

Table 5.7: Walking and Stair Climbing in the Past Week (Percent)^{1,2}

Walking and Stair Climbing ³	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)
City blocks or equivalent walked ⁵							
Cannot walk ⁶	7.1	5.7	7.6	9.4	0.1	4.9	27.4
Less than 1	32.5	26.4	31.9	51.5	28.3	31.8	42.8
1-6	32.0	32.9	34.3	23.3	36.0	32.8	21.8
7-12	12.1	11.9	13.7	8.1	14.4	14.1	1.8
Over 12	16.4	23.1	12.4	7.7	21.3	16.4	6.1
When you walk outside your home, what is your usual pace?							
Does not walk ⁷	17.1	14.1	16.3	28.4	6.2	14.1	48.3
Casual strolling	58.6	57.5	59.9	58.6	58.5	64.6	42.1
Average to normal	20.8	22.8	22.2	11.3	31.3	17.2	9.1
Fairly brisk	3.3	5.4	1.7	1.4	4.0	3.7	0.4
Brisk or striding	0.2	0.3	0.0	0.5	0.1	0.3	0.0
Flights of stairs climbed ⁸							
Cannot walk ⁶	7.1	5.7	7.6	9.4	0.1	4.9	27.4
0	20.1	11.9	23.1	35.8	15.6	21.9	24.4
1-20	36.8	40.9	34.0	32.3	40.3	37.0	29.1
21-40	18.5	21.0	17.7	13.7	20.8	19.5	11.2
Over 40	17.5	20.4	17.6	8.8	23.2	16.7	8.1

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

¹ All variables have less than 1% missing data. Results are based on non-missing data.

² Descriptive statistics are based on weighted data.

³ Categories for each item may not add up to 100% due to rounding.

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

⁵ During the last week, about how many city blocks or their equivalent did you walk?

⁶ Participants reporting that they were "Unable" to walk across a small room.

⁷ Includes participants reporting that they were "Unable" to walk across room or did not walk outside home.

⁸ In the last week, how many flights of stairs did you climb up?