

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

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

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

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

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

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

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

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

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

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