

Table 5.9: Eating and Meal Preparation (Percent)¹

Eating and Meal Preparation	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate ² (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Do you have problems chewing or swallowing that limit your ability to eat? ² Yes	19.1	21.4	18.5	14.2	15.0	19.5	26.6
Difficulty with meal preparation ^{3,4,5} None	78.3	82.9	76.9	68.8	91.8	84.2	34.1
A little, some or a lot	9.1	8.7	10.2	7.2	3.4	9.6	19.3
Unable/does not do for health reasons	10.0	7.3	10.1	17.6	1.9	4.2	43.0
Does not do for other reasons	2.6	1.1	2.9	6.4	2.9	2.1	3.6
Have you cut back on the number of meals you prepare because your health makes it difficult? ⁶ Yes	18.5	18.9	19.8	13.5	14.9	18.7	25.3
Missing ⁷	8.5	10.7	7.0	6.3	8.3	9.8	5.3
Have you changed the types of food you prepare or given up preparing certain foods because your health makes it difficult? ⁶ Yes	17.9	19.8	17.2	14.2	15.7	17.8	22.7
Missing ⁷	8.6	10.7	7.0	6.6	8.3	9.9	5.5
Who has the main responsibility for preparing meals in your home? ^{3,5} Participant	77.9	82.2	78.0	64.9	87.5	85.4	37.2
Someone else because of health	15.8	12.8	15.1	26.7	5.0	9.5	56.0
Someone else for other reason	6.3	5.0	6.9	8.4	7.6	5.1	6.9
Receives meals or help preparing meals from someone outside the home ^{3,8}	8.2	7.6	7.2	12.7	4.7	7.2	18.0
Do you usually eat meals alone? ³ Yes	52.2	44.9	59.2	54.8	50.7	57.1	41.8
Do you eat most of your meals in restaurants? ³ Yes	1.5	1.3	1.3	2.4	1.5	1.3	1.9
Regular use of "Eating Together" program ^{3,9}	4.6	3.0	5.4	7.1	4.7	4.6	4.3
Does the place where you live provide group meals? ³ Yes	8.4	4.8	9.2	17.2	7.8	8.0	11.0
If yes: Do you usually eat at those group meals? ³ Yes	53.1	36.2	51.3	69.4	48.4	55.7	54.8
Do you get Meals on Wheels? ³ Yes	1.6	0.5	2.3	2.7	1.6	0.9	3.4

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

¹ Descriptive statistics are based on weighted data.

² No ADL difficulty; disabled in two more domains (see Chapter 1).

³ These variables have less than 1% missing data. Results are based on non-missing data.

⁴ The screener questions were "Because of a health or physical problem, do you have any difficulty preparing your own meals by yourself?" and "By yourself, how much difficulty do you have?" The presence of the condition was confirmed in the baseline interview.

⁵ Categories may not add up to 100% due to rounding.

⁶ Not asked if participant indicated that she did not prepare meals, but percentages are based on total populations.

⁷ Due to an error in the administration of the questionnaire the question was not asked of all eligible participants.

⁸ Does (a/any other) friend or relative come into your home to help you prepare meals or bring you meals on a regular basis?

⁹ Do you regularly go out to eat at an Eating Together program such as at a Senior Center or church?