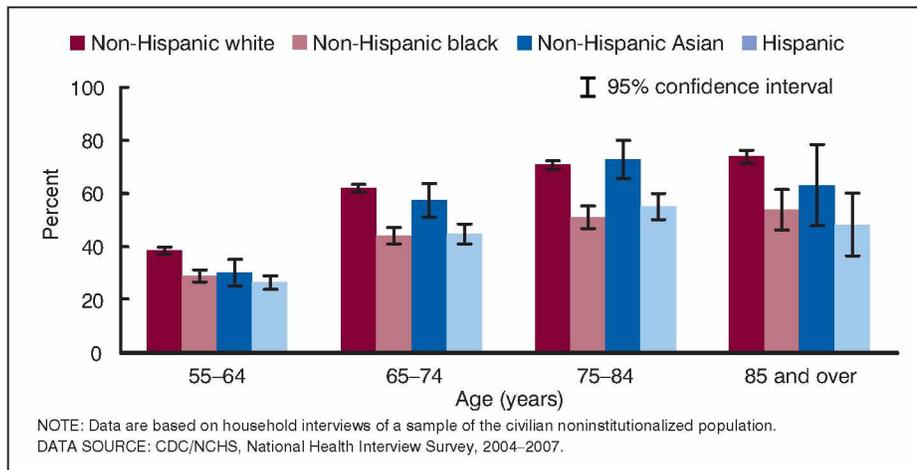


Figure 3. Percentage of adults aged 55 and over who received a flu shot in the past 12 months, by age and race/ethnicity: United States, 2004-2007

Medicaid and Medicare (44.9%) or Medicare only (48.7%) were *less* likely than those with private insurance (61.8%) to have had a pneumonia shot.

Flu shot

- Gender differences were found in prevalence of getting a flu shot, although these were not consistent across the older age groups. Among adults under age 75, women were *more* likely than men to have had a flu shot in the past 12 months; among adults aged 75 and over, women were *less* likely than men to have had a flu shot.
- Non-Hispanic white adults were more likely than non-Hispanic black and Hispanic adults to have had a flu shot in the past 12 months (Figure 3, Table 3).
- Among adults aged 55-64, those with private insurance (38.1%) and Medicaid (43.3%) were more than twice as likely as uninsured adults (17.8%) to have received a flu shot in the past 12 months. Among those aged 65 and over, nearly 7 out of 10 adults with private insurance coverage (67.7%) received a flu shot in the past 12 months compared to less than 6 out of 10 adults with Medicaid and Medicare coverage (55.8%) and those with Medicare only (56.7%).
- Across all age groups, adults who were currently married were more

likely than those who were formerly married to have received a flu shot in the past 12 months. Marital status differences increased with age. Among those aged 55-64, 37.6% of married adults had received a flu shot in the past 12 months compared with 33.9% of formerly married adults; among those aged 85 and over, 80.1% of married adults had received a flu shot compared with 68.7% of formerly married adults.

Dental visit

- The percentage of older adults who had visited a dentist in the past 12 months declined steadily with age. About two-thirds (65.9%) of adults aged 55-64 had visited a dentist in

the past year compared with 50.6% of those aged 85 and over.

- Among adults aged 55-64 and 65-74, women were more likely than men to have visited a dentist in the past 12 months. In the two oldest age groups, men and women were about equally likely to have visited a dentist.
- Non-Hispanic white and non-Hispanic Asian adults were much more likely than non-Hispanic black or Hispanic adults to have visited a dentist in the past 12 months.
- Prevalence of dental visits declined with age among all racial and ethnic groups studied, but the low prevalence of dental visits for non-Hispanic black adults aged 75-84 (31.7%) and 85 and over (24.8%) was particularly striking. By comparison, about 6 out of 10 non-Hispanic white adults aged 75-84 (60.4%) and more than one-half of non-Hispanic white adults aged 85 and over (53.3%) had visited a dentist.
- Regardless of age, older adults who were not poor were about twice as likely as poor adults to have visited a dentist in the past 12 months (Figure 4, Table 3).
- Older adults with private health insurance coverage were more likely than those with Medicaid to have visited a dentist in the past 12 months.
- Older adults who were currently married were more likely than those who were formerly married to have

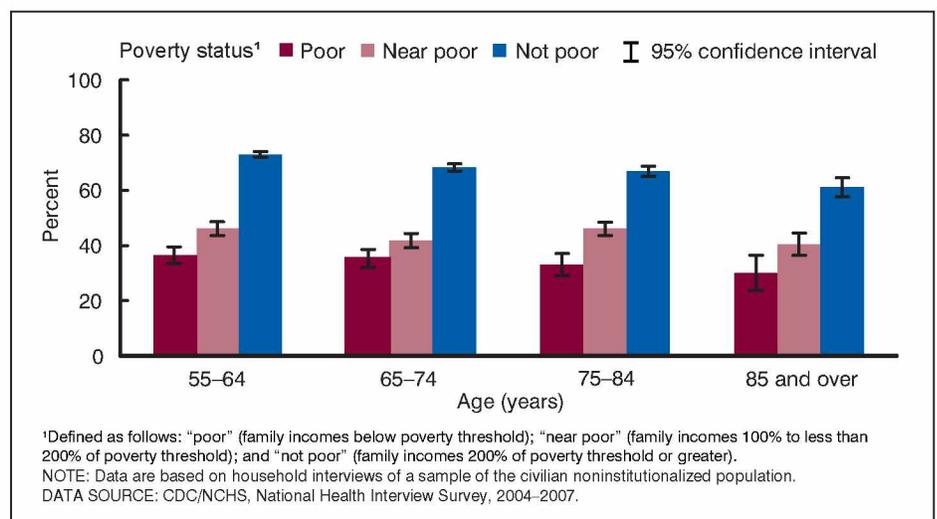


Figure 4. Percentage of adults aged 55 and over who visited a dentist in the past 12 months, by age and poverty status: United States, 2004-2007

visited a dentist in the past 12 months.

Doctor visit

- About 87.8% of adults aged 55–64 had visited a doctor in the past 12 months compared with 94.9% of those aged 75–84 and 96.6% of those aged 85 and over.
- With the exception of adults aged 85 and over, women were more likely than men to have visited a doctor in the past 12 months. Women (96.8%) and men (96.3%) in the oldest age group were about equally likely to have visited a doctor.
- Hispanic adults were less likely than non-Hispanic white and non-Hispanic black adults to have visited a doctor in the past 12 months.
- Among the pre-Medicare-eligible population aged 55–64, uninsured adults (63.0%) were much less likely than adults with private insurance (90.7%) or Medicaid (94.0%) to have visited a doctor in the past 12 months. Among adults aged 65 and over, variations by health insurance status were considerably smaller; 9 out of 10 adults in these age groups had visited a doctor in the past year, regardless of their health insurance coverage status.

Emergency room visit

- Overall, one-fifth of adults aged 55 and over had visited an emergency room in the past 12 months, ranging from 18.8% of those aged 55–64 to 32.5% of those aged 85 and over. Men and women were about equally likely to have visited an emergency room in the past 12 months.
- Among those aged 55–64 and 65–74, non-Hispanic black adults were more likely than non-Hispanic white adults to have visited an emergency room in the past 12 months.
- Poor adults were more likely than adults who were not poor to have visited an emergency room in the past 12 months, in all age groups except the oldest. Among those aged 55–64, poor adults (31.2%) were nearly twice as likely as adults who were not poor (16.4%) to have visited an

- emergency room in the past 12 months. Among those aged 65 and over, the differences in emergency room use between poor adults (30.2%) and adults who were not poor (22.0%) were somewhat smaller.
- Among adults aged 55–64, those with Medicaid (39.9%) were more than twice as likely as those with private insurance (16.4%) or uninsured adults (16.6%) to have visited an emergency room in the past 12 months. Similarly, among adults aged 65 and over, those with Medicaid and Medicare (35.6%) were more likely than those with private insurance (23.1%) or Medicare only (23.4%) to have visited an emergency room in the past 12 months.
- Among those under age 85, rates of emergency room use were higher in formerly married adults than in adults who were currently married. Among adults aged 55–64, 23.4% of those who were formerly married visited an emergency room in the past 12 months compared with 17.4% of those who were currently married. Among adults aged 65 and over, 27.2% of those who were formerly married visited an emergency room in the past 12 months compared with 21.9% of those who were currently married.

Home care

- Overall, 4.8% of adults aged 55 and over had utilized home care in the past 12 months, ranging from 2.2% of those aged 55–64 to 15.9% of those aged 85 and over.
- Except for the oldest age group, women were more likely than men to have utilized home care in the past 12 months.
- Poor adults were more likely than adults who were not poor to have utilized home care in the past 12 months. Among those aged 55–64, poor adults (5.4%) were three times as likely as those who were not poor (1.6%) to have utilized home care in the past 12 months. Among those aged 65 and over, poor adults (12.0%) were twice as likely as adults who were not poor (5.5%) to have utilized home care in the past 12 months.

- Adults with Medicaid were more likely than those with private insurance to have utilized home care in the past 12 months. Among adults aged 55–64, those with Medicaid (11.0%) were more than six times as likely as those with private insurance (1.6%) to have utilized home care in the past 12 months. Among adults 65 and over, those with Medicaid and Medicare were two to three times as likely as those with private insurance to have utilized home care in the past 12 months.

Health behaviors (Table 4)

Prevalence of any leisure-time physical activity, regular leisure-time physical activity, strengthening activity, and sleeping 7 to 8 hours in a 24-hour period (which may include naps) decreased with age. Healthy weight, never having smoked, and being a nonsmoker increased with age. Highlights of these findings are presented below.

Any leisure-time physical activity

- About one-half of adults aged 55 and over (51.9%) engaged in at least some light, moderate, or vigorous leisure-time physical activity. About 6 out of 10 adults aged 55–64 (58.1%) engaged in leisure-time physical activity compared with about 3 out of 10 adults aged 85 and over (29.2%).
- Differences between men and women in rates of participation in any leisure-time physical activity varied by age. Among adults aged 55–64, rates of participation were about the same for men (58.6%) and women (57.6%). Among adults aged 65 and over, men (51.4%) were more likely than women (42.9%) to participate in leisure-time physical activities.
- Non-Hispanic white and non-Hispanic Asian adults were more likely than non-Hispanic black or Hispanic adults to engage in at least some leisure-time physical activity. Among those aged 55–64, about 6 out of 10 non-Hispanic white (61.6%) and non-Hispanic Asian (54.5%) adults engaged in some leisure-time

physical activity compared with about 4 out of 10 non-Hispanic black (43.7%) and Hispanic (43.6%) adults. Among those aged 65 and over, about 5 out of 10 non-Hispanic white (48.4%) and non-Hispanic Asian (52.8%) adults engaged in leisure-time physical activity compared with about 3 out of 10 non-Hispanic black (33.7%) and Hispanic (34.6%) adults.

- Adults who were not poor were about twice as likely as poor adults to engage in leisure-time physical activity in each of the older age groups. Among those aged 55–64, two-thirds of adults who were not poor (64.0%) engaged in some type of leisure-time physical activity compared with about one-third of poor adults (34.5%). One-third of those aged 85 and over who were not poor (34.1%) engaged in some leisure-time physical activity compared with 18.3% of poor adults in this age group.
- Adults with private health insurance coverage were about twice as likely as those with Medicaid to engage in some level of leisure-time physical activity.
- Currently married adults were more likely than those who were formerly married or never married to engage in leisure-time physical activity. Among those aged 55–64, 6 out of 10 currently married adults (60.0%) engaged in leisure-time physical activity compared with about 5 out of 10 formerly married (53.3%) and never married (54.1%) adults. Among those aged 65 and over, about 5 out of 10 currently married adults (51.6%) engaged in some leisure-time physical activity compared with about 4 out of 10 formerly married (39.7%) and never married (43.8%) adults.

Regular leisure-time physical activity

- Overall, about one out of four adults aged 55 and over (24.0%) engaged in regular leisure-time physical activity. Prevalence of engaging in regular leisure-time physical activity declined with age from about one-fourth of adults aged 55–64 or 65–74 to about 1 out of 10 adults aged 85 and over (9.8%).

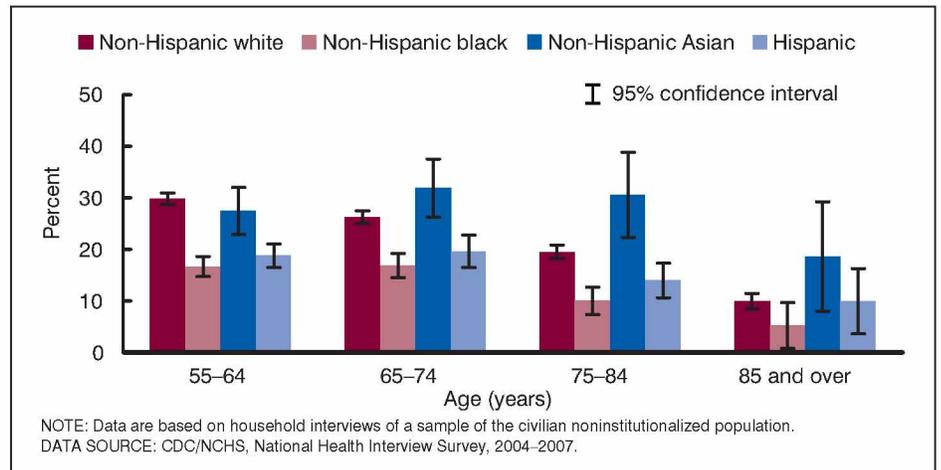


Figure 5. Percentage of adults aged 55 and over who engaged in regular leisure-time physical activity, by age and race/ethnicity: United States, 2004–2007

- Men were more likely than women to engage in regular leisure-time physical activity, with the greatest differences found in the oldest age groups.
- Non-Hispanic white and non-Hispanic Asian adults were more likely than non-Hispanic black and Hispanic adults to engage in regular leisure-time physical activity (Figure 5, Table 4).
- Adults who were not poor were two to three times as likely as poor adults in the same age group to engage in regular leisure-time physical activity, regardless of age.
- Adults with private health insurance were generally more likely than adults without private coverage to engage in regular leisure-time physical activity, in all but the oldest age group.
- Prevalence of regular leisure-time physical activity was higher among currently married adults than among formerly married adults in each age group.

Strengthening activity (leisure time)

- Rates of participation in leisure-time activity intended to strengthen muscles were low among adults aged 55 and over, ranging from 18.9% of those aged 55–64 to 8.6% of those aged 85 and over.
- In the age groups 55–64 and 65–74, men and women were about equally

likely to engage in strengthening activities. In the two oldest age groups, however, men were more likely than women to do strengthening activities.

- Rates of engaging in strengthening activities were highest among non-Hispanic white adults, those who were not poor, those with private health insurance, and those who were currently married. Most notable were differences by poverty status: adults who were not poor were two to three times as likely as poor adults to engage in strengthening activities.

Healthy weight

- Overall, about one-third of those aged 55 and over (33.6%) were a healthy weight, ranging from about 3 out of 10 adults aged 55–64 (29.5%) to more than 5 out of 10 adults aged 85 and over (53.1%).
- Women were more likely than men to have a healthy weight except among adults aged 85 and over for whom no sex differences were found.
- Non-Hispanic Asian adults were the most likely and non-Hispanic black and Hispanic adults were the least likely to have a healthy weight, regardless of age; findings for the oldest age group were not statistically significant due to large standard errors.

Cigarette smoking (never smoked)

- Overall, nearly one-half of adults aged 55 and over (50.4%) had never

smoked cigarettes. Estimates for never having smoked cigarettes ranged from 48.4% for the age groups 55–64 and 65–74 to 65.5% for those aged 85 and over.

- Women were more likely than men to have never smoked cigarettes in each of the age groups studied. Among adults aged 55–64, almost 6 out of 10 women (57.6%) had never smoked compared with about 4 out of 10 men (38.4%). Among adults aged 75–84, about two-thirds of women (65.6%) had never smoked compared with about one-third of men (34.9%). Among adults aged 85 and over, about three-fourths of women (76.5%) had never smoked cigarettes compared with less than one-half of men (44.4%).
- Non-Hispanic Asian and Hispanic adults were more likely than non-Hispanic black or non-Hispanic white adults to have never smoked cigarettes.
- In the age group 55–64, married adults were more likely to have never smoked than were formerly married adults. However, in the older age groups, married adults were less likely than other marital status groups to have never smoked.

Cigarette smoking (current nonsmokers)

- Prevalence of current nonsmokers (that is, never smoked or a former smoker) was very high among adults aged 55 and over (86.5%), increasing from 81.3% among those aged 55–64 to 97.8% among those aged 85 and over.
- Among adults aged 55–64 and 65–74, women were more likely than men to be nonsmokers. In the two oldest age groups, men and women were about equally likely to be nonsmokers.
- Among adults under age 75, those with private health insurance were more likely than those with Medicaid to be nonsmokers. Among adults aged 55–64, 84.6% of those with private health insurance coverage were nonsmokers compared with 70.5% of those with Medicaid coverage. Among adults aged 65–74, 89.0% of those with private health insurance

coverage were nonsmokers compared with 80.9% of those with Medicaid and Medicare coverage.

- Currently married adults under age 85 were more likely than formerly married adults to be nonsmokers. Differences were most notable among those aged 55–64: 84.6% of currently married adults in this age group were nonsmokers compared with 72.6% of formerly married adults.

Sleep

- About 6 out of 10 adults aged 55 and over usually slept 7 to 8 hours in a 24-hour period (62.3%), ranging from 64.1% of those aged 55–64 to 52.5% of those aged 85 and over.
- Non-Hispanic white adults were more likely than non-Hispanic black adults to have usually slept 7 to 8 hours in a 24-hour period, regardless of age. Disparities among the other racial and ethnic groups varied by age group.
- Adults who were not poor were more likely than poor adults to have usually slept 7 to 8 hours in a 24-hour period. Among adults aged 55–64, two-thirds who were not poor (66.6%) slept 7 to 8 hours compared with 53.1% of those who were poor. Among adults aged 65 and over, 63.8% who were not poor slept 7 to 8 hours compared with 52.6% who were poor.
- Adults with Medicaid coverage were less likely to usually sleep 7 to 8 hours in a 24-hour period compared with those having private health insurance, no health insurance (for ages 55–64), or Medicare only (for ages 65 and over). Among adults aged 65 and over, those with private insurance and those covered by Medicare only were about equally likely to sleep 7 to 8 hours.

Discussion

The findings presented in this report are based on interviews with adults living in households across the United States. Although the NHIS sample includes a few residential assisted-living units, for the most part, the interviewed sample consists of adults who can manage in a regular household

setting—either on their own or with the help of other household members or paid caregivers. Adults who are unable to manage in the home are often living in nursing homes or other institutional settings and therefore are out of scope for NHIS. This context should be kept in mind when interpreting the findings presented.

Overall, these findings provide a snapshot of the health status and physical and social functioning of U.S. adults aged 55 and over. Of the conditions studied, hypertension was the most prevalent, with nearly one-half (47.3%) of adults aged 55 and over having this condition. Hypertension was the most prevalent condition for every age group except adults aged 85 and over, for whom hearing impairment was the most prevalent condition (62.1%). With the exception of diabetes and serious psychological distress, prevalence of most health conditions and difficulty in physical and social functioning increased gradually between the age groups 55–64 and 85 and over—in some cases doubling or even tripling between the youngest and oldest age groups. The exceptions to this were prevalence of diabetes (which was about the same for adults aged 85 and over compared with adults aged 55–64) and serious psychological distress (which was somewhat higher among adults aged 65 and over compared with those aged 55–64 but remained stable in each of the age groups 65 and over). Use of preventive immunizations, emergency room visits, and home care increased markedly with age while contact with a dentist decreased. Over 90% of older adults had a regular source of health care; almost all adults aged 85 and over (97.5%) had such a care source. Participation in leisure-time physical activity and sleeping 7 to 8 hours declined with age while maintaining a healthy body weight and abstinence from cigarette smoking increased.

Gender differences were found across the characteristics studied. Although there were some variations by age, men were more likely than women to have heart disease and hearing impairment. Women were more likely to have hypertension, experience difficulty with physical and social functioning,

maintain a healthy body weight, and be lifetime nonsmokers.

Racial and ethnic differences were noted for most health indicators examined, although the groups with the lowest and highest prevalence varied. Non-Hispanic white adults had higher rates of heart disease, hearing impairment, getting a flu shot, dental visits, leisure-time physical activity, and maintaining a healthy body weight compared with non-Hispanic black adults. Non-Hispanic black adults, on the other hand, had higher rates of hypertension, diabetes, difficulty with physical and social functioning, emergency room visits (for those under age 75), and lifetime nonsmoking compared with non-Hispanic white adults in the same age groups. Non-Hispanic Asian adults had among the lowest rates of fair or poor health, hypertension, diabetes, vision impairment, and difficulty with physical and social functioning, and the highest rates of healthy body weight and never smoking cigarettes. Non-Hispanic black and Hispanic adults had similar rates of heart disease and diabetes while non-Hispanic white and Hispanic adults had similar rates of hypertension.

The most consistent and striking findings are the health differences by poverty and health insurance status. Poor and near poor adults and those with Medicaid had higher rates of most of the health conditions and impairments studied, with the exception of hearing impairment. Regardless of age, poor and near poor adults were less likely than adults who were not poor to have visited a dentist in the past year and more likely to have had an emergency room visit or home care. The association between poverty and pneumonia immunization differed by age, with poor adults aged 55–64 more likely than adults who were not poor to have had a pneumonia shot and poor adults aged 65 and over less likely to have had a pneumonia shot. Poor adults were also less likely than those who were not poor to be current nonsmokers, to engage in leisure-time physical activity, or to get 7 to 8 hours of sleep. Prevalence of maintaining a healthy body weight was unrelated to poverty.

Marital status differences in health characteristics were found for all ages, but differences were not as clear or consistent as for the other characteristics studied. Overall, married adults generally had lower rates of fair or poor health, chronic health conditions, impairments, and emergency room visits, and higher rates of health care utilization such as flu vaccinations and dental care. Married adults also were more likely to have engaged in leisure-time physical activity but less likely to be lifetime nonsmokers compared with formerly married adults.

In summary, results presented in this report show differences among the older age groups in terms of health status, physical and social functioning, health care access, and personal health risk behaviors. Within these older age groups, differences were found by gender, race and Hispanic origin, marital status, poverty status, and health insurance coverage. In many cases, subgroup differences noted for adults aged 55–64 differed substantially from those found for adults aged 65 and over. These findings provide information that can be used to identify subgroups of older adults who may be at increased risk of unfavorable health outcomes, limited health care access, and unhealthy personal health behaviors. Although there is a need for increased understanding of the causal mechanisms underlying these differences, causal inferences are not possible with the NHIS cross-sectional design.

A discussion of trends in the health of older U.S. adults is beyond the scope of this report. However, readers interested in examining changes over time are encouraged to compare the findings presented in this report with those previously published for 2000–2003 (6).

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Table 1. Percentage of adults aged 55 and over who were in fair or poor health, and percentage with selected health conditions and impairments, by age and selected characteristics: United States, average annual, 2004–2007

Selected characteristic	Population	Health status, condition, or impairment								
		Fair or poor health ¹	Serious psychological distress ²	Hypertension ³	Heart disease ⁴	Diabetes ⁵	Hearing impairment ⁶	Vision impairment ⁷	Lost all natural teeth ⁸	
		Percent ¹⁰ (standard error)								
55 years and over	66,076	22.9 (0.28)	2.9 (0.11)	47.3 (0.32)	24.8 (0.27)	16.3 (0.23)	31.6 (0.31)	14.4 (0.26)	19.0 (0.28)	
55–64 years	30,709	19.6 (0.40)	3.6 (0.20)	40.8 (0.48)	17.3 (0.37)	14.1 (0.35)	23.0 (0.43)	11.7 (0.34)	11.0 (0.31)	
65 years and over	35,367	25.8 (0.38)	2.2 (0.12)	53.0 (0.41)	31.4 (0.38)	18.2 (0.32)	39.0 (0.42)	16.7 (0.34)	26.0 (0.40)	
65–74 years.	18,786	22.9 (0.48)	2.1 (0.16)	50.8 (0.54)	26.8 (0.50)	19.2 (0.45)	30.9 (0.54)	13.5 (0.43)	22.0 (0.51)	
75–84 years.	12,601	28.1 (0.62)	2.4 (0.19)	55.7 (0.68)	35.3 (0.66)	18.2 (0.55)	43.7 (0.71)	18.3 (0.54)	29.1 (0.65)	
85 years and over	3,980	32.1 (1.08)	2.4 (0.35)	54.3 (1.15)	40.7 (1.19)	13.0 (0.85)	62.1 (1.17)	26.9 (1.10)	35.6 (1.18)	
55–64 years										
Sex										
Men	14,772	19.2 (0.56)	2.7 (0.22)	42.0 (0.70)	19.9 (0.57)	15.5 (0.51)	30.2 (0.68)	10.2 (0.44)	11.1 (0.43)	
Women	15,937	19.9 (0.53)	4.4 (0.31)	39.7 (0.64)	14.8 (0.45)	12.9 (0.46)	16.4 (0.50)	13.1 (0.46)	11.0 (0.43)	
Race and Hispanic origin ¹¹										
Non-Hispanic white	23,654	16.9 (0.44)	3.4 (0.23)	39.1 (0.55)	18.0 (0.43)	12.3 (0.39)	25.2 (0.51)	11.3 (0.40)	11.1 (0.37)	
Non-Hispanic black	2,964	33.8 (1.32)	4.2 (0.56)	57.2 (1.39)	17.0 (0.99)	22.1 (1.15)	15.2 (0.96)	14.8 (0.96)	12.7 (0.90)	
Non-Hispanic Asian	1,068	14.7 (2.12)	2.4 (0.70)	33.5 (2.50)	9.3 (1.61)	14.4 (2.11)	10.2 (1.40)	7.6 (1.45)	9.3 (1.67)	
Hispanic	2,449	28.9 (1.30)	4.6 (0.57)	39.0 (1.46)	13.3 (1.04)	20.0 (1.23)	16.0 (1.36)	12.6 (0.95)	8.0 (0.81)	
Poverty status ¹²										
Poor	2,661	50.1 (1.50)	10.6 (0.91)	53.8 (1.45)	26.0 (1.32)	21.8 (1.18)	27.5 (1.41)	21.3 (1.23)	21.8 (1.26)	
Near poor	4,557	37.9 (1.28)	8.0 (0.73)	46.7 (1.23)	22.4 (1.11)	19.9 (1.07)	25.8 (1.30)	18.1 (1.00)	19.0 (1.08)	
Not poor	23,492	12.5 (0.38)	1.9 (0.19)	38.2 (0.55)	15.3 (0.40)	12.1 (0.38)	22.0 (0.51)	9.4 (0.37)	8.3 (0.33)	
Health insurance coverage ¹³										
Private	22,907	12.4 (0.38)	1.9 (0.18)	38.7 (0.56)	15.3 (0.41)	12.1 (0.39)	21.9 (0.49)	9.4 (0.37)	8.0 (0.32)	
Medicaid	1,803	58.4 (1.71)	13.9 (1.27)	60.0 (1.67)	34.1 (1.72)	28.5 (1.56)	28.2 (1.62)	24.3 (1.47)	27.0 (1.54)	
Other	2,348	45.2 (1.76)	9.6 (1.12)	54.3 (1.68)	28.7 (1.56)	23.1 (1.36)	65.9 (1.69)	19.9 (1.33)	20.8 (1.41)	
Uninsured	3,526	28.8 (1.20)	5.7 (0.60)	36.7 (1.33)	14.0 (0.97)	14.3 (1.00)	20.9 (1.17)	15.4 (0.94)	15.8 (1.02)	
Marital status ¹⁴										
Currently married	21,195	17.0 (0.47)	2.8 (0.23)	39.9 (0.60)	17.0 (0.45)	13.4 (0.44)	23.9 (0.56)	10.4 (0.40)	10.0 (0.39)	
Formerly married	6,773	26.2 (0.78)	5.6 (0.41)	44.4 (0.84)	19.1 (0.71)	16.6 (0.61)	22.1 (0.70)	15.6 (0.61)	14.7 (0.59)	
Never married	1,650	23.5 (1.56)	5.3 (0.91)	38.4 (1.64)	12.8 (1.10)	14.7 (1.18)	17.5 (1.37)	12.5 (1.32)	9.4 (1.03)	
65 years and over										
Sex										
Men	15,088	26.1 (0.56)	1.8 (0.16)	49.9 (0.65)	37.4 (0.63)	19.7 (0.51)	47.2 (0.66)	14.9 (0.51)	25.6 (0.59)	
Women	20,278	25.6 (0.48)	2.6 (0.17)	55.2 (0.54)	27.0 (0.46)	17.0 (0.42)	32.8 (0.50)	18.0 (0.44)	26.4 (0.51)	
Race and Hispanic origin ¹¹										
Non-Hispanic white	28,696	23.4 (0.41)	2.0 (0.13)	51.2 (0.46)	32.9 (0.44)	16.0 (0.36)	41.6 (0.48)	16.2 (0.37)	25.3 (0.45)	
Non-Hispanic black	2,934	38.6 (1.15)	2.4 (0.32)	68.5 (1.07)	25.6 (1.02)	29.6 (1.03)	23.6 (1.06)	20.4 (0.93)	34.4 (1.11)	
Non-Hispanic Asian	989	22.0 (1.92)	1.5 (0.43)	52.8 (2.46)	20.6 (1.85)	19.8 (1.93)	30.1 (2.22)	12.7 (1.58)	20.7 (2.22)	
Hispanic	2,282	38.9 (1.40)	4.9 (0.64)	53.5 (1.44)	24.5 (1.16)	27.8 (1.34)	28.2 (1.27)	18.9 (1.23)	26.0 (1.27)	
Poverty status ¹²										
Poor	3,699	43.3 (1.32)	5.0 (0.53)	56.8 (1.32)	33.7 (1.12)	22.9 (1.01)	36.1 (1.15)	23.5 (1.14)	39.5 (1.13)	
Near poor	9,306	32.9 (0.79)	3.4 (0.29)	56.3 (0.82)	32.9 (0.86)	20.1 (0.71)	40.3 (0.80)	19.6 (0.70)	34.3 (0.83)	
Not poor	22,362	20.0 (0.46)	1.3 (0.12)	50.9 (0.56)	30.4 (0.52)	16.6 (0.43)	38.9 (0.54)	14.4 (0.43)	20.4 (0.48)	

See footnotes at end of table.

Table 1. Percentage of adults aged 55 and over who were in fair or poor health, and percentage with selected health conditions and impairments, by age and selected characteristics: United States, average annual, 2004–2007—Con.

Selected characteristic	Population	Health status, condition, or impairment							
		Fair or poor health ¹	Serious psychological distress ²	Hypertension ³	Heart disease ⁴	Diabetes ⁵	Hearing impairment ⁶	Vision impairment ⁷	Lost all natural teeth ⁸
		Percent ¹⁰ (standard error)							
Number in thousands ⁹									
Health insurance coverage¹³									
Private	20,866	21.1 (0.47)	1.6 (0.13)	52.6 (0.55)	31.9 (0.50)	16.8 (0.41)	40.1 (0.53)	15.9 (0.42)	22.5 (0.49)
Medicaid and Medicare	2,208	54.6 (1.52)	7.6 (0.80)	63.4 (1.38)	41.3 (1.44)	29.4 (1.33)	35.9 (1.40)	25.3 (1.27)	44.4 (1.49)
Medicare only	9,604	28.8 (0.69)	2.4 (0.22)	51.4 (0.77)	27.7 (0.70)	18.0 (0.63)	35.8 (0.81)	16.6 (0.63)	30.2 (0.75)
Other	2,340	27.1 (1.52)	2.3 (0.50)	54.8 (1.63)	36.1 (1.64)	20.6 (1.35)	54.3 (1.65)	16.7 (1.21)	24.2 (1.40)
Marital status¹⁴									
Currently married	19,759	23.9 (0.54)	1.7 (0.16)	50.7 (0.59)	31.1 (0.54)	18.2 (0.46)	39.1 (0.61)	14.7 (0.46)	22.0 (0.54)
Formerly married	13,848	28.4 (0.54)	3.0 (0.19)	56.8 (0.56)	32.3 (0.54)	18.3 (0.44)	39.6 (0.58)	19.5 (0.48)	32.0 (0.58)
Never married	1,223	25.9 (1.60)	2.5 (0.57)	49.2 (1.79)	27.5 (1.58)	17.6 (1.47)	30.8 (1.68)	17.2 (1.38)	25.2 (1.59)
65–74 years									
Sex									
Men	8,620	22.9 (0.69)	1.8 (0.21)	48.9 (0.83)	32.7 (0.81)	20.5 (0.67)	40.1 (0.87)	11.7 (0.59)	21.7 (0.74)
Women	10,166	23.0 (0.64)	2.4 (0.23)	52.5 (0.75)	21.9 (0.65)	18.1 (0.60)	23.2 (0.63)	15.0 (0.59)	22.2 (0.68)
Race and Hispanic origin¹¹									
Non-Hispanic white	14,706	20.1 (0.53)	1.9 (0.18)	48.5 (0.63)	28.2 (0.59)	16.8 (0.51)	33.6 (0.64)	12.5 (0.49)	21.5 (0.59)
Non-Hispanic black	1,791	36.8 (1.41)	2.4 (0.44)	67.9 (1.37)	23.6 (1.22)	29.9 (1.36)	18.4 (1.20)	19.0 (1.18)	28.8 (1.37)
Non-Hispanic Asian	606	17.1 (2.16)	*1.1 (0.49)	49.5 (3.21)	15.2 (2.22)	19.4 (2.52)	23.1 (2.89)	10.8 (1.95)	14.7 (2.26)
Hispanic	1,397	35.1 (1.72)	4.8 (0.81)	52.4 (1.83)	21.0 (1.45)	29.1 (1.73)	20.8 (1.53)	16.0 (1.46)	19.4 (1.48)
Poverty status¹²									
Poor	1,791	43.9 (1.73)	6.0 (0.80)	57.1 (1.88)	31.5 (1.57)	25.7 (1.47)	27.6 (1.63)	21.4 (1.47)	33.2 (1.72)
Near poor	4,216	33.9 (1.14)	3.8 (0.46)	55.3 (1.22)	28.1 (1.09)	23.3 (1.10)	30.9 (1.10)	16.8 (0.95)	31.2 (1.08)
Not poor	12,780	16.4 (0.55)	1.0 (0.14)	48.5 (0.73)	25.8 (0.64)	17.0 (0.57)	31.4 (0.68)	11.2 (0.51)	17.3 (0.59)
Health insurance coverage¹³									
Private	11,008	17.7 (0.60)	1.3 (0.16)	49.6 (0.74)	26.1 (0.66)	17.9 (0.59)	32.0 (0.71)	12.4 (0.54)	18.9 (0.63)
Medicaid and Medicare	1,170	53.6 (2.20)	8.5 (1.23)	64.4 (1.83)	38.2 (1.88)	30.5 (1.80)	29.1 (1.87)	21.9 (1.57)	38.2 (1.99)
Medicare only	5,067	26.3 (0.97)	2.3 (0.31)	50.0 (1.06)	24.4 (0.92)	18.6 (0.83)	27.4 (0.99)	13.7 (0.82)	25.0 (0.98)
Other	1,304	26.0 (1.90)	2.2 (0.57)	54.8 (2.20)	34.2 (2.18)	22.6 (1.78)	61.2 (2.11)	14.1 (1.40)	22.2 (1.81)
Marital status¹⁴									
Currently married	12,273	20.8 (0.62)	1.7 (0.20)	49.0 (0.75)	26.8 (0.68)	18.3 (0.57)	32.5 (0.73)	12.4 (0.55)	19.5 (0.65)
Formerly married	5,453	26.8 (0.79)	3.2 (0.31)	55.4 (0.85)	27.2 (0.77)	21.0 (0.71)	28.6 (0.78)	15.6 (0.66)	27.4 (0.81)
Never married	699	26.7 (2.13)	*2.4 (0.77)	50.1 (2.38)	26.2 (2.12)	21.3 (2.07)	21.3 (1.90)	14.8 (1.70)	23.0 (2.06)
75–84 years									
Sex									
Men	5,108	29.1 (0.98)	1.8 (0.29)	51.7 (1.09)	42.7 (1.14)	19.4 (0.87)	53.5 (1.14)	16.9 (0.90)	29.9 (1.05)
Women	7,493	27.4 (0.77)	2.8 (0.25)	58.4 (0.86)	30.3 (0.76)	17.4 (0.67)	37.0 (0.85)	19.3 (0.70)	28.6 (0.78)
Race and Hispanic origin¹¹									
Non-Hispanic white	10,527	25.8 (0.67)	2.2 (0.20)	54.4 (0.76)	36.7 (0.74)	16.2 (0.59)	45.4 (0.79)	17.8 (0.59)	27.7 (0.72)
Non-Hispanic black	900	41.2 (2.02)	2.3 (0.55)	70.6 (1.86)	28.0 (1.90)	30.9 (1.87)	28.8 (1.87)	22.1 (1.63)	42.2 (1.92)
Non-Hispanic Asian	290	27.2 (4.03)	*1.8 (0.84)	56.7 (4.03)	27.1 (3.60)	21.9 (3.43)	38.0 (3.73)	13.7 (2.72)	27.5 (4.08)
Hispanic	729	43.6 (2.45)	5.0 (1.09)	54.7 (2.38)	28.7 (2.18)	27.6 (2.29)	37.5 (2.47)	22.6 (2.10)	32.8 (2.37)

See footnotes at end of table.

Table 1. Percentage of adults aged 55 and over who were in fair or poor health, and percentage with selected health conditions and impairments, by age and selected characteristics: United States, average annual, 2004–2007—Con.

Selected characteristic	Population	Health status, condition, or impairment							
		Fair or poor health ¹	Serious psychological distress ²	Hypertension ³	Heart disease ⁴	Diabetes ⁵	Hearing impairment ⁶	Vision impairment ⁷	Lost all natural teeth ⁸
		Percent ¹⁰ (standard error)							
Poverty status¹²									
Poor	1,389	43.3 (2.15)	4.0 (0.72)	58.4 (2.40)	34.7 (1.74)	22.9 (1.57)	39.4 (1.87)	23.5 (1.79)	42.2 (1.90)
Near poor	3,833	31.6 (1.11)	3.0 (0.41)	57.3 (1.34)	35.9 (1.33)	19.0 (0.95)	42.7 (1.27)	20.1 (1.05)	35.9 (1.45)
Not poor	7,378	23.4 (0.83)	1.7 (0.23)	54.4 (0.93)	35.2 (0.96)	16.9 (0.75)	45.0 (0.94)	16.4 (0.68)	23.1 (0.87)
Health insurance coverage¹³									
Private	7,522	23.7 (0.74)	1.9 (0.22)	55.9 (0.88)	36.8 (0.88)	16.5 (0.67)	45.0 (0.89)	17.7 (0.69)	24.8 (0.80)
Medicaid and Medicare	793	54.2 (2.43)	6.4 (1.05)	61.8 (2.40)	42.9 (2.46)	29.6 (2.33)	41.0 (2.51)	28.7 (2.22)	49.4 (2.42)
Medicare only	3,350	31.4 (1.22)	2.5 (0.37)	54.1 (1.30)	30.1 (1.20)	19.5 (1.08)	39.2 (1.32)	17.3 (1.00)	34.6 (1.26)
Other	862	28.9 (2.58)	*2.3 (1.00)	55.8 (2.69)	37.5 (2.67)	18.6 (2.23)	47.3 (2.82)	18.3 (2.05)	26.8 (2.37)
Marital status¹⁴									
Currently married	6,327	27.4 (0.94)	1.8 (0.24)	53.3 (1.02)	36.6 (1.02)	18.6 (0.86)	46.8 (1.08)	16.5 (0.80)	25.5 (0.95)
Formerly married	5,737	29.1 (0.84)	3.0 (0.30)	58.8 (0.89)	34.2 (0.84)	18.2 (0.70)	40.5 (0.88)	19.7 (0.73)	33.3 (0.88)
Never married	398	24.3 (2.62)	*3.0 (0.98)	50.2 (3.10)	28.1 (2.66)	15.4 (2.44)	40.8 (3.17)	22.4 (2.70)	27.0 (2.76)
85 years and over									
Sex									
Men	1,361	35.3 (2.08)	1.8 (0.49)	49.6 (2.04)	47.3 (2.04)	15.6 (1.61)	69.0 (1.91)	28.0 (2.00)	34.2 (2.00)
Women	2,619	30.5 (1.32)	2.7 (0.45)	56.7 (1.37)	37.2 (1.36)	11.7 (0.96)	58.5 (1.40)	26.3 (1.28)	36.3 (1.43)
Race and Hispanic origin¹¹									
Non-Hispanic white	3,463	30.2 (1.15)	2.3 (0.38)	53.0 (1.25)	41.7 (1.29)	12.0 (0.91)	64.2 (1.25)	27.0 (1.20)	34.0 (1.28)
Non-Hispanic black	243	43.0 (3.94)	*2.5 (1.06)	65.2 (3.59)	31.4 (3.66)	22.4 (3.26)	42.7 (3.92)	25.1 (3.44)	46.3 (3.85)
Non-Hispanic Asian	92	37.6 (6.46)	†	62.7 (7.13)	35.0 (6.97)	*15.4 (5.84)	51.1 (7.25)	22.1 (5.88)	38.6 (7.39)
Hispanic	156	52.0 (5.95)	*4.5 (1.95)	58.1 (4.91)	35.8 (4.92)	16.5 (4.32)	51.4 (5.99)	27.5 (4.86)	52.6 (6.02)
Poverty status¹²									
Poor	519	40.9 (2.89)	*4.1 (1.43)	51.6 (3.40)	38.7 (3.06)	13.5 (2.26)	56.9 (3.12)	30.8 (3.37)	53.7 (3.57)
Near poor	1,257	33.3 (1.92)	2.7 (0.61)	56.1 (2.15)	39.7 (2.45)	12.9 (1.34)	64.5 (2.20)	27.3 (1.86)	39.5 (1.91)
Not poor	2,204	29.4 (1.50)	1.8 (0.41)	53.8 (1.72)	41.8 (1.74)	13.0 (1.28)	61.9 (1.77)	25.7 (1.67)	29.2 (1.60)
Health insurance coverage¹³									
Private	2,335	29.0 (1.40)	1.9 (0.39)	56.2 (1.49)	43.1 (1.54)	12.9 (1.12)	62.6 (1.46)	26.4 (1.42)	32.0 (1.43)
Medicaid and Medicare	245	60.6 (4.14)	*6.9 (2.12)	64.3 (3.88)	50.9 (4.32)	23.3 (3.87)	51.8 (4.29)	30.3 (3.71)	57.4 (4.29)
Medicare only	1,188	32.7 (1.93)	2.0 (0.52)	49.3 (2.15)	34.6 (2.15)	11.2 (1.38)	62.7 (2.25)	27.1 (1.99)	39.9 (2.34)
Other	174	26.9 (5.30)	†	49.8 (5.53)	43.5 (5.49)	15.7 (4.68)	37.1 (5.25)	29.0 (5.21)	25.6 (4.52)
Marital status¹⁴									
Currently married	1,159	37.4 (2.28)	2.4 (0.62)	54.6 (2.37)	47.1 (2.49)	14.5 (1.71)	67.7 (2.46)	28.7 (2.28)	29.6 (2.17)
Formerly married	2,658	30.0 (1.25)	2.4 (0.43)	55.1 (1.32)	38.4 (1.34)	12.9 (0.97)	60.2 (1.37)	26.8 (1.26)	38.5 (1.38)
Never married	127	26.6 (5.12)	†	40.8 (5.23)	32.7 (4.93)	*4.3 (1.97)	51.7 (5.22)	14.5 (3.56)	31.3 (5.40)

* Data have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution, as they do not meet standards of reliability or precision.

† Estimate has a relative standard error of greater than 50% and is not shown.

¹Based on the question, "Would you say [your/subject name's] health in general is excellent, very good, good, fair or poor?" This information was obtained during the family interview and therefore could have been proxy reported.

²Based on summary score derived from a series of six questions: "During the past 30 days, how often did you feel . . . [so sad nothing could cheer you up; nervous; restless or fidgety; hopeless; that everything was an effort; worthless]?" Response categories were "all of the time," "most of the time," "some of the time," "a little of the time," and "none of the time." Score for each item ranged from zero (none of the time) to 4 (all of the time). Unknowns for individual items were assigned a score of zero for that item. Serious psychological distress is defined as a total psychological distress score of 13 or higher for the six items combined (44).

³Had been told on two or more different visits that they had hypertension or high blood pressure.

⁴Ever told by a doctor or other health professional that they had coronary heart disease, angina pectoris, heart attack, or any other heart condition or disease.

⁶Based on the question, "Have you ever been told by a doctor or other health professional that you had diabetes or sugar diabetes?" (excludes during pregnancy). Responses of "borderline" were treated as unknown and excluded from the analysis.

⁶Based on the question, "Which statement best describes your hearing without a hearing aid: good, a little trouble, a lot of trouble, deaf?" Adults who responded "a little trouble," "a lot of trouble," or "deaf" were classified as having hearing impairment.

⁷Based on the question, "Do you have any trouble seeing, even when wearing glasses or contact lenses?" Adults who responded "yes" were classified as having vision impairment.

⁸Based on the question, "Have you lost all your upper and lower natural (permanent) teeth?"

⁹Includes adults with unknown health characteristics.

¹⁰Unknowns for the columns were not included in the denominators when calculating percentages (see "Technical Notes" section).

¹¹Races shown are single race only. Persons of Hispanic origin may be of any race. Other race categories are not shown separately due to small sample sizes.

¹²Based on family income and family size using the U.S. Census Bureau's poverty thresholds for the previous calendar year. Poor persons are those with family incomes below the poverty threshold. Near poor persons had incomes of 100% to less than 200% of the poverty threshold. Not poor persons had incomes that were 200% of the poverty threshold or greater.

¹³Classification based on a hierarchy of mutually exclusive categories. Persons with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. Persons under age 65 and those aged 65 and over were classified separately due to the prominence of Medicare coverage in the older population. The category "private" includes persons who had any type of private coverage either alone or in combination with other coverage. For example, for persons aged 65 and over, "private" includes persons with only private or private in combination with Medicare. The category "uninsured" includes persons who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care (see "Technical Notes" section). The category "uninsured" is not shown separately for adults aged 65 and over because only about 1% of this age group lacks coverage.

¹⁴Categories were "married" (living with or without spouse); "formerly married" (widowed, divorced, separated); and "never married." Adults living with a partner are not shown separately due to small sample size.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 2. Number of adults aged 55 and over and percentage (with standard errors) who had some difficulty with physical or social functioning, by selected characteristics: United States, average annual, 2004–2007

Selected characteristic	Population	Physical and social activities that are at least somewhat difficult ¹											
		Walking 1/4 mile	Walking up 10 steps	Standing for 2 hours	Sitting for 2 hours	Stooping or bending	Reaching	Grasping	Carrying 10 pounds	Pushing or pulling large objects	Shopping	Socializing	Relaxing
		Percent ³ (standard error)											
55 years and over	66,076	25.0 (0.30)	19.4 (0.27)	27.6 (0.30)	10.7 (0.21)	30.3 (0.32)	11.0 (0.22)	9.4 (0.20)	15.2 (0.24)	20.9 (0.29)	13.3 (0.23)	9.7 (0.20)	4.1 (0.13)
55–64 years	30,709	17.3 (0.38)	13.4 (0.34)	20.1 (0.40)	10.7 (0.30)	23.4 (0.44)	8.7 (0.30)	7.5 (0.26)	11.0 (0.31)	15.5 (0.37)	9.6 (0.30)	7.0 (0.27)	3.5 (0.19)
65 years and over	35,367	31.9 (0.43)	24.7 (0.38)	34.4 (0.44)	10.8 (0.27)	36.4 (0.42)	13.1 (0.30)	11.1 (0.27)	19.1 (0.34)	26.0 (0.40)	16.6 (0.33)	12.2 (0.29)	4.6 (0.18)
65–74 years	18,786	23.9 (0.51)	18.2 (0.46)	26.3 (0.53)	9.9 (0.34)	30.7 (0.54)	10.0 (0.34)	8.3 (0.31)	13.5 (0.39)	19.7 (0.47)	11.6 (0.38)	8.1 (0.32)	3.3 (0.20)
75–84 years	12,601	37.3 (0.71)	28.6 (0.64)	39.6 (0.70)	11.2 (0.44)	39.9 (0.69)	14.9 (0.49)	12.9 (0.47)	22.2 (0.58)	29.5 (0.69)	19.2 (0.57)	13.9 (0.49)	5.2 (0.30)
85 years and over	3,980	56.1 (1.26)	45.2 (1.26)	59.3 (1.22)	13.8 (0.87)	53.1 (1.23)	22.2 (1.06)	18.6 (0.97)	37.5 (1.24)	47.9 (1.31)	34.1 (1.19)	27.6 (1.18)	9.0 (0.73)
55–64 years													
Sex													
Men	14,772	14.6 (0.51)	10.6 (0.46)	16.4 (0.53)	8.3 (0.38)	19.5 (0.57)	7.1 (0.38)	6.2 (0.35)	7.0 (0.36)	11.5 (0.46)	7.9 (0.39)	5.5 (0.31)	3.0 (0.24)
Women	15,937	19.9 (0.54)	16.0 (0.48)	23.5 (0.56)	12.9 (0.46)	27.0 (0.61)	10.2 (0.44)	8.7 (0.37)	14.7 (0.49)	19.2 (0.53)	11.2 (0.43)	8.4 (0.40)	4.0 (0.30)
Race and Hispanic origin ⁴													
Non-Hispanic white	23,654	16.8 (0.44)	12.4 (0.39)	19.7 (0.46)	10.6 (0.35)	23.3 (0.51)	8.4 (0.35)	7.1 (0.29)	10.0 (0.35)	14.8 (0.42)	9.4 (0.35)	6.7 (0.31)	3.5 (0.24)
Non-Hispanic black	2,964	25.6 (1.23)	22.9 (1.19)	26.7 (1.29)	12.1 (0.86)	29.0 (1.23)	12.0 (0.91)	10.3 (0.97)	16.8 (1.05)	21.1 (1.20)	13.3 (0.92)	9.9 (0.85)	4.5 (0.54)
Non-Hispanic Asian	1,068	5.9 (1.24)	3.9 (1.03)	10.3 (2.01)	3.7 (0.97)	8.9 (1.82)	3.4 (0.84)	3.7 (0.87)	10.2 (1.99)	8.5 (1.45)	4.2 (1.16)	*2.9 (0.91)	†
Hispanic	2,449	16.5 (1.09)	15.0 (0.97)	19.1 (1.15)	12.0 (0.95)	22.4 (1.18)	10.1 (0.87)	8.8 (0.84)	14.0 (1.06)	17.4 (1.15)	9.8 (0.86)	7.6 (0.77)	3.2 (0.53)
Poverty status ⁵													
Poor	2,661	40.5 (1.56)	35.8 (1.41)	42.2 (1.58)	24.7 (1.31)	44.5 (1.50)	21.4 (1.28)	18.2 (1.15)	29.4 (1.34)	36.7 (1.49)	24.8 (1.34)	19.1 (1.15)	10.7 (0.90)
Near poor	4,557	31.1 (1.34)	26.9 (1.22)	34.9 (1.29)	18.2 (1.02)	37.2 (1.41)	15.9 (1.07)	12.9 (0.93)	21.8 (1.09)	28.8 (1.29)	19.4 (1.08)	14.1 (0.98)	6.9 (0.72)
Not poor	23,492	12.1 (0.39)	8.4 (0.33)	14.8 (0.41)	7.7 (0.31)	18.4 (0.47)	5.9 (0.29)	5.2 (0.26)	6.9 (0.30)	10.7 (0.37)	6.1 (0.29)	4.4 (0.27)	2.0 (0.19)
Health insurance coverage ⁶													
Private	22,907	12.0 (0.39)	8.3 (0.33)	14.7 (0.42)	7.5 (0.30)	18.5 (0.47)	5.8 (0.28)	5.0 (0.25)	6.7 (0.29)	10.6 (0.36)	5.8 (0.28)	4.2 (0.26)	2.0 (0.18)
Medicaid	1,803	52.2 (1.75)	47.5 (1.76)	56.8 (1.81)	33.1 (1.62)	57.9 (1.73)	29.2 (1.64)	23.3 (1.48)	41.7 (1.77)	49.6 (1.86)	37.2 (1.78)	29.1 (1.68)	13.9 (1.32)
Other	2,348	41.0 (1.75)	35.0 (1.66)	44.2 (1.75)	24.4 (1.53)	45.3 (1.76)	21.4 (1.53)	16.7 (1.32)	27.9 (1.55)	38.2 (1.71)	28.1 (1.68)	20.0 (1.50)	9.9 (1.28)
Uninsured	3,526	19.9 (1.13)	15.6 (1.00)	21.2 (1.12)	11.5 (0.85)	23.7 (1.11)	9.3 (0.78)	9.4 (0.77)	12.8 (0.87)	17.2 (1.03)	9.5 (0.81)	6.8 (0.70)	3.9 (0.52)
Marital status ⁷													
Currently married	21,195	14.9 (0.45)	11.0 (0.40)	17.7 (0.48)	9.6 (0.37)	21.2 (0.53)	7.8 (0.36)	6.3 (0.30)	9.3 (0.37)	13.6 (0.44)	8.2 (0.35)	5.8 (0.31)	3.0 (0.23)
Formerly married	6,773	24.0 (0.73)	20.0 (0.66)	26.8 (0.78)	14.6 (0.60)	30.0 (0.77)	11.5 (0.56)	11.0 (0.57)	15.9 (0.62)	21.4 (0.70)	13.7 (0.60)	10.3 (0.55)	4.7 (0.39)
Never married	1,650	20.0 (1.50)	17.2 (1.40)	22.2 (1.53)	9.5 (1.01)	23.8 (1.51)	10.0 (1.11)	8.3 (1.11)	13.4 (1.21)	17.7 (1.44)	12.1 (1.34)	9.8 (1.21)	4.4 (0.87)
65 years and over													
Sex													
Men	15,088	26.9 (0.60)	19.2 (0.52)	29.7 (0.64)	9.0 (0.38)	31.3 (0.62)	10.5 (0.42)	8.9 (0.37)	12.2 (0.44)	18.1 (0.53)	12.6 (0.46)	9.9 (0.41)	4.0 (0.26)
Women	20,278	35.8 (0.56)	28.9 (0.51)	38.0 (0.54)	12.2 (0.35)	40.3 (0.53)	15.0 (0.39)	12.7 (0.37)	24.3 (0.46)	32.3 (0.54)	19.6 (0.44)	13.9 (0.39)	5.1 (0.23)
Race and Hispanic origin ⁴													
Non-Hispanic white	28,696	31.4 (0.49)	23.5 (0.43)	34.2 (0.51)	10.2 (0.31)	36.4 (0.47)	12.3 (0.33)	10.8 (0.30)	17.6 (0.37)	24.9 (0.45)	16.1 (0.38)	11.5 (0.33)	4.2 (0.20)
Non-Hispanic black	2,934	39.2 (1.21)	34.1 (1.13)	39.9 (1.15)	12.9 (0.78)	38.9 (1.12)	17.0 (0.86)	12.9 (0.77)	26.7 (1.08)	32.8 (1.18)	21.0 (0.95)	17.5 (0.94)	7.0 (0.57)
Non-Hispanic Asian	989	22.5 (2.12)	18.5 (1.95)	27.7 (2.43)	11.0 (1.53)	26.5 (2.16)	12.7 (1.73)	8.0 (1.38)	20.9 (2.08)	23.3 (2.32)	12.2 (1.60)	9.7 (1.40)	4.3 (0.98)
Hispanic	2,282	31.8 (1.32)	29.7 (1.27)	33.3 (1.33)	14.2 (1.06)	35.8 (1.35)	16.8 (1.07)	13.5 (1.01)	25.8 (1.24)	31.7 (1.34)	19.0 (1.10)	14.7 (1.02)	7.1 (0.75)
Poverty status ⁵													
Poor	3,699	46.4 (1.29)	40.8 (1.44)	49.3 (1.44)	18.7 (1.01)	49.7 (1.22)	20.8 (1.11)	17.5 (0.97)	32.8 (1.18)	41.8 (1.36)	28.2 (1.39)	22.1 (1.18)	9.5 (0.75)
Near poor	9,306	39.1 (0.86)	31.4 (0.78)	41.5 (0.91)	13.4 (0.55)	42.7 (0.87)	16.4 (0.69)	13.8 (0.56)	24.6 (0.70)	32.3 (0.87)	21.6 (0.82)	15.9 (0.63)	6.1 (0.46)
Not poor	22,362	26.8 (0.52)	19.5 (0.45)	29.2 (0.53)	8.4 (0.31)	31.7 (0.53)	10.4 (0.37)	9.0 (0.33)	14.6 (0.39)	21.0 (0.49)	12.8 (0.38)	9.2 (0.34)	3.3 (0.21)

See footnotes at end of table.

Table 2. Number of adults aged 55 and over and percentage (with standard errors) who had some difficulty with physical or social functioning, by selected characteristics: United States, average annual, 2004–2007—Con.

Selected characteristic	Population	Physical and social activities that are at least somewhat difficult ¹											
		Walking 1/4 mile	Walking up 10 steps	Standing for 2 hours	Sitting for 2 hours	Stooping or bending	Reaching	Grasping	Carrying 10 pounds	Pushing or pulling large objects	Shopping	Socializing	Relaxing
		Percent ³ (standard error)											
Health insurance coverage⁶													
Private	20,866	29.0 (0.55)	20.9 (0.47)	31.6 (0.57)	9.1 (0.33)	34.6 (0.53)	10.9 (0.34)	9.5 (0.31)	15.7 (0.40)	22.7 (0.49)	14.3 (0.39)	10.0 (0.34)	3.4 (0.21)
Medicaid and Medicare	2,208	55.2 (1.56)	50.4 (1.56)	58.2 (1.50)	22.9 (1.26)	57.3 (1.49)	28.2 (1.31)	21.1 (1.18)	45.9 (1.63)	51.4 (1.67)	37.2 (1.47)	29.9 (1.36)	12.4 (0.91)
Medicare only	9,604	33.1 (0.77)	27.0 (0.69)	35.3 (0.77)	11.5 (0.48)	35.7 (0.78)	14.3 (0.56)	11.9 (0.52)	21.1 (0.68)	27.9 (0.75)	17.2 (0.63)	13.1 (0.55)	5.2 (0.35)
Other	2,340	32.6 (1.62)	25.9 (1.50)	35.3 (1.59)	11.5 (1.03)	36.4 (1.62)	12.7 (1.09)	13.8 (1.14)	17.5 (1.23)	25.7 (1.49)	16.5 (1.23)	12.6 (1.13)	5.4 (0.73)
Marital status⁷													
Currently married	19,759	26.8 (0.58)	19.8 (0.52)	29.3 (0.60)	9.6 (0.37)	32.6 (0.58)	10.8 (0.38)	9.6 (0.35)	14.2 (0.42)	20.3 (0.52)	13.2 (0.44)	9.2 (0.37)	3.9 (0.25)
Formerly married	13,848	39.7 (0.60)	32.1 (0.57)	42.0 (0.61)	12.5 (0.38)	41.8 (0.58)	16.6 (0.46)	13.3 (0.41)	26.4 (0.55)	34.5 (0.61)	21.9 (0.50)	16.7 (0.47)	5.5 (0.27)
Never married	1,223	30.3 (1.79)	22.8 (1.60)	34.2 (1.84)	10.3 (1.12)	34.5 (1.80)	10.2 (1.09)	10.9 (1.11)	17.5 (1.39)	25.2 (1.68)	14.2 (1.24)	11.3 (1.12)	4.7 (0.75)
65–74 years													
Sex													
Men	8,620	19.9 (0.69)	14.1 (0.59)	22.7 (0.72)	8.1 (0.45)	26.0 (0.74)	8.3 (0.50)	6.8 (0.42)	9.1 (0.47)	13.7 (0.57)	8.9 (0.49)	6.9 (0.44)	2.8 (0.28)
Women	10,166	27.2 (0.71)	21.7 (0.65)	29.4 (0.70)	11.4 (0.48)	34.7 (0.75)	11.4 (0.49)	9.6 (0.44)	17.2 (0.55)	25.1 (0.68)	13.8 (0.53)	9.1 (0.44)	3.7 (0.28)
Race and Hispanic origin⁴													
Non-Hispanic white	14,706	23.1 (0.60)	16.8 (0.52)	25.7 (0.61)	9.5 (0.39)	30.8 (0.63)	9.4 (0.40)	7.9 (0.36)	12.0 (0.43)	18.6 (0.52)	11.3 (0.43)	7.5 (0.37)	3.0 (0.23)
Non-Hispanic black	1,791	32.3 (1.42)	28.5 (1.32)	33.5 (1.42)	10.9 (0.94)	33.8 (1.38)	13.4 (1.03)	10.2 (0.88)	21.0 (1.25)	26.5 (1.38)	15.1 (1.04)	12.1 (1.02)	4.4 (0.57)
Non-Hispanic Asian	606	11.2 (1.84)	9.5 (1.78)	19.5 (2.53)	9.6 (1.80)	18.4 (2.32)	4.5 (1.23)	3.9 (1.13)	13.2 (2.17)	13.8 (2.14)	5.7 (1.24)	4.8 (1.23)	1.8 (0.79)
Hispanic	1,397	24.0 (1.53)	21.9 (1.45)	26.0 (1.59)	12.0 (1.17)	29.0 (1.63)	12.8 (1.21)	11.1 (1.18)	19.0 (1.41)	24.9 (1.54)	12.9 (1.25)	10.1 (1.14)	5.4 (0.89)
Poverty status⁵													
Poor	1,791	40.2 (1.72)	35.5 (1.57)	43.0 (1.71)	17.5 (1.40)	44.6 (1.70)	18.6 (1.42)	14.9 (1.19)	28.5 (1.55)	37.3 (1.72)	23.0 (1.54)	16.9 (1.31)	8.2 (0.98)
Near poor	4,216	31.6 (1.16)	24.5 (0.99)	33.7 (1.21)	12.8 (0.89)	37.1 (1.19)	14.1 (0.88)	11.9 (0.74)	19.4 (0.92)	26.6 (1.08)	16.1 (0.98)	11.6 (0.80)	4.4 (0.52)
Not poor	12,780	19.2 (0.59)	13.8 (0.53)	21.6 (0.61)	7.9 (0.41)	26.7 (0.65)	7.5 (0.40)	6.2 (0.34)	9.5 (0.43)	15.2 (0.52)	8.6 (0.42)	5.8 (0.36)	2.3 (0.22)
Health insurance coverage⁶													
Private	11,008	20.6 (0.65)	14.8 (0.58)	23.2 (0.68)	8.3 (0.43)	29.1 (0.70)	7.9 (0.40)	6.7 (0.37)	10.4 (0.46)	16.5 (0.58)	9.4 (0.45)	6.1 (0.38)	2.3 (0.24)
Medicaid and Medicare	1,170	49.1 (2.10)	43.8 (2.09)	53.2 (2.06)	22.2 (1.73)	52.9 (2.08)	25.3 (1.64)	18.5 (1.55)	39.9 (2.12)	46.5 (2.23)	32.3 (1.89)	25.7 (1.78)	10.4 (1.12)
Medicare only	5,067	24.9 (0.95)	19.4 (0.85)	26.7 (1.00)	10.1 (0.63)	29.4 (0.98)	11.2 (0.70)	9.1 (0.64)	14.7 (0.79)	20.6 (0.90)	11.5 (0.75)	8.5 (0.65)	3.6 (0.40)
Other	1,304	26.3 (1.94)	19.3 (1.74)	29.0 (1.94)	11.4 (1.38)	31.4 (2.02)	9.5 (1.18)	10.4 (1.22)	13.8 (1.38)	21.8 (1.79)	12.1 (1.36)	8.3 (1.10)	3.9 (0.78)
Marital status⁷													
Currently married	12,273	21.1 (0.66)	15.4 (0.61)	23.5 (0.69)	9.1 (0.44)	28.6 (0.72)	9.0 (0.44)	7.6 (0.40)	11.1 (0.48)	16.6 (0.58)	10.3 (0.49)	7.0 (0.41)	2.9 (0.27)
Formerly married	5,453	29.8 (0.84)	23.9 (0.76)	32.1 (0.86)	11.6 (0.57)	35.3 (0.83)	12.3 (0.61)	9.9 (0.51)	18.7 (0.73)	26.5 (0.82)	14.3 (0.63)	10.4 (0.56)	4.0 (0.32)
Never married	699	24.5 (2.09)	19.9 (1.93)	29.5 (2.16)	8.9 (1.36)	29.7 (2.18)	9.7 (1.50)	10.0 (1.44)	15.2 (1.64)	20.4 (1.99)	11.2 (1.46)	8.0 (1.20)	3.6 (0.92)
75–84 years													
Sex													
Men	5,108	33.3 (1.11)	23.5 (0.98)	36.0 (1.12)	9.4 (0.66)	35.8 (1.15)	12.4 (0.74)	11.0 (0.68)	14.4 (0.86)	21.4 (0.99)	15.3 (0.87)	11.7 (0.76)	4.9 (0.49)
Women	7,493	40.2 (0.88)	32.1 (0.84)	42.1 (0.89)	12.5 (0.56)	42.7 (0.84)	16.6 (0.65)	14.3 (0.63)	27.6 (0.79)	35.3 (0.90)	21.8 (0.73)	15.4 (0.63)	5.5 (0.38)
Race and Hispanic origin⁴													
Non-Hispanic white	10,527	36.1 (0.79)	26.7 (0.72)	38.8 (0.80)	10.3 (0.48)	39.2 (0.77)	13.6 (0.53)	12.4 (0.52)	20.3 (0.63)	27.8 (0.76)	17.9 (0.64)	12.5 (0.53)	4.6 (0.33)
Non-Hispanic black	900	46.5 (2.15)	39.7 (2.06)	47.5 (2.06)	15.5 (1.40)	45.2 (2.06)	20.2 (1.60)	16.0 (1.47)	32.1 (1.93)	40.2 (2.15)	26.7 (1.85)	23.3 (1.78)	9.6 (1.18)
Non-Hispanic Asian	290	36.6 (4.58)	31.5 (4.47)	36.2 (4.95)	11.3 (2.84)	34.5 (4.52)	25.0 (4.18)	15.7 (3.59)	29.1 (4.48)	32.5 (4.80)	19.8 (3.77)	16.5 (3.40)	7.3 (2.45)
Hispanic	729	42.2 (2.50)	39.4 (2.47)	42.4 (2.49)	16.8 (2.01)	43.5 (2.44)	20.7 (2.08)	16.7 (2.01)	33.7 (2.55)	38.8 (2.52)	26.1 (2.14)	19.7 (2.00)	8.6 (1.39)

See footnotes at end of table.

Table 2. Number of adults aged 55 and over and percentage (with standard errors) who had some difficulty with physical or social functioning, by selected characteristics: United States, average annual, 2004–2007—Con.

Selected characteristic	Population	Physical and social activities that are at least somewhat difficult ¹											
		Walking 1/4 mile	Walking up 10 steps	Standing for 2 hours	Sitting for 2 hours	Stooping or bending	Reaching	Grasping	Carrying 10 pounds	Pushing or pulling large objects	Shopping	Socializing	Relaxing
		Number in thousands ²	Percent ³ (standard error)										
Poverty status⁵													
Poor	1,389	47.6 (2.17)	42.2 (2.37)	51.4 (2.22)	19.8 (1.73)	52.0 (2.14)	20.6 (1.61)	18.1 (1.67)	33.9 (2.10)	43.1 (2.48)	28.8 (2.05)	23.2 (1.86)	9.6 (1.20)
Near poor	3,833	42.2 (1.28)	35.0 (1.24)	45.4 (1.30)	14.0 (0.87)	45.5 (1.22)	17.1 (1.05)	14.3 (0.95)	26.4 (1.14)	34.1 (1.27)	23.8 (1.20)	17.1 (1.00)	6.8 (0.70)
Not poor	7,378	33.0 (0.92)	22.8 (0.82)	34.5 (0.93)	8.2 (0.50)	34.8 (0.93)	12.7 (0.68)	11.3 (0.62)	17.9 (0.78)	24.7 (0.91)	15.1 (0.69)	10.6 (0.60)	3.6 (0.36)
Health insurance coverage⁶													
Private	7,522	34.6 (0.90)	24.0 (0.78)	37.0 (0.89)	9.7 (0.55)	37.6 (0.85)	12.9 (0.61)	11.2 (0.57)	18.4 (0.67)	26.0 (0.83)	16.5 (0.69)	11.4 (0.57)	4.1 (0.37)
Medicaid and Medicare	793	59.7 (2.68)	56.2 (2.59)	61.0 (2.55)	22.5 (2.13)	60.5 (2.48)	27.3 (2.17)	22.7 (2.01)	49.5 (2.82)	53.2 (2.78)	39.1 (2.56)	31.0 (2.40)	13.2 (1.61)
Medicare only	3,350	37.8 (1.35)	31.5 (1.24)	40.3 (1.30)	11.5 (0.81)	39.9 (1.29)	15.7 (0.95)	13.0 (0.88)	24.4 (1.18)	31.5 (1.30)	20.2 (1.06)	14.8 (0.94)	5.2 (0.54)
Other	862	38.6 (2.80)	32.6 (2.71)	40.8 (2.75)	12.5 (1.77)	41.5 (2.83)	16.7 (2.07)	18.5 (2.32)	22.2 (2.31)	30.6 (2.67)	20.6 (2.24)	17.2 (2.17)	7.5 (1.43)
Marital status⁷													
Currently married	6,327	34.0 (1.04)	25.1 (0.93)	36.6 (1.06)	9.9 (0.65)	37.4 (1.03)	13.2 (0.71)	12.0 (0.67)	18.0 (0.82)	24.1 (0.97)	16.3 (0.85)	11.8 (0.70)	5.0 (0.46)
Formerly married	5,737	41.0 (0.94)	32.7 (0.89)	42.9 (0.94)	12.6 (0.62)	42.3 (0.91)	17.0 (0.70)	13.9 (0.65)	27.0 (0.86)	35.3 (0.96)	22.5 (0.82)	16.4 (0.73)	5.5 (0.42)
Never married	398	37.6 (3.32)	24.7 (2.83)	40.4 (3.49)	11.8 (2.06)	39.7 (3.22)	11.7 (1.93)	11.4 (1.95)	18.8 (2.39)	31.2 (3.03)	16.4 (2.22)	13.2 (2.10)	4.3 (1.14)
85 years and over													
Sex													
Men	1,361	49.3 (2.20)	37.2 (2.10)	53.5 (2.18)	12.9 (1.43)	48.5 (2.12)	16.9 (1.65)	14.8 (1.52)	24.0 (1.88)	35.2 (2.17)	27.2 (1.96)	23.1 (1.92)	8.6 (1.21)
Women	2,619	59.8 (1.48)	49.4 (1.53)	62.4 (1.42)	14.3 (1.06)	55.6 (1.47)	25.0 (1.33)	20.6 (1.26)	45.0 (1.56)	55.3 (1.56)	37.7 (1.49)	29.9 (1.47)	9.2 (0.90)
Race and Hispanic origin⁴													
Non-Hispanic white	3,463	55.3 (1.36)	43.9 (1.36)	59.0 (1.31)	12.9 (0.93)	52.4 (1.34)	20.7 (1.12)	18.5 (1.04)	35.4 (1.33)	46.3 (1.40)	32.7 (1.28)	26.5 (1.26)	8.1 (0.76)
Non-Hispanic black	243	66.2 (4.21)	56.5 (4.36)	62.1 (3.91)	18.2 (3.19)	54.5 (3.90)	32.6 (3.98)	21.6 (3.47)	52.4 (4.52)	56.0 (4.58)	46.4 (4.45)	39.0 (4.47)	16.9 (3.26)
Non-Hispanic Asian	92	57.9 (7.74)	38.2 (7.13)	61.4 (7.80)	*19.5 (5.90)	56.4 (7.18)	27.4 (7.17)	*10.3 (3.66)	50.8 (7.98)	66.9 (9.96)	35.3 (6.69)	22.4 (6.54)	*11.7 (4.61)
Hispanic	156	56.5 (5.27)	58.0 (5.18)	61.4 (5.24)	23.5 (4.58)	62.5 (4.88)	35.3 (5.43)	20.3 (4.22)	54.9 (5.30)	64.0 (4.98)	45.5 (6.44)	36.4 (5.95)	16.1 (4.02)
Poverty status⁵													
Poor	519	66.1 (3.26)	56.6 (3.68)	68.0 (3.64)	19.6 (2.72)	62.2 (3.15)	29.2 (3.23)	24.8 (3.33)	46.3 (3.41)	55.5 (3.76)	46.0 (3.56)	39.0 (3.45)	13.4 (2.57)
Near poor	1,257	56.8 (2.36)	44.5 (2.58)	57.3 (2.37)	13.7 (1.44)	53.4 (2.53)	22.4 (1.92)	18.4 (1.56)	37.9 (2.15)	48.1 (2.30)	34.7 (2.28)	27.4 (2.04)	9.3 (1.36)
Not poor	2,204	53.4 (1.79)	43.0 (1.78)	58.5 (1.72)	12.6 (1.19)	50.9 (1.86)	20.5 (1.49)	17.3 (1.43)	35.3 (1.68)	46.1 (1.90)	31.1 (1.69)	25.2 (1.65)	7.9 (0.98)
Health insurance coverage⁶													
Private	2,335	53.8 (1.61)	41.4 (1.57)	56.7 (1.57)	10.7 (0.98)	52.1 (1.61)	19.0 (1.26)	16.7 (1.14)	34.1 (1.52)	44.6 (1.63)	31.7 (1.48)	25.0 (1.43)	6.4 (0.70)
Medicaid and Medicare	245	71.0 (4.29)	64.0 (4.51)	75.1 (4.25)	27.0 (4.00)	67.7 (4.29)	45.0 (4.61)	28.9 (4.25)	66.0 (4.52)	72.5 (4.27)	59.1 (4.65)	49.1 (4.95)	19.9 (3.63)
Medicare only	1,188	57.2 (2.31)	48.6 (2.28)	60.9 (2.25)	17.8 (1.82)	51.7 (2.33)	24.1 (2.06)	20.6 (1.95)	40.8 (2.39)	52.0 (2.53)	34.8 (2.23)	29.2 (2.19)	12.2 (1.69)
Other	174	52.5 (6.09)	44.6 (5.99)	59.7 (5.71)	*7.6 (2.58)	50.6 (5.82)	17.7 (4.36)	15.6 (4.47)	24.7 (4.98)	33.0 (5.92)	29.7 (5.56)	24.2 (5.12)	†
Marital status⁷													
Currently married	1,159	50.2 (2.56)	38.7 (2.46)	54.6 (2.59)	12.5 (1.67)	50.3 (2.52)	17.7 (1.88)	17.8 (1.83)	28.2 (2.28)	40.8 (2.64)	27.8 (2.28)	20.2 (2.06)	8.9 (1.43)
Formerly married	2,658	59.4 (1.47)	48.8 (1.48)	61.9 (1.41)	14.3 (1.03)	54.6 (1.37)	24.9 (1.30)	19.2 (1.14)	42.3 (1.48)	51.9 (1.51)	37.3 (1.47)	30.9 (1.45)	8.9 (0.87)
Never married	127	40.6 (5.46)	33.1 (4.94)	42.4 (5.30)	*13.3 (4.38)	44.8 (5.46)	*8.4 (2.70)	13.7 (3.36)	27.2 (5.34)	34.8 (5.43)	26.0 (4.85)	24.3 (4.97)	*12.2 (3.72)

* Data have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution, as they do not meet standards of reliability or precision.

† Estimate has a relative standard error of greater than 50% and is not shown.

¹In a series of questions, respondents were asked if they experienced difficulty performing one or more of the nine physical and three social activities by themselves, and without using any special equipment. The activities were walking one-quarter of one mile (or three city blocks); climbing 10 steps without resting; standing for 2 hours; sitting for 2 hours; stooping, bending, or kneeling; reaching over one's head; using one's fingers to grasp or handle small objects; lifting or carrying a 10-pound object (such as a bag of groceries); pushing or pulling a large object (such as a living room chair); going out to things like shopping, movies, or sporting events; participating in social activities such as visiting friends, attending clubs and meetings, going to parties; doing things to relax at home or for leisure (reading, watching television, sewing, listening to music). The response categories consisted of "not at all difficult," "only a little difficult," "somewhat difficult," "very difficult," "can't do at all," or "do not do this activity." The estimates shown include adults who responded "somewhat difficult," "very difficult," or "can't do at all."

²Includes adults with unknown health characteristics.

³Unknowns for the columns were not included in the denominators when calculating percentages (see "Technical Notes" section).

⁴Races shown are single race only. Persons of Hispanic origin may be of any race. Other race categories are not shown separately due to small sample sizes.

⁵Based on family income and family size using the U.S. Census Bureau's poverty thresholds for the previous calendar year. Poor persons are those with family incomes below the poverty threshold. Near poor persons had incomes of 100% to less than 200% of the poverty threshold. Not poor persons had incomes that were 200% of the poverty threshold or greater.

⁶Classification based on a hierarchy of mutually exclusive categories. Persons with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. Persons under age 65 and those aged 65 and over were classified separately due to the prominence of Medicare coverage in the older population. The category "private" includes persons who had any type of private coverage either alone or in combination with other coverage. For example, for persons aged 65 and over, "private" includes persons with only private or private in combination with Medicare. The category "uninsured" includes persons who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care (see "Technical Notes" section). The category "uninsured" is not shown separately for adults aged 65 and over because only about 1% of this age group lacks coverage.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 3. Percentage of adults aged 55 and over according to selected measures of health care access and utilization, by age and selected characteristics: United States, average annual, 2004–2007

Selected characteristic	Population	Has a regular source of health care ¹	Immunizations		Health care contacts in past 12 months				
			Pneumonia (ever) ²	Flu (past 12 months) ³	Dentist ⁴	Doctor ⁵	Emergency room ⁶	Home care ⁷	
									Percent ⁹ (standard error)
	Number in thousands ⁸								
55 years and over	66,076	94.3 (0.15)	40.3 (0.35)	51.1 (0.36)	61.4 (0.37)	91.3 (0.20)	21.5 (0.27)	4.8 (0.14)	
55–64 years	30,709	91.9 (0.26)	21.2 (0.41)	36.5 (0.50)	65.9 (0.51)	87.8 (0.32)	18.8 (0.38)	2.2 (0.13)	
65 years and over	35,367	96.4 (0.16)	57.0 (0.45)	63.8 (0.43)	57.4 (0.48)	94.3 (0.20)	24.0 (0.37)	7.1 (0.22)	
65–74 years	18,786	95.7 (0.23)	50.9 (0.61)	58.9 (0.57)	59.2 (0.61)	93.4 (0.29)	20.6 (0.47)	4.4 (0.23)	
75–84 years	12,601	97.1 (0.22)	64.4 (0.67)	68.7 (0.62)	56.9 (0.73)	94.9 (0.31)	26.3 (0.61)	8.3 (0.38)	
85 years and over	3,980	97.5 (0.35)	62.2 (1.23)	71.6 (1.13)	50.6 (1.22)	96.6 (0.46)	32.5 (1.16)	15.9 (0.90)	
55–64 years									
Sex									
Men	14,772	90.6 (0.41)	19.4 (0.56)	33.9 (0.67)	63.4 (0.72)	85.7 (0.51)	18.4 (0.52)	1.9 (0.18)	
Women	15,937	93.2 (0.33)	22.9 (0.55)	38.8 (0.68)	68.2 (0.64)	89.8 (0.40)	19.1 (0.51)	2.6 (0.20)	
Race and Hispanic origin ¹⁰									
Non-Hispanic white	23,654	93.0 (0.28)	22.7 (0.49)	38.7 (0.59)	69.4 (0.57)	89.0 (0.36)	18.1 (0.44)	2.3 (0.16)	
Non-Hispanic black	2,964	91.2 (0.81)	19.7 (1.09)	29.0 (1.17)	50.7 (1.34)	88.9 (0.78)	27.0 (1.18)	3.1 (0.45)	
Non-Hispanic Asian	1,068	90.5 (1.43)	10.9 (1.68)	30.2 (2.54)	69.5 (2.57)	82.3 (2.04)	12.1 (1.63)	*0.7 (0.31)	
Hispanic	2,449	82.6 (1.14)	13.1 (0.97)	26.5 (1.29)	50.2 (1.60)	77.4 (1.34)	17.1 (1.11)	1.5 (0.35)	
Poverty status ¹¹									
Poor	2,661	84.5 (1.03)	25.9 (1.36)	33.7 (1.63)	36.4 (1.57)	82.9 (1.24)	31.2 (1.36)	5.4 (0.66)	
Near poor	4,557	87.1 (0.83)	24.2 (1.15)	31.0 (1.17)	46.1 (1.28)	84.1 (1.05)	24.0 (1.09)	3.7 (0.53)	
Not poor	23,492	93.7 (0.27)	20.1 (0.46)	37.8 (0.59)	73.0 (0.53)	89.1 (0.37)	16.4 (0.41)	1.6 (0.13)	
Health insurance coverage ¹²									
Private	22,907	95.4 (0.24)	19.9 (0.47)	38.1 (0.59)	74.3 (0.53)	90.7 (0.33)	16.4 (0.42)	1.6 (0.14)	
Medicaid	1,803	96.0 (0.72)	35.8 (1.73)	43.3 (1.74)	42.2 (1.76)	94.0 (0.94)	39.9 (1.71)	11.0 (1.17)	
Other	2,348	95.4 (0.77)	37.8 (1.73)	44.0 (1.81)	48.6 (1.72)	93.1 (0.83)	29.3 (1.55)	3.2 (0.52)	
Uninsured	3,526	64.8 (1.27)	12.1 (0.88)	17.8 (1.03)	34.6 (1.34)	63.0 (1.32)	16.6 (1.02)	0.9 (0.25)	
Marital status ¹³									
Currently married	21,195	93.4 (0.29)	20.3 (0.51)	37.6 (0.64)	70.0 (0.63)	89.2 (0.39)	17.4 (0.46)	1.7 (0.15)	
Formerly married	6,773	88.9 (0.56)	24.1 (0.76)	33.9 (0.84)	56.0 (0.85)	85.5 (0.61)	23.4 (0.72)	3.4 (0.30)	
Never married	1,650	88.5 (1.13)	23.3 (1.58)	38.1 (1.74)	59.9 (1.83)	81.9 (1.50)	18.1 (1.30)	4.5 (0.83)	
65 years and over									
Sex									
Men	15,088	95.7 (0.26)	54.3 (0.68)	63.6 (0.63)	56.3 (0.69)	93.0 (0.33)	23.0 (0.55)	5.7 (0.29)	
Women	20,278	97.0 (0.18)	59.0 (0.56)	64.0 (0.54)	58.3 (0.58)	95.3 (0.24)	24.6 (0.47)	8.1 (0.30)	
Race and Hispanic origin ¹⁰									
Non-Hispanic white	28,696	96.8 (0.16)	61.4 (0.50)	66.8 (0.48)	60.5 (0.53)	94.7 (0.22)	23.7 (0.41)	6.8 (0.25)	
Non-Hispanic black	2,934	96.2 (0.46)	39.7 (1.14)	47.1 (1.20)	37.3 (1.21)	93.9 (0.54)	26.6 (1.05)	10.2 (0.74)	
Non-Hispanic Asian	989	95.2 (1.20)	34.6 (2.38)	62.5 (2.43)	60.0 (2.52)	91.7 (1.46)	21.4 (2.10)	3.0 (0.81)	
Hispanic	2,282	92.7 (1.01)	31.6 (1.34)	48.3 (1.44)	44.6 (1.49)	90.8 (0.97)	24.2 (1.26)	7.5 (0.74)	
Poverty status ¹¹									
Poor	3,699	94.2 (0.70)	45.7 (1.21)	55.6 (1.33)	33.8 (1.25)	92.3 (0.70)	30.2 (1.16)	12.0 (0.78)	
Near poor	9,306	95.9 (0.35)	55.5 (0.89)	60.7 (0.86)	43.4 (0.91)	93.7 (0.42)	26.1 (0.79)	8.8 (0.47)	
Not poor	22,362	97.0 (0.19)	59.4 (0.61)	66.5 (0.59)	67.1 (0.56)	94.9 (0.26)	22.0 (0.48)	5.5 (0.26)	

See footnotes at end of table.

Table 3. Percentage of adults aged 55 and over according to selected measures of health care access and utilization, by age and selected characteristics: United States, average annual, 2004–2007—Con.

Selected characteristic	Population	Has a regular source of health care ¹	Immunizations		Health care contacts in past 12 months			
			Pneumonia (ever) ²	Flu (past 12 months) ³	Dentist ⁴	Doctor ⁵	Emergency room ⁶	Home care ⁷
Health insurance coverage¹²								
Private	20,866	97.6 (0.16)	61.8 (0.56)	67.7 (0.54)	64.7 (0.57)	95.8 (0.22)	23.1 (0.48)	6.3 (0.27)
Medicaid and Medicare	2,208	95.6 (0.66)	44.9 (1.55)	55.8 (1.54)	31.5 (1.46)	95.0 (0.71)	35.6 (1.44)	18.1 (1.15)
Medicare only	9,604	95.0 (0.32)	48.7 (0.83)	56.7 (0.79)	48.1 (0.82)	91.4 (0.46)	23.4 (0.70)	6.3 (0.38)
Other	2,340	97.7 (0.47)	64.5 (1.55)	70.1 (1.44)	57.8 (1.57)	95.4 (0.63)	24.1 (1.34)	7.2 (0.92)
Marital status¹³								
Currently married	19,759	96.9 (0.22)	57.7 (0.63)	66.5 (0.57)	63.1 (0.63)	94.8 (0.29)	21.9 (0.51)	4.8 (0.26)
Formerly married	13,848	96.2 (0.22)	56.9 (0.58)	61.2 (0.60)	49.8 (0.63)	94.1 (0.27)	27.2 (0.52)	10.1 (0.39)
Never married	1,223	92.6 (0.97)	51.1 (1.80)	52.6 (1.81)	54.8 (1.86)	90.1 (1.06)	21.7 (1.46)	9.2 (1.03)
65–74 years								
Sex								
Men	8,620	94.9 (0.38)	47.2 (0.89)	57.1 (0.86)	57.3 (0.89)	91.9 (0.48)	19.6 (0.70)	3.7 (0.30)
Women	10,166	96.4 (0.27)	54.1 (0.81)	60.4 (0.75)	60.9 (0.78)	94.8 (0.33)	21.4 (0.62)	4.9 (0.34)
Race and Hispanic origin¹⁰								
Non-Hispanic white	14,706	96.2 (0.25)	55.4 (0.69)	62.1 (0.66)	62.3 (0.70)	93.9 (0.32)	19.8 (0.54)	4.1 (0.26)
Non-Hispanic black	1,791	95.5 (0.66)	36.7 (1.40)	44.2 (1.55)	41.8 (1.55)	93.3 (0.71)	25.1 (1.32)	7.8 (0.81)
Non-Hispanic Asian	606	93.1 (1.71)	30.1 (3.05)	57.4 (3.22)	62.6 (3.20)	88.7 (2.19)	19.2 (2.62)	*1.3 (0.58)
Hispanic	1,397	92.1 (1.07)	29.5 (1.68)	44.8 (1.90)	49.8 (1.89)	90.5 (1.12)	22.2 (1.54)	4.0 (0.71)
Poverty status¹¹								
Poor	1,791	92.6 (1.06)	41.0 (1.82)	49.3 (1.91)	35.4 (1.64)	91.2 (1.11)	30.4 (1.66)	9.5 (1.07)
Near poor	4,216	94.7 (0.59)	48.3 (1.39)	53.5 (1.31)	41.8 (1.34)	92.1 (0.67)	22.1 (1.04)	5.7 (0.55)
Not poor	12,780	96.5 (0.26)	53.2 (0.79)	62.0 (0.75)	68.2 (0.69)	94.2 (0.35)	18.7 (0.60)	3.2 (0.26)
Health insurance coverage¹²								
Private	11,008	97.3 (0.25)	55.0 (0.78)	62.6 (0.74)	66.8 (0.74)	95.3 (0.34)	19.7 (0.62)	3.6 (0.30)
Medicaid and Medicare	1,170	94.7 (1.01)	42.2 (2.17)	53.8 (2.16)	33.7 (1.99)	95.1 (0.80)	33.1 (1.91)	13.0 (1.30)
Medicare only	5,067	93.7 (0.48)	43.6 (1.10)	51.3 (1.08)	49.8 (1.08)	89.9 (0.66)	19.7 (0.89)	3.7 (0.42)
Other	1,304	97.9 (0.55)	58.8 (2.20)	66.8 (1.98)	58.7 (2.07)	95.1 (0.82)	20.5 (1.60)	5.8 (0.99)
Marital status¹³								
Currently married	12,273	96.4 (0.30)	51.9 (0.79)	61.5 (0.73)	63.7 (0.76)	94.0 (0.37)	19.8 (0.63)	3.5 (0.27)
Formerly married	5,453	94.9 (0.38)	50.3 (0.89)	54.8 (0.91)	50.2 (0.90)	92.6 (0.43)	22.9 (0.74)	6.1 (0.47)
Never married	699	91.7 (1.39)	45.9 (2.45)	47.2 (2.44)	54.3 (2.45)	89.7 (1.43)	18.2 (1.72)	6.4 (1.16)
75–84 years								
Sex								
Men	5,108	96.8 (0.36)	63.8 (1.07)	71.1 (0.95)	56.1 (1.11)	93.9 (0.53)	26.0 (0.96)	6.5 (0.53)
Women	7,493	97.4 (0.26)	64.8 (0.82)	67.1 (0.78)	57.4 (0.89)	95.5 (0.37)	26.5 (0.77)	9.5 (0.51)
Race and Hispanic origin¹⁰								
Non-Hispanic white	10,527	97.3 (0.23)	68.5 (0.73)	71.0 (0.69)	60.4 (0.79)	95.1 (0.35)	26.1 (0.68)	7.7 (0.43)
Non-Hispanic black	900	97.0 (0.71)	45.6 (2.09)	51.1 (2.15)	31.7 (1.91)	94.4 (0.96)	28.2 (1.87)	12.1 (1.33)
Non-Hispanic Asian	290	98.9 (0.78)	42.2 (3.97)	72.8 (3.67)	58.1 (4.51)	96.9 (1.25)	23.0 (3.70)	*4.2 (1.71)
Hispanic	729	93.4 (1.34)	35.5 (2.44)	55.2 (2.50)	37.7 (2.37)	91.3 (1.23)	26.7 (2.23)	11.2 (1.39)

See footnotes at end of table.

Table 3. Percentage of adults aged 55 and over according to selected measures of health care access and utilization, by age and selected characteristics: United States, average annual, 2004–2007—Con.

Selected characteristic	Population	Has a regular source of health care ¹	Immunizations		Health care contacts in past 12 months			
			Pneumonia (ever) ²	Flu (past 12 months) ³	Dentist ⁴	Doctor ⁵	Emergency room ⁶	Home care ⁷
Poverty status¹¹								
Poor	1,389	95.8 (0.73)	50.1 (1.92)	60.7 (1.77)	33.0 (2.04)	93.2 (0.96)	29.1 (1.91)	12.4 (1.44)
Near poor	3,833	96.7 (0.42)	62.0 (1.34)	65.1 (1.12)	46.1 (1.24)	94.7 (0.57)	27.9 (1.17)	10.4 (0.81)
Not poor	7,378	97.6 (0.27)	68.3 (0.97)	72.1 (0.84)	66.9 (0.93)	95.3 (0.42)	24.9 (0.90)	6.4 (0.46)
Health insurance coverage¹²								
Private	7,522	97.9 (0.25)	69.9 (0.84)	73.2 (0.78)	64.2 (0.88)	96.0 (0.35)	25.3 (0.78)	7.5 (0.48)
Medicaid and Medicare	793	96.7 (0.95)	47.8 (2.47)	57.5 (2.42)	28.4 (2.36)	95.3 (1.27)	37.6 (2.42)	20.6 (1.96)
Medicare only	3,350	96.2 (0.46)	54.4 (1.34)	60.6 (1.27)	47.6 (1.37)	92.5 (0.72)	26.1 (1.22)	6.9 (0.62)
Other	862	97.6 (0.87)	72.6 (2.40)	74.0 (2.32)	56.1 (2.72)	95.5 (1.17)	26.3 (2.39)	9.0 (1.84)
Marital status¹³								
Currently married	6,327	97.7 (0.30)	67.1 (1.01)	73.7 (0.92)	63.0 (1.06)	95.7 (0.47)	24.0 (0.92)	6.3 (0.52)
Formerly married	5,737	96.9 (0.30)	61.8 (0.87)	63.9 (0.84)	50.1 (0.95)	94.3 (0.42)	28.6 (0.84)	10.4 (0.58)
Never married	398	94.0 (1.45)	58.7 (2.98)	59.2 (3.06)	55.9 (3.04)	90.7 (1.74)	26.3 (2.83)	10.3 (1.69)
85 years and over								
Sex								
Men	1,361	96.6 (0.77)	63.7 (2.13)	77.3 (1.78)	51.3 (2.23)	96.3 (0.62)	33.6 (2.13)	15.3 (1.53)
Women	2,619	97.9 (0.38)	61.4 (1.50)	68.6 (1.42)	50.2 (1.53)	96.8 (0.62)	31.9 (1.34)	16.3 (1.08)
Race and Hispanic origin¹⁰								
Non-Hispanic white	3,463	97.5 (0.37)	65.6 (1.30)	74.0 (1.18)	53.3 (1.32)	97.0 (0.43)	32.6 (1.25)	15.4 (0.96)
Non-Hispanic black	243	97.7 (1.13)	40.3 (4.26)	53.9 (3.90)	24.8 (3.43)	96.4 (1.20)	31.5 (3.65)	20.2 (3.51)
Non-Hispanic Asian	92	97.6 (2.36)	41.2 (7.48)	63.1 (7.79)	48.9 (7.39)	94.4 (2.89)	31.6 (8.21)	†
Hispanic	156	95.0 (3.21)	32.5 (5.55)	48.4 (6.01)	28.9 (4.96)	90.8 (6.19)	30.0 (5.33)	21.7 (4.75)
Poverty status¹¹								
Poor	519	95.6 (1.67)	50.6 (3.23)	63.8 (3.48)	30.1 (3.25)	93.9 (1.50)	32.5 (3.40)	19.7 (2.69)
Near poor	1,257	97.4 (0.80)	59.8 (2.18)	71.6 (2.30)	40.4 (2.05)	96.3 (0.80)	34.1 (2.18)	14.0 (1.62)
Not poor	2,204	97.9 (0.43)	66.2 (1.79)	73.3 (1.63)	61.1 (1.76)	97.5 (0.57)	31.6 (1.71)	16.2 (1.37)
Health insurance coverage¹²								
Private	2,335	98.6 (0.28)	67.5 (1.58)	74.3 (1.41)	56.3 (1.57)	97.9 (0.39)	32.1 (1.50)	14.7 (1.10)
Medicaid and Medicare	245	96.2 (1.75)	49.2 (4.49)	60.1 (4.31)	30.5 (4.16)	93.9 (2.47)	40.8 (4.24)	35.4 (4.10)
Medicare only	1,188	96.7 (0.72)	54.4 (2.14)	68.1 (2.06)	42.2 (2.28)	94.8 (1.06)	31.1 (2.01)	15.5 (1.64)
Other	174	96.8 (1.79)	67.3 (5.40)	75.4 (4.47)	59.1 (5.65)	96.8 (1.53)	40.9 (5.83)	*9.3 (3.40)
Marital status¹³								
Currently married	1,159	98.0 (0.79)	68.7 (2.36)	80.1 (1.94)	56.4 (2.40)	97.9 (0.68)	32.8 (2.34)	11.3 (1.46)
Formerly married	2,658	97.4 (0.39)	60.0 (1.40)	68.7 (1.33)	48.1 (1.41)	96.5 (0.53)	32.8 (1.33)	17.5 (1.10)
Never married	127	93.4 (2.51)	55.9 (5.56)	61.3 (5.12)	54.2 (5.68)	90.8 (3.22)	26.1 (4.77)	21.6 (4.56)

* Data have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution, as they do not meet standards of reliability or precision.

† Estimate has a relative standard error of greater than 50% and is not shown.

¹Based on the question, "Is there a place you usually go when you are sick or need advice about your health?" Includes responses of "yes" and "more than one place."

²Based on the question, "Have you ever had a pneumonia shot?"

³Based on the question, "During the past 12 months, have you had a flu shot?" A question about nasal spray flu vaccination (FluMist®) asked in NHIS is not asked of persons aged 50 and over because this form of vaccine is not recommended for this age group.

⁴Based on the question, "How long has it been since you last saw or talked to a dentist? Include all types of dentists including orthodontists, oral surgeons, and other dental specialists, as well as dental hygienists."

⁵Based on the question, "About how long has it been since you last saw or talked to a doctor or other health care professional about your own health? Include doctors seen while a patient in a hospital."

⁶Based on the question, "During the past 12 months, how many times have you gone to a hospital emergency room about your own health? (This includes emergency room visits that resulted in a hospital admission.)"

⁷Based on the question, "During the past 12 months, did you receive care at home from a health care professional?"

⁸Includes adults with unknown utilization characteristics.

⁹Unknowns for the columns were not included in the denominators when calculating percentages (see "Technical Notes" section).

¹⁰Races shown are single race only. Persons of Hispanic origin may be of any race. Other race categories are not shown separately due to small sample sizes.

¹¹Based on family income and family size using the U.S. Census Bureau's poverty thresholds for the previous calendar year. Poor persons are those with family incomes below the poverty threshold. Near poor persons had incomes of 100% to less than 200% of the poverty threshold. Not poor persons had incomes that were 200% of the poverty threshold or greater.

¹²Classification based on a hierarchy of mutually exclusive categories. Persons with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. Persons under age 65 and those aged 65 and over were classified separately due to the prominence of Medicare coverage in the older population. The category "private" includes persons who had any type of private coverage either alone or in combination with other coverage. For example, for persons aged 65 and over, "private" includes persons with only private or private in combination with Medicare. The category "uninsured" includes persons who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care (see "Technical Notes" section). The category "uninsured" is not shown separately for adults aged 65 and over because only about 1% of this age group lacks coverage.

¹³Categories were "married" (living with or without spouse); "formerly married" (widowed, divorced, separated); and "never married." Adults living with a partner are not shown separately due to small sample size.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Table 4. Percentage of adults aged 55 and over with selected health behaviors, by age and selected characteristics: United States, average annual, 2004–2007

Selected characteristic	Population	Health behavior						
		Any leisure-time physical activity ¹	Regular leisure-time physical activity ²	Strengthening activity ³	Healthy weight ⁴	Never smoked ⁵	Current nonsmoker ⁶	Sleep 7 to 8 hours ⁷
		Number in thousands ⁸	Percent ⁹ (standard error)					
55 years and over	66,076	51.9 (0.44)	24.0 (0.32)	15.8 (0.27)	33.6 (0.31)	50.4 (0.35)	86.5 (0.22)	62.3 (0.31)
55–64 years	30,709	58.1 (0.57)	27.4 (0.48)	18.9 (0.41)	29.5 (0.46)	48.4 (0.51)	81.3 (0.37)	64.1 (0.49)
65 years and over	35,367	46.5 (0.53)	21.0 (0.39)	13.0 (0.31)	37.2 (0.40)	52.0 (0.44)	91.0 (0.24)	60.8 (0.40)
65–74 years	18,786	52.9 (0.68)	24.9 (0.55)	15.0 (0.45)	31.6 (0.54)	48.4 (0.58)	87.7 (0.37)	63.5 (0.53)
75–84 years	12,601	42.3 (0.74)	18.7 (0.58)	11.6 (0.46)	40.5 (0.68)	53.2 (0.70)	93.9 (0.32)	59.4 (0.65)
85 years and over	3,980	29.2 (1.17)	9.8 (0.71)	8.6 (0.67)	53.1 (1.24)	65.5 (1.20)	97.8 (0.34)	52.5 (1.22)
55–64 years								
Sex								
Men	14,772	58.6 (0.77)	28.8 (0.68)	19.4 (0.57)	23.7 (0.62)	38.4 (0.71)	78.8 (0.55)	64.9 (0.70)
Women	15,937	57.6 (0.74)	26.1 (0.63)	18.5 (0.54)	35.2 (0.67)	57.6 (0.69)	83.6 (0.49)	63.4 (0.65)
Race and Hispanic origin ¹⁰								
Non-Hispanic white	23,654	61.6 (0.65)	29.8 (0.57)	20.6 (0.49)	29.7 (0.53)	45.6 (0.60)	81.2 (0.44)	65.5 (0.57)
Non-Hispanic black	2,964	43.7 (1.37)	16.6 (1.00)	13.8 (0.94)	23.4 (1.14)	53.3 (1.33)	76.5 (1.11)	54.2 (1.31)
Non-Hispanic Asian	1,068	54.5 (2.77)	27.4 (2.33)	13.2 (1.65)	61.6 (2.76)	73.6 (2.23)	90.2 (1.46)	62.1 (2.77)
Hispanic	2,449	43.6 (1.61)	18.8 (1.18)	10.9 (0.91)	23.2 (1.46)	61.3 (1.54)	85.6 (1.03)	64.4 (1.51)
Poverty status ¹¹								
Poor	2,661	34.5 (1.56)	14.6 (1.06)	8.9 (0.88)	28.0 (1.48)	42.6 (1.54)	69.1 (1.45)	53.1 (1.81)
Near poor	4,557	41.2 (1.44)	17.0 (1.11)	10.0 (0.80)	28.0 (1.13)	45.1 (1.35)	74.9 (1.13)	57.4 (1.56)
Not poor	23,492	64.0 (0.61)	30.9 (0.57)	21.8 (0.49)	30.0 (0.54)	49.7 (0.60)	83.9 (0.41)	66.6 (0.57)
Health insurance coverage ¹²								
Private	22,907	64.0 (0.61)	30.8 (0.57)	21.4 (0.49)	30.3 (0.55)	50.6 (0.60)	84.6 (0.40)	66.9 (0.57)
Medicaid	1,803	32.7 (1.70)	11.8 (1.11)	8.3 (0.94)	24.2 (1.47)	43.9 (1.75)	70.5 (1.60)	49.6 (1.80)
Other	2,348	43.3 (1.91)	20.6 (1.42)	14.6 (1.28)	24.0 (1.52)	34.5 (1.62)	72.9 (1.46)	51.8 (1.74)
Uninsured	3,526	43.3 (1.47)	18.5 (1.05)	11.3 (0.84)	31.0 (1.38)	45.3 (1.39)	71.2 (1.24)	61.0 (1.42)
Marital status ¹³								
Currently married	21,195	60.0 (0.67)	28.9 (0.61)	19.5 (0.51)	29.1 (0.57)	50.1 (0.65)	84.6 (0.44)	66.3 (0.60)
Formerly married	6,773	53.3 (0.88)	23.6 (0.71)	17.3 (0.64)	30.8 (0.78)	43.4 (0.85)	72.6 (0.74)	58.0 (0.84)
Never married	1,650	54.1 (1.85)	24.0 (1.43)	17.6 (1.37)	30.8 (1.68)	55.2 (1.78)	82.2 (1.39)	63.4 (1.83)
65 years and over								
Sex								
Men	15,088	51.4 (0.75)	24.9 (0.61)	14.7 (0.47)	32.3 (0.58)	36.3 (0.66)	89.8 (0.39)	62.4 (0.62)
Women	20,278	42.9 (0.62)	18.1 (0.45)	11.8 (0.38)	41.0 (0.53)	63.7 (0.54)	91.9 (0.29)	59.6 (0.53)
Race and Hispanic origin ¹⁰								
Non-Hispanic white	28,696	48.4 (0.60)	21.8 (0.44)	13.9 (0.36)	38.0 (0.45)	49.7 (0.49)	91.0 (0.27)	62.0 (0.44)
Non-Hispanic black	2,934	33.7 (1.25)	13.8 (0.87)	8.6 (0.71)	26.6 (1.00)	57.3 (1.20)	89.1 (0.73)	53.7 (1.21)
Non-Hispanic Asian	989	52.8 (2.52)	30.3 (2.26)	12.2 (1.63)	63.0 (2.39)	76.0 (2.08)	96.5 (0.91)	57.7 (2.37)
Hispanic	2,282	34.6 (1.41)	17.1 (1.18)	8.0 (0.80)	30.1 (1.29)	66.3 (1.43)	93.4 (0.71)	58.3 (1.38)
Poverty status ¹¹								
Poor	3,699	27.8 (1.15)	11.1 (0.78)	5.7 (0.58)	36.6 (1.20)	58.6 (1.27)	88.0 (0.89)	52.6 (1.20)
Near poor	9,306	37.9 (0.85)	14.8 (0.59)	8.1 (0.44)	36.3 (0.82)	54.3 (0.80)	90.7 (0.53)	56.8 (0.79)
Not poor	22,362	53.1 (0.64)	25.2 (0.50)	16.3 (0.43)	37.6 (0.55)	50.0 (0.57)	91.7 (0.31)	63.8 (0.53)

See footnotes at end of table.

Table 4. Percentage of adults aged 55 and over with selected health behaviors, by age and selected characteristics: United States, average annual, 2004–2007—Con.

Selected characteristic	Population	Health behavior						
		Any leisure-time physical activity ¹	Regular leisure-time physical activity ²	Strengthening activity ³	Healthy weight ⁴	Never smoked ⁵	Current nonsmoker ⁶	Sleep 7 to 8 hours ⁷
		Number in thousands ⁸	Percent ⁹ (standard error)					
Health insurance coverage¹²								
Private	20,866	52.0 (0.62)	23.4 (0.48)	14.9 (0.41)	37.4 (0.54)	51.1 (0.56)	91.9 (0.30)	62.5 (0.52)
Medicaid and Medicare	2,208	27.2 (1.36)	11.4 (0.94)	5.0 (0.63)	34.4 (1.37)	58.1 (1.54)	87.7 (0.92)	46.9 (1.49)
Medicare only	9,604	39.4 (0.98)	17.9 (0.71)	10.8 (0.56)	37.9 (0.77)	54.6 (0.81)	90.4 (0.45)	60.9 (0.77)
Other	2,340	46.7 (1.70)	22.7 (1.40)	14.3 (1.19)	34.7 (1.59)	41.7 (1.58)	88.9 (1.02)	58.4 (1.55)
Marital status¹³								
Currently married	19,759	51.6 (0.72)	24.4 (0.55)	14.6 (0.46)	35.0 (0.59)	49.4 (0.62)	92.1 (0.32)	63.2 (0.55)
Formerly married	13,848	39.7 (0.64)	16.1 (0.44)	10.9 (0.36)	40.3 (0.54)	55.5 (0.60)	89.7 (0.34)	57.2 (0.58)
Never married	1,223	43.8 (1.82)	21.4 (1.45)	12.0 (1.17)	39.3 (1.75)	60.8 (1.77)	89.8 (1.13)	59.6 (1.78)
65–74 years								
Sex								
Men	8,620	55.4 (0.95)	27.5 (0.81)	15.3 (0.62)	26.7 (0.74)	35.9 (0.81)	86.5 (0.58)	64.5 (0.78)
Women	10,166	50.8 (0.83)	22.7 (0.68)	14.7 (0.61)	36.0 (0.80)	59.0 (0.77)	88.7 (0.48)	62.6 (0.74)
Race and Hispanic origin¹⁰								
Non-Hispanic white	14,706	55.6 (0.78)	26.2 (0.63)	16.0 (0.53)	31.9 (0.62)	45.2 (0.66)	87.2 (0.43)	65.2 (0.61)
Non-Hispanic black	1,791	40.5 (1.62)	16.8 (1.19)	10.3 (0.98)	22.8 (1.23)	54.9 (1.55)	86.4 (1.04)	54.9 (1.51)
Non-Hispanic Asian	606	55.2 (3.15)	31.9 (2.87)	13.4 (2.18)	61.5 (3.17)	75.0 (2.74)	96.7 (1.22)	58.9 (3.09)
Hispanic	1,397	39.3 (1.80)	19.6 (1.61)	9.1 (1.07)	26.3 (1.57)	63.7 (1.81)	92.1 (0.95)	60.6 (1.75)
Poverty status¹¹								
Poor	1,791	31.6 (1.55)	12.5 (1.08)	5.7 (0.77)	30.6 (1.79)	52.2 (1.72)	82.6 (1.48)	53.0 (1.60)
Near poor	4,216	43.0 (1.35)	17.4 (0.94)	8.5 (0.66)	29.1 (1.24)	49.9 (1.19)	86.0 (0.95)	58.4 (1.21)
Not poor	12,780	59.2 (0.82)	29.1 (0.70)	18.4 (0.59)	32.6 (0.71)	47.4 (0.72)	89.0 (0.46)	66.6 (0.68)
Health insurance coverage¹²								
Private	11,008	59.5 (0.81)	28.0 (0.70)	17.3 (0.62)	31.2 (0.72)	47.8 (0.77)	89.0 (0.46)	65.4 (0.71)
Medicaid and Medicare	1,170	29.6 (1.81)	11.5 (1.28)	4.7 (0.75)	29.6 (1.87)	49.9 (2.05)	80.9 (1.50)	46.7 (2.02)
Medicare only	5,067	44.7 (1.29)	21.4 (1.07)	12.1 (0.75)	33.2 (1.03)	50.9 (1.09)	86.8 (0.73)	63.8 (1.03)
Other	1,304	53.0 (2.23)	26.3 (2.00)	17.1 (1.65)	29.9 (2.02)	39.6 (1.94)	86.7 (1.38)	60.2 (1.99)
Marital status¹³								
Currently married	12,273	55.9 (0.87)	26.9 (0.70)	15.7 (0.59)	31.0 (0.72)	48.5 (0.77)	89.9 (0.46)	65.2 (0.70)
Formerly married	5,453	47.0 (0.92)	20.2 (0.72)	13.5 (0.61)	32.6 (0.83)	47.6 (0.92)	83.2 (0.65)	59.9 (0.84)
Never married	699	50.1 (2.40)	26.1 (2.04)	13.7 (1.63)	33.4 (2.22)	55.4 (2.44)	85.1 (1.78)	59.3 (2.34)
75–84 years								
Sex								
Men	5,108	48.7 (1.15)	23.5 (0.95)	14.2 (0.79)	36.9 (1.07)	34.9 (1.11)	93.4 (0.55)	61.1 (1.05)
Women	7,493	38.0 (0.88)	15.4 (0.66)	9.8 (0.51)	43.0 (0.84)	65.6 (0.85)	94.2 (0.39)	58.1 (0.84)
Race and Hispanic origin¹⁰								
Non-Hispanic white	10,527	44.3 (0.82)	19.5 (0.65)	12.5 (0.53)	41.2 (0.76)	51.2 (0.79)	94.0 (0.35)	60.4 (0.73)
Non-Hispanic black	900	25.0 (1.86)	10.0 (1.34)	5.8 (0.98)	29.8 (1.78)	57.4 (1.98)	91.8 (1.06)	52.1 (2.15)
Non-Hispanic Asian	290	52.2 (4.58)	30.6 (4.20)	10.0 (2.44)	67.5 (3.95)	77.0 (3.29)	95.0 (1.77)	54.6 (4.37)
Hispanic	729	29.1 (2.28)	14.0 (1.71)	6.3 (1.27)	34.3 (2.36)	69.1 (2.18)	95.0 (1.17)	57.8 (2.57)

See footnotes at end of table.

Table 4. Percentage of adults aged 55 and over with selected health behaviors, by age and selected characteristics: United States, average annual, 2004–2007—Con.

Selected characteristic	Population	Health behavior						
		Any leisure-time physical activity ¹	Regular leisure-time physical activity ²	Strengthening activity ³	Healthy weight ⁴	Never smoked ⁵	Current nonsmoker ⁶	Sleep 7 to 8 hours ⁷
		Percent ⁹ (standard error)						
Poverty status ¹¹								
Poor	1,389	26.4 (1.79)	11.0 (1.37)	5.7 (1.11)	38.6 (1.92)	61.4 (2.04)	91.6 (1.11)	53.8 (2.18)
Near poor	3,833	36.6 (1.28)	14.4 (0.83)	8.7 (0.66)	38.9 (1.41)	55.2 (1.22)	93.4 (0.63)	56.6 (1.26)
Not poor	7,378	48.3 (1.04)	22.4 (0.81)	14.2 (0.66)	41.7 (0.98)	50.6 (0.97)	94.5 (0.44)	61.8 (0.89)
Health insurance coverage ¹²								
Private	7,522	46.9 (0.91)	20.7 (0.74)	13.4 (0.60)	41.3 (0.89)	52.0 (0.91)	94.5 (0.40)	60.3 (0.86)
Medicaid and Medicare	793	26.9 (2.21)	11.5 (1.48)	4.8 (0.95)	37.6 (2.38)	65.8 (2.37)	94.7 (0.93)	48.9 (2.57)
Medicare only	3,350	36.6 (1.41)	16.0 (1.02)	10.0 (0.87)	39.6 (1.31)	55.5 (1.33)	93.0 (0.65)	60.2 (1.25)
Other	862	40.4 (2.79)	18.6 (2.09)	9.3 (1.45)	38.3 (2.68)	41.4 (2.76)	90.9 (1.60)	57.5 (2.72)
Marital status ¹³								
Currently married	6,327	46.5 (1.14)	21.8 (0.92)	13.3 (0.73)	40.3 (1.07)	50.2 (1.06)	95.3 (0.46)	61.1 (1.01)
Formerly married	5,737	38.3 (0.91)	15.6 (0.66)	9.9 (0.52)	40.5 (0.86)	56.3 (0.92)	92.2 (0.48)	57.0 (0.90)
Never married	398	36.7 (3.07)	16.7 (2.24)	9.4 (1.72)	44.6 (3.16)	64.9 (2.89)	95.2 (1.28)	63.0 (3.05)
85 years and over								
Sex								
Men	1,361	35.8 (2.11)	13.4 (1.51)	12.4 (1.37)	51.1 (2.13)	44.4 (2.13)	97.9 (0.54)	53.9 (2.16)
Women	2,619	25.7 (1.30)	7.9 (0.74)	6.6 (0.69)	54.2 (1.48)	76.5 (1.26)	97.8 (0.42)	51.7 (1.47)
Race and Hispanic origin ¹⁰								
Non-Hispanic white	3,463	30.4 (1.27)	9.9 (0.77)	8.7 (0.73)	54.0 (1.35)	64.2 (1.31)	97.8 (0.37)	53.0 (1.30)
Non-Hispanic black	243	17.3 (3.00)	*5.2 (2.26)	*6.6 (2.04)	42.9 (3.95)	74.1 (3.75)	98.3 (0.74)	50.1 (4.30)
Non-Hispanic Asian	92	39.2 (7.23)	18.6 (5.41)	*11.2 (5.48)	58.6 (7.36)	79.5 (6.56)	100.0 (0.00)	59.9 (9.06)
Hispanic	156	17.7 (4.07)	*9.9 (3.22)	*5.5 (2.30)	46.3 (5.06)	76.7 (4.70)	97.8 (1.65)	39.2 (4.90)
Poverty status ¹¹								
Poor	519	18.3 (2.43)	6.4 (1.69)	5.7 (1.39)	52.3 (3.30)	73.4 (2.85)	96.9 (0.98)	47.6 (3.16)
Near poor	1,257	25.0 (1.99)	7.0 (1.01)	5.1 (0.92)	52.3 (2.20)	66.8 (2.16)	98.0 (0.55)	52.2 (2.23)
Not poor	2,204	34.1 (1.75)	12.2 (1.12)	11.3 (1.06)	53.7 (1.74)	63.0 (1.77)	98.0 (0.46)	53.7 (1.80)
Health insurance coverage ¹²								
Private	2,335	32.8 (1.54)	10.2 (1.00)	8.6 (0.86)	53.6 (1.57)	64.1 (1.56)	97.8 (0.41)	55.4 (1.58)
Medicaid and Medicare	245	16.7 (3.53)	10.2 (2.78)	*7.3 (2.53)	48.7 (4.72)	72.8 (3.72)	97.3 (1.29)	40.6 (4.42)
Medicare only	1,188	25.1 (2.09)	8.3 (1.17)	7.7 (1.13)	53.5 (2.37)	67.7 (2.16)	98.1 (0.55)	50.3 (2.25)
Other	174	30.2 (4.72)	15.3 (3.63)	18.8 (4.56)	53.3 (5.63)	59.5 (5.37)	96.5 (2.79)	49.1 (5.77)
Marital status ¹³								
Currently married	1,159	33.8 (2.45)	12.4 (1.71)	10.8 (1.55)	47.2 (2.54)	54.5 (2.54)	98.1 (0.68)	53.4 (2.52)
Formerly married	2,658	27.4 (1.33)	8.8 (0.75)	7.5 (0.68)	55.7 (1.42)	69.7 (1.30)	97.7 (0.40)	52.0 (1.40)
Never married	127	32.4 (5.02)	*10.0 (3.11)	*11.2 (3.62)	54.2 (5.30)	77.1 (4.22)	98.4 (1.16)	49.7 (5.77)

* Data have a relative standard error of greater than 30% and less than or equal to 50% and should be used with caution, as they do not meet standards of reliability or precision.

¹Consists of all adults who indicated they engaged in either vigorous or moderate physical activities, regardless of frequency or duration. It is based on the same four questions as regular activity.

²Consists of usually engaging in vigorous leisure-time physical activities at least three times a week for at least 20 minutes each time or moderate activities five times a week for at least 30 minutes each time. Based on four questions about frequency and duration of vigorous and of moderate leisure-time physical activities.

³Consists of weight lifting, calisthenics, or any activities designed to strengthen muscles that are done during one's leisure time. These may overlap with moderate and vigorous activities.

⁴Body mass index value of greater than or equal to 18.5 and less than 25, based on self-reported height and weight (see "Technical Notes" section).

⁵Consists of adults who had never smoked 100 cigarettes in their entire lifetimes.

⁶Adults who have never smoked 100 cigarettes in their lifetime (never smoked) or had smoked 100 cigarettes but were not smoking as of the date of the interview (former smokers).

⁷Based on the question, "On average, how many hours of sleep do you get in a 24-hour period?"

⁸Includes adults with unknown health behaviors.

⁹Unknowns for the columns were not included in the denominators when calculating percentages (see "Technical Notes" section).

¹⁰Races shown are single race only. Persons of Hispanic origin may be of any race. Other race categories are not shown separately due to small sample sizes.

¹¹Based on family income and family size using the U.S. Census Bureau's poverty thresholds for the previous calendar year. Poor persons are those with family incomes below the poverty threshold. Near poor persons had incomes of 100% to less than 200% of the poverty threshold. Not poor persons had incomes that were 200% of the poverty threshold or greater.

¹²Classification based on a hierarchy of mutually exclusive categories. Persons with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. Persons under age 65 and those aged 65 and over were classified separately due to the prominence of Medicare coverage in the older population. The category "private" includes persons who had any type of private coverage either alone or in combination with other coverage. For example, for persons aged 65 and over, "private" includes persons with only private or private in combination with Medicare. The category "uninsured" includes persons who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care (see "Technical Notes" section). The category "uninsured" is not shown separately for adults aged 65 and over because only about 1% of this age group lacks coverage.

¹³Categories were "married" (living with or without spouse); "formerly married" (widowed, divorced, separated); and "never married." Adults living with a partner are not shown separately due to small sample size.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

Technical Notes

Sample design

NHIS is a cross-sectional household interview survey of the U.S. civilian noninstitutionalized population. Data are collected continuously throughout the year in all 50 states and the District of Columbia. NHIS uses a multi-stage, clustered sample design that allows production of national estimates for a variety of health indicators. Information on basic health topics is collected for all household members, by proxy from one family member if necessary. Additional information is collected from one randomly sampled adult and about one randomly sampled child in each family. Self-response is required for the sample adult questionnaire except in the rare cases of sample adults who are physically or mentally incapable of responding for themselves. Interviews are conducted in the home using a computer-assisted personal interview (CAPI) questionnaire with telephone follow-up permitted if necessary.

Response rates

From 2004 through 2007, NHIS interviews were completed for 133,558 families and 110,422 sample adults living in households across the United States. The household response rate for these four years combined was 86.9%. The final response rate for the sample adult component was 70.0%. NHIS interviews were completed for 110,422 sample adults aged 18 and over, of whom 36,984 were aged 55 and over. Response rates for single years are shown in [Table I](#). Procedures used in calculating response rates for combined data years are described in detail in Appendix I of the NHIS Survey Description Documents for 2004–2007 (28–31).

Item nonresponse

Item nonresponse for each of the sociodemographic indicators was less than 1.0%, with the exception of detailed income (21.7%). Due to the large item nonresponse for detailed income, a set of imputed income files

Table I. Completed interviews and response rates by year: National Health Interview Survey, 2004–2007

Interviews and rates	2004	2005	2006	2007
Completed interviews				
Household	36,579	38,509	29,204	29,266
Family/person	37,466	39,284	29,868	29,915
Sample adult	31,326	31,428	24,275	23,393
Response rates				
Household	86.9%	86.5%	87.3%	87.1%
Family ¹	99.6%	99.5%	99.6%	99.4%
Sample adult ²	83.8%	80.1%	81.4%	78.3%

¹Response rate conditional on completion of the previous stage of the interview (i.e., the household component). For final (unconditional) response rates, see Survey Description Document for the relevant year.

²Response rate conditional on completion of the previous stage of the interview (i.e., the family component). For final (unconditional) response rates, see Survey Description Document for the relevant year.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

using multiple imputation has been created for every data year since 1997. Estimates by poverty status shown in this report were based on the 2004–2007 NHIS imputed income files. Information about these files and the multiple imputation procedures are available on the NHIS website in the “Data Release” section for each survey year (43). Estimates for persons with unknown sociodemographic characteristics are not shown separately in the tables, but are included in the totals and in all other variables for which data were reported. Item nonresponse for the health-related variables was less than 2.0%, with the exception of BMI (4.9%). The denominators for percents shown in [Tables 1–4](#) exclude persons for whom the relevant information was not reported.

Tests of significance

Statistical tests performed to assess the significance of differences between percentages were two-tailed with no adjustments for multiple comparisons. The test statistic used was

$$Z = \frac{|X_a - X_b|}{\sqrt{S_a^2 + S_b^2}},$$

where X_a and X_b are the two percentages being compared, and S_a and S_b are the standard errors of the percentages. The critical value used for two-sided tests at the 0.05 level of significance was 1.96.

Relative standard error

The relative standard error $RSE(x)$ of an estimate x is obtained by dividing the standard error $SE(x)$ of the estimate by the estimate itself. This quantity is expressed as a percentage:

$$RSE = 100 \left(\frac{SE(x)}{x} \right).$$

In [Tables 1–4](#), estimates having an RSE of greater than 30% and less than or equal to 50% are indicated with an asterisk, are considered statistically unreliable, and should be interpreted with extreme caution. Estimates having an RSE of greater than 50%, if any, are indicated with a dagger and are not shown.

Definition of terms

Demographic terms

Age—The age recorded for each person is the age at the last birthday. Age is recorded in single years and grouped in the tables shown in this report.

Health insurance coverage—Classification of health insurance coverage differs for adults over and under age 65. Categories are based on a hierarchy and are mutually exclusive.

- For adults aged 55–64, health insurance categories are: (1) private; (2) Medicaid—which includes Medicaid or any other public coverage; (3) other coverage, which

includes any military plan or any other government plan; and (4) uninsured, which includes adults not previously classified. The “uninsured” category includes persons who have only Indian Health Service or plans that pay for only one type of service such as accidents or dental care.

- For adults aged 65 and over, the health insurance categories are: (1) private coverage, which includes adults with or without Medicare; (2) Medicaid and Medicare; (3) Medicare only; and (4) other coverage, which includes military coverage (with or without Medicare), Medicaid only, and other government programs not previously classified.

Marital status categories shown are: (1) currently married, which can include legal marriage or common law marriage with spouses living together or apart; (2) formerly married, which includes divorced, separated, or widowed adults; and (3) never married.

Poverty status is based on family income and family size using the U.S. Census Bureau’s poverty thresholds. Poor persons had family incomes below the poverty threshold. Near poor persons had family incomes of 100% to less than 200% of the poverty threshold. Not poor persons had incomes that were 200% of the poverty threshold or greater.

Race and Hispanic origin are combined into a single measure in this report. Anyone with any Hispanic or Latino origin (including persons of Mexican, Puerto Rican, Cuban, Central and South American, or Spanish origins) was classified as Hispanic. The race categories were limited to the three largest single race groups due to issues of statistical reliability with the smaller groups. Data for single race persons other than non-Hispanic black, non-Hispanic white, and non-Hispanic Asian, and for multiple race persons, although not shown separately, are included in the analysis for all other variables.

Health terms

Fair or poor health status is based on the question, “Would you say

(your/name’s) health in general is excellent, very good, good, fair, or poor?” The last two categories are combined for this report. This question is part of the basic family core questionnaire, and thus responses may have been reported by a family respondent (proxy) if the sample adult was not present for the initial family interview.

Hearing impairment—Adults were asked to describe their hearing without use of a hearing aid. The response categories consist of “good,” “a little trouble,” “a lot of trouble,” and “deaf.” Adults who responded “a little trouble,” “a lot of trouble,” or “deaf” were classified as having hearing impairment.

Heart disease—In separate questions, respondents were asked if they ever had been told by a doctor or other health professional that they had coronary heart disease, angina pectoris, a heart attack, or any other heart condition or disease. Persons with any of these conditions were classified as having heart disease.

Physical and social functioning includes twelve types of activities: (1) walking one-quarter of one mile (or three city blocks); (2) standing for 2 hours; (3) stooping, bending, or kneeling; (4) climbing 10 steps without resting; (5) sitting for 2 hours; (6) reaching over one’s head; (7) using one’s fingers to grasp or handle small objects; (8) lifting or carrying a 10-pound object (such as a full bag of groceries); (9) pushing or pulling a large object (such as a living room chair); (10) going shopping, going to movies, or attending sporting events; (11) participating in social activities such as visiting friends, attending clubs or meetings, or going to parties; and (12) activities to relax at home or for leisure (such as reading, watching television, sewing, or listening to music). For each of these activities, respondents were asked if, by themselves and without the use of special equipment, the activity was “not at all difficult,” “only a little difficult,” “somewhat difficult,” “very difficult,” “can’t do at all,” or “do not do this activity.” The estimates shown include responses of “somewhat difficult,” “very difficult,” or “can’t do

at all.” Adults who said they “do not do this activity” were excluded from the analysis.

Serious psychological distress is based on a series of six questions asking about symptoms of psychological distress experienced in the past 30 days. The symptoms include feeling: so sad that nothing could cheer you up, nervous, restless or fidgety, hopeless, that everything was an effort, and worthless. The response options ranged from “never” (score=0) to “all of the time” (score=4). Items with missing data were assigned a score of zero for that item. A summary score for these six items was calculated and a total score of 13 or higher was classified as “serious psychological distress,” consistent with a scoring algorithm developed by Kessler, et al. (44).

Vision impairment—Adults are classified as having vision impairment if they answered “yes” to the question, “Do you have any trouble seeing, even when wearing glasses or contact lenses?”

Health behavior terms

Healthy (body) weight is defined as a body mass index greater than or equal to 18.5 and less than 25. Body mass index is based on self-reported height and weight and calculated using the formula:

Body Mass Index (BMI) = $\text{kg}/(\text{m}^2)$, where:
 kg (kilograms) = weight in pounds/2.205, and
 m (meters) = height in inches/39.37.

Cigarette smoking status is based on lifetime and current use of cigarettes. Never smokers are adults who had never smoked 100 cigarettes in their entire lifetime. Nonsmokers include never smokers (adults who had never smoked 100 cigarettes in their lifetime) and former smokers (adults who had smoked at least 100 cigarettes in their lifetime but were not currently smoking).

Leisure-time physical activity (any) is based on responses to questions on frequency of participation in vigorous leisure-time physical activity lasting at least 10 minutes and frequency of participation in light or moderate physical activity lasting at least 10 minutes. Adults who said they ever

engaged in either type of activity, regardless of frequency or duration, are considered to have engaged in “any leisure-time physical activity.”

Regular leisure-time physical activity—Adults who engaged in vigorous activity at least three times per week for at least 20 minutes each time or engaged in light or moderate leisure-time physical activity five times per week for at least 30 minutes each time are considered to have engaged in “regular leisure-time physical activity.”

Sleep is based on the question, “On average, how many hours of sleep do you get in a 24-hour period?” and is recorded in whole hours.

Strengthening activities include activities such as weight lifting or doing calisthenics, regardless of frequency or duration. These activities may overlap with other leisure-time physical activity.

The complete NHIS sample adult questionnaire, as well as information about other components of NHIS, is available from <http://www.cdc.gov/nchs/nhis.htm>.

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