

National Health and Aging Trends Study
Trends Chart Book, 2011-2023
Key Trends, Measures and Detailed Tables



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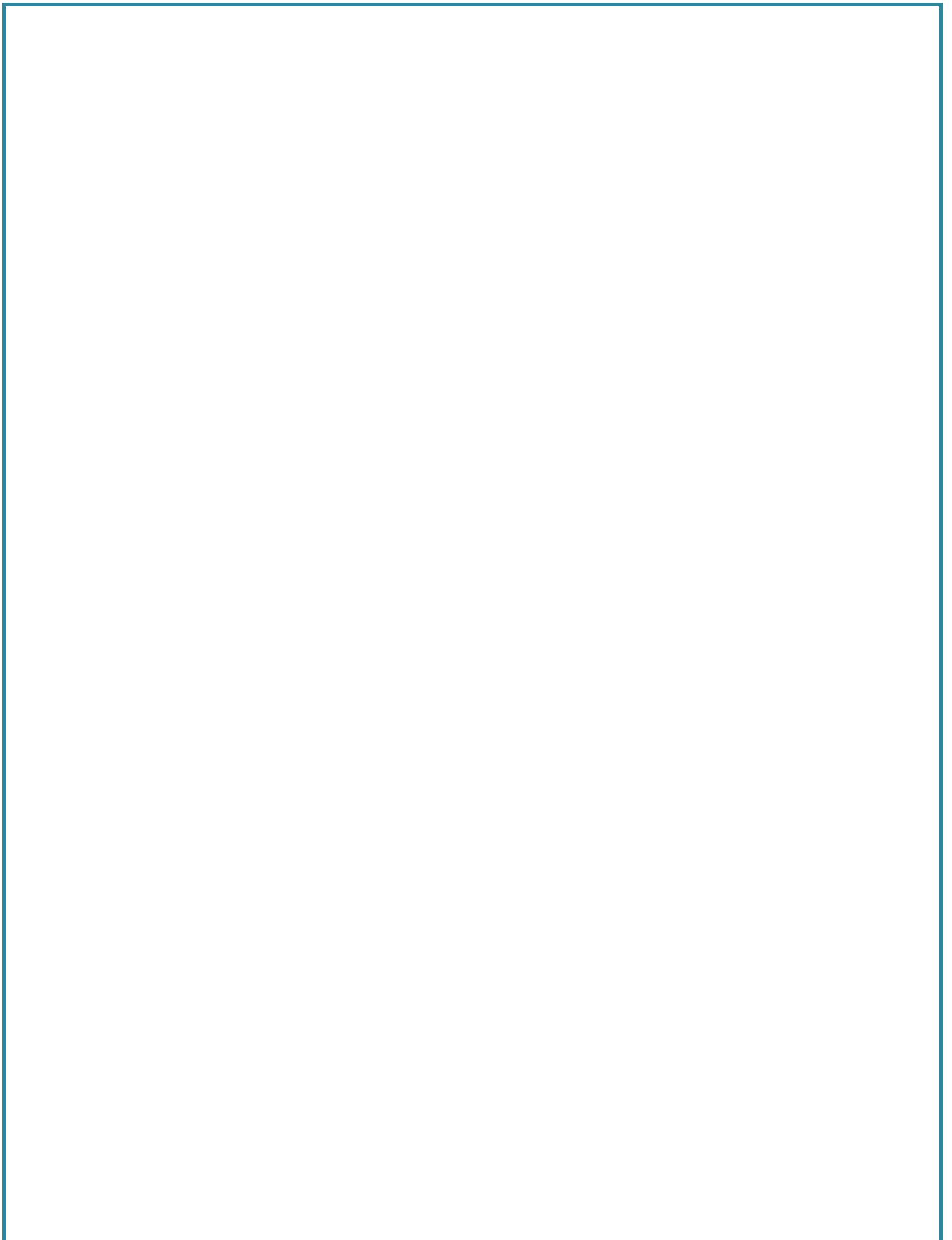


Table of Contents

About the NHATS Trends Dashboards	4
About NHATS	4
Acknowledgments	4
Executive Summary	5
Key Trends	6
Late-Life Disability Trends.....	7
Self-care and mobility limitations.....	7
Household activity limitations.....	8
Unmet need for assistance.....	9
Physical capacity.....	10
Self-reported physical capacity.....	10
Physical Performance.....	11
Dementia.....	12
Sensory Limitations.....	13
Participation restrictions and participation.....	13
Late-Life Housing Trends.....	14
Residential care setting.....	14
Housing type.....	15
Home modifications.....	16
Trends in Online Activities in Late Life.....	17
Email or texting.....	17
Going online.....	17
End of Life Trends.....	19
Location of death.....	19
End of life care.....	19
Late-Life Demographic Trends.....	20
Age group.....	20
Gender.....	20
Race/ethnicity.....	20
Education.....	20
Region.....	20
Assistance with activities.....	20
Dementia.....	20
Marital status.....	21
Number of children.....	21
Living arrangement.....	21
Residential care setting.....	21
Appendix: Methods and Measures	22
Methods.....	23
Late-life Disability Dashboard Measures.....	23
Late-life Housing Dashboard Measures.....	25
On-line Activities in Late Life Dashboard Measures.....	25
Quality of End of Life Dashboard Measures.....	26
Late-life Demographic Dashboard Measures.....	26
Appendix: Detailed Tables	28

About the NHATS Trends Dashboards

The NHATS Trends Dashboards describe trends in late-life functioning of the U.S. Medicare population ages 72 and older. The dashboards are designed to facilitate understanding by researchers, policymakers and care providers of how daily life is changing for older adults as the US population ages.

This companion chart book includes key findings about recent trends with an emphasis on differences by age group, sex, race/ethnicity, region, and metropolitan/non-metro residence. It also includes descriptions of measures and detailed tables.

The dashboards draw upon a conceptual framework designed to guide content in NHATS.^a The framework recognizes important distinctions among physical and cognitive capacity, how daily activities are carried out, and the environment in which activities take place.

Specific disability-related trends that are reported annually include: physical and cognitive capacity, sensory limitations, use of assistive devices, help received with daily activities, unmet need, and participation restrictions. Also included are trends in late-life housing, participation in later life in online activities, and quality of end-of-life care.

To highlight how various subgroups of the population are faring, each trend is presented for the population ages 72 and older and then by various demographic factors including age group, sex, race/ethnicity, education, region, whether assistance with activities is received, whether dementia is present, family structure, living arrangements, residential care setting, and metro/non-metro residence. A separate dashboard provides an overview of trends for each of these demographic factors.

All trends are presented excluding nursing home residents; for select disability and residential care outcomes an additional set of trends that includes nursing home residents is provided. Findings highlight statistically significant trends ($p < .05$; see Methods) as shown in the detailed appendix tables.

Acknowledgments

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The NHATS online dashboards and this companion chartbook were prepared with funding from the National Institute on Aging (U01AG032947).

^aFreedman VA, Kasper JD. Cohort Profile: The National Health and Aging Trends Study (NHATS). *Int J Epidemiol.* 2019 Aug 1;48(4):1044-1045g. doi: 10.1093/ije/dyz109.

About NHATS



Begun in 2011, the National Health and Aging Trends Study (NHATS) fosters research to guide efforts to reduce disability, maximize health and independent functioning, and enhance quality of life at older ages. NHATS was designed to provide the basis for understanding trends in late-life functioning, how these differ for various subgroups, and the economic and social consequences of aging and disability for individuals, families, and society. NHATS gathers annual, in-person information on a nationally representative sample of Medicare beneficiaries ages 65 and older. The sample is refreshed periodically in order to support study of national-level disability trends. Caregivers of NHATS respondents are interviewed in the supplemental National Study of Caregiving (NSOC).

NHATS is being led by investigators at the Johns Hopkins University Bloomberg School of Public Health and the University of Michigan's Institute for Social Research, with data collection by Westat, and support from the National Institute on Aging.

Executive Summary

A number of encouraging disability-related trends occurred among the 72 and older population from 2011 to 2023:

- A greater percentage of older adults is successfully accommodating self-care and mobility limitations with assistive devices;
- Assistance with self-care and mobility activities declined and difficulty with these activities has increased slightly, and unmet need related to these activities has held steady;
- The percentages with low physical capacity, poor vision, and poor hearing have decreased and the percentage living with dementia (through 2022) has declined;
- Participation in valued activities has returned to pre-2020 levels, after a drop off in 2020 and 2021.

At the same time, some trends are somewhat less encouraging:

- Assistance with household activities for reasons related to health or functioning has declined while difficulty with these activities has increased.
- Unmet need for assistance with household activities has increased slightly.
- Reports of receiving excellent/very good care at the end of life have declined post-2020.

In addition, the ways in which daily activities are being carried out has been changing. For instance:

- The presence of home modifications—especially for bathing and toileting—has increased since 2011; and
- Use of email or texting for communication and going online has increased dramatically over the last decade among older adults.
- The percentage living in residential care settings and nursing home settings has declined and the percentage living in traditional community settings has increased.
- Use of hospice care at the end of life has increased (through 2022).

Trends are not uniform across age groups. The percentage successfully accommodating self-care and mobility limitations is only increasing for those below age 85 whereas the percentage with dementia and living in nursing homes is declining only among those ages 80 and older.

Trends are similar for men and women, with a few exceptions. Only men have experienced increases in difficulty with self-care and mobility activities and unmet need for assistance with household activities. Only women have experienced declines in assistance with self-care and mobility activities, living in residential care settings other than nursing homes, and excellent/very good quality of end-of-life care; they also have experienced increases in hospice care use.

Most of the trends are concentrated among non-Hispanic White and Black groups. However, only non-Hispanic White older adults have experienced declines in assistance with self-care or mobility activities, poor hearing, and living in residential care settings; and only non-Hispanic Black older adults have experienced declines in poor vision. Hispanic and other racial/ethnic groups have experienced increases in difficulty with household activities, electronic communications and going online.

Trends also differ by region of the United States. More trends have been experienced among older adults in the South than in the other regions. Only older adults in the Midwest have experienced increases in unmet care needs for self-care and mobility activities and only older adults in the Northeast have experienced increases in unmet care needs for household activities.

Trends in disability and underlying capacity have been largely concentrated in metropolitan areas. Yet, only in non-metropolitan areas has there been an increase in unmet needs. Trends related to environmental aspects of disability (e.g., environmental modifications, residential care and nursing home residency, and online activities) have occurred in both metropolitan and non-metropolitan areas.

Key Trends

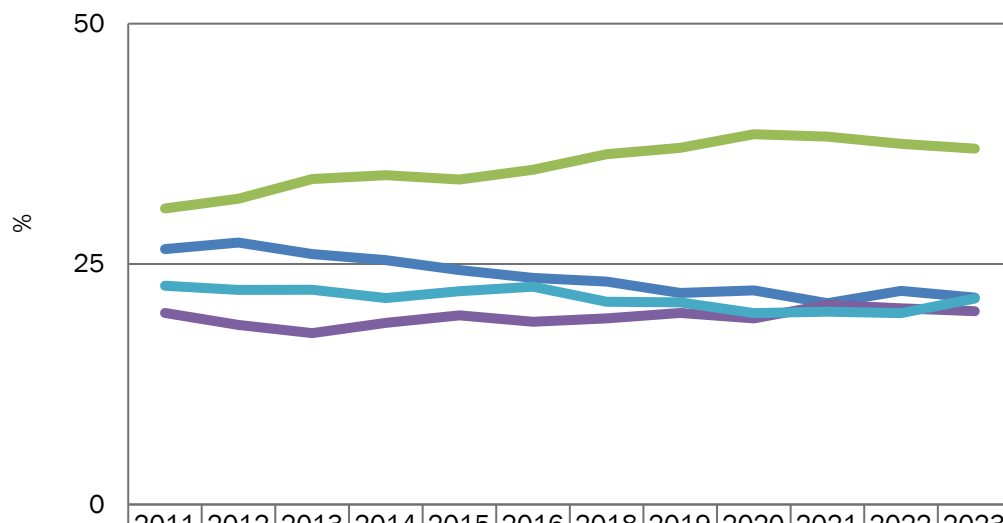
Late-Life Disability Trends

Self-care and mobility limitations (Detailed Tables 1a-1d, 1a_2-1d_2)

The percentage of older adults fully able to carry out self-care and mobility activities declined from 26.6% in 2011 to 21.5% in 2023. The percentage successfully accommodating with devices increased from 30.8% to 37.0%. The percentage reporting difficulty increased slightly (from 19.9% to 20.1%), but the percentage receiving assistance declined from 22.8% in 2011 to 21.4% in 2023.

Trends in Self-Care and Mobility Limitations, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents



	2011	2012	2013	2014	2015	2016	2018	2019	2020	2021	2022	2023
Is fully able	26.6	27.2	26.0	25.4	24.4	23.6	23.2	22.0	22.3	20.9	22.2	21.5
Has successfully accommodated	30.8	31.8	33.8	34.2	33.8	34.8	36.4	37.1	38.5	38.2	37.5	37.0
Has difficulty	19.9	18.7	17.8	18.9	19.7	19.0	19.3	19.9	19.3	20.8	20.4	20.1
Receives assistance	22.8	22.3	22.3	21.5	22.2	22.6	21.1	21.0	19.9	20.0	19.9	21.4

When nursing home residents were included, the percentage of older adults fully able to carry out self-care and mobility activities declined from 25.4% in 2011 to 21.1% in 2023 while the percentage successfully accommodating with devices increased from 29.4% to 36.2%. The percentage reporting difficulty also increased slightly during the period (19.0 to 19.7), but the percentage receiving help declined from 26.2% to 23.1%.

Trends in Self-Care and Mobility Limitations, Adults Ages 72 and Older, 2011-2023

Includes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Is fully able	25.4	26.0	25.0	24.4	23.5	22.7	21.2	22.5	21.3	21.7	20.5	21.7	21.1
Has successfully accommodated	29.4	30.3	32.5	32.9	32.6	33.6	35.9	35.4	35.9	37.5	37.5	36.6	36.2
Has difficulty	19.0	17.8	17.1	18.1	18.9	18.3	18.8	18.8	19.3	18.8	20.4	19.9	19.7
Receives assistance	26.2	25.9	25.4	24.6	25.0	25.4	24.1	23.4	23.5	22.0	21.6	21.9	23.1

Both men and women and those ages 72-74, 75-79 and 80-84 experienced increases in the percentage who successfully accommodated self-care and mobility limitations with assistive devices. These age groups and men, but not women, also experienced declines in the percentage fully able to carry out these activities. Those 80-84 and women experienced declines in the receipt of assistance with these tasks.

Not all race and Hispanic ethnicity groups experienced these changes. For example, non-Hispanic White and Black individuals experienced increases in the percentage successfully accommodating with devices, but those of Hispanic origin and from other race/ethnic groups did not. White older adults experienced declines in assistance with self-care and mobility activities but other racial/ethnic groups did not.

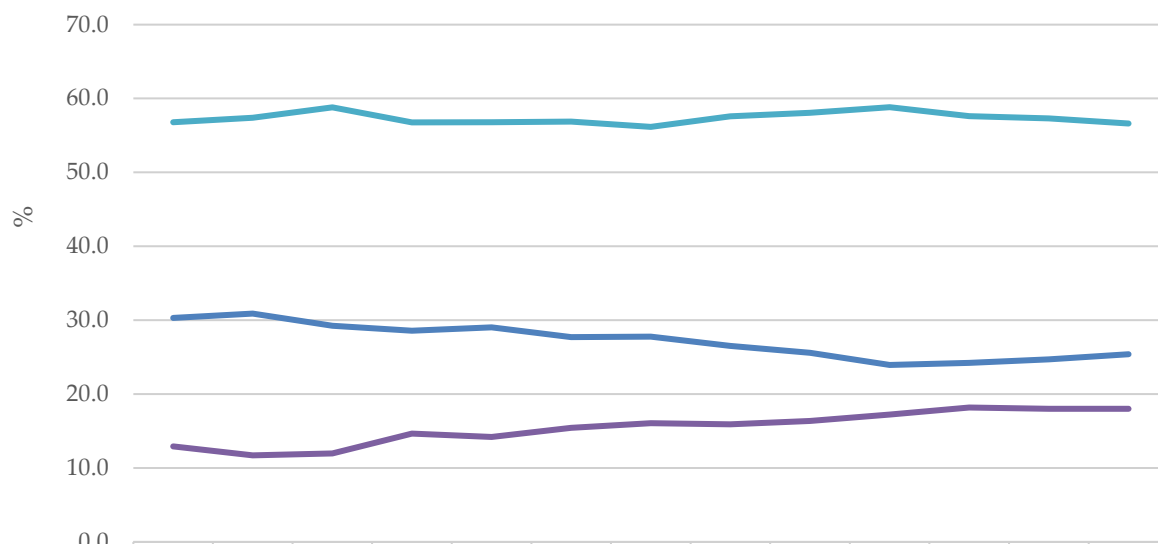
Increases in the percentage successfully accommodating self-care or mobility limitations occurred in the Northeast, Midwest and South and in metropolitan areas. Assistance declined in the South and in metropolitan areas.

Household activity limitations (Detailed Tables 2a-2c, 2a_2-2c_2)

The percentage of older adults having difficulty with household activities increased from 12.9% in 2011 to 18.0% in 2023 while the percentage receiving help for health and functioning reasons declined from 30.3% in 2011 to 25.4% in 2023. No significant changes in the percentage being fully able to carry out household activities occurred during this period (56.8% in 2011 and 56.6% 2023).

Trends in Household Activity Limitations, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents



	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Receives assistance	30.3	30.9	29.2	28.6	29.0	27.7	27.8	26.5	25.6	24.0	24.2	24.7	25.4
Has difficulty	12.9	11.7	12.0	14.7	14.2	15.4	16.1	15.9	16.4	17.2	18.2	18.0	18.0
Is fully able	56.8	57.4	58.8	56.8	56.8	56.9	56.2	57.6	58.1	58.8	57.6	57.3	56.6

When nursing home residents were included, the percentage of older adults having difficulty with household activities increased from 12.3% in 2011 to 17.6% in 2023 while the percentage receiving help for health and functioning reasons declined from 33.4% in 2011 to 27.1% in 2023. No significant

changes in the percentage being fully able to carry out household activities occurred during this period (see detailed tables).

Trends in Household Activity Limitations, Adults Ages 72 and Older, 2011-2023

Includes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Is fully able	54.3	54.7	56.4	54.5	54.7	54.9	54.3	55.9	56.3	57.3	56.5	55.8	55.4
Has difficulty	12.3	11.2	11.5	14.1	13.7	14.9	15.5	15.4	15.8	16.8	17.8	17.6	17.6
Receives assistance	33.4	34.1	32.1	31.4	31.6	30.3	30.1	28.7	27.9	25.9	25.7	26.6	27.1

The percentage fully able to carry out household activities declined between 2011 and 2023 for those ages 72-74 and for men, but increased for women (see detailed tables). The percentage with difficulty increased for all age groups while the percentage receiving assistance for health or functioning reasons declined for all but the youngest (72-74) age group. Increases in difficulty and declines in assistance also occurred for men and women (see detailed tables).

The four race/ethnicity groups experienced increases in difficulty with household activities and all but the Hispanic group experienced declines in in assistance for health or functioning reasons.

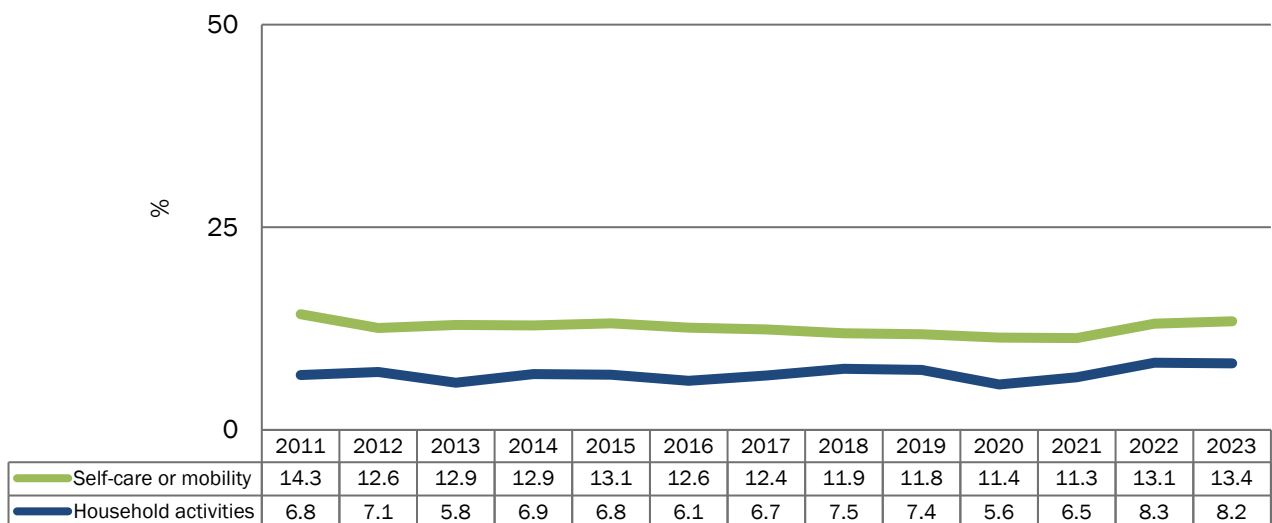
Older adults in all regions and in non-metropolitan and metropolitan areas experienced increases in difficulty with household activities (see detailed tables). Receipt of assistance for health or functioning reasons declined in the Northeast, South and West and in metropolitan areas.

Unmet need for assistance (Detailed Tables 3, 4)

The percentage of older adults with unmet need for assistance with self-care or mobility activities was relatively flat over the period (14.3% in 2011 and 13.4% in 2023) whereas the percentage of older adults with unmet need for assistance with household activities increased slightly from 6.8% in 2011 to 7.9% in 2023.

Trends in Unmet Need for Assistance, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents

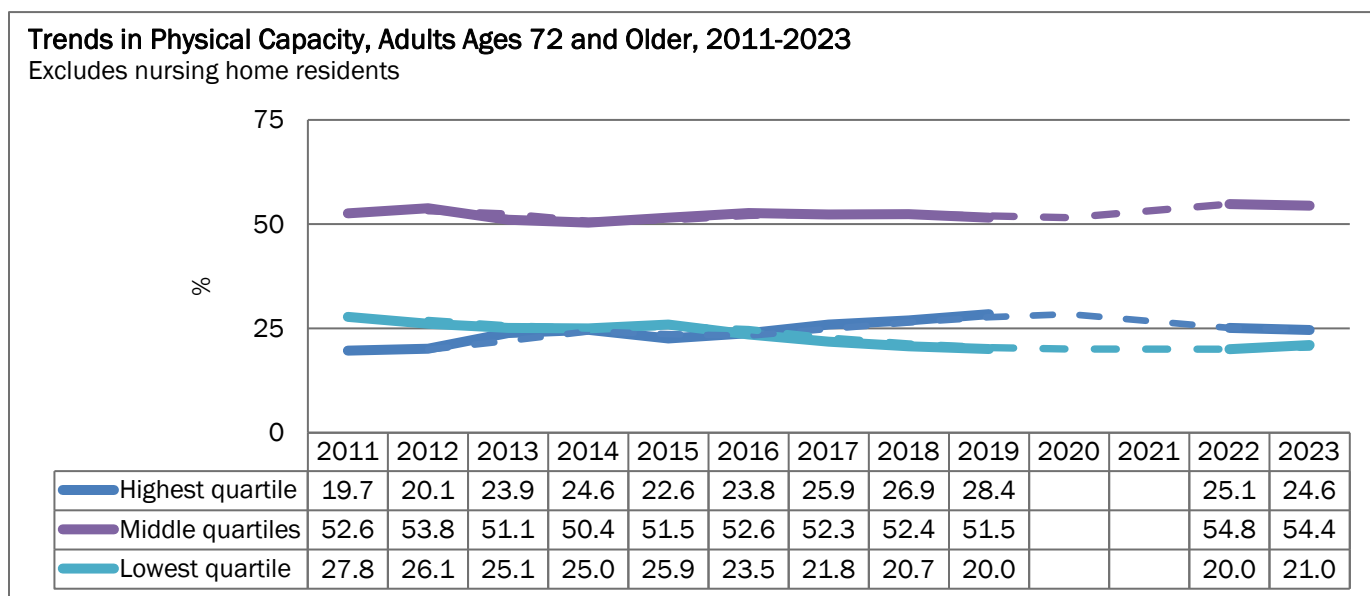


Trends in unmet need for assistance with self-care or mobility activities were flat for all age groups, for men and women, and by race/ethnicity. For unmet need with household activities, increases were observed for those in their 70s and 90s while decreases occurred for those ages 85-89; men but not women experienced increases and none of the changes by race/ethnicity were statistically significant (see detailed tables).

Increases in unmet need for assistance with self-care or mobility activities were experienced in the Midwest and in non-metropolitan areas, whereas declines occurred in metropolitan areas. Unmet need for assistance with household activities increased in the Northeast region and non-metropolitan areas.

Physical capacity (Detailed Tables 5a-5c)

Trends for physical capacity, based on both performance-tests and self-reported items, improved between 2011 and 2023.¹ The percentage of older adults with high physical capacity increased from 19.7% in 2011 to 24.6% in 2023 while the percentage with low physical capacity declined from 27.8% to 21.0% over the same period.



Declines in the percentage in the lowest quartile were observed for age groups 75-79, 80-84 and 85-89 and for men and women (see detailed tables for trends by sex). Non-Hispanic White and Black groups also experienced declines in the percentage in the lowest quartile. These trends improved in all regions and in metropolitan (but not non-metropolitan) areas (see detailed tables).

Self-reported physical capacity (Detailed Tables 5d-5f)

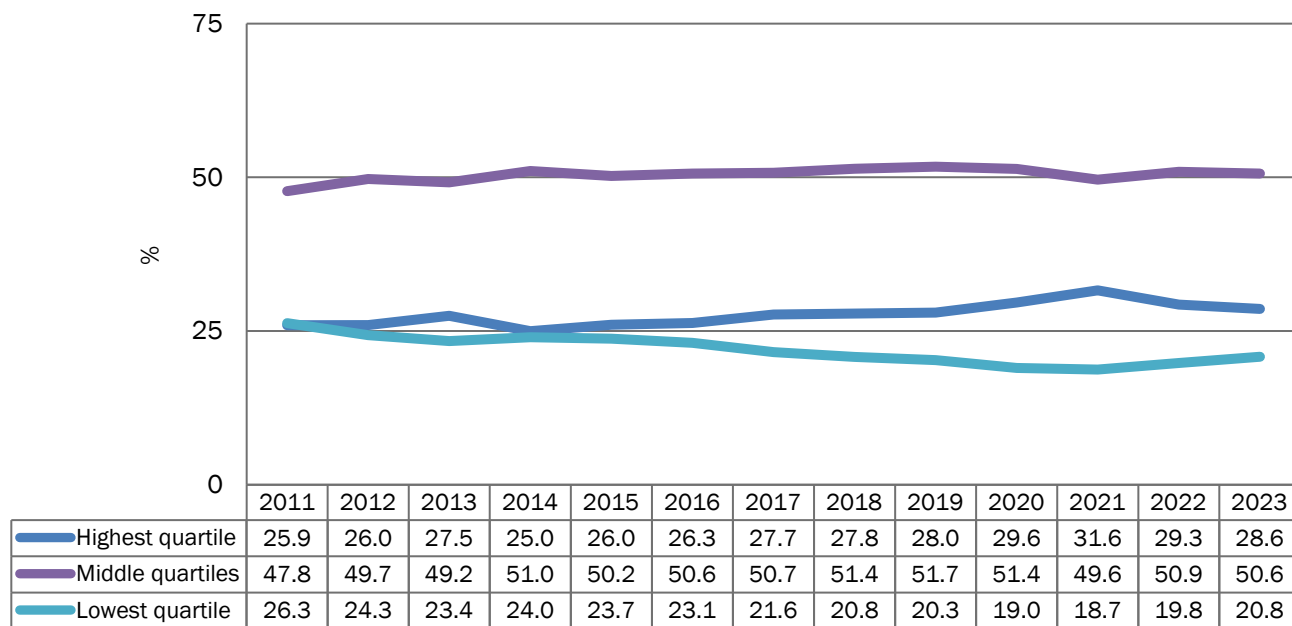
Trends for self-reported physical capacity are similar to trends that include both performance tests and self-reported items. The percentage of older adults with self-reported high physical capacity

¹Physical capacity quartiles are based on 2011 self-reported physical abilities and physical performance tests (see Methods and Measures for details). Because performance tests were not conducted in 2020 and peak airflow was not conducted in 2021, this trend is shown through 2019 and then in 2022 forward. Gaps are filled in the figure using a dashed trend line based on a moving average.

increased from 25.9% in 2011 to 28.6% in 2023 while the percentage with low physical capacity declined from 26.3% to 20.8% over the same period.

Trends in Self-Reported Physical Capacity, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents



The percentage self-reporting low physical capacity declined for age groups 75-79 and 80-84, for both men and women (see detailed tables), and for non-Hispanic White and Black groups. Declines also were observed for all regions and in metropolitan (but not non-metropolitan) areas.

Physical Performance (Detailed Tables 5g-5k)

For most physical performance measures, the percentage in the lowest performance group declined over the period.² The percentage point decline between 2011 and 2023 ranged from 9.8 points (grip strength) to 6.7 points (walking). The percentage with low lung airflow was 35.9% in 2011 and 32.8% in 2021 (no change).

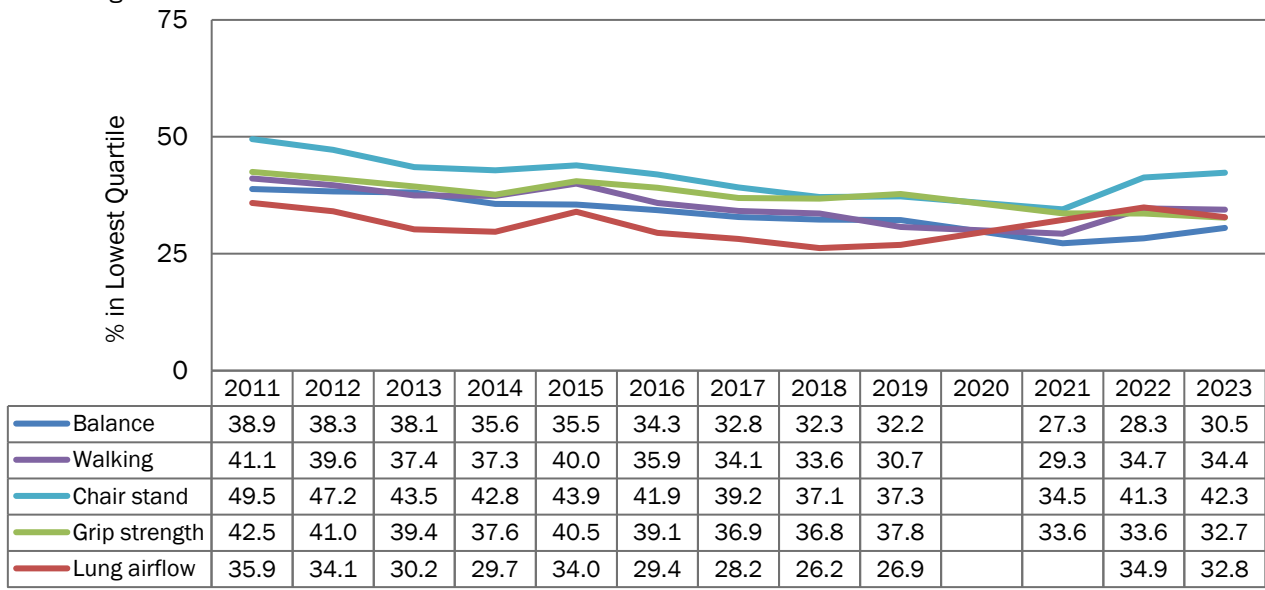
Patterns differed for the individual activities by age and sex. Declines in the percentage with a low balance score were observed for all age groups and for men and women. For low walking score, declines were observed for ages less than 90 years and for men and women. For low chair stand scores, declines were observed for the youngest age groups (72-74 and 75-79 and for women but not men. The percentage with low grip strength declined for all age groups and for women but not men. The percentage with low lung airflow was similar in 2011 and 2023 for all age groups and for men and women.

Declines in the percentage with low performance scores were observed for non-Hispanic White, non-Hispanic Black and Hispanic groups, but not for the group of other race/ethnicities. Declines in all measures except lung airflow were also observed across all regions, but there were differences by metropolitan status. Low scores for all tests, including lung airflow, declined in metropolitan areas; in contrast, in non-metropolitan areas, low balance and chair stand scores declined and the percentage with low lung airflow scores increased.

²Physical performance measures were not measured in 2020 and lung airflow was also not measured in 2021.

Trends in Low Physical Performance Scores, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents

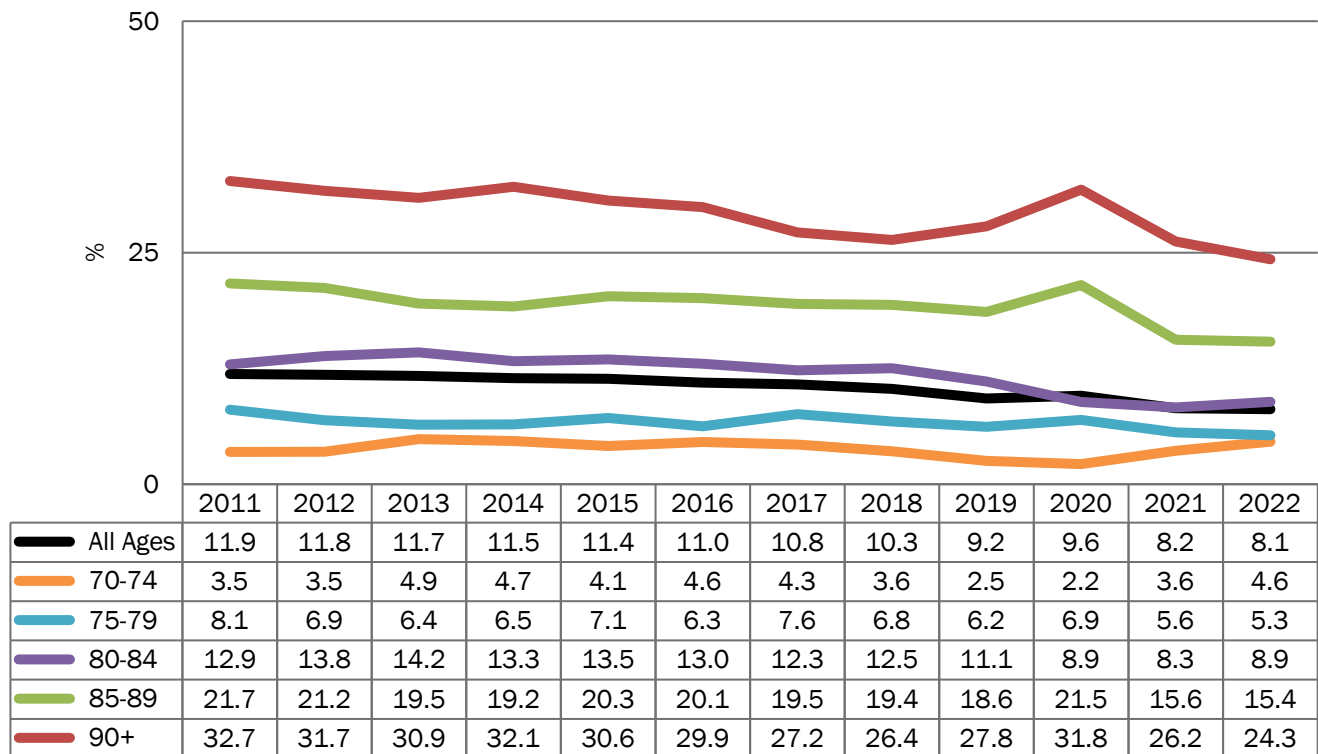


Dementia (Detailed Tables 6_1, 6_2)

The percentage of older adults living with dementia declined from 11.9% in 2011 to 8.1% in 2022.³ Significant declines were observed for those who were ages 80-84, 85-89 and 90 and older.

Trends in Dementia, Adults Ages 72 and Older, By Age Group, 2011-2022

Excludes nursing home residents



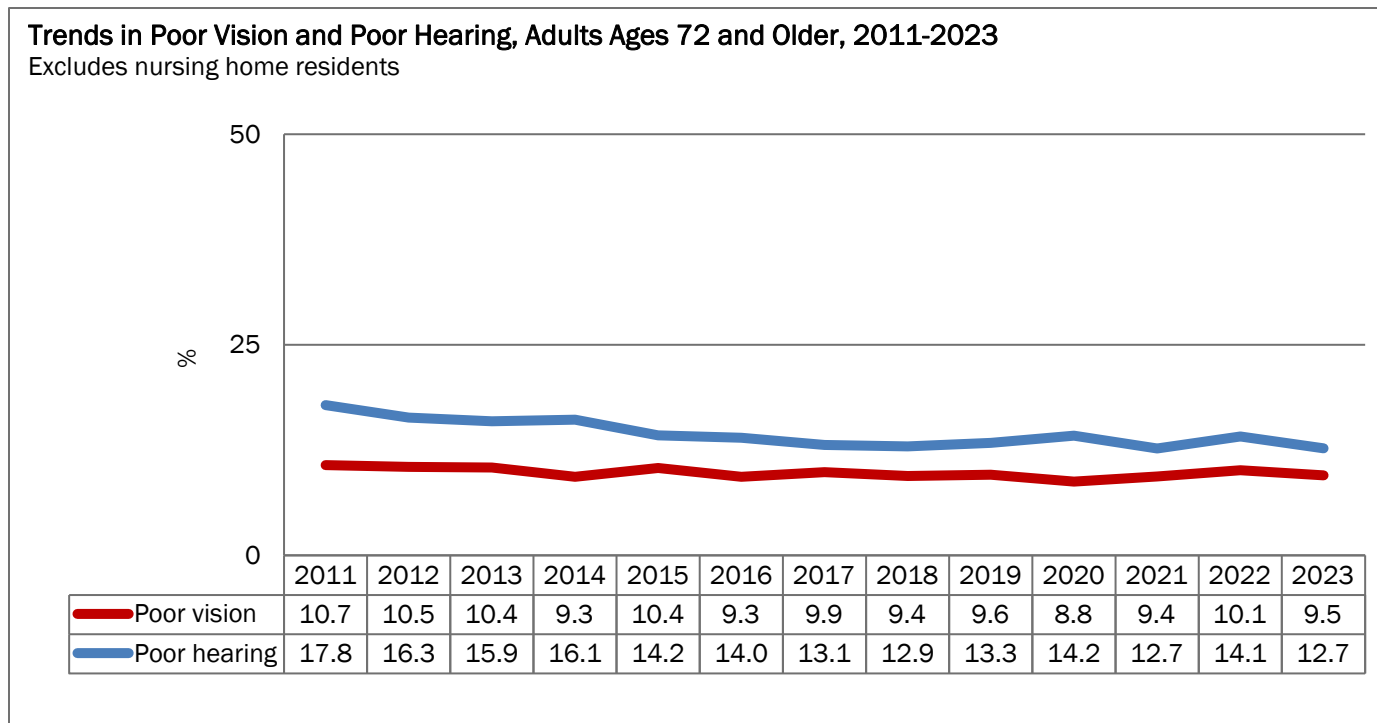
³Because the dementia prevalence measure relies on information from two rounds, estimates are available through 2022.

When nursing home residents were included, the percentage of older adults living with dementia declined from 14.4% in 2011 to 9.7% in 2022.

Dementia prevalence declined for men and women and for non-Hispanic White and Black groups. Declines occurred in all regions except the Midwest and were concentrated in metropolitan areas, which experienced a decline from 12.4% in 2011 to 8.2% in 2022.

Sensory Limitations (Detailed Tables 7, 8)

Overall, the percentage of older adults with poor vision (with aids, if used) was flat over this period from 10.7% in 2011 to 9.5% in 2023. The percentage of older adults with poor hearing (with aids, if used) declined from 17.8% in 2011 to 12.7% in 2023.



Vision improved only for ages 90 and older and for women whereas hearing improved for those ages 72-74, 80-84, and 85-89 and for men and women. The percentage with poor vision declined for non-Hispanic Black individuals and the percentage with poor hearing declined for non-Hispanic White individuals. Poor vision trends were flat by region and metropolitan status whereas poor hearing declined in the Midwest, South and West and in both metropolitan and non-metropolitan areas.

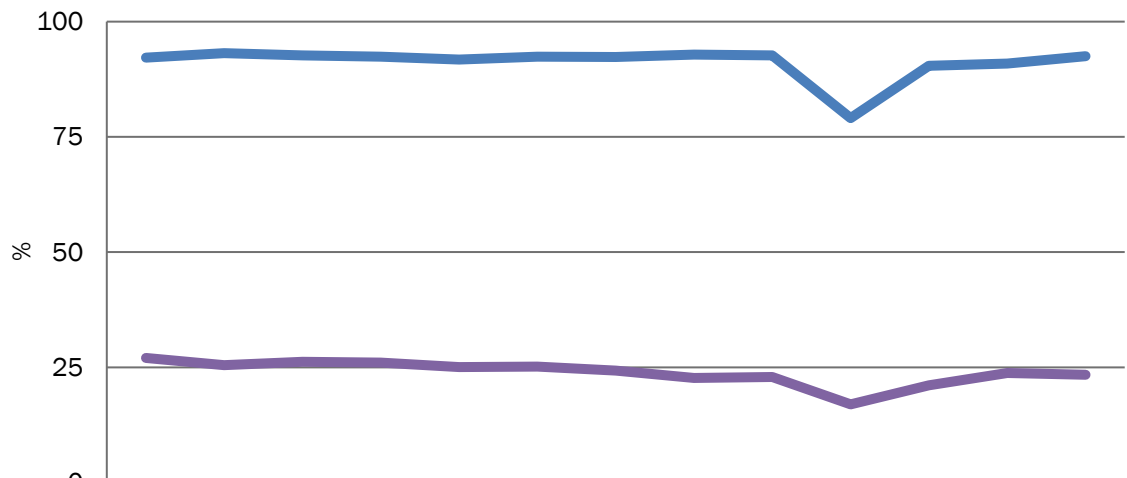
Participation restrictions and participation (Detailed Tables 14a-14b)

The percentage of older adults who had participation restrictions in valued activities was essentially flat between 2011 (27.1%) and 2019 (22.9%), sharply declined in 2020 (17.0%), and was at pre-2020 levels in 2023 (23.4%). Participation in valued activities followed a similar pattern, with even sharper declines between 2019 (92.7%) and 2020 (79.1%), followed by a return to pre-2020 levels.

This general pattern observed for participation restrictions was evident across age groups, for men and women, for all racial/ethnic groups (except “other”), by region and in metropolitan and non-metropolitan areas.

Trends in Participation Restrictions and Participation in Valued Activities, Adults Ages 72 and Older, 2011- 2023

Excludes nursing home residents



	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Participation	92.2	93.2	92.6	92.4	91.8	92.4	92.3	92.8	92.7	79.1	90.4	90.9	92.5
Participation restriction	27.1	25.5	26.2	26.0	25.1	25.2	24.3	22.7	22.9	17.0	21.1	23.8	23.4

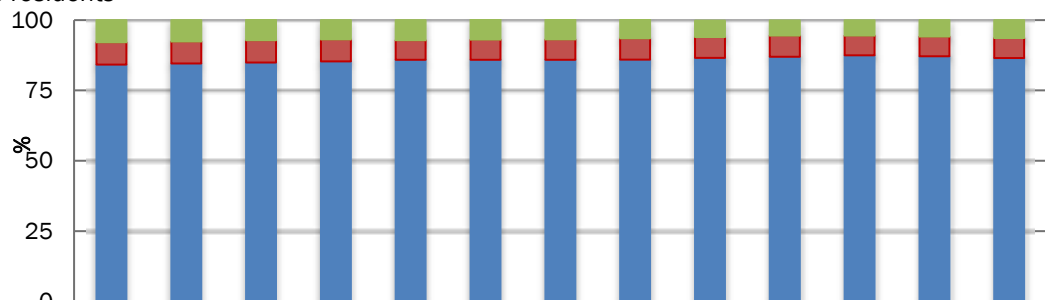
Late-Life Housing Trends

Residential care setting (Detailed Tables 9a-9c, 9a_2-9d_2)

The percentage of the older population living in traditional community settings increased from 84.2% in 2011 to 86.5% in 2023. During the same period, there were declines in the percentage living in residential care settings other than nursing homes, from 7.9% in 2011 to a low of 5.4% in 2020 and back to 6.4% in 2023, an overall decline. The percentage living in retirement communities or senior housing remained steady at about 7%-8% over the period.

Trends in Residential Care Setting, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents



	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Residential care	7.9	7.6	7.3	6.9	7.2	7.2	7.0	6.6	5.9	5.4	5.5	5.9	6.4
Retirement/senior housing	7.9	7.8	7.9	7.8	6.9	7.2	7.2	7.5	7.4	7.5	7.0	7.0	7.1
Community	84.2	84.6	84.9	85.3	85.9	85.9	85.9	86.0	86.5	87.0	87.5	87.1	86.5

When nursing home residents were included, the percentage of the older population living in traditional community settings increased from 80.5% in 2011 to 84.6% in 2023. During the same time period, retirement/senior housing remained stable, but there were declines from 7.6% in 2011 to 6.3% in 2023 in residential care other than nursing homes and from 4.4% in 2011 to 2.2% in 2023 in the percentage living in nursing home settings.

When nursing home residents were included, declines were observed for those ages 80-84 and women in the percentage living in residential care settings other than nursing homes. Declines were also observed for all age groups except 72-74 and for men and women in the percentage living in nursing home settings.

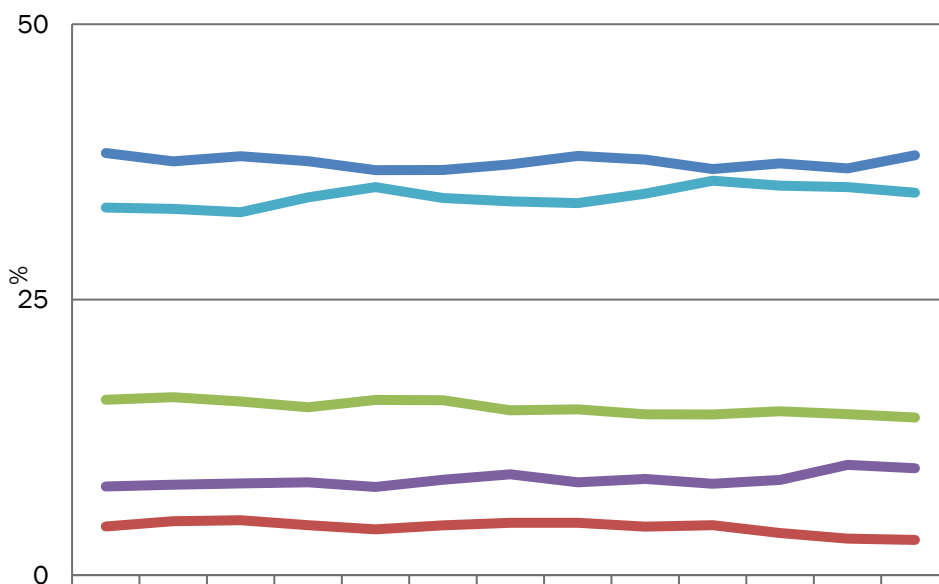
The percentage living in residential care settings other than nursing homes decreased among the non-Hispanic White group, the South region, and in both metropolitan and non-metropolitan areas. The percentage living in nursing home settings declined among the non-Hispanic White and Black groups, in all regions, and in metropolitan and non-metropolitan areas.

Housing type (Detailed Tables 10a-10e)

Between 2011 and 2023 the types of housing in which older adults lived shifted toward fewer living in multi-unit buildings and mobile homes and more living in limited access multi-level houses. In contrast those in one-level houses remained flat at about 38% and accessible multi-level houses at about 33%-35%.

Trends in Home Type, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents



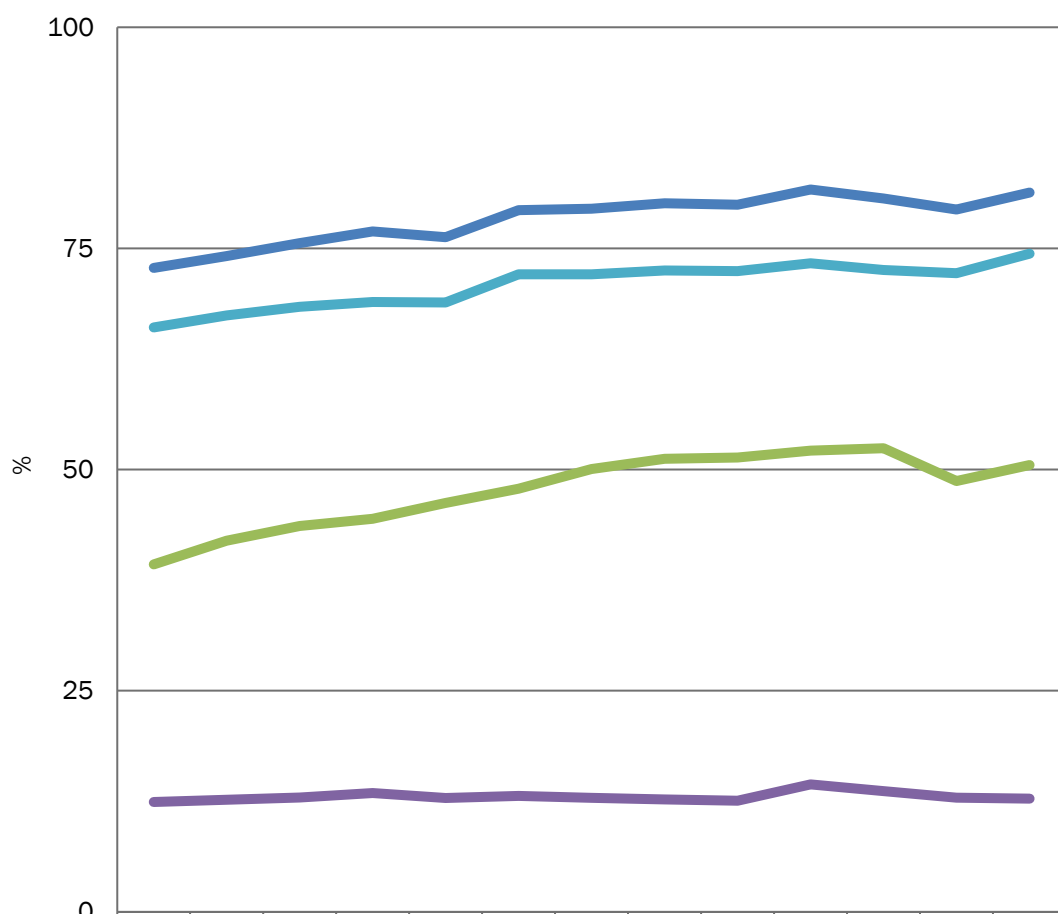
The flat trend for one-level houses was observed by age, sex, race/ethnicity, region and metropolitan status. Although the overall trend for accessible multi-level housing was flat, those ages 70-72, women, individuals who reported another race or ethnicity (besides White, Black or Hispanic), and those living in the South were more likely to live in this type of housing in 2023 than in 2011. Residence in multi-unit buildings declined for those ages 72-74, men, individuals reporting other race/ethnicities, and in metropolitan areas. Mobile home residency declined for those ages 72-74, men, non-Hispanic White individuals, those living in the South and in non-metropolitan areas. Living in a limited access multi-level house increased among men, non-Hispanic White individuals, and in metropolitan areas between 2011 and 2023.

Home modifications (Detailed Tables 11a-11c)

The percentage of older adults reporting that they had home modifications increased from 72.8% in 2011 to 81.3% in 2023. While the percentage of older adults reporting that they had mobility-related modifications (a ramp at the entrance, an elevator or stair glide) did not increase significantly over the period (12.8% in 2023), the presence of bathing-related modifications - such as grab bars or a seat for the shower or tub - increased from 66.1% in 2011 to 74.4% in 2023. The percentage of older adults reporting that they had toileting-related modifications - such as grab bars or a raised toilet - also increased from 39.3% in 2011 to 50.5% in 2023.

Trends in Home Modifications, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents



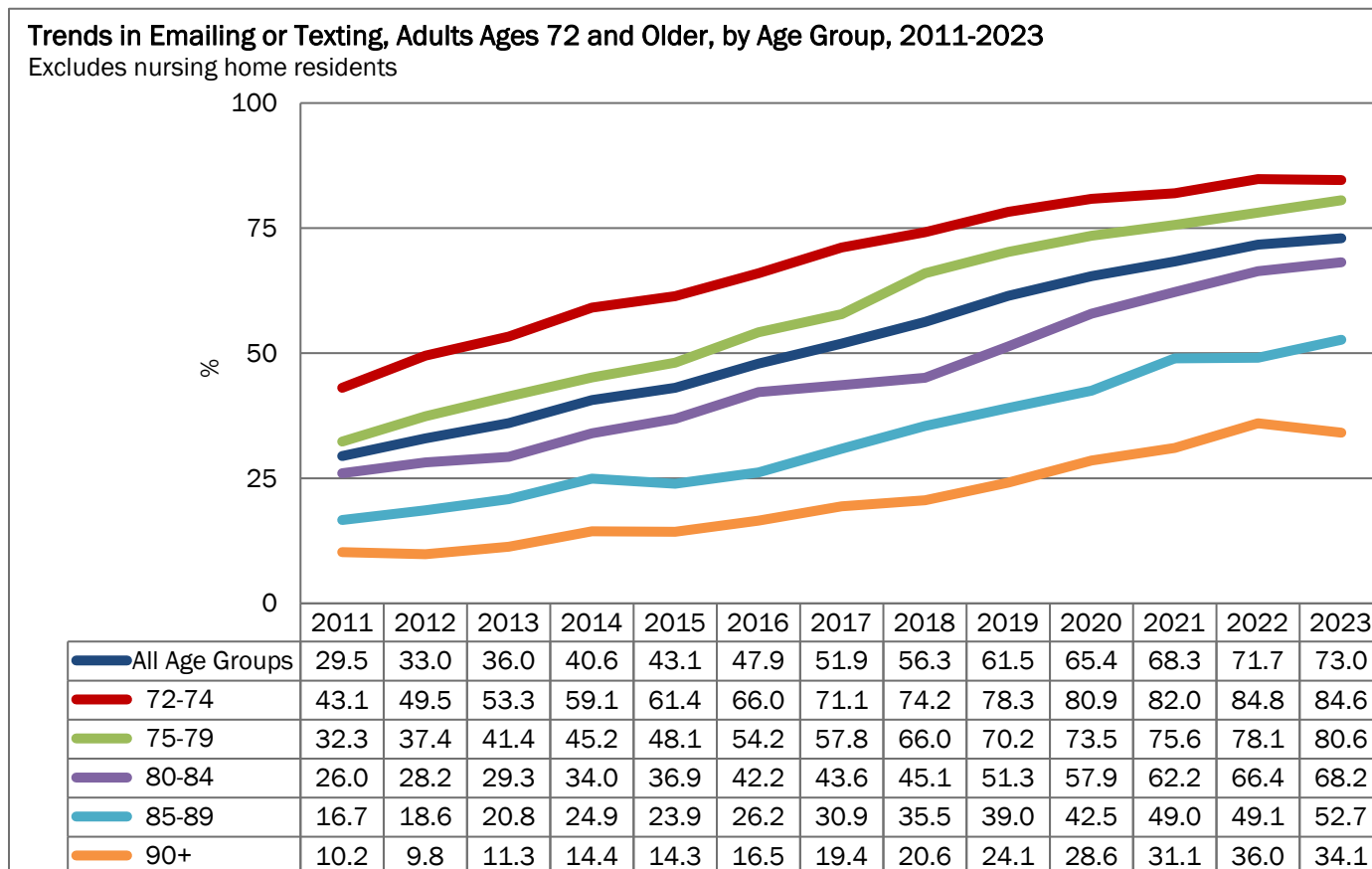
	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Any Modifications	72.8	74.1	75.6	76.9	76.3	79.3	79.5	80.1	79.9	81.7	80.6	79.4	81.3
Mobility-Related Modifications	12.4	12.7	12.9	13.4	12.9	13.1	12.9	12.7	12.6	14.4	13.6	12.9	12.8
Bathing-Related Modifications	66.1	67.4	68.4	68.9	68.9	72.1	72.1	72.5	72.4	73.3	72.6	72.2	74.4
Toileting-Related Modifications	39.3	41.9	43.6	44.4	46.2	47.8	50.1	51.2	51.4	52.1	52.4	48.7	50.5

The presence of bathing modifications increased for all age groups, men and women, non-Hispanic White and Black groups, in all regions except the West and in both metropolitan and non-metropolitan areas. These same groups (except those ages 90 and older) experienced an increase in the presence of toileting modifications.

Trends in Online Activities in Late Life

Email or texting (Detailed Table 12)

The percentage of older adults communicating by email or texting more than doubled from 29.5% in 2011 to 73.0% in 2023. Increases occurred for men and women and across all groups, including those age 90 or older (who reached 34.1% in 2023).



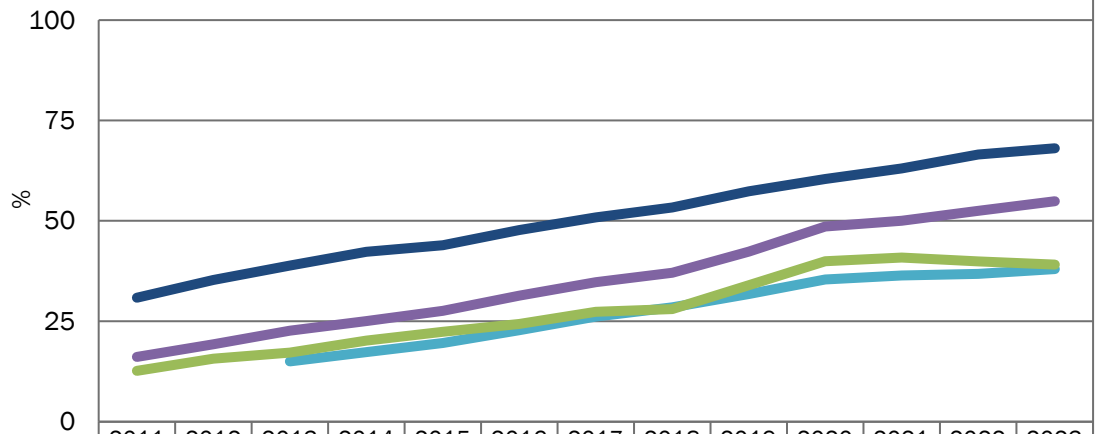
Electronic communication also increased for men and women (both 73% in 2023), all race and Hispanic ethnicity groups (ranging from about half of Hispanic and non-Hispanic Black groups to more than 70% in 2023 for non-Hispanic White and other racial/ethnic groups), all four regions (above 70% in 2023), and in metropolitan and non-metropolitan areas (74% and 68%, respectively in 2023).

Going online (Detailed Tables 13, 13a-13c)

The percentage of older adults going online (for reasons other than email) increased from 30.9% to 68.1% between 2011 and 2023. Going online for social networking more than doubled from 15.0% in 2013 to 38.0% in 2023. Going online for household activities - including shopping, banking or ordering prescription medicines - more than tripled from 16.1% in 2011 to 54.9% in 2023. The percentage going online for health-related activities - including contacting a medical provider, handling Medicare or other health insurance matters, or getting information about a health condition - more tripled from 12.7% in 2011 to 39.1% in 2023, although essentially flat since 2020.

Trends in Going Online By Reason, Adults Ages 72 and Older, 2011-2023

Excludes nursing home residents



	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Going Online (Other than Email)	30.9	35.3	38.8	42.3	43.9	47.7	50.9	53.3	57.3	60.4	63.1	66.5	68.1
Online Social Networking			15.0	17.3	19.6	22.8	26.1	28.5	31.8	35.4	36.4	36.8	38.0
Online Household Activities	16.1	19.3	22.7	25.0	27.6	31.4	34.7	37.1	42.3	48.6	50.0	52.5	54.9
Online Health Information	12.7	15.7	17.2	20.2	22.4	24.3	27.3	28.0	34.0	39.9	40.9	39.9	39.1

Increases in going online (for any reason and for each reason) were observed for all age groups, men and women, all racial/ethnic groups, all regions and metropolitan and non-metropolitan areas.

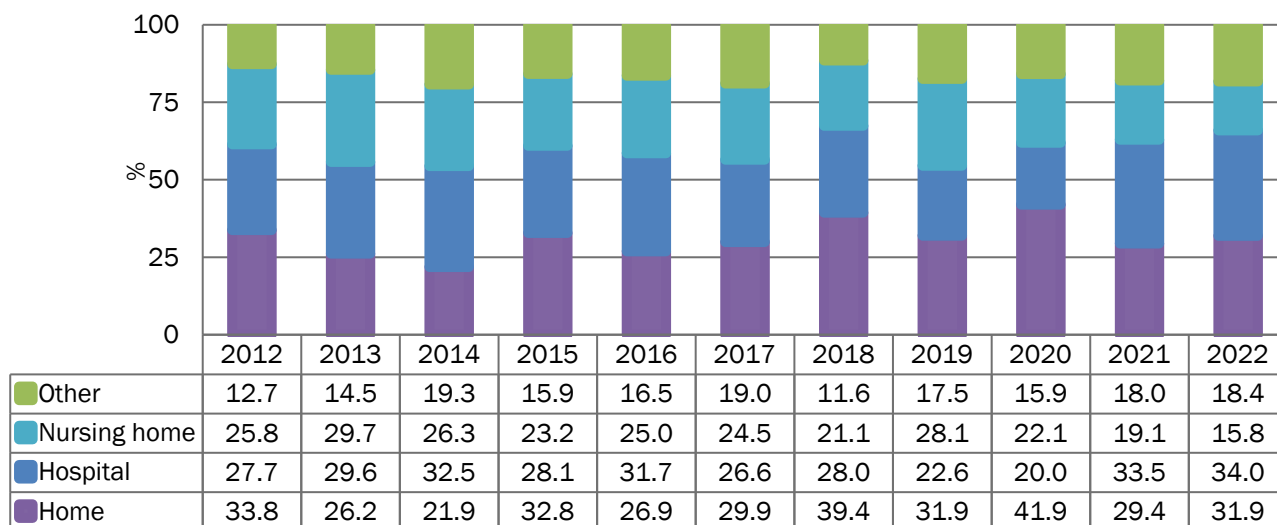
End of Life Trends

Location of death (Detailed Tables 15a-15d)

The percentage of older adults dying at home was similar in 2012 (33.8%) and 2022 (31.9%), after hitting a high of 41.9% in 2020. The percentage dying in a hospital fluctuated over the period from 27.7% in 2012 to 34.0% in 2022. Nursing home deaths declined from 25.8% in 2012 to 15.8% in 2022. Other places of death fluctuated over this period from 12.7% to 19.0%.

Trends in Location of Death, Decedents Ages 72 and Older, 2012-2022

Includes nursing home residents

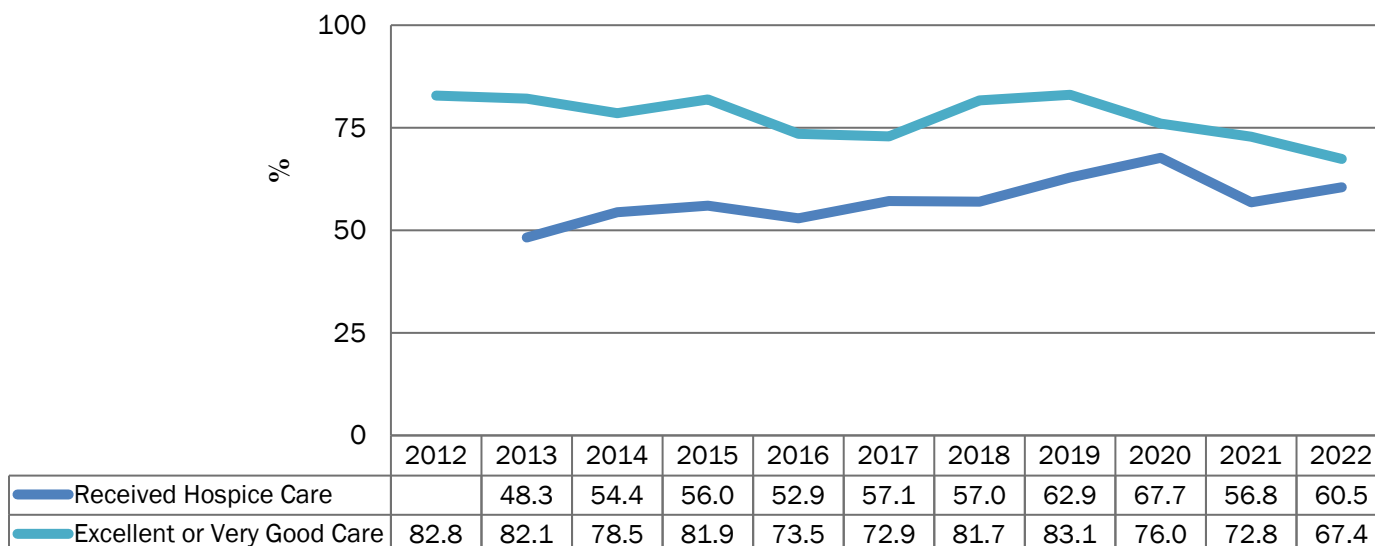


End of life care (Detailed Tables 16, 17)

The percentage of older adults who received hospice care in the last month of life increased from 48.3% in 2013 to 60.5% in 2022. The percentage of older adults whose care received in the last month of life was rated as excellent or very good fluctuated between 72% and 83% (76.0% in 2020).

Trends in End of Life Care, Decedents Ages 72 and Older, 2012-2022

Includes nursing home residents



Late-Life Demographic Trends (Detailed Tables 18, 18_2)

Dashboards and detailed tables are presented by a number of demographic groups. This section provides an overview of changes in the composition of the 72 and older population with respect to those demographic groups. Except where noted, trends exclude the nursing home population.

Age group

The percentage of the 72 and older population that was age 72-74 increased from 23.2% in 2011 to 27.0% in 2023 while the percentages ages 80-84 and 85-89 decreased.

When the nursing home population was included, the percentage of the 72 and older population that was age 72-74 increased from 22.5% in 2011 to 27.3% in 2023 while the percentage that was age 75-79 increased from 31.1% in 2011 to 34.3% in 2023. The age 80-84, 85-89 and 90 and older age groups all declined as a percentage of the 72 and older population.

Sex

A greater share of the 72 and older population were men in 2023 than in 2011. In 2011, men comprised 41.2% of the 72 and older population whereas in 2023, they comprised 43.8%.

Race/ethnicity

The percentage of the 72 and older population that was non-Hispanic White declined from 82.2% in 2011 to 79.5% in 2023. When the nursing home population was included, the share of the 72 and older population that was non-Hispanic White declined from 82.1% to 79.5% in 2023 and the share that was Hispanic increased from 6.7% in 2011 to 8.1% in 2023.

Education

The educational distribution of the 72 and older population shifted toward higher levels of completed education. Greater percentages had completed some college or received a college or graduate degree in 2023 than in 2011.

Region

The percentage of the 72 and older population living in the Northeast region declined from 20.0% in 2011 to 18.0% in 2023 and in the Midwest region declined from 23.4% to 20.9%. These declines were offset by increases in the percentage in the South from 36.1% in 2011 to 38.4% in 2023.

When the nursing home population was included, the percentage of the 72 and older population living in the West also increased (from 20.2% in 2011 to 22.5% in 2023)

Assistance with activities

The percentage of the 72 and older population receiving assistance with only household activities declined from 11.6% in 2011 to 9.4% in 2022 while the percentage receiving no assistance increased from 65.6% in 2011 to 69.2% in 2023. The percentage receiving any assistance with self-care or mobility activities declined from 22.8% to 21.4% over the period.

When the nursing home population was included, the percentage of the 72 and older population receiving help with only household activities declined from 11.1% in 2011 to 9.2% in 2023 while the percentage receiving no help increased from 62.7% in 2011 to 67.7% in 2023. The percentage receiving any help with self-care or mobility activities decreased from 26.2% in 2011 to 23.1% in 2023.

Dementia

The percentage of the 72 and older population with dementia declined from 11.9% in 2011 to 8.1% in 2022.

When the nursing home population was included, the percentage of the 72 and older population with dementia declined from 14.4% in 2011 to 9.7% in 2022.

Marital status

The percentage of the 72 and older population that was divorced or separated increased from 10.1% in 2011 to 13.5% in 2023 and the percentage widowed declined from 36.2% in 2011 to 28.3% in 2021.

Number of children

The percentage of the 72 and older population with 1 child increased (from 11.7% to 13.9%) and the number with 2 or more children decreased (from 78.6% to 75.7%) from 2011 to 2023.

Living arrangement

The percentage of the 72 and older population living alone declined from 35.3% in 2011 to 31.6% in 2023 and the percentage living with only a spouse increased from 41.2% to 44.0%.

Residential care setting

The percentage of the 72 and older population living in traditional community settings increased from 84.2% in 2011 to 86.5% in 2023 and the percentage living in residential care settings other than nursing homes declined from 7.9% in 2011 to 6.4% in 2023.

When the nursing home population was included, the percentage of the 72 and older population living in traditional community settings increased from 80.5% in 2011 to 84.6% in 2023. The percentage living in residential care settings other than nursing homes declined from 7.6% in 2011 to 6.3% in 2023 and the percentage living in nursing home settings decreased from 4.4% to 2.2% over the same period.

Metropolitan/non-metropolitan residence

The percentage living in non-metropolitan areas did not change significantly between 2011 (17.8%) and 2023 (16.8%).

Appendix: Methods and Measures

Methods

The sample in each round was limited to individuals ages 72 and older. Dashboard results were generated from weighted cross-tabulations adjusted for survey design.⁴ All dashboard results include individuals living in settings other than nursing homes. Nursing home residents are included in a subset of tabulations for select outcomes and demographic variables. Key findings highlight trends that are statistically significant ($p < 0.05$) based on linear regression models. Measures used in each of the dashboards are described in more detail below.

Late-life Disability Dashboard Measures

Self-care and mobility limitations summarizes the ability to perform in the last month the following seven activities – going outside, getting around inside, getting in/out of bed, eating, bathing, toileting, and dressing. Individuals are classified into one of four hierarchical categories: 1) fully able to do all activities (no assistance, difficulty, or device use for any activity); 2) successfully accommodates one or more activities with assistive devices (but no assistance or difficulty); 3) has difficulty when carried out independently (but with devices, if used) with one or more activities (but no assistance); and 4) receives assistance or doesn't do one or more activities. Individuals missing information on one or more of the activities were assigned the highest value among the non-missing activities.

Household activity limitations summarize the ability to perform in the last month the following five activities – laundry, shopping for groceries or personal items, making hot meals, handling bills and banking, and keeping track of

medications. Individuals are classified onto one of three hierarchical categories: 1) fully able to do all activities (no help for health or functioning reasons or difficulty); 2) has difficulty when carried out independently with one or more activities (but no assistance for health or functioning reasons); and 3) receives assistance or doesn't do one or more activities for health or functioning reasons. Individuals missing information on one or more of the activities were assigned the highest value among the non-missing activities.

Unmet need, self-care or mobility activities identify individuals who had a negative consequence because an activity was too difficult to do on their own or because no one was there to help them with the activity. Consequences include: having to stay in bed; not being able to go places in their home or building; not being able to leave their home or building; going without eating; going without showering/bathing/washing up; accidentally wetting or soiling their clothes; and going without getting dressed. Individuals missing information for a specific activity, or not asked about consequences because they did not report assistance or difficulty, were classified as having no consequence for that activity.

Unmet need, household activities identify individuals who had a negative consequence because an activity was too difficult to do on their own or because no one was there to help them with the activity. Consequences include: going without clean clothes, going without groceries or personal items, going without a hot meal, going without handling bills and banking matters, and making a mistake in taking their medications. Individuals missing information for a specific activity, or not asked about

⁴We used analytic weights provided by NHATS.

consequences because they did not report assistance or difficulty, were classified as having no consequence for that activity.

Physical capacity and self-reported physical capacity identify individuals with scores in the highest and lowest quartiles, based on weighted distributions in 2011. Scores for physical capacity are based on a combination of self-reported physical abilities and physical performance tests. Because the performance tests were not conducted in 2020⁵, we also included a measure consisting of only self-reported measures. Self-reported measures include ability to: walk 6 blocks or 3 blocks; walk up 20 stairs or 10 stairs; carry 20 pounds or 10 pounds; get down on knees or bend over; lift heavy object above head or reach overhead; and open a sealed jar with just hands or grasp small objects. The more difficult action is worth two points and the easier task worth one point. Individuals missing information on a self-reported item are assigned a score of 0 for that item. Performance tests include balance stands, time to walk three meters, time to perform five rapid chair stands, grip strength, and peak air flow. Respondents missing one or two performance tests had scores imputed based on linear regression models including sex, age, self-reported physical capacity, and a physical performance score comprised of scores for non-missing tests. Scores for respondents missing three or more tests were imputed using a linear regression model including age, sex, and self-reported physical capacity. For individual performance tests, a value of 0 or 1 on the

derived summary measure was considered a low score. Cutoffs were determined based on weighted NHATS distributions in 2011 for the 65 and older population. Missing values were imputed using a linear regression model including age, sex, and self-reported physical capacity.⁶

Poor vision identifies individuals who reported being blind or being unable, with glasses or contacts if used, to see well enough to recognize someone across the street; watch television across the room; or read newspaper print. Individuals missing information on vision items are assumed to not have poor vision.

Poor hearing identifies individuals who reported being deaf or being unable, with a hearing aid if used, to hear well enough to use the telephone; carry on a conversation in a room with a radio or TV playing; or carry on a conversation in a quiet room. Individuals missing information on hearing are assumed to not have poor hearing.

Dementia identifies individuals who meet at least one of the following criteria: a report of a doctor's diagnosis of dementia or Alzheimer's disease; a score indicating likely dementia on a dementia screening instrument administered to proxy respondents; or impairment based on cognitive tests that evaluate memory, orientation, and executive function (with a score of ≥ 1.5 standard deviations below the mean in at least two domains).⁷

⁵The lung airflow test was not conducted in 2021, so the measuring combining physical performance tests and self-reports is reported through 2019 and 2022 forward.

⁶ For physical performance test details see: Kasper JD, Freedman VA, Niefeld MR. 2012. Construction of performance-based summary measures of physical capacity in the National Health and Aging Trends Study. NHATS Technical Paper #4. Baltimore: Johns Hopkins

University School of Public Health. Available at www.NHATS.org.

⁷ For details see Kasper JD, Freedman VA, Spillman B. 2013. *Classification of Persons by Dementia Status in the National Health and Aging Trends Study*. NHATS Technical Paper #5. Baltimore: Johns Hopkins University School of Public Health. Available at www.NHATS.org.

Participation restriction identifies respondents who reported that in the last month their health or functioning kept them from participating in activities that they valued a lot or somewhat. *Participation* identifies respondents who reported in the last month that they carried out at least one activity that they valued a lot or somewhat. Activities include: visiting in person with friends or family not living with respondents; attending religious services; participating in clubs, classes or other organized activities; going out for enjoyment; working for pay; and volunteering. Value was presumed (because it was not asked) for the latter two activities. Respondents missing information for a specific activity were classified as not having a restriction for that activity.

Late-life Housing Dashboard Measures

Residential setting classifies individuals into four groups: living in traditional community settings, retirement communities or senior housing, residential care settings other than nursing homes, and nursing homes.

Housing has five categories reflecting the physical structure of the place where an individual lives: 1) *One-level house* identifies individuals living in a free-standing or attached house with one level or floor; 2) *Accessible, multi-level house* identifies individuals living in a free-standing or attached house with two or more levels or floors, including a basement (if present), with an elevator, a stair lift/glide, or a kitchen, full bath and bedroom on the same floor; 3) *Limited access, multi-level house* identifies individuals living in a free-standing or attached house with two or more levels or floors, including a basement (if present), but the home does not have an elevator, a stair lift/glide, or a kitchen, full bath and bedroom on the same floor; 4) *Mobile home* identifies individuals living

in a mobile home or trailer; and 5) *Multi-unit building* identifies individuals living in buildings with two or more units. Individuals missing all housing information were assumed to live in the most common structure by residential setting (one-level home in the community; multi-unit building in residential care).

Home modifications include the following: a ramp at the entrance of the building, an elevator inside the home, or a stair lift/glide inside the home (*mobility-related*); a grab bar in the shower or tub or a bath seat for the shower or tub (*bathing-related*); or a raised toilet seat or grab bars around the toilet (*toileting-related*). Individuals missing information for a specific modification are assumed not to have that modification.

On-line Activities in Late Life Dashboard Measures

Email or Texting identifies individuals who communicated by email or texting in the last month. Individuals missing information on email or texting are assumed not to have used email or texting.

Goes online any reason identifies individuals who went online in the last month for any reason other than emailing. Individuals missing on any of the online activity questions are assumed not to do the activity.

Goes online for social networking identifies individuals who went online to visit social network sites in the last month. This activity was added in 2013.

Goes online for household activities identifies individuals who went online in the last month to shop for groceries or personal items, to pay bills or do banking, or to order or refill prescriptions.

Goes online for health-related reasons identifies individuals who went online in the last year to contact a medical provider, handle Medicare or other health insurance matters, or get information about a health condition.

Quality of End-of-Life Dashboard Measures

End-of-life experiences are reported by proxies for NHATS participants who died between survey rounds.

Location of death identifies the type of place where the individual passed away: at home, in a hospital, in a nursing home, or somewhere else. The last category includes someone else's home, a hospice residence, in transit, and missing information on location.

Hospice care identifies individuals who used hospice services in the last month of their life. Individuals who died in a hospice residence, in the inpatient hospice unit of a hospital, in the hospice unit of a nursing home, or received hospice care at home in the last month of life are included. Since hospice at home was added in 2013, this measure is shown beginning in that year. Missing items are coded as not receiving hospice care.

Quality of end-of-life care indicates whether a proxy felt that the care the respondent received in the last month of life was excellent or very good vs. good, fair, poor or did not receive care in the last month of life. Individuals missing information on quality of end-of-life care are assigned to the most common answer for a given year.

Late-life Demographic Dashboard Measures

Age reflects an individual's age group at the time of the interview.

Sex is categorized into men and women.

Race/ethnicity categorizes individuals into four groups according to their primary reported race/ethnicity: White, non-Hispanic; Black, non-Hispanic; Hispanic; and Other race/ethnicity. Individuals reporting missing information about race/ethnicity were imputed to be non-Hispanic White or Black based on a logistic regression model with the base weight, five-year age group and sampling strata or were assigned to a race/ethnic group based on race/ethnic distribution within strata or interview language.

Education reflects highest completed level of education: less than high school; high school graduate; some college; bachelor's degree; or a graduate degree. Individuals missing completed education were assigned to the most common level for their age group for a given year.

Region is a four-category variable reflecting where the individual lives, as defined by the Census: Northeast, Midwest, South, and West. All individuals have information on region.

Assistance with Activities classifies individuals into three groups: receives no assistance, receives assistance with only household activities (laundry; shopping for groceries or personal items; making hot meals; handling bills and banking; and keeping track of medications) for health and function reasons, and receives assistance with self-care or mobility activities (going outside, getting around inside, getting in/out of bed, dressing, bathing, eating, using the toilet).

Dementia identifies individuals who meet at least one of the following criteria: a report of a doctor's diagnosis of dementia or Alzheimer's disease; a score indicating likely dementia on a dementia screening instrument administered to

proxy respondents; or impairment based on cognitive tests that evaluate memory, orientation, and executive function (with a score of ≥ 1.5 standard deviations below the mean in at least two domains).⁸ For individuals living in nursing homes in the year they joined NHATS, we assumed 70% had dementia in each year.

Marital status classifies individuals as to their status at the time of the interview: married/partnered, separated/divorced, widowed, or never married. For individuals missing marital status, we assumed the most common group by age group and gender for a given year.

Number of children indicates the number of living children an individual had at the time of the interview: zero, one, or two or more.

Living arrangement classifies individuals into four categories: whether the individual lives alone, lives only with a spouse or partner, lives with a spouse or partner and other people, and lives only with people other than a spouse or partner. Individuals missing living arrangement (only in Round 1) were assumed to live alone if they were not married and had no children.

Residential setting classifies individuals into four groups: living in traditional community settings, retirement communities or senior housing, residential care settings other than nursing homes, and nursing homes.

Metropolitan/non-metropolitan classifies individuals based on county of residence using 2013 Rural-Urban Continuum Codes (RUCC), with values of 1-3 assigned metropolitan and 4 or higher assigned non-metropolitan.

⁸ For details see Kasper JD, Freedman VA, Spillman B. 2013. *Classification of Persons by Dementia Status in the National Health and Aging Trends Study. NHATS*

Appendix: Detailed Tables

Table 1a: Trends in being fully able to carry out self-care and mobility activities

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	26.6	27.2	26.0	25.4	24.4	23.6	21.9	23.2	22.0	22.3	20.9	22.2	21.5	0.000
Age														
72-74	40.8	42.8	39.8	41.2	36.5	36.1	32.5	34.4	30.0	32.2	31.3	29.5	29.2	0.000
75-79	30.4	32.5	30.0	29.8	28.1	26.3	26.2	27.4	26.5	25.0	22.6	25.6	24.6	0.000
80-84	22.4	21.6	21.1	18.0	20.0	19.0	16.6	17.5	16.6	16.0	16.1	18.1	17.1	0.001
85-89	12.7	12.0	14.0	12.7	11.0	11.4	8.5	11.5	10.3	12.9	9.8	10.7	11.7	0.222
90+	5.8	7.6	6.1	4.6	5.7	4.5	4.9	3.1	5.6	4.8	5.1	5.0	4.0	0.131
Sex														
Men	37.1	35.6	35.8	34.1	32.1	31.3	28.3	28.9	27.5	28.6	26.4	29.2	27.2	0.000
Women	19.1	21.3	18.9	19.0	18.5	17.7	17.0	18.8	17.9	17.3	16.6	16.7	17.1	0.005
Race														
White, non-Hispanic	26.6	27.3	26.1	25.4	23.9	23.3	21.6	22.7	21.3	21.4	20.2	21.8	20.2	0.000
Black, non-Hispanic	23.1	22.4	23.6	21.0	22.1	19.9	18.9	19.9	19.0	18.1	19.1	18.1	18.3	0.006
Hispanic	22.4	26.5	24.3	29.9	31.4	29.5	23.8	28.3	28.8	33.0	24.7	28.4	30.6	0.252
Other	40.7	38.6	33.8	26.2	26.1	26.9	32.0	30.8	30.0	28.9	33.4	29.2	35.1	0.662
Education														
0-12 years, no diploma	21.7	23.5	21.3	23.2	21.3	21.0	18.7	19.7	20.5	20.1	20.6	19.8	19.9	0.166
High school graduate	26.3	26.1	25.2	20.8	21.5	20.6	17.3	19.3	17.5	16.8	15.9	18.9	17.4	0.000
Some college	26.3	27.7	25.5	26.5	23.6	21.6	22.2	23.8	23.0	20.5	20.1	19.2	21.0	0.000
Bachelor's degree	28.9	33.5	30.9	27.7	27.9	25.8	25.3	23.5	23.0	25.6	21.7	29.3	26.2	0.078
Graduate degree	38.3	31.0	33.5	34.7	34.5	35.2	31.0	32.6	28.1	32.5	29.4	26.1	23.9	0.000
Region														
Northeast	28.9	26.8	24.9	27.6	26.9	25.6	22.3	25.4	22.6	23.9	20.6	23.9	22.0	0.010
Midwest	27.6	28.9	27.3	23.8	23.2	21.8	20.5	20.2	17.0	17.5	17.9	17.4	17.1	0.000
South	24.2	26.5	25.2	24.5	23.6	24.3	22.9	24.0	21.5	22.6	21.2	23.1	21.4	0.013
West	27.2	27.2	27.1	26.8	24.8	22.3	21.4	23.0	27.6	24.9	23.9	24.0	25.4	0.320
Assistance with activities														
No assistance	38.4	39.5	36.8	36.2	35.3	33.7	31.2	32.7	30.2	29.8	29.1	30.2	29.9	0.000
Assistance with HH activities only	11.8	12.3	14.1	10.2	8.5	9.6	8.4	7.9	10.3	11.5	5.0	10.4	9.0	0.035
Any assistance with SCM activities	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Dementia														
No dementia	29.1	29.8	28.1	27.5	26.7	25.6	23.6	25.1	23.2	23.8	22.3	23.4	--	0.000
Probable dementia	7.8	7.9	10.5	9.5	6.2	6.7	8.1	6.4	9.9	7.6	5.3	9.4	--	0.637

Table 1a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	33.8	34.0	31.4	31.2	29.4	27.2	25.8	27.2	26.0	25.7	23.5	27.4	25.6	0.000
Divorced/separated	28.4	31.6	28.9	31.3	26.8	27.1	25.6	25.5	23.7	24.4	25.5	22.6	22.0	0.004
Widowed	16.6	17.3	17.4	15.2	16.3	16.8	15.0	16.1	15.1	15.9	14.0	13.7	13.6	0.016
Never married	20.1	22.0	27.7	26.5	23.9	24.3	19.6	23.9	18.8	21.2	24.5	10.9	21.2	0.209
Number of children														
Zero	27.0	26.0	30.6	29.4	25.9	26.9	24.5	25.8	20.2	20.7	28.3	23.8	21.4	0.067
One	25.2	28.7	25.9	22.1	24.1	22.3	21.2	22.5	21.9	17.6	17.6	23.9	20.1	0.014
Two or more	26.7	27.2	25.6	25.5	24.3	23.4	21.8	23.0	22.2	23.1	20.7	21.7	21.8	0.000
Living arrangement														
Alone	20.2	22.5	20.2	19.9	19.8	20.1	18.8	18.8	18.4	18.5	17.2	17.6	17.2	0.006
With spouse only	35.1	34.1	34.3	31.6	30.2	28.5	26.1	27.0	26.3	25.7	24.3	27.8	25.6	0.000
With spouse and others	30.4	34.5	24.6	31.0	26.4	23.1	24.7	29.1	25.2	26.3	21.7	26.2	25.9	0.094
With others only	16.5	17.0	20.2	19.2	18.4	18.7	16.6	19.5	16.4	18.8	19.1	12.8	16.0	0.239
Residential setting														
Traditional community setting	29.4	30.4	29.0	28.0	27.3	26.1	24.1	25.5	23.9	23.9	22.7	24.6	23.7	0.000
Retirement community/senior housing	18.1	17.4	14.0	15.5	10.5	12.6	14.1	14.0	14.1	14.5	11.7	7.5	12.0	0.029
Residential care other than nursing home	4.7	2.4	5.0	4.5	2.8	3.9	3.6	3.3	4.2	7.1	4.2	4.4	3.3	0.776
Metropolitan area														
Non-metropolitan	26.2	26.4	25.2	21.5	20.4	18.8	17.7	18.1	17.6	18.4	20.1	16.6	18.4	0.000
Metropolitan	26.6	27.4	26.2	26.2	25.2	24.6	22.9	24.3	22.9	23.1	21.1	23.3	22.2	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 1b: Trends in successfully accommodating self-care and mobility activities with devices

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	30.8	31.8	33.8	34.2	33.8	34.8	37.1	36.4	37.1	38.5	38.2	37.5	37.0	0.000
Age														
72-74	29.0	28.4	32.1	35.2	31.9	34.6	36.8	37.8	38.0	39.8	38.2	39.2	38.3	0.000
75-79	33.8	32.2	35.2	34.6	36.3	37.8	40.1	37.5	39.3	40.6	39.1	37.1	37.2	0.005
80-84	31.8	37.0	36.2	35.3	35.4	38.0	39.5	38.4	39.1	43.0	41.8	42.9	41.1	0.000
85-89	29.6	31.8	35.3	34.6	34.6	29.6	34.1	33.8	35.3	31.7	37.2	32.3	34.6	0.260
90+	22.4	23.8	23.9	26.2	23.6	23.8	25.0	26.1	21.3	22.6	25.6	25.3	20.9	0.760
Sex														
Men	26.8	28.9	30.8	32.4	31.1	31.6	36.8	34.2	34.4	35.4	36.7	33.0	33.0	0.000
Women	33.6	33.8	36.1	35.6	35.8	37.2	37.4	38.1	39.1	40.9	39.5	41.0	40.1	0.000
Race														
White, non-Hispanic	32.6	33.4	35.6	36.3	35.8	36.6	39.4	39.2	40.2	41.8	41.4	40.3	40.2	0.000
Black, non-Hispanic	24.8	27.5	27.6	28.2	26.3	27.1	28.4	27.4	29.8	31.8	28.2	29.2	30.8	0.023
Hispanic	18.7	18.9	22.6	20.2	21.5	25.2	25.2	17.9	13.8	15.7	16.7	18.3	18.1	0.089
Other	24.4	26.8	28.0	25.5	27.6	28.6	27.0	30.2	28.2	25.2	33.7	31.3	24.3	0.618
Education														
0-12 years, no diploma	24.3	23.9	27.7	26.6	24.4	26.4	28.1	23.7	21.7	24.2	25.6	21.3	23.9	0.224
High school graduate	32.4	32.7	37.1	36.5	34.2	35.3	39.0	37.6	38.3	39.0	36.6	38.8	36.8	0.016
Some college	33.2	35.8	35.1	34.3	38.1	39.3	37.5	38.9	38.0	42.1	40.2	40.7	36.9	0.008
Bachelor's degree	33.7	33.1	34.4	39.3	37.6	38.0	41.2	42.4	43.2	41.9	44.7	35.0	37.9	0.072
Graduate degree	33.8	37.1	35.2	36.8	35.6	33.8	39.4	37.4	42.4	40.4	40.7	44.5	44.9	0.000
Region														
Northeast	29.0	30.2	30.8	33.4	32.3	31.9	38.7	36.4	37.9	37.0	35.5	36.0	37.4	0.001
Midwest	33.4	33.1	35.9	37.2	36.8	37.8	37.5	39.3	42.6	42.9	44.8	42.2	40.2	0.000
South	30.3	31.7	33.6	33.2	33.8	35.1	37.0	36.5	37.4	38.5	37.2	37.0	36.4	0.000
West	30.4	31.9	34.8	33.5	32.0	33.6	35.5	33.1	30.2	35.3	35.7	35.1	34.7	0.149
Assistance with activities														
No assistance	39.7	40.3	43.6	43.5	43.9	45.9	48.0	47.3	48.7	49.3	48.2	48.1	48.0	0.000
Assistance with HH activities only	40.6	44.0	43.2	44.4	40.4	39.3	43.0	38.9	34.3	38.4	44.9	38.2	39.9	0.149
Any assistance with SCM activities	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Dementia														
No dementia	33.3	34.3	36.6	36.6	36.2	37.8	39.9	38.8	39.6	41.5	40.1	39.7	--	0.000
Probable dementia	12.6	12.9	13.1	16.1	15.2	10.8	13.8	15.2	12.7	10.5	17.5	12.8	--	0.866

Table 1b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	30.2	31.6	34.5	33.8	34.3	35.8	40.3	38.8	38.9	41.7	41.1	39.0	38.2	0.000
Divorced/separated	31.0	26.7	35.2	33.8	30.1	32.1	32.8	31.8	31.6	33.4	32.4	31.8	32.1	0.697
Widowed	31.5	33.6	32.6	35.6	34.1	34.1	33.9	35.0	36.7	35.8	37.7	36.9	37.0	0.002
Never married	31.1	31.1	32.7	27.3	35.9	36.8	36.0	31.8	35.4	35.9	21.6	40.9	37.2	0.355
Number of children														
Zero	32.8	29.6	32.8	31.6	32.8	36.7	36.6	36.9	38.8	40.5	33.8	34.7	38.0	0.069
One	27.4	30.2	31.6	35.2	35.5	33.0	37.8	35.6	37.1	42.2	38.4	37.1	40.1	0.000
Two or more	31.1	32.3	34.3	34.4	33.6	34.9	37.0	36.5	36.9	37.8	38.7	38.0	36.3	0.000
Living arrangement														
Alone	34.5	34.7	37.2	38.1	37.1	37.5	36.2	36.5	38.2	38.1	37.2	37.0	38.5	0.159
With spouse only	31.1	33.2	34.2	35.5	35.3	37.0	42.0	41.1	40.6	44.0	43.6	40.9	40.8	0.000
With spouse and others	25.5	23.9	33.4	26.2	31.5	31.2	34.1	27.5	30.5	31.0	29.4	29.8	27.5	0.642
With others only	24.3	26.7	26.0	27.1	24.1	25.7	28.3	29.5	28.9	28.6	30.9	33.3	28.7	0.004
Residential setting														
Traditional community setting	30.5	30.9	33.3	34.0	33.6	35.0	36.7	36.8	37.6	39.3	38.6	37.5	36.8	0.000
Retirement community/senior housing	37.1	39.0	44.3	38.8	41.3	40.1	46.7	39.9	39.1	37.8	40.4	43.8	46.3	0.293
Residential care other than nursing home	27.8	34.8	29.3	31.9	28.3	26.9	31.8	28.0	27.7	26.4	30.0	30.7	29.7	0.704
Metropolitan area														
Non-metropolitan	32.5	34.2	35.5	37.0	36.6	38.2	38.2	36.1	38.9	38.2	40.6	38.0	36.8	0.060
Metropolitan	30.4	31.3	33.5	33.7	33.2	34.1	36.9	36.5	36.7	38.6	37.8	37.4	37.0	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 1c: Trends in having difficulty with self-care and mobility activities

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	19.9	18.7	17.8	18.9	19.7	19.0	19.4	19.3	19.9	19.3	20.8	20.4	20.1	0.035
Age														
72-74	17.7	18.4	15.7	12.3	17.5	16.5	17.1	15.9	16.9	16.1	16.7	18.9	17.9	0.363
75-79	19.5	18.2	17.3	17.7	19.6	19.4	17.4	18.5	20.5	19.3	21.6	20.3	21.4	0.023
80-84	22.7	18.2	19.3	24.1	21.4	18.8	20.9	22.7	23.1	22.5	23.8	19.6	19.8	0.762
85-89	20.7	22.3	19.9	22.7	22.3	22.8	26.5	23.0	20.0	21.9	24.0	26.5	22.0	0.163
90+	17.5	15.2	17.8	21.5	17.3	19.0	19.7	19.1	19.7	18.9	18.7	19.3	20.0	0.265
Sex														
Men	19.9	18.9	16.9	17.6	20.1	18.3	18.2	20.1	20.7	19.5	20.5	22.0	22.2	0.002
Women	19.9	18.5	18.4	19.8	19.3	19.5	20.3	18.8	19.3	19.3	21.0	19.1	18.5	0.950
Race														
White, non-Hispanic	20.0	18.6	18.0	18.5	19.6	19.1	19.0	18.9	19.4	19.1	20.5	20.1	19.8	0.175
Black, non-Hispanic	21.5	19.5	19.7	24.4	22.7	23.8	22.9	22.0	22.2	21.6	23.9	25.4	22.4	0.159
Hispanic	20.7	20.9	13.8	13.8	16.9	12.6	19.3	23.8	23.4	19.2	21.9	18.6	20.0	0.146
Other	12.4	13.4	16.4	26.2	18.2	16.6	20.4	15.8	20.6	20.5	18.0	20.7	20.8	0.221
Education														
0-12 years, no diploma	20.5	19.9	16.9	18.4	21.9	19.8	20.8	23.8	24.5	23.1	18.2	19.1	20.1	0.327
High school graduate	19.5	20.2	17.8	22.1	20.2	20.3	20.7	20.3	21.7	21.7	26.5	20.3	21.7	0.029
Some college	20.7	17.8	21.1	20.4	19.4	18.3	19.0	18.5	19.0	18.7	20.4	21.7	22.0	0.281
Bachelor's degree	20.7	16.1	14.8	14.7	16.7	17.7	18.2	19.5	18.6	18.5	19.4	21.3	17.4	0.140
Graduate degree	16.5	16.4	16.1	13.9	18.1	17.7	17.2	14.3	15.5	14.5	16.2	18.5	17.8	0.502
Region														
Northeast	19.1	20.0	21.3	17.3	16.7	16.6	17.2	16.3	18.5	17.9	21.3	20.2	20.9	0.428
Midwest	20.4	18.3	17.5	18.4	20.4	19.8	20.8	20.7	19.4	21.5	21.0	20.1	20.5	0.204
South	20.7	18.4	17.0	20.1	20.8	19.3	19.3	19.5	21.0	18.8	21.1	20.4	20.9	0.172
West	18.8	18.3	16.3	18.8	19.4	19.8	20.1	20.0	19.6	19.4	19.4	20.9	17.7	0.479
Assistance with activities														
No assistance	21.9	20.2	19.5	20.3	20.8	20.5	20.8	20.0	21.1	20.9	22.6	21.7	22.1	0.088
Assistance with HH activities only	47.6	43.7	42.7	45.4	51.1	51.1	48.6	53.2	55.3	50.2	50.1	51.4	51.1	0.005
Any assistance with SCM activities	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Dementia														
No dementia	20.8	19.4	18.7	19.6	20.7	19.7	19.9	19.7	20.5	20.0	21.2	20.8	--	0.209
Probable dementia	13.0	12.9	10.9	13.6	11.9	12.9	15.7	16.0	13.7	13.4	16.1	15.3	--	0.100

Table 1c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	17.7	16.6	15.8	16.4	17.5	16.6	15.1	16.5	17.7	15.3	17.6	16.8	17.6	0.627
Divorced/separated	22.8	22.6	17.3	20.7	24.5	22.2	24.3	26.9	25.0	24.4	25.6	29.3	24.8	0.011
Widowed	22.0	20.0	20.7	22.1	21.1	21.8	23.9	20.5	21.4	23.4	23.2	21.8	22.1	0.259
Never married	22.2	22.3	19.4	15.7	20.2	16.0	23.0	22.9	19.9	21.4	29.0	29.6	23.3	0.092
Number of children														
Zero	17.7	19.9	16.5	16.2	21.9	17.5	20.0	17.8	22.2	20.8	16.8	25.5	21.7	0.056
One	20.2	19.4	17.8	19.7	17.9	19.9	19.8	20.0	19.0	20.3	21.7	22.3	18.9	0.418
Two or more	20.1	18.4	18.0	19.0	19.7	19.0	19.3	19.4	19.8	19.1	21.0	19.3	20.1	0.168
Living arrangement														
Alone	23.7	22.3	22.0	23.4	23.6	21.9	25.7	25.8	24.6	24.6	26.3	26.7	23.6	0.028
With spouse only	17.6	16.5	15.8	16.7	17.1	15.9	14.7	16.9	17.6	15.2	16.2	16.8	16.8	0.908
With spouse and others	18.2	17.3	14.0	13.7	17.9	20.0	16.2	15.5	17.0	14.9	23.5	16.4	20.5	0.176
With others only	18.4	17.3	15.3	17.5	18.5	20.0	20.0	14.6	17.8	21.6	20.2	20.1	22.1	0.014
Residential setting														
Traditional community setting	19.7	18.4	17.0	18.0	19.1	18.8	19.5	18.5	19.8	19.1	20.7	19.9	20.3	0.012
Retirement community/senior housing	24.2	23.0	24.6	26.3	28.3	24.0	20.6	28.7	24.4	24.8	22.5	27.1	20.1	0.611
Residential care other than nursing home	18.3	16.9	19.8	21.2	18.2	16.2	16.7	20.0	16.0	16.4	20.3	19.2	17.3	0.879
Metropolitan area														
Non-metropolitan	21.3	20.0	17.9	20.5	22.2	22.2	24.1	23.6	21.5	21.6	20.7	21.4	19.8	0.778
Metropolitan	24.2	23.0	24.6	26.3	28.3	24.0	20.6	28.7	24.4	24.8	22.5	27.1	20.1	0.027
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 1d: Trends in receiving assistance with self-care and mobility activities

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	22.8	22.3	22.3	21.5	22.2	22.6	21.5	21.1	21.0	19.9	20.0	19.9	21.4	0.004
Age														
72-74	12.5	10.4	12.4	11.3	14.1	12.7	13.6	12.0	15.1	12.0	13.8	12.4	14.6	0.194
75-79	16.3	17.1	17.5	17.9	16.0	16.4	16.3	16.6	13.7	15.0	16.6	17.1	16.8	0.638
80-84	23.1	23.2	23.4	22.6	23.2	24.2	22.9	21.3	21.2	18.5	18.3	19.5	22.0	0.011
85-89	36.9	33.9	30.9	30.0	32.1	36.3	30.9	31.7	34.3	33.5	29.0	30.5	31.7	0.176
90+	54.3	53.4	52.2	47.6	53.3	52.7	50.4	51.8	53.4	53.7	50.6	50.5	55.0	0.921
Sex														
Men	16.2	16.6	16.5	16.0	16.7	18.8	16.7	16.8	17.4	16.5	16.4	15.7	17.6	0.835
Women	27.3	26.4	26.6	25.5	26.3	25.5	25.3	24.4	23.7	22.5	23.0	23.1	24.3	0.001
Race														
White, non-Hispanic	20.8	20.6	20.2	19.8	20.6	20.9	19.9	19.2	19.1	17.7	17.9	17.9	19.7	0.006
Black, non-Hispanic	30.6	30.6	29.2	26.4	28.8	29.2	29.9	30.8	28.9	28.5	28.8	27.3	28.5	0.468
Hispanic	38.2	33.6	39.4	36.0	30.2	32.6	31.7	29.9	34.0	32.2	36.6	34.7	31.2	0.390
Other	22.5	21.2	21.9	22.2	28.0	28.0	20.5	23.2	21.3	25.4	14.9	18.8	19.8	0.323
Education														
0-12 years, no diploma	33.5	32.6	34.1	31.8	32.4	32.8	32.5	32.8	33.4	32.5	35.6	39.7	36.1	0.112
High school graduate	21.7	21.0	20.0	20.5	24.1	23.8	22.9	22.8	22.5	22.5	20.9	22.0	24.2	0.361
Some college	19.8	18.7	18.3	18.8	18.9	20.7	21.2	18.9	20.0	18.7	19.3	18.5	20.2	0.875
Bachelor's degree	16.7	17.4	19.9	18.2	17.8	18.5	15.3	14.6	15.2	14.0	14.2	14.4	18.5	0.184
Graduate degree	11.4	15.6	15.2	14.6	11.8	13.3	12.4	15.6	13.9	12.7	13.6	10.9	13.4	0.464
Region														
Northeast	23.1	23.1	23.0	21.7	24.1	26.0	21.8	21.8	21.0	21.2	22.6	19.9	19.7	0.113
Midwest	18.6	19.7	19.3	20.6	19.7	20.7	21.3	19.8	21.0	18.1	16.3	20.3	22.2	0.781
South	24.8	23.4	24.2	22.2	21.8	21.3	20.8	19.9	20.2	20.0	20.5	19.5	21.2	0.003
West	23.6	22.7	21.8	20.9	23.7	24.2	23.0	23.9	22.5	20.4	21.0	20.1	22.1	0.265
Assistance with activities														
No assistance	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Assistance with HH activities only	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Any assistance with SCM activities	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Dementia														
No dementia	16.8	16.4	16.6	16.4	16.4	16.9	16.6	16.3	16.7	14.8	16.4	16.1	--	0.353
Probable dementia	66.6	66.2	65.6	60.8	66.8	69.6	62.4	62.3	63.7	68.5	61.2	62.5	--	0.371

Table 1d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	18.3	17.8	18.3	18.6	18.7	20.4	18.8	17.5	17.4	17.3	17.9	16.8	18.6	0.361
Divorced/separated	17.8	19.1	18.5	14.1	18.6	18.7	17.3	15.8	19.8	17.7	16.5	16.3	21.2	0.692
Widowed	29.9	29.0	29.3	27.1	28.6	27.3	27.3	28.4	26.8	25.0	25.0	27.6	27.3	0.041
Never married	26.6	24.6	20.1	30.5	20.0	22.9	21.4	21.4	25.9	21.5	24.8	18.6	18.2	0.222
Number of children														
Zero	22.5	24.5	20.1	22.8	19.3	18.8	18.8	19.5	18.8	17.9	21.1	15.9	18.8	0.074
One	27.3	21.7	24.7	23.0	22.5	24.8	21.3	21.9	22.1	20.0	22.2	16.6	20.9	0.015
Two or more	22.1	22.2	22.2	21.1	22.4	22.7	21.9	21.1	21.1	20.1	19.6	21.0	21.8	0.088
Living arrangement														
Alone	21.6	20.5	20.7	18.6	19.6	20.5	19.3	18.9	18.9	18.7	19.3	18.7	20.6	0.310
With spouse only	16.3	16.2	15.6	16.2	17.4	18.5	17.2	14.9	15.5	15.0	16.0	14.5	16.8	0.365
With spouse and others	25.9	24.3	28.1	29.1	24.2	25.8	25.0	27.9	27.3	27.8	25.4	27.6	26.1	0.819
With others only	40.8	39.0	38.6	36.1	39.0	35.6	35.0	36.4	36.9	31.1	29.8	33.8	33.2	0.000
Residential setting														
Traditional community setting	20.5	20.3	20.8	20.0	20.0	20.0	19.6	19.3	18.8	17.8	18.0	18.0	19.3	0.003
Retirement community/senior housing	20.6	20.6	17.1	19.4	20.0	23.2	18.6	17.4	22.4	22.8	25.4	21.5	21.6	0.217
Residential care other than nursing home	49.2	45.9	45.9	42.4	50.7	53.1	47.9	48.7	52.1	50.1	45.5	45.7	49.7	0.748
Metropolitan area														
Non-metropolitan	20.1	19.4	21.4	21.0	20.8	20.8	20.0	22.2	21.9	21.9	18.6	24.0	25.0	0.099
Metropolitan	23.3	22.9	22.5	21.6	22.5	23.0	21.9	20.8	20.8	19.5	20.3	19.0	20.6	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 1a_2: Trends in being fully able to carry out self-care and mobility activities

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	25.4	26.0	25.0	24.4	23.5	22.7	21.2	22.5	21.3	21.7	20.5	21.7	21.1	0.000
Age														
72-74	40.1	41.8	39.3	40.7	36.1	35.7	32.2	34.4	29.7	31.8	31.1	29.1	29.0	0.000
75-79	29.8	31.9	29.5	29.3	27.7	25.9	25.9	26.9	26.2	24.6	22.5	25.3	24.3	0.000
80-84	21.6	20.7	20.5	17.4	19.2	18.3	16.1	17.0	16.0	15.6	15.8	17.7	16.7	0.001
85-89	11.7	11.1	12.9	11.9	10.3	10.7	8.0	10.8	9.8	12.3	9.5	10.3	11.3	0.374
90+	4.8	6.5	5.2	3.9	5.0	3.9	4.3	2.7	5.0	4.4	4.6	4.4	3.7	0.254
Sex														
Men	36.2	34.5	35.0	33.2	31.4	30.7	27.9	28.5	26.9	28.2	26.1	28.6	26.8	0.000
Women	18.1	20.1	17.9	18.1	17.7	16.9	16.2	18.0	17.2	16.7	16.2	16.2	16.7	0.025
Race														
White, non-Hispanic	25.5	26.1	25.1	24.4	23.1	22.5	20.9	22.0	20.7	20.9	19.8	21.2	19.8	0.000
Black, non-Hispanic	21.6	20.9	22.3	19.8	21.1	18.8	17.8	18.9	18.2	17.4	18.6	17.5	17.8	0.021
Hispanic	21.7	25.8	23.7	29.7	30.9	29.1	23.5	28.0	28.0	31.9	24.5	27.7	30.2	0.235
Other	39.4	36.8	32.6	25.5	25.2	26.3	31.7	30.4	29.3	28.6	33.0	28.7	34.6	0.772
Region														
Northeast	27.6	25.5	23.8	26.3	25.8	24.3	21.3	24.4	21.5	23.0	20.0	23.2	21.2	0.018
Midwest	26.1	27.4	25.8	22.5	22.0	20.8	19.7	19.4	16.3	16.9	17.6	16.8	16.6	0.000
South	23.0	25.1	24.2	23.5	22.8	23.5	22.2	23.4	20.8	22.1	20.7	22.5	21.1	0.042
West	26.6	26.4	26.6	26.3	24.3	22.0	21.1	22.7	27.3	24.7	23.7	23.8	25.0	0.423
Residential setting														
Traditional community setting	29.4	30.4	29.0	28.0	27.3	26.1	24.1	25.5	23.9	23.9	22.7	24.6	23.7	0.000
Retirement community/senior housing	18.1	17.4	14.0	15.5	10.5	12.6	14.1	14.0	14.1	14.5	11.7	7.5	12.0	0.029
Residential care other than nursing home	4.7	2.4	5.0	4.5	2.8	3.9	3.6	3.3	4.2	7.1	4.2	4.4	3.3	0.776
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Metropolitan area														
Non-metropolitan	24.7	24.8	23.8	20.2	19.4	18.1	17.1	17.6	16.9	17.9	19.5	16.1	17.8	0.001
Metropolitan	25.5	26.3	25.3	25.3	24.4	23.7	22.1	23.6	22.3	22.5	20.8	22.8	21.7	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 1b_2: Trends in successfully accommodating self-care and mobility activities with devices

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	29.4	30.3	32.5	32.9	32.6	33.6	35.9	35.4	35.9	37.5	37.5	36.6	36.2	0.000
Age														
72-74	28.5	27.7	31.7	34.8	31.5	34.3	36.5	37.7	37.5	39.4	38.0	38.6	37.9	0.000
75-79	33.0	31.6	34.6	34.0	35.8	37.2	39.5	37.0	38.7	39.9	38.9	36.6	36.8	0.003
80-84	30.5	35.4	35.1	34.0	34.1	36.7	38.1	37.2	37.8	42.0	41.1	42.0	40.1	0.000
85-89	27.3	29.3	32.7	32.3	32.5	27.7	32.0	31.8	33.4	30.2	35.9	30.9	33.3	0.073
90+	18.8	20.1	20.1	22.1	20.4	20.6	21.9	23.2	18.9	20.6	23.0	22.4	19.1	0.576
Sex														
Men	26.1	28.0	30.2	31.6	30.4	31.0	36.2	33.8	33.8	34.9	36.2	32.4	32.5	0.000
Women	31.7	31.9	34.1	33.8	34.1	35.5	35.7	36.5	37.6	39.5	38.5	39.9	39.1	0.000
Race														
White, non-Hispanic	31.2	31.9	34.2	34.8	34.5	35.3	38.1	38.1	39.0	40.8	40.5	39.4	39.3	0.000
Black, non-Hispanic	23.2	25.6	26.1	26.6	25.1	25.6	26.8	26.0	28.5	30.7	27.5	28.2	30.0	0.004
Hispanic	18.2	18.4	22.0	20.1	21.1	24.8	24.8	17.7	13.4	15.1	16.6	17.9	17.9	0.098
Other	23.6	25.6	27.0	24.7	26.6	28.0	26.7	29.7	27.5	24.9	33.2	30.8	24.0	0.522
Region														
Northeast	27.7	28.8	29.4	31.9	31.0	30.4	36.9	34.9	36.2	35.6	34.4	35.0	36.2	0.000
Midwest	31.6	31.5	34.0	35.2	34.9	36.1	36.0	37.8	40.9	41.4	43.9	40.7	39.2	0.000
South	28.8	30.1	32.3	32.0	32.6	34.0	35.9	35.5	36.2	37.6	36.4	36.1	35.8	0.000
West	29.6	30.9	34.1	32.9	31.4	33.1	34.9	32.7	29.9	35.1	35.4	34.7	34.2	0.091
Residential setting														
Traditional community setting	30.5	30.9	33.3	34.0	33.6	35.0	36.7	36.8	37.6	39.3	38.6	37.5	36.8	0.000
Retirement community/senior housing	37.1	39.0	44.3	38.8	41.3	40.1	46.7	39.9	39.1	37.8	40.4	43.8	46.3	0.293
Residential care other than nursing home	27.8	34.8	29.3	31.9	28.3	26.9	31.8	28.0	27.7	26.4	30.0	30.7	29.7	0.704
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Metropolitan area														
Non-metropolitan	30.6	32.1	33.6	34.8	34.7	36.6	36.9	34.9	37.4	37.1	39.3	36.7	35.7	0.016
Metropolitan	29.2	29.9	32.3	32.5	32.1	32.9	35.7	35.4	35.6	37.6	37.1	36.6	36.3	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 1c_2: Trends in having difficulty with self-care and mobility activities

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	19.0	17.8	17.1	18.1	18.9	18.3	18.8	18.8	19.3	18.8	20.4	19.9	19.7	0.006
Age														
72-74	17.4	18.0	15.5	12.2	17.2	16.3	17.0	15.9	16.7	16.0	16.6	18.6	17.8	0.324
75-79	19.1	17.9	17.0	17.4	19.3	19.1	17.2	18.2	20.2	19.0	21.5	20.0	21.2	0.017
80-84	21.8	17.4	18.8	23.3	20.6	18.2	20.2	22.0	22.2	22.0	23.4	19.2	19.3	0.554
85-89	19.1	20.5	18.4	21.2	21.0	21.4	24.8	21.6	18.9	20.8	23.2	25.4	21.2	0.054
90+	14.6	12.9	15.0	18.2	14.9	16.5	17.3	17.0	17.5	17.2	16.8	17.1	18.3	0.062
Sex														
Men	19.3	18.3	16.6	17.1	19.7	17.9	17.9	19.8	20.3	19.2	20.2	21.6	21.8	0.001
Women	18.8	17.4	17.5	18.9	18.4	18.6	19.4	18.0	18.6	18.6	20.5	18.6	18.0	0.463
Race														
White, non-Hispanic	19.1	17.8	17.3	17.7	18.9	18.5	18.4	18.3	18.8	18.6	20.1	19.6	19.4	0.056
Black, non-Hispanic	20.1	18.1	18.6	23.0	21.7	22.6	21.6	20.8	21.2	20.8	23.3	24.5	21.8	0.057
Hispanic	20.1	20.3	13.5	13.7	16.6	12.4	19.0	23.6	22.8	18.5	21.7	18.2	19.7	0.136
Other	12.0	12.8	15.8	25.5	17.5	16.2	20.2	15.6	20.1	20.2	17.8	20.3	20.5	0.182
Region														
Northeast	18.2	19.0	20.3	16.5	16.1	15.8	16.4	15.7	17.7	17.2	20.7	19.6	20.2	0.339
Midwest	19.3	17.4	16.6	17.4	19.4	18.9	20.0	19.9	18.7	20.8	20.6	19.4	19.9	0.096
South	19.7	17.4	16.3	19.3	20.1	18.6	18.7	18.9	20.4	18.4	20.7	19.8	20.6	0.067
West	18.3	17.7	16.0	18.5	19.0	19.5	19.7	19.8	19.4	19.2	19.2	20.7	17.4	0.368
Residential setting														
Traditional community setting	19.7	18.4	17.0	18.0	19.1	18.8	19.5	18.5	19.8	19.1	20.7	19.9	20.3	0.012
Retirement community/senior housing	24.2	23.0	24.6	26.3	28.3	24.0	20.6	28.7	24.4	24.8	22.5	27.1	20.1	0.611
Residential care other than nursing home	18.3	16.9	19.8	21.2	18.2	16.2	16.7	20.0	16.0	16.4	20.3	19.2	17.3	0.879
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Metropolitan area														
Non-metropolitan	20.1	18.8	17.0	19.2	21.1	21.3	23.2	22.8	20.7	21.0	20.1	20.7	19.2	0.479
Metropolitan	18.8	17.6	17.1	17.9	18.5	17.7	17.8	17.9	19.0	18.4	20.4	19.7	19.8	0.006
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 1d_2: Trends in receiving assistance with self-care and mobility activities

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	26.2	25.9	25.4	24.6	25.0	25.4	24.1	23.4	23.5	22.0	21.6	21.9	23.1	0.000
Age														
72-74	14.0	12.5	13.4	12.3	15.2	13.6	14.3	12.0	16.1	12.9	14.3	13.7	15.3	0.410
75-79	18.1	18.6	18.9	19.3	17.2	17.8	17.4	17.9	14.9	16.5	17.2	18.1	17.7	0.324
80-84	26.1	26.5	25.7	25.3	26.1	26.8	25.6	23.9	24.0	20.3	19.7	21.1	23.9	0.001
85-89	41.8	39.1	35.9	34.6	36.2	40.2	35.2	35.7	37.9	36.7	31.4	33.4	34.3	0.011
90+	61.7	60.5	59.8	55.8	59.7	59.0	56.5	57.1	58.7	57.8	55.6	56.0	59.0	0.232
Sex														
Men	18.4	19.2	18.2	18.1	18.5	20.4	17.9	17.8	19.0	17.8	17.5	17.4	18.9	0.545
Women	31.4	30.5	30.5	29.2	29.8	29.0	28.7	27.5	26.7	25.2	24.9	25.3	26.3	0.000
Race														
White, non-Hispanic	24.2	24.2	23.4	23.1	23.5	23.8	22.6	21.6	21.6	19.8	19.6	19.9	21.5	0.000
Black, non-Hispanic	35.2	35.4	33.0	30.5	32.2	33.0	33.8	34.3	32.1	31.0	30.6	29.9	30.3	0.042
Hispanic	40.1	35.5	40.8	36.6	31.4	33.6	32.7	30.8	35.8	34.5	37.2	36.2	32.2	0.342
Other	25.0	24.7	24.7	24.3	30.7	29.5	21.4	24.3	23.1	26.4	16.0	20.2	21.0	0.190
Region														
Northeast	26.4	26.6	26.6	25.3	27.1	29.5	25.4	25.0	24.7	24.2	24.8	22.2	22.4	0.038
Midwest	23.0	23.7	23.6	24.9	23.8	24.2	24.3	22.9	24.1	20.9	17.9	23.1	24.3	0.252
South	28.4	27.5	27.2	25.2	24.5	23.9	23.3	22.2	22.6	22.0	22.2	21.6	22.6	0.000
West	25.5	24.9	23.3	22.3	25.3	25.4	24.4	24.8	23.4	21.0	21.6	20.8	23.3	0.083
Residential setting														
Traditional community setting	20.5	20.3	20.8	20.0	20.0	20.0	19.6	19.3	18.8	17.8	18.0	18.0	19.3	0.003
Retirement community/senior housing	20.6	20.6	17.1	19.4	20.0	23.2	18.6	17.4	22.4	22.8	25.4	21.5	21.6	0.217
Residential care other than nursing home	49.2	45.9	45.9	42.4	50.7	53.1	47.9	48.7	52.1	50.1	45.5	45.7	49.7	0.748
Nursing home	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
Metropolitan area														
Non-metropolitan	24.6	24.3	25.7	25.8	24.8	24.1	22.8	24.7	25.0	24.1	21.1	26.5	27.2	0.828
Metropolitan	26.5	26.3	25.4	24.3	25.1	25.7	24.4	23.1	23.1	21.5	21.7	20.9	22.2	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 2a: Trends in being fully able to carry out household activities

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	56.8	57.4	58.8	56.8	56.8	56.9	56.2	57.6	58.1	58.8	57.6	57.3	56.6	0.880
Age														
72-74	70.1	75.7	75.0	68.6	68.6	69.8	68.7	70.7	70.3	68.7	68.8	65.5	68.1	0.011
75-79	63.9	64.8	66.7	64.1	64.6	63.6	61.6	63.4	64.8	65.7	61.9	62.0	60.3	0.056
80-84	55.5	52.8	53.9	53.6	53.7	53.9	54.4	54.4	54.3	57.2	55.9	55.7	54.8	0.303
85-89	38.0	38.7	43.2	43.6	41.5	40.4	39.4	41.1	38.0	42.1	43.8	43.6	40.5	0.384
90+	25.3	24.0	22.3	25.5	22.0	23.9	24.2	25.5	25.2	22.3	21.5	24.3	21.1	0.413
Sex														
Men	67.6	68.0	68.5	66.3	64.5	64.4	63.2	64.7	64.1	64.1	64.4	62.3	62.6	0.001
Women	49.2	49.9	51.7	49.8	50.9	51.2	50.8	52.1	53.5	54.7	52.1	53.3	51.9	0.015
Race														
White, non-Hispanic	58.4	59.4	60.9	58.3	58.5	59.2	57.8	59.7	60.8	61.6	59.8	59.3	58.1	0.685
Black, non-Hispanic	49.8	47.7	50.3	49.9	47.6	46.0	48.5	44.3	48.4	48.5	46.5	46.5	47.9	0.323
Hispanic	43.7	45.4	47.4	51.6	51.5	47.1	51.1	49.6	44.2	40.1	43.1	44.4	53.2	0.909
Other	59.1	53.7	51.3	45.5	48.9	47.4	46.0	54.9	46.1	56.4	60.8	59.9	50.7	0.470
Education														
0-12 years, no diploma	47.0	45.7	45.9	47.4	46.1	45.3	44.1	44.6	41.9	41.3	44.3	39.6	42.1	0.012
High school graduate	57.1	59.0	59.6	56.5	54.9	56.8	56.2	54.7	57.6	57.0	55.0	54.8	53.5	0.082
Some college	58.6	60.2	62.4	58.4	62.3	59.3	58.0	60.9	60.8	60.6	59.0	58.4	57.8	0.406
Bachelor's degree	65.0	62.6	65.4	60.5	59.2	62.2	60.3	64.0	64.3	64.4	59.4	61.7	60.2	0.442
Graduate degree	67.7	67.8	68.2	65.9	65.1	63.7	63.3	64.6	63.5	68.2	67.4	66.5	64.0	0.696
Region														
Northeast	54.5	55.9	56.0	55.6	56.3	54.3	57.9	62.4	57.4	58.3	57.2	59.2	59.2	0.096
Midwest	60.6	60.5	61.9	56.9	57.6	59.9	57.0	56.9	55.0	58.6	58.5	56.2	55.5	0.047
South	56.0	56.5	59.3	58.4	57.8	57.8	56.1	57.3	60.7	57.5	57.1	58.1	55.9	0.921
West	55.9	56.6	57.0	54.9	54.5	54.3	54.0	55.0	57.1	62.0	57.9	55.3	56.7	0.388
Assistance with activities														
No assistance	82.4	83.9	84.3	80.3	81.3	80.5	79.6	80.2	79.4	78.9	77.6	77.7	77.7	0.000
Assistance with HH activities only	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Any assistance with SCM activities	11.7	12.4	13.1	14.4	12.9	12.8	11.8	13.4	13.3	13.5	15.3	14.1	13.3	0.243
Dementia														
No dementia	62.8	63.4	64.6	61.8	62.3	62.2	61.2	62.3	62.5	63.5	61.5	61.0	--	0.182
Probable dementia	12.6	12.2	15.0	18.1	14.1	13.3	14.5	16.0	14.5	14.3	14.0	15.1	--	0.636

Table 2a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	67.1	67.4	68.3	65.3	64.3	64.8	63.9	66.6	66.2	67.0	66.1	66.4	65.6	0.670
Divorced/separated	55.1	56.7	59.2	54.3	54.7	53.7	56.2	54.0	54.3	54.3	52.7	50.1	49.8	0.036
Widowed	44.1	44.5	45.6	46.5	47.0	46.5	44.9	46.4	48.2	48.8	46.5	44.7	43.7	0.727
Never married	45.7	50.6	56.2	46.3	52.0	53.2	50.2	45.0	40.4	46.5	44.2	46.1	50.5	0.502
Number of children														
Zero	55.6	57.1	59.6	54.9	51.9	56.7	55.1	57.4	53.0	49.4	54.3	57.6	55.1	0.643
One	53.6	56.5	56.4	50.7	58.1	52.9	55.4	55.8	59.2	61.0	52.2	57.1	53.3	0.764
Two or more	57.4	57.5	59.1	57.8	57.1	57.5	56.4	57.8	58.4	59.4	58.8	57.2	57.4	0.773
Living arrangement														
Alone	49.1	50.9	51.4	50.9	52.2	51.1	50.5	50.6	52.8	50.9	48.2	47.4	47.9	0.148
With spouse only	69.5	69.6	72.5	67.7	66.2	66.9	65.7	68.8	68.7	68.8	68.0	69.1	68.1	0.558
With spouse and others	60.4	60.4	58.5	57.6	57.5	59.0	58.1	59.3	55.2	60.6	60.8	55.0	56.0	0.445
With others only	38.6	40.1	43.1	42.4	42.4	42.5	42.9	43.4	42.2	47.9	46.6	44.2	41.8	0.080
Residential setting														
Traditional community setting	61.0	61.4	62.4	60.3	60.8	60.9	60.0	61.4	61.5	62.3	61.1	60.4	60.3	0.696
Retirement community/senior housing	52.7	53.4	60.6	55.5	54.8	54.9	52.2	51.7	52.3	51.3	47.9	52.3	52.4	0.180
Residential care other than nursing home	15.7	17.5	15.4	14.0	10.3	11.4	13.6	14.0	15.5	12.4	13.5	15.8	12.0	0.498
Metropolitan area														
Non-metropolitan	59.5	60.7	60.9	60.9	58.5	59.4	56.0	53.9	56.3	59.6	58.0	53.7	52.7	0.008
Metropolitan	56.2	56.7	58.3	55.9	56.4	56.3	56.2	58.4	58.4	58.6	57.5	58.0	57.4	0.180
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 2b: Trends in having difficulty with household activities

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	12.9	11.7	12.0	14.7	14.2	15.4	16.1	15.9	16.4	17.2	18.2	18.0	18.0	0.000
Age														
72-74	14.6	11.1	11.4	15.5	15.2	14.5	16.2	15.9	16.2	18.2	18.7	17.9	17.7	0.000
75-79	13.8	12.5	13.0	14.7	15.2	17.4	18.2	17.8	16.6	16.4	19.9	19.7	19.2	0.000
80-84	12.8	12.9	13.2	16.6	13.7	16.4	14.7	15.0	17.5	18.4	19.2	18.4	18.5	0.000
85-89	11.5	12.1	11.2	12.9	13.7	14.6	17.3	15.8	17.4	16.4	13.9	14.8	16.4	0.001
90+	6.8	5.9	7.3	9.4	9.4	9.0	9.3	10.1	10.8	15.1	12.1	14.1	13.5	0.000
Sex														
Men	11.2	9.9	10.6	14.1	14.1	15.1	16.4	15.1	16.4	17.7	18.3	19.8	18.6	0.000
Women	14.1	13.0	13.0	15.1	14.3	15.7	15.8	16.5	16.3	16.8	18.1	16.6	17.4	0.000
Race														
White, non-Hispanic	13.3	12.2	12.0	15.3	14.5	15.9	16.6	15.8	16.6	17.4	18.5	18.4	18.3	0.000
Black, non-Hispanic	11.3	10.6	12.5	13.3	14.8	13.8	13.0	16.6	13.5	15.6	17.8	18.8	17.4	0.000
Hispanic	12.5	7.6	9.3	10.0	10.2	12.4	11.1	16.4	15.9	19.5	17.0	14.2	12.9	0.004
Other	8.9	10.8	15.3	12.3	13.2	13.4	19.3	16.4	17.0	13.2	15.4	14.9	23.0	0.037
Education														
0-12 years, no diploma	10.9	8.6	9.9	10.3	12.3	12.3	12.6	14.3	14.2	16.8	13.6	13.6	13.2	0.000
High school graduate	13.5	12.1	11.4	15.6	13.2	15.0	14.5	14.6	14.5	15.3	17.4	15.9	16.2	0.003
Some college	14.0	13.1	13.1	16.0	13.7	16.0	16.5	16.1	17.3	18.5	19.8	19.7	19.3	0.000
Bachelor's degree	13.3	14.7	13.3	15.1	16.4	16.6	18.3	16.6	16.4	17.8	20.1	20.7	19.5	0.001
Graduate degree	13.4	11.4	13.8	16.7	18.5	18.7	20.4	19.0	19.7	17.8	18.2	18.5	19.5	0.013
Region														
Northeast	13.4	11.0	12.6	12.5	12.1	15.3	11.4	12.3	16.7	15.7	15.1	16.3	15.9	0.008
Midwest	12.8	11.3	11.7	15.8	15.7	14.2	16.1	14.9	18.0	18.2	17.1	18.0	17.5	0.000
South	12.3	12.3	11.6	14.8	14.3	15.8	18.0	17.5	15.7	18.9	19.8	18.2	18.9	0.000
West	13.5	11.9	12.3	15.3	14.2	16.1	16.5	16.9	15.5	14.6	19.0	19.2	18.4	0.000
Assistance with activities														
No assistance	17.6	16.1	15.7	19.7	18.7	19.5	20.4	19.8	20.6	21.1	22.4	22.3	22.3	0.000
Assistance with HH activities only	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Any assistance with SCM activities	6.1	5.5	7.0	7.0	8.2	10.6	10.9	11.5	9.7	11.0	12.3	12.1	11.8	0.000
Dementia														
No dementia	14.1	12.7	12.9	15.6	15.4	16.4	17.2	16.7	17.3	18.3	18.9	18.8	--	0.000
Probable dementia	4.1	4.1	4.6	7.6	5.0	7.4	6.9	8.9	7.4	7.5	9.7	9.2	--	0.002

Table 2b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	11.4	11.0	11.0	14.3	14.3	14.9	15.9	14.5	15.9	16.6	18.1	16.4	16.0	0.000
Divorced/separated	15.1	13.5	13.7	19.5	18.6	20.0	17.3	22.2	19.7	19.5	21.1	23.3	21.2	0.001
Widowed	14.2	12.0	12.8	13.6	12.5	15.1	15.7	15.4	15.2	17.1	17.2	17.9	19.7	0.000
Never married	15.1	13.2	11.4	14.9	14.6	11.0	18.5	19.5	21.8	18.3	16.4	24.1	20.7	0.025
Number of children														
Zero	14.1	12.6	10.0	13.9	15.6	15.7	17.3	15.0	21.1	26.8	19.4	19.9	19.7	0.000
One	11.9	11.1	10.0	16.8	12.7	15.7	15.4	15.7	14.0	19.2	24.0	20.1	20.9	0.000
Two or more	12.9	11.7	12.5	14.4	14.3	15.4	16.0	16.0	16.2	16.0	17.2	17.4	17.2	0.000
Living arrangement														
Alone	15.9	14.2	14.3	16.2	15.4	17.7	18.1	18.3	18.4	18.9	20.5	22.4	21.1	0.000
With spouse only	11.4	10.9	11.1	14.6	14.4	14.9	15.4	14.0	15.2	16.3	17.4	15.9	14.7	0.000
With spouse and others	10.3	10.4	10.9	12.1	14.3	15.5	18.6	15.3	18.4	16.7	18.8	17.8	21.4	0.000
With others only	11.5	9.4	9.5	12.7	11.0	11.8	12.3	16.1	14.2	16.4	15.3	15.2	18.8	0.000
Residential setting														
Traditional community setting	13.2	12.0	12.4	15.1	15.0	16.1	16.9	16.9	16.9	18.0	18.9	18.7	18.8	0.000
Retirement community/senior housing	18.3	16.0	13.7	16.0	16.4	17.4	19.4	16.5	19.1	17.0	18.2	19.2	20.9	0.148
Residential care other than nursing home	4.7	4.4	4.5	7.0	3.1	5.6	2.5	2.5	5.7	4.3	6.4	6.0	3.8	0.896
Metropolitan area														
Non-metropolitan	14.2	11.7	11.4	14.2	15.9	15.9	15.9	18.0	17.7	14.6	19.5	20.0	19.6	0.000
Metropolitan	12.6	11.7	12.1	14.8	13.9	15.3	16.1	15.5	16.1	17.8	17.9	17.6	17.6	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 2c: Trends in receiving assistance with household activities for health or functioning reasons

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	30.3	30.9	29.2	28.6	29.0	27.7	27.8	26.5	25.6	24.0	24.2	24.7	25.4	0.000
Age														
72-74	15.3	13.2	13.6	16.0	16.2	15.6	15.1	13.4	13.5	13.1	12.5	16.7	14.2	0.674
75-79	22.3	22.7	20.3	21.2	20.2	19.0	20.2	18.8	18.5	17.8	18.1	18.3	20.5	0.031
80-84	31.7	34.3	32.9	29.8	32.6	29.7	30.9	30.6	28.2	24.5	24.8	25.9	26.7	0.000
85-89	50.5	49.2	45.6	43.5	44.8	45.0	43.3	43.1	44.6	41.5	42.2	41.6	43.1	0.006
90+	68.0	70.1	70.4	65.1	68.7	67.2	66.5	64.3	64.0	62.6	66.4	61.6	65.5	0.028
Sex														
Men	21.2	22.1	20.9	19.6	21.3	20.5	20.4	20.2	19.4	18.2	17.3	17.9	18.7	0.002
Women	36.7	37.1	35.3	35.2	34.8	33.1	33.4	31.4	30.2	28.5	29.8	30.1	30.7	0.000
Race														
White, non-Hispanic	28.3	28.4	27.1	26.4	27.0	24.9	25.5	24.5	22.6	21.1	21.7	22.2	23.6	0.000
Black, non-Hispanic	38.9	41.7	37.1	36.8	37.6	40.3	38.5	39.0	38.1	35.9	35.7	34.6	34.7	0.032
Hispanic	43.8	47.0	43.4	38.3	38.3	40.5	37.8	34.1	39.9	40.4	39.9	41.4	33.9	0.101
Other	32.0	35.5	33.4	42.2	37.9	39.2	34.7	28.7	36.9	30.4	23.8	25.2	26.3	0.032
Education														
0-12 years, no diploma	42.1	45.7	44.3	42.3	41.6	42.5	43.3	41.1	43.9	41.9	42.2	46.8	44.7	0.744
High school graduate	29.3	28.9	29.0	27.8	31.9	28.2	29.3	30.8	27.8	27.7	27.6	29.2	30.3	0.865
Some college	27.4	26.6	24.6	25.6	24.0	24.7	25.6	23.0	21.9	20.9	21.2	21.9	22.9	0.003
Bachelor's degree	21.7	22.7	21.2	24.5	24.5	21.2	21.4	19.3	19.3	17.9	20.5	17.7	20.3	0.059
Graduate degree	18.8	20.8	18.0	17.4	16.4	17.6	16.2	16.4	16.8	14.1	14.4	15.0	16.5	0.079
Region														
Northeast	32.1	33.1	31.4	32.0	31.5	30.4	30.7	25.3	25.9	26.0	27.6	24.5	24.9	0.000
Midwest	26.6	28.1	26.4	27.4	26.6	25.9	27.0	28.2	27.0	23.2	24.4	25.9	27.0	0.387
South	31.6	31.2	29.1	26.8	27.9	26.3	25.9	25.2	23.6	23.7	23.1	23.7	25.2	0.000
West	30.5	31.4	30.7	29.8	31.2	29.6	29.5	28.1	27.5	23.5	23.1	25.5	24.9	0.000
Assistance with activities														
No assistance	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Assistance with HH activities only	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Any assistance with SCM activities	82.2	82.0	79.8	78.6	78.9	76.6	77.2	75.2	77.0	75.5	72.3	73.8	75.0	0.000
Dementia														
No dementia	23.1	23.8	22.5	22.7	22.4	21.4	21.6	20.9	20.2	18.2	19.5	20.2	--	0.000
Probable dementia	83.3	83.7	80.4	74.3	80.9	79.3	78.5	75.1	78.0	78.2	76.3	75.8	--	0.023

Table 2c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	21.5	21.5	20.7	20.5	21.4	20.3	20.2	18.9	17.9	16.4	15.8	17.2	18.4	0.000
Divorced/separated	29.8	29.7	27.1	26.2	26.8	26.4	26.6	23.9	26.0	26.2	26.2	26.6	29.0	0.710
Widowed	41.8	43.5	41.6	39.9	40.4	38.4	39.4	38.2	36.5	34.1	36.3	37.4	36.7	0.000
Never married	39.2	36.2	32.3	38.8	33.3	35.8	31.3	35.5	37.8	35.1	39.4	29.8	28.8	0.323
Number of children														
Zero	30.3	30.3	30.4	31.2	32.5	27.6	27.6	27.6	25.9	23.8	26.3	22.5	25.2	0.012
One	34.5	32.4	33.6	32.5	29.2	31.4	29.2	28.5	26.8	19.8	23.8	22.8	25.8	0.000
Two or more	29.7	30.7	28.5	27.8	28.6	27.2	27.6	26.1	25.4	24.6	24.1	25.4	25.4	0.000
Living arrangement														
Alone	35.0	35.0	34.4	32.9	32.4	31.2	31.3	31.1	28.8	30.2	31.3	30.2	31.0	0.006
With spouse only	19.1	19.5	16.4	17.7	19.4	18.2	19.0	17.2	16.0	14.9	14.6	15.0	17.2	0.002
With spouse and others	29.3	29.1	30.6	30.3	28.2	25.5	23.3	25.4	26.4	22.7	20.4	27.2	22.7	0.015
With others only	49.9	50.4	47.4	44.9	46.6	45.7	44.8	40.5	43.6	35.7	38.2	40.6	39.4	0.000
Residential setting														
Traditional community setting	25.8	26.7	25.2	24.5	24.2	23.0	23.1	21.7	21.7	19.6	20.0	20.8	21.0	0.000
Retirement community/senior housing	29.0	30.7	25.6	28.5	28.8	27.7	28.4	31.8	28.6	31.8	33.9	28.5	26.7	0.695
Residential care other than nursing home	79.6	78.1	80.1	79.0	86.6	82.9	84.0	83.4	78.8	83.3	80.1	78.2	84.2	0.603
Metropolitan area														
Non-metropolitan	26.3	27.6	27.8	25.0	25.7	24.7	28.1	28.1	26.0	25.8	22.5	26.3	27.8	0.725
Metropolitan	31.2	31.6	29.6	29.3	29.7	28.4	27.7	26.2	25.5	23.6	24.6	24.4	25.0	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 2a_2: Trends in being fully able to carry out household activities

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	54.3	54.7	56.4	54.5	54.7	54.9	54.3	55.9	56.3	57.3	56.5	55.8	55.4	0.135
Age														
72-74	68.9	73.9	74.1	67.7	67.7	69.1	68.2	70.7	69.4	68.0	68.4	64.5	67.5	0.023
75-79	62.5	63.6	65.6	63.0	63.7	62.6	60.8	62.4	63.9	64.6	61.5	61.2	59.7	0.116
80-84	53.3	50.5	52.3	51.7	51.6	52.0	52.5	52.6	52.3	55.8	55.0	54.6	53.5	0.123
85-89	35.1	35.7	40.1	40.8	39.0	37.9	36.9	38.7	36.0	40.0	42.4	41.7	39.0	0.109
90+	21.2	20.3	18.8	21.5	19.0	20.7	21.2	22.7	22.4	20.3	19.3	21.6	19.2	0.964
Sex														
Men	65.9	65.9	67.1	64.6	63.2	63.1	62.2	63.9	62.9	63.1	63.6	61.1	61.7	0.005
Women	46.4	47.0	49.0	47.3	48.5	48.8	48.4	49.9	51.4	52.8	50.8	51.7	50.5	0.000
Race														
White, non-Hispanic	55.9	56.7	58.5	55.9	56.3	57.1	55.9	58.0	58.9	60.0	58.6	57.9	56.9	0.107
Black, non-Hispanic	46.6	44.4	47.6	47.1	45.3	43.5	45.8	42.1	46.2	46.8	45.3	44.9	46.7	0.918
Hispanic	42.4	44.1	46.2	51.2	50.6	46.4	50.3	49.0	43.0	38.7	42.7	43.3	52.4	0.969
Other	57.2	51.3	49.5	44.2	47.1	46.4	45.5	54.1	45.0	55.7	60.0	58.9	49.9	0.353
Region														
Northeast	52.2	53.3	53.4	53.0	54.1	51.7	55.2	59.9	54.7	56.1	55.6	57.4	57.2	0.047
Midwest	57.3	57.5	58.6	53.8	54.7	57.2	54.8	54.7	52.8	56.6	57.3	54.2	54.0	0.265
South	53.3	53.5	57.0	56.2	55.8	55.9	54.4	55.6	58.9	56.0	55.8	56.6	54.9	0.379
West	54.6	55.0	55.9	53.9	53.4	53.4	53.0	54.3	56.5	61.5	57.5	54.7	55.9	0.215
Residential setting														
Traditional community setting	61.0	61.4	62.4	60.3	60.8	60.9	60.0	61.4	61.5	62.3	61.1	60.4	60.3	0.696
Retirement community/senior housing	52.7	53.4	60.6	55.5	54.8	54.9	52.2	51.7	52.3	51.3	47.9	52.3	52.4	0.180
Residential care other than nursing home	15.7	17.5	15.4	14.0	10.3	11.4	13.6	14.0	15.5	12.4	13.5	15.8	12.0	0.498
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	--
Metropolitan area														
Non-metropolitan	56.1	57.0	57.6	57.2	55.5	57.0	54.0	52.1	54.1	57.9	56.2	52.0	51.1	0.076
Metropolitan	53.9	54.2	56.2	53.9	54.5	54.4	54.4	56.7	56.7	57.2	56.5	56.6	56.2	0.015
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 2b_2: Trends in having difficulty with household activities

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	12.3	11.2	11.5	14.1	13.7	14.9	15.5	15.4	15.8	16.8	17.8	17.6	17.6	0.000
Age														
72-74	14.4	10.8	11.3	15.3	15.0	14.4	16.0	15.9	16.0	18.0	18.6	17.6	17.5	0.000
75-79	13.5	12.3	12.7	14.5	15.0	17.1	17.9	17.5	16.4	16.2	19.8	19.4	19.0	0.000
80-84	12.3	12.4	12.8	16.0	13.2	15.8	14.2	14.6	16.9	17.9	18.9	18.0	18.0	0.000
85-89	10.6	11.1	10.4	12.0	12.8	13.7	16.2	14.9	16.5	15.6	13.4	14.2	15.8	0.000
90+	5.7	5.0	6.2	8.0	8.1	7.8	8.1	9.0	9.6	13.8	10.9	12.5	12.3	0.000
Sex														
Men	10.9	9.6	10.4	13.7	13.8	14.8	16.2	14.9	16.1	17.5	18.0	19.4	18.3	0.000
Women	13.3	12.3	12.3	14.3	13.6	15.0	15.1	15.8	15.7	16.3	17.7	16.1	17.0	0.000
Race														
White, non-Hispanic	12.7	11.6	11.5	14.6	14.0	15.4	16.1	15.3	16.1	17.0	18.1	18.0	17.9	0.000
Black, non-Hispanic	10.6	9.9	11.9	12.6	14.1	13.0	12.2	15.8	12.9	15.1	17.3	18.2	17.0	0.000
Hispanic	12.1	7.4	9.0	9.9	10.1	12.2	11.0	16.2	15.5	18.8	16.8	13.9	12.7	0.004
Other	8.6	10.4	14.8	11.9	12.7	13.1	19.1	16.1	16.6	13.0	15.2	14.6	22.7	0.030
Region														
Northeast	12.8	10.5	12.0	11.9	11.6	14.6	10.9	11.8	16.0	15.1	14.7	15.8	15.4	0.005
Midwest	12.1	10.7	11.0	14.9	14.9	13.6	15.5	14.3	17.3	17.6	16.8	17.3	17.0	0.000
South	11.7	11.6	11.2	14.2	13.8	15.3	17.4	17.0	15.3	18.4	19.4	17.7	18.6	0.000
West	13.2	11.6	12.1	15.0	14.0	15.8	16.2	16.7	15.3	14.4	18.8	19.0	18.1	0.000
Residential setting														
Traditional community setting	13.2	12.0	12.4	15.1	15.0	16.1	16.9	16.9	16.9	18.0	18.9	18.7	18.8	0.000
Retirement community/senior housing	18.3	16.0	13.7	16.0	16.4	17.4	19.4	16.5	19.1	17.0	18.2	19.2	20.9	0.148
Residential care other than nursing home	4.7	4.4	4.5	7.0	3.1	5.6	2.5	2.5	5.7	4.3	6.4	6.0	3.8	0.896
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	--
Metropolitan area														
Non-metropolitan	13.4	11.0	10.7	13.3	15.0	15.3	15.4	17.4	17.0	14.2	18.9	19.3	19.0	0.000
Metropolitan	12.1	11.2	11.7	14.2	13.4	14.8	15.6	15.0	15.6	17.3	17.6	17.2	17.3	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 2c_2: Trends in receiving assistance with household activities for health or functioning reasons

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	33.4	34.1	32.1	31.4	31.6	30.3	30.1	28.7	27.9	25.9	25.7	26.6	27.1	0.000
Age														
72-74	16.7	15.3	14.6	17.0	17.3	16.6	15.8	13.4	14.6	14.0	13.0	17.9	15.0	0.428
75-79	24.0	24.1	21.7	22.5	21.3	20.3	21.3	20.0	19.7	19.2	18.7	19.4	21.4	0.010
80-84	34.3	37.1	34.9	32.2	35.2	32.2	33.4	32.8	30.8	26.2	26.1	27.4	28.5	0.000
85-89	54.3	53.2	49.5	47.2	48.2	48.4	46.8	46.4	47.6	44.4	44.2	44.0	45.2	0.000
90+	73.1	74.6	75.1	70.5	73.0	71.5	70.7	68.3	68.0	66.0	69.8	65.9	68.5	0.002
Sex														
Men	23.2	24.5	22.5	21.7	23.0	22.1	21.6	21.2	21.0	19.4	18.3	19.5	20.0	0.000
Women	40.3	40.7	38.8	38.4	37.9	36.2	36.5	34.3	33.0	30.9	31.5	32.1	32.5	0.000
Race														
White, non-Hispanic	31.4	31.6	30.0	29.4	29.7	27.6	28.0	26.7	24.9	23.0	23.3	24.1	25.3	0.000
Black, non-Hispanic	42.9	45.7	40.5	40.3	40.6	43.4	41.9	42.2	40.9	38.1	37.4	36.9	36.3	0.001
Hispanic	45.6	48.5	44.7	38.9	39.3	41.4	38.7	34.8	41.5	42.4	40.4	42.8	34.8	0.087
Other	34.2	38.3	35.8	43.9	40.2	40.5	35.4	29.8	38.4	31.3	24.8	26.5	27.4	0.019
Region														
Northeast	35.0	36.2	34.6	35.1	34.3	33.7	33.8	28.3	29.3	28.8	29.7	26.7	27.4	0.000
Midwest	30.5	31.8	30.4	31.3	30.4	29.3	29.8	30.9	29.9	25.8	25.9	28.4	28.9	0.053
South	35.0	34.8	31.8	29.6	30.4	28.8	28.3	27.4	25.9	25.6	24.8	25.7	26.5	0.000
West	32.2	33.4	32.0	31.1	32.6	30.8	30.8	29.0	28.2	24.1	23.7	26.2	26.0	0.000
Residential setting														
Traditional community setting	25.8	26.7	25.2	24.5	24.2	23.0	23.1	21.7	21.7	19.6	20.0	20.8	21.0	0.000
Retirement community/senior housing	29.0	30.7	25.6	28.5	28.8	27.7	28.4	31.8	28.6	31.8	33.9	28.5	26.7	0.695
Residential care other than nursing home	79.6	78.1	80.1	79.0	86.6	82.9	84.0	83.4	78.8	83.3	80.1	78.2	84.2	0.603
Nursing home	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	--
Metropolitan area														
Non-metropolitan	30.6	32.0	31.7	29.5	29.4	27.8	30.6	30.5	28.9	27.9	24.9	28.7	29.9	0.145
Metropolitan	34.0	34.6	32.1	31.8	32.1	30.8	30.0	28.3	27.7	25.5	25.9	26.2	26.5	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 3: Trends in unmet need for assistance with self-care or mobility activities

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	14.3	12.6	12.9	12.9	13.1	12.6	12.4	11.9	11.8	11.4	11.3	13.1	13.4	0.146
Age														
72-74	9.5	5.8	8.7	5.4	8.5	8.4	8.6	7.2	9.1	7.6	7.1	10.2	9.7	0.173
75-79	11.3	9.8	10.9	10.9	10.7	9.0	10.0	8.1	7.8	8.1	9.6	11.6	11.3	0.768
80-84	13.8	14.2	12.4	15.8	14.5	12.1	12.7	13.9	12.7	10.8	11.9	13.4	13.7	0.226
85-89	22.5	18.5	18.5	18.5	17.4	20.0	16.7	18.8	18.4	20.6	17.0	16.8	17.4	0.152
90+	27.5	27.2	24.8	24.6	26.6	29.4	26.7	26.9	26.4	26.9	24.4	27.3	32.4	0.344
Sex														
Men	10.8	8.6	9.0	9.2	8.8	9.9	8.8	8.9	9.1	8.7	8.6	9.9	10.0	0.965
Women	16.7	15.4	15.8	15.6	16.4	14.6	15.1	14.2	13.8	13.5	13.5	15.7	16.0	0.127
Race														
White, non-Hispanic	12.7	11.3	11.4	11.6	11.9	11.4	11.3	10.6	10.4	9.8	9.8	11.9	12.1	0.203
Black, non-Hispanic	19.1	17.0	17.5	14.9	18.1	17.1	17.8	16.7	18.9	17.4	18.7	16.8	17.6	0.836
Hispanic	25.8	21.9	24.2	22.2	18.6	18.3	19.3	20.8	21.0	23.1	19.5	23.3	20.2	0.521
Other	17.9	15.4	17.9	22.1	19.3	17.8	12.7	14.3	10.3	11.8	12.7	12.3	15.3	0.106
Education														
0-12 years, no diploma	21.6	18.5	20.5	20.9	19.9	18.9	20.3	20.5	21.1	22.0	21.1	25.2	23.6	0.068
High school graduate	12.5	10.5	10.9	11.7	14.4	13.3	12.7	12.6	12.3	12.8	12.4	13.0	14.3	0.166
Some college	13.4	11.6	11.7	10.8	10.5	11.7	11.6	10.1	11.2	9.3	9.6	13.8	12.3	0.852
Bachelor's degree	9.9	10.2	10.5	10.0	10.8	9.0	9.2	8.3	7.8	8.2	9.2	8.6	11.2	0.618
Graduate degree	7.2	9.6	7.6	9.0	6.7	7.2	6.7	8.4	6.8	6.8	7.5	8.2	9.5	0.692
Region														
Northeast	15.5	12.5	14.1	14.9	14.1	14.4	13.2	13.1	10.8	11.1	13.0	11.5	12.8	0.068
Midwest	11.4	10.6	10.5	11.9	11.6	10.2	12.7	11.5	13.7	11.0	10.6	14.6	14.8	0.028
South	15.5	13.5	14.0	12.6	13.2	11.7	11.7	11.2	11.5	11.7	10.3	13.4	13.3	0.063
West	14.2	13.4	12.8	12.5	13.9	15.2	12.5	12.6	11.4	11.4	12.4	12.6	12.6	0.251
Assistance with activities														
No assistance	2.0	1.8	2.3	1.9	2.0	1.7	2.3	1.9	1.7	2.1	1.9	2.7	2.4	0.198
Assistance with HH activities only	13.5	9.4	10.5	11.1	10.9	11.8	11.5	12.0	15.1	15.1	15.6	15.4	10.4	0.058
Any assistance with SCM activities	50.1	45.7	45.9	48.1	47.6	45.1	44.3	44.4	43.8	43.1	42.4	48.9	50.1	0.650
Dementia														
No dementia	10.7	8.9	9.8	9.6	10.1	9.3	9.6	8.8	9.2	8.4	8.8	11.0	--	0.542
Probable dementia	40.7	39.7	36.4	38.2	36.5	39.7	35.3	38.8	37.5	39.9	39.1	37.2	--	0.802

Table 3 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	11.1	9.3	9.0	9.5	9.9	10.2	9.6	8.6	7.2	8.2	8.4	8.8	9.6	0.075
Divorced/separated	14.1	13.5	15.1	11.5	14.8	11.6	11.7	10.8	17.4	13.0	11.6	16.8	16.2	0.292
Widowed	18.6	16.8	17.8	17.6	17.6	16.6	16.8	17.5	16.6	15.3	15.2	19.6	18.8	0.910
Never married	16.5	11.8	12.2	18.2	10.7	12.3	13.6	11.5	14.2	17.1	21.4	13.0	15.4	0.485
Number of children														
Zero	13.3	12.3	11.3	13.0	10.9	10.1	9.3	9.7	12.8	13.0	12.8	15.2	13.2	0.375
One	16.2	12.5	17.5	11.9	10.6	13.3	10.5	12.4	10.8	10.7	9.4	12.7	13.3	0.129
Two or more	14.1	12.6	12.5	13.0	13.8	12.7	13.0	12.1	11.8	11.3	11.5	12.9	13.4	0.178
Living arrangement														
Alone	14.7	12.3	13.9	13.2	13.4	13.2	13.1	13.1	12.9	13.6	13.2	16.6	15.6	0.131
With spouse only	9.7	7.4	7.2	7.4	8.9	8.9	8.8	7.0	6.4	6.7	7.5	7.4	8.5	0.245
With spouse and others	16.8	16.3	14.6	17.4	14.7	14.0	11.3	13.7	11.0	14.4	11.7	16.2	14.2	0.329
With others only	24.3	23.2	23.3	23.0	22.7	19.8	20.5	20.6	24.1	17.5	17.9	21.2	22.3	0.055
Residential setting														
Traditional community setting	13.3	11.8	12.1	12.1	12.1	11.4	11.8	11.0	10.9	10.3	10.3	11.5	12.2	0.044
Retirement community/senior housing	15.3	12.3	12.3	11.0	13.7	14.7	12.3	11.2	12.5	11.1	12.0	18.1	15.2	0.477
Residential care other than nursing home	23.7	21.4	23.8	24.9	25.2	24.9	19.6	24.1	23.8	29.4	26.8	31.2	26.9	0.067
Metropolitan area														
Non-metropolitan	12.6	10.7	11.1	11.9	12.1	11.9	14.0	13.7	14.9	11.8	12.5	15.7	16.5	0.013
Metropolitan	14.6	13.0	13.3	13.1	13.4	12.7	12.0	11.5	11.1	11.3	11.1	12.6	12.7	0.005
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 4: Trends in unmet need for assistance with household activities

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	6.8	7.1	5.8	6.9	6.8	6.1	6.7	7.5	7.4	5.6	6.5	8.3	8.2	0.025
Age														
72-74	4.7	5.4	3.4	5.3	6.6	4.5	5.1	6.9	7.1	5.1	6.5	6.9	6.5	0.035
75-79	5.6	5.6	5.7	7.1	5.8	5.2	6.4	6.9	6.0	4.9	6.2	9.1	8.9	0.004
80-84	6.9	7.4	6.4	7.4	6.5	6.9	6.8	7.4	7.5	6.0	5.6	7.9	7.6	0.876
85-89	11.5	10.7	8.8	7.7	7.7	8.1	8.2	8.8	9.4	6.8	6.8	7.2	9.0	0.037
90+	8.0	10.7	6.2	8.0	10.9	9.0	10.5	10.4	11.2	7.4	9.7	13.1	11.7	0.048
Sex														
Men	5.4	5.3	3.9	6.3	5.3	5.0	6.1	7.0	6.8	5.4	5.3	8.0	7.1	0.003
Women	7.7	8.4	7.2	7.3	7.9	6.8	7.2	8.0	7.8	5.7	7.4	8.5	9.0	0.509
Race														
White, non-Hispanic	6.2	6.6	5.6	6.6	6.3	5.5	6.5	7.1	6.2	5.2	5.7	7.7	7.8	0.092
Black, non-Hispanic	8.0	7.2	7.0	6.7	7.6	8.2	7.3	8.8	9.5	5.8	7.5	8.4	9.0	0.338
Hispanic	11.8	12.9	6.2	9.6	11.0	7.8	6.4	11.1	16.1	10.5	14.2	14.4	10.0	0.139
Other	7.0	9.4	7.8	9.8	9.1	10.6	10.0	8.4	12.4	5.2	6.3	8.3	10.0	0.927
Education														
0-12 years, no diploma	9.0	8.8	7.3	7.3	7.5	7.0	7.9	8.4	10.5	10.1	8.0	13.4	12.8	0.002
High school graduate	5.1	5.6	4.6	6.2	7.0	5.2	6.1	6.7	5.5	4.1	4.0	6.8	8.0	0.364
Some college	6.6	7.9	6.0	7.0	6.5	6.1	6.5	7.5	6.6	5.8	7.1	8.1	7.0	0.633
Bachelor's degree	6.8	6.4	4.3	7.6	6.4	5.0	5.3	7.6	7.3	3.7	7.1	7.1	6.9	0.621
Graduate degree	5.8	6.4	6.8	6.7	6.1	7.7	8.2	8.1	8.9	5.6	7.2	7.9	8.5	0.261
Region														
Northeast	6.2	6.0	6.0	4.7	5.8	6.7	7.4	5.7	7.4	5.4	9.2	7.8	8.8	0.018
Midwest	6.1	6.2	5.3	6.4	6.7	6.0	6.0	7.1	7.1	5.9	7.5	9.0	7.3	0.063
South	7.0	7.5	6.3	7.8	6.4	5.6	6.1	7.7	6.7	5.7	5.2	7.2	7.7	0.854
West	7.7	8.7	5.4	7.9	8.4	6.5	7.9	9.2	8.9	5.2	5.3	9.7	9.2	0.486
Assistance with activities														
No assistance	2.8	2.7	2.8	3.0	3.2	2.3	3.1	3.3	3.1	2.3	3.1	4.1	4.3	0.009
Assistance with HH activities only	12.3	11.4	10.2	16.9	13.5	14.2	11.2	18.7	20.0	13.5	15.4	20.4	13.8	0.003
Any assistance with SCM activities	15.5	17.6	12.6	13.4	14.1	13.5	15.8	15.4	15.9	14.0	13.9	17.0	18.3	0.144
Dementia														
No dementia	6.0	6.3	5.3	6.4	6.3	5.3	6.0	7.1	6.8	5.0	5.7	7.3	--	0.309
Probable dementia	12.4	13.4	9.8	10.7	11.0	12.0	12.8	11.5	12.9	11.0	14.9	18.8	--	0.062

Table 4 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	4.8	5.5	4.0	5.5	5.2	4.4	5.1	4.8	5.0	4.5	4.4	5.6	6.3	0.305
Divorced/separated	9.1	7.6	9.0	9.2	9.6	8.6	9.7	12.7	13.5	8.9	9.4	14.3	12.0	0.023
Widowed	8.6	9.1	7.3	8.1	8.3	7.8	7.9	9.2	8.4	6.0	8.3	10.5	8.7	0.597
Never married	8.7	7.7	6.2	7.5	4.5	4.9	8.9	13.3	9.8	5.2	11.5	8.8	15.6	0.069
Number of children														
Zero	7.4	7.5	6.8	7.1	6.8	5.7	5.8	9.3	9.0	5.5	7.0	9.2	11.3	0.122
One	6.2	7.4	4.9	7.0	5.9	8.0	7.1	8.8	10.4	5.4	9.0	9.9	9.4	0.025
Two or more	6.8	7.1	5.8	6.9	6.9	5.8	6.7	7.2	6.8	5.6	6.0	7.9	7.5	0.358
Living arrangement														
Alone	8.6	8.9	8.2	8.7	8.6	8.7	9.0	11.3	10.2	7.2	9.8	12.2	11.0	0.009
With spouse only	4.3	5.2	3.2	4.7	5.1	4.0	4.5	4.4	4.5	4.0	4.6	5.0	5.7	0.217
With spouse and others	7.5	7.2	6.5	7.9	5.6	4.7	7.0	5.3	6.7	7.3	3.0	7.9	7.9	0.931
With others only	8.9	8.3	6.2	7.8	7.9	6.6	7.3	8.8	9.4	5.8	6.6	10.0	9.5	0.392
Residential setting														
Traditional community setting	6.1	6.6	5.3	6.7	6.5	5.4	6.2	7.3	7.0	4.9	6.1	7.6	7.3	0.072
Retirement community/senior housing	11.2	9.6	8.2	7.6	8.5	8.8	10.7	10.0	9.1	11.4	9.1	12.3	11.7	0.237
Residential care other than nursing home	9.7	11.0	9.2	8.0	8.8	11.2	8.5	7.9	11.0	8.3	9.0	13.7	15.5	0.117
Metropolitan area														
Non-metropolitan	4.7	6.2	5.2	6.0	7.0	5.8	6.2	9.9	7.1	6.1	5.9	9.7	10.1	0.002
Metropolitan	7.2	7.3	5.9	7.1	6.7	6.1	6.8	7.0	7.4	5.5	6.6	8.0	7.8	0.297
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5a: Trends in highest quartile of physical capacity

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	19.7	20.1	23.9	24.6	22.6	23.8	25.9	26.9	28.4	--	--	25.1	24.6	0.000
Age														
72-74	34.6	38.7	40.9	41.5	37.6	39.6	44.1	43.8	44.4	--	--	39.7	38.3	0.389
75-79	23.7	23.7	28.0	29.0	27.0	27.6	29.6	32.7	34.3	--	--	27.0	27.7	0.041
80-84	13.9	13.3	18.3	18.4	15.9	17.1	16.3	17.4	18.5	--	--	19.0	18.1	0.021
85-89	5.7	4.9	7.7	9.5	6.9	8.6	8.5	9.4	8.5	--	--	6.8	7.2	0.339
90+	1.6	2.7	2.8	1.9	2.0	1.3	2.4	1.4	2.6	--	--	2.8	2.2	0.743
Sex														
Men	37.7	38.1	42.6	43.0	38.7	39.5	42.6	43.1	44.6	--	--	39.2	37.6	0.869
Women	7.0	7.3	10.3	11.2	10.4	12.0	13.1	14.5	16.2	--	--	14.1	14.5	0.000
Race														
White, non-Hispanic	21.0	21.9	25.7	26.8	24.9	26.3	27.9	29.0	30.9	--	--	28.1	27.2	0.000
Black, non-Hispanic	12.0	11.0	12.4	13.9	11.6	11.2	13.7	15.2	14.6	--	--	11.4	13.3	0.439
Hispanic	10.2	10.4	14.6	13.3	9.9	10.0	12.2	13.2	17.5	--	--	11.8	13.7	0.348
Other	24.5	17.1	25.7	20.6	19.4	21.5	32.0	32.4	23.7	--	--	15.7	19.9	0.575
Education														
0-12 years, no diploma	10.9	9.4	11.5	12.4	8.7	9.8	13.2	13.1	12.7	--	--	8.2	7.7	0.383
High school graduate	16.1	16.3	19.0	17.0	14.7	16.8	18.2	19.4	18.7	--	--	15.9	13.9	0.541
Some college	19.3	21.1	24.5	25.1	24.0	23.1	23.6	26.2	26.5	--	--	22.8	24.8	0.163
Bachelor's degree	31.3	31.9	35.8	37.5	35.8	36.9	39.0	37.0	42.7	--	--	37.1	33.8	0.410
Graduate degree	41.1	40.4	46.7	47.6	48.1	47.9	47.7	47.6	49.9	--	--	40.6	39.0	0.097
Region														
Northeast	18.3	19.4	22.6	23.3	19.6	22.7	25.8	24.6	27.4	--	--	25.9	24.8	0.005
Midwest	22.0	22.1	24.9	25.6	24.3	25.8	26.7	27.5	27.6	--	--	22.7	21.3	0.877
South	18.1	18.7	22.3	22.8	21.2	23.0	25.0	26.4	26.7	--	--	24.2	22.4	0.003
West	20.9	21.1	26.7	27.9	25.7	24.3	26.7	29.2	33.1	--	--	28.4	31.3	0.000
Assistance with activities														
No assistance	28.4	29.5	33.9	35.3	32.5	33.8	36.3	37.6	38.9	--	--	34.6	33.9	0.000
Assistance with HH activities only	6.0	4.8	6.9	5.3	5.2	4.7	6.5	6.9	4.2	--	--	5.8	5.2	0.824
Any assistance with SCM activities	1.4	1.5	2.6	1.9	1.9	3.0	3.5	2.5	4.5	--	--	1.7	3.0	0.061
Dementia														
No dementia	21.9	22.3	26.5	27.1	25.1	26.3	28.4	29.6	30.8	--	--	26.9	--	0.000
Probable dementia	3.4	3.7	3.9	5.9	3.2	3.7	5.2	3.6	5.5	--	--	5.1	--	0.372

Table 5a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	29.6	30.0	33.8	35.0	32.0	33.1	36.8	38.7	40.8	--	--	34.7	33.5	0.004
Divorced/separated	15.9	18.2	22.7	23.7	20.2	20.4	23.7	23.9	25.1	--	--	21.8	19.1	0.538
Widowed	7.3	7.8	10.9	10.8	10.6	11.8	11.1	11.2	11.5	--	--	9.8	11.3	0.046
Never married	16.3	13.4	17.1	18.9	11.9	17.3	14.3	16.3	11.7	--	--	16.8	18.2	0.737
Number of children														
Zero	17.0	16.9	22.6	22.2	18.3	26.1	26.8	25.4	26.9	--	--	26.6	25.9	0.006
One	14.9	18.0	20.7	20.9	20.7	20.1	25.4	26.6	25.7	--	--	22.1	24.0	0.017
Two or more	20.7	20.8	24.5	25.4	23.3	24.2	25.9	27.1	29.0	--	--	25.5	24.6	0.000
Living arrangement														
Alone	10.9	12.4	15.4	16.1	15.3	16.2	16.2	16.8	17.7	--	--	15.7	16.7	0.005
With spouse only	31.7	31.8	37.0	38.2	34.2	35.1	39.3	40.8	42.4	--	--	36.6	34.8	0.038
With spouse and others	20.9	22.2	22.8	23.1	23.6	26.3	27.7	30.1	34.8	--	--	25.8	28.4	0.023
With others only	7.1	7.1	12.3	11.0	8.4	10.0	11.2	11.7	10.7	--	--	10.6	9.5	0.306
Residential setting														
Traditional community setting	21.1	21.7	25.6	26.1	24.4	25.4	27.7	28.7	30.4	--	--	26.9	26.0	0.000
Retirement community/senior housing	17.5	17.5	22.9	21.6	19.1	22.4	23.2	23.4	25.5	--	--	19.0	23.9	0.268
Residential care other than nursing home	6.4	5.8	5.0	9.6	4.3	7.1	6.6	8.4	3.4	--	--	6.6	7.1	0.854
Metropolitan area														
Non-metropolitan	20.1	21.5	25.8	26.8	24.2	24.0	24.9	25.4	29.7	--	--	22.6	23.4	0.522
Metropolitan	19.6	19.8	23.4	24.2	22.2	23.8	26.1	27.2	28.1	--	--	25.7	24.9	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	--	--	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5b: Trends in middle quartiles of physical capacity

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	52.6	53.8	51.1	50.4	51.5	52.6	52.3	52.4	51.5	--	--	54.8	54.4	0.025
Age														
72-74	51.1	51.1	48.6	47.6	49.1	50.3	45.3	47.1	46.9	--	--	49.5	50.3	0.815
75-79	56.8	56.7	52.7	51.1	54.5	57.6	56.9	54.4	52.2	--	--	59.2	57.5	0.110
80-84	57.2	58.9	53.0	54.2	55.3	55.7	58.2	59.1	59.8	--	--	58.4	59.6	0.045
85-89	47.8	52.9	55.0	52.0	53.0	51.0	54.5	53.6	53.4	--	--	56.5	56.3	0.027
90+	32.7	35.5	38.8	42.0	34.0	34.5	39.6	41.1	40.0	--	--	39.6	33.9	0.552
Sex														
Men	46.7	46.7	43.2	43.3	45.7	46.2	45.4	44.5	43.3	--	--	49.0	50.1	0.017
Women	56.6	58.8	56.7	55.6	55.9	57.4	57.6	58.4	57.7	--	--	59.4	57.7	0.203
Race														
White, non-Hispanic	53.6	54.4	51.5	50.9	51.8	52.9	52.5	52.6	51.7	--	--	54.9	54.6	0.166
Black, non-Hispanic	49.7	51.6	51.9	50.0	49.0	50.5	50.0	48.1	51.7	--	--	57.3	52.4	0.063
Hispanic	45.1	45.5	46.1	46.4	54.7	53.4	55.4	57.8	49.5	--	--	48.1	51.0	0.238
Other	48.7	59.9	48.2	46.4	44.6	50.4	47.2	46.3	51.9	--	--	62.1	61.1	0.046
Education														
0-12 years, no diploma	47.3	50.2	48.4	49.1	50.1	50.7	48.6	50.8	49.4	--	--	45.2	47.5	0.529
High school graduate	56.1	57.8	55.3	54.4	56.7	57.2	56.9	54.6	57.7	--	--	59.6	59.1	0.136
Some college	56.8	56.9	55.1	53.7	54.2	57.0	57.0	56.0	55.0	--	--	60.4	56.5	0.246
Bachelor's degree	51.5	51.6	46.4	46.7	46.5	47.7	47.4	51.9	45.4	--	--	51.2	51.6	0.421
Graduate degree	46.8	46.2	42.7	41.0	41.1	41.8	44.0	43.5	42.6	--	--	50.6	52.6	0.003
Region														
Northeast	53.5	53.0	50.3	48.6	53.0	51.7	51.8	55.8	54.2	--	--	56.9	56.1	0.041
Midwest	51.3	52.1	51.5	51.2	52.1	53.7	53.1	52.7	53.8	--	--	58.2	58.3	0.002
South	53.3	55.4	53.2	52.7	52.8	53.3	53.0	52.6	52.4	--	--	53.3	54.8	0.911
West	51.8	53.6	47.4	47.2	47.4	51.2	50.6	49.0	45.4	--	--	52.6	48.7	0.770
Assistance with activities														
No assistance	63.9	63.3	59.3	57.6	60.1	61.2	59.0	57.6	56.1	--	--	60.6	61.2	0.186
Assistance with HH activities only	50.7	57.0	56.6	56.5	55.1	55.2	56.2	56.1	62.3	--	--	58.2	57.4	0.114
Any assistance with SCM activities	20.9	24.3	23.6	24.5	23.9	26.1	29.4	33.6	31.7	--	--	32.7	30.9	0.000
Dementia														
No dementia	56.5	57.0	53.5	52.8	54.2	55.5	54.4	54.2	53.1	--	--	56.6	--	0.938
Probable dementia	23.5	29.7	32.6	31.7	30.3	29.1	34.8	36.2	36.2	--	--	35.0	--	0.002

Table 5b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	52.1	53.4	50.5	49.3	51.6	52.1	49.7	49.3	47.5	--	--	54.1	54.0	0.264
Divorced/separated	57.2	54.0	53.0	52.6	54.2	56.6	59.2	60.2	55.5	--	--	54.1	54.6	0.934
Widowed	52.2	54.3	51.1	51.2	49.8	51.9	53.6	53.8	56.4	--	--	56.0	54.3	0.030
Never married	49.9	52.8	52.7	49.7	59.4	54.2	54.3	55.4	51.6	--	--	58.7	57.9	0.240
Number of children														
Zero	51.8	53.3	48.3	48.4	50.6	50.8	52.7	54.9	51.2	--	--	57.7	55.3	0.073
One	51.8	54.4	50.8	50.6	50.4	52.6	50.1	53.4	54.9	--	--	59.0	53.6	0.108
Two or more	52.8	53.7	51.4	50.5	51.8	52.8	52.6	52.0	51.1	--	--	53.7	54.4	0.214
Living arrangement														
Alone	55.5	56.3	54.8	54.4	53.9	54.7	57.6	57.2	58.2	--	--	57.0	54.7	0.451
With spouse only	52.3	53.4	50.4	49.1	50.9	52.3	48.7	49.4	47.2	--	--	54.0	54.6	0.251
With spouse and others	53.3	54.2	50.6	49.3	54.8	52.2	53.6	49.8	47.7	--	--	54.3	52.3	0.946
With others only	46.3	49.5	44.5	45.6	45.9	49.3	49.9	51.6	50.9	--	--	53.1	54.4	0.001
Residential setting														
Traditional community setting	54.2	55.6	52.1	51.6	53.0	54.4	53.4	53.6	51.9	--	--	56.4	55.8	0.060
Retirement community/senior housing	52.7	50.4	49.2	49.1	49.3	49.6	50.2	51.5	51.1	--	--	51.8	51.3	0.752
Residential care other than nursing home	34.8	37.5	40.5	37.0	35.4	35.1	40.7	38.1	46.3	--	--	35.8	38.5	0.558
Metropolitan area														
Non-metropolitan	54.9	53.6	52.6	51.4	51.4	54.1	52.8	51.9	50.1	--	--	53.0	52.4	0.600
Metropolitan	52.1	53.8	50.7	50.2	51.6	52.3	52.2	52.5	51.8	--	--	55.2	54.8	0.008
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	--	--	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5c: Trends in lowest quartile of physical capacity

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	27.8	26.1	25.1	25.0	25.9	23.5	21.8	20.7	20.0	--	--	20.0	21.0	0.000
Age														
72-74	14.2	10.3	10.5	11.0	13.3	10.2	10.5	9.1	8.7	--	--	10.7	11.4	0.302
75-79	19.5	19.6	19.3	19.9	18.4	14.7	13.5	12.9	13.5	--	--	13.8	14.9	0.000
80-84	29.0	27.9	28.6	27.4	28.8	27.3	25.5	23.5	21.8	--	--	22.6	22.3	0.000
85-89	46.5	42.3	37.4	38.5	40.1	40.3	37.1	37.0	38.1	--	--	36.7	36.5	0.008
90+	65.7	61.8	58.4	56.2	64.0	64.2	58.0	57.5	57.4	--	--	57.5	63.9	0.503
Sex														
Men	15.6	15.2	14.2	13.7	15.6	14.3	12.0	12.4	12.1	--	--	11.8	12.3	0.001
Women	36.3	33.9	33.0	33.3	33.7	30.5	29.3	27.1	26.0	--	--	26.5	27.8	0.000
Race														
White, non-Hispanic	25.4	23.7	22.8	22.3	23.3	20.8	19.5	18.4	17.4	--	--	17.0	18.3	0.000
Black, non-Hispanic	38.4	37.3	35.7	36.1	39.4	38.3	36.3	36.6	33.7	--	--	31.3	34.3	0.015
Hispanic	44.8	44.2	39.4	40.4	35.4	36.5	32.4	29.0	32.9	--	--	40.1	35.3	0.058
Other	26.8	23.0	26.0	32.9	36.0	28.2	20.8	21.4	24.4	--	--	22.3	19.1	0.084
Education														
0-12 years, no diploma	41.8	40.4	40.1	38.6	41.3	39.5	38.2	36.1	37.9	--	--	46.6	44.7	0.224
High school graduate	27.8	25.9	25.8	28.6	28.6	26.1	24.9	26.0	23.6	--	--	24.6	27.0	0.254
Some college	23.9	22.0	20.4	21.2	21.8	19.8	19.4	17.9	18.5	--	--	16.9	18.7	0.002
Bachelor's degree	17.2	16.5	17.9	15.8	17.7	15.4	13.7	11.1	11.9	--	--	11.7	14.6	0.018
Graduate degree	12.1	13.4	10.6	11.3	10.8	10.3	8.3	8.8	7.4	--	--	8.8	8.5	0.034
Region														
Northeast	28.1	27.6	27.1	28.1	27.4	25.6	22.4	19.6	18.4	--	--	17.3	19.0	0.000
Midwest	26.6	25.7	23.6	23.2	23.6	20.5	20.2	19.8	18.6	--	--	19.1	20.4	0.000
South	28.6	26.0	24.5	24.5	26.0	23.8	22.0	21.1	20.8	--	--	22.5	22.8	0.001
West	27.2	25.3	25.9	24.8	26.9	24.4	22.7	21.8	21.5	--	--	19.0	20.1	0.000
Assistance with activities														
No assistance	7.7	7.3	6.7	7.1	7.4	5.0	4.7	4.8	5.0	--	--	4.8	4.8	0.000
Assistance with HH activities only	43.3	38.2	36.5	38.2	39.7	40.1	37.3	37.0	33.6	--	--	36.0	37.4	0.136
Any assistance with SCM activities	77.7	74.2	73.7	73.6	74.2	70.8	67.2	63.9	63.8	--	--	65.6	66.1	0.000
Dementia														
No dementia	21.6	20.7	20.0	20.1	20.7	18.2	17.2	16.2	16.2	--	--	16.5	--	0.000
Probable dementia	73.1	66.6	63.5	62.4	66.5	67.2	60.0	60.1	58.2	--	--	60.0	--	0.001

Table 5c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	18.3	16.6	15.7	15.7	16.4	14.8	13.5	12.0	11.7	--	--	11.2	12.4	0.000
Divorced/separated	26.9	27.8	24.3	23.7	25.6	23.0	17.1	15.8	19.4	--	--	24.1	26.3	0.477
Widowed	40.5	37.8	38.0	38.0	39.5	36.3	35.3	35.1	32.1	--	--	34.2	34.4	0.000
Never married	33.8	33.8	30.1	31.5	28.7	28.5	31.4	28.2	36.7	--	--	24.5	23.9	0.117
Number of children														
Zero	31.2	29.8	29.1	29.3	31.1	23.1	20.4	19.7	21.9	--	--	15.7	18.8	0.000
One	33.3	27.6	28.5	28.5	28.9	27.3	24.4	20.0	19.4	--	--	18.9	22.5	0.000
Two or more	26.5	25.5	24.2	24.1	24.9	23.0	21.6	20.9	20.0	--	--	20.8	21.0	0.000
Living arrangement														
Alone	33.6	31.3	29.8	29.5	30.8	29.1	26.1	26.0	24.1	--	--	27.3	28.6	0.002
With spouse only	16.1	14.8	12.6	12.7	14.9	12.5	12.1	9.8	10.4	--	--	9.4	10.6	0.000
With spouse and others	25.8	23.6	26.6	27.6	21.6	21.5	18.7	20.1	17.5	--	--	19.9	19.4	0.013
With others only	46.5	43.4	43.2	43.5	45.6	40.7	38.9	36.7	38.3	--	--	36.3	36.1	0.000
Residential setting														
Traditional community setting	24.7	22.8	22.3	22.3	22.6	20.3	18.9	17.8	17.7	--	--	16.7	18.2	0.000
Retirement community/senior housing	29.8	32.1	27.9	29.3	31.6	28.0	26.5	25.2	23.3	--	--	29.2	24.8	0.134
Residential care other than nursing home	58.9	56.7	54.5	53.4	60.3	57.8	52.7	53.5	50.3	--	--	57.6	54.5	0.517
Metropolitan area														
Non-metropolitan	25.0	24.9	21.6	21.8	24.4	22.0	22.3	22.7	20.2	--	--	24.4	24.3	0.953
Metropolitan	28.4	26.4	25.8	25.6	26.2	23.9	21.7	20.3	20.0	--	--	19.1	20.3	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	--	--	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5d: Trends in highest quartile of self-reported physical capacity

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	25.9	26.0	27.5	25.0	26.0	26.3	27.7	27.8	28.0	29.6	31.6	29.3	28.6	0.000
Age														
72-74	37.8	39.3	39.7	37.2	37.4	37.3	39.7	40.0	38.8	42.6	46.1	41.0	39.5	0.055
75-79	29.6	30.4	32.0	29.6	30.8	30.5	30.2	31.6	32.0	32.2	33.5	31.3	30.9	0.300
80-84	23.0	21.8	23.9	20.0	20.7	22.0	23.5	23.1	23.1	24.7	25.9	25.8	25.3	0.018
85-89	13.4	12.5	14.7	13.1	12.9	13.9	16.3	13.8	13.4	14.8	15.3	12.8	13.3	0.717
90+	6.8	8.0	7.1	6.0	7.4	6.2	6.5	7.9	6.8	6.8	9.8	6.5	7.6	0.584
Sex														
Men	43.8	42.5	44.7	41.4	41.0	41.0	43.7	42.6	41.7	43.9	45.1	42.5	40.6	0.817
Women	13.4	14.3	14.9	12.9	14.8	15.3	15.4	16.5	17.6	18.5	20.8	18.8	19.3	0.000
Race														
White, non-Hispanic	26.7	26.8	29.0	26.4	27.2	28.1	29.0	28.8	28.8	30.7	32.4	31.2	29.9	0.000
Black, non-Hispanic	23.1	19.2	18.8	20.3	20.6	19.0	20.0	22.0	22.0	22.4	23.9	22.0	20.4	0.285
Hispanic	17.6	20.0	18.6	13.8	18.9	15.3	17.4	20.0	21.0	24.8	27.6	16.9	21.4	0.072
Other	29.3	33.1	29.7	23.2	25.0	22.5	32.5	33.9	34.4	30.9	40.0	25.9	34.3	0.246
Education														
0-12 years, no diploma	18.2	17.2	15.9	14.6	16.5	15.5	17.9	17.0	17.1	19.6	22.5	13.0	14.6	0.991
High school graduate	22.6	21.1	22.0	17.4	18.9	18.5	19.9	19.6	19.1	20.3	21.5	21.1	19.9	0.809
Some college	25.4	26.9	28.6	26.0	26.2	27.1	23.4	25.4	26.0	28.3	31.1	27.3	26.6	0.365
Bachelor's degree	35.3	38.2	40.6	37.3	37.6	38.1	42.0	40.5	40.7	38.8	41.5	39.8	37.6	0.520
Graduate degree	46.9	44.2	47.4	44.3	46.9	45.7	48.6	47.3	45.2	46.4	45.1	43.5	42.5	0.311
Region														
Northeast	25.0	24.5	25.7	24.5	22.6	23.1	27.9	26.8	27.2	30.1	29.0	29.7	26.9	0.031
Midwest	28.1	27.8	30.7	25.4	27.5	27.2	26.3	27.2	24.9	26.7	29.8	26.0	27.7	0.673
South	25.2	25.3	26.2	24.4	25.1	26.7	28.0	28.6	27.8	29.3	31.3	30.3	27.3	0.002
West	25.7	26.4	27.7	26.0	29.0	27.4	28.5	27.9	32.2	32.8	36.2	30.3	33.1	0.000
Assistance with activities														
No assistance	36.5	37.1	37.7	34.9	36.6	37.0	38.4	37.9	37.9	39.3	41.7	39.2	38.8	0.004
Assistance with HH activities only	12.3	11.9	15.2	10.0	9.4	6.1	10.1	12.6	9.5	10.9	12.2	9.1	11.0	0.388
Any assistance with SCM activities	2.5	1.5	3.3	2.3	3.0	3.9	3.2	2.9	3.3	3.5	5.7	4.4	3.5	0.006
Dementia														
No dementia	28.3	28.1	29.7	27.0	28.2	28.7	29.9	29.8	29.6	31.5	33.4	30.9	--	0.000
Probable dementia	8.5	9.9	10.8	9.2	9.4	7.1	9.4	10.6	12.2	11.7	12.3	10.6	--	0.217

Table 5d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	34.3	35.0	35.6	34.1	33.6	34.9	36.5	35.8	36.6	37.9	39.7	37.7	36.8	0.008
Divorced/separated	24.8	26.2	27.3	23.1	25.2	26.1	24.9	25.1	24.2	26.5	30.2	24.4	22.3	0.875
Widowed	14.6	14.4	16.2	13.0	15.7	14.6	16.5	17.1	16.4	18.1	18.3	16.5	16.9	0.016
Never married	26.8	16.2	26.7	22.0	20.8	15.4	14.7	23.3	20.6	24.6	29.6	22.6	23.0	0.587
Number of children														
Zero	29.6	24.6	27.3	24.9	23.8	26.9	26.2	29.5	29.0	35.5	33.2	35.2	29.4	0.021
One	22.1	23.0	26.3	22.1	27.1	24.3	31.3	31.0	28.5	25.6	30.6	26.6	28.4	0.052
Two or more	26.1	26.5	27.7	25.4	26.1	26.6	27.3	27.2	27.8	29.7	31.6	28.9	28.6	0.001
Living arrangement														
Alone	19.7	19.0	21.3	17.5	20.4	19.8	20.4	21.7	21.4	23.3	25.3	21.6	21.4	0.012
With spouse only	36.0	36.7	37.9	36.8	35.3	37.7	37.6	37.7	38.3	40.0	40.5	39.3	37.5	0.076
With spouse and others	26.2	27.0	28.1	23.6	26.8	24.7	31.9	28.2	29.6	28.7	36.3	29.8	35.4	0.010
With others only	13.3	13.9	16.4	13.0	14.4	12.3	15.5	15.9	13.9	15.9	17.5	15.2	14.1	0.335
Residential setting														
Traditional community setting	27.7	27.9	29.0	26.4	27.8	28.2	28.9	29.1	29.3	31.0	33.3	31.0	30.5	0.000
Retirement community/senior housing	22.4	21.3	26.4	22.5	22.9	22.1	26.9	24.5	26.5	25.5	26.1	21.3	22.1	0.832
Residential care other than nursing home	10.8	9.4	10.6	10.8	7.7	8.6	13.2	15.6	11.0	12.9	12.3	12.3	10.8	0.336
Metropolitan area														
Non-metropolitan	27.3	26.9	27.7	24.8	26.0	24.5	24.8	24.4	25.5	27.4	32.7	26.3	27.6	0.390
Metropolitan	25.6	25.7	27.4	25.0	26.0	26.7	28.3	28.6	28.5	30.1	31.4	29.9	28.8	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5e: Trends in the middle quartiles of self-reported physical capacity

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	47.8	49.7	49.2	51.0	50.2	50.6	50.7	51.4	51.7	51.4	49.6	50.9	50.6	0.102
Age														
72-74	48.0	50.8	49.6	51.0	49.9	51.0	48.7	49.5	51.2	49.2	44.2	47.3	48.7	0.206
75-79	50.9	50.5	49.8	51.1	52.1	54.0	54.9	54.8	54.0	55.6	52.9	53.1	53.8	0.055
80-84	49.5	51.6	49.4	53.7	52.1	51.6	51.8	53.3	54.1	53.5	54.9	53.5	52.1	0.092
85-89	45.3	49.7	52.2	51.2	52.4	49.3	49.8	51.2	50.4	49.5	50.2	54.2	52.5	0.158
90+	32.4	37.0	38.8	42.5	34.7	35.2	40.2	38.4	39.5	38.2	39.5	41.0	32.5	0.686
Sex														
Men	40.4	42.4	41.1	44.5	44.8	44.1	43.5	44.2	44.9	44.2	42.9	45.2	46.7	0.022
Women	52.9	54.9	55.0	55.8	54.3	55.6	56.3	56.9	56.9	56.9	55.0	55.5	53.6	0.559
Race														
White, non-Hispanic	49.1	51.3	49.9	52.2	51.5	51.3	51.6	53.2	53.6	53.0	51.5	52.1	52.2	0.069
Black, non-Hispanic	40.1	43.3	45.7	44.6	43.1	44.8	45.3	42.3	45.1	46.1	43.0	45.6	46.8	0.171
Hispanic	41.0	39.3	45.3	47.5	46.6	49.9	49.6	46.2	44.6	40.8	40.4	43.5	42.7	0.574
Other	45.8	47.2	48.8	43.9	43.6	49.1	45.5	42.4	39.1	47.8	42.1	50.8	43.5	0.781
Education														
0-12 years, no diploma	42.9	44.7	46.2	48.2	45.8	47.2	46.5	45.1	44.2	42.7	40.9	41.5	40.3	0.055
High school graduate	50.8	54.9	54.4	55.8	55.1	55.5	54.5	55.4	57.9	55.8	54.8	55.4	53.6	0.431
Some college	51.6	53.2	52.2	52.7	53.6	53.0	57.2	56.6	55.3	55.1	52.1	55.3	55.2	0.203
Bachelor's degree	47.7	45.7	43.1	47.8	46.1	46.8	44.6	48.6	48.3	51.4	45.9	48.1	47.0	0.443
Graduate degree	42.4	43.2	42.6	45.5	43.2	44.1	42.4	43.5	45.4	45.3	47.8	48.0	49.6	0.025
Region														
Northeast	49.7	50.9	49.6	48.7	53.0	54.3	51.5	54.3	54.9	51.9	52.7	53.9	54.9	0.070
Midwest	46.9	48.9	47.1	52.4	50.1	52.6	53.1	53.1	56.5	55.3	53.3	55.4	50.8	0.004
South	46.5	49.6	49.5	51.5	50.2	49.6	50.0	50.0	50.2	50.9	48.5	47.4	50.7	0.803
West	49.2	49.8	50.5	50.9	48.0	47.2	49.0	49.8	46.9	47.9	45.3	50.0	46.7	0.236
Assistance with activities														
No assistance	56.2	56.3	56.2	58.6	57.2	57.8	56.9	57.0	56.8	56.2	53.9	55.6	55.9	0.193
Assistance with HH activities only	46.3	54.2	52.5	52.7	53.7	57.0	50.6	49.8	57.3	54.9	49.9	54.7	53.0	0.393
Any assistance with SCM activities	24.3	27.9	26.6	26.4	27.7	26.6	31.4	34.0	32.6	32.6	34.5	32.4	32.3	0.000
Dementia														
No dementia	50.9	52.5	51.7	53.5	52.9	53.3	52.9	53.7	53.9	54.0	51.4	52.4	--	0.541
Probable dementia	24.2	28.7	29.9	32.0	29.4	28.9	33.0	31.1	30.8	26.7	29.9	34.4	--	0.166

Table 5e (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	48.5	49.2	49.2	50.7	51.0	49.8	49.3	51.3	51.2	51.3	49.9	50.3	50.6	0.350
Divorced/separated	48.2	48.6	49.0	53.0	51.3	50.9	56.4	57.9	54.3	52.1	47.1	51.3	51.4	0.702
Widowed	47.1	50.6	49.5	51.1	48.7	51.1	50.2	49.5	52.3	51.6	51.7	51.5	49.7	0.185
Never married	43.3	51.8	45.6	48.5	50.8	57.4	57.5	48.2	44.3	47.0	37.0	54.2	54.1	0.738
Number of children														
Zero	42.6	49.4	47.0	48.2	49.6	50.7	53.9	51.0	49.2	46.6	45.6	48.1	52.4	0.417
One	46.7	51.9	46.3	53.0	46.3	48.9	46.0	49.0	51.6	57.4	50.0	53.9	49.7	0.135
Two or more	48.6	49.4	49.8	51.0	50.9	50.9	51.1	51.8	52.0	50.9	50.0	50.8	50.5	0.310
Living arrangement														
Alone	48.5	52.1	51.1	54.1	51.8	52.5	54.2	53.8	54.7	51.8	48.4	52.2	50.6	0.929
With spouse only	48.9	49.4	50.0	50.5	51.0	49.3	49.8	52.0	50.6	50.7	49.9	50.5	52.0	0.316
With spouse and others	49.0	49.4	45.8	51.2	52.6	53.2	48.6	49.3	53.3	54.5	50.4	49.6	43.4	0.680
With others only	42.5	45.9	44.7	45.8	43.5	48.5	47.2	46.5	47.8	50.7	51.0	50.2	50.8	0.001
Residential setting														
Traditional community setting	48.9	50.8	50.1	52.1	51.3	51.9	52.2	52.9	52.8	52.3	50.9	52.0	51.6	0.134
Retirement community/senior housing	49.1	47.3	45.8	48.5	49.9	51.1	47.0	50.9	49.6	50.0	43.3	49.5	52.3	0.651
Residential care other than nursing home	34.2	40.3	42.2	40.2	38.1	34.9	37.0	32.1	39.3	37.6	37.3	37.0	34.7	0.470
Metropolitan area														
Non-metropolitan	48.8	50.3	51.7	52.7	50.5	52.9	52.2	53.8	53.1	51.3	47.5	48.6	47.8	0.331
Metropolitan	47.5	49.6	48.6	50.7	50.2	50.1	50.4	50.9	51.5	51.4	50.1	51.4	51.1	0.028
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5f: Trends in the lowest quartile of self-reported physical capacity

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	26.3	24.3	23.4	24.0	23.7	23.1	21.6	20.8	20.3	19.0	18.7	19.8	20.8	0.000
Age														
72-74	14.2	9.8	10.7	11.7	12.6	11.7	11.6	10.5	10.0	8.2	9.7	11.7	11.8	0.276
75-79	19.5	19.1	18.2	19.3	17.1	15.5	14.9	13.7	14.0	12.2	13.6	15.6	15.2	0.000
80-84	27.5	26.6	26.7	26.3	27.3	26.5	24.7	23.5	22.8	21.8	19.1	20.6	22.6	0.000
85-89	41.3	37.8	33.0	35.7	34.7	36.8	33.9	35.0	36.2	35.7	34.5	33.1	34.2	0.100
90+	60.9	55.0	54.0	51.4	57.9	58.6	53.3	53.7	53.7	55.1	50.6	52.4	59.8	0.515
Sex														
Men	15.7	15.1	14.1	14.1	14.3	15.0	12.8	13.3	13.4	11.9	12.0	12.3	12.7	0.002
Women	33.7	30.9	30.1	31.2	30.9	29.2	28.3	26.5	25.5	24.5	24.2	25.7	27.1	0.000
Race														
White, non-Hispanic	24.1	21.9	21.2	21.3	21.3	20.6	19.3	18.0	17.5	16.3	16.2	16.7	17.9	0.000
Black, non-Hispanic	36.8	37.5	35.5	35.1	36.4	36.2	34.7	35.7	32.9	31.6	33.1	32.4	32.8	0.021
Hispanic	41.4	40.7	36.1	38.7	34.5	34.8	33.0	33.7	34.4	34.3	31.9	39.5	35.9	0.313
Other	25.0	19.7	21.5	32.9	31.4	28.4	21.9	23.7	26.5	21.3	17.9	23.4	22.1	0.350
Education														
0-12 years, no diploma	38.9	38.1	37.8	37.2	37.7	37.2	35.6	37.9	38.7	37.7	36.7	45.6	45.0	0.075
High school graduate	26.6	24.0	23.6	26.8	26.0	26.0	25.6	25.0	23.0	24.0	23.7	23.6	26.5	0.502
Some college	23.0	19.8	19.2	21.3	20.2	19.9	19.4	18.0	18.8	16.6	16.8	17.4	18.2	0.006
Bachelor's degree	17.0	16.1	16.2	15.0	16.3	15.2	13.4	10.9	11.0	9.7	12.6	12.1	15.4	0.043
Graduate degree	10.7	12.7	10.0	10.2	10.0	10.3	8.9	9.2	9.4	8.4	7.1	8.5	7.8	0.033
Region														
Northeast	25.3	24.6	24.7	26.8	24.4	22.6	20.6	18.9	17.9	18.0	18.3	16.4	18.2	0.000
Midwest	25.0	23.3	22.2	22.2	22.4	20.2	20.6	19.7	18.5	18.0	16.9	18.6	21.4	0.002
South	28.4	25.1	24.3	24.1	24.7	23.7	22.1	21.4	22.0	19.8	20.2	22.3	22.0	0.000
West	25.1	23.8	21.8	23.1	23.0	25.4	22.6	22.2	20.9	19.3	18.4	19.7	20.1	0.004
Assistance with activities														
No assistance	7.3	6.6	6.1	6.5	6.2	5.2	4.7	5.1	5.3	4.5	4.4	5.1	5.3	0.000
Assistance with HH activities only	41.5	33.9	32.3	37.3	37.0	36.9	39.2	37.5	33.1	34.3	38.0	36.2	36.1	0.764
Any assistance with SCM activities	73.3	70.6	70.1	71.2	69.3	69.5	65.3	63.2	64.1	63.8	59.8	63.2	64.2	0.000
Dementia														
No dementia	20.8	19.4	18.6	19.5	18.9	18.0	17.2	16.5	16.5	14.5	15.2	16.7	--	0.000
Probable dementia	67.2	61.4	59.3	58.8	61.1	64.1	57.6	58.3	57.0	61.7	57.7	55.0	--	0.040

Table 5f (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	17.2	15.8	15.2	15.2	15.4	15.3	14.2	12.9	12.2	10.8	10.4	12.0	12.7	0.000
Divorced/separated	27.0	25.1	23.7	23.9	23.5	23.0	18.7	17.0	21.5	21.3	22.6	24.2	26.3	0.791
Widowed	38.3	35.0	34.2	36.0	35.6	34.3	33.3	33.5	31.3	30.3	30.0	32.1	33.3	0.001
Never married	29.8	32.0	27.7	29.5	28.4	27.1	27.8	28.5	35.1	28.3	33.4	23.2	22.9	0.384
Number of children														
Zero	27.8	26.0	25.7	26.9	26.7	22.3	19.9	19.5	21.8	17.9	21.1	16.6	18.2	0.000
One	31.2	25.1	27.3	25.0	26.6	26.8	22.8	20.0	19.9	17.0	19.4	19.5	22.0	0.000
Two or more	25.4	24.0	22.5	23.6	23.0	22.6	21.6	21.0	20.2	19.4	18.4	20.3	20.9	0.000
Living arrangement														
Alone	31.8	28.9	27.5	28.4	27.8	27.7	25.4	24.5	24.0	24.9	26.3	26.2	28.0	0.020
With spouse only	15.1	13.8	12.2	12.7	13.8	13.0	12.6	10.3	11.1	9.2	9.5	10.2	10.5	0.000
With spouse and others	24.8	23.6	26.1	25.2	20.7	22.1	19.5	22.5	17.1	16.8	13.3	20.6	21.1	0.012
With others only	44.2	40.2	38.9	41.2	42.1	39.2	37.3	37.6	38.2	33.3	31.4	34.6	35.1	0.000
Residential setting														
Traditional community setting	23.4	21.3	20.9	21.5	20.9	19.9	18.9	18.0	17.9	16.6	15.8	17.0	17.9	0.000
Retirement community/senior housing	28.5	31.4	27.8	29.0	27.3	26.8	26.0	24.6	23.9	24.5	30.6	29.2	25.6	0.468
Residential care other than nursing home	55.0	50.3	47.2	49.0	54.2	56.5	49.9	52.3	49.8	49.5	50.4	50.7	54.5	0.968
Metropolitan area														
Non-metropolitan	23.9	22.8	20.7	22.5	23.4	22.6	23.0	21.8	21.5	21.3	19.8	25.0	24.5	0.868
Metropolitan	26.8	24.7	23.9	24.3	23.8	23.2	21.3	20.6	20.0	18.5	18.5	18.8	20.0	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5g: Trends in low balance score
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	38.9	38.3	38.1	35.6	35.5	34.3	32.8	32.3	32.2	--	27.3	28.3	30.5	0.000
Age														
72-74	22.1	17.4	22.7	19.6	19.3	17.7	14.8	17.9	16.8	--	13.4	16.0	18.5	0.003
75-79	30.4	29.7	30.9	28.4	26.3	26.0	26.9	21.9	24.7	--	21.7	22.9	23.5	0.000
80-84	42.4	43.6	41.9	38.5	41.4	39.4	37.1	37.1	36.1	--	30.0	31.6	34.3	0.000
85-89	59.5	60.4	52.7	52.9	54.1	53.4	52.9	54.6	57.4	--	48.0	47.3	50.1	0.000
90+	76.4	75.4	74.2	73.3	76.0	75.8	73.4	74.2	71.8	--	64.4	68.2	73.5	0.004
Sex														
Men	29.4	29.7	31.2	28.0	29.1	29.7	28.0	28.7	27.4	--	24.0	23.2	27.2	0.000
Women	45.5	44.4	43.1	41.2	40.3	37.8	36.6	35.0	35.8	--	29.9	32.4	33.1	0.000
Race														
White, non-Hispanic	37.8	36.8	36.2	33.2	33.6	32.3	31.3	30.5	30.3	--	25.8	26.4	28.8	0.000
Black, non-Hispanic	46.8	47.9	47.1	45.0	45.7	45.6	47.6	44.7	46.0	--	37.4	38.8	39.9	0.000
Hispanic	45.2	49.1	49.4	50.1	45.7	46.4	36.1	38.1	41.2	--	31.0	39.6	38.6	0.000
Other	35.1	30.6	37.5	45.5	36.9	31.7	27.9	33.1	27.6	--	29.1	26.3	28.8	0.050
Education														
0-12 years, no diploma	49.9	50.1	52.2	49.6	49.5	50.2	50.0	47.8	47.9	--	42.1	49.8	47.6	0.065
High school graduate	41.1	39.0	39.1	39.4	39.8	38.0	36.0	38.6	36.1	--	31.2	35.2	38.3	0.004
Some college	35.1	35.6	34.5	31.2	31.6	29.7	29.9	28.1	29.9	--	24.9	24.3	29.3	0.000
Bachelor's degree	27.2	29.7	28.4	26.4	24.7	27.4	24.7	25.1	27.6	--	23.1	21.6	24.5	0.025
Graduate degree	25.8	24.8	24.6	22.3	21.0	19.3	19.4	18.9	19.0	--	18.2	17.5	18.3	0.002
Region														
Northeast	41.8	40.3	41.1	38.1	37.7	35.4	34.0	32.0	29.9	--	28.2	28.9	28.4	0.000
Midwest	37.8	36.2	38.5	35.2	33.7	32.3	31.7	30.8	32.6	--	24.1	28.1	32.7	0.000
South	38.6	38.7	37.9	34.9	35.6	35.9	32.9	32.0	33.4	--	29.2	28.9	31.0	0.000
West	37.6	38.3	34.9	35.2	35.3	32.7	33.0	34.7	31.4	--	26.3	27.1	29.5	0.000
Assistance with activities														
No assistance	22.1	22.4	22.6	18.8	19.2	18.6	18.1	17.2	17.3	--	14.2	14.6	16.4	0.000
Assistance with HH activities only	56.2	52.1	53.1	54.3	54.2	51.7	50.8	51.1	57.9	--	46.1	43.8	49.1	0.002
Any assistance with SCM activities	78.3	77.1	76.3	77.9	74.7	72.8	69.6	71.8	70.0	--	63.9	69.0	68.1	0.000
Dementia														
No dementia	33.5	33.3	33.4	31.1	30.0	29.4	28.4	28.0	27.9	--	23.7	24.6	--	0.000
Probable dementia	78.2	75.9	73.4	70.4	77.9	74.4	69.9	69.8	73.8	--	67.3	70.3	--	0.009

Table 5g (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	29.2	27.6	29.6	25.9	25.8	25.6	22.8	23.3	22.6	--	19.5	21.0	23.4	0.000
Divorced/separated	41.8	40.1	35.2	34.4	36.1	34.3	31.8	30.0	32.9	--	30.8	29.3	31.8	0.001
Widowed	50.8	51.3	50.0	49.3	49.5	46.8	47.4	45.9	46.1	--	38.0	41.0	42.7	0.000
Never married	44.9	49.9	45.9	40.5	33.8	40.8	44.2	42.1	45.1	--	37.4	33.3	36.6	0.064
Number of children														
Zero	41.8	41.9	43.4	39.5	41.2	34.5	31.7	35.0	35.3	--	27.6	26.9	33.2	0.000
One	46.4	42.4	43.4	42.2	36.8	39.5	36.5	31.1	34.2	--	28.1	25.2	31.6	0.000
Two or more	37.4	37.3	36.7	34.4	34.7	33.5	32.4	32.2	31.6	--	27.1	29.1	30.0	0.000
Living arrangement														
Alone	45.6	45.0	43.9	41.2	42.0	40.7	40.4	39.1	38.9	--	33.2	33.6	37.2	0.000
With spouse only	26.9	26.2	26.3	23.6	24.6	23.3	22.0	21.4	21.0	--	17.8	19.8	21.1	0.000
With spouse and others	37.5	32.0	41.5	34.3	29.7	32.6	25.0	30.7	29.0	--	27.4	26.8	33.0	0.021
With others only	55.9	56.5	51.1	53.6	52.4	49.7	48.7	46.0	49.2	--	40.8	43.3	42.6	0.000
Residential setting														
Traditional community setting	35.9	35.2	35.2	32.9	32.2	31.2	29.6	28.9	29.4	--	24.4	25.2	28.2	0.000
Retirement community/senior housing	40.7	43.5	41.9	39.3	40.9	37.5	37.6	40.2	38.1	--	37.0	38.4	31.4	0.036
Residential care other than nursing home	68.2	67.4	67.0	65.5	70.2	67.7	67.1	67.4	66.3	--	61.2	61.9	60.7	0.049
Metropolitan area														
Non-metropolitan	35.6	36.0	39.4	34.0	32.8	32.4	34.3	34.5	32.8	--	22.9	32.3	35.2	0.008
Metropolitan	39.6	38.8	37.8	36.0	36.1	34.7	32.5	31.8	32.1	--	28.2	27.5	29.6	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	--	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5h: Trends in low walking score
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	41.1	39.6	37.4	37.3	40.0	35.9	34.1	33.6	30.7	--	29.3	34.7	34.4	0.000
Age														
72-74	25.2	19.5	19.4	20.5	22.3	20.3	18.1	16.7	16.5	--	14.9	22.4	21.8	0.225
75-79	33.5	33.6	30.9	30.8	33.6	27.3	25.2	25.2	22.8	--	22.0	27.6	28.2	0.000
80-84	42.5	42.6	42.2	41.5	45.3	40.6	40.9	41.5	35.8	--	33.4	41.1	37.6	0.001
85-89	63.1	59.9	52.2	54.9	57.3	56.5	54.7	53.4	53.0	--	50.8	54.3	54.8	0.008
90+	76.2	74.5	75.9	70.2	78.2	73.1	72.1	70.4	68.9	--	71.8	72.6	75.6	0.305
Sex														
Men	31.6	30.6	27.6	28.3	32.4	29.2	27.0	27.8	24.7	--	22.8	29.6	29.8	0.025
Women	47.7	46.1	44.6	44.0	45.8	40.9	39.6	38.0	35.2	--	34.5	38.7	38.0	0.000
Race														
White, non-Hispanic	38.1	36.3	33.7	33.5	35.9	31.8	31.0	30.2	27.1	--	25.4	30.3	31.1	0.000
Black, non-Hispanic	58.6	58.2	56.2	57.0	64.3	59.2	57.0	58.7	51.7	--	54.9	55.0	53.3	0.009
Hispanic	61.2	58.5	58.4	56.4	60.2	54.7	46.7	46.4	44.0	--	44.0	58.5	46.8	0.001
Other	34.2	39.8	39.4	46.3	40.7	39.5	30.7	27.7	41.1	--	31.0	41.4	35.7	0.539
Education														
0-12 years, no diploma	56.2	57.1	56.8	55.5	60.8	56.3	53.5	52.6	51.7	--	49.8	62.3	59.5	0.848
High school graduate	41.8	39.3	39.9	43.4	45.3	38.2	39.3	39.9	35.7	--	36.9	41.3	40.9	0.223
Some college	35.7	34.5	30.4	32.7	34.0	32.8	32.2	31.0	28.8	--	26.8	32.7	32.9	0.073
Bachelor's degree	29.8	28.8	26.0	23.1	27.5	24.9	22.3	22.6	22.1	--	19.8	24.9	26.1	0.105
Graduate degree	25.0	23.9	19.5	17.5	17.9	18.2	15.9	16.6	14.0	--	16.0	19.9	21.0	0.419
Region														
Northeast	44.0	44.4	40.9	43.7	47.1	41.1	36.6	35.8	31.4	--	28.3	33.0	34.3	0.000
Midwest	42.5	39.2	36.4	37.9	36.5	35.4	35.2	36.0	32.5	--	28.9	34.4	33.4	0.000
South	41.4	40.7	38.1	35.6	40.2	35.4	34.5	33.5	30.8	--	32.9	36.9	37.2	0.002
West	36.1	33.7	34.3	33.7	37.0	32.6	30.3	29.3	28.2	--	24.1	32.7	30.7	0.001
Assistance with activities														
No assistance	23.1	21.0	19.6	19.3	22.7	18.1	16.6	16.9	14.9	--	14.3	19.1	18.8	0.000
Assistance with HH activities only	57.9	59.9	53.0	56.7	60.5	57.0	58.5	57.1	54.6	--	58.3	60.4	55.9	0.957
Any assistance with SCM activities	84.3	82.7	82.6	82.9	81.0	78.8	76.2	75.7	72.5	--	67.7	76.7	75.3	0.000
Dementia														
No dementia	35.4	34.1	32.0	32.2	34.7	30.6	29.1	28.6	26.5	--	25.6	31.1	--	0.000
Probable dementia	83.1	81.2	78.6	76.9	81.5	78.2	75.7	77.3	71.7	--	70.0	74.9	--	0.000

Table 5h (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	31.3	29.8	27.1	27.6	29.1	27.0	24.7	22.9	20.4	--	18.2	25.4	26.1	0.000
Divorced/separated	42.1	38.1	35.4	34.8	42.1	35.9	32.5	33.7	32.0	--	33.1	40.6	38.4	0.643
Widowed	53.3	52.4	51.7	50.7	54.1	48.7	48.0	48.1	45.2	--	44.7	49.3	47.3	0.000
Never married	50.5	51.2	46.5	50.5	52.5	40.1	45.8	50.7	46.8	--	50.4	36.2	41.7	0.100
Number of children														
Zero	47.1	47.1	41.9	41.0	45.8	35.4	35.8	32.8	34.9	--	29.7	32.4	33.0	0.000
One	46.6	41.7	40.4	41.0	43.3	43.8	35.8	30.6	29.3	--	30.5	30.5	36.5	0.000
Two or more	39.5	38.5	36.6	36.5	38.9	34.7	33.7	34.1	30.5	--	29.1	35.8	34.2	0.000
Living arrangement														
Alone	47.3	44.7	42.0	41.7	46.7	41.0	39.5	39.4	36.7	--	39.1	40.9	40.8	0.001
With spouse only	29.3	27.3	23.7	24.1	27.7	23.8	22.7	21.3	19.1	--	16.6	22.2	23.9	0.000
With spouse and others	38.8	38.2	39.6	39.8	32.1	37.6	31.1	28.8	26.5	--	25.1	39.7	35.2	0.065
With others only	59.4	59.1	58.6	58.7	61.1	54.6	53.3	54.0	51.0	--	46.2	55.6	50.9	0.000
Residential setting														
Traditional community setting	38.3	36.8	35.0	34.8	36.9	32.8	31.4	30.8	28.4	--	26.0	31.9	31.7	0.000
Retirement community/senior housing	44.5	45.2	40.2	40.4	43.1	40.1	35.2	32.5	31.1	--	45.7	43.2	37.0	0.285
Residential care other than nursing home	66.9	65.5	62.9	65.1	73.6	67.8	66.6	71.0	64.2	--	61.0	65.2	67.2	0.756
Metropolitan area														
Non-metropolitan	38.9	36.5	35.0	33.5	35.5	31.4	35.1	33.8	28.9	--	24.8	37.7	36.0	0.102
Metropolitan	41.6	40.3	38.0	38.1	41.0	36.8	33.9	33.5	31.1	--	30.2	34.1	34.1	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	--	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5i: Trends in low chair stand score
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	49.5	47.2	43.5	42.8	43.9	41.9	39.2	37.1	37.3	--	34.5	41.3	42.3	0.000
Age														
72-74	34.9	29.7	26.1	25.2	28.3	26.4	23.8	22.4	23.2	--	20.5	28.3	31.1	0.144
75-79	42.1	40.7	39.3	39.7	36.0	34.7	31.0	28.5	30.1	--	28.3	37.0	36.6	0.000
80-84	53.3	49.6	47.0	44.3	50.0	46.2	46.5	44.5	42.3	--	38.2	45.5	45.4	0.000
85-89	67.0	67.1	58.4	59.1	62.4	62.4	59.4	57.0	59.5	--	55.3	61.0	61.8	0.021
90+	81.0	78.7	74.2	75.4	76.7	74.9	71.3	69.0	71.5	--	72.6	74.1	76.2	0.053
Sex														
Men	40.9	40.4	37.0	35.9	37.9	38.9	35.1	33.8	33.9	--	32.7	38.3	38.7	0.065
Women	55.6	52.0	48.2	47.9	48.4	44.2	42.3	39.7	39.8	--	36.0	43.7	45.1	0.000
Race														
White, non-Hispanic	47.6	45.1	40.8	40.5	41.3	39.3	36.7	35.3	34.8	--	32.3	37.6	39.9	0.000
Black, non-Hispanic	63.6	61.0	60.1	56.8	62.7	60.9	58.7	55.6	54.5	--	50.6	61.9	57.3	0.009
Hispanic	60.8	60.9	58.1	53.6	53.0	48.1	49.0	39.8	42.5	--	39.6	56.7	53.1	0.007
Other	42.3	38.9	39.7	45.3	43.6	47.6	32.7	32.9	43.5	--	38.3	48.5	37.2	0.840
Education														
0-12 years, no diploma	61.9	61.1	58.6	56.2	57.9	57.6	54.7	51.3	51.1	--	49.7	63.4	63.3	0.199
High school graduate	50.0	46.3	44.3	47.4	49.1	44.8	43.2	42.7	43.4	--	38.2	44.9	46.0	0.012
Some college	48.2	44.3	38.9	39.7	40.9	39.3	36.6	33.4	35.6	--	32.3	42.1	41.7	0.013
Bachelor's degree	39.0	40.5	36.8	32.0	33.1	33.4	31.4	31.8	28.7	--	29.1	32.4	35.7	0.062
Graduate degree	30.7	31.4	27.9	27.8	25.2	26.5	24.8	23.7	24.9	--	26.4	29.0	31.5	0.678
Region														
Northeast	47.7	48.2	44.3	46.2	46.0	42.7	39.2	37.6	36.3	--	35.8	39.6	39.2	0.000
Midwest	50.0	48.0	43.5	44.1	40.4	38.5	39.8	37.4	35.0	--	32.7	42.9	44.1	0.000
South	51.1	47.6	43.9	40.8	44.9	42.9	38.3	37.2	38.0	--	35.7	42.2	44.6	0.000
West	48.0	44.7	42.1	41.7	44.0	43.1	40.0	36.4	39.1	--	33.1	39.8	39.1	0.000
Assistance with activities														
No assistance	33.5	30.1	27.9	27.1	27.5	25.6	23.1	21.6	22.5	--	20.7	28.0	28.0	0.000
Assistance with HH activities only	69.1	68.2	59.3	59.2	64.2	60.5	60.1	58.7	56.6	--	60.1	61.8	59.6	0.017
Any assistance with SCM activities	85.7	85.4	81.8	82.8	82.2	81.7	78.6	76.3	77.4	--	70.3	77.8	80.9	0.000
Dementia														
No dementia	45.0	42.7	39.1	38.7	39.1	37.1	34.8	32.7	33.4	--	31.2	38.1	--	0.000
Probable dementia	83.0	80.7	76.5	75.0	80.8	81.4	75.5	75.8	74.7	--	71.1	78.2	--	0.023

Table 5i (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	40.8	38.6	35.0	33.6	34.7	34.7	31.4	28.2	28.8	--	26.7	33.8	36.0	0.000
Divorced/separated	50.4	47.5	43.1	42.7	45.8	40.9	35.4	34.6	37.0	--	37.9	45.4	46.2	0.272
Widowed	60.8	58.2	54.3	55.1	56.0	52.3	51.6	50.3	49.6	--	44.3	53.4	52.2	0.000
Never married	55.4	54.9	56.2	52.6	51.1	48.9	47.3	51.7	50.7	--	54.8	43.2	43.6	0.068
Number of children														
Zero	50.7	51.1	47.8	50.4	50.4	44.2	38.7	37.3	38.3	--	36.3	40.0	38.0	0.000
One	57.2	49.7	50.7	51.2	48.8	46.9	43.7	37.4	38.2	--	34.6	38.7	43.7	0.000
Two or more	48.2	46.4	42.0	40.9	42.5	40.9	38.5	37.1	37.0	--	34.3	42.0	42.6	0.000
Living arrangement														
Alone	56.2	50.9	47.6	49.1	49.9	46.8	44.2	44.0	43.4	--	43.2	48.0	46.3	0.000
With spouse only	39.1	36.9	32.5	30.7	32.4	32.0	30.0	26.7	27.3	--	25.4	31.1	34.2	0.000
With spouse and others	46.6	44.0	44.9	44.7	42.5	43.5	36.3	33.3	36.6	--	32.6	46.0	42.7	0.135
With others only	63.5	65.5	59.6	57.8	60.9	55.9	53.3	50.6	51.1	--	42.5	54.7	56.8	0.000
Residential setting														
Traditional community setting	47.1	44.6	41.3	40.8	41.0	39.1	36.6	34.5	34.9	--	31.1	38.9	40.1	0.000
Retirement community/senior housing	50.9	47.1	45.5	43.1	45.6	42.6	43.3	38.9	42.2	--	51.4	45.5	45.3	0.767
Residential care other than nursing home	73.9	75.9	66.3	67.5	77.3	74.8	66.1	69.3	66.0	--	67.4	72.2	68.2	0.197
Metropolitan area														
Non-metropolitan	49.0	46.1	41.6	40.9	42.8	40.8	41.2	39.3	36.4	--	33.0	41.9	43.5	0.008
Metropolitan	49.6	47.4	43.9	43.2	44.1	42.2	38.7	36.6	37.4	--	34.8	41.2	42.0	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	--	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5j: Trends in low grip strength
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	42.5	41.0	39.4	37.6	40.5	39.1	36.9	36.8	37.8	--	33.6	33.8	32.7	0.000
Age														
72-74	29.0	26.6	24.5	23.3	28.1	26.6	26.0	27.0	28.4	--	19.4	22.4	21.6	0.002
75-79	34.8	34.3	32.7	31.3	32.0	31.0	29.4	29.7	31.0	--	29.7	30.6	28.4	0.008
80-84	46.1	43.5	43.5	41.5	44.9	44.8	41.7	38.8	38.5	--	38.8	36.9	36.4	0.000
85-89	58.7	57.5	55.3	52.1	57.6	52.9	48.5	52.1	57.3	--	51.8	48.1	45.7	0.000
90+	75.1	70.9	68.7	68.7	72.7	73.7	71.7	68.1	69.5	--	62.1	66.6	67.5	0.008
Sex														
Men	15.2	13.7	14.0	13.6	17.9	15.8	12.7	13.0	15.4	--	12.3	13.9	13.0	0.073
Women	61.6	60.3	57.8	55.3	57.6	56.7	55.5	55.0	54.7	--	50.6	49.4	48.0	0.000
Race														
White, non-Hispanic	41.6	39.9	38.5	36.7	39.1	38.0	35.9	36.4	37.2	--	33.0	32.4	31.4	0.000
Black, non-Hispanic	42.0	40.5	38.6	37.6	40.9	39.8	37.2	35.3	35.3	--	32.2	33.5	33.7	0.000
Hispanic	56.0	55.2	51.1	47.4	53.7	50.3	47.6	43.6	52.3	--	42.4	45.9	42.5	0.002
Other	38.6	41.7	40.3	40.7	47.5	42.1	39.6	34.4	30.3	--	32.0	40.7	36.1	0.230
Education														
0-12 years, no diploma	50.5	48.9	49.5	45.3	49.6	47.0	46.4	43.9	49.9	--	41.9	49.3	47.4	0.185
High school graduate	46.0	43.6	43.5	43.1	45.4	42.5	41.2	42.7	41.9	--	43.4	40.8	40.2	0.065
Some college	40.6	40.2	37.3	36.8	39.3	40.7	39.0	36.6	38.3	--	32.2	32.8	31.4	0.000
Bachelor's degree	33.3	33.7	31.1	30.2	31.0	30.8	29.0	30.1	27.9	--	27.5	26.9	26.8	0.016
Graduate degree	26.1	25.5	22.3	22.2	25.9	25.4	21.1	24.7	27.7	--	21.1	22.7	22.1	0.294
Region														
Northeast	44.2	42.7	40.4	39.4	43.4	44.3	37.4	38.1	41.0	--	33.7	34.9	34.3	0.000
Midwest	40.2	37.4	38.7	36.7	38.6	36.1	35.0	36.2	34.2	--	32.6	36.1	33.5	0.011
South	41.9	41.0	37.7	37.2	38.6	36.8	35.9	34.4	36.7	--	32.0	32.2	31.6	0.000
West	44.6	43.5	42.3	37.9	43.3	41.7	40.2	40.6	40.7	--	37.3	33.4	32.4	0.000
Assistance with activities														
No assistance	30.2	28.7	26.9	25.4	28.5	28.4	26.5	27.3	28.4	--	24.4	24.6	23.1	0.000
Assistance with HH activities only	55.2	55.1	52.1	52.8	52.4	53.5	50.2	47.1	49.0	--	50.9	42.7	46.8	0.001
Any assistance with SCM activities	71.5	69.0	69.9	67.6	70.2	64.1	62.4	62.3	63.9	--	57.6	61.9	57.4	0.000
Dementia														
No dementia	38.6	37.4	35.9	34.2	36.5	36.0	34.2	34.0	35.1	--	31.6	31.3	--	0.000
Probable dementia	71.3	67.9	65.9	64.5	71.8	64.0	59.0	60.9	63.7	--	56.6	62.5	--	0.000

Table 5j (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	31.2	29.2	28.5	26.2	28.9	28.5	25.7	25.5	27.3	--	22.8	23.9	23.3	0.000
Divorced/separated	40.8	40.6	32.8	36.5	41.9	38.4	36.4	35.7	35.3	--	32.9	34.4	37.0	0.124
Widowed	58.1	56.7	56.1	53.7	56.9	54.3	53.5	53.7	54.4	--	51.8	50.8	47.6	0.000
Never married	47.8	45.9	44.8	43.4	41.0	47.3	44.9	42.6	51.3	--	42.3	45.3	38.2	0.423
Number of children														
Zero	45.5	43.4	38.0	38.8	40.7	37.5	34.1	34.9	37.1	--	33.2	30.1	38.2	0.006
One	49.7	50.4	44.2	40.1	42.9	44.9	41.7	39.2	43.8	--	38.0	34.8	37.0	0.000
Two or more	41.1	39.4	38.8	37.2	40.1	38.4	36.5	36.6	37.0	--	33.0	34.2	31.1	0.000
Living arrangement														
Alone	51.4	50.0	48.0	47.1	49.6	47.9	46.9	47.6	46.7	--	43.9	43.1	41.5	0.000
With spouse only	29.9	28.5	26.7	24.3	27.6	27.4	24.2	24.2	26.1	--	20.9	22.8	22.6	0.000
With spouse and others	36.1	30.5	33.1	33.7	34.3	32.0	31.6	30.5	32.0	--	32.3	28.7	25.6	0.059
With others only	59.0	57.7	53.4	51.8	57.0	54.3	51.2	49.1	53.0	--	47.9	49.9	47.6	0.000
Residential setting														
Traditional community setting	39.3	37.9	36.3	34.8	37.5	36.3	34.5	34.0	35.4	--	31.3	32.0	30.6	0.000
Retirement community/senior housing	50.5	49.3	46.0	44.8	45.1	44.3	38.5	44.9	42.9	--	41.3	37.9	35.6	0.001
Residential care other than nursing home	68.1	66.6	68.1	64.2	71.6	66.7	63.9	63.8	65.8	--	60.6	56.0	57.6	0.003
Metropolitan area														
Non-metropolitan	37.7	36.1	35.1	33.8	37.1	35.5	34.4	35.7	36.3	--	31.4	36.1	32.6	0.207
Metropolitan	43.5	42.1	40.3	38.4	41.2	39.9	37.4	37.0	38.1	--	34.1	33.3	32.7	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	--	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5k: Trends in low lung airflow
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	35.9	34.1	30.2	29.7	34.0	29.4	28.2	26.2	26.9	--	--	34.9	32.8	0.356
Age														
72-74	22.7	19.9	16.5	16.2	19.9	15.1	14.1	14.9	15.8	--	--	23.9	22.6	0.068
75-79	27.9	28.2	23.6	24.5	26.3	22.0	23.5	19.7	20.5	--	--	30.1	27.5	0.470
80-84	40.2	34.0	34.3	31.7	39.7	34.6	32.9	31.5	32.2	--	--	40.6	37.3	0.456
85-89	51.7	52.2	45.1	42.8	49.8	45.4	40.1	37.9	40.9	--	--	50.0	46.3	0.084
90+	66.7	63.6	57.4	61.1	66.8	64.9	62.1	57.7	59.3	--	--	65.0	66.5	0.692
Sex														
Men	15.8	14.4	13.3	13.2	19.7	14.8	13.0	12.7	14.0	--	--	17.7	15.7	0.233
Women	49.9	48.0	42.5	41.8	44.7	40.4	39.8	36.6	36.6	--	--	48.4	46.1	0.313
Race														
White, non-Hispanic	34.2	32.3	28.4	26.8	31.4	26.8	25.7	23.8	24.2	--	--	31.7	29.4	0.031
Black, non-Hispanic	46.1	44.4	40.0	39.9	44.9	42.3	41.4	40.0	42.0	--	--	50.8	45.6	0.050
Hispanic	40.8	41.0	38.3	44.9	47.0	43.9	42.4	38.4	39.5	--	--	49.8	52.1	0.005
Other	43.3	38.2	34.8	45.6	43.8	33.5	26.9	26.2	29.7	--	--	43.0	34.3	0.338
Education														
0-12 years, no diploma	48.5	46.5	42.4	45.6	50.0	45.6	43.2	45.0	43.7	--	--	57.2	54.9	0.002
High school graduate	37.4	36.9	32.5	33.9	40.6	34.0	33.4	30.1	31.8	--	--	44.5	43.8	0.003
Some college	33.1	31.1	28.4	25.2	29.5	26.5	26.6	23.9	27.5	--	--	31.5	31.8	0.493
Bachelor's degree	23.9	20.3	19.1	20.3	21.5	18.0	17.7	15.0	13.8	--	--	26.0	21.3	0.545
Graduate degree	18.5	19.2	15.8	12.3	13.5	13.3	12.7	14.0	13.8	--	--	21.3	18.3	0.073
Region														
Northeast	39.4	35.5	32.2	30.6	34.0	30.3	30.1	29.7	27.8	--	--	35.3	33.0	0.275
Midwest	34.9	33.8	28.4	27.6	35.7	30.9	26.9	25.9	25.1	--	--	39.1	32.8	0.515
South	36.7	36.7	32.2	31.2	33.4	28.5	28.6	26.2	28.5	--	--	34.8	33.3	0.201
West	32.1	28.4	26.9	28.5	33.2	28.8	27.1	23.8	24.9	--	--	30.7	31.7	0.821
Assistance with activities														
No assistance	24.5	23.0	19.4	19.1	22.4	18.0	17.4	16.3	17.6	--	--	25.5	23.8	0.126
Assistance with HH activities only	47.3	42.5	39.8	38.6	45.8	41.9	43.7	37.5	36.2	--	--	47.5	47.2	0.388
Any assistance with SCM activities	62.7	61.5	57.3	57.8	62.5	57.6	53.6	52.6	53.4	--	--	61.5	55.7	0.025
Dementia														
No dementia	31.6	30.4	26.5	26.1	29.2	25.3	24.6	22.8	23.0	--	--	32.3	--	0.183
Probable dementia	67.4	61.4	57.8	57.3	71.2	62.6	57.3	55.7	64.8	--	--	63.8	--	0.715

Table 5k (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	22.7	21.6	19.2	19.3	23.3	18.6	18.0	16.3	18.1	--	--	23.8	23.3	0.194
Divorced/separated	38.5	35.3	27.6	28.4	36.2	31.4	28.8	26.2	28.1	--	--	39.8	36.1	0.228
Widowed	52.3	49.5	45.5	44.4	48.5	44.2	42.4	40.0	38.8	--	--	52.4	48.4	0.345
Never married	45.4	45.6	39.5	33.1	37.5	37.4	38.4	40.2	45.2	--	--	44.2	39.2	0.984
Number of children														
Zero	40.1	43.0	33.1	32.9	35.8	28.8	28.8	26.4	33.8	--	--	32.2	32.7	0.049
One	41.2	41.3	36.8	35.7	36.5	33.6	31.5	28.0	27.7	--	--	35.2	35.3	0.036
Two or more	34.5	32.0	28.9	28.5	33.4	28.8	27.6	26.0	26.1	--	--	35.2	32.4	0.706
Living arrangement														
Alone	45.8	43.0	38.0	36.7	41.7	37.1	35.4	33.1	32.9	--	--	46.6	39.1	0.346
With spouse only	21.4	19.9	17.3	16.3	20.5	16.4	16.0	13.8	16.8	--	--	22.5	22.4	0.055
With spouse and others	26.8	27.3	26.5	31.0	32.5	26.1	24.8	25.5	23.8	--	--	29.2	27.4	0.800
With others only	56.2	52.7	45.2	46.3	52.3	48.1	45.3	42.9	42.7	--	--	50.5	53.0	0.481
Residential setting														
Traditional community setting	33.6	32.4	28.8	27.9	31.7	27.1	26.2	24.2	25.3	--	--	32.6	30.8	0.316
Retirement community/senior housing	38.7	32.6	33.3	30.5	36.6	32.7	32.3	28.9	28.5	--	--	40.4	37.2	0.498
Residential care other than nursing home	56.8	54.2	43.4	50.7	59.2	53.7	47.7	49.2	48.0	--	--	62.7	54.6	0.363
Metropolitan area														
Non-metropolitan	32.3	31.6	25.7	28.1	33.6	28.5	27.6	28.9	26.4	--	--	38.4	35.1	0.018
Metropolitan	36.6	34.6	31.2	30.0	34.1	29.6	28.3	25.6	27.0	--	--	34.2	32.3	0.038
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	--	--	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 6: Trends in probable dementia
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	11.9	11.8	11.7	11.5	11.4	11.0	10.8	10.3	9.2	9.6	8.2	8.1	--	0.000
Age														
72-74	3.5	3.5	4.9	4.7	4.1	4.6	4.3	3.6	2.5	2.2	3.6	4.6	--	0.441
75-79	8.1	6.9	6.4	6.5	7.1	6.3	7.6	6.8	6.2	6.9	5.6	5.3	--	0.114
80-84	12.9	13.8	14.2	13.3	13.5	13.0	12.3	12.5	11.1	8.9	8.3	8.9	--	0.000
85-89	21.7	21.2	19.5	19.2	20.3	20.1	19.5	19.4	18.6	21.5	15.6	15.4	--	0.037
90+	32.7	31.7	30.9	32.1	30.6	29.9	27.2	26.4	27.8	31.8	26.2	24.3	--	0.026
Sex														
Men	10.0	10.5	10.7	10.4	10.9	10.8	10.7	9.8	8.3	8.4	6.8	6.8	--	0.000
Women	13.2	12.7	12.4	12.3	11.8	11.1	10.8	10.7	9.9	10.5	9.4	9.2	--	0.000
Race														
White, non-Hispanic	10.7	10.6	10.2	10.2	9.9	9.5	9.1	8.6	8.0	8.4	6.8	7.0	--	0.000
Black, non-Hispanic	18.3	17.1	15.7	14.6	14.9	15.5	16.1	15.9	15.1	14.9	12.6	11.1	--	0.009
Hispanic	18.8	20.0	23.2	21.2	21.6	21.2	23.9	21.4	17.0	16.9	18.3	17.7	--	0.263
Other	13.6	14.0	15.3	15.9	18.6	16.2	13.0	14.5	10.5	9.3	9.9	8.1	--	0.089
Education														
0-12 years, no diploma	20.5	20.7	22.0	20.2	20.9	21.8	23.2	21.1	19.8	20.2	17.2	20.3	--	0.468
High school graduate	12.0	11.5	10.1	11.3	12.2	11.5	10.2	11.0	9.7	10.7	8.7	10.6	--	0.158
Some college	7.4	7.9	8.1	8.3	7.5	8.1	8.4	8.5	7.0	6.9	5.8	5.7	--	0.041
Bachelor's degree	7.9	7.4	8.4	9.1	8.1	5.6	6.8	5.3	5.9	6.9	7.8	5.3	--	0.189
Graduate degree	4.5	6.0	5.9	5.7	5.0	5.3	5.2	5.5	5.8	6.1	5.4	3.3	--	0.472
Region														
Northeast	11.4	11.4	10.3	10.7	11.4	11.4	9.8	8.9	6.3	7.0	6.8	7.5	--	0.000
Midwest	9.0	9.1	8.2	8.0	8.6	8.7	9.3	10.1	10.0	10.6	8.5	8.1	--	0.668
South	13.4	13.5	13.3	12.1	12.0	10.8	10.7	9.3	9.2	9.5	7.4	7.8	--	0.000
West	13.0	12.5	14.1	14.9	13.1	13.3	13.3	13.6	11.0	10.8	10.5	9.3	--	0.011
Assistance with activities														
No assistance	2.4	2.5	2.9	3.6	2.5	2.7	3.0	2.8	2.3	2.2	2.4	2.2	--	0.187
Assistance with HH activities only	20.5	19.0	18.7	17.5	18.6	14.8	18.2	18.1	18.5	16.0	15.9	14.7	--	0.084
Any assistance with SCM activities	34.9	35.0	34.4	32.5	34.3	33.7	31.2	30.5	28.1	32.9	25.1	25.6	--	0.000

Table 6 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	8.4	8.1	8.6	8.1	8.8	8.5	8.6	7.8	6.3	6.5	5.5	5.9	--	0.000
Divorced/separated	9.6	9.5	10.8	10.7	9.9	8.5	9.1	8.9	7.9	9.1	7.8	7.0	--	0.125
Widowed	16.9	17.0	15.8	16.1	15.9	15.7	14.9	14.6	14.1	14.4	12.7	12.4	--	0.001
Never married	17.6	17.2	17.5	14.2	8.9	9.3	9.6	10.2	13.0	12.9	12.3	11.6	--	0.251
Number of children														
Zero	12.5	13.6	14.4	12.5	10.9	8.0	8.4	7.3	11.6	11.2	8.4	8.8	--	0.063
One	14.2	11.4	12.9	13.1	12.9	12.7	10.6	10.0	8.1	9.0	8.4	7.9	--	0.001
Two or more	11.5	11.7	11.2	11.1	11.2	11.0	11.0	10.6	9.2	9.5	8.2	8.1	--	0.000
Living arrangement														
Alone	12.0	12.1	11.5	12.1	11.0	10.8	10.7	10.8	9.9	11.7	10.8	8.8	--	0.070
With spouse only	7.0	6.7	7.1	6.3	7.6	6.8	7.3	6.4	6.1	6.0	4.8	5.5	--	0.024
With spouse and others	13.4	13.0	12.6	13.5	12.0	12.3	11.6	11.4	6.9	8.3	7.4	7.7	--	0.002
With others only	23.9	22.6	22.5	21.4	21.5	21.1	19.2	18.1	17.5	15.1	12.8	15.1	--	0.000
Residential setting														
Traditional community setting	10.5	10.4	10.4	10.4	9.8	9.6	9.4	8.9	7.9	8.0	6.7	7.4	--	0.000
Retirement community/senior housing	10.1	8.6	10.7	7.7	6.9	6.9	7.0	9.8	8.6	8.1	8.7	7.1	--	0.546
Residential care other than nursing home	29.0	30.7	28.0	29.1	34.8	30.7	31.1	29.1	30.6	35.9	31.9	20.5	--	0.639
Metropolitan area														
Non-metropolitan	9.8	10.0	10.3	9.9	10.0	9.4	9.1	10.3	11.2	12.1	7.5	7.8	--	0.502
Metropolitan	12.4	12.2	12.0	11.8	11.7	11.3	11.1	10.3	8.8	9.0	8.4	8.2	--	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	--	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 6_2: Trends in probable dementia

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	14.4	14.5	14.0	14.0	13.6	13.1	12.9	12.2	11.1	11.0	9.4	9.7	--	0.000
Age														
72-74	4.6	5.1	5.6	5.1	4.8	5.2	5.1	3.6	3.3	2.9	4.0	5.4	--	0.230
75-79	9.6	8.1	7.5	7.4	8.1	7.3	8.2	7.8	7.2	8.0	6.0	6.0	--	0.039
80-84	14.8	16.2	16.0	15.7	16.0	14.7	14.5	14.7	12.7	9.6	9.2	10.3	--	0.000
85-89	25.1	25.5	23.0	23.4	23.2	23.2	22.8	23.0	21.8	24.1	17.1	17.9	--	0.005
90+	39.1	36.5	37.2	39.3	36.4	36.7	33.8	31.5	32.5	35.7	30.9	30.0	--	0.004
Sex														
Men	11.4	12.4	12.0	12.2	12.0	12.2	11.9	10.7	9.7	9.5	7.5	8.1	--	0.000
Women	16.5	15.9	15.4	15.3	14.8	13.8	13.6	13.3	12.2	12.2	10.8	11.0	--	0.000
Race														
White, non-Hispanic	13.2	13.2	12.6	12.9	12.3	11.7	11.3	10.6	9.8	9.8	8.0	8.5	--	0.000
Black, non-Hispanic	22.0	21.4	18.7	17.4	17.4	18.0	19.3	18.6	17.7	17.0	14.0	13.8	--	0.001
Hispanic	20.0	21.7	24.3	21.4	22.5	21.9	24.4	22.1	18.6	19.0	19.1	18.9	--	0.298
Other	15.7	15.5	17.1	18.0	18.4	17.6	13.9	15.8	12.6	10.5	11.0	9.7	--	0.092
Region														
Northeast	13.8	14.2	13.0	13.8	13.9	13.5	12.8	11.9	9.2	9.8	8.0	9.3	--	0.000
Midwest	12.4	12.0	11.2	11.6	11.6	12.0	11.8	12.2	12.1	12.4	9.9	10.2	--	0.376
South	16.2	16.4	15.7	14.4	14.3	12.9	12.7	11.3	11.0	10.8	8.7	9.5	--	0.000
West	14.2	14.2	15.2	16.1	14.4	14.4	14.6	14.3	11.8	11.1	11.1	9.8	--	0.002
Residential setting														
Traditional community setting	10.5	10.4	10.4	10.4	9.8	9.6	9.4	8.9	7.9	8.0	6.7	7.4	--	0.000
Retirement community/senior housing	10.1	8.6	10.7	7.7	6.9	6.9	7.0	9.8	8.6	8.1	8.7	7.1	--	0.546
Residential care other than nursing home	29.0	30.7	28.0	29.1	34.8	30.7	31.1	29.1	30.6	35.9	31.9	20.5	--	0.639
Nursing home	68.9	69.8	69.5	75.2	72.3	71.7	75.7	76.0	69.7	66.6	66.4	70.1	--	0.815
Metropolitan area														
Non-metropolitan	13.0	13.4	13.6	14.2	13.2	12.0	11.3	12.4	13.2	13.7	9.0	9.4	--	0.033
Metropolitan	14.7	14.7	14.1	13.9	13.7	13.4	13.3	12.2	10.7	10.5	9.4	9.7	--	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	--	

Source: National Health and Aging Trends Study

Table 7: Trends in poor vision

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	10.7	10.5	10.4	9.3	10.4	9.3	9.9	9.4	9.6	8.8	9.4	10.1	9.5	0.080
Age														
72-74	5.7	4.3	5.7	5.2	7.1	5.3	7.5	5.7	5.7	4.9	6.0	7.8	6.2	0.254
75-79	7.9	7.8	6.1	6.6	8.3	6.8	7.4	8.5	7.3	6.3	8.6	8.7	7.9	0.325
80-84	10.2	11.0	11.5	9.9	9.1	9.1	8.0	7.5	10.8	9.1	7.8	9.1	9.3	0.090
85-89	17.5	16.1	16.2	12.2	15.5	14.6	13.7	13.5	14.3	15.4	14.7	15.2	15.3	0.520
90+	27.2	27.2	27.5	25.3	23.8	24.5	26.0	23.9	22.7	22.6	21.5	21.1	23.0	0.021
Sex														
Men	8.1	7.8	7.6	7.3	7.8	7.7	7.4	7.8	8.5	7.0	7.5	7.3	7.7	0.709
Women	12.6	12.4	12.5	10.8	12.3	10.6	11.7	10.7	10.4	10.2	10.8	12.2	10.9	0.094
Race														
White, non-Hispanic	9.6	8.9	8.9	8.2	8.9	7.9	8.6	8.5	8.4	7.7	8.5	8.9	8.0	0.206
Black, non-Hispanic	13.5	13.6	14.4	12.2	14.4	12.7	12.5	10.5	11.5	11.7	10.4	11.0	12.5	0.041
Hispanic	19.9	25.0	19.0	19.0	21.8	21.7	19.5	19.0	17.5	15.6	18.4	22.4	21.1	0.599
Other	12.3	14.4	19.9	11.9	13.0	11.8	14.3	9.1	15.0	12.0	8.9	8.9	10.4	0.122
Education														
0-12 years, no diploma	17.1	18.3	18.5	16.5	18.6	17.4	17.3	16.0	15.8	17.3	17.7	21.9	19.5	0.406
High school graduate	10.2	8.9	9.8	10.4	10.7	10.2	12.0	11.4	11.8	11.9	11.4	12.1	12.0	0.031
Some college	8.3	8.8	6.8	5.9	7.6	6.5	7.7	7.6	9.2	6.7	8.9	8.7	7.5	0.457
Bachelor's degree	7.8	6.5	7.4	5.5	7.2	6.0	6.0	5.6	5.5	5.0	6.7	5.9	6.9	0.564
Graduate degree	4.6	5.4	6.5	5.4	4.8	4.6	4.5	5.8	4.4	3.8	3.2	5.4	5.9	0.773
Region														
Northeast	9.7	8.5	9.7	8.6	9.1	9.6	9.1	7.3	7.1	8.4	10.7	9.0	9.2	0.946
Midwest	10.2	9.4	9.1	9.6	9.2	7.6	7.5	7.4	8.7	8.1	8.2	10.0	7.3	0.225
South	11.6	12.1	11.4	9.3	11.6	10.1	11.2	10.0	11.2	9.2	9.2	10.3	10.3	0.087
West	10.8	11.0	11.0	9.8	10.7	9.6	10.7	12.1	9.5	8.9	9.7	10.5	10.5	0.582
Assistance with activities														
No assistance	4.7	4.4	3.7	3.3	4.7	3.8	4.2	4.5	5.2	3.7	3.8	4.4	4.5	0.693
Assistance with HH activities only	16.5	17.6	18.5	16.4	15.6	18.4	15.5	15.6	17.5	16.2	18.1	18.9	16.7	0.822
Any assistance with SCM activities	25.2	24.2	26.3	24.2	24.7	21.7	24.6	22.2	20.3	23.4	24.6	25.5	22.6	0.334
Dementia														
No dementia	8.2	8.2	8.2	7.2	8.0	7.4	7.7	7.5	7.9	6.7	7.4	8.0	--	0.309
Probable dementia	29.2	27.7	27.3	25.5	28.8	25.2	27.5	26.4	26.0	28.5	31.2	32.8	--	0.297

Table 7 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	7.7	7.1	6.4	6.7	7.1	6.1	6.7	6.2	7.0	6.0	6.6	7.0	7.0	0.751
Divorced/separated	8.9	10.7	10.8	7.9	9.4	10.8	10.2	10.1	10.0	8.6	11.5	12.2	12.2	0.196
Widowed	14.7	15.2	15.7	13.2	15.3	13.5	14.7	13.5	13.0	12.8	12.8	14.8	13.3	0.116
Never married	17.2	9.9	12.5	13.3	12.1	10.8	9.8	14.0	14.2	13.7	11.8	10.5	7.3	0.201
Number of children														
Zero	13.3	12.1	10.4	11.3	11.1	7.2	11.5	10.7	10.0	8.9	10.1	11.6	8.8	0.269
One	12.9	10.8	12.8	11.0	12.3	10.0	8.7	9.9	8.7	7.9	9.8	9.8	11.3	0.173
Two or more	10.1	10.3	10.1	8.9	10.0	9.4	9.9	9.2	9.6	8.9	9.2	9.9	9.3	0.282
Living arrangement														
Alone	12.0	11.6	12.0	10.2	11.8	10.6	11.7	11.4	10.6	10.2	11.4	11.9	10.5	0.511
With spouse only	6.5	5.7	4.9	5.0	6.4	5.4	6.0	5.6	6.6	5.7	6.1	5.7	5.9	0.698
With spouse and others	13.3	12.1	12.0	11.9	10.0	8.0	8.6	9.2	8.9	6.9	9.0	13.4	11.6	0.545
With others only	17.7	18.8	19.2	16.4	17.5	17.2	16.3	14.9	15.5	14.6	14.4	17.0	16.6	0.069
Residential setting														
Traditional community setting	9.8	9.6	9.9	8.5	9.3	8.5	8.8	8.5	8.7	7.8	8.2	9.6	8.7	0.112
Retirement community/senior housing	10.3	11.1	6.3	6.4	11.0	9.6	9.0	9.3	10.7	9.3	10.8	8.0	10.8	0.619
Residential care other than nursing home	20.7	19.7	21.6	22.9	22.7	19.2	23.2	21.8	20.2	23.9	25.8	18.9	19.0	0.977
Metropolitan area														
Non-metropolitan	10.6	9.9	10.0	10.6	10.8	8.4	9.8	10.4	10.6	10.8	9.4	11.1	9.7	0.987
Metropolitan	10.7	10.6	10.5	9.1	10.3	9.5	9.9	9.2	9.3	8.3	9.4	9.8	9.5	0.053
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 8: Trends in poor hearing
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	17.8	16.3	15.9	16.1	14.2	14.0	13.1	12.9	13.3	14.2	12.7	14.1	12.7	0.000
Age														
72-74	10.5	14.4	10.7	11.8	8.6	8.7	7.6	7.5	8.8	11.5	8.0	11.4	6.6	0.027
75-79	15.0	11.6	12.3	12.7	10.1	10.4	11.2	10.5	10.6	11.1	12.5	11.6	11.2	0.253
80-84	17.8	15.1	16.3	15.2	16.3	15.1	13.1	12.6	13.7	13.7	11.5	14.3	14.3	0.008
85-89	26.5	24.7	21.7	24.1	20.0	19.4	17.3	19.9	19.4	19.6	17.4	21.0	18.9	0.001
90+	36.7	29.3	34.2	30.6	33.4	33.2	32.6	30.3	32.0	30.5	27.7	27.6	31.5	0.065
Sex														
Men	20.4	17.6	16.2	18.1	15.5	15.7	14.8	14.6	15.1	16.4	14.2	15.2	14.6	0.001
Women	16.1	15.4	15.7	14.6	13.3	12.6	11.8	11.6	12.0	12.5	11.4	13.3	11.3	0.000
Race														
White, non-Hispanic	18.0	16.3	15.4	15.9	13.9	13.6	12.7	12.6	12.8	13.8	11.9	13.1	12.3	0.000
Black, non-Hispanic	10.5	10.3	10.8	8.1	8.8	8.0	6.4	8.1	6.8	7.3	9.0	9.3	7.5	0.073
Hispanic	23.6	22.5	24.6	26.4	24.5	25.6	24.8	22.0	28.2	25.7	24.6	28.7	21.8	0.744
Other	18.5	19.1	23.8	20.8	15.7	13.8	15.7	13.4	12.4	16.1	14.2	18.3	13.4	0.162
Education														
0-12 years, no diploma	24.8	22.9	23.8	24.0	22.2	20.9	19.4	20.9	22.6	24.6	22.4	27.4	23.4	0.856
High school graduate	18.0	15.7	17.1	16.9	14.5	14.2	13.0	14.3	17.1	16.8	16.0	16.0	15.1	0.554
Some college	14.5	13.7	12.3	14.9	11.9	11.3	12.5	11.9	10.9	12.3	11.4	11.8	10.5	0.015
Bachelor's degree	14.2	11.8	11.5	10.2	11.0	13.0	10.6	10.9	8.1	11.2	9.1	11.7	11.3	0.319
Graduate degree	11.2	14.2	9.5	9.5	8.4	9.5	9.2	5.8	7.8	7.6	6.0	8.6	8.0	0.014
Region														
Northeast	17.6	15.9	14.6	13.6	12.6	11.3	12.5	10.5	13.6	12.3	13.7	14.4	13.5	0.188
Midwest	18.7	16.0	14.9	16.7	14.6	14.5	11.1	13.2	10.8	12.7	11.2	12.4	12.1	0.000
South	16.8	16.8	16.9	17.3	13.8	13.2	12.6	12.0	13.6	14.9	12.5	14.8	12.7	0.001
West	18.9	16.4	16.6	15.7	16.2	17.2	16.8	16.3	15.4	16.0	13.8	14.5	12.8	0.007
Assistance with activities														
No assistance	13.2	11.8	11.3	12.0	9.9	9.6	9.9	9.4	9.5	10.4	8.9	10.8	8.6	0.000
Assistance with HH activities only	23.3	20.7	20.5	16.8	19.2	20.2	15.1	16.0	19.6	17.5	17.3	17.8	15.5	0.021
Any assistance with SCM activities	28.4	27.1	27.3	28.6	24.6	24.1	22.3	22.9	23.3	26.4	23.7	23.9	24.7	0.018
Dementia														
No dementia	15.7	14.5	13.7	14.0	12.0	12.1	11.4	11.3	11.7	12.4	11.1	12.6	--	0.000
Probable dementia	33.5	29.8	32.5	32.0	31.4	29.2	27.0	27.0	29.4	31.4	30.4	31.7	--	0.468

Table 8 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	16.6	15.4	14.4	15.1	13.2	12.7	12.5	11.6	12.2	13.2	11.7	13.0	11.3	0.000
Divorced/separated	16.9	12.7	12.4	14.4	9.9	11.2	10.8	14.0	13.1	14.0	11.7	13.3	11.2	0.494
Widowed	20.2	18.8	19.9	19.2	17.5	16.8	15.0	15.1	15.7	16.3	15.3	16.4	15.8	0.000
Never married	14.2	14.2	7.8	3.3	10.5	12.7	12.2	8.2	8.7	10.2	9.2	15.3	14.8	0.437
Number of children														
Zero	16.5	16.8	16.4	13.9	13.9	13.2	12.6	10.1	12.5	11.6	9.3	14.4	12.9	0.062
One	17.1	17.1	17.5	14.8	13.6	12.5	13.3	14.8	12.9	12.2	11.5	14.4	10.6	0.006
Two or more	18.1	16.2	15.6	16.5	14.4	14.3	13.1	13.0	13.5	14.8	13.2	14.1	13.1	0.000
Living arrangement														
Alone	18.6	15.9	16.0	15.4	14.0	13.9	11.9	12.4	13.3	13.4	13.3	14.1	14.4	0.006
With spouse only	15.9	14.8	13.8	13.9	11.9	11.8	11.5	11.5	11.1	11.7	11.0	11.7	10.5	0.000
With spouse and others	19.0	17.3	15.6	17.7	18.9	16.6	16.7	12.0	16.7	21.1	14.2	19.0	14.3	0.536
With others only	20.7	20.4	20.8	21.9	17.9	18.1	17.8	17.8	17.6	18.9	15.3	18.6	14.7	0.004
Residential setting														
Traditional community setting	17.0	15.5	15.5	15.5	13.5	13.1	13.0	12.7	12.5	13.6	12.3	13.5	12.3	0.000
Retirement community/senior housing	17.9	16.3	12.7	17.4	16.3	16.4	12.3	11.9	15.1	15.2	11.2	17.9	8.9	0.066
Residential care other than nursing home	27.1	25.5	24.1	22.2	20.9	21.6	15.5	17.4	23.0	22.4	20.6	18.6	22.3	0.106
Metropolitan area														
Non-metropolitan	19.6	17.5	19.3	17.5	15.4	14.9	15.7	15.4	14.6	17.1	13.4	14.6	11.2	0.000
Metropolitan	17.5	16.1	15.2	15.8	14.0	13.8	12.6	12.4	13.1	13.6	12.5	14.1	13.0	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 9a: Trends in living in traditional community settings

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	84.2	84.6	84.8	85.3	85.9	85.6	85.7	85.9	86.7	87.1	87.5	87.1	86.5	0.000
Age														
72-74	88.9	90.8	89.8	90.6	92.4	91.7	91.3	91.2	92.0	92.0	94.3	94.2	91.9	0.008
75-79	89.2	88.7	87.5	87.7	89.8	89.2	89.7	89.9	90.1	90.3	90.4	90.4	90.6	0.064
80-84	84.5	84.7	85.6	86.3	83.8	85.0	84.3	84.0	85.5	86.4	86.9	84.4	85.0	0.705
85-89	76.4	78.0	79.6	79.1	79.0	76.3	77.6	78.6	76.9	77.9	76.0	75.2	74.7	0.235
90+	61.4	61.6	65.6	68.0	66.7	68.8	68.1	68.1	71.1	70.4	69.0	67.6	66.6	0.090
Sex														
Men	88.0	88.2	87.7	88.8	88.6	88.2	87.8	88.3	89.0	88.9	90.4	90.2	89.5	0.053
Women	81.5	82.0	82.6	82.8	83.8	83.7	84.1	84.0	84.9	85.6	85.3	84.7	84.2	0.006
Race														
White, non-Hispanic	83.4	83.9	84.1	84.5	85.2	85.2	84.9	85.2	86.3	86.8	87.4	87.1	86.1	0.000
Black, non-Hispanic	88.8	89.1	89.3	90.5	89.1	87.2	88.1	88.4	86.8	87.9	87.3	89.4	87.4	0.330
Hispanic	89.3	88.7	90.3	91.8	92.1	90.0	92.2	91.3	91.0	89.6	89.8	87.7	90.2	0.723
Other	83.9	80.8	78.5	79.2	83.1	82.1	86.1	84.1	87.3	86.6	85.8	82.1	85.9	0.268
Education														
0-12 years, no diploma	86.0	86.1	86.2	87.3	85.8	86.3	86.7	87.7	87.7	88.5	88.4	85.4	85.2	0.706
High school graduate	84.1	85.0	85.7	85.8	86.3	86.4	86.4	86.0	86.7	86.4	87.1	85.5	86.1	0.376
Some college	82.1	81.9	82.5	83.0	85.0	84.4	84.9	85.8	86.0	86.6	87.1	88.2	87.7	0.000
Bachelor's degree	81.7	83.3	82.1	84.0	85.4	85.9	84.8	84.6	86.8	87.7	87.7	88.5	86.3	0.015
Graduate degree	88.0	87.1	87.3	86.7	87.1	85.2	85.6	84.8	86.8	86.9	88.1	87.2	86.0	0.957
Region														
Northeast	85.7	86.0	85.9	87.6	86.6	87.6	88.1	88.2	88.9	89.3	89.1	90.9	88.8	0.019
Midwest	87.0	86.5	86.7	86.5	88.5	87.6	87.5	87.0	87.9	88.5	88.1	86.7	87.8	0.551
South	85.1	85.1	85.5	85.9	86.5	86.2	86.0	86.7	87.3	87.7	89.1	88.8	87.9	0.003
West	78.0	80.0	80.3	80.8	81.3	80.7	81.3	81.1	82.4	82.4	83.0	81.6	81.1	0.170
Assistance with activities														
No assistance	89.6	89.8	89.4	90.3	91.7	91.5	91.3	91.4	91.4	92.2	92.7	91.7	91.8	0.002
Assistance with HH activities only	70.3	70.9	69.0	67.8	68.8	68.9	66.5	64.9	72.1	67.2	68.4	71.4	67.3	0.715
Any assistance with SCM activities	75.7	77.1	78.9	79.3	77.3	75.7	78.1	78.5	77.5	77.8	78.7	78.9	77.9	0.487
Dementia														
No dementia	85.6	85.9	86.0	86.3	87.4	86.9	87.0	87.2	88.0	88.5	89.0	87.8	--	0.001
Probable dementia	74.0	74.5	75.3	77.3	73.8	75.3	74.9	74.1	73.6	73.3	71.5	79.1	--	0.972

Table 9a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	90.5	91.0	90.7	91.2	91.4	90.6	90.7	91.3	92.1	91.9	92.4	92.5	92.1	0.038
Divorced/separated	76.3	75.0	79.9	80.0	83.7	83.7	84.3	84.4	84.3	81.8	82.9	81.0	79.4	0.293
Widowed	78.5	79.2	79.1	79.9	79.5	80.0	79.7	79.1	79.9	82.5	82.2	80.3	79.9	0.157
Never married	75.1	77.4	72.9	72.5	76.0	72.9	74.6	75.6	77.0	76.8	78.5	83.3	81.0	0.157
Number of children														
Zero	80.4	80.2	77.5	77.3	77.7	79.0	79.6	82.8	84.4	83.0	83.8	85.4	84.1	0.019
One	83.5	87.6	88.1	88.3	86.0	83.6	83.9	81.6	82.7	84.4	85.4	89.5	86.5	0.805
Two or more	84.7	84.6	85.0	85.7	86.7	86.6	86.6	86.8	87.5	87.9	88.2	86.9	86.8	0.002
Living arrangement														
Alone	69.3	70.5	68.3	71.9	73.5	72.9	72.7	71.8	74.2	75.3	75.5	72.8	71.6	0.024
With spouse only	90.1	90.1	93.5	90.7	90.0	89.4	89.5	90.1	90.9	91.0	91.5	91.4	91.2	0.472
With spouse and others	97.7	96.6	97.8	97.6	98.8	98.4	98.4	97.9	99.5	98.5	98.8	99.1	98.9	0.078
With others only	95.3	93.3	93.8	94.3	95.3	95.1	95.7	96.5	95.0	95.0	95.3	97.4	96.2	0.037
Metropolitan area														
Non-metropolitan	89.3	88.3	89.0	90.3	92.3	92.3	92.5	92.6	92.8	92.3	94.0	92.4	92.0	0.011
Metropolitan	83.1	83.7	83.9	84.3	84.5	84.2	84.2	84.4	85.4	86.0	86.2	86.1	85.4	0.003
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 9b: Trends in living in retirement communities or senior housing

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	7.9	7.8	7.9	7.8	6.9	7.2	7.2	7.5	7.4	7.5	7.0	7.0	7.1	0.201
Age														
72-74	8.5	6.5	7.2	7.2	5.3	5.8	6.7	7.5	7.0	6.7	3.9	3.1	5.9	0.012
75-79	6.8	8.2	9.3	9.1	7.2	7.3	7.5	7.5	7.3	7.5	7.6	7.5	6.0	0.229
80-84	8.1	8.4	6.8	7.2	8.2	8.6	8.6	8.1	8.3	8.7	7.7	10.1	9.5	0.180
85-89	7.6	6.8	7.9	7.8	7.2	7.4	6.6	8.0	8.5	8.1	10.8	10.1	9.4	0.071
90+	10.6	10.3	8.4	6.7	7.4	7.0	5.7	5.3	5.1	6.6	8.1	6.4	5.5	0.040
Sex														
Men	6.8	6.7	7.0	7.0	6.3	6.8	6.6	6.8	6.6	6.7	5.5	5.8	5.6	0.140
Women	8.6	8.6	8.6	8.4	7.4	7.5	7.7	8.0	8.0	8.2	8.2	8.0	8.2	0.687
Race														
White, non-Hispanic	7.9	7.7	7.7	7.8	7.0	7.1	7.3	7.5	7.3	7.5	6.8	6.6	6.7	0.126
Black, non-Hispanic	6.3	6.4	6.8	6.5	6.5	7.6	7.7	7.5	8.4	8.3	8.4	7.5	9.0	0.062
Hispanic	7.7	7.2	7.6	6.5	5.7	5.8	5.5	7.3	7.6	7.9	7.2	9.0	7.4	0.576
Other	11.8	16.1	16.4	15.1	9.5	10.0	8.2	9.2	6.7	6.3	7.5	11.5	9.8	0.139
Education														
0-12 years, no diploma	7.6	7.5	7.9	7.5	7.7	7.5	7.5	8.2	7.5	6.9	7.0	8.3	9.4	0.661
High school graduate	8.0	8.1	8.1	8.0	6.4	6.8	7.2	6.9	7.3	7.8	7.0	7.7	7.1	0.610
Some college	9.0	9.6	9.5	9.6	7.7	7.9	7.8	8.1	8.1	8.5	7.8	7.1	7.2	0.101
Bachelor's degree	6.6	5.9	7.0	6.2	5.7	6.3	6.5	7.0	6.9	6.5	6.1	4.8	5.6	0.557
Graduate degree	6.9	5.8	5.4	6.2	6.6	6.8	6.8	7.4	6.5	6.9	6.5	7.2	6.6	0.657
Region														
Northeast	6.5	6.9	6.6	5.8	5.6	5.0	4.2	5.1	4.4	4.5	4.7	4.1	5.3	0.069
Midwest	4.7	5.0	5.0	5.2	4.6	5.1	5.1	5.7	5.9	5.8	5.5	4.8	4.0	0.975
South	7.1	7.3	8.0	8.1	7.5	7.6	7.9	7.8	7.9	8.3	6.9	6.2	6.7	0.402
West	14.2	12.7	12.3	12.2	9.6	10.4	10.8	11.0	10.6	10.5	10.7	12.8	11.9	0.510
Assistance with activities														
No assistance	8.2	7.9	8.5	7.6	6.9	6.8	7.2	7.2	7.0	6.7	5.9	6.6	6.9	0.023
Assistance with HH activities only	7.9	8.7	8.3	10.4	8.2	9.0	9.3	12.4	9.3	12.0	11.4	8.7	8.1	0.347
Any assistance with SCM activities	7.1	7.2	6.1	7.1	6.3	7.3	6.2	6.2	7.9	8.7	8.9	7.6	7.1	0.233
Dementia														
No dementia	8.0	8.1	8.0	8.2	7.3	7.5	7.5	7.6	7.5	7.7	7.0	7.1	--	0.157
Probable dementia	6.7	5.7	7.2	5.3	4.2	4.5	4.7	7.2	6.9	6.4	7.4	6.1	--	0.649

Table 9b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	5.6	5.5	5.6	5.5	5.3	6.0	5.8	5.9	5.4	5.7	4.9	5.0	4.9	0.368
Divorced/separated	15.7	17.3	13.3	12.7	9.5	9.8	10.8	11.3	11.5	13.8	12.9	13.1	12.6	0.632
Widowed	9.0	8.6	9.5	9.6	8.4	7.7	7.7	8.5	8.9	7.8	8.2	8.3	8.5	0.444
Never married	6.2	5.2	7.6	7.0	7.2	10.1	11.2	8.5	8.2	7.7	4.8	4.6	6.3	0.669
Number of children														
Zero	6.3	7.4	9.1	7.9	8.3	8.3	8.6	6.7	6.5	7.9	6.3	7.3	6.6	0.607
One	8.0	6.4	5.4	5.1	6.9	8.0	9.6	11.6	11.2	9.8	9.4	6.7	8.2	0.163
Two or more	8.1	8.1	8.2	8.2	6.8	6.9	6.7	7.1	6.9	7.2	6.7	7.0	6.9	0.064
Living arrangement														
Alone	12.6	12.9	11.8	12.1	10.5	10.3	11.1	12.1	12.0	11.7	11.7	12.7	12.5	0.832
With spouse only	6.3	6.0	6.5	6.2	6.4	7.0	6.7	6.8	6.3	6.4	5.6	5.7	5.6	0.436
With spouse and others	1.8	3.1	2.2	2.4	1.2	1.6	1.6	2.1	0.5	1.5	1.2	0.9	1.1	0.121
With others only	4.6	4.4	5.8	5.4	3.8	4.2	3.7	3.1	4.2	5.0	4.3	2.3	3.6	0.144
Metropolitan area														
Non-metropolitan	4.3	5.7	5.2	4.7	3.4	3.8	3.4	3.3	4.0	4.3	3.7	4.2	3.8	0.360
Metropolitan	8.7	8.3	8.5	8.5	7.7	7.9	8.1	8.4	8.1	8.2	7.7	7.6	7.7	0.272
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 9c: Trends in living in residential care settings other than nursing home

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	7.9	7.6	7.3	6.9	7.2	7.2	7.0	6.6	5.9	5.4	5.5	5.9	6.4	0.000
Age														
72-74	2.5	2.7	3.0	2.3	2.3	2.5	1.9	1.3	1.1	1.2	1.8	2.7	2.2	0.365
75-79	4.0	3.1	3.2	3.1	3.0	3.5	2.9	2.6	2.6	2.1	2.0	2.2	3.4	0.141
80-84	7.4	6.9	7.6	6.5	8.0	6.5	7.1	7.9	6.3	4.9	5.4	5.4	5.5	0.036
85-89	16.0	15.2	12.5	13.1	13.8	16.3	15.8	13.5	14.5	14.1	13.3	14.6	15.9	0.964
90+	27.9	28.2	26.0	25.3	25.9	24.2	26.2	26.6	23.8	23.0	22.9	25.9	27.9	0.522
Sex														
Men	5.2	5.0	5.3	4.2	5.1	5.1	5.6	4.9	4.4	4.4	4.1	4.0	4.9	0.243
Women	9.9	9.5	8.8	8.8	8.7	8.9	8.2	8.0	7.1	6.2	6.5	7.3	7.6	0.001
Race														
White, non-Hispanic	8.8	8.4	8.2	7.7	7.9	7.7	7.8	7.3	6.4	5.7	5.7	6.4	7.3	0.000
Black, non-Hispanic	4.9	4.5	3.9	3.0	4.4	5.2	4.2	4.1	4.8	3.8	4.2	3.1	3.6	0.480
Hispanic	3.0	4.2	2.1	1.7	2.2	4.2	2.3	1.4	1.4	2.5	3.0	3.3	2.4	0.838
Other	4.3	3.1	5.1	5.7	7.5	7.9	5.7	6.7	6.0	7.1	6.6	6.4	4.3	0.751
Education														
0-12 years, no diploma	6.3	6.3	5.9	5.2	6.4	6.2	5.8	4.1	4.8	4.6	4.6	6.4	5.4	0.348
High school graduate	7.9	6.8	6.2	6.3	7.2	6.9	6.4	7.1	6.0	5.8	6.0	6.7	6.7	0.474
Some college	8.9	8.5	8.0	7.3	7.3	7.8	7.3	6.1	5.8	4.9	5.0	4.7	5.1	0.000
Bachelor's degree	11.8	10.9	10.9	9.9	8.9	7.8	8.8	8.4	6.2	5.7	6.1	6.7	8.1	0.012
Graduate degree	5.0	7.1	7.3	7.1	6.3	8.0	7.6	7.8	6.7	6.1	5.4	5.6	7.5	0.722
Region														
Northeast	7.8	7.1	7.5	6.6	7.8	7.5	7.6	6.6	6.7	6.2	6.2	5.0	6.0	0.147
Midwest	8.3	8.5	8.3	8.3	6.9	7.3	7.4	7.3	6.2	5.6	6.5	8.5	8.2	0.450
South	7.9	7.5	6.5	6.0	5.9	6.2	6.1	5.5	4.8	4.0	4.0	4.9	5.4	0.001
West	7.8	7.3	7.4	7.0	9.1	8.9	7.9	7.9	7.0	7.1	6.3	5.7	7.0	0.194
Assistance with activities														
No assistance	2.3	2.4	2.1	2.1	1.4	1.7	1.4	1.4	1.6	1.2	1.4	1.7	1.3	0.020
Assistance with HH activities only	21.8	20.4	22.7	21.8	23.0	22.1	24.3	22.6	18.5	20.7	20.2	19.8	24.6	0.871
Any assistance with SCM activities	17.1	15.7	15.0	13.6	16.4	17.0	15.7	15.3	14.7	13.6	12.4	13.5	15.0	0.104
Dementia														
No dementia	6.4	6.0	6.0	5.5	5.3	5.6	5.4	5.2	4.5	3.8	4.0	5.1	--	0.001
Probable dementia	19.3	19.8	17.5	17.5	21.9	20.2	20.3	18.7	19.5	20.3	21.1	14.8	--	0.804

Table 9c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	3.8	3.6	3.7	3.3	3.3	3.4	3.5	2.8	2.5	2.4	2.7	2.5	2.9	0.030
Divorced/separated	8.0	7.7	6.8	7.3	6.8	6.5	4.9	4.3	4.2	4.4	4.2	5.9	7.9	0.299
Widowed	12.5	12.2	11.4	10.6	12.1	12.3	12.6	12.4	11.2	9.7	9.6	11.4	11.5	0.266
Never married	18.8	17.4	19.5	20.5	16.8	17.0	14.2	16.0	14.9	15.5	16.7	12.0	12.6	0.196
Number of children														
Zero	13.3	12.4	13.4	14.8	14.0	12.7	11.7	10.6	9.0	9.2	9.9	7.3	9.4	0.014
One	8.5	6.0	6.5	6.6	7.1	8.4	6.5	6.8	6.1	5.8	5.2	3.8	5.2	0.060
Two or more	7.2	7.3	6.8	6.1	6.5	6.5	6.6	6.2	5.6	5.0	5.0	6.0	6.3	0.015
Living arrangement														
Alone	18.1	16.6	19.9	16.0	16.0	16.8	16.2	16.0	13.8	13.0	12.8	14.5	15.9	0.003
With spouse only	--	--	--	--	--	--	--	--	--	--	--	--	--	--
With spouse and others	--	--	--	--	--	--	--	--	--	--	--	--	--	--
With others only	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Metropolitan area														
Non-metropolitan	6.4	6.0	5.8	5.0	4.3	3.8	4.1	4.1	3.2	3.4	2.3	3.4	4.2	0.009
Metropolitan	8.3	8.0	7.6	7.3	7.8	8.0	7.7	7.2	6.5	5.8	6.1	6.4	6.9	0.003
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 9a_2: Trends in living in traditional community settings

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	80.5	80.6	81.4	81.9	82.7	82.6	82.9	83.3	84.0	84.8	85.8	85.0	84.6	0.000
Age														
72-74	87.4	88.7	88.7	89.5	91.2	90.7	90.6	91.1	90.9	91.1	93.7	92.8	91.1	0.003
75-79	87.3	87.0	86.0	86.2	88.5	87.8	88.5	88.5	88.7	88.8	89.8	89.3	89.6	0.017
80-84	81.3	81.0	83.1	83.3	80.6	82.0	81.3	81.3	82.4	84.4	85.4	82.7	82.9	0.184
85-89	70.5	71.9	73.9	74.0	74.2	71.6	72.9	74.0	72.8	74.1	73.4	72.1	71.9	0.856
90+	51.5	52.1	55.2	57.4	57.5	59.6	59.7	60.5	63.1	64.1	61.9	60.0	60.7	0.001
Sex														
Men	85.8	85.5	85.9	86.4	86.8	86.4	86.4	87.2	87.3	87.6	89.2	88.4	88.1	0.006
Women	76.9	77.3	78.2	78.7	79.8	79.8	80.3	80.5	81.6	82.7	83.2	82.3	82.0	0.000
Race														
White, non-Hispanic	79.7	80.1	80.8	81.1	82.0	82.2	82.1	82.7	83.7	84.6	85.7	85.0	84.1	0.000
Black, non-Hispanic	83.0	82.9	84.5	85.5	84.9	82.5	83.1	83.9	82.9	84.8	85.1	86.2	85.2	0.282
Hispanic	86.5	86.1	88.1	91.0	90.6	88.6	90.8	90.3	88.6	86.6	88.9	85.6	88.9	0.892
Other	81.2	77.2	75.7	77.0	80.0	80.4	85.2	82.9	85.3	85.5	84.8	80.7	84.6	0.128
Region														
Northeast	82.0	82.0	82.0	83.5	83.1	83.3	84.1	84.6	84.8	86.0	86.5	88.2	85.8	0.004
Midwest	82.3	82.1	82.0	81.8	84.0	83.7	84.2	83.7	84.5	85.5	86.4	83.7	85.5	0.033
South	80.9	80.6	82.1	82.6	83.6	83.3	83.3	84.3	84.7	85.5	87.2	86.5	86.4	0.000
West	76.1	77.6	78.7	79.3	79.7	79.4	79.8	80.1	81.5	81.8	82.3	80.8	79.9	0.046
Metropolitan area														
Non-metropolitan	84.2	83.0	84.2	84.8	87.6	88.5	89.3	89.6	89.2	89.7	91.1	89.4	89.3	0.000
Metropolitan	79.7	80.1	80.8	81.3	81.7	81.3	81.5	82.0	82.9	83.8	84.7	84.1	83.7	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 9b_2: Trends in living in retirement communities or senior housing
(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	7.5	7.4	7.6	7.5	6.7	6.9	7.0	7.3	7.2	7.3	6.9	6.8	6.9	0.334
Age														
72-74	8.4	6.4	7.1	7.1	5.3	5.7	6.7	7.5	6.9	6.6	3.9	3.0	5.9	0.013
75-79	6.6	8.1	9.1	9.0	7.1	7.2	7.4	7.4	7.2	7.4	7.6	7.4	5.9	0.253
80-84	7.8	8.0	6.6	6.9	7.8	8.3	8.2	7.8	8.0	8.5	7.6	9.9	9.3	0.143
85-89	7.1	6.2	7.3	7.3	6.7	7.0	6.2	7.5	8.1	7.7	10.4	9.7	9.0	0.043
90+	8.9	8.7	7.1	5.7	6.4	6.1	5.0	4.7	4.5	6.0	7.3	5.7	5.0	0.091
Sex														
Men	6.6	6.5	6.9	6.8	6.1	6.6	6.5	6.8	6.4	6.6	5.5	5.7	5.5	0.166
Women	8.2	8.1	8.2	8.0	7.1	7.1	7.3	7.7	7.7	7.9	8.0	7.7	8.0	0.943
Race														
White, non-Hispanic	7.5	7.3	7.4	7.4	6.7	6.8	7.0	7.3	7.1	7.3	6.7	6.4	6.5	0.207
Black, non-Hispanic	5.9	6.0	6.5	6.1	6.2	7.2	7.3	7.1	8.0	8.0	8.2	7.3	8.8	0.037
Hispanic	7.5	7.0	7.4	6.4	5.6	5.7	5.5	7.2	7.4	7.6	7.2	8.8	7.3	0.563
Other	11.4	15.4	15.8	14.7	9.1	9.8	8.1	9.1	6.5	6.2	7.4	11.4	9.7	0.156
Region														
Northeast	6.3	6.6	6.2	5.5	5.4	4.7	4.0	4.9	4.2	4.3	4.6	4.0	5.1	0.081
Midwest	4.4	4.7	4.8	4.9	4.3	4.8	4.9	5.5	5.7	5.6	5.4	4.6	3.9	0.845
South	6.7	7.0	7.7	7.7	7.3	7.4	7.6	7.5	7.6	8.1	6.7	6.1	6.6	0.538
West	13.9	12.4	12.1	12.0	9.4	10.2	10.6	10.9	10.5	10.4	10.6	12.6	11.7	0.586
Metropolitan area														
Non-metropolitan	4.0	5.3	4.9	4.4	3.3	3.7	3.3	3.2	3.8	4.2	3.6	4.0	3.7	0.433
Metropolitan	8.3	7.9	8.2	8.2	7.4	7.6	7.8	8.2	7.9	8.0	7.6	7.4	7.6	0.409
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 9c_2: Trends in living in residential care settings other than nursing home

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	7.6	7.3	7.0	6.6	6.9	7.0	6.8	6.4	5.7	5.3	5.3	5.7	6.3	0.001
Age														
72-74	2.5	2.6	3.0	2.2	2.3	2.5	1.9	1.3	1.0	1.2	1.8	2.7	2.2	0.375
75-79	3.9	3.1	3.1	3.1	3.0	3.4	2.8	2.5	2.6	2.1	1.9	2.1	3.4	0.151
80-84	7.2	6.6	7.3	6.3	7.7	6.3	6.9	7.6	6.0	4.8	5.3	5.3	5.3	0.048
85-89	14.7	14.0	11.6	12.2	13.0	15.3	14.8	12.7	13.7	13.4	12.8	14.0	15.3	0.732
90+	23.4	23.9	21.9	21.4	22.3	21.0	23.0	23.6	21.1	20.9	20.6	23.0	25.5	0.948
Sex														
Men	5.0	4.9	5.2	4.1	5.0	5.0	5.5	4.8	4.3	4.3	4.0	3.9	4.8	0.275
Women	9.3	8.9	8.3	8.4	8.3	8.4	7.8	7.6	6.8	6.0	6.4	7.1	7.4	0.003
Race														
White, non-Hispanic	8.4	8.0	7.9	7.4	7.6	7.4	7.5	7.1	6.2	5.6	5.6	6.2	7.1	0.001
Black, non-Hispanic	4.6	4.2	3.7	2.8	4.2	4.9	3.9	3.8	4.6	3.7	4.1	3.0	3.5	0.579
Hispanic	2.9	4.0	2.0	1.7	2.2	4.2	2.3	1.3	1.4	2.4	3.0	3.2	2.4	0.846
Other	4.2	3.0	4.9	5.5	7.2	7.7	5.7	6.6	5.9	7.0	6.5	6.3	4.2	0.712
Region														
Northeast	7.4	6.8	7.2	6.3	7.5	7.1	7.3	6.3	6.4	6.0	6.0	4.8	5.8	0.170
Midwest	7.9	8.1	7.8	7.8	6.5	7.0	7.1	7.1	6.0	5.4	6.3	8.2	8.0	0.567
South	7.5	7.1	6.3	5.8	5.7	5.9	5.9	5.4	4.7	3.9	3.9	4.8	5.3	0.002
West	7.6	7.1	7.3	6.9	8.9	8.7	7.8	7.8	6.9	7.0	6.3	5.6	6.9	0.229
Metropolitan area														
Non-metropolitan	6.0	5.6	5.5	4.7	4.1	3.7	4.0	4.0	3.1	3.3	2.3	3.3	4.1	0.013
Metropolitan	7.9	7.6	7.4	7.0	7.5	7.7	7.4	7.0	6.3	5.7	6.0	6.2	6.8	0.007
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 9d_2: Trends in living in nursing home settings

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	4.4	4.6	4.0	4.0	3.6	3.5	3.3	2.9	3.1	2.6	1.9	2.5	2.2	0.000
Age														
72-74	1.7	2.3	1.2	1.2	1.3	1.1	0.8	0.1	1.2	1.0	0.6	1.4	0.9	0.134
75-79	2.2	1.9	1.7	1.7	1.4	1.6	1.3	1.6	1.5	1.7	0.7	1.2	1.1	0.022
80-84	3.8	4.3	3.0	3.5	3.9	3.5	3.5	3.2	3.5	2.3	1.7	2.0	2.5	0.003
85-89	7.7	7.9	7.2	6.5	6.0	6.2	6.2	5.9	5.4	4.8	3.4	4.2	3.8	0.000
90+	16.2	15.3	15.8	15.5	13.7	13.3	12.4	11.2	11.3	9.0	10.2	11.2	8.8	0.000
Sex														
Men	2.5	3.1	2.1	2.6	2.1	2.0	1.5	1.3	2.0	1.5	1.3	2.0	1.6	0.002
Women	5.7	5.7	5.3	4.9	4.8	4.7	4.6	4.2	3.9	3.4	2.5	2.8	2.6	0.000
Race														
White, non-Hispanic	4.4	4.5	4.0	4.1	3.7	3.6	3.3	2.9	3.0	2.5	2.0	2.4	2.2	0.000
Black, non-Hispanic	6.6	7.0	5.4	5.6	4.7	5.3	5.6	5.1	4.5	3.5	2.5	3.5	2.6	0.000
Hispanic	3.1	2.9	2.4	0.9	1.7	1.5	1.5	1.2	2.7	3.4	1.0	2.3	1.4	0.554
Other	3.2	4.5	3.6	2.8	3.7	2.1	1.0	1.5	2.3	1.3	1.3	1.7	1.5	0.103
Region														
Northeast	4.4	4.6	4.6	4.6	4.1	4.8	4.6	4.1	4.7	3.8	2.9	2.9	3.3	0.041
Midwest	5.4	5.0	5.4	5.4	5.1	4.5	3.8	3.8	3.9	3.4	1.9	3.5	2.7	0.000
South	4.9	5.3	3.9	3.8	3.5	3.3	3.2	2.9	3.0	2.5	2.2	2.6	1.7	0.000
West	2.4	2.9	1.9	1.8	2.0	1.6	1.8	1.2	1.1	0.8	0.8	1.0	1.4	0.001
Metropolitan area														
Non-metropolitan	5.7	6.0	5.4	6.1	5.1	4.1	3.5	3.2	3.9	2.8	3.0	3.3	2.9	0.000
Metropolitan	4.1	4.3	3.7	3.5	3.3	3.4	3.2	2.9	2.9	2.5	1.7	2.3	2.0	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 10a: Trends in living in a one-level house

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	38.3	37.5	38.0	37.6	36.8	36.8	37.3	38.0	37.7	36.8	37.4	36.9	38.1	0.809
Age														
72-74	36.6	36.9	38.8	38.0	38.2	38.4	37.2	39.0	37.7	37.4	38.9	36.5	39.3	0.777
75-79	41.3	39.3	37.9	37.5	37.3	37.1	37.9	38.9	39.0	37.6	38.2	36.4	37.7	0.386
80-84	38.6	40.1	41.3	39.5	35.6	35.9	38.3	38.0	37.0	36.5	36.4	40.2	39.0	0.587
85-89	37.3	34.5	35.8	36.3	36.1	35.3	36.7	36.3	36.7	35.5	35.5	36.5	38.7	0.663
90+	31.4	30.4	30.1	33.1	34.0	34.9	33.5	34.2	35.7	34.5	32.8	32.1	32.1	0.546
Sex														
Men	36.6	35.8	36.2	35.4	35.6	36.1	36.1	37.8	38.2	35.8	36.8	36.2	37.0	0.599
Women	39.5	38.8	39.3	39.1	37.6	37.3	38.2	38.3	37.3	37.7	37.8	37.5	39.0	0.462
Race														
White, non-Hispanic	36.5	35.7	36.1	35.2	34.8	34.7	34.9	36.3	36.1	34.8	35.9	35.2	36.1	0.969
Black, non-Hispanic	44.1	44.9	43.6	42.6	41.3	43.4	42.8	42.3	42.2	42.1	39.6	39.7	41.4	0.109
Hispanic	55.6	53.8	56.4	61.4	54.9	53.0	55.5	53.5	51.3	52.9	50.9	54.9	56.7	0.594
Other	34.9	32.8	34.5	36.4	37.6	39.3	43.2	38.7	38.5	40.6	38.2	32.7	33.5	0.997
Education														
0-12 years, no diploma	43.8	43.6	45.2	46.3	44.1	43.8	46.3	45.3	45.6	45.2	47.3	47.1	47.3	0.240
High school graduate	37.5	36.9	38.1	38.3	36.5	38.7	40.3	41.9	39.6	39.9	40.5	37.9	39.5	0.239
Some college	38.9	38.3	38.2	38.4	38.1	37.3	37.1	40.6	41.5	39.0	39.3	39.4	40.5	0.355
Bachelor's degree	33.1	31.8	31.8	28.3	30.5	29.9	28.7	27.9	28.3	28.1	29.5	32.7	33.1	0.893
Graduate degree	30.6	29.7	29.4	29.2	28.4	28.2	29.1	27.8	28.6	29.3	29.0	28.9	31.6	0.767
Region														
Northeast	8.0	6.9	7.9	7.1	6.2	5.4	5.4	4.3	4.5	5.0	6.6	8.6	8.5	0.945
Midwest	21.8	21.9	21.0	19.5	19.9	18.4	19.0	19.6	18.4	17.5	17.2	20.7	18.0	0.113
South	57.5	55.6	56.6	56.9	54.3	54.3	54.3	55.0	55.2	54.6	55.1	51.4	54.0	0.085
West	52.8	53.8	53.2	52.4	51.5	52.8	52.5	53.8	53.6	50.6	52.3	51.7	53.3	0.805
Assistance with activities														
No assistance	38.3	38.1	38.4	38.0	36.9	37.3	36.8	37.9	36.1	36.0	36.9	36.7	37.9	0.351
Assistance with HH activities only	35.3	34.2	34.0	30.9	34.9	32.9	31.6	32.0	36.4	35.4	30.7	32.1	34.2	0.707
Any assistance with SCM activities	39.9	37.7	38.9	39.7	37.4	36.8	41.7	41.7	43.6	40.5	42.2	40.4	40.5	0.128
Dementia														
No dementia	38.0	37.0	37.1	37.0	36.3	36.1	36.1	37.3	36.9	36.5	37.4	36.8	--	0.805
Probable dementia	40.6	41.7	44.6	42.2	40.6	42.5	46.8	44.6	45.7	39.8	37.4	38.7	--	0.511

Table 10a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	38.9	38.6	37.8	36.3	35.8	36.0	37.0	37.4	37.1	35.6	37.2	35.9	37.2	0.411
Divorced/separated	32.5	32.5	35.0	36.9	38.2	37.9	38.4	39.3	38.3	38.9	37.1	41.5	41.7	0.029
Widowed	39.9	38.4	39.9	40.5	38.3	37.9	37.5	39.1	39.1	38.8	39.0	37.0	39.2	0.575
Never married	30.8	27.4	30.1	26.6	30.5	32.2	34.0	32.5	30.0	28.3	25.1	34.8	31.6	0.731
Number of children														
Zero	36.0	33.5	34.4	33.8	35.9	34.4	32.1	35.4	36.3	34.1	35.2	39.0	38.1	0.345
One	39.4	42.1	41.6	40.8	39.1	40.6	45.1	44.6	41.4	39.6	40.2	43.7	42.8	0.565
Two or more	38.4	37.3	37.9	37.5	36.5	36.4	36.6	37.4	37.3	36.7	37.1	35.4	37.3	0.372
Living arrangement														
Alone	35.8	33.8	35.8	37.6	36.0	36.0	34.7	35.7	36.0	36.4	35.7	36.3	36.2	0.724
With spouse only	39.9	39.2	37.8	35.4	35.3	35.1	36.8	36.7	37.4	36.4	38.9	36.7	37.1	0.685
With spouse and others	35.4	34.6	38.9	40.2	38.7	39.2	39.6	42.7	34.9	32.3	29.9	30.8	36.7	0.145
With others only	41.3	42.2	42.8	41.4	41.0	41.2	42.4	43.5	43.2	41.0	40.7	42.7	46.0	0.462
Residential setting														
Traditional community setting	40.1	39.6	39.6	39.4	38.5	38.3	38.6	39.7	39.2	38.1	38.5	38.1	39.5	0.432
Retirement community/senior housing	36.2	35.1	36.3	34.0	35.6	38.6	38.7	37.3	34.8	36.8	38.2	39.9	41.4	0.274
Residential care other than nursing home	21.6	17.0	21.3	19.0	16.6	16.7	19.3	16.7	18.8	17.4	17.6	15.6	17.0	0.335
Metropolitan area														
Non-metropolitan	41.8	40.8	40.7	39.8	41.1	40.9	40.0	42.2	41.9	38.0	41.3	43.4	41.7	0.739
Metropolitan	37.5	36.8	37.4	37.1	35.8	35.9	36.7	37.1	36.8	36.6	36.5	35.6	37.4	0.701
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 10b: Trends in living in an accessible multi-level house

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	33.4	33.2	32.9	34.3	35.2	34.2	33.9	33.8	34.6	35.8	35.3	35.2	34.7	0.087
Age														
72-74	35.1	33.5	33.7	34.7	35.6	33.0	35.8	33.8	36.3	38.3	38.5	37.8	37.9	0.044
75-79	33.6	34.3	33.8	35.0	37.7	36.9	35.5	35.0	35.7	35.4	34.8	37.5	35.4	0.437
80-84	34.6	34.0	31.6	34.8	36.1	36.4	33.1	35.1	34.7	36.4	36.0	32.1	35.2	0.705
85-89	30.4	33.1	33.7	34.1	31.6	30.6	32.3	33.6	31.9	34.6	32.6	29.8	27.9	0.390
90+	28.3	25.8	29.9	29.1	27.7	27.8	26.0	25.1	27.6	27.8	28.0	29.6	27.5	0.991
Sex														
Men	37.5	37.1	36.4	38.8	39.8	37.5	37.1	36.6	37.0	37.3	37.1	38.2	37.4	0.921
Women	30.4	30.5	30.4	31.0	31.8	31.7	31.5	31.6	32.8	34.6	33.9	32.8	32.6	0.026
Race														
White, non-Hispanic	35.7	35.7	35.4	36.8	37.6	36.8	36.1	35.9	36.7	38.1	37.4	37.1	37.5	0.189
Black, non-Hispanic	26.4	26.8	29.1	29.9	28.3	26.0	27.3	27.3	28.9	30.5	31.3	31.9	27.3	0.195
Hispanic	17.4	14.4	14.9	15.1	18.1	17.4	19.2	15.3	17.8	16.3	16.3	17.7	17.3	0.648
Other	23.2	24.1	19.5	19.8	29.4	25.1	27.5	35.5	31.4	34.2	36.7	34.4	29.7	0.022
Education														
0-12 years, no diploma	26.4	25.3	23.7	25.3	27.0	26.6	25.0	22.5	23.2	25.4	24.7	25.1	23.6	0.461
High school graduate	35.7	37.3	37.2	38.6	38.6	36.5	35.0	34.1	35.9	36.4	34.6	35.1	33.1	0.123
Some college	33.7	32.3	33.3	33.8	35.5	36.0	36.4	35.5	33.4	36.7	36.5	37.2	36.5	0.096
Bachelor's degree	37.7	38.3	38.5	39.8	36.8	36.5	35.2	36.7	39.8	38.6	37.3	36.3	38.0	0.853
Graduate degree	38.9	36.7	34.3	35.0	38.6	34.5	36.7	39.1	40.7	39.4	40.7	38.1	37.8	0.332
Region														
Northeast	50.2	50.8	49.3	52.2	50.0	50.6	50.5	53.1	52.0	53.3	50.7	50.3	49.4	0.920
Midwest	52.9	50.9	53.8	55.1	56.1	54.7	53.7	52.5	53.9	56.0	55.5	52.4	55.3	0.546
South	18.7	19.3	18.4	18.8	21.6	20.8	21.0	21.8	22.5	23.6	22.7	26.6	23.6	0.000
West	20.5	20.2	19.3	21.2	23.5	22.0	22.2	20.2	22.2	22.9	24.0	20.6	22.7	0.315
Assistance with activities														
No assistance	36.4	35.6	35.7	36.4	38.3	36.5	37.2	36.6	38.5	39.1	38.1	37.8	37.6	0.099
Assistance with HH activities only	27.2	28.1	25.6	28.5	27.4	26.2	26.1	25.1	23.8	24.2	28.1	27.0	25.8	0.553
Any assistance with SCM activities	27.8	29.1	28.4	30.9	30.1	31.0	27.7	28.8	26.7	29.2	29.1	30.1	29.1	0.981
Dementia														
No dementia	34.4	34.7	34.2	35.1	36.5	35.2	35.4	34.9	36.0	36.9	36.3	35.2	--	0.231
Probable dementia	25.8	22.6	23.5	27.9	25.1	25.9	21.3	23.4	21.3	25.2	24.2	35.1	--	0.272

Table 10b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	39.3	38.9	38.7	40.5	41.5	39.8	39.6	40.8	40.8	42.2	41.4	41.5	41.2	0.129
Divorced/separated	23.8	20.2	21.1	21.0	22.5	21.5	21.9	19.4	20.6	21.3	23.6	23.3	23.2	0.581
Widowed	28.3	29.1	28.8	29.7	31.3	31.1	30.3	29.5	31.0	32.3	30.8	30.1	28.9	0.433
Never married	28.2	33.2	31.0	36.3	25.7	24.6	25.8	22.7	29.8	30.5	30.2	24.8	26.5	0.456
Number of children														
Zero	30.6	29.9	27.7	28.9	28.5	28.2	31.8	32.7	32.2	32.0	30.0	30.8	31.1	0.543
One	30.4	29.9	31.5	31.5	32.0	29.9	28.6	27.9	29.8	31.7	31.4	32.5	31.0	0.749
Two or more	34.1	34.1	33.7	35.2	36.4	35.5	34.9	34.7	35.5	36.8	36.5	36.3	35.9	0.084
Living arrangement														
Alone	23.5	24.7	23.9	23.8	25.6	24.5	25.0	23.6	24.8	26.1	24.1	22.6	22.7	0.633
With spouse only	38.6	37.6	40.0	40.7	41.2	40.1	40.3	41.2	40.2	40.8	39.0	40.1	41.4	0.427
With spouse and others	45.9	47.7	42.0	42.6	43.1	41.3	38.5	38.9	43.9	48.8	51.7	50.1	43.3	0.275
With others only	35.4	32.6	31.7	36.6	36.4	35.6	33.5	32.9	35.5	35.8	39.2	38.2	35.1	0.193
Residential setting														
Traditional community setting	38.6	38.3	37.9	39.0	40.1	39.0	38.7	38.5	39.2	40.3	39.7	40.0	39.4	0.258
Retirement community/senior housing	5.0	5.4	5.5	6.4	6.3	6.4	6.4	7.5	7.8	7.5	6.4	3.8	3.9	0.779
Residential care other than nursing home	6.2	5.3	5.1	7.9	4.3	4.8	4.0	1.9	1.2	2.5	1.7	1.9	5.6	0.034
Metropolitan area														
Non-metropolitan	36.9	36.6	35.5	38.9	40.2	39.1	39.5	37.1	39.2	41.8	41.9	40.2	39.9	0.115
Metropolitan	32.6	32.5	32.4	33.3	34.1	33.2	32.7	33.0	33.6	34.5	33.9	34.2	33.7	0.226
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 10c: Trends in living in a limited access multi-level house

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	8.0	8.2	8.3	8.4	8.0	8.6	9.1	8.4	8.7	8.3	8.6	10.0	9.7	0.044
Age														
72-74	9.1	11.0	10.0	11.8	10.1	12.6	12.5	11.3	11.1	8.6	9.8	13.4	10.9	0.678
75-79	9.4	8.7	8.6	9.7	8.5	8.4	9.2	9.3	9.2	10.5	10.2	10.6	11.7	0.051
80-84	6.5	6.5	7.8	5.4	7.2	7.6	7.9	6.3	7.3	6.6	7.3	7.3	7.5	0.488
85-89	7.0	7.3	7.7	6.4	6.2	6.1	6.6	6.4	6.9	6.1	4.7	7.0	7.2	0.581
90+	6.0	5.1	5.0	5.3	4.4	4.1	5.0	4.3	4.1	5.4	7.0	4.8	5.0	0.892
Sex														
Men	8.4	8.4	8.5	9.0	7.6	8.9	9.8	9.0	8.8	10.0	10.2	11.3	11.3	0.007
Women	7.8	8.1	8.2	8.0	8.3	8.4	8.6	8.0	8.7	6.9	7.4	8.9	8.4	0.891
Race														
White, non-Hispanic	8.3	8.5	8.6	9.0	8.5	9.0	9.7	9.0	9.0	9.0	9.2	10.9	10.1	0.036
Black, non-Hispanic	9.6	8.4	8.6	7.9	8.0	7.5	7.2	8.2	7.3	6.5	6.0	6.7	7.5	0.064
Hispanic	2.5	5.4	5.0	2.6	2.4	4.1	4.1	4.2	5.7	3.8	5.9	4.2	4.8	0.315
Other	8.3	6.5	6.9	6.0	8.1	11.8	9.1	4.7	11.0	5.7	6.6	8.8	15.1	0.251
Education														
0-12 years, no diploma	6.1	4.6	4.7	3.6	3.7	4.0	3.8	4.9	5.6	3.1	2.9	3.3	4.0	0.087
High school graduate	8.1	7.1	7.0	6.3	5.7	5.7	6.8	5.6	6.1	5.0	6.2	8.1	8.2	0.991
Some college	7.4	8.9	8.7	8.3	8.2	8.5	8.6	7.5	8.5	7.8	7.5	7.7	8.0	0.619
Bachelor's degree	9.7	12.4	10.9	13.6	13.0	14.1	15.7	14.3	13.4	15.3	15.3	12.9	12.9	0.304
Graduate degree	13.0	13.4	15.3	16.0	15.2	16.7	14.7	13.5	12.2	11.9	12.2	17.5	14.6	0.972
Region														
Northeast	16.8	17.0	17.3	16.3	16.3	16.5	18.0	15.7	19.1	16.7	17.7	22.4	20.8	0.065
Midwest	9.2	9.6	8.2	8.4	8.1	9.6	10.3	10.3	9.9	8.4	8.8	9.1	9.5	0.803
South	4.8	5.3	5.8	6.3	5.6	6.3	6.4	5.9	5.6	5.6	6.0	5.4	6.7	0.537
West	3.8	3.0	4.3	4.9	4.6	4.9	5.6	5.2	4.6	5.9	5.6	8.2	6.0	0.008
Assistance with activities														
No assistance	9.5	10.1	9.3	10.4	9.6	10.6	10.8	10.5	10.4	9.6	10.3	12.1	11.5	0.064
Assistance with HH activities only	5.8	5.4	6.0	4.7	5.7	4.8	5.9	3.2	6.1	5.8	4.3	5.7	6.5	0.902
Any assistance with SCM activities	5.0	4.3	6.5	4.3	4.5	4.8	5.5	4.3	4.5	4.6	4.9	4.6	5.1	0.795
Dementia														
No dementia	8.4	8.6	8.7	9.1	8.4	9.2	9.7	8.9	9.3	8.8	9.0	10.6	--	0.145
Probable dementia	5.5	4.9	5.2	3.1	4.8	3.9	4.5	3.8	3.1	3.4	5.0	3.3	--	0.228

Table 10c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	9.3	9.5	10.1	10.5	10.1	10.8	11.6	10.5	11.1	11.2	11.4	12.6	12.3	0.013
Divorced/separated	7.6	8.0	6.0	8.9	6.8	7.7	7.4	7.8	8.9	7.1	6.5	7.4	6.1	0.616
Widowed	6.2	6.4	6.7	5.6	5.6	6.1	6.6	5.7	5.3	4.6	5.2	6.6	6.5	0.612
Never married	10.9	8.1	6.5	5.2	4.9	5.6	3.4	5.4	3.7	3.2	4.7	6.0	9.0	0.627
Number of children														
Zero	6.5	5.5	3.2	4.5	4.6	7.5	8.2	6.6	7.4	7.1	7.4	7.8	9.8	0.034
One	7.3	7.3	5.8	8.5	8.2	7.5	7.7	7.5	8.1	8.7	7.3	9.7	10.2	0.156
Two or more	8.3	8.6	9.2	8.8	8.3	8.9	9.4	8.7	8.9	8.3	9.0	10.3	9.5	0.238
Living arrangement														
Alone	5.7	6.2	5.4	6.7	4.9	5.8	5.9	5.7	6.2	5.1	4.9	6.6	6.9	0.700
With spouse only	9.2	10.2	10.4	11.1	10.3	11.1	11.1	10.9	10.8	11.2	11.5	12.9	12.2	0.053
With spouse and others	10.8	7.4	11.1	9.5	10.0	10.2	13.9	9.8	13.7	11.7	11.7	11.7	12.8	0.188
With others only	8.9	7.8	8.4	5.1	7.7	7.4	8.1	6.8	6.0	5.6	6.7	7.3	6.4	0.158
Residential setting														
Traditional community setting	9.4	9.5	9.6	9.7	9.2	10.0	10.6	9.8	9.9	9.4	9.8	11.4	11.2	0.065
Retirement community/senior housing	1.4	1.4	2.5	1.4	0.8	0.8	0.9	0.3	0.8	0.2	0.2	0.1	0.0	0.026
Residential care other than nursing home	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Metropolitan area														
Non-metropolitan	6.3	5.6	5.9	5.4	5.4	5.3	5.4	4.9	4.3	4.1	4.3	5.8	5.5	0.447
Metropolitan	8.4	8.8	8.8	9.0	8.5	9.4	9.9	9.2	9.7	9.2	9.5	10.8	10.5	0.020
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

NR = Not reported

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 10d: Trends in living in a mobile home
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	4.4	4.9	5.0	4.5	4.1	4.5	4.7	4.7	4.4	4.5	3.8	3.3	3.2	0.006
Age														
72-74	5.7	5.3	4.8	3.3	4.8	5.3	6.0	6.3	4.4	4.1	3.4	2.9	3.5	0.030
75-79	4.4	6.0	6.3	5.8	4.2	5.3	5.2	5.4	5.7	6.4	5.4	3.5	3.0	0.100
80-84	3.9	4.2	4.7	5.1	3.8	3.8	4.3	3.8	3.9	3.7	3.2	4.4	3.6	0.408
85-89	3.7	3.8	3.5	3.6	3.8	3.1	2.4	3.2	3.5	3.2	2.5	2.1	2.2	0.092
90+	3.1	3.6	3.7	3.5	3.4	3.1	3.3	1.9	1.8	2.1	1.8	2.9	3.7	0.301
Sex														
Men	4.8	5.3	5.2	4.2	4.1	4.6	4.5	4.4	4.2	4.4	3.7	3.4	3.4	0.047
Women	4.1	4.6	4.8	4.8	4.2	4.5	4.9	5.0	4.5	4.6	3.9	3.2	3.0	0.054
Race														
White, non-Hispanic	4.9	5.5	5.6	4.9	4.5	4.8	5.0	5.0	4.7	4.7	3.9	3.5	3.3	0.001
Black, non-Hispanic	1.4	1.5	1.9	1.9	1.8	2.0	1.6	1.5	1.6	1.8	2.6	1.1	1.9	0.852
Hispanic	2.8	3.0	2.7	3.6	4.0	3.7	4.7	5.6	4.9	5.5	3.8	3.9	3.2	0.507
Other	1.3	1.5	2.1	3.7	3.0	4.4	5.3	4.2	3.7	4.0	3.5	3.3	4.6	0.374
Education														
0-12 years, no diploma	6.5	7.7	7.9	7.7	6.5	6.7	7.1	8.5	7.9	9.3	6.6	7.0	6.9	0.869
High school graduate	4.6	5.1	5.0	4.5	4.9	5.8	6.4	6.3	6.6	6.4	5.8	5.6	4.8	0.359
Some college	4.2	4.8	5.2	5.1	4.0	4.7	4.7	4.5	4.2	4.4	4.0	3.0	2.8	0.056
Bachelor's degree	2.1	2.3	2.9	2.6	1.9	1.8	1.8	1.9	1.2	1.7	1.5	1.0	2.0	0.315
Graduate degree	1.3	1.0	0.6	0.3	0.9	0.9	1.6	1.0	0.6	0.5	0.6	0.6	0.8	0.565
Region														
Northeast	1.7	1.6	1.4	1.5	1.6	2.3	2.8	2.2	1.6	1.6	2.0	1.0	0.7	0.484
Midwest	1.4	2.0	2.1	2.2	3.0	3.3	3.3	3.2	3.4	2.9	2.4	0.9	1.1	0.544
South	5.9	6.5	6.8	5.6	5.1	5.5	5.5	5.3	5.0	5.3	4.4	4.9	4.3	0.046
West	7.9	8.6	8.4	8.0	6.0	6.0	6.4	7.3	6.8	7.2	5.7	4.8	5.2	0.018
Assistance with activities														
No assistance	4.7	5.3	5.1	4.2	4.2	4.7	5.0	5.1	4.7	4.4	4.0	3.1	3.2	0.008
Assistance with HH activities only	3.3	2.4	4.5	5.4	3.1	4.2	3.3	3.6	3.2	3.4	3.2	3.2	2.8	0.443
Any assistance with SCM activities	4.2	5.1	4.8	5.1	4.6	4.1	4.7	4.2	3.8	5.5	3.3	4.2	3.3	0.211
Dementia														
No dementia	4.5	5.0	5.1	4.6	4.3	4.7	4.9	5.0	4.4	4.2	3.7	3.4	--	0.041
Probable dementia	3.7	4.3	4.2	4.0	2.8	2.8	3.1	2.2	4.0	7.2	4.7	2.3	--	0.826

Table 10d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	3.7	4.3	4.5	3.9	3.8	4.1	3.4	3.5	3.1	3.5	2.7	2.9	2.4	0.006
Divorced/separated	7.8	7.7	7.0	5.7	6.0	7.3	8.6	9.3	8.9	9.4	8.9	4.9	4.8	0.687
Widowed	4.6	5.2	5.4	5.3	4.2	4.5	5.6	5.2	4.9	4.4	3.7	3.6	4.3	0.175
Never married	2.4	1.7	0.6	0.6	1.8	1.8	2.0	2.2	0.9	0.8	0.8	1.2	1.0	0.502
Number of children														
Zero	3.4	4.5	4.8	4.7	4.0	4.5	3.9	3.9	3.6	3.8	3.4	2.4	1.6	0.137
One	4.3	4.4	4.7	3.1	2.5	3.1	3.4	3.7	3.5	2.8	3.9	2.8	3.0	0.392
Two or more	4.5	5.0	5.0	4.7	4.4	4.7	5.0	5.0	4.6	4.8	3.8	3.5	3.4	0.027
Living arrangement														
Alone	4.5	5.2	4.5	3.8	3.9	4.1	5.9	5.5	5.6	5.0	5.4	3.9	4.2	0.822
With spouse only	3.9	4.2	4.6	4.0	3.9	4.1	3.6	3.8	3.3	3.8	2.8	2.7	2.5	0.013
With spouse and others	3.3	4.8	4.8	4.1	3.7	3.7	2.5	2.4	2.1	2.3	3.3	3.9	2.2	0.286
With others only	6.0	6.0	6.9	7.7	5.6	6.9	6.4	6.8	5.7	6.5	3.7	3.4	3.8	0.012
Residential setting														
Traditional community setting	3.8	4.3	4.4	3.7	3.6	4.3	4.3	4.1	3.7	3.7	3.2	2.9	2.7	0.006
Retirement community/senior housing	14.8	15.1	15.3	17.0	14.3	11.9	15.0	15.7	16.0	17.2	14.3	9.7	11.3	0.320
Residential care other than nursing home	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Metropolitan area														
Non-metropolitan	7.3	9.1	9.6	8.8	7.2	8.3	8.9	9.5	8.4	9.0	6.1	4.3	4.8	0.023
Metropolitan	3.8	4.0	4.0	3.6	3.5	3.7	3.8	3.7	3.5	3.6	3.3	3.1	2.9	0.078
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

NR = Not reported

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 10e: Trends in living in a multi-unit building

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	15.9	16.1	15.8	15.2	15.9	15.9	15.0	15.0	14.6	14.6	14.9	14.6	14.3	0.043
Age														
72-74	13.4	13.3	12.6	12.2	11.2	10.6	8.5	9.6	10.5	11.6	9.3	9.4	8.5	0.007
75-79	11.3	11.8	13.3	12.0	12.3	12.4	12.3	11.4	10.4	10.0	11.3	11.9	12.3	0.606
80-84	16.4	15.3	14.6	15.2	17.3	16.4	16.4	16.9	17.1	16.9	17.1	15.9	14.7	0.818
85-89	21.5	21.4	19.5	19.6	22.3	25.0	22.0	20.5	21.0	20.6	24.6	24.6	24.1	0.188
90+	31.2	35.2	31.3	29.0	30.5	30.1	32.2	34.4	30.8	30.1	30.4	30.5	31.8	0.773
Sex														
Men	12.7	13.4	13.7	12.6	12.9	12.9	12.6	12.2	11.8	12.5	12.2	10.8	10.8	0.048
Women	18.2	18.1	17.2	17.1	18.2	18.1	16.8	17.2	16.7	16.2	17.0	17.6	17.0	0.376
Race														
White, non-Hispanic	14.5	14.6	14.3	14.1	14.8	14.7	14.2	13.8	13.6	13.5	13.6	13.3	13.0	0.092
Black, non-Hispanic	18.4	18.5	16.8	17.6	20.5	21.0	21.1	20.7	19.9	19.1	20.4	20.7	22.0	0.112
Hispanic	21.7	23.4	21.0	17.3	20.7	21.8	16.4	21.3	20.3	21.5	23.0	19.3	18.1	0.656
Other	32.4	35.1	37.1	34.2	21.8	19.4	14.8	16.9	15.3	15.5	15.0	20.9	17.0	0.001
Education														
0-12 years, no diploma	17.2	18.8	18.5	17.1	18.6	18.8	17.9	18.8	17.6	17.1	18.6	17.5	18.2	0.964
High school graduate	14.1	13.6	12.6	12.2	14.2	13.3	11.5	12.1	11.7	12.3	12.8	13.3	14.4	0.847
Some college	15.8	15.7	14.6	14.4	14.2	13.6	13.1	11.9	12.5	12.0	12.7	12.6	12.3	0.030
Bachelor's degree	17.4	15.2	15.9	15.8	17.9	17.8	18.6	19.3	17.3	16.3	16.3	17.1	14.0	0.653
Graduate degree	16.2	19.1	20.4	19.6	16.9	19.8	17.9	18.5	17.8	18.8	17.5	14.9	15.2	0.160
Region														
Northeast	23.3	23.7	24.1	22.9	25.8	25.3	23.3	24.7	22.9	23.4	23.0	17.7	20.5	0.093
Midwest	14.6	15.6	14.9	14.8	12.9	14.0	13.7	14.4	14.4	15.1	16.1	16.9	16.0	0.332
South	13.1	13.3	12.4	12.4	13.4	13.2	12.7	12.0	11.8	10.9	11.7	11.7	11.4	0.112
West	15.0	14.5	14.7	13.5	14.4	14.3	13.4	13.5	12.9	13.3	12.3	14.7	12.7	0.343
Assistance with activities														
No assistance	11.2	10.9	11.4	11.0	11.1	10.9	10.2	9.9	10.4	10.9	10.6	10.4	9.7	0.205
Assistance with HH activities only	28.4	29.9	29.9	30.6	28.9	31.9	33.1	36.1	30.5	31.1	33.7	32.0	30.7	0.271
Any assistance with SCM activities	23.1	23.7	21.4	20.0	23.4	23.3	20.4	21.0	21.5	20.2	20.6	20.7	22.0	0.286
Dementia														
No dementia	14.8	14.8	14.9	14.2	14.5	14.8	13.8	13.8	13.4	13.5	13.6	14.1	--	0.174
Probable dementia	24.4	26.5	22.5	22.8	26.7	24.8	24.3	26.0	25.9	24.5	28.8	20.7	--	0.948

Table 10e (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	8.8	8.6	8.8	8.7	8.8	9.3	8.3	7.8	7.8	7.6	7.4	7.1	6.9	0.013
Divorced/separated	28.4	31.6	31.0	27.6	26.5	25.6	23.7	24.2	23.4	23.3	23.9	22.9	24.3	0.022
Widowed	21.0	20.9	19.1	18.9	20.6	20.3	20.0	20.4	19.7	19.8	21.2	22.7	21.1	0.445
Never married	27.7	29.5	31.7	31.2	37.0	35.8	34.8	37.3	35.6	37.3	39.2	33.2	31.8	0.448
Number of children														
Zero	23.5	26.6	29.9	28.1	27.1	25.4	23.9	21.4	20.5	23.0	24.0	20.0	19.4	0.027
One	18.5	16.3	16.4	16.1	18.2	18.9	15.1	16.3	17.2	17.2	17.2	11.1	13.0	0.064
Two or more	14.6	15.0	14.2	13.8	14.4	14.5	14.0	14.2	13.7	13.4	13.6	14.5	13.8	0.401
Living arrangement														
Alone	30.5	30.1	30.4	28.1	29.5	29.6	28.4	29.5	27.4	27.4	29.9	30.6	30.0	0.809
With spouse only	8.4	8.7	7.1	8.9	9.3	9.6	8.2	7.4	8.2	7.8	7.8	7.6	6.9	0.149
With spouse and others	4.6	5.5	3.1	3.6	4.4	5.6	5.4	6.2	5.5	4.9	3.4	3.5	5.0	0.916
With others only	8.4	11.4	10.2	9.3	9.2	8.8	9.6	10.0	9.5	11.0	9.7	8.5	8.7	0.722
Residential setting														
Traditional community setting	8.2	8.3	8.5	8.2	8.5	8.4	7.9	7.8	8.0	8.5	8.8	7.6	7.3	0.418
Retirement community/senior housing	42.6	43.0	40.3	41.2	43.0	42.3	38.9	39.2	40.5	38.4	40.9	46.6	43.4	0.837
Residential care other than nursing home	71.1	76.0	72.9	72.9	78.6	78.4	76.7	81.4	79.4	78.7	79.4	81.0	75.9	0.097
Metropolitan area														
Non-metropolitan	7.6	8.0	8.3	7.1	6.1	6.4	6.1	6.3	6.2	7.1	6.4	6.2	8.0	0.592
Metropolitan	17.7	17.9	17.3	16.9	18.0	17.9	16.9	17.0	16.4	16.2	16.7	16.3	15.6	0.039
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 11: Trends in any environmental modifications in the home

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	72.8	74.1	75.6	76.9	76.3	79.3	79.5	80.1	79.9	81.7	80.6	79.4	81.3	0.000
Age														
72-74	60.7	64.2	65.2	65.7	67.5	71.8	71.9	72.1	72.6	76.1	72.2	72.4	73.9	0.000
75-79	69.4	69.7	71.3	73.9	72.1	75.2	75.1	76.3	77.3	79.3	80.7	77.6	79.4	0.000
80-84	76.2	77.8	81.8	81.8	80.3	84.1	85.5	85.4	83.8	84.4	81.9	82.2	84.8	0.000
85-89	84.4	84.0	83.5	87.1	86.7	87.7	88.2	89.0	89.2	89.5	90.9	89.9	90.4	0.000
90+	91.9	90.4	90.6	90.2	92.1	93.7	92.5	93.5	93.5	93.2	92.5	93.3	95.4	0.018
Sex														
Men	68.8	70.8	70.4	72.1	73.1	76.4	77.6	79.1	78.9	79.7	78.1	75.5	78.8	0.000
Women	75.6	76.5	79.4	80.4	78.7	81.5	80.9	80.9	80.7	83.2	82.7	82.6	83.2	0.000
Race														
White, non-Hispanic	74.2	75.3	76.3	77.4	78.1	80.3	81.0	81.6	81.3	83.0	81.9	80.7	83.1	0.000
Black, non-Hispanic	69.2	71.8	74.0	75.2	71.3	75.8	75.8	76.1	75.4	78.3	77.8	76.6	78.5	0.000
Hispanic	64.4	65.8	68.6	70.6	63.9	75.6	71.8	72.0	69.4	74.5	73.5	71.2	69.6	0.111
Other	64.4	66.5	76.5	81.8	68.5	73.3	69.3	71.1	78.9	74.4	73.8	73.0	75.3	0.320
Education														
0-12 years, no diploma	71.9	72.8	76.4	75.2	74.3	78.7	78.9	78.7	76.9	80.9	79.8	79.2	79.6	0.000
High school graduate	71.6	73.2	76.0	77.8	77.5	80.5	81.4	82.5	82.7	83.4	83.3	84.8	83.5	0.000
Some college	75.4	74.3	76.0	76.7	76.6	81.4	80.1	80.4	78.8	82.5	79.2	78.4	80.8	0.007
Bachelor's degree	73.6	75.7	75.9	79.5	77.6	78.0	78.5	77.5	79.8	79.0	81.2	75.0	78.9	0.304
Graduate degree	71.2	77.6	71.5	75.6	74.7	74.8	76.5	78.9	80.6	80.6	79.6	78.9	82.7	0.002
Region														
Northeast	69.0	71.3	73.4	73.0	71.0	75.1	76.6	75.9	74.9	80.3	79.6	77.0	80.3	0.000
Midwest	73.0	74.6	76.6	79.1	79.1	81.5	81.8	83.6	83.6	84.3	83.5	80.9	84.5	0.000
South	72.6	74.5	75.8	77.4	76.9	79.4	79.5	80.8	80.8	81.4	80.3	80.7	81.0	0.000
West	76.5	75.6	76.2	77.2	76.9	80.6	79.3	78.4	78.8	80.5	79.3	78.0	79.5	0.127
Assistance with activities														
No assistance	65.9	67.0	69.7	70.4	70.2	73.6	73.8	74.2	75.2	77.5	76.1	74.8	76.2	0.000
Assistance with HH activities only	83.1	82.5	83.2	88.1	85.8	87.2	89.8	92.8	90.6	90.8	89.4	89.9	89.4	0.000
Any assistance with SCM activities	87.3	90.0	89.1	91.1	89.5	92.8	92.0	92.9	90.7	92.5	92.3	90.6	94.0	0.000
Dementia														
No dementia	71.3	72.9	74.3	75.7	75.0	78.1	78.3	78.8	78.9	80.8	79.7	78.7	--	0.000
Probable dementia	83.7	83.0	85.4	85.8	86.2	89.3	89.0	91.5	90.5	90.0	91.3	88.4	--	0.000

Table 11 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	70.8	72.2	73.4	75.5	76.1	79.3	80.0	80.4	80.2	81.1	80.4	77.1	79.9	0.000
Divorced/separated	64.8	66.4	69.0	66.5	65.3	70.6	70.2	70.7	72.3	77.3	74.8	75.3	76.1	0.000
Widowed	78.3	79.5	80.9	82.7	80.6	82.7	82.1	82.7	82.4	84.5	83.9	85.2	87.0	0.000
Never married	68.5	67.2	73.8	71.7	72.2	76.2	79.6	84.2	84.1	82.6	79.3	83.5	77.9	0.007
Number of children														
Zero	71.0	73.9	75.1	75.6	76.5	77.7	79.3	79.2	80.6	85.1	82.0	76.6	79.3	0.019
One	71.8	72.9	77.1	74.5	72.2	78.9	77.4	76.6	78.3	82.1	77.4	75.7	82.2	0.008
Two or more	73.2	74.3	75.4	77.4	76.9	79.5	79.8	80.7	80.1	81.3	81.0	80.5	81.4	0.000
Living arrangement														
Alone	76.1	76.0	79.7	80.0	78.4	80.3	79.9	80.8	80.9	83.8	81.6	83.1	84.6	0.000
With spouse only	71.5	72.5	71.8	75.3	77.0	79.1	80.2	79.8	80.5	81.6	81.2	77.0	80.6	0.000
With spouse and others	64.4	70.0	73.6	75.1	72.0	79.5	78.3	82.7	77.6	77.5	78.9	77.5	75.5	0.012
With others only	72.9	76.2	76.3	75.1	72.3	77.7	77.4	78.1	77.8	79.7	78.2	80.1	79.9	0.005
Residential setting														
Traditional community setting	69.1	70.5	71.9	73.6	73.1	76.5	76.6	77.3	77.2	79.2	78.4	76.9	79.0	0.000
Retirement community/senior housing	88.5	90.3	93.5	93.1	93.1	93.5	94.5	95.4	96.5	96.6	95.7	95.8	94.4	0.003
Residential care other than nursing home	96.7	97.9	99.3	99.2	97.7	98.9	99.0	99.3	99.0	99.6	97.8	97.4	97.9	0.921
Metropolitan area														
Non-metropolitan	76.3	78.1	79.8	82.4	79.6	83.9	83.7	84.3	85.3	87.4	86.2	85.9	84.9	0.000
Metropolitan	72.0	73.3	74.7	75.8	75.6	78.3	78.6	79.2	78.8	80.4	79.5	78.1	80.6	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 11a: Trends in mobility-related modifications in the home

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	12.4	12.7	12.9	13.4	12.9	13.1	12.9	12.7	12.6	14.4	13.6	12.9	12.8	0.503
Age														
72-74	9.1	9.6	9.4	10.4	10.1	10.2	10.3	10.8	10.8	11.8	9.1	8.2	9.8	0.906
75-79	10.5	11.0	12.2	12.8	10.5	11.7	9.8	9.9	10.2	12.9	13.6	13.6	11.3	0.216
80-84	13.3	13.4	14.0	13.8	14.6	13.4	14.2	14.0	13.1	14.1	14.2	13.4	15.1	0.596
85-89	16.5	15.4	15.2	14.8	16.3	17.8	17.5	17.8	18.3	19.4	16.9	17.4	16.4	0.236
90+	20.3	20.8	18.9	21.6	20.5	19.1	22.6	19.2	18.7	23.9	24.7	19.6	18.9	0.702
Sex														
Men	11.0	11.9	11.5	11.4	12.0	12.0	12.2	11.8	12.0	12.1	11.8	11.3	11.1	0.921
Women	13.4	13.2	14.0	14.9	13.5	14.0	13.4	13.4	13.0	16.2	15.1	14.1	14.1	0.295
Race														
White, non-Hispanic	11.8	12.2	12.5	13.3	12.7	12.7	13.1	12.7	12.3	13.3	13.3	12.6	12.6	0.498
Black, non-Hispanic	13.9	13.9	11.9	11.3	12.3	11.9	11.8	13.5	14.1	16.4	15.6	14.0	13.9	0.105
Hispanic	15.9	17.1	13.3	12.0	11.4	17.0	10.0	9.5	13.1	23.0	15.6	13.9	13.7	0.744
Other	17.4	12.6	23.6	24.3	20.2	17.7	14.9	16.8	14.2	18.1	12.1	13.8	11.9	0.088
Education														
0-12 years, no diploma	16.2	16.8	18.0	16.7	17.6	17.8	18.0	17.0	17.5	20.3	17.7	15.4	15.4	0.996
High school graduate	11.5	11.0	11.7	13.3	11.5	11.7	11.8	13.8	13.5	14.1	13.8	14.5	15.7	0.005
Some college	10.4	11.6	12.4	13.2	11.6	13.3	12.2	10.3	10.3	13.8	12.9	13.1	12.6	0.361
Bachelor's degree	10.7	10.6	10.0	9.4	11.9	9.6	10.3	10.4	11.1	11.5	13.5	10.9	9.4	0.672
Graduate degree	12.1	12.4	9.9	12.8	12.0	12.5	12.8	12.8	11.8	13.6	11.8	10.7	11.0	0.661
Region														
Northeast	12.5	12.0	11.2	11.9	11.6	12.7	13.0	11.9	12.1	14.2	12.8	13.6	14.4	0.187
Midwest	11.4	11.9	11.5	13.0	11.3	9.9	12.4	12.4	13.1	14.3	13.7	12.1	12.5	0.252
South	13.1	13.6	14.0	13.4	13.8	14.7	13.8	14.3	13.7	16.2	15.0	13.8	14.1	0.333
West	12.3	12.5	14.3	15.3	14.1	14.0	11.7	10.8	10.2	11.4	11.8	11.5	9.6	0.017
Assistance with activities														
No assistance	7.7	8.0	8.7	9.2	8.7	9.7	9.0	9.0	9.3	10.8	10.5	9.6	9.5	0.011
Assistance with HH activities only	18.4	17.3	16.2	19.2	17.5	14.4	15.6	18.6	18.6	19.6	20.7	14.8	20.7	0.422
Any assistance with SCM activities	23.1	23.6	23.9	23.5	22.8	22.6	23.7	21.8	20.7	25.1	21.1	23.5	20.0	0.205
Dementia														
No dementia	11.3	11.5	11.8	12.0	11.5	11.7	11.9	12.3	12.0	13.5	13.2	12.3	--	0.047
Probable dementia	20.4	21.7	21.6	24.8	23.7	24.9	21.3	16.5	18.4	22.8	18.7	19.1	--	0.162

Table 11a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	9.7	11.2	11.1	11.6	11.2	11.3	11.4	11.6	11.0	11.8	10.8	10.4	10.7	0.945
Divorced/separated	14.0	12.6	13.3	14.8	11.6	12.6	11.0	11.4	10.3	16.3	14.9	15.1	14.7	0.310
Widowed	15.5	14.7	15.2	15.8	15.5	16.2	15.4	14.0	15.3	17.3	17.0	16.1	15.6	0.391
Never married	14.8	11.7	15.2	11.2	15.3	11.9	16.2	21.3	19.0	20.2	23.5	15.6	14.4	0.239
Number of children														
Zero	17.6	20.5	19.4	18.8	15.3	13.9	15.3	13.6	14.0	13.1	18.3	10.8	13.3	0.014
One	12.3	11.4	11.5	12.5	12.6	12.0	12.2	10.2	9.1	13.8	8.7	9.7	12.0	0.347
Two or more	11.8	12.0	12.4	13.0	12.7	13.2	12.7	13.0	12.9	14.6	13.9	13.7	12.8	0.045
Living arrangement														
Alone	14.5	13.2	14.7	15.6	14.5	15.8	14.3	14.3	13.7	16.9	15.9	15.4	15.0	0.335
With spouse only	9.4	10.2	10.5	10.4	10.1	9.7	11.0	10.7	10.3	11.2	10.8	9.7	10.9	0.487
With spouse and others	10.4	13.3	12.8	14.7	14.2	14.8	11.3	13.1	12.7	13.9	11.3	13.5	9.7	0.504
With others only	16.7	16.8	14.8	15.4	15.6	15.1	15.4	14.4	15.8	18.0	18.1	16.8	15.2	0.632
Residential setting														
Traditional community setting	10.7	11.5	11.4	12.0	11.2	11.3	11.4	11.5	11.3	13.4	12.7	11.6	11.7	0.153
Retirement community/senior housing	13.0	16.7	17.7	17.9	19.4	18.7	17.2	17.0	17.3	20.2	19.2	19.9	15.6	0.400
Residential care other than nursing home	30.5	21.4	25.1	25.9	26.0	28.6	27.0	23.5	24.3	22.1	21.4	23.4	23.5	0.188
Metropolitan area														
Non-metropolitan	14.3	13.8	15.1	14.8	14.2	14.3	15.5	15.3	16.3	17.8	15.9	18.6	15.0	0.112
Metropolitan	12.0	12.4	12.4	13.1	12.6	12.9	12.3	12.2	11.7	13.7	13.2	11.7	12.3	0.997
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 11b: Trends in bath modifications in the home

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	66.1	67.4	68.4	68.9	68.9	72.1	72.1	72.5	72.4	73.3	72.6	72.2	74.4	0.000
Age														
72-74	53.2	56.3	57.5	55.0	59.1	63.0	63.1	63.0	64.9	64.6	63.1	65.3	65.3	0.000
75-79	61.1	62.0	62.0	65.3	62.9	67.2	67.0	67.8	68.7	70.1	70.3	69.8	72.1	0.000
80-84	70.9	71.9	75.6	73.8	74.6	77.3	78.4	77.8	75.4	77.5	75.8	73.3	78.5	0.019
85-89	79.1	78.4	78.3	82.3	80.5	81.9	83.5	83.9	84.1	84.6	86.3	84.9	85.3	0.000
90+	86.9	87.1	86.4	87.4	88.4	90.6	87.1	90.6	90.0	91.1	88.3	89.3	92.6	0.015
Sex														
Men	62.1	64.3	63.5	63.9	65.6	70.1	69.6	70.6	70.2	71.6	70.0	68.2	70.6	0.000
Women	68.8	69.7	72.0	72.6	71.4	73.6	74.0	74.0	74.1	74.7	74.6	75.3	77.3	0.000
Race														
White, non-Hispanic	67.8	69.0	69.2	69.8	71.1	73.6	73.8	74.5	74.1	75.3	74.4	73.7	76.3	0.000
Black, non-Hispanic	57.3	61.1	62.8	65.0	60.2	65.4	65.0	63.6	65.9	65.7	68.3	65.3	68.2	0.001
Hispanic	59.2	58.3	63.1	63.5	56.9	66.4	64.7	64.8	62.0	61.7	60.6	65.0	63.0	0.449
Other	59.0	62.0	72.3	68.7	60.9	63.0	62.9	63.9	69.0	69.6	64.4	66.3	71.3	0.290
Education														
0-12 years, no diploma	64.1	64.2	67.3	66.1	65.0	70.2	72.1	70.7	69.7	72.3	70.9	69.8	71.4	0.001
High school graduate	65.4	66.6	68.2	69.9	70.9	73.4	74.1	75.2	75.4	76.4	76.0	78.0	77.1	0.000
Some college	68.5	68.7	69.6	69.0	69.4	73.2	72.5	73.9	72.0	72.9	71.0	71.3	73.9	0.047
Bachelor's degree	68.0	69.1	69.4	72.3	70.5	72.9	70.6	69.7	71.4	71.3	73.1	67.9	72.9	0.512
Graduate degree	64.6	72.4	67.6	67.7	67.7	68.8	68.7	69.4	72.0	72.0	71.1	71.7	75.2	0.027
Region														
Northeast	63.2	65.0	66.4	66.4	66.2	69.4	71.9	69.3	68.4	71.4	73.0	70.4	72.4	0.002
Midwest	66.2	67.7	69.4	71.0	70.2	73.9	74.6	76.0	76.0	76.0	74.9	73.8	78.1	0.000
South	65.9	67.3	67.4	68.5	68.5	71.9	70.6	71.8	72.7	73.0	72.5	72.6	73.5	0.000
West	69.1	69.7	70.9	69.7	70.6	72.8	72.0	72.7	71.7	72.9	70.0	71.3	73.9	0.226
Assistance with activities														
No assistance	59.3	59.6	61.8	61.2	61.7	65.2	65.5	65.6	66.7	67.6	66.4	66.4	68.2	0.000
Assistance with HH activities only	74.7	78.7	77.5	81.6	80.1	81.1	85.2	88.0	84.3	87.8	84.5	85.0	85.5	0.000
Any assistance with SCM activities	81.3	83.9	83.3	86.0	84.6	88.2	85.8	86.9	86.0	87.3	88.5	85.9	89.3	0.000
Dementia														
No dementia	64.6	66.1	67.0	67.7	67.4	70.5	70.7	70.8	71.2	72.2	71.3	71.0	--	0.000
Probable dementia	77.3	77.5	79.2	78.6	80.6	84.9	83.1	87.3	84.9	84.2	86.3	84.9	--	0.000

Table 11b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	64.0	65.1	65.5	67.0	68.2	72.2	71.9	72.5	72.2	72.5	72.0	69.6	71.9	0.000
Divorced/separated	57.3	61.2	62.3	59.2	56.0	62.4	61.7	61.7	63.5	66.8	65.4	66.1	69.9	0.001
Widowed	72.0	73.2	74.8	75.2	74.4	75.4	76.1	76.6	76.5	77.2	76.7	79.5	81.6	0.000
Never married	59.6	57.5	63.0	65.8	65.9	69.4	72.2	72.2	73.2	76.8	74.0	73.8	72.2	0.005
Number of children														
Zero	61.7	62.5	66.9	66.9	67.1	70.3	72.2	70.3	72.2	78.3	75.9	70.4	71.8	0.002
One	65.0	66.5	68.7	64.5	63.4	71.0	67.9	67.8	69.3	68.9	68.9	68.5	76.1	0.016
Two or more	66.8	68.1	68.5	69.7	69.9	72.4	72.7	73.4	72.9	73.5	72.8	73.1	74.4	0.000
Living arrangement														
Alone	69.9	70.9	74.3	73.4	71.4	73.1	73.7	73.2	73.4	75.8	74.7	76.5	78.9	0.000
With spouse only	65.0	65.7	63.6	66.9	69.2	72.6	72.1	72.6	72.5	73.4	72.7	69.9	72.8	0.000
With spouse and others	57.0	61.3	65.8	66.7	63.6	69.9	69.6	72.1	69.9	66.6	70.4	68.8	66.1	0.057
With others only	65.0	67.6	67.9	65.7	65.4	70.0	70.0	71.2	71.4	71.4	69.2	71.7	74.6	0.002
Residential setting														
Traditional community setting	61.9	63.1	64.1	65.1	65.1	68.4	68.4	69.0	69.0	70.0	69.6	68.9	71.5	0.000
Retirement community/senior housing	84.6	86.9	89.2	86.7	88.4	90.5	91.4	91.6	94.0	94.1	91.0	92.2	89.4	0.010
Residential care other than nursing home	91.7	95.7	96.0	96.9	94.8	97.2	96.9	96.4	96.2	97.8	96.6	96.8	96.1	0.132
Metropolitan area														
Non-metropolitan	67.4	69.7	72.5	73.2	70.9	73.1	73.7	75.5	76.2	79.0	80.7	76.7	78.9	0.000
Metropolitan	65.8	66.9	67.5	68.0	68.5	71.8	71.7	71.9	71.6	72.1	70.8	71.2	73.4	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 11c: Trends in toilet modifications in the home

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	39.3	41.9	43.6	44.4	46.2	47.8	50.1	51.2	51.4	52.1	52.4	48.7	50.5	0.000
Age														
72-74	27.4	29.6	33.2	35.2	36.5	40.7	41.5	44.5	43.7	42.8	43.7	38.0	43.4	0.000
75-79	35.3	38.9	39.3	39.1	41.6	42.6	45.2	44.6	47.2	49.4	51.0	46.1	46.0	0.000
80-84	39.6	41.1	47.9	47.9	49.1	48.6	52.2	55.4	55.4	56.3	53.4	53.2	54.9	0.000
85-89	53.3	54.2	50.4	54.3	55.2	58.5	61.0	62.6	62.2	62.2	65.7	61.8	61.8	0.000
90+	66.0	68.8	66.7	65.3	72.6	71.5	74.6	71.0	69.7	71.8	67.8	72.2	70.6	0.172
Sex														
Men	34.0	37.0	38.0	37.9	41.6	43.7	46.6	47.5	48.5	48.8	47.2	45.6	46.8	0.000
Women	43.0	45.5	47.7	49.2	49.7	50.9	52.7	54.0	53.5	54.7	56.6	51.1	53.4	0.000
Race														
White, non-Hispanic	39.9	42.7	44.1	45.0	47.1	48.1	51.0	52.5	53.0	53.4	53.3	49.8	52.2	0.000
Black, non-Hispanic	44.6	44.0	48.3	46.1	49.5	49.8	50.8	51.5	51.5	55.0	54.6	52.0	54.3	0.000
Hispanic	32.0	33.9	35.7	34.2	34.8	43.0	42.0	38.6	34.1	37.9	43.1	39.0	37.8	0.103
Other	26.4	34.0	35.7	46.6	40.8	45.8	42.9	47.1	47.7	45.8	46.1	35.9	35.8	0.334
Education														
0-12 years, no diploma	41.5	44.3	46.2	46.1	48.8	51.6	52.0	52.3	50.0	51.6	55.1	52.0	51.1	0.000
High school graduate	39.3	41.0	45.7	45.6	47.2	50.3	52.6	55.1	55.3	58.5	58.3	54.4	55.3	0.000
Some college	39.3	42.7	42.3	44.1	47.1	50.2	52.2	52.9	52.0	53.1	51.9	48.1	50.3	0.000
Bachelor's degree	39.9	40.5	42.2	43.1	43.4	43.6	48.1	48.1	50.1	45.6	48.9	42.7	45.4	0.098
Graduate degree	31.9	39.1	37.4	40.9	40.8	36.4	40.7	42.6	46.2	47.1	45.8	45.9	49.6	0.000
Region														
Northeast	33.0	36.0	38.0	37.8	40.4	40.7	45.3	45.8	45.7	47.8	46.8	42.9	44.9	0.000
Midwest	43.4	45.7	47.3	48.3	51.9	52.2	53.9	56.8	61.0	62.2	62.9	57.9	58.4	0.000
South	40.1	42.9	45.7	46.9	47.5	48.8	51.0	50.9	51.4	51.3	51.8	48.9	51.3	0.000
West	39.3	41.8	41.1	42.1	43.3	47.9	48.2	50.1	46.0	47.1	47.4	44.2	46.3	0.014
Assistance with activities														
No assistance	29.6	31.9	34.8	35.4	37.0	39.1	42.0	43.0	45.5	46.2	46.1	42.4	43.2	0.000
Assistance with HH activities only	51.7	51.4	51.0	58.8	57.5	60.2	61.5	67.6	60.9	62.4	62.5	60.8	59.7	0.000
Any assistance with SCM activities	60.8	65.9	65.9	64.7	68.0	67.9	69.3	69.4	66.4	68.7	69.5	64.7	70.1	0.016
Dementia														
No dementia	36.9	40.0	41.7	42.8	44.1	45.8	48.3	49.4	49.9	50.8	50.7	47.4	--	0.000
Probable dementia	57.2	56.8	58.4	57.3	62.4	64.4	64.6	67.2	65.5	65.1	71.8	63.5	--	0.000

Table 11c (Continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	35.9	38.4	41.2	41.9	44.5	46.7	49.7	50.5	51.4	50.4	50.4	45.1	48.1	0.000
Divorced/separated	31.9	35.7	36.0	35.3	35.3	37.7	38.8	38.0	36.7	42.6	42.3	44.5	43.2	0.000
Widowed	45.8	48.5	49.7	51.6	52.7	53.2	54.9	57.2	57.2	59.3	60.5	57.7	58.6	0.000
Never married	41.8	41.9	39.7	36.9	43.1	44.6	47.0	52.3	53.0	50.7	52.8	46.4	50.5	0.043
Number of children														
Zero	41.6	45.8	48.0	44.8	44.0	44.4	42.3	46.1	50.2	52.7	57.2	42.0	48.8	0.133
One	41.6	41.5	45.2	44.0	44.2	45.7	49.0	52.0	49.9	52.3	51.3	43.5	49.9	0.017
Two or more	38.6	41.6	42.9	44.4	46.8	48.5	51.0	51.6	51.7	52.0	52.1	50.6	50.8	0.000
Living arrangement														
Alone	44.9	45.3	47.5	47.5	49.8	50.9	52.0	54.3	52.9	55.7	56.9	53.7	55.4	0.000
With spouse only	35.1	38.3	39.6	42.5	45.4	46.6	49.3	49.8	51.6	50.6	50.4	44.9	48.9	0.000
With spouse and others	34.7	38.1	39.1	38.1	41.0	45.8	50.2	53.0	49.9	47.7	49.7	44.9	43.0	0.006
With others only	40.0	45.6	46.8	46.0	43.4	45.6	47.8	47.6	48.4	51.2	50.2	51.6	49.3	0.001
Residential setting														
Traditional community setting	34.6	37.2	39.4	40.7	41.8	43.7	46.0	47.0	47.9	48.6	49.0	45.3	47.1	0.000
Retirement community/senior housing	46.3	52.9	52.3	54.0	61.2	62.7	61.3	66.9	65.2	68.5	70.3	63.0	64.2	0.000
Residential care other than nursing home	81.8	83.2	82.7	80.3	84.3	82.4	88.0	87.8	85.0	85.9	84.3	81.5	80.5	0.876
Metropolitan area														
Non-metropolitan	44.9	48.9	51.3	53.8	54.1	55.7	56.9	58.3	58.5	60.0	60.7	56.8	57.9	0.000
Metropolitan	38.1	40.4	42.0	42.5	44.6	46.2	48.6	49.7	49.8	50.5	50.7	47.0	49.0	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 12: Trends in texting or using e-mail

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	29.5	33.0	36.0	40.6	43.1	47.9	51.9	56.3	61.5	65.4	68.3	71.7	73.0	0.000
Age														
72-74	43.1	49.5	53.3	59.1	61.4	66.0	71.1	74.2	78.3	80.9	82.0	84.8	84.6	0.000
75-79	32.3	37.4	41.4	45.2	48.1	54.2	57.8	66.0	70.2	73.5	75.6	78.1	80.6	0.000
80-84	26.0	28.2	29.3	34.0	36.9	42.2	43.6	45.1	51.3	57.9	62.2	66.4	68.2	0.000
85-89	16.7	18.6	20.8	24.9	23.9	26.2	30.9	35.5	39.0	42.5	49.0	49.1	52.7	0.000
90+	10.2	9.8	11.3	14.4	14.3	16.5	19.4	20.6	24.1	28.6	31.1	36.0	34.1	0.000
Sex														
Men	34.4	37.8	38.8	43.8	44.8	49.2	51.7	57.4	61.6	64.9	67.1	72.9	72.7	0.000
Women	26.0	29.6	34.0	38.3	41.8	46.9	52.1	55.4	61.4	65.8	69.3	70.8	73.3	0.000
Race														
White, non-Hispanic	33.3	37.0	40.4	45.7	47.8	52.4	56.3	60.8	66.5	70.5	73.9	76.7	77.8	0.000
Black, non-Hispanic	12.1	14.3	17.8	19.6	22.0	24.8	28.4	32.2	36.3	41.9	44.1	51.5	54.3	0.000
Hispanic	8.8	10.7	11.4	10.0	15.7	19.2	23.6	26.7	33.1	38.2	36.7	39.0	47.3	0.000
Other	18.0	22.4	22.9	25.5	35.0	50.8	57.5	64.0	55.9	56.9	61.7	68.9	70.4	0.000
Education														
0-12 years, no diploma	6.3	7.5	7.6	9.4	10.3	12.1	12.8	18.7	23.0	27.0	30.4	29.7	32.8	0.000
High school graduate	18.6	22.1	25.4	28.6	31.8	36.9	41.6	44.6	48.9	52.1	56.5	58.7	60.8	0.000
Some college	41.5	45.1	47.7	51.9	53.4	57.5	59.2	63.7	69.5	74.4	75.1	78.3	78.7	0.000
Bachelor's degree	54.9	58.9	59.4	62.4	66.6	72.5	74.9	76.7	80.4	81.0	82.1	88.4	86.5	0.000
Graduate degree	63.7	66.0	69.3	74.6	79.4	80.1	83.3	84.7	86.6	87.9	89.4	90.9	91.2	0.000
Region														
Northeast	25.5	30.7	34.6	35.8	39.0	42.6	46.6	52.5	58.3	61.8	63.4	69.5	71.3	0.000
Midwest	28.4	30.7	32.9	38.2	41.4	45.4	49.5	54.0	57.9	64.3	68.4	70.8	71.4	0.000
South	29.3	33.1	36.0	41.3	43.8	49.6	53.6	56.8	61.8	65.1	68.7	70.5	73.1	0.000
West	34.7	37.6	41.0	46.6	47.1	52.2	55.8	60.6	67.2	70.2	71.8	76.5	75.8	0.000
Assistance with activities														
No assistance	38.0	42.6	46.2	50.6	53.3	58.8	62.4	67.0	72.2	75.3	78.0	81.8	82.1	0.000
Assistance with HH activities only	16.4	17.3	15.9	24.9	28.3	29.2	35.5	38.1	41.5	48.9	49.1	55.7	59.5	0.000
Any assistance with SCM activities	11.3	13.7	16.0	18.3	20.3	24.2	27.6	30.6	34.7	37.3	43.8	44.3	49.8	0.000
Dementia														
No dementia	33.0	36.7	39.9	44.7	47.7	52.8	56.9	61.1	66.3	70.4	72.3	76.0	--	0.000
Probable dementia	3.3	5.1	7.0	9.4	7.4	8.2	10.9	13.8	14.3	17.7	23.9	23.4	--	0.000

Table 12 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	36.8	42.0	44.6	49.2	52.6	57.7	61.5	66.9	70.6	74.5	75.8	78.7	80.0	0.000
Divorced/separated	30.8	31.3	39.2	42.2	44.4	49.4	53.0	55.7	61.9	63.7	70.9	72.5	72.4	0.000
Widowed	19.8	21.9	24.1	28.9	29.4	34.0	38.2	41.8	48.2	52.8	56.4	59.3	61.6	0.000
Never married	21.5	25.7	25.1	30.2	36.6	35.2	38.5	40.7	44.6	50.7	47.4	63.1	62.8	0.000
Number of children														
Zero	26.7	32.5	36.6	41.5	40.0	45.1	49.3	53.3	62.3	66.9	67.0	72.8	71.3	0.000
One	22.9	27.2	31.1	32.5	40.5	43.8	49.1	55.7	58.5	64.2	66.4	73.9	71.4	0.000
Two or more	30.8	33.9	36.7	41.7	43.8	48.8	52.6	56.6	61.8	65.4	68.8	71.2	73.6	0.000
Living arrangement														
Alone	26.1	28.8	32.9	36.6	37.5	41.9	46.0	48.7	56.8	59.6	63.3	68.7	69.1	0.000
With spouse only	39.0	45.3	48.0	53.1	56.3	61.2	65.3	70.1	73.2	76.4	78.3	80.3	82.5	0.000
With spouse and others	26.5	27.6	31.1	33.3	37.8	44.9	46.0	54.0	59.3	65.1	63.9	70.7	69.2	0.000
With others only	13.4	15.2	17.3	23.1	24.8	28.9	33.8	38.8	41.4	48.5	53.8	53.1	56.3	0.000
Residential setting														
Traditional community setting	29.9	33.9	36.7	41.2	44.6	49.5	53.3	57.9	63.4	67.2	70.2	73.1	74.4	0.000
Retirement community/senior housing	35.1	34.9	40.3	44.2	46.3	51.1	56.5	61.2	59.6	65.8	66.7	71.0	74.8	0.000
Residential care other than nursing home	19.1	21.1	23.2	29.1	21.6	25.7	30.7	29.1	35.3	36.2	40.7	51.5	52.8	0.000
Metropolitan area														
Non-metropolitan	23.3	26.7	26.9	33.4	36.3	40.7	44.9	48.8	56.2	59.9	65.4	66.2	67.8	0.000
Metropolitan	30.8	34.4	38.0	42.1	44.5	49.5	53.4	57.9	62.6	66.5	69.0	72.8	74.1	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 13: Trends in going online for any purpose

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	30.9	35.3	38.8	42.3	43.9	47.7	50.9	53.3	57.3	60.4	63.1	66.5	68.1	0.000
Age														
72-74	45.3	51.1	56.7	61.1	61.8	65.9	68.0	71.2	73.6	76.1	78.5	79.1	80.4	0.000
75-79	35.5	41.3	44.6	47.3	49.1	53.1	56.1	59.9	64.0	67.0	68.2	72.0	74.9	0.000
80-84	26.4	30.3	33.5	37.0	39.8	43.1	46.1	45.9	50.3	53.2	56.7	61.1	62.6	0.000
85-89	15.7	19.2	20.5	23.8	22.4	26.4	30.5	34.3	37.3	40.6	44.5	46.3	49.7	0.000
90+	9.4	10.7	12.4	14.0	14.9	15.4	17.6	18.4	18.6	23.4	28.1	34.3	29.4	0.000
Sex														
Men	36.6	41.8	44.2	48.1	49.2	51.7	54.9	57.8	60.7	62.8	65.6	71.5	69.2	0.000
Women	26.8	30.6	35.0	38.0	40.0	44.6	47.8	49.9	54.8	58.5	61.0	62.6	67.3	0.000
Race														
White, non-Hispanic	34.5	39.3	43.7	47.4	49.0	53.0	56.2	59.1	63.3	66.7	69.6	72.5	74.2	0.000
Black, non-Hispanic	13.5	15.8	16.9	20.9	20.6	22.4	23.7	26.0	30.3	33.7	35.2	41.0	43.9	0.000
Hispanic	10.8	11.0	11.6	10.4	15.9	16.1	18.6	20.1	26.5	27.3	28.0	32.7	38.5	0.000
Other	21.4	29.7	28.4	31.3	34.6	42.1	50.1	49.3	42.4	44.0	47.9	55.9	57.6	0.000
Education														
0-12 years, no diploma	7.2	8.4	10.3	11.3	10.7	12.5	14.8	17.3	20.7	22.0	23.9	22.1	24.9	0.000
High school graduate	20.1	23.8	28.9	29.2	31.7	35.9	38.8	41.3	42.2	42.4	47.1	50.4	53.0	0.000
Some college	42.9	48.6	49.5	52.6	54.2	56.7	57.9	59.2	65.5	69.6	70.9	73.1	74.1	0.000
Bachelor's degree	56.2	62.5	60.3	65.2	69.6	72.6	73.1	73.5	78.0	79.6	78.7	85.1	83.4	0.000
Graduate degree	66.4	68.8	75.1	78.6	81.2	81.7	82.9	84.1	83.2	86.5	87.7	89.7	89.3	0.000
Region														
Northeast	27.5	34.1	38.0	40.8	40.1	44.2	48.5	52.9	57.2	59.7	65.8	69.2	69.9	0.000
Midwest	28.5	31.4	35.1	38.9	43.1	46.7	49.5	53.8	54.5	58.9	61.2	60.3	65.5	0.000
South	31.1	35.3	39.3	42.1	44.0	48.4	51.3	52.3	56.2	58.8	60.9	65.6	67.2	0.000
West	36.4	40.8	43.2	47.8	48.0	50.5	53.4	55.2	62.4	65.6	66.4	72.0	70.6	0.000
Assistance with activities														
No assistance	40.1	44.8	48.9	52.7	54.5	58.5	61.3	64.0	68.2	70.2	72.3	75.7	76.5	0.000
Assistance with HH activities only	16.1	18.5	18.8	23.8	27.5	29.3	33.8	33.2	34.1	39.1	41.7	48.4	51.7	0.000
Any assistance with SCM activities	11.6	17.0	19.1	19.9	20.8	24.2	27.0	29.0	31.8	34.8	40.9	43.4	48.3	0.000
Dementia														
No dementia	34.5	39.2	42.9	46.3	48.4	52.4	55.6	58.0	61.6	65.0	66.5	70.3	--	0.000
Probable dementia	4.0	5.6	8.0	10.9	8.9	9.8	11.2	13.1	15.2	17.0	24.2	24.6	--	0.000

Table 13 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	38.9	45.5	48.2	52.0	54.5	58.4	62.3	65.0	68.6	71.7	73.0	75.6	76.7	0.000
Divorced/separated	32.1	32.4	37.7	42.9	42.7	43.0	47.2	47.1	52.3	53.3	59.5	61.4	62.9	0.000
Widowed	20.3	23.1	27.4	29.5	30.0	34.2	36.3	39.4	42.8	47.1	50.1	53.2	55.6	0.000
Never married	22.4	25.6	24.9	29.1	33.6	39.3	34.8	37.3	42.9	41.0	37.9	55.4	59.4	0.000
Number of children														
Zero	28.1	33.3	36.8	41.0	37.1	47.4	50.2	52.9	57.6	61.2	59.2	70.7	69.9	0.000
One	24.4	30.3	32.6	34.6	42.9	44.5	50.5	51.9	56.2	60.8	64.4	65.7	66.0	0.000
Two or more	32.1	36.2	40.0	43.5	44.8	48.2	51.0	53.6	57.5	60.3	63.3	66.1	68.2	0.000
Living arrangement														
Alone	26.4	29.4	34.8	36.4	36.6	40.2	42.7	44.1	49.2	52.0	54.2	59.5	60.9	0.000
With spouse only	40.8	48.0	50.4	56.3	58.3	62.1	66.1	68.6	72.7	74.6	76.3	78.0	80.3	0.000
With spouse and others	31.2	35.2	38.9	37.0	40.8	44.8	47.5	51.9	50.9	58.9	57.5	64.6	61.6	0.000
With others only	14.4	17.1	20.5	23.7	25.3	28.9	31.2	35.2	37.0	41.2	48.1	48.6	52.0	0.000
Residential setting														
Traditional community setting	31.6	36.4	39.7	43.1	45.8	49.5	52.5	55.2	59.2	62.2	64.8	68.3	70.1	0.000
Retirement community/senior housing	35.2	36.0	40.4	44.0	44.0	48.3	52.8	54.6	58.2	59.0	58.5	61.1	63.5	0.000
Residential care other than nursing home	18.3	21.3	27.3	30.1	21.8	25.1	29.4	27.4	29.2	33.0	41.4	46.4	47.1	0.000
Metropolitan area														
Non-metropolitan	23.6	25.7	30.2	34.4	38.1	41.5	42.5	46.0	51.7	53.2	58.0	58.0	64.0	0.000
Metropolitan	32.4	37.3	40.7	43.9	45.2	49.0	52.7	54.9	58.5	61.9	64.1	68.3	68.9	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 13a: Trends in going online for social networking

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	--	--	15.0	17.3	19.6	22.8	26.1	28.5	31.8	35.4	36.4	36.8	38.0	0.000
Age														
72-74	--	--	24.3	26.8	30.1	33.7	38.9	42.8	44.1	45.6	48.8	50.3	52.5	0.000
75-79	--	--	18.2	21.0	22.9	25.4	28.0	31.4	35.6	41.1	40.1	39.6	41.9	0.000
80-84	--	--	11.1	12.4	15.4	19.4	22.2	22.3	26.3	29.2	30.4	29.9	29.6	0.000
85-89	--	--	5.3	9.0	7.5	11.0	13.9	15.6	17.0	20.2	21.2	20.1	21.2	0.000
90+	--	--	4.4	3.5	5.1	6.2	5.7	6.7	7.6	12.8	13.1	12.7	12.3	0.000
Sex														
Men	--	--	15.4	15.1	17.7	21.6	24.8	26.6	29.5	31.6	34.2	34.9	33.5	0.000
Women	--	--	14.8	19.0	21.0	23.6	27.2	29.9	33.5	38.3	38.2	38.2	41.5	0.000
Race														
White, non-Hispanic	--	--	17.4	19.7	21.9	25.3	28.9	31.5	35.4	39.5	40.0	40.0	41.1	0.000
Black, non-Hispanic	--	--	4.5	7.8	8.0	9.9	12.4	13.3	14.2	16.8	18.6	21.7	23.1	0.000
Hispanic	--	--	4.5	3.0	8.7	7.3	8.7	11.5	14.5	15.9	17.7	19.8	23.7	0.000
Other	--	--	5.2	10.6	13.4	21.8	26.8	26.4	21.6	23.3	32.1	31.3	35.6	0.000
Education														
0-12 years, no diploma	--	--	4.0	3.9	3.9	5.5	6.4	10.3	10.5	13.1	15.4	11.6	14.2	0.000
High school graduate	--	--	12.0	14.1	14.7	17.6	21.1	24.6	25.3	25.6	28.6	28.3	28.1	0.000
Some college	--	--	18.1	21.2	24.7	27.9	31.4	32.4	38.3	40.3	41.0	46.2	42.9	0.000
Bachelor's degree	--	--	21.3	23.2	31.7	34.3	36.3	37.9	41.4	46.2	44.4	40.6	47.9	0.000
Graduate degree	--	--	31.5	33.1	34.2	37.3	40.2	38.7	41.9	50.4	48.0	46.4	47.5	0.000
Region														
Northeast	--	--	13.4	13.3	15.6	18.2	23.2	23.6	28.8	30.0	36.0	32.4	34.5	0.000
Midwest	--	--	14.2	16.4	18.9	22.5	26.5	30.7	31.2	35.6	36.6	36.6	38.8	0.000
South	--	--	15.5	18.4	20.6	24.2	26.7	29.4	32.1	35.0	35.4	35.9	39.3	0.000
West	--	--	16.7	20.2	22.1	24.5	27.2	28.4	34.4	40.3	38.0	42.0	37.8	0.000
Assistance with activities														
No assistance	--	--	19.5	21.5	24.0	27.9	31.3	33.8	38.4	41.8	41.7	41.7	43.1	0.000
Assistance with HH activities only	--	--	5.7	11.4	13.1	13.1	18.4	17.7	19.1	20.7	24.6	27.7	26.6	0.000
Any assistance with SCM activities	--	--	6.6	7.6	9.8	12.0	13.9	16.7	15.5	18.8	23.5	23.9	26.3	0.000
Dementia														
No dementia	--	--	16.6	19.1	21.7	25.2	28.9	31.3	34.5	38.3	38.6	39.1	--	0.000
Probable dementia	--	--	3.2	3.6	2.7	3.2	3.4	3.8	4.7	7.2	11.1	9.7	--	0.000

Table 13a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	--	--	18.7	20.3	24.7	28.9	32.3	34.4	37.9	41.6	41.2	41.9	43.1	0.000
Divorced/separated	--	--	16.3	18.5	19.8	19.6	23.5	25.4	29.4	29.2	33.2	33.5	34.6	0.000
Widowed	--	--	10.5	13.5	13.0	15.8	18.7	21.9	24.4	29.6	31.7	30.4	31.6	0.000
Never married	--	--	4.4	8.6	8.7	11.9	14.6	13.9	16.8	19.7	15.2	21.4	26.6	0.000
Number of children														
Zero	--	--	8.6	9.9	11.3	16.4	19.9	23.4	28.9	28.2	27.6	34.8	34.4	0.000
One	--	--	10.4	11.0	18.3	17.9	21.7	23.4	26.2	32.3	33.8	37.0	35.4	0.000
Two or more	--	--	16.4	18.9	20.6	24.1	27.4	29.7	32.9	36.5	37.7	37.0	39.0	0.000
Living arrangement														
Alone	--	--	13.6	15.8	16.1	18.0	21.2	23.7	27.8	30.3	32.0	34.0	33.3	0.000
With spouse only	--	--	19.4	22.1	26.8	31.2	33.9	36.6	39.7	44.2	43.1	43.3	45.0	0.000
With spouse and others	--	--	16.7	14.4	17.2	19.5	26.8	26.1	30.8	30.2	32.0	35.5	36.1	0.000
With others only	--	--	7.2	10.6	10.1	13.4	16.6	19.3	19.8	25.2	29.4	23.8	28.6	0.000
Residential setting														
Traditional community setting	--	--	15.3	17.3	20.2	23.6	27.0	29.6	32.8	36.6	37.5	38.0	39.3	0.000
Retirement community/senior housing	--	--	16.4	20.3	19.8	24.1	26.0	29.5	32.4	34.6	35.1	32.7	33.3	0.000
Residential care other than nursing home	--	--	10.7	14.0	12.0	11.3	15.3	13.0	16.5	17.1	20.3	22.6	25.7	0.000
Metropolitan area														
Non-metropolitan	--	--	9.3	13.3	16.7	18.6	22.5	25.5	29.1	32.4	35.6	33.2	35.8	0.000
Metropolitan	--	--	16.2	18.2	20.2	23.7	26.9	29.1	32.3	36.0	36.5	37.5	38.4	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 13b: Trends in going online for household activities

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	16.1	19.3	22.7	25.0	27.6	31.4	34.7	37.1	42.3	48.6	50.0	52.5	54.9	0.000
Age														
72-74	24.1	29.6	36.1	37.1	41.1	46.9	49.9	50.6	57.8	65.5	67.3	65.8	69.7	0.000
75-79	19.5	23.3	26.3	29.4	31.7	34.4	38.6	43.2	46.6	52.9	53.6	57.1	59.7	0.000
80-84	12.7	14.9	17.4	20.5	22.1	26.6	28.2	30.1	36.1	41.7	42.8	45.9	47.8	0.000
85-89	8.0	10.0	10.8	12.5	13.0	15.4	19.2	22.5	24.5	28.7	31.4	33.4	38.3	0.000
90+	4.0	4.5	5.4	7.7	8.0	8.4	10.2	9.3	11.3	16.3	17.6	22.8	18.5	0.000
Sex														
Men	19.8	24.7	27.3	31.2	32.4	36.5	38.4	41.3	46.2	50.9	53.3	58.2	56.0	0.000
Women	13.5	15.4	19.3	20.5	23.9	27.5	31.9	33.8	39.4	46.7	47.3	48.0	54.1	0.000
Race														
White, non-Hispanic	18.0	21.3	25.6	28.1	31.1	34.7	38.2	41.2	46.9	54.0	55.5	57.7	60.0	0.000
Black, non-Hispanic	6.9	9.4	10.0	12.3	12.8	14.9	17.2	18.4	21.5	25.5	25.2	31.9	36.2	0.000
Hispanic	4.6	7.1	4.9	5.3	7.6	12.3	14.6	13.0	18.0	20.3	20.3	21.8	28.0	0.000
Other	14.3	18.0	16.8	18.0	19.3	27.3	32.4	32.6	31.4	33.1	42.7	41.0	47.6	0.000
Education														
0-12 years, no diploma	3.1	2.7	3.6	4.5	5.4	5.8	7.1	8.0	13.3	15.4	16.1	12.5	13.4	0.000
High school graduate	8.5	11.0	13.3	15.9	17.2	20.2	22.4	24.8	28.4	30.7	33.3	37.1	35.4	0.000
Some college	22.1	26.9	30.8	31.7	32.2	36.9	40.3	41.5	48.4	56.0	55.8	56.7	60.4	0.000
Bachelor's degree	33.3	39.2	41.9	42.2	49.2	51.4	53.1	56.8	60.4	67.1	68.0	70.9	71.9	0.000
Graduate degree	38.7	41.1	45.9	48.6	57.6	61.5	63.7	64.1	65.2	73.8	73.1	75.0	79.4	0.000
Region														
Northeast	13.9	15.6	21.9	22.1	24.4	28.8	31.0	32.0	37.9	45.8	48.3	51.1	53.8	0.000
Midwest	13.4	17.4	18.2	22.8	24.6	28.1	30.7	34.8	37.4	45.4	44.9	44.3	48.4	0.000
South	16.5	19.8	22.9	25.8	28.4	32.5	35.7	38.0	43.2	48.5	50.0	54.0	56.1	0.000
West	20.8	24.2	27.9	29.0	32.0	35.0	40.1	41.8	49.6	54.2	56.6	59.0	59.9	0.000
Assistance with activities														
No assistance	21.0	24.6	29.5	31.7	34.4	38.8	42.4	45.1	51.7	57.5	57.7	60.8	63.1	0.000
Assistance with HH activities only	7.8	9.4	7.8	12.7	16.8	17.4	19.9	19.8	17.7	27.8	29.2	34.1	40.2	0.000
Any assistance with SCM activities	6.3	9.4	9.9	11.1	12.7	15.7	18.4	19.8	22.4	26.0	32.9	32.5	34.8	0.000
Dementia														
No dementia	18.1	21.6	25.2	27.7	30.6	34.6	38.3	40.4	45.7	52.7	53.1	56.0	--	0.000
Probable dementia	1.7	2.2	3.6	4.8	4.2	5.1	5.2	7.9	9.7	9.8	15.8	13.1	--	0.000

Table 13b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	20.5	25.9	29.5	32.6	35.1	39.2	43.1	46.6	51.5	59.0	59.6	60.7	63.7	0.000
Divorced/separated	19.7	20.1	24.5	24.7	27.3	27.8	34.2	32.6	37.4	41.8	46.3	49.3	49.9	0.000
Widowed	9.8	11.0	13.4	15.6	17.5	21.3	23.2	25.8	31.0	36.5	37.1	39.9	42.3	0.000
Never married	9.3	9.1	13.3	12.7	18.8	25.9	22.6	20.8	28.3	30.2	29.4	40.6	43.1	0.000
Number of children														
Zero	12.7	17.4	20.2	21.7	20.8	33.5	33.1	36.0	41.1	46.7	49.1	55.0	53.1	0.000
One	13.9	15.6	17.1	18.7	26.1	26.7	34.3	36.3	42.8	48.5	47.6	52.7	52.8	0.000
Two or more	16.9	20.0	23.7	26.3	28.5	31.9	34.9	37.3	42.4	48.8	50.5	52.1	55.6	0.000
Living arrangement														
Alone	13.2	14.6	18.7	18.8	21.3	25.0	28.3	29.6	35.8	39.8	41.3	45.6	46.4	0.000
With spouse only	21.7	27.3	30.8	36.0	37.3	41.8	46.1	49.8	53.8	61.9	62.0	63.2	67.2	0.000
With spouse and others	15.7	20.0	23.6	20.5	27.6	29.4	31.3	34.3	42.5	45.9	48.3	48.2	49.7	0.000
With others only	8.4	9.2	11.7	14.2	16.7	19.6	21.1	22.5	25.5	33.0	36.0	37.9	40.5	0.000
Residential setting														
Traditional community setting	16.2	19.5	22.8	25.4	28.6	32.6	35.9	38.0	43.5	50.0	51.3	54.1	56.4	0.000
Retirement community/senior housing	21.8	24.0	28.8	29.6	29.4	33.1	37.6	42.5	45.2	51.8	48.5	47.8	53.6	0.000
Residential care other than nursing home	9.6	11.7	14.2	16.0	13.1	15.1	16.9	18.1	21.9	21.2	31.3	34.7	36.4	0.000
Metropolitan area														
Non-metropolitan	10.5	13.1	15.9	19.1	20.6	25.3	26.4	28.3	32.4	38.1	42.0	41.7	46.7	0.000
Metropolitan	17.4	20.6	24.1	26.3	29.0	32.6	36.5	39.0	44.5	50.8	51.7	54.6	56.6	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 13c: Trends in going online for health information

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	12.7	15.7	17.2	20.2	22.4	24.3	27.3	28.0	34.0	39.9	40.9	39.9	39.1	0.000
Age														
72-74	17.9	24.1	24.8	28.0	33.0	35.2	38.6	38.5	44.7	52.3	53.1	51.5	51.2	0.000
75-79	14.2	17.6	19.4	24.7	25.9	27.0	30.3	32.0	39.5	45.3	44.8	42.3	41.8	0.000
80-84	11.7	12.9	15.2	16.7	17.6	21.2	23.8	22.9	27.4	34.1	35.7	32.1	33.2	0.000
85-89	7.2	9.1	10.2	11.3	11.0	11.9	14.4	17.3	19.8	21.7	25.6	30.1	27.2	0.000
90+	3.5	4.0	4.6	4.7	6.9	7.9	8.0	8.3	10.3	14.5	15.1	16.6	14.0	0.000
Sex														
Men	15.5	18.6	20.0	23.8	26.1	28.4	28.9	30.8	36.8	43.3	42.4	44.7	42.4	0.000
Women	10.6	13.5	15.1	17.5	19.5	21.2	26.1	25.9	31.8	37.3	39.6	36.0	36.6	0.000
Race														
White, non-Hispanic	14.2	17.7	19.5	22.9	25.5	27.2	30.2	31.2	38.2	44.4	45.8	43.6	42.6	0.000
Black, non-Hispanic	4.8	5.6	7.2	9.6	9.2	10.3	12.0	13.2	15.7	20.1	22.5	24.0	26.9	0.000
Hispanic	4.8	5.4	5.9	2.4	5.3	7.2	7.9	8.0	11.3	17.3	12.4	18.3	20.9	0.000
Other	7.9	9.2	8.6	13.5	13.9	23.5	31.4	28.4	23.1	28.6	28.7	34.3	33.4	0.000
Education														
0-12 years, no diploma	2.4	2.6	2.9	2.9	3.0	3.6	4.2	5.5	6.3	9.5	7.9	8.4	7.7	0.000
High school graduate	6.4	9.5	10.2	10.4	12.8	13.4	16.0	18.4	21.2	25.1	25.7	24.1	21.9	0.000
Some college	17.4	21.1	20.9	23.0	26.9	28.3	29.8	28.2	36.3	42.4	43.2	40.6	40.7	0.000
Bachelor's degree	25.1	29.4	29.5	33.3	39.5	40.9	43.5	44.2	51.5	57.6	54.7	55.2	56.5	0.000
Graduate degree	32.3	35.3	42.0	51.3	50.9	53.7	56.8	54.5	61.1	67.6	70.9	65.3	60.4	0.000
Region														
Northeast	11.1	13.6	14.5	17.0	19.4	19.6	23.8	23.9	29.6	38.8	37.8	36.7	35.6	0.000
Midwest	11.2	13.7	13.9	19.1	21.3	23.4	25.9	26.5	31.7	35.4	38.3	32.4	34.2	0.000
South	12.6	16.2	18.3	20.8	22.4	24.1	28.2	28.9	34.9	40.2	41.0	42.0	40.5	0.000
West	15.8	18.8	21.5	23.2	26.0	29.7	30.0	31.2	38.2	44.9	45.8	46.1	44.1	0.000
Assistance with activities														
No assistance	16.1	19.5	21.4	24.9	28.3	29.7	33.0	33.7	40.2	46.4	46.8	45.8	44.5	0.000
Assistance with HH activities only	6.8	8.5	7.2	12.9	12.5	14.8	18.0	14.0	18.4	28.0	25.5	26.7	28.3	0.000
Any assistance with SCM activities	5.7	8.4	9.7	9.4	9.7	12.8	14.3	16.6	20.2	22.1	27.4	25.7	26.4	0.000
Dementia														
No dementia	14.1	17.5	19.1	22.5	24.7	26.7	30.0	30.7	36.7	43.0	43.1	42.3	--	0.000
Probable dementia	1.6	1.7	2.6	2.4	4.1	5.3	5.2	4.9	7.3	10.7	15.5	12.2	--	0.000

Table 13c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	16.9	21.0	22.4	26.5	30.6	32.7	35.3	36.7	42.1	49.1	48.1	47.8	47.1	0.000
Divorced/separated	11.4	13.1	18.8	20.8	18.1	21.0	22.9	20.2	30.8	34.6	37.4	37.1	35.3	0.000
Widowed	7.5	10.1	10.5	11.8	12.9	14.4	17.4	18.8	23.4	28.8	31.4	27.9	26.0	0.000
Never married	8.9	4.9	4.9	12.3	10.2	10.4	19.2	16.9	22.5	26.0	24.8	25.0	36.7	0.000
Number of children														
Zero	11.2	11.8	15.1	20.1	16.6	22.7	27.1	29.3	33.2	44.3	42.5	42.6	43.2	0.000
One	9.8	12.9	12.3	16.1	20.6	22.8	27.7	25.3	34.8	38.3	43.1	41.9	39.8	0.000
Two or more	13.3	16.5	18.1	20.7	23.2	24.7	27.3	28.3	33.9	39.7	40.3	39.1	38.4	0.000
Living arrangement														
Alone	9.9	12.5	15.8	15.9	16.4	17.8	20.6	21.5	28.0	33.6	34.6	32.8	30.8	0.000
With spouse only	17.6	22.7	23.2	29.5	33.4	35.2	38.9	39.3	44.4	51.1	50.2	49.6	50.1	0.000
With spouse and others	14.1	13.9	16.8	14.6	20.4	23.0	21.3	26.0	32.2	39.4	38.3	38.7	34.8	0.000
With others only	5.1	6.4	6.4	9.7	8.5	11.5	15.4	14.6	19.7	23.8	29.4	26.3	27.2	0.000
Residential setting														
Traditional community setting	12.7	15.9	17.3	20.0	23.0	25.0	27.8	28.6	34.8	40.8	41.7	40.6	39.9	0.000
Retirement community/senior housing	14.1	17.6	19.5	26.0	26.0	28.6	33.5	34.3	38.3	43.1	43.9	39.1	42.6	0.000
Residential care other than nursing home	10.2	10.8	13.0	15.5	10.9	12.4	15.3	13.4	16.5	21.7	22.6	30.0	24.7	0.000
Metropolitan area														
Non-metropolitan	7.2	11.3	9.8	13.4	17.0	16.6	17.7	17.6	24.4	27.1	28.1	27.8	29.0	0.000
Metropolitan	13.8	16.6	18.7	21.6	23.5	26.0	29.4	30.3	36.0	42.6	43.5	42.3	41.2	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 14a: Trends in participation in any valued activity

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	92.2	93.2	92.6	92.4	91.8	92.4	92.3	92.8	92.7	79.1	90.4	90.9	92.5	0.000
Age														
72-74	95.5	95.4	94.2	96.5	95.1	94.9	95.2	94.2	93.5	83.0	93.1	93.3	94.5	0.000
75-79	93.4	94.0	94.5	92.6	93.2	93.0	92.7	94.2	95.1	81.7	92.0	92.5	93.7	0.003
80-84	92.0	93.9	92.6	92.7	90.9	92.1	90.5	92.8	90.2	76.5	89.4	89.5	91.7	0.000
85-89	88.1	90.5	88.8	89.2	88.7	90.0	90.9	90.1	90.7	73.3	86.7	87.4	89.2	0.005
90+	85.0	85.8	87.9	83.8	83.1	86.4	87.9	87.3	89.0	69.0	81.6	82.7	86.2	0.020
Sex														
Men	91.7	92.6	92.0	91.7	90.9	90.9	91.0	92.0	91.1	79.4	89.6	91.5	92.5	0.001
Women	92.5	93.6	93.1	92.9	92.4	93.5	93.3	93.5	93.9	78.8	91.1	90.5	92.5	0.000
Race														
White, non-Hispanic	93.4	94.2	94.2	94.4	93.1	93.7	93.7	94.3	94.2	82.4	93.0	93.1	94.4	0.000
Black, non-Hispanic	87.8	89.9	88.2	84.6	86.6	89.1	87.1	88.3	88.4	67.6	81.0	84.0	86.3	0.000
Hispanic	84.8	84.5	81.5	79.6	84.1	82.7	83.4	82.7	81.9	61.0	72.1	78.3	80.8	0.001
Other	86.1	92.3	89.1	85.9	86.9	88.1	89.9	90.8	88.7	66.9	89.9	84.4	91.5	0.348
Education														
0-12 years, no diploma	86.0	86.5	84.4	82.0	83.5	83.4	82.3	83.6	80.9	60.7	75.7	76.6	81.7	0.000
High school graduate	92.5	95.0	94.2	93.1	91.2	92.6	91.7	91.8	92.5	79.0	89.4	88.2	89.4	0.000
Some college	94.8	94.7	95.2	95.2	94.3	93.6	94.6	94.8	94.0	80.4	91.1	93.5	94.1	0.000
Bachelor's degree	96.7	96.2	95.5	97.0	95.9	96.8	96.1	96.9	98.2	86.1	96.1	94.9	95.7	0.021
Graduate degree	95.7	96.7	97.0	98.2	97.5	98.1	97.5	97.0	96.4	85.9	96.6	96.6	97.6	0.043
Region														
Northeast	90.6	92.1	91.5	89.2	91.2	91.4	92.1	93.4	95.0	76.9	90.6	91.1	93.0	0.314
Midwest	93.4	95.8	95.7	94.4	93.9	94.2	95.0	95.7	93.0	83.0	94.1	93.1	94.0	0.001
South	92.2	93.1	91.8	92.9	92.3	92.4	91.8	90.9	92.1	77.4	89.0	90.0	91.7	0.000
West	92.2	91.3	91.9	92.2	89.2	91.2	90.5	92.9	91.5	80.0	89.0	90.5	91.9	0.017
Assistance with activities														
No assistance	96.0	96.3	96.7	96.4	95.8	96.0	95.5	96.6	95.7	84.7	95.0	94.2	95.7	0.000
Assistance with HH activities only	90.2	90.7	88.2	87.4	89.0	88.2	89.0	87.6	87.9	73.1	84.4	89.0	89.5	0.006
Any assistance with SCM activities	82.1	85.4	82.8	82.5	81.1	83.5	84.0	83.4	84.6	61.7	77.4	80.4	83.6	0.000
Dementia														
No dementia	94.1	94.8	94.4	94.1	93.7	94.3	93.6	94.9	94.1	81.0	92.1	91.9	--	0.000
Probable dementia	77.8	81.2	79.5	79.4	76.5	76.8	81.9	75.0	78.3	60.7	71.9	79.7	--	0.001

Table 14a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	94.4	94.6	94.4	94.9	94.3	93.9	95.4	95.5	95.4	83.0	94.5	93.6	94.5	0.001
Divorced/separated	89.7	92.4	89.7	91.0	87.4	90.7	87.3	88.0	89.2	74.0	85.1	88.4	90.7	0.004
Widowed	89.9	91.5	91.0	89.6	90.1	90.9	89.9	91.0	90.8	76.2	87.1	88.2	90.1	0.000
Never married	90.9	92.0	93.0	89.7	85.8	89.5	87.0	88.7	82.0	66.0	77.6	82.8	88.4	0.000
Number of children														
Zero	89.1	93.9	91.4	90.8	86.5	89.7	89.6	91.8	85.3	74.1	89.0	88.6	90.5	0.031
One	88.4	90.2	90.2	91.5	87.8	90.4	88.5	90.0	92.9	73.2	86.5	88.8	92.3	0.207
Two or more	93.1	93.5	93.1	92.7	92.9	92.9	93.1	93.3	93.3	80.4	91.2	91.7	92.8	0.000
Living arrangement														
Alone	92.1	93.3	93.4	92.3	91.2	92.2	90.9	92.6	92.1	77.7	88.2	89.3	92.0	0.000
With spouse only	95.0	95.7	96.0	96.0	95.6	95.0	96.0	96.4	95.9	84.9	95.4	95.1	95.9	0.004
With spouse and others	92.0	90.5	87.3	90.1	90.3	90.9	93.5	92.9	93.2	73.9	90.5	86.5	88.1	0.031
With others only	84.9	88.2	86.0	85.2	84.1	86.9	85.3	84.9	85.2	69.1	81.2	84.9	86.5	0.002
Residential setting														
Traditional community setting	92.3	93.4	92.6	92.7	92.4	92.7	92.4	93.4	92.8	79.9	91.0	91.2	92.3	0.000
Retirement community/senior housing	91.2	92.2	94.7	92.6	90.1	92.3	92.7	91.3	92.3	79.3	87.2	90.0	94.6	0.063
Residential care other than nursing home	92.3	91.7	91.1	88.9	85.9	88.6	90.4	87.3	91.1	65.1	85.6	87.6	92.4	0.004
Metropolitan area														
Non-metropolitan	92.8	93.5	94.4	93.3	92.4	93.2	91.4	92.6	90.8	82.3	91.4	92.5	93.9	0.013
Metropolitan	92.0	93.1	92.3	92.2	91.6	92.2	92.5	92.9	93.1	78.4	90.2	90.6	92.2	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 14b: Trends in participation restrictions on any valued activity

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
TOTAL	27.1	25.5	26.2	26.0	25.1	25.2	24.3	22.7	22.9	17.0	21.1	23.8	23.4	0.000
Age														
72-74	20.3	16.5	19.2	17.9	20.1	18.3	17.8	15.9	14.5	14.8	15.3	18.2	17.7	0.079
75-79	24.5	22.9	24.0	21.5	21.0	20.9	20.9	19.3	20.6	14.8	20.9	22.6	23.1	0.117
80-84	26.8	27.5	27.6	31.3	26.6	26.7	26.6	25.6	24.6	15.6	20.8	24.7	23.5	0.000
85-89	36.1	33.0	33.7	34.5	32.0	36.5	33.3	31.9	35.0	24.7	26.3	31.9	28.7	0.000
90+	42.9	41.2	38.1	37.7	41.1	41.1	38.8	36.6	40.7	26.4	37.6	38.7	40.2	0.070
Sex														
Men	20.9	19.8	19.0	19.3	18.4	19.3	19.9	18.4	17.8	14.1	17.7	17.9	19.3	0.024
Women	31.4	29.5	31.5	31.0	30.1	29.5	27.7	26.0	26.7	19.3	23.9	28.5	26.6	0.000
Race														
White, non-Hispanic	25.9	24.6	25.3	24.7	24.2	24.5	23.5	21.4	21.7	15.7	20.3	23.3	22.9	0.000
Black, non-Hispanic	32.5	32.4	30.5	28.3	29.9	30.7	32.3	33.0	30.7	20.9	25.4	27.3	27.5	0.001
Hispanic	37.2	32.0	31.0	33.8	28.4	28.7	24.5	27.8	29.7	24.7	25.2	25.9	26.2	0.004
Other	23.8	17.5	27.9	37.5	28.2	21.4	24.9	20.0	21.3	21.1	21.5	23.3	19.0	0.161
Education														
0-12 years, no diploma	36.7	32.6	34.3	34.6	29.4	30.9	28.9	31.5	31.1	26.0	27.5	34.5	31.1	0.012
High school graduate	25.6	24.8	25.6	26.7	27.2	28.2	27.4	25.1	23.6	17.9	23.1	22.9	26.7	0.029
Some college	25.3	24.1	25.2	26.0	23.6	24.5	24.6	21.9	24.3	16.8	21.3	26.9	22.9	0.085
Bachelor's degree	21.1	19.8	23.9	19.5	22.1	19.2	19.0	17.5	17.2	12.4	18.9	20.6	21.5	0.306
Graduate degree	17.1	20.2	15.8	17.3	18.7	17.5	17.5	15.2	16.7	12.6	15.1	16.1	17.4	0.232
Region														
Northeast	25.5	25.2	19.3	19.8	22.4	25.3	22.4	20.2	22.2	15.9	23.7	20.9	23.8	0.329
Midwest	26.2	25.6	24.2	25.3	23.8	23.8	25.1	22.1	21.7	16.3	19.8	23.8	23.1	0.004
South	29.6	26.5	31.2	27.0	26.8	25.4	24.8	23.1	24.2	18.3	21.9	25.8	23.2	0.000
West	25.1	23.9	26.3	31.0	25.7	26.2	24.1	24.7	22.4	16.3	19.0	23.0	23.8	0.001
Assistance with activities														
No assistance	13.6	12.2	13.9	13.9	12.7	12.4	11.8	11.5	11.1	7.6	11.4	13.9	12.1	0.008
Assistance with HH activities only	39.1	35.9	37.5	37.0	37.9	36.0	36.4	36.8	39.3	30.2	33.4	37.6	36.3	0.301
Any assistance with SCM activities	59.8	58.3	56.9	57.9	55.3	58.1	57.0	51.9	54.6	44.9	49.1	51.8	54.2	0.000
Dementia														
No dementia	23.7	22.3	23.1	22.8	22.3	21.9	21.9	20.6	20.4	14.2	19.2	22.2	--	0.000
Probable dementia	52.1	49.3	49.4	50.9	46.5	51.2	43.9	41.4	47.7	43.1	42.5	42.7	--	0.001

Table 14b continued

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	22.5	20.4	21.7	20.7	20.7	20.7	20.3	17.8	18.6	12.8	17.1	19.0	18.2	0.000
Divorced/separated	27.7	28.2	28.1	28.3	26.2	30.0	24.5	26.2	25.6	23.1	25.1	28.2	30.4	0.827
Widowed	33.1	31.7	32.3	33.0	32.0	30.3	30.9	28.5	28.2	20.4	26.0	31.1	28.8	0.000
Never married	28.1	24.9	22.4	25.7	14.4	24.0	18.9	26.3	27.1	24.3	22.9	22.5	31.4	0.433
Number of children														
Zero	25.3	25.4	23.7	27.1	23.2	21.5	20.3	22.7	24.8	18.1	23.3	21.0	25.1	0.357
One	26.1	23.9	28.3	24.8	25.2	28.9	25.1	23.4	20.0	16.3	19.8	24.7	23.6	0.017
Two or more	27.4	25.7	26.2	26.1	25.2	24.9	24.6	22.6	23.1	17.0	21.1	24.1	23.1	0.000
Living arrangement														
Alone	30.3	29.1	29.8	30.8	28.9	28.3	26.7	27.7	25.3	20.5	25.2	28.8	28.8	0.003
With spouse only	20.8	19.1	20.3	18.8	19.4	19.2	19.1	15.8	17.4	11.6	16.4	17.9	16.9	0.000
With spouse and others	28.4	25.6	26.1	27.0	26.1	25.2	24.7	24.9	24.8	19.1	19.1	23.4	22.7	0.023
With others only	35.8	33.4	32.3	33.0	30.6	33.5	32.2	28.6	31.5	22.9	26.8	31.0	31.4	0.004
Residential setting														
Traditional community setting	25.7	23.9	24.8	24.6	23.7	23.3	23.2	21.5	21.9	16.1	20.2	22.3	22.0	0.000
Retirement community/senior housing	31.6	30.2	31.7	29.6	29.3	34.7	29.8	27.4	28.6	22.2	25.3	32.0	26.1	0.085
Residential care other than nursing home	37.5	38.4	36.9	40.1	37.4	37.9	32.7	33.2	31.2	24.8	31.5	36.2	40.1	0.210
Metropolitan area														
Non-metropolitan	28.4	25.9	26.0	26.4	25.4	26.0	25.4	24.5	24.4	20.2	19.6	26.9	28.1	0.183
Metropolitan	26.8	25.4	26.2	26.0	25.0	25.0	24.1	22.3	22.6	16.3	21.4	23.2	22.5	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 15a: Trends in dying at home

(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	--	33.8	26.2	21.9	32.8	26.9	29.9	39.4	31.9	42.7	29.4	31.9	--	0.054
Age at death														
72-79	--	34.7	32.9	29.5	50.2	25.3	28.7	49.7	34.0	43.3	24.3	27.5	--	0.757
80-89	--	35.4	22.1	22.4	28.9	28.6	32.3	39.5	34.3	43.4	28.5	39.2	--	0.014
90+	--	29.8	26.5	14.5	25.5	25.0	27.8	32.6	25.7	41.3	35.8	25.3	--	0.053
Sex														
Men	--	34.5	29.0	23.1	33.5	32.9	32.4	42.8	31.0	43.3	31.4	27.7	--	0.414
Women	--	33.1	24.1	21.0	32.4	21.8	28.1	36.8	32.7	42.3	28.0	36.1	--	0.026
Metropolitan area														
Non-metropolitan	--	46.5	23.4	19.3	31.1	26.4	24.2	42.1	31.2	50.8	26.7	34.8	--	0.342
Metropolitan	--	31.2	26.8	22.5	33.3	27.0	31.2	38.6	32.2	39.7	30.1	31.0	--	0.089
n	--	474	433	328	379	465	408	372	341	358	258	250	--	

Source: National Health and Aging Trends Study

Table 15b: Trends in dying in a hospital

(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	--	27.7	29.6	32.5	28.1	31.7	26.6	28.0	22.6	23.7	33.5	34.0	--	0.924
Age at death														
72-79	--	32.2	30.1	41.1	30.3	40.7	35.2	28.9	31.6	32.9	49.0	53.7	--	0.105
80-89	--	27.0	33.4	32.4	31.1	32.0	25.1	31.2	21.6	23.6	33.8	23.0	--	0.152
90+	--	24.1	22.6	25.6	21.1	23.7	21.0	23.5	12.7	15.6	18.1	28.7	--	0.246
Sex														
Men	--	29.2	33.6	36.1	31.0	31.7	25.8	30.4	29.5	24.8	34.9	37.1	--	0.951
Women	--	26.4	26.7	30.0	26.0	31.6	27.1	26.1	17.0	22.9	32.6	30.8	--	0.855
Metropolitan area														
Non-metropolitan	--	22.3	30.8	29.9	22.9	32.7	27.4	19.4	22.6	9.7	29.5	15.8	--	0.057
Metropolitan	--	28.7	29.3	33.2	29.5	31.4	26.4	30.5	22.5	28.9	34.7	39.5	--	0.331
n	--	474	433	328	379	465	408	372	341	358	258	250	--	

Source: National Health and Aging Trends Study

Table 15c: Trends in dying in a nursing home

(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	--	25.8	29.7	26.3	23.2	25.0	24.5	21.1	28.1	16.2	19.1	15.8	--	0.000
Age at death														
72-79	--	19.1	24.8	8.4	9.6	15.6	16.7	12.4	21.5	5.7	13.0	9.5	--	0.112
80-89	--	23.1	29.5	29.6	22.6	22.7	24.0	18.7	26.5	19.1	20.1	13.9	--	0.023
90+	--	38.0	34.9	36.6	35.3	36.7	32.1	29.4	38.6	22.1	23.4	25.9	--	0.006
Sex														
Men	--	22.2	24.1	21.1	19.0	17.7	22.4	18.6	24.3	12.8	15.9	14.0	--	0.018
Women	--	28.8	33.8	30.1	26.3	31.1	26.1	22.9	31.0	18.7	21.3	17.5	--	0.002
Metropolitan area														
Non-metropolitan	--	24.4	37.8	32.1	40.4	30.1	31.6	31.4	36.3	28.3	25.1	26.8	--	0.485
Metropolitan	--	26.1	27.8	24.9	18.6	23.8	23.0	18.1	25.4	11.8	17.4	12.4	--	0.000
n	--	474	433	328	379	465	408	372	341	358	258	250	--	

Source: National Health and Aging Trends Study

Table 15d: Trends in dying in another location

(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	--	12.7	14.5	19.3	15.9	16.5	19.0	11.6	17.5	17.4	18.0	18.4	--	0.258
Age at death														
72-79	--	14.0	12.2	21.1	9.9	18.4	19.5	9.0	12.8	18.1	13.7	9.4	--	0.735
80-89	--	14.5	15.0	15.6	17.4	16.7	18.6	10.5	17.6	14.0	17.7	23.9	--	0.398
90+	--	8.2	15.9	23.3	18.2	14.6	19.0	14.5	23.0	21.0	22.8	20.1	--	0.038
Sex														
Men	--	14.1	13.3	19.7	16.6	17.7	19.3	8.2	15.1	19.2	17.9	21.1	--	0.410
Women	--	11.6	15.4	19.0	15.3	15.4	18.7	14.1	19.3	16.1	18.1	15.6	--	0.367
Metropolitan area														
Non-metropolitan	--	6.8	8.0	18.7	5.5	10.8	16.8	7.1	10.0	11.2	18.7	22.6	--	0.167
Metropolitan	--	13.9	16.1	19.4	18.6	17.8	19.5	12.9	19.9	19.7	17.8	17.1	--	0.468
n	--	474	433	328	379	465	408	372	341	358	258	250	--	

Source: National Health and Aging Trends Study

Table 16: Trends in receiving hospice care in the last month of life
(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	--	--	48.3	54.4	56.0	52.9	57.1	57.0	62.9	63.6	56.8	60.5	--	0.006
Age at death														
72-79	--	--	40.0	53.5	52.3	35.5	53.4	54.4	48.7	61.7	44.4	53.2	--	0.288
80-89	--	--	49.6	49.4	54.4	58.1	52.9	54.4	69.3	58.3	57.3	65.7	--	0.021
90+	--	--	53.9	62.6	61.7	57.8	66.0	61.8	70.9	72.1	68.1	60.5	--	0.017
Sex														
Men	--	--	42.5	53.5	54.6	53.4	53.9	47.7	64.1	54.1	57.7	53.3	--	0.175
Women	--	--	52.5	55.1	57.1	52.6	59.5	64.0	61.9	70.4	56.2	67.8	--	0.004
Metropolitan area														
Non-metropolitan	--	--	48.3	59.9	56.9	45.7	57.0	64.8	58.2	55.1	62.1	68.3	--	0.020
Metropolitan	--	--	48.2	53.0	55.7	54.5	57.1	54.7	64.4	66.8	55.3	58.1	--	0.018
n	--	--	433	328	379	465	408	372	341	358	258	250	--	

Source: National Health and Aging Trends Study

Table 17: Trends in receiving excellent/very good care in the last month of life
(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Total	--	82.8	82.1	78.5	81.9	73.5	72.9	81.7	83.1	80.8	72.8	67.4	--	0.005
Age at death														
72-79	--	82.3	77.6	75.2	79.4	59.3	61.7	73.4	78.8	78.1	71.8	57.3	--	0.136
80-89	--	80.0	84.7	73.3	80.4	76.5	69.8	80.3	83.4	78.1	70.1	69.0	--	0.026
90+	--	88.6	82.0	89.0	86.5	79.7	86.6	88.6	87.8	86.5	78.4	76.3	--	0.194
Sex														
Men	--	83.1	79.9	73.2	83.8	70.9	69.4	78.7	82.8	82.7	72.1	65.1	--	0.081
Women	--	82.6	83.7	82.4	80.5	75.7	75.4	83.9	83.3	79.4	73.3	69.7	--	0.016
Metropolitan area														
Non-metropolitan	--	89.5	86.1	89.7	79.7	80.5	76.5	77.0	91.2	83.8	75.5	69.8	--	0.073
Metropolitan	--	81.5	81.1	75.8	82.5	72.0	72.1	83.0	80.4	79.7	72.0	66.6	--	0.015
n	--	474	433	328	379	465	408	372	341	358	258	250	--	

Source: National Health and Aging Trends Study

Table 18: Trends in demographic variables

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Age														
72-74	23.2	22.2	23.5	24.5	25.2	25.5	27.3	25.3	28.1	28.0	27.7	27.7	27.0	0.000
75-79	31.1	31.6	30.8	30.1	31.8	32.2	30.8	33.2	31.9	32.3	33.0	35.0	34.2	0.001
80-84	23.9	23.6	23.3	23.1	21.5	20.6	20.9	21.0	20.7	20.5	20.3	19.6	21.5	0.000
85-89	14.9	15.2	14.5	14.5	13.8	13.8	13.0	12.7	12.0	11.9	11.9	11.4	10.9	0.000
90+	6.9	7.5	7.8	7.8	7.8	7.8	8.0	7.8	7.3	7.3	7.1	6.3	6.3	0.016
Sex														
Men	41.2	41.5	42.1	42.4	43.0	42.9	43.4	43.4	43.0	43.8	44.5	44.0	43.8	0.028
Women	58.8	58.5	57.9	57.6	57.0	57.1	56.6	56.6	57.0	56.2	55.5	56.0	56.2	0.028
Race														
White, non-Hispanic	82.2	82.2	81.7	82.1	81.4	81.6	81.2	81.0	81.2	81.1	81.0	81.2	79.5	0.029
Black, non-Hispanic	7.6	8.0	8.2	8.0	8.2	8.2	8.1	8.1	7.9	7.9	8.0	7.9	8.2	0.880
Hispanic	6.8	6.6	6.8	6.6	6.7	6.6	6.6	6.9	6.8	7.0	7.2	7.3	8.2	0.059
Other race & ethnicity	3.4	3.3	3.3	3.3	3.7	3.7	4.0	4.0	4.1	4.0	3.7	3.6	4.1	0.190
Education														
Less than high school	25.9	24.5	23.3	21.3	20.5	19.2	17.4	15.8	15.0	14.0	12.8	12.8	12.1	0.000
High school graduate	28.8	29.3	28.2	27.8	29.1	28.3	27.8	27.4	25.8	25.2	24.6	22.8	21.5	0.000
Some college	23.9	23.9	24.3	25.1	25.7	26.2	26.6	28.0	29.0	29.1	30.1	28.4	30.2	0.000
College degree	12.0	12.0	12.8	13.1	12.7	13.3	14.0	13.9	14.7	15.2	15.9	17.1	17.1	0.000
Graduate degree	9.3	10.3	11.3	12.7	12.0	13.0	14.3	14.8	15.5	16.5	16.6	18.9	19.1	0.000
Region														
Northeast	20.0	20.0	19.5	19.5	19.1	18.8	17.6	17.1	17.8	18.0	18.0	18.5	18.0	0.036
Midwest	23.4	23.6	23.5	23.2	22.5	22.3	22.9	22.7	22.1	21.5	22.2	21.6	20.9	0.020
South	36.1	36.0	36.3	36.2	36.7	37.4	38.0	39.0	38.7	39.1	38.0	37.5	38.4	0.026
West	20.6	20.5	20.7	21.1	21.7	21.5	21.6	21.2	21.4	21.4	21.8	22.4	22.7	0.074
Assistance with activities														
No assistance	65.6	65.1	66.3	66.8	66.3	67.0	67.3	68.2	69.6	71.2	70.2	70.1	69.2	0.000
Assistance with HH activities only	11.6	12.6	11.4	11.7	11.5	10.4	11.1	10.7	9.4	8.9	9.7	10.1	9.4	0.000
Any assistance with SCM activities	22.8	22.3	22.3	21.5	22.2	22.6	21.5	21.1	21.0	19.9	20.0	19.9	21.4	0.004
Dementia														
No dementia	88.1	88.2	88.3	88.5	88.6	89.0	89.2	89.7	90.8	90.4	91.8	91.9	--	0.000
Probable dementia	11.9	11.8	11.7	11.5	11.4	11.0	10.8	10.3	9.2	9.6	8.2	8.1	--	0.000

Table 18 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Marital Status														
Married/partnered	50.1	49.8	49.8	49.9	50.4	50.9	51.1	50.9	51.4	51.3	52.6	54.2	54.0	0.001
Divorced/separated	10.1	10.1	11.2	11.6	11.7	11.6	12.2	12.5	13.4	14.1	14.0	13.3	13.5	0.000
Widowed	36.2	36.7	35.7	35.3	34.7	34.1	33.4	33.3	32.1	31.5	30.2	28.8	28.3	0.000
Never married	3.6	3.4	3.3	3.2	3.2	3.4	3.3	3.3	3.0	3.1	3.2	3.7	4.2	0.448
Number of children														
Zero	9.6	8.9	8.4	8.1	8.1	7.9	8.2	8.2	7.7	7.9	8.2	10.7	10.4	0.135
One	11.8	11.6	11.6	11.1	12.4	12.4	11.8	11.3	11.4	11.8	12.1	13.7	13.9	0.031
Two or more	78.6	79.6	80.0	80.8	79.5	79.7	80.0	80.6	80.9	80.3	79.8	75.6	75.7	0.006
Living arrangement														
Alone	35.3	33.8	36.4	35.0	34.9	33.9	33.4	33.1	33.4	33.0	32.4	31.6	31.6	0.000
With spouse only	41.2	40.3	38.7	39.8	40.2	40.6	41.1	41.0	42.4	42.6	43.1	44.4	44.0	0.000
With spouse and others	7.9	8.4	8.5	8.7	9.1	9.4	9.0	8.8	8.0	8.0	8.8	9.1	9.1	0.532
With others only	15.6	17.4	16.5	16.5	15.7	16.1	16.6	17.2	16.1	16.4	15.7	14.9	15.3	0.164
Residential setting														
Traditional community setting	84.2	84.6	84.8	85.3	85.9	85.6	85.7	85.9	86.7	87.1	87.5	87.1	86.5	0.000
Retirement community/senior housing	7.9	7.8	7.9	7.8	6.9	7.2	7.2	7.5	7.4	7.5	7.0	7.0	7.1	0.201
Residential care other than nursing home	7.9	7.6	7.3	6.9	7.2	7.2	7.0	6.6	5.9	5.4	5.5	5.9	6.4	0.000
Metropolitan area														
Non-metropolitan	17.8	17.9	17.5	17.1	17.5	17.6	17.9	17.9	17.6	17.4	17.4	16.7	16.8	0.380
Metropolitan	82.2	82.1	82.5	82.9	82.5	82.4	82.1	82.1	82.4	82.6	82.6	83.3	83.2	0.380
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	4750	6320	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 18_2: Trends in demographic variables

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Age														
72-74	22.5	21.7	22.9	23.8	24.6	24.9	26.6	24.6	27.6	27.6	27.3	27.4	26.7	0.000
75-79	30.4	30.7	30.1	29.4	31.0	31.6	30.2	32.7	31.3	32.0	32.6	34.6	33.8	0.000
80-84	23.8	23.5	23.1	23.0	21.5	20.6	20.9	21.1	20.8	20.4	20.3	19.5	21.6	0.000
85-89	15.4	15.7	15.1	14.9	14.2	14.2	13.4	13.1	12.3	12.2	12.1	11.6	11.1	0.000
90+	7.9	8.4	8.9	8.9	8.7	8.7	8.8	8.5	8.0	7.8	7.7	6.9	6.8	0.000
Sex														
Men	40.4	40.8	41.3	41.8	42.3	42.3	42.7	42.7	42.5	43.3	44.2	43.8	43.5	0.007
Women	59.6	59.2	58.7	58.2	57.7	57.7	57.3	57.3	57.5	56.7	55.8	56.2	56.5	0.007
Race														
White, non-Hispanic	82.1	82.1	81.7	82.2	81.5	81.6	81.2	81.0	81.2	81.0	81.1	81.2	79.5	0.026
Black, non-Hispanic	7.8	8.2	8.3	8.1	8.3	8.3	8.3	8.3	8.0	8.0	8.1	8.0	8.2	0.885
Hispanic	6.7	6.5	6.7	6.4	6.5	6.4	6.5	6.8	6.7	7.1	7.2	7.3	8.1	0.032
Other race & ethnicity	3.4	3.3	3.3	3.3	3.7	3.6	3.9	3.9	4.1	3.9	3.7	3.6	4.1	0.185
Region														
Northeast	20.0	20.0	19.6	19.6	19.2	19.1	17.8	17.3	18.1	18.3	18.2	18.6	18.2	0.046
Midwest	23.6	23.7	23.8	23.6	22.9	22.5	23.0	22.9	22.3	21.7	22.2	21.8	21.1	0.011
South	36.3	36.2	36.3	36.2	36.6	37.4	37.9	39.0	38.7	39.1	38.1	37.6	38.2	0.032
West	20.2	20.1	20.2	20.6	21.3	21.0	21.2	20.8	21.0	21.0	21.5	22.1	22.5	0.046
Assistance with activities														
No Assistance	62.7	62.1	63.6	64.2	63.9	64.6	65.1	66.2	67.4	69.3	68.9	68.3	67.7	0.000
Assistance with HH activities only	11.1	12.0	11.0	11.3	11.1	10.0	10.8	10.4	9.1	8.7	9.5	9.8	9.2	0.000
Any assistance with SCM activities	26.2	25.9	25.4	24.6	25.0	25.4	24.1	23.4	23.5	22.0	21.6	21.9	23.1	0.000
Dementia														
No dementia	85.6	85.5	86.0	86.0	86.4	86.9	87.1	87.8	88.9	89.0	90.6	90.3	--	0.000
Probable dementia	14.4	14.5	14.0	14.0	13.6	13.1	12.9	12.2	11.1	11.0	9.4	9.7	--	0.000

Table 18.2 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Residential setting														
Traditional community setting	80.5	80.6	81.4	81.9	82.7	82.6	82.9	83.3	84.0	84.8	85.8	85.0	84.6	0.000
Retirement community/senior housing	7.5	7.4	7.6	7.5	6.7	6.9	7.0	7.3	7.2	7.3	6.9	6.8	6.9	0.334
Residential care other than nursing home	7.6	7.3	7.0	6.6	6.9	7.0	6.8	6.4	5.7	5.3	5.3	5.7	6.3	0.001
Nursing home	4.4	4.6	4.0	4.0	3.6	3.5	3.3	2.9	3.1	2.6	1.9	2.5	2.2	0.000
Metropolitan area														
Non-metropolitan	18.0	18.2	17.7	17.5	17.7	17.7	17.9	17.9	17.8	17.5	17.5	16.9	16.9	0.274
Metropolitan	82.0	81.8	82.3	82.5	82.3	82.3	82.1	82.1	82.2	82.5	82.5	83.1	83.1	0.274
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	4919	6552	

Source: National Health and Aging Trends Study

Table 19: Trends in demographic variables

(Medicare decedents who died at ages 72 or older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	p-value
Age														
72-79	--	27.7	26.4	25.3	23.1	22.5	27.3	22.2	33.4	28.2	26.8	30.9	--	0.241
80-89	--	46.6	46.3	44.6	48.7	49.8	41.4	42.7	40.0	40.1	45.8	42.3	--	0.068
90+	--	25.7	27.3	30.1	28.2	27.7	31.3	35.0	26.6	31.6	27.4	26.8	--	0.500
Sex														
Men	--	45.6	42.1	41.7	42.9	45.8	42.4	43.0	44.1	41.6	41.1	50.6	--	0.742
Women	--	54.4	57.9	58.3	57.1	54.2	57.6	57.0	55.9	58.4	58.9	49.4	--	0.742
Metropolitan area														
Non-metropolitan	--	16.5	19.4	19.9	20.9	18.4	18.2	22.3	24.6	27.1	22.2	23.3	--	0.004
Metropolitan	--	83.5	80.6	80.1	79.1	81.6	81.8	77.7	75.4	72.9	77.8	76.7	--	0.004
n	--	474	433	328	379	465	408	372	341	358	258	250		

Source: National Health and Aging Trends Study

