

Table 4.8: Upper Extremity Strength^{1,2,3}

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

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

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

² Descriptive statistics are based on weighted data.

³ Columns may not add up to 100% due to rounding.

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