

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

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

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

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

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

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

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

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