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Nutrition and Health Characteristics of Low-Income Populations

Volume IV, Older Adults

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Volume IV, Older Adults

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Abstract

Data from the Third National Health and Nutrition Examination Survey (NHANES-III), conducted in 1988-94, were used to compare the nutrition and health characteristics of the Nation's older adults—men and women ages 60 years and older. Three groups of older adults were compared based on household income: income at or below 130 percent of poverty (lowest income), income between 131 and 185 percent of poverty (low income), and income above 185 percent of poverty (higher income). This research was designed to establish a baseline from which to monitor the nutrition and health characteristics of older Americans over time, particularly those in low- and lowest income groups.

Acknowledgments

Contents

Appendix A: NHANES-III Data Files
Appendix B: Reference Standards
Appendix C: Statistical and Reporting Guidelines
Appendix D: Detailed Tables

List of tables and figures

Executive Summary

This report describes the nutrition and health characteristics of the Nation's older adults—men and women aged 60 years and older—using data from the Third National Health and Nutrition Examination Survey (NHANES-III).[1] The NHANES survey is the primary source of information used in monitoring the Nation's nutrition and health status. NHANES-III was completed between 1988 and 1994 and provides data for a large nationally representative sample of individuals.[2]

This research was designed to establish a baseline from which to monitor the nutrition and health characteristics of older Americans over time, particularly those in the lowest- and low-income groups, and to generate questions and hypotheses for future research. The report compares and contrasts older adults (also referred to as seniors) in three different income groups: income at or below 130 percent of poverty (lowest income), income between 131 and 185 percent of poverty (low income), and income greater than 185 percent of poverty (higher income). The lowest-income group corresponds to the criterion used to define income eligibility for the Food Stamp Program (FSP).

A broad array of measures is used to describe the nutrition and health characteristics of older Americans. These measures include dietary intake, body weight, nutritional biochemistries, bone density, health-related behaviors, measures of health status, and access to health care services. The following summary highlights major findings for each group of measures. For the most part, highlighted findings refer to differences observed for the older adult population as a whole. The full report provides details about the extent to which findings varied by gender or age. All reported population estimates have been age-adjusted (based on year 2000 Census data) to eliminate differences between income groups that are due solely to differences in the age distributions of the groups.

Dietary Intake

Dietary intakes of older adults were assessed using data from a single 24-hour recall. In addition to energy, intakes of nine key nutrients and dietary components were examined: vitamin C, iron, zinc, calcium, total fat, saturated fat, cholesterol, sodium, and fiber. Estimates of usual intake were generated using the personal computer version of the Software for Intake Distribution Estimation (Iowa State University, 1996).[3] Healthy Eating Index (HEI) scores (Kennedy et al., 1995) were also examined.

- **Meal consumption.** More than three-quarters (76%) of all older adults consumed at least three meals per day. Older adults in the lowest-income group were less likely to consume three meals per day than older adults in the higher-income group (67% vs. 80%). Older adults in the lowest-income group were significantly less likely than older adults in the other two income groups to consume breakfast every day (78% vs. 83% and 84%).

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[1]Similar reports have been prepared for participants and nonparticipants in the Food Stamp Program (FSP) (Fox and Cole, 2004a), participants and nonparticipants in the WIC Program (Cole and Fox, 2004), and for school-age children (Fox and Cole, 2004b).

[2]Beginning in 1999, NHANES became a continuing survey. Data for the first two continuous years of the ongoing NHANES (1999-2000) have been released since the time the tabulations presented in this report were prepared. Data for subsequent years are expected in mid-2005.

[3]Because NHANES-III included a very small sample of second dietary recalls, which are needed to estimate intra-individual variation in intake, variance components were derived from the Continuing Survey of Food Intake of Individuals (CSFII), 1994-96 (see appendix C).

- **Energy.** On average, the usual energy intake of older adults approximated 82 percent of the 1989 Recommended Energy Allowance (REA). Mean usual energy intake was lower for older adults in the lowest-income group than for adults in the low-income and higher-income groups (73% of the 1989 REA vs. 79% and 86%).

- **Vitamin C.** Overall, 72 percent of older adults had usual intakes of vitamin C that met Estimated Average Requirements (EARs) and 28 percent had usual vitamin C intakes that did not meet their requirements. Older adults in the lowest-income group were less likely than those in the higher-income group to have adequate usual intakes of vitamin C (66% vs. 76%).

- **Iron.** Close to 100 percent of all older adults had adequate usual intakes of iron. Nonetheless, older adults in the lowest-income group were significantly less likely than those in the two other income groups to consume an adequate amount of iron (96% vs. 98% and 100%).

- **Zinc.** Roughly 7 out of 10 older adults had adequate usual intakes of zinc. Older adults in the lowest-income group were significantly less likely than those in either of the other income groups to have adequate usual intakes of zinc (57% vs. 63% and 77%).

- **Calcium.** It was not possible to assess the prevalence of adequate calcium intakes among older adults because the required dietary standard—the EAR—has not been established for calcium. Mean usual calcium intakes of older adults were compared to established Adequate Intake (AI) levels. On average, the usual diets consumed by older adults provided 61 percent of the AI. Mean usual calcium intakes of older adults in the lowest-income group were significantly lower, as a percent of the AI, than mean usual calcium intakes of older adults in either of the other income groups (53% of the AI vs. 58% and 64%).

- **Percent of Energy from Fat.** On average, older adults obtained 32.2 percent of their food energy from fat. This level of fat intake exceeded the *Dietary Guidelines for Americans* recommendation of no more than 30 percent of total energy[4] but fell within the more recently defined Acceptable Macronutrient Distribution Range (AMDR) for fat intake (20-35% of total energy) (Institute of Medicine, Food and Nutrition Board (IOM, FNB), 2002b). Older adults in the lowest-income group had a significantly lower mean intake of fat than older adults in either of the other income groups (31.6% of usual energy intake vs. 32.7% and 32.4%).

  Detailed distributions of usual fat intake indicate that more than 25 percent of all older adults had usual fat intakes that exceeded the AMDR. There were few statistically significant differences between income groups in the distribution of usual fat intakes. Differences that were observed were largely concentrated among females and at the lower end of the distribution.

- **Percent of Energy from Saturated Fat.** Mean usual saturated fat intakes of older adults exceeded the *Dietary Guidelines* recommendation that saturated fat provide less than 10 percent of total energy. In all three income groups, saturated fat contributed an average of about 11 percent of usual energy intake. Older adults in the lowest-income group had significantly lower usual intakes of

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[4] The *Dietary Guidelines* recommendations were developed by the U.S. Departments of Agriculture and Health and Human Services (USDA and U.S. DHHS, 2000). *Dietary Guidelines* were used to assess intakes of energy, fat, saturated fat, cholesterol, and sodium.

saturated fat, on average, than older adults in the low-income group (10.5% vs. 11.0%). The lowest-income adults were also more likely than low-income older adults to meet the *Dietary Guidelines* standard for saturated fat (45% vs. 39%). Both of these differences were largely attributable to differences among females.

- **Cholesterol.** The mean usual cholesterol intake of older adults (227 mg.) was consistent with the *Dietary Guidelines* recommended maximum of 300 mg.. There were no significant differences between income groups in either mean intake or the percentage of individuals meeting the standard.

- **Sodium.** The mean usual sodium intakes of older adults (2,840 mg.) exceeded the *Dietary Guidelines* recommended maximum of 2,400 mg. as well as the more recently defined Tolerable Upper Intake Level (UL) of 2,300 mg. (IOM, FNB, 2004). Older adults in the lowest-income group had significantly lower mean usual sodium intake than older adults in either of the other income groups (2,538 mg. vs. 2,706 mg. and 2,984 mg.).[5]

Distributions of usual sodium intake indicate that less than half of all older adults consumed diets that did not exceed the UL. Differences in sodium intakes at the 25th and 50th percentiles of the distributions for the lowest-income and higher-income older adults—1,840 mg. and 2,370 mg. vs. 2,305 mg. and 2,870 mg.—suggest that older adults in the lowest-income group were more likely than older adults in the higher-income group to have usual sodium intakes consistent with the UL.

Healthy Eating Index Scores

- On average, older adults scored 68.4, out of a possible 100, on the HEI. Older adults in the lowest-income group scored lower than older adults in either of the other income groups (64.3 vs. 67.0 and 70.0). The HEI is a composite score constructed from 10 individual scores: five food-based scores that assess intake of grains, vegetables, fruits, dairy, and meat, four nutrient-based scores, and a variety score.[6]

- Based on total HEI scores, the diets consumed by the lowest-income older adults were more likely to be of "poor" nutritional quality than the diets consumed by older adults in the other two income groups (19% vs. 13% and 9%). Moreover, older adults in the lowest-income group were less likely than those in the higher-income group to consume diets that were considered to be of "good" nutritional quality (13% vs. 25%).

- Males in the lowest-income group scored lower, on average, than males in either of the other income groups on all six of the food-based HEI components. With one exception (the difference between the lowest- and low-income groups on the vegetable score), all of the between-group differences were statistically significant. In addition, the percentage of males who satisfied the various food-based HEI standards tended to be lower for the lowest-income group than for either of the other income groups. Differences between males in the lowest-income group and those in the low-income group were statistically significant for the dairy, meat, and variety components. Differences between males in the

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[5]This difference may be a reflection of the fact that, as discussed above, older adults in the lowest-income group consumed less food energy than older adults in either of the other income groups.

[6]The nutrient-based components compare intakes of total fat, saturated fat, cholesterol, and sodium to recommended maximums.

lowest- and higher-income groups were statistically significant for grains, fruit, dairy, and variety. The only food-based component for which no statistical difference was observed between groups was vegetables.

- For the food-based HEI components, females in the lowest-income group scored lower, on average, than females in the low-income group on the fruit component and the variety component. In addition, the percentage of older adult females who satisfied the HEI standard for dietary variety was significantly smaller for the lowest-income group, relative to the low-income group.

- Differences between females in the lowest-income group and the higher-income group were more widespread. Females in the lowest-income group had significantly lower mean HEI scores than females in the higher-income group for all food-based components except meat. Moreover, for all food-based components except grains and meat, older adult females in the lowest-income group were less likely than their higher-income counterparts to satisfy the HEI standard.

Body Weight

Body weight was assessed on the basis of body mass index (BMI), a measure of the relationship between height and weight that is the commonly accepted index for classifying adiposity (or fatness) in adults (CDC, 2003).[7] For adults, a healthy weight is defined as a BMI that is at least 18.5 but less than 25. Overweight is defined as a BMI of 25.0 to 29.9, and obesity is defined as a BMI of 30 or more. A BMI below 18.5 indicates underweight.

- Older adults had a mean BMI of 26.7, indicating that, on average, older adults were overweight.

- Older adults in the lowest-income group had a significantly greater mean BMI than older adults in the higher-income group (27.3 vs. 26.5).

- There was no statistically significant difference in the distribution of body weights of older adults in the lowest- and low-income groups overall. However, older adult females in the lowest-income group were *less* likely than older adult females in the higher-income group to be at a healthy weight (30% vs. 42%) and *more* likely to be obese (30% vs. 21%).

- A decidedly different pattern was noted for males. Specifically, older adult males in the lowest-income group were *less* likely than older adult males in the higher-income group to be overweight (37% vs. 46%) and *more* likely to be underweight (4% vs. 1%).

Nutritional Biochemistries

- **Low Serum Albumin.** A low level of serum albumin in older adults is suggestive of sustained undernutrition. However, serum albumin levels can also be affected by other factors, including inflammation, cirrhosis, and kidney disease. Using a conservative measure of low serum albumin (<

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[7]BMI is equal to [weight in kilograms] ÷ [height in meters]^2.

3.5 g/dL), 5 percent of all older adults had low levels of serum albumin.[8] Older adults in the lowest-income group were more likely than those in either of the other income groups to have this condition (6% vs. 3% and 4%). These differences were concentrated among males.

- **Iron Deficiency.** The overall prevalence of iron deficiency among older adults was 6 percent. There were no statistically significant differences between income groups in the prevalence of iron deficiency.

- **Iron-deficiency Anemia.** Iron-deficiency anemia was observed in 3 percent of all older adults. Overall, there were no statistically significant differences between income groups on this measure.

- **Anemia.** The prevalence of anemia, defined on the basis of low hemoglobin, was 14 percent overall. Prevalence was greater in the lowest-income group than in either of the other income groups (18% vs. 12-13%). The primary causes of anemia in older adults are iron deficiency, chronic disease, deficiencies of folate and/or vitamin B_{12}, gastrointestinal bleeding, and cancer (Smith, 2000). The relatively low prevalence of iron deficiency and iron-deficiency anemia observed in this population suggests that much of the anemia observed in older adults is due to causes other than iron deficiency.[9]

- **Low Red Blood Cell (RBC) Folate.** Overall, 5 percent of older adults had low RBC folate. Low levels of RBC folate were significantly more common in the lowest-income group than the higher-income group (9% vs. 3%).

- **Low Serum Vitamin B_{12}.** Five percent of all older adults had low serum vitamin B_{12}. Overall, there were no significant differences between income groups in the prevalence of this condition. However, among the two oldest cohorts (80-84-year-olds and 85 years and above), the problem of low serum vitamin B_{12} was less common in the lowest-income group than in the higher-income group. These differences were concentrated among females.

- **High and Borderline-high Total Cholesterol.** One in three older adults had a high cholesterol level, and a slightly higher percentage (36%) had cholesterol levels that were borderline-high.   There were no significant differences between income groups in the prevalence of high serum cholesterol, overall or by gender. Nor were there any significant between-income-group differences in the prevalence of borderline-high cholesterol for the older adult population as a whole.

  Among 65-69-year-old males, however, the lowest-income group was *more* likely than the higher-income group to have high serum cholesterol (41% vs. 20%) and was *less* likely to have borderline-high serum cholesterol (23% vs. 45%). The lowest-income males were also less likely than their low-income counterparts to have borderline-high serum cholesterol levels (23% vs. 41%).

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[8]A more liberal measure of low serum albumin (< 3.8 g/dL) was also used. With this measure, prevalence increased dramatically— to 18 percent overall— and there were no statistically significant differences between income groups in the prevalence of low serum albumin.

[9]Anemia is a good predictor of iron deficiency when the prevalence of iron deficiency is high. However, when the prevalence of iron deficiency is low, the majority of anemia is due to other causes (U.S. DHHS, 2000a).

- **High and Borderline-high Low-Density Lipoprotein (LDL) Cholesterol.** Older adults in the lowest-income group were significantly *more* likely than those in the higher-income group to have high levels of LDL cholesterol (34% vs. 26%)[10] and *less* likely to have borderline-high levels of LDL cholesterol (27% vs. 36%). These differences were concentrated among females.

Bone Density

- Overall, 50 percent of adults 60 years of age and older had reduced or severely reduced bone density. Older adults in the lowest-income group were more likely than those in either of the other income groups to have reduced or severely reduced bone density (58% vs. 50% and 48%).

- Older adults in the lowest-income group were also more likely than older adults in the other two income groups to have severely reduced bone density, or osteoporosis (21% vs. 14% for each of the other groups).

Health-related Behaviors

Physical Activity

- Older adults in the lowest-income group were significantly less active than older adults in either of the other income groups. They were *more* likely to report engaging in *no* physical activity during the preceding month (40% vs. 32% and 20%) and *less* likely to report engaging in some type of physical activity three or more times per week (37% vs. 44% and 59%). In addition, older adults in the lowest-income group were less likely than older adults in the higher-income group to report engaging in physical activity five or more times per week (32% vs. 48%).

Alcohol Consumption

- Older adults in the lowest-income group were significantly less likely than older adults in either of the other income groups to have consumed 12 or more alcoholic beverages during their lifetime (67% vs. 74% and 85%). Older adults in the lowest-income group were also significantly less likely than older adults in the higher-income group to report this level of alcohol consumption in the past year (18% vs. 42%).

- When consuming alcohol, females in the lowest-income group consumed more drinks, on average, than females in the higher-income group.

Tobacco Consumption

- Older adults in the lowest-income group were less likely than older adults in the higher-income group to have ever smoked (49% vs. 56%).[11] However, older adults in the lowest-income group were more likely to report *current* cigarette use (20% vs. 17% vs. 14%).

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[10]The cutoff used to define high levels of LDL cholesterol (= 160 mg./dL) includes both high and very high LDL cholesterol levels as defined by the National Cholesterol Education Program (NIH, 2001).

[11]People who had "ever" smoked were defined as those who had consumed at least 100 cigarettes in their lifetime.

- Among current smokers, those in the lowest-income group smoked significantly fewer cigarettes than those in the higher-income group (66.6 cigarettes during the preceding 5-day period vs.77.3 cigarettes).

- Nonsmoking older adults in the lowest-income group were significantly more likely to be exposed to second-hand smoke than nonsmoking older adults in the higher-income group (14% vs. 7%).

- The percentage of nonsmoking older adults with high serum cotinine levels was significantly greater for the lowest-income group than for either of the other income groups (60% vs. 52% and 50%). Cotinine is a breakdown product of nicotine, and is used as a biological marker for tobacco use and exposure to environmental tobacco smoke.

Social Interaction

- In comparison with older adults in the higher-income group, older adults in the lowest-income group were less likely to visit friends or relatives at least weekly (69% vs. 76%), to attend church at least weekly (42% vs. 49%), to belong to a club or organization (25% vs. 50%) and to attend meetings of a club or organization at least monthly (18% vs. 35%).

- For one type of interaction the trend was reversed: Older adults in the lowest-income group were *more* likely than older adults in the higher-income group to visit neighbors at least weekly (46% vs. 40%).

- Older adults in the lowest-income group had less stable housing over the past two decades than older adults in the other two income groups. They were less likely than the other groups of older adults to have lived at their current address for 10 or more years (56% vs. 71% and 70%) or for 20 or more years (37% vs. 50% for each of the other groups).

Health Status

General Health Status

- Older adults in the lowest-income group had a more negative perception of their health status than older adults in the other two income groups. The lowest-income older adults were *more* likely to rate their health status as fair or poor (48% vs. 37% and 23%) and *less* likely to rate their health status as very good or excellent (21% vs. 28% and 43%).

- Physician assessments of general health status were consistently more positive than individuals' self-assessments. However, general trends in the data were largely consistent with those observed in the self-reported data. Older adults in the lowest-income group were *more* likely than those in the other two income groups to be assessed as having fair or poor health (38% vs. 28% and 17%). They were also *less* likely than older adults in the higher-income group to be rated as having very good or excellent health (27% vs. 48%).

Chronic Health Conditions

- The leading chronic health problem reported by older adults in all three income groups was high blood pressure. Older adults in the lowest-income group were more likely than those in the higher-income group to report this condition (46% vs. 37%).

- The actual prevalence of high blood pressure, as measured in physician exams, was greater than the self-reported prevalence. Based on physician-assessed blood pressures, older adults in the lowest-income group were still more likely than those in the higher-income group to have high blood pressure (52% vs. 48%).

- Older adults in the lowest-income group were more likely than their counterparts in the higher-income group to have diabetes (18% vs. 11%), to have had a heart attack (15% vs. 11%) or stroke (11% vs. 6%), and to have emphysema or congestive heart failure (16% vs. 11%).

Dental Health

- Older adults in the lowest-income group had more missing, decayed, and filled teeth than their counterparts in the higher-income group (22.8 vs. 21.2). This difference was largely attributable to a difference among females.

- Overall, 97 percent of older adults reported visiting a dental health professional at least once in their lifetime. Nonetheless, older adults in the lowest-income group were less likely than those in the other two income groups to have ever visited a dental health professional (93% vs. 96% and 98%). The lowest-income older adults were also significantly less likely to have visited a dental health professional *within the past year* (35% vs. 42% and 65%).

Physical Limitations

- Based on physician assessments of functional limitations, older adults in the lowest-income group were more likely than older adults in the higher-income group to be able to perform a range of tasks with difficulty, including walking a quarter mile, running 100 yards, stooping, crouching or kneeling, making small motor movements with the hands, and engaging in physically active tasks such as heavy housework, gardening, and exercise. For two of the five tasks (walking a quarter mile and engaging in physically active tasks such as heavy housework, gardening, and exercise), the difference between the lowest-income group and the low-income group was also statistically significant, with the lowest-income group having greater difficulty.

- Respondents were also asked to rate how much difficulty they experienced (or would experience) performing a variety of tasks, including walking a quarter mile, walking up 10 steps without resting, lifting or carrying 10 pounds, doing chores around the house, preparing meals, managing money, stooping, crouching, or kneeling, walking from one room to another, standing up straight from an armless chair, getting in and out of bed, eating or drinking from a glass, and dressing oneself. For most of these tasks, the percentage of older adults who reported that they could only do a task with difficulty or could not do it at all was greater for the lowest-income group than for one or both of the other income groups.

- Oldest adults in the lowest-income group were more likely than older adults in the two other income groups to require assistance with personal-care needs (11% vs. 8% and 6%) and to need assistance with routine chores (17% vs. 10% and 8%).

- Older adults in the lowest-income group were more likely than those in the higher-income group to use mobility aids (canes, wheelchairs, crutches, and walkers) (20% vs. 11%).

Access to Health Care Services

Health Insurance Coverage

- Overall, 98 percent of all older adults had some form of health insurance, although the prevalence of health insurance was lowest for the lowest income group (94% vs. 97% and 99%). Older adults who lacked health insurance were significantly more likely to be in the lowest-income group than in either of the other income groups.

- Rates of Medicare coverage were comparable for the three income groups, but the difference between the lowest-income group and the low-income group was statistically significant (77% vs. 80%). This was due primarily to differences among individuals between the ages of 65 (the age at which seniors become eligible for Medicare) and 79. In the low-income group, virtually all individuals in this age range reported Medicare coverage. In the lowest-income group, however, reported Medicare coverage for these older adults ranged from a low of 89 percent (65-69 years) to a high of 96 percent (75-79 years).

- Older adults in the lowest-income group were more likely than those in the two other income groups to report enrollment in Medicaid (30% vs. 9% and 4%).

- The lowest-income older adults were significantly less likely than those in the other two income groups to be covered by private health insurance (49% vs. 77% and 93%).

Regular Source of Health Care

- More than 9 out of 10 older adults reported having a regular source of health care—that is, a clinic, health center, or doctor's office that was usually used for health care needs or to obtain health-related advice and information. Older adults in the lowest-income group, however, were significantly less likely than those in the other two income groups to have a regular source of care (88% vs. 92% and 93%). This difference was entirely attributable to a difference among males (83% vs. 92% for each of the other groups).

- Older adult males in the lowest-income group were also less likely than their counterparts in the other two income groups to have a regular health care provider (72% vs. 81% and 86%).

Chapter One

Introduction

This report describes the nutrition and health characteristics of the Nation's older adults—men and women aged 60 years and older, using data from the Third National Health and Nutrition Examination Survey (NHANES-III). The NHANES survey is the primary source of information used in monitoring the Nation's nutrition and health status. NHANES-III was completed between 1988 and 1994 and provides data for a large nationally representative sample of individuals.[1]

The report compares and contrasts older adults (also referred to as seniors) in three different income groups: income at or below 130 percent of poverty (lowest income), income between 131 and 185 percent of poverty (low income), and income greater than 185 percent of poverty (higher income). The lowest-income group corresponds to the criterion used to define income eligibility for the Food Stamp Program (FSP).

Two previous volumes in this series compare participants and nonparticipants in major Federal food and nutrition assistance programs (volume I: the Food Stamp Program (Fox and Cole, 2004a) and volume II: the WIC Program (Cole and Fox, 2004)).[2] It was not possible to build this report around a comparison of participants and nonparticipants in the Federal food assistance program that targets older adults—the Elderly Nutrition Program (ENP)—because the

proportion of the older adult population that reported participation in the ENP in NHANES-III was too small (4.4%).

This research was designed to establish a baseline from which to monitor the nutrition and health characteristics of older Americans over time, particularly those in the lowest- and low-income groups, and to generate questions and hypotheses for future research. The data presented in this report provide useful background information for researchers interested in studying the nutrition and health characteristics of older adults and/or the impact of participation in food and nutrition assistance programs, or other variables, on nutrition and health characteristics. The data also provide important insights for individuals who plan and implement nutrition or health programs for older adults.

A broad array of measures is used to describe the nutrition and health characteristics of the older adult population. Nutritional status is examined through measures of dietary intake, body weight, selected nutritional biochemistries, and bone density. Important health-related behaviors are also examined, including physical activity, alcohol and tobacco consumption, and socialization. Health status is assessed on the basis of self-reported and physician-assessed general health status, the prevalence of chronic disease, risk of coronary heart disease, functional status, and dental health. Finally, data on health insurance coverage and use of regular health care locations and providers are used to assess access to health care services.

This introductory chapter provides an overview of the special issues that confront the aging population as well as a brief description of the NHANES-III data and the general approach to

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[1] Beginning in 1999, NHANES became a continuing survey, without breaks between data collection cycles. Similar sampling and data collection procedures are used, although at least two years of data are necessary to have adequate sample sizes for subgroup analyses (Flegal et al., 2002). Data for the first two continuous years of the ongoing NHANES (1999-2000) have been released since the time the tabulations presented in this report were prepared. Data for subsequent years are expected in mid-2005.

[2] The series also includes another volume, which focuses on school-age children (Fox and Cole, 2004b).

the analysis. The six chapters that follow present data on the nutrition and health characteristics identified previously. Details on data and methodology may be found in appendices referenced throughout the report.

The Aging Population

Older adults are a growing segment of the population. The most significant growth is occurring among the oldest members of the population—those 85 years and older. Between 1990 and 2000, the number of adults 65 years of age and older increased by 12 percent, from 31.2 million to 35 million (Hetzel and Smith, 2001). Over the same time period, the number of adults 85 years and older increased by about 38 percent, from 3.1 million to 4.2 million. In contrast, the population of 75-84-year-olds increased by 23 percent and the population of 65-74-year-olds increased by less than 2 percent (Hetzel and Smith, 2001).

It is estimated that by 2030, when the last baby boomers turn 65, there will be more than 8.5 million citizens 85 years and older (Centers for Disease Control and Prevention (CDC), 1999). As a result of this so-called "graying of America," analysts project that health care costs for this older population will be $400 to $500 billion higher than today's costs if health and disease patterns remain the same (CDC, 1999).

Chronic diseases such as heart disease, cancer, and stroke are common among older adults. Traditionally, attention to these problems has tended to focus on disease management rather than on promoting lifestyle changes that can mitigate or lessen the symptoms of chronic disease (CDC, 1999). In recent years, the focus has begun to shift to prevention—that is, to ensuring that all older adults consume diets that are consistent with public health recommendations, are physically and socially active, and avoid potentially harmful behaviors such as smoking and excessive alcohol consumption.

For older adults who already have a chronic disease, the emphasis is on comprehensive treatment to maintain the highest quality of life possible. Food and nutrition assistance programs can play an important role in meeting these objectives by ensuring that seniors receive adequate nutrition and maintain their ability to live independently for as long as possible.

The Third National Health and Nutrition Examination Survey

NHANES-III was conducted by the National Center for Health Statistics (NCHS), Centers for Disease Control and Prevention (CDC) between 1988 and 1994. The survey included interviews and physical examinations, and was designed to provide national estimates of the health and nutrition status of the civilian, noninstitutionalized population in the 50 United States.

NHANES-III was based on a complex multi-stage probability sample design (NCHS, 1994). Persons were selected on the basis of sex, age, and race or ethnicity. Children under 6 years of age, adults over 60 years of age, and black and Mexican American persons were oversampled. NHANES-III collected data from 33,994 persons 2 months of age and older. Response rates were 85.6 percent for the household interviews and 78.8 percent for the physical examinations (NCHS, 1996). The total sample of adults 60 years and older is 6,956.

Interviews were conducted in respondents' homes and physical examinations and measurements were completed in a Mobile Exam Center (MEC). The MEC examination included a physical exam, dietary interview, health interview, blood tests, body measurements, and a dental exam. To increase response rates, a home examination was offered as an alternative to the MEC exam for adults 60 and over who were in a wheelchair or were primarily bedridden. The home examination included a subset of the measures conducted in the MEC.

The dietary interview included a single 24-hour dietary recall.[3] The recall collected quantitative data on foods and beverages consumed during the preceding 24 hours. NCHS staff used these data to calculate nutrient intakes, using food composition data from the Survey Nutrient Database maintained by the U.S. Department of Agriculture's (USDA) Agricultural Research Service (ARS).

Analytic Approach

Older adults (60 years and over) in the NHANES-III sample were divided into three groups on the basis of household income: income at or below 130 percent of poverty (lowest income), income between 131 and 185 percent of poverty (low income), and income greater than 185 percent of poverty (higher income). Individuals who resided in households participating in the Food Stamp Program (FSP) were considered members of the lowest-income group (at or below 130 percent of poverty), regardless of reported income. This approach is consistent with the classification scheme used in the companion reports in this series (Cole and Fox, 2004, Fox and Cole, 2004a, and Fox and Cole, 2004b), and gives precedence to reported program participation.[4]

The three income strata were further divided on the basis of gender and age into 36 subgroups.

Six age groups were used divide the population by 5-year intervals, from 60-64 years through 85 years and older. For analyses involving dietary outcomes (Chapters Two and Three), the two oldest age groups (80-84 years and 85 and older) were collapsed because the sample of seniors 85 years and older was too small for estimation of usual energy and nutrient intakes (see appendix C).

For each variable examined, detailed tables were produced showing estimates for each of the 36 subgroups. Separate estimates were also produced for the total population, for each age group (both genders combined), and for each gender (all ages combined). Readers interested in comparing data for older adults to the population as a whole or to other subgroups of the population are referred to volume I in this series (Fox and Cole, 2004a). The detailed tables that accompany that volume include data for the entire population as well as for 72 gender-and-age specific subgroups.

Table 1 illustrates the format used in the detailed tabulations. Columns show data for all older adults as well as for older adults in each of the three income groups. Rows show data for the age-specific subgroups, overall and by gender. Table 1 also shows the maximum sample size for each table cell. The three columns included under each of the income groups (Household Interview, MEC Examined, and Home + MEC Examined) show cell sizes for the three NHANES-III samples. The Household Interview sample contains all respondents. The MEC Examined sample contains the subsample of all respondents examined in the MEC, and the Home Examined sample is a supplement to the MEC sample for a limited number of data items.

Tables include footnotes that clearly identify data source(s). Brief descriptions of the various NHANES-III data files used in the analysis are provided in appendix A. Tables also include footnotes, as appropriate, that identify reference

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[3]For adults (17 years and older), NHANES-III also included a food frequency questionnaire, which was administered as part of the household interview. The food frequency had a 1-month reference period and was designed to collect qualitative information about dietary patterns. Data from the food frequency were not analyzed for this series of reports.

[4]NHANES-III data include individuals who reported participation in the FSP and reported household incomes above the 130 percent of poverty cutoff used to define income eligibility for the FSP. This was true for 12.6 percent of those reporting FSP participation. Several factors may contribute to conflicting data on income and program participation. For example, NHANES-III measures income as a range rather than as an exact value and uses the midpoint of the range to compare household income to the poverty line; FSP eligibility is based on contemporaneous measures of household income, while NHANES-III measured income retrospectively (over the past 12 months); and NHANES-III interviewers and FSP eligibility workers may have used different probes or techniques to ascertain household income.

Table 1—Number of NHANES-III respondents: Older adults

	Total persons			Income ≤ 130% poverty			Income 131-185% poverty			Income > 185% poverty		
	Household Interview	MEC Examined	MEC+Home Examined	Household Interview	MEC Examined	MEC+Home Examined	Household Interview	MEC Examined	MEC+Home Examined	Household Interview	MEC Examined	MEC+Home Examined
Both sexes												
60-64 years	1,344	1,210	1,229	417	378	384	159	143	146	632	574	582
65-69 years	1,264	1,099	1,137	389	340	355	153	135	139	597	521	537
70-74 years	1,278	1,065	1,125	368	307	328	207	171	181	585	499	522
75-79 years	878	686	741	282	220	238	149	121	131	327	267	283
80-84 years	1,134	814	931	366	262	303	179	132	147	412	315	357
85 + years	698	428	561	234	150	198	109	74	90	219	150	188
Total	6,596	5,302	5,724	2,056	1,657	1,806	956	776	834	2,772	2,326	2,469
Male												
60-64 years	672	606	613	194	179	181	77	71	72	340	304	308
65-69 years	626	560	572	174	154	160	72	67	68	324	290	295
70-74 years	611	524	549	153	136	143	105	83	90	305	268	277
75-79 years	382	299	323	112	90	98	63	52	56	159	125	135
80-84 years	540	410	455	144	107	123	89	68	73	233	189	206
85 + years	286	188	244	82	57	73	55	38	48	107	73	94
Total	3,117	2,587	2,756	859	723	778	461	379	407	1,468	1,249	1,315
Female												
60-64 years	672	604	616	223	199	203	82	72	74	292	270	274
65-69 years	638	539	565	215	186	195	81	68	71	273	231	242
70-74 years	667	541	576	215	171	185	102	88	91	280	231	245
75-79 years	496	387	418	170	130	140	86	69	75	168	142	148
80-84 years	594	404	476	222	155	180	90	64	74	179	126	151
85 + years	412	240	317	152	93	125	54	36	42	112	77	94
Total	3,479	2,715	2,968	1,197	934	1,028	495	397	427	1,304	1,077	1,154

Source: NHANES-III, 1988-94.

4

standards used in interpreting NHANES-III data. Reference standards are described in appendix B. To the extent possible, standards are based on those used in the *Healthy People 2010* objectives (U.S. Department of Health and Human Services (U.S. DHHS), 2000a).

Age Adjustment

Data shown in the "total" rows of all detailed tables are age-adjusted, or standardized according to the age distribution of the U.S. population in the year 2000. Age-adjustment is important for comparisons between subgroups and for trend analyses between NHANES surveys. When comparing subgroups such as the lowest-income and low-income older adults at a point in time, age-adjustment eliminates between-group differences that are due solely to differences in the age distributions of the groups (U.S. DHHS, 2000b).

It is important to understand that age-adjusted estimates do not represent the *true* or raw estimates for a given population or subgroup. Rather, the age-adjusted estimates should be viewed as constructs or indices that provide information on the relative comparability of two or more populations (in this case, older adults in different income groups) on a particular measure (U.S. DHHS, 2000b).[5]

The choice of a standard population for age-adjusted estimates is somewhat arbitrary. For this report, adjustments are based on year 2000 Census estimates. Use of year 2000 population estimates facilitates comparison of NHANES-III estimates with estimates from NHANES 1999-2000. Population estimates are shown in table 2. The year 2000 age distribution shown in column 1 of table 2 was applied to each group of older adults.

Statistical Tests

The statistical significance of differences between the lowest-income group and the two other income groups was tested using t-tests. When multiple outcome categories were examined simultaneously, the Bonferroni adjustment was used to adjust for multiplicity (Lohr, 1999). Nonetheless, because of the large number of t-tests conducted, caution must be exercised in interpreting results. In general, findings discussed in the text are limited to those with strong statistical significance (1 percent level or better) or those that are part of an obvious trend or pattern in the data.

Text discussions generally focus on differences between the lowest-income group and one or both of the other income groups. Reference may be made to other between-group differences—most often males vs. females—when the differences are noteworthy. The statistical significance of these secondary comparisons has not been tested, however, and this fact is noted in the text. Statistical tests were not performed on these second-level differences because of the expansive number of statistical tests performed in the main analysis and because these comparisons are not the focus of the report.

Additional information about the analytic approach, including use of NHANES-III sampling weights, calculation of standard errors, age standardization, and guidelines used to flag point estimates deemed to be statistically unreliable, is provided in appendix C. Individual point estimates may be deemed statistically unreliable because of small sample size or a large coefficient of variation. In keeping with NHANES-III reporting guidelines, such estimates are reported in detailed tables and are clearly flagged.

The chapters that follow summarize key findings. Graphics are used to illustrate observed differences between older adults in different income groups. Differences that are statistically significant at the 5 percent level or better are

[5]Estimates for gender-and-age-specific subgroups are not adjusted and do represent *true* or raw estimates for the specific subgroup.

Table 2—Age distribution of Older Adults in NHANES-III sample frame and year 2000 population

| | Year 2000 population distribution | | NHANES-III sample frame | | | | | | | |
| | Total Persons | | Total persons[1] | | Lowest income: ≤ 130% poverty | | Low-income: 131-185% poverty | | Higher-income: > 185% poverty | |
	Population (thousands)	Percent	Population (thousands)	Percent	Population (thousands)	Percent	Population (thousands)	Percent	Population (thousands)	Percent
Both sexes										
60-64 years	10,610	23.4	9,256	25.8	1,665	20.4	1,078	20.3	6,513	29.1
65-69 years	9,437	20.8	9,176	25.6	1,731	21.2	1,045	19.6	6,400	28.6
70-74 years	8,746	19.3	7,439	20.7	1,587	19.4	1,236	23.2	4,616	20.6
75-79 years	7,408	16.3	4,977	13.9	1,330	16.3	1,026	19.3	2,621	11.7
80-84 years	4,879	10.8	3,075	8.6	1,081	13.2	572	10.8	1,422	6.4
85 + years	4,272	9.4	1,963	5.5	773	9.5	359	6.8	830	3.7
Total	45,353	100.0	35,885	100.0	8,166	100.0	5,318	100.0	22,401	100.0
Male										
60-64 years	–	23.4	4,208	26.8	645	24.1	390	17.9	3,173	29.3
65-69 years	–	20.8	4,358	27.8	656	24.5	457	20.9	3,245	29.9
70-74 years	–	19.3	3,302	21.0	486	18.2	567	26.0	2,249	20.7
75-79 years	–	16.3	2,040	13.0	397	14.8	402	18.4	1,241	11.4
80-84 years	–	10.8	1,138	7.2	289	10.8	226	10.4	624	5.8
85 + years	–	9.4	661	4.2	206	7.7	141	6.5	314	2.9
Total	–	100.0	15,706	100.0	2,678	100.0	2,183	100.0	10,845	100.0
Female										
60-64 years	–	23.4	5,048	25.0	1,020	18.6	688	22.0	3,340	28.9
65-69 years	–	20.8	4,818	23.9	1,075	19.6	588	18.8	3,154	27.3
70-74 years	–	19.3	4,138	20.5	1,101	20.1	670	21.4	2,367	20.5
75-79 years	–	16.3	2,937	14.6	933	17.0	624	19.9	1,380	11.9
80-84 years	–	10.8	1,937	9.6	792	14.4	347	11.1	798	6.9
85 + years	–	9.4	1,302	6.4	567	10.3	219	7.0	517	4.5
Total	–	100.0	20,179	100.0	5,488	100.0	3,135	100.0	11,556	100.0

[1] Total includes persons with missing food stamp participation or income.

– Population by gender not available. Overall age distribution was used to adjust both male and female totals.

Source: NHANES-III, 1988-94. Year 2000 population from U.S. Census Bureau, *Monthly Estimates of the United States Population*, April 2000.

highlighted. Detailed tables provided in appendix D differentiate three levels of statistical significance ($p < .001$, .01, and .05). It is important to note that differences between income groups may be statistically significant even if point estimates are unreliable. When this occurs, the text describes the existence and direction of the significant difference and identifies the group(s) for which point estimates are unreliable.

Chapter Two

Usual Intake of Food Energy and Nutrients

This chapter describes usual intakes of food energy and key nutrients and, to the extent possible, the prevalence of adequate intakes among older adults in different income strata. Nutrients included in the analysis are vitamin C, iron, zinc, and calcium. Usual intakes of fat, saturated fat, cholesterol, sodium, and fiber were also examined. These data are presented in Chapter Three.

As noted in Chapter One, the age groups used in all analyses involving dietary outcomes differ slightly from those used in the remainder of the report. Specifically, the two oldest age groups (80-84 years and 85 and older) were collapsed. This was necessary because the available sample of individuals 85 and older was too small to support estimation of usual intakes (see appendix C).

To provide some context for considering data on usual energy and nutrient intakes of older adults, the chapter begins with information on several factors that may influence these outcomes: participation in the Food Stamp Program (FSP) and the Elderly Nutrition Program (ENP), household food sufficiency status, and meal and snacking patterns.

Participation in the Food Stamp and Elderly Nutrition Programs

NHANES-III provides information on participation in two food and nutrition assistance programs that serve older adults: the FSP and the ENP. The survey question used to identify FSP participants asked specifically about current participation in the program: "(Are you/Is your family) receiving food stamps at the present time?" The items used to identify participation in the ENP asked about receipt of meals that

"some churches, cities, and other organizations provide for senior citizens" and meals that are "delivered to your home, such as Meals on Wheels." Respondents who reported receipt of meals from either of these sources were considered ENP participants.

In reviewing the data presented in this section, it is important to bear two facts in mind. First, survey data tend to yield lower estimates of program participation than estimates derived from program administrative data. For example, data from the Survey of Income and Program Participation (SIPP), which is generally recognized as the optimal source of survey data on program participation, underestimates participation in most programs by 10 to 15 percentage points (Trippe, 2000). Second, data reflect participation rates at the time the NHANES-III data were collected (1988-94) and therefore are not expected to be representative of *current* participation rates.

The Food Stamp Program

Although all persons with household incomes at or below 130 percent of poverty are eligible to participate in the FSP, only 28 percent of older adults with incomes in this range reported participating in the program (figure 1 and table D-1). Given the expected underreporting in survey data, these estimates are consistent with historical data on FSP participation among older adults during the relevant time period (1988-94) (Cody and Trippe, 1997).

Women participated in the FSP at a slightly higher rate than men (30% vs. 25%). In addition, the rate of FSP participation generally decreased as age increased. Thirty-nine percent of all income-eligible seniors between the ages of 60

Figure 1—Percent of income-eligible older adults participating in the Food Stamp Program
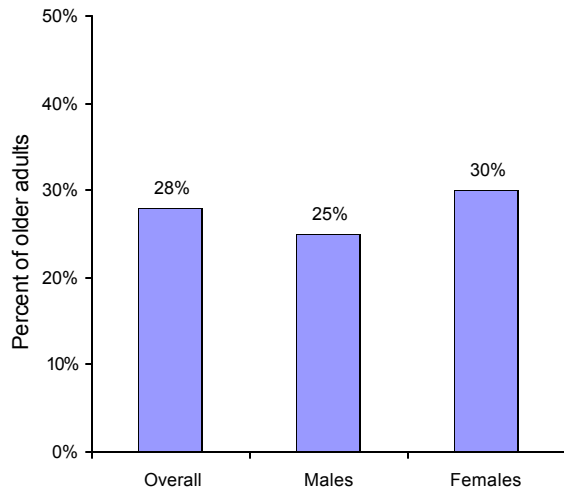
Statistical significance of difference between males and females not tested.
Source: NHANES-III, 1988-94.

and 64 participated in the FSP, compared with 22 percent of those 85 years old or older (statistical significance of gender- and age-based difference not tested) (table D-1).

Low FSP participation among older adults is a recognized problem. McConnell and Ponza (1999) identified five key reasons for lack of participation by older adults in the FSP and other food assistance and nutrition programs. These include lack of information, perceived lack of need, a perception that benefits are too low, problems related to program administration, and stigma or other psychological reasons. Issues related to the ability to travel are considered "problems related to program administration," although health and frailty certainly contribute to travel difficulties.

Several program requirements have been changed over the years to encourage older adult participation in the FSP. In addition, State FSP agencies have implemented numerous initiatives to promote older adult participation (U.S. General Accounting Office (GAO), 2000). USDA's Food and Nutrition Service (FNS) is currently evaluating a number of pilot demonstrations

designed to increase older adults' participation in the FSP.

The Elderly Nutrition Program

The ENP does not use a means test to determine eligibility—all adults 60 years and older, and their spouses, are eligible to participate in the program. However, the ENP is not an entitlement program. Services can be delivered only to the extent that available funds allow.

Only 4 percent of all older adults reported participation in the ENP, as measured by the NHANES-III survey questions described previously (table D- 2). Overall participation rates were comparable for males and females. In contrast to the FSP, where participation decreased with age, participation in the ENP increased with age. For the population as a whole, less than 2 percent of older adults younger than 70 years of age participated in the ENP. Among adults 85 and older, the rate of participation in the ENP was 12 percent (statistical significance of age-based difference not tested).

There was no significant difference between the lowest-income group and the low-income group in ENP participation, for the population as a whole or for females (figure 2). Among males, however, the rate of ENP participation in the lowest-income group was more than double that of the low-income group (10% vs. 4%).

In comparison with the higher-income group, older adults in the lowest-income group were significantly more likely to participate in the ENP. Overall, 8 percent of older adults in the lowest-income group reported participation in the program, compared with 3 percent in the higher-income group. This pattern was observed for both males and females.

The patterns observed in the NHANES-III data are consistent with data from the most recent

Figure 2—Percent of older adults participating in the Elderly Nutrition Program
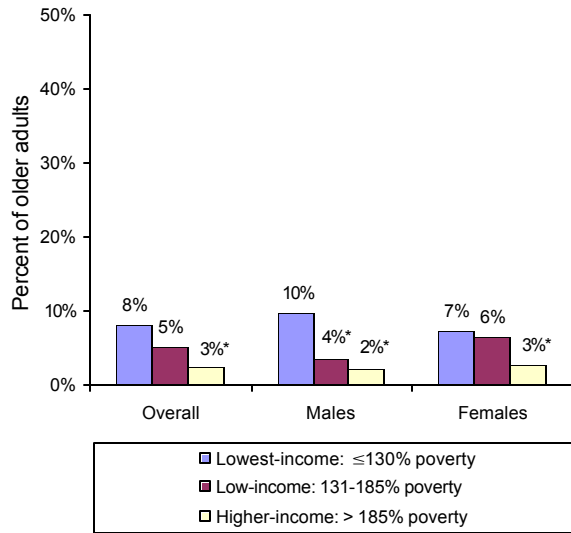
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

nationally representative study of the ENP. The National Evaluation of the Elderly Nutrition Program, which was conducted in 1993-95, found that ENP participants tended to be older and poorer than the over-60 population in general (Ponza et al., 1996). They were also more likely to be members of racial and ethnic minorities and to live alone.

There are no official estimates of the percentage of older adults who are in need of ENP services but not participating in the program. However, funding for the program has remained relatively flat during a period when the number of older adults in the population, particularly those with functional impairments, has increased steadily (GAO, 2000). Moreover, evidence from the National Evaluation of the ENP suggests that there is a substantial unmet need, particularly for home-delivered meals. In 1993-95, 41 percent of home-delivered meal sites and 9 percent of congregate feeding sites had waiting lists (Ponza et al., 1996). The average number of persons on waiting lists for home delivered meals was 85 (median 35), and the average wait was 2 to 3 months. For congregate feeding sites, wait lists averaged 52 persons (median 47), and the

average wait was 2 months. In addition to older adults who are waiting for services, there are undoubtedly individuals who do not access the ENP for one or more of the reasons cited for low FSP participation.

Household Food Sufficiency

NHANES-III data were collected before dissemination of the 18-item Federal food security module, the currently accepted standard for measuring household and individual food security (Price et al., 1997 and Bickel et al., 2000). NHANES-III included a question that asked whether the household had enough to eat, sometimes did not have enough to eat, or often did not have enough to eat. Respondents who indicated that their household sometimes or often did not have enough to eat were asked how many days this occurred during the past month and why it occurred.[1] This measure has been used in NHANES-III as well as in other studies to identify households with food insufficiency (defined as households that report that there is "sometimes" or "often" not enough food to eat) (Alaimo, et al., 1998).

The majority of older adults (98%) lived in households that always had enough to eat (table D-3). This was true for all three income groups. However, in comparison with older adults in the low-income and higher-income groups, older adults in the lowest-income group were *less* likely to always have enough to eat and *more* likely to sometimes not have enough to eat. Six percent of the lowest-income older adults reported that their households sometimes did not have enough to eat. Only 1 percent of older adults in the low-income group and less than 1 percent of older adults in the higher-income group reported experiencing this problem. More

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[1] Versions of the questionnaires used in the last two rounds of data collection included additional followup questions about whether children or adults in the household had decreased the size of their meals because there was not enough food. These questions were not tabulated for this report because of the restricted nature of the sample.

11

severe problems with food sufficiency ("often" not having enough to eat) were rare for all three income groups.

Because so few older adults in the various subgroups examined in this report resided in households that sometimes or often did not have enough to eat, the followup questions on how often and why households experienced these problems were not analyzed. Sample sizes were too small to produce reliable subgroup estimates.

Meals and Snacks Consumed

This analysis examined the number of meals and snacks consumed by older adults in the preceding 24 hours. Data from the 24-hour dietary recall were used to compute, for each individual, the total number of meals and snacks consumed. (As dietary intakes were reported, respondents were asked to identify eating occasions as meals (breakfast, brunch, lunch, or dinner/supper) or snacks.) Responses to a separate survey question about daily breakfast consumption were also tabulated.

Number of Meals Consumed

Overall, 24 percent of older adults consumed fewer than three meals per day (table D-5).[2] The percentage of older adults who ate fewer than three meals per day decreased with age, from a high of 28 percent for 60-64-year-olds to a low of 19 percent for adults 85 and older (statistical significance of age-based difference not tested).

On average, there was no difference between the lowest-income group and the low-income group in the percentage of older adults who consumed fewer than three meals per day (figure 3). This was true for both males and females. In comparison with the higher-income group, however, older adults in the lowest-income group were more likely to consume

[2]Data on the mean number of meals consumed is presented in table D-6.

Figure 3—Percent of older adults consuming fewer than three meals per day
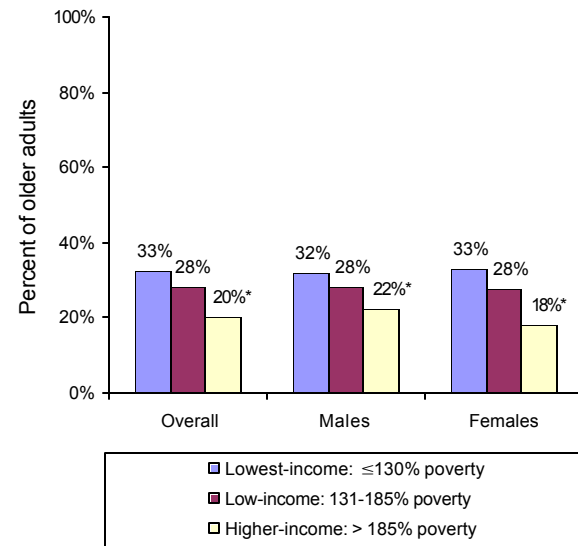
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

fewer than three meals per day. Overall, one-third of older adults in the lowest-income group consumed fewer than three meals, compared with 20 percent of older adults in the higher-income group. This pattern was observed for both males and females, although the between-group difference was notably larger for females than for males (15 percentage point difference vs. 10 percentage point difference).

Consumption of Breakfast

NHANES-III included a separate question about usual breakfast consumption habits: "How often do you eat breakfast?" Response options were: every day, on some days, rarely, never, and on weekends only. The data indicate that 83 percent of all older adults consumed breakfast every day (table D-7). In keeping with previous findings on the consumption of three or more meals per day, the percentage of older adults who reported regular consumption of breakfast increased with age. Overall, 71 percent of 60-64-year-olds reported eating breakfast every day, compared with 95 percent of adults 85 and older (statistical significance of age-based differences not tested).

Older adults in the lowest-income group were significantly less likely than older adults in the other two income groups to consume breakfast every day (figure 4). Seventy-eight percent of older adults in the lowest-income group consumed breakfast every day, compared with 83 percent of older adults in the low-income group and 84 percent of older adults in the higher-income group. This trend was noted for both males and females. However, among females, the difference between the lowest-income group and the low-income group was not statistically significant.

Number of Snacks Consumed

Eighty-one percent of all older adults consumed at least one snack per day (table D-8).[3] In contrast with meal consumption, which tended to increase with age, consumption of snacks decreased with age. Eighty-seven percent of 60-64-year-olds and 65-69-year-olds reported eating at least one snack per day. The same was true for only 68 percent of those aged 85 and older

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[3]Data on the mean number of snacks consumed is presented in table D-9.

Figure 4—Percent of older adults consuming breakfast every day
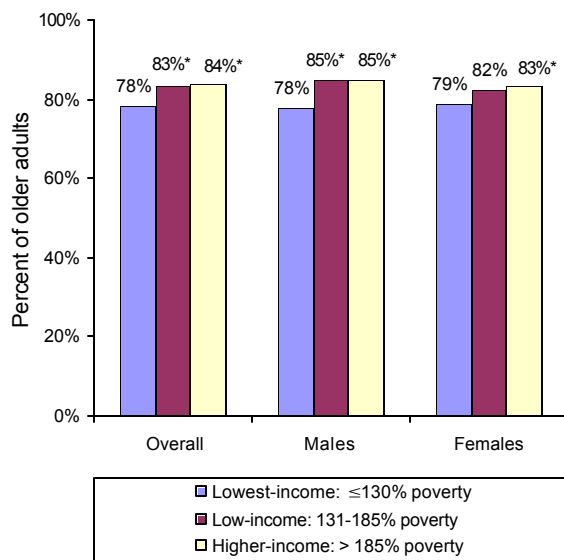
*Statistically significant difference from lowest-income group at the .05 level or better.

(statistical significance of age-based differences not tested).

In addition to consuming fewer meals per day and being less likely to consume breakfast on a daily basis, the lowest-income older adults were less likely than their counterparts in the higher-income group to consume at least one snack. Seventy-seven percent of older adults in the lowest-income group consumed one or more snacks per day, compared with 84 percent of the older adults in the higher-income group. This pattern was observed for both males and females. There were no overall differences between the lowest-income group and the low-income group in snacking patterns (tables D- 8 and D-9).

Usual Intake of Food Energy and Key Nutrients

This section describes usual intakes of food energy, vitamin C, iron, zinc, and calcium among older adults. Tabulations are based on the single 24-hour recall collected in NHANES-III. The data have been adjusted, however, to account for within-person variation using variance estimates from the Continuing Survey of Food Intake of Individuals (CSFII). (The procedures used in making these adjustments are described in appendix C.) As such, the data presented are indicative of older adults' *usual* dietary intakes, exclusive of vitamin and mineral supplements, and can be used to assess the prevalence of adequate intakes.[4]

Standards Used to Assess Usual Intakes

Older adults' usual nutrient intakes were assessed relative to Estimated Average Require-

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[4]Data on usual nutrient intakes do not include contributions from vitamin and mineral supplements. At the time this report was being drafted, other investigators were working on methods for incorporating supplement data into estimates of usual nutrient intake. In the NHANES-III data, the issue is not straightforward because of a lack of congruence in recall period—the preceding 24 hours for food and beverage intake vs. the preceding month for supplements.

ments (EARs) and Adequate Intakes (AIs). EARs and AIs are part of a newly established set of dietary standards—the Dietary Reference Intakes (DRIs) (Institute of Medicine (IOM), Food and Nutrition Board (FNB), 1999, 2000a, 2000b, 2002a, 2002b, 2004). The DRIs replace the *Recommended Dietary Allowances* (RDAs) used in most previous research (National Research Council (NRC), 1989a).[5] When adequate scientific evidence is available, an EAR is established. The EAR is the level of intake that is estimated to meet the requirements of half of the healthy individuals in a particular life stage and gender group. When the available data are insufficient to estimate requirements, an AI is established rather than an EAR. The AI is the level of intake that is assumed to be adequate, based on observed or experimentally determined estimates of intake.

EARs have been defined for three of the four nutrients examined in this chapter (vitamin C, iron, and zinc). For the fourth nutrient (calcium), AIs have been defined. For nutrients that have EARs and a symmetrical requirement distribution, the IOM recommends that usual nutrient intakes be assessed using the "EAR-cutpoint method" (IOM, FNB, 2001). This approach compares the distribution of usual intakes in a population with a population-specific EAR. The proportion of the population with usual intakes below the EAR is an estimate of the proportion of the population with inadequate intakes—intakes that do not meet nutrient requirements.

For nutrients with AIs, methods for assessing usual intakes are more limited. AIs cannot be used to determine the proportion of a population with inadequate intakes. Instead, assessment focuses on comparison of mean usual intakes to the AI. Populations with a mean usual intake equivalent to or greater than the population-

specific AI can be assumed to have adequate intakes.

At the time the analyses presented in this report were completed, DRIs had not been established for food energy.[6] Therefore, assessment of usual energy intakes also focuses on comparison of mean intakes, expressed as a percentage of the 1989 Recommended Energy Allowance (REA) (NRC, 1989a).

Because the EARs and the calcium AI are relatively new reference standards, appendix B includes a table that shows the 1989 RDAs for vitamin C, iron, zinc, and calcium—the reference standards used in most previous research. The interested reader can compare data on mean usual intakes with the most appropriate RDA to obtain a reasonable approximation of how these data compare with previously published data. In addition, appendix D includes tables that show means and the full distribution of usual intakes (the 5th, 10th, 15th, 25th, 50th, 75th, 85th, 90th, and 95th percentiles) for food energy and each of the four nutrients.

Food Energy

On average, the usual energy intake of older adults approximated 82 percent of the 1989 REA (table D-11).[7] Males consumed more energy than females (87% vs. 78%) and energy consumption generally decreased with age (statistical significance of gender- and age-based differences not tested).

On average, older adults in the lowest-income group consumed significantly less energy, as a percentage of the 1989 REA, than older adults in either of the other income groups (figure 5). Older adults in the lowest-income group con-

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[5]In addition to EARs and AIs, the DRIs define two other reference standards: Recommended Dietary Allowances (RDAs) and Tolerable Upper Intake Levels (ULs) (see appendix B).

[6]DRIs for food energy have subsequently been released (IOM, FNB, 2002b).

[7]Data on mean usual energy intakes (in kilocalories) are presented in table D-10 and the full distribution of usual energy intakes is presented in table D-12.

Figure 5—Mean usual intake of food energy as a percent of the 1989 Recommended Energy Allowance: Older adults
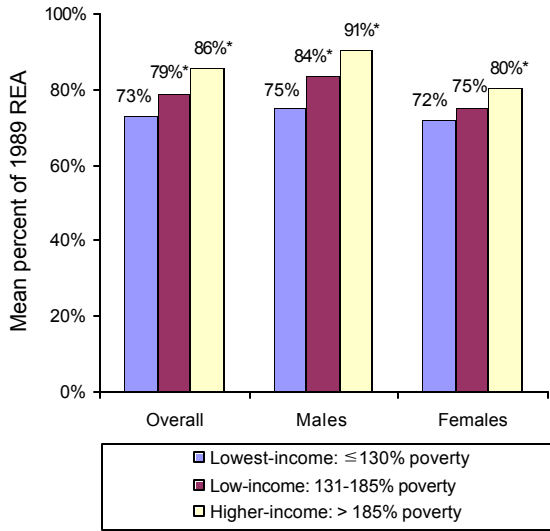
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

sumed an average of 73 percent of the REA, compared with 79 percent for older adults in the low-income group and 86 percent for older adults in the higher-income group. This pattern was noted for both males and females. However, among females, the difference between

the lowest-income group and the low-income group was not statistically significant.

This general trend was also observed when data were examined separately by age group (figure 6). Among 65-69-year-olds and 75-79-year-olds, however, the difference between the lowest-income group and the low-income group was not statistically significant.

As noted previously, males consumed more energy, relative to the 1989 REA, than females. It is interesting to note, however, that the size of the disparity between males and females was substantially smaller in the lowest-income group than in either of the other income groups (figure 7). In the lowest-income group, males consumed an average of 75 percent of their REA and females consumed an average of 72 percent of theirs—a difference of 3 percentage points. Comparable differences for the low-income group and the higher-income group were 9 percentage points (84% vs. 75%) and 11 percentage points (91% vs. 80%) (statistical significance of gender-based differences not tested).

Figure 6—Mean usual intake of food energy as a percent of the 1989 Recommended Energy Allowance by age group
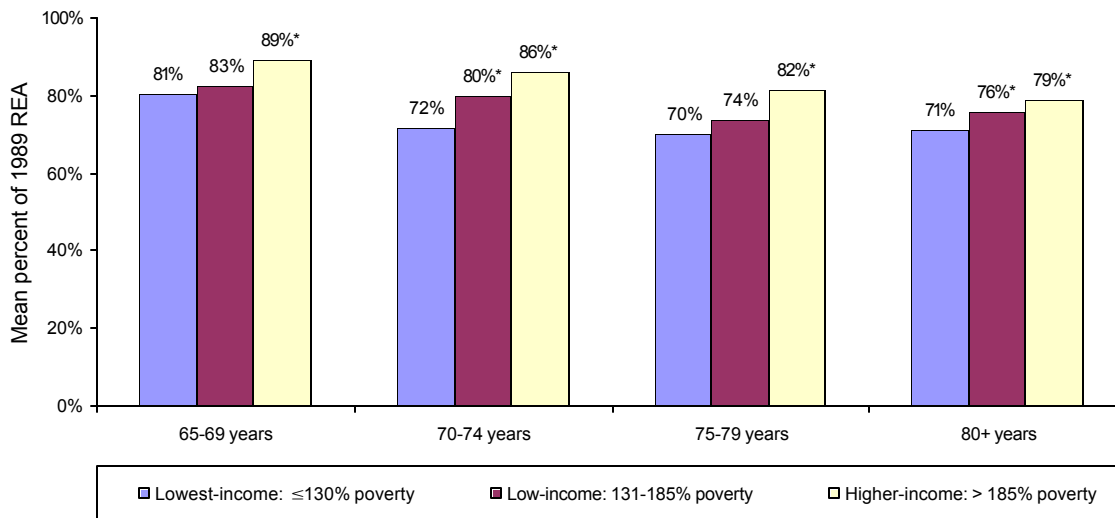
*Statistically significant difference from lowest-income group at the .05 level or better.
Note: An estimate of usual intake could not be obtained for the 60-64 year age group.
Source: NHANES-III, 1988-94.

Figure 7—Mean usual intake of food energy as a percent of the 1989 Recommended Energy Allowance: Males vs. females
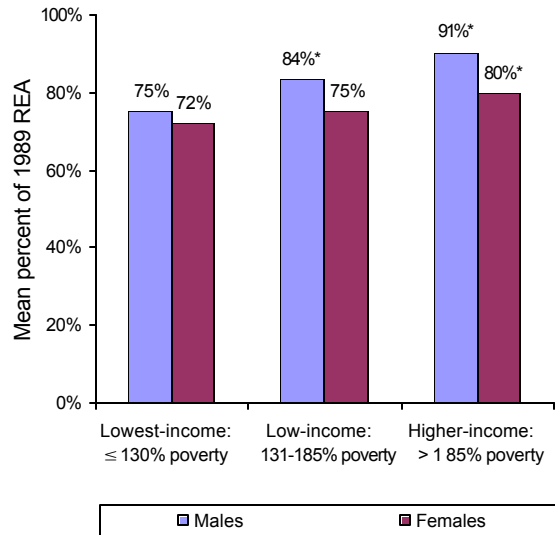
Vitamin C

Seventy-two percent of all older adults consumed enough vitamin C to satisfy the relevant age-and-gender-specific EAR (table D-14).[8] Overall, the percentage of individuals with adequate vitamin C intakes was substantially lower for males than for females (63% vs. 79%). In addition, the prevalence of adequate intakes was greater among adults 80 and over, in comparison with 60-64-year-olds (79% vs. 70%); however, there was no consistent pattern of increase across the intervening age groups (statistical significance of gender- and age-based differences not tested).

Overall, there was no difference between the lowest-income group and the low-income group in the percentage of older adults with adequate usual intakes of vitamin C (figure 8). However, older adults in the lowest-income group were less likely to consume an adequate amount of vitamin C than those in the higher-income group

Figure 8—Percent of older adults with adequate usual intake of vitamin C
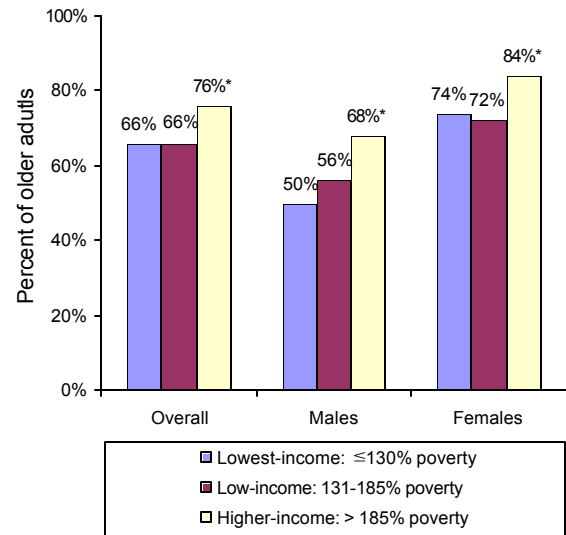
(66% vs. 76%). This difference was observed for both males and females.

As noted, females were substantially more likely than males to consume adequate amounts of vitamin C. As can be seen in figure 8, however, the disparity between males and females is most striking for the lowest-income group. Only 50 percent of the males in this group consumed a diet that provided adequate amounts of vitamin C, compared with 74 percent of females. Disparities between males and females in the other two income groups were smaller but still sizeable.

Iron

Overall, close to 100 percent of older adults, both male and female, consumed adequate amounts of iron (table D-17).[9] Nonetheless, older adults in the lowest-income group were significantly less likely than older adults in the other two income groups to consume an ad-

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[8]Data on mean usual intakes of vitamin C (in mg.) are presented in table D-13 and the full distribution of usual vitamin C intakes is presented in table D-15.

[9]Data on mean usual intakes of iron (in mg.) are presented in table D-16 and the full distribution of usual iron intakes is presented in table D-18.

equate amount of iron (96% vs. 98% and 100%). This trend was noted for both males and females; however, among males, the difference between the lowest-income group and the low-income group was not statistically significant.

Zinc

Roughly 7 out of 10 older adults had adequate usual intakes of zinc (table D- 20).[10] However, older adults in the lowest-income group were significantly less likely than older adults in either of the other income groups to consume adequate amounts of zinc (57% vs. 63% and 77%) (figure 9). This trend was observed for both males and females, although the difference between the lowest-income group and the low-income group was not significant for females. In addition, significant differences between the lowest-income group and both of the other income groups were observed for virtually all gender-and-age subgroups (table D-20).

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[10]Data on mean usual intakes of zinc (in mg.) are presented in table D-19 and the full distribution of usual zinc intakes is presented in table D-21.

Figure 9—Percent of older adults with adequate usual intake of zinc
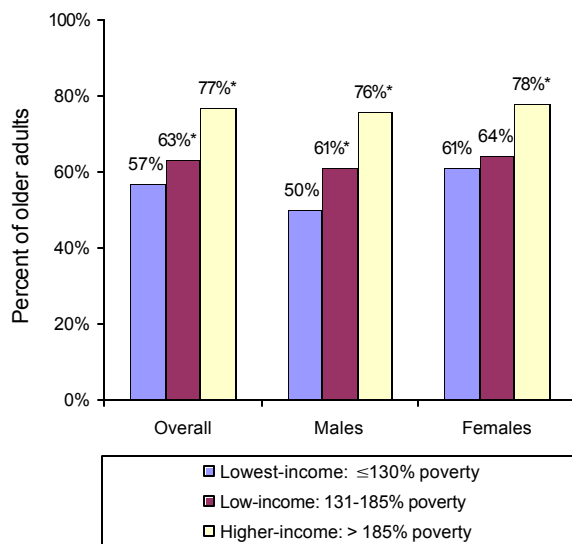
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Calcium

As noted in the introduction to this section, it is not possible to determine the percentage of older adults with adequate intakes of calcium because EARs for calcium have not been established. Therefore, in comparing calcium intakes across groups, the analysis examined mean intakes, expressed as a percentage of the AI. In reviewing these data, readers should note that the AI is expected to exceed the actual needs of essentially all healthy individuals. Thus, mean intakes below the AI cannot be interpreted as indicative of inadequate intakes. On the other hand, populations with mean intakes that meet or exceed the population-specific AI can be assumed to have adequate intakes.

On average, the usual diets consumed by older adults provided 61 percent of gender-and age-specific AIs for calcium (table D-23).[11] Mean usual intake, as a percent of the relevant AI, was substantially greater for males than for females (68% vs. 56%) (statistical significance of gender-based difference not tested).

On average, older adults in the lowest-income group consumed a significantly smaller percentage of the calcium AI than older adults in either of the other income groups. The mean calcium intake of older adults in the lowest-income group, expressed as a percentage of the AI, was 53 percent (figure 10). Comparable statistics for the low-income and higher-income groups were 58 percent and 64 percent, respectively. This pattern was observed for both males and females. However, as noted in several preceding analyses, the difference between the lowest-income and low-income females was not statistically significant.

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[11]Data on mean usual intakes of calcium (in mg.) are presented in table D-22 and the full distribution of usual calcium intakes is presented in table D-24.

17

Figure 10—Mean usual intake of calcium as a percent of Adequate Intake: Older adults

*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Use of Dietary Supplements

As noted earlier in this chapter, NHANES-III dietary intake data do not include nutrients provided by dietary supplements. To provide some insight into the potential contribution of dietary supplements, data on reported supplement use were analyzed. The available data do not permit a detailed analysis of this issue by specific nutrient, but provide some information on the prevalence of supplement use among older adults and general information on the number and types of supplements taken.

NHANES-III respondents were asked whether they used vitamin or mineral supplements during the preceding month. If supplements were used, respondents were asked to show the actual bottles or jars to interviewers so the type of supplement and associated dosage information could be recorded. Respondents were not asked specifically about use of other types of dietary supplements, such as herbs, botanicals, and fish oils; however, many respondents volunteered information about these types of supplements (CDC, 2001).

Overall, 48 percent of older adults reported using some type of dietary supplement during the past month (table D-25). Supplement use was greater among females than males (53% vs. 40%) (statistical significance of gender-based difference not tested).

There was no difference between the lowest-income group and the low-income group in the use of dietary supplements. However, older adults in the lowest income group—the group least likely to consume adequate nutrients from foods—were significantly less likely than those in the higher-income group to use supplements (figure 11). Forty percent of all older adults in the lowest-income group reported supplement use, compared with 53 percent of older adults in the higher-income group. This pattern was observed for both males and females.

Among older adults who reported use of dietary supplements in the past month, 56 percent used one supplement, 23 percent used two supplements, and 21 percent used three or more supplements (table D-26). Patterns were similar for males and females.

Figure 11—Percent of older adults using dietary supplements in the past month
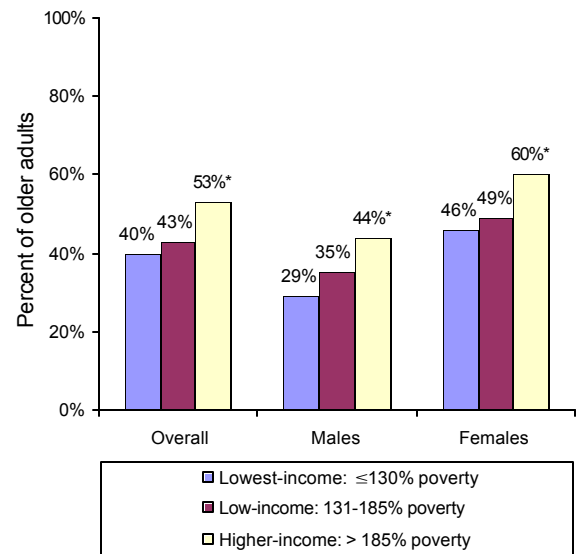
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

18

Overall, there was no difference between the lowest-income group and the low-income group in the number of supplements used. In comparison with the higher-income group, however, older adults in the lowest-income group were less likely to use three or more supplements (17% vs. 24%). This was true for both males and females.

The most common type of supplement used by older adults was a multi-vitamin-and-mineral combination. Forty-six percent of all older adults who used supplements reported using a multi-vitamin-and-mineral combination (table D-28). Such supplements are likely to include vitamin C, iron, and zinc—three of the four minerals examined in the preceding section. Calcium is also likely to be included in a multi-vitamin-and-mineral combination, but generally at levels well below other minerals, relative to the AIs.

While the multi-vitamin-and-mineral combination was the most common type of supplement used, overall, use of this type of supplement was significantly lower among the lowest-income older adults, compared with higher-income older adults (38% vs. 49%). This pattern was observed for both males and females. Among females, the difference in reported use of multi-vitamin-and-mineral combinations was also significant for the lowest-income vs. low-income comparison (38% vs. 50%).

Overall, the second most common type of supplement was a single vitamin supplement. Higher-income older adults, both male and female, were more likely than their counterparts in the lowest-income group to use a single vitamin supplement; however, the disparities were smaller than those observed for multi-vitamin-and-mineral supplements.

Isolated between-group differences were observed for reported use of other types of supplements, but none were significant in the overall analysis or in either of the gender-specific analyses.

Chapter Three

Healthy Eating Index Scores and
Usual Intake of Dietary Fiber

This chapter describes the nutritional quality of diets consumed by the Nation's older adults. The analysis focuses on the Healthy Eating Index (HEI), a summary measure of overall nutritional quality developed by USDA's Center for Nutrition Policy and Promotion (CNPP) (Kennedy et al., 1995). Usual intake of dietary fiber is also examined.

To maintain consistency across all analyses of diet-related measures, the age groups used in this chapter are the same as those used in the preceding chapter and differ slightly from those used elsewhere in the report. Specifically, the two oldest age groups (80-84-years and 85 years and older) were combined because sample sizes for the latter group were insufficient to support estimation of usual energy and nutrient intakes (see appendix C).

Healthy Eating Index Scores

The HEI provides an overall picture of the types and quantities of food individuals consume and their compliance with recommended dietary practices (Basiotis et al., 2002). The index includes an overall score as well as 10 component scores, all of which are weighted equally in the overall score. The 10 component scores measure different aspects of a healthy diet relative to current public health recommendations. The HEI scores used in this analysis were computed by NCHS staff, following USDA guidelines, and were included in a public-release data file (NCHS, 2000).

Six of the component scores are food-based and evaluate food consumption in comparison with USDA Food Guide Pyramid recommendations

for intake of grains, vegetables, fruits, dairy, and meat, as well as the level of variety in the diet (USDA, CNPP, 1996). Four component scores are nutrient-based and assess compliance with *Dietary Guidelines for Americans* recommendations for daily intake of fat, saturated fat, cholesterol, and sodium (USDA and U.S. DHHS, 2000).[1] The specific reference standards used for each HEI component are described in the following discussions and are listed in appendix B. The appendix also provides technical details about how food consumption data needed to estimate HEI scores were derived from the NHANES-III 24-hour recall data.

The HEI data are based on the single 24-hour recall collected in NHANES-III. It was not possible to develop HEI scores that reflect usual intakes, as was done for the nutrients assessed in the preceding chapter. There were two major impediments to such an analysis. First, the HEI scoring algorithm is applied at the *individual* level but the adjustment technique used to generate estimates of usual nutrient intakes adjusts *distributions* rather than individual observations (see appendix C). Second, the HEI includes six food-based components and it is not possible to generate estimates of usual food intake (as opposed to usual nutrient

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[1] When the HEI was first developed, the standards for cholesterol and sodium were based on recommendations made in the NRC's *Diet and Health* report (NRC, 1989b) because the version of the *Dietary Guidelines* in effect at the time did not include quantitative standards for these nutrients (USDA and U.S. DHHS, 1995). Since that time, the NRC standards for sodium and cholesterol have been incorporated into both the Nutrition Facts section of food labels and the most recent version of the *Dietary Guidelines* (USDA and U.S. DHHS, 2000).

intake) because distributions of daily food intake tend to be highly skewed and to include a large proportion of zeros (Dodd, 2001).

Although it was not possible to incorporate information on usual nutrient intakes into HEI scores, usual intake distributions were estimated for the nutrients considered in the HEI. These include the percentage of food energy (calories) from fat and saturated fat as well as total intakes of cholesterol and sodium. In addition, a separate analysis was conducted to compare HEI data and usual intake data on estimates of the percentage of older adults who consumed diets consistent with the various reference standards.

Because of the large number of variables examined and the additional comparisons (HEI estimates vs. usual intake estimates) presented in this chapter, the text discussion focuses on significant findings for the aggregate analysis (all older adults) and the gender-specific analyses. Information about significant between-group differences that may have been observed only for specific gender- and/or age-groups may be found in the detailed appendix tables referenced throughout the text.

Total HEI Scores

On average, older adults scored 68.4, out of a possible 100, on the HEI (table D-29). Overall, females had higher mean HEI scores than males (69.9 vs. 66.2) (statistical significance of gender-based difference not tested).

Older adults in the lowest-income group scored lower on the HEI than older adults in either of the other income groups (64.3 vs. 67.0 and 70.0) (figure 12). This general pattern was observed for both males and females; however, the difference between the lowest-income group and the low-income group was statistically significant only for males.

Researchers at CNPP have defined cutoffs that can be used to interpret what HEI scores say

Figure 12—Mean Healthy Eating Index (HEI) scores: Older adults
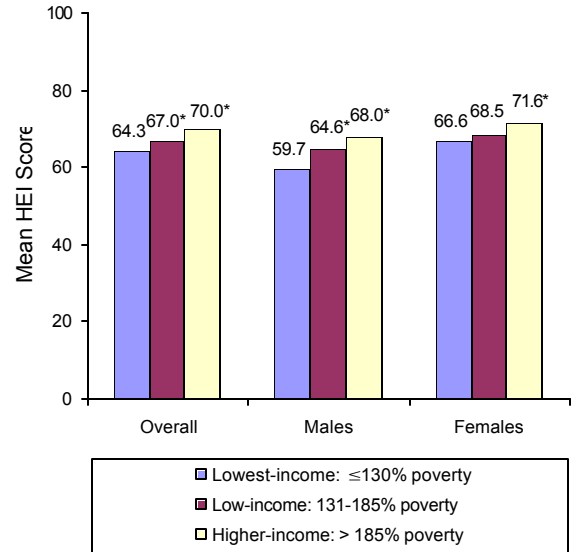
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

about overall diet quality (Basiotis et al., 2002). Total HEI scores over 80 imply a "good" diet. Scores between 51 and 80 indicate a "need for improvement." And scores below 51 are indicative of a "poor" diet. Using these criteria, a majority of older adults in all three income groups needed to make improvements in their diets. Overall, 22 percent of older adults had "good" diets, while 67 percent showed a need for improvement and 11 percent had "poor" diets (table D-30). In all three income groups, the percentage of females who consumed "good" diets was consistently greater than the percentage of males. Similarly, the percentage of females with "poor" diets was consistently lower than the percentage of males (statistical significance of gender-based differences not tested).

Based on mean HEI scores, the diets consumed by the lowest-income older adults were more likely than the diets consumed by older adults in the other two income groups to be of poor nutritional quality (19% vs. 13% and 9%) (table D-30). Moreover, older adults in the lowest-income group were less likely than older adults in the higher-income group to consume diets that were considered to be of good nutritional quality.

Thirteen percent of older adults in the low-income group consumed "good" diets, compared with 25 percent of older adults in the higher-income group.

This general pattern of differences was noted for both males and females; however, differences between the lowest- and low-income groups were most pronounced for males. Among males, differences between the lowest-income group and the low-income group were statistically significant for the percentage with poor diets (27% vs. 18%) as well as for the percentage with good diets (7% vs. 16%) (figure 13). Among females, the pattern of differences between the low- and lowest-income groups was similar, but neither of the between-group differences was statistically significant (figure 14).

Food-based Component Scores

Standards for the food-based HEI component scores reflect daily goals for consumption of foods from each of the five good groups specified in the Food Guide Pyramid (USDA, CNPP, 1996). Serving guidelines are associated with recommended energy intake. For older adults,

the recommended numbers of daily servings for males and females are:

- Grains: 9.1 servings for males and 7.4 servings for females
- Vegetables: 4.2 servings for males and 3.5 servings for females
- Fruits: 3.2 servings for males and 2.5 servings for females
- Milk: 2 servings for both males and females
- Meat: 2.5 servings for males and 2.2 servings for females[2]

The HEI also includes a food-based score for dietary variety. Although the need for variety in the diet is a theme in all major public health nutrition guidelines, there are no specific quantitative recommendations. For purposes of the HEI, dietary variety is assessed by totaling the number of different types of food a person

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[2]One serving of meat is equivalent to 2.5 ounces of lean meat. Dried beans and peas, peanut butter, eggs, nuts, seeds, and tofu are also included in the meat group (see appendix B).

Figure 13—Distribution of total HEI scores: Older adult males
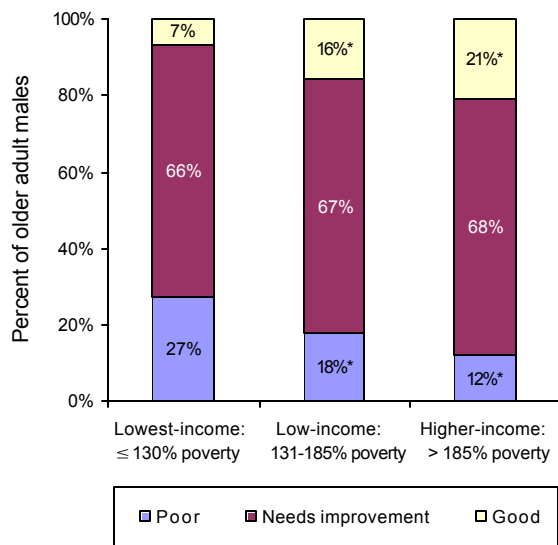
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Figure 14—Distribution of total HEI scores: Older adult females
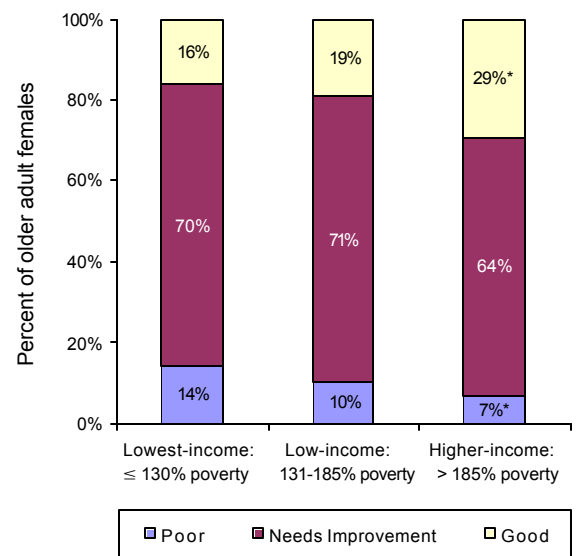
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

consumes in a day. Similar foods are grouped together and tabulations consider only food components that contribute at least one-half serving toward any food group. Fats, sweets, seasonings, and similar foods are not included (NCHS, 2000). A perfect score of 10 is assigned when a person consumes at least one-half serving of eight different foods.

Males

Data on food-based HEI component scores (tables D-32 to D-43) indicate that the food consumption goals that presented the most difficulty for older adult males were the goals for fruit and grains. Mean scores for the fruit component ranged from 3.5 to 5.0, compared with a perfect score of 10 (figure 15), and less than 25 percent of males in each income group consumed the recommended number of servings (figure 16). Mean scores for the grain component were higher (5.8 to 6.9); however, the percentage of males who consumed the recommended number of grain servings was comparably low, at less than 25 percent for each income group.

The food consumption goal that appeared least problematic for older adult males, although there was still room for improvement, was the goal for dietary variety. Mean scores for this component ranged from 6.4 to 8.6 (figure 15) and, in all three income groups, the percentage of males who met the HEI standard was notably higher for the variety score than for any of the five other food-based component scores (figure 16).

Males in the lowest-income group scored lower, on average, than males in either of the other income groups on all six of the food-based HEI components (figure 15). With one exception (the difference between the lowest- and low-income groups on the vegetable score), all of the between-group differences were statistically significant.

In addition, the percentage of males who satisfied the various food-based HEI standards tended to be lower for the lowest-income group than for either of the other income groups (figure 16). Differences between males in the lowest-income group and those in the low-income group were statistically significant for the dairy, meat, and variety components. Differences between males in the lowest- and higher-income groups were statistically significant for grains, fruit, dairy, and variety. The only food-based component for which no statistical difference was observed between groups was vegetables.

Data on the mean number of servings consumed from each food group (tables D-32 to D-40) reveal that, on average, males in the lowest-income group consumed almost three-quarters (0.7) of a serving less grains and more than half (0.6) a serving less dairy products than their counterparts in the low-income group. Compared with males in the higher-income group, males in the lowest-income group consumed about one and a third fewer servings of grains and almost three-quarters (0.7) of a serving less dairy products.

Females

For older adult females, the food consumption goal that presented the most difficulty was the goal for grains. Mean scores for the grain component ranged from 6.1 to 6.5 and, with the exception of the variety component, were not that different from scores for the other food-based components (figure 17). However, less than 20 percent of older adult females in each of the three income groups consumed the recommended 7.4 servings of grains per day (figure 18).

The food consumption goal that appeared least problematic for older adult females, like older adult males, was the goal for variety. Mean scores for this component ranged from 6.7 to

Figure 15—Mean scores for HEI food-based components: Older adult males
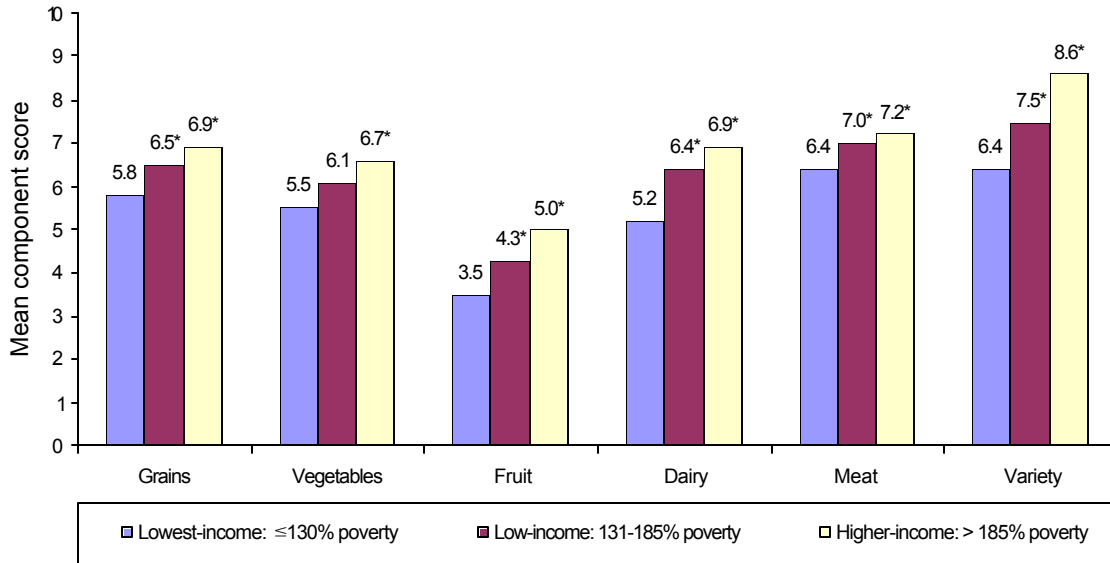
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Figure 16—Percent of older adults meeting HEI standards for food-based components: Males
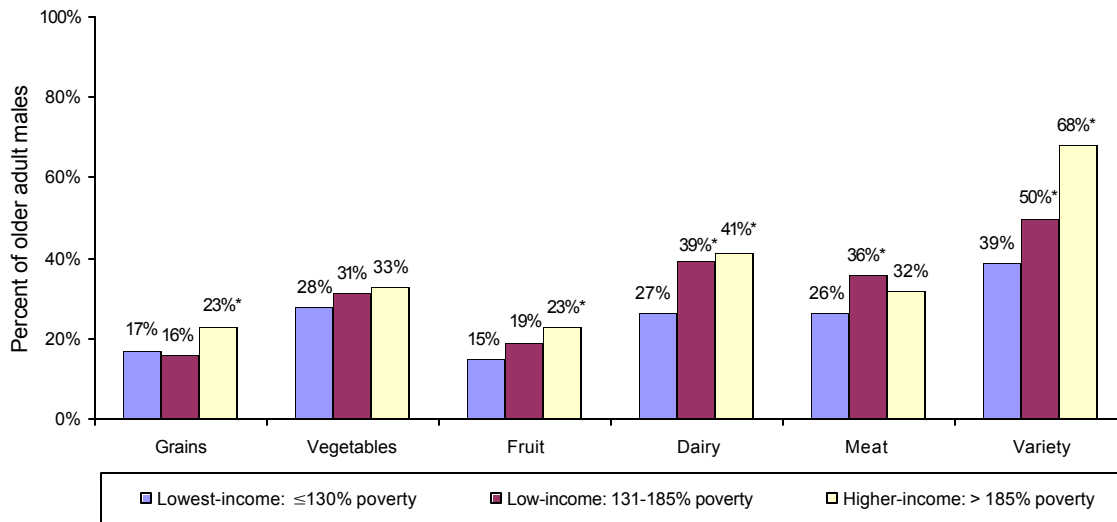
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Figure 17—Mean scores for HEI food-based components: Older adult females

Figure 18—Percent of older adults meeting HEI standards for food-based components: Females

8.3 (figure 17) and, in all three income groups, the percentage of older adult females who met the HEI standard was greater for the variety component than for any of the five other food-based components (figure 18). There was still room for improvement, however: 36 to 62 percent of older adult females failed to meet the HEI standard for variety.

In comparison with females in the low-income group, females in the lowest-income group scored lower, on average, for the fruit component and the variety component (figure 17). In addition, a significantly smaller percentage of older adult females in the lowest-income group satisfied the HEI standard for dietary variety (figure 18).

Differences between the lowest-income group and the higher-income group were more widespread. Older adult females in the lowest-income group had significantly lower mean HEI scores than older adult females in the higher-income group for all food-based components except meat (figure 17). Moreover, for all food-based components except grains and meat, older adult females in the lowest-income group were less likely than their higher-income counterparts to satisfy the HEI standard (figure 18).

Data on the mean number of servings consumed from each food group (tables D-32 to D-40) show that, compared with females in the low-income group, females in the lowest-income group consumed about a third of a serving less fruit per day. In comparison with higher-income females, females in the lowest-income group consumed about a third of a serving less grains, more than half (0.6) a serving less vegetables, almost half (0.4) a serving less fruit, and about a third of a serving less dairy foods.

Nutrient-based Component Scores

The four nutrient-based component scores of the HEI assess nutritional quality on the basis of

how well individuals' diets conform to recommendations for intake of total fat, saturated fat, cholesterol, and sodium. The standards used in making these assessments are based on recommendations included in the *Dietary Guidelines for Americans* (USDA and U.S. DHHS, 2000).[3] The standards for total fat, saturated fat, and sodium are also included in the *Healthy People 2010* objectives (U.S. DHHS, 2000a). Standards for total fat and saturated fat are no more than 30 percent of total energy and less than 10 percent of total energy, respectively. The standard for cholesterol is less than 300 mg. and the standard for sodium is 2,400 mg.

Since the time HEI scores were computed by NCHS staff and the tabulations presented in this report were prepared, new reference standards have been established for fat (IOM, FNB, 2002b) and sodium (IOM, FNB, 2004) intake. These new standards are discussed in the text that follows. The IOM report in which the new standard for fat intake is defined also discusses intake of saturated fat and cholesterol, but does not define specific standards for intake of these dietary components.

There were few differences between income groups on mean scores for the nutrient-based HEI components (figure 19 and tables D-44 to D-51). There were no significant between-group differences in mean scores for the total fat, saturated fat, and cholesterol components of the HEI. For the sodium component, older adults in the lowest-income group had a significantly greater mean score than older adults in the higher-income group (8.0 vs. 7.0). Findings were consistent for both males and females.

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[3]As noted previously, HEI standards for cholesterol and sodium were initially based on recommendations made in the NRC's *Diet and Health* report (NRC, 1989b). These recommendations have subsequently been incorporated into the Nutrition Facts section on food labels and the most recent version of the *Dietary Guidelines*.

Figure 19—Mean scores for HEI nutrient-based components: Older adults
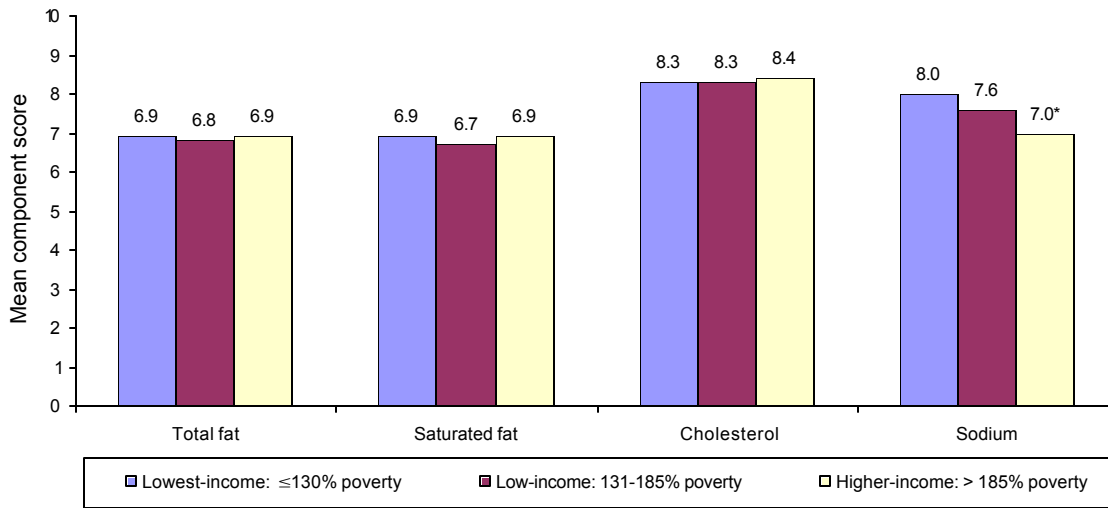
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

### *Percentage of Older Adults Meeting Standards for HEI Nutrients: Usual Intakes vs. 24-hour Intakes*

As noted in the introduction to this chapter, usual intakes of fat, saturated fat, cholesterol, and sodium were estimated, as described in Chapter Two and appendix C, even though these data could not be incorporated into HEI scores. The following sections describe findings from the usual intake analyses, particularly with respect to estimates of the percentages of older adults who satisfied the *Dietary Guidelines* recommendations considered in the HEI. These findings are contrasted with those from the HEI analysis. Estimates based on usual intake analyses are more reliable than those available from the HEI because the former have been adjusted to remove within-person variation (see appendix C).

Percent of Energy from Total Fat

The diets usually consumed by older adults were somewhat high in fat compared with the *Dietary Guidelines* recommendation that no more than 30 percent of total energy come from fat. On average, older adults obtained 32.2 percent of their food energy from fat (table D-52).

The lowest-income older adults had a significantly lower mean intake of fat, as a percent of total energy, than older adults in either of the other income groups (31.6% vs. 32.7% and 32.4%). This difference was concentrated among females (30.7% vs. 32.0% and 31.9%).

According to the HEI data, which are based on a single 24-hour recall, 41 percent of older adults satisfied the *Dietary Guidelines* recommendation for fat intake (table D-44). Moreover, the HEI data suggest that there were no statistically significant differences between the lowest-income group and either of the other income groups in this regard (figure 20).

The more reliable estimates of usual energy and fat intake indicate that the proportion of older adults whose diets were consistent the *Dietary Guidelines* recommendation was actually lower—36 percent (table D-53) rather than 41 percent. Moreover, estimates of usual energy and fat intake indicate that older adults in the lowest-income group were more likely than older adults in either of the other income groups to satisfy the *Dietary Guidelines* recommendation for fat (41% vs. 34% for each of the other groups) (figure 20). As noted previously, differences in usual fat intake were primarily attribut-

28
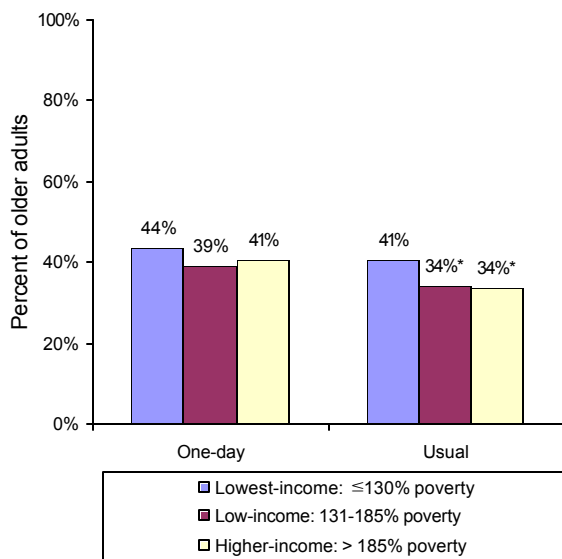
able to differences among females. Among females, 47 percent of the lowest-income group had usual energy and fat intakes that were consistent with the *Dietary Guidelines*, compared with 37 percent for each of the other income groups (table D-53).

As mentioned in the introduction to this section, a new reference standard has been established for fat intake since the time HEI scores were computed by NCHS staff and the tabulations presented in this report were prepared. This standard, referred to as an Acceptable Macronutrient Distribution Range (AMDR), defines a range of acceptable intakes for different life-stage groups. For adults, the AMDR for fat is 20-35 percent of total energy (IOM, FNB, 2002b). By comparison, the *Dietary Guidelines* recommendation (no more than 30% of energy from fat) defines a more stringent upper bound for fat intake and does not define a lower bound.

Mean usual fat intakes of all three income groups fell within the AMDR (table D-52). This

was true for both males and females. Distributions of usual fat intake provide some information about the percentage of older adults whose usual fat intakes were consistent with the AMDR. The data suggest that usual intakes that fell outside the AMDR tended to be higher than the recommended range rather than lower. For all older adults, the 5th percentile of the distribution of usual fat intake was 22.3 percent of total energy, while the 75th percentile was 36.3 percent (table D-54). This indicates that, overall, more than 25 percent of older adults had usual fat intakes that exceeded the AMDR. This general pattern was observed for both males and females; however, mean fat intakes were somewhat lower for females than for males at both the 5th and 75th percentiles (statistical significance of gender-based differences not tested).

There were relatively few statistically significant differences between income groups in the distribution of usual fat intakes. Differences that were observed were largely concentrated among females and at the lower end of the distribution. The data suggest that older adult females in the lowest-income group were more likely than older adult females in the other two income groups to have usual fat intakes that fell below the lower bound of the AMDR. Intakes at the 5th percentile were 19.6 percent of energy for the lowest-income females, compared with 22.9 percent and 22.7 percent for females in the other two income groups.

Percent of Energy from Saturated Fat

On average, the usual diets of older adults exceeded the *Dietary Guidelines* recommendation of less than 10 percent of energy from saturated fat. In all three income groups, saturated fat contributed roughly 11 percent of usual energy intake, on average (table D-55).[4] Females had somewhat lower mean usual intakes

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[4]The full distribution of usual saturated fat intakes (as a percent of usual energy intake) is presented in table D-57.

of saturated fat than males but, overall, mean usual intakes of males and females in all three income groups exceeded the *Dietary Guidelines* recommendation (statistical significance of gender-based differences not tested).

The mean usual saturated fat intake of the lowest-income older adults was significantly lower than the mean usual intake of older adults in the low-income group (10.5% of usual energy intake vs. 11.0%). This difference was largely attributable to a difference among females. There was no significant difference, overall, between mean usual intakes of the lowest-income and higher-income groups.

According to the single-day recall used to compute HEI scores, the percentage of older adults who satisfied the *Dietary Guidelines* recommendation for saturated fat intake was 47 percent overall (table D-46) and ranged from 42 percent to 49 percent across income groups (figure 21). In addition, older adults in the lowest-income group were significantly more likely than older adults in the low-income group to have usual saturated fat intakes that were consistent with the *Dietary Guidelines*. This difference was concentrated among females (table D-46).

The more reliable estimates of usual energy and saturated fat intake indicate that the percentage of older adults whose diets satisfied the recommendation for saturated fat was actually lower—42 percent overall (table D-56) and between 39 percent and 45 percent for the three income groups (figure 21). Like the HEI estimates, the usual intake estimates showed that older adults in the lowest-income group were more likely than older adults in the low-income group to satisfy the standard for saturated fat (45% vs. 39%). And, as noted in the HEI estimates, this difference was concentrated among females.

Figure 21—Percent of older adults meeting *Dietary Guidelines* recommendation for saturated fat: One-day (HEI) estimates vs. usual intake estimates
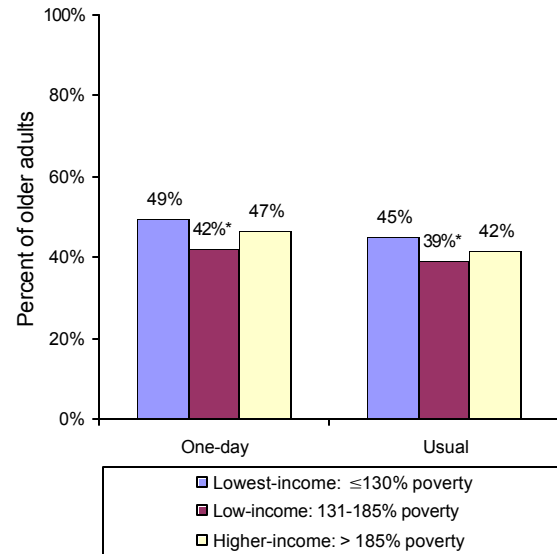
*Statistically significant difference from lowest-income group at the .05 level or better.
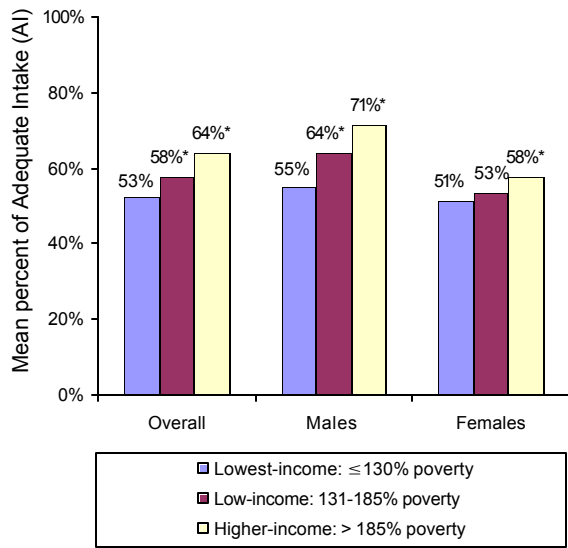Source: NHANES-III, 1988-94.

Cholesterol

The *Dietary Guidelines* recommend that cholesterol intake not exceed 300 mg. per day. On average, the diets usually consumed by older adults were consistent with this recommendation (table D-58).[5] This was true for males and females, as well as for each of the three income groups. Overall, the mean usual cholesterol intake of older adults was 227 mg. There were no significant differences between income groups, overall or by gender, in mean usual intake of cholesterol.

The HEI data and usual intake data lead to comparable conclusions about the proportion of older adults who satisfied the recommendation for cholesterol. Both data sets indicate that more than 70 percent of older adults in all three income groups met the standard (figure 22 and tables D-48 and D-59). In addition, while neither analysis found significant differences between income groups at the population level, both

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[5]The full distribution of usual cholesterol intakes is presented in table D-60.

Figure 22—Percent of older adults meeting *Dietary Guidelines* recommendation for cholesterol: One-day (HEI) estimates vs. usual intake estimates
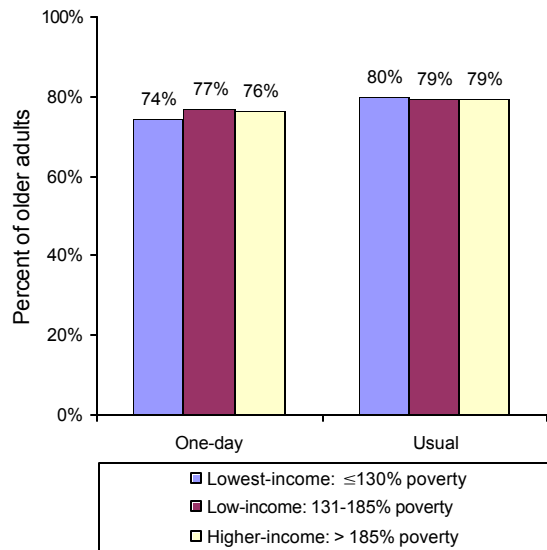
analyses found that females in the lowest-income group were less likely than those in the higher-income group to consume less than 300 mg. of cholesterol per day (tables D-48 and D-59)

Sodium

The *Dietary Guidelines* recommend that daily intake of sodium not exceed 2,400 mg. On average, usual sodium intakes of all three groups of older adults exceeded this goal (table D-61). Only females in the lowest-income group had a mean usual sodium intake that was consistent with this standard (2,269 mg.).

The usual diets of older adults in the lowest-income group provided significantly less sodium than the usual diets of older adults in either of the other income groups (2,538 mg. vs. 2,706 mg. and 2,984 mg.). This difference may be a reflection of the fact that, as discussed in Chapter Two, older adults in the lowest-income group consumed less food energy than older adults in either of the other income groups (table D-11).

The difference between the lowest-income group and the low-income group in mean usual intake of sodium was not observed in either of the gender-specific analyses, but the difference between the lowest-income group and the higher-income group was observed separately for both males and females.

The HEI data indicate that, across income groups, between 39 and 56 percent of older adults satisfied the *Dietary Guidelines* recommendation for sodium (figure 23 and table D-50). These data also indicate that older adults in the lowest-income group were significantly more likely than older adults in the higher-income group to satisfy this standard (56% vs. 39%). This difference was observed for both males and females.

Estimates of usual sodium intake indicate that the proportion of older adults who consumed diets that were consistent with the *Dietary Guidelines* recommendation for sodium was

Figure 23—Percent of older adults meeting *Dietary Guidelines* recommendation for sodium: One-day (HEI) estimates vs. usual intake estimates
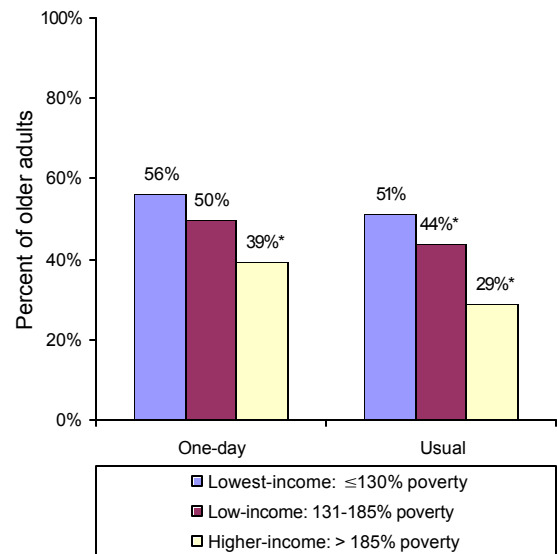
31

actually lower, ranging from 29 percent to 51 percent across income groups (figure 23 and table D-62). Moreover, according to the usual intake data, older adults in the lowest-income group were more likely than older adults in either of the other income groups to satisfy the standard for sodium (51% vs. 44% and 29%). Both of these between-group differences were observed for males and females; however, the difference between the lowest-income group and the low-income group was not significant for females.

As noted previously, new reference standards have been established for sodium intake since the time HEI scores were computed by NCHS staff and the tabulations presented in this report were prepared. Standards have been defined for both Adequate Intake (AI) and the Tolerable Upper Intake Level (UL) (IOM, FNB, 2004). Given that the major concern about sodium is the potential for excess consumption, the standard of greatest interest for this analysis is the UL.[6] The UL is the highest intake likely to pose no adverse health effects; chronic consumption above the UL may increase risk of adverse effects. In the case of sodium, the primary potential adverse effect is the development of high blood pressure (IOM, FNB, 2004). For adults 19 years and older, the UL for sodium is 2,300 mg. (2.3 gm.), about 4 percent lower than the *Dietary Guidelines* recommendation.

Detailed distributions of usual sodium intake indicate that less than half of all older adults consumed diets that did not exceed the UL (table D-63). Usual sodium intakes at the 50th percentile of the distribution ranged from 2,370 mg. to 2,820 mg. across the three income groups. There were no significant differences

between the lowest-income group and low-income group in the distribution of usual sodium intake, overall or by gender. In contrast, significant differences between older adults in the lowest-income and the higher-income groups were noted at every percentile examined except the 95th.[7] In every case, sodium intake was significantly lower for the lowest-income older adults. Differences in sodium intakes at the 25th and 50th percentiles (1,840 mg. and 2,370 mg. for the lowest-income group vs. 2,305 mg. and 2,870 mg. for the higher-income group) suggest that older adults in the lowest-income group were more likely than older adults in the higher-income group to have usual sodium intakes consistent with the UL. Comparable patterns were observed for both males and females; however, mean usual sodium intakes were consistently greater for males.

It is important to note that NHANES-III estimates of sodium intake include only sodium found in foods and beverages reported by respondents. Sodium from table salt is not included in nutrient calculations because its use cannot be measured (estimated) reliably. To get some insight into additional sources of sodium, the NHANES-III dietary intake interview included a question about use of table salt.

Overall, 39 percent of older adults reported use of table salt (table D-64). The percentage of males who used table salt was greater than the percentage of females (46% vs. 35%) (statistical significance of gender-based difference not tested). In addition, older adults in the lowest-income group were less likely to use table salt than older adults in the higher-income group (35% vs. 41%). This difference was attributable to a difference among females. These results indicate that actual differences in usual sodium intakes of older adults in the lowest- and higher-income groups are likely to be greater than

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[6]The AI for sodium is 1,300 mg. (1.3 gm.) for persons between 50 and 70 years of age and 1,200 mg. (1.2 gm.) for persons 71 years and older. Given the mean usual intakes of sodium described in the text and shown in table D-61, sodium intakes of all three groups of older adults can be assumed to be "adequate."

[7]Intakes were compared at the 5th, 10th, 15th, 25th, 50th, 75th, 85th, 90th, and 95th percentiles.

observed in the preceding analysis, especially for females.

Usual Intake of Dietary Fiber

On average, older adults' usual intake of dietary fiber was 16.5 gm. per day (table D-65).[8] Mean usual intake of dietary fiber was greater for males than for females (18.4 gm. vs. 15.0 gm.) (statistical significance of gender-based difference not tested).

Older adults in the lowest-income group consumed significantly less dietary fiber, on average, than older adults in either of the other income groups. Overall, the usual diets of the lowest-income older adults provided 14.0 gm. of dietary fiber, compared with 15.4 gm. for low-income older adults and 17.5 gm. for higher-income older adults (figure 24). This pattern was observed for both males and females.

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[8]The full distribution of usual dietary fiber intakes is presented in table D-67.

Figure 24—Mean usual intake of dietary fiber: Older adults
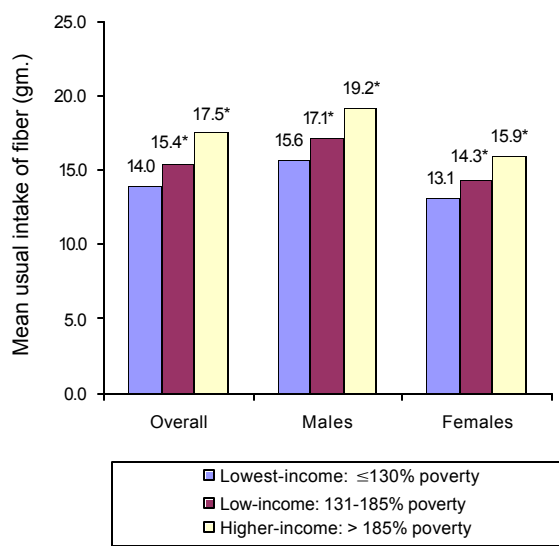
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

At the time the analyses presented in this report were completed, there was no established standard for intake of dietary fiber. To assess the adequacy of fiber intakes, a standard of 25 gm. per day was used as a reference point. This standard has been used in previous research and is similar to the recommendation for fiber intake made by the American Heart Association (see appendix B).

Only 11 percent of all older adults had usual dietary fiber intakes of 25 gm. or more (table D-66). The difference between males and females was striking. Eighteen percent of older adult males had usual intakes of dietary fiber that met or exceeded this benchmark. In contrast, only 6 percent of older adult females had usual intakes in this range (statistical significance of gender-based difference not tested).

Older adults in the lowest-income group were no more or less likely than older adults in the low-income group to meet the 25 gm. benchmark for intake of dietary fiber. However, in comparison with the higher-income group, older adults in the lowest-income group were significantly less likely to meet this standard (5% vs. 13%). This was true for both males and females. Females in the lowest-income group were also less likely to meet the standard than females in the low-income group.

Since this analysis was completed, AIs have been defined for fiber (IOM, FNB, 2002b). The AIs have been defined for *total* fiber, which includes dietary fiber as well fructo-oligosaccharides, compounds which are destroyed in the current analytic methods used to quantitate fiber in foods (IOM, FNB, 2002b). Although fructo-oligosaccharides are assumed to make up a relatively small percentage of total fiber, it is estimated that, on average, American adults consumed approximately 5.1 gm. more fiber per day than estimated in the most recent Continuing Survey of Food Intakes of Individuals (CSFII)

because CSFII data, like the data used in this analysis, include only dietary fiber (IOM, FNB, 2002b).

The AIs for total fiber are shown in appendix B. Some AIs are higher than the standard used in this analysis (25 gm.) and some are lower. The AI for all older adult males (30 gm.) is higher, as is the AI for females 70 years of age and older (28 gm.). But the AI for females younger than 70 (21 gm.) is lower.

As noted in Chapter Two, AIs cannot be used to assess the prevalence of adequate intakes, so assessment of usual intakes must focus on comparison of mean intakes to gender-and-age appropriate AIs. As figure 24 illustrates, older adults' mean usual intakes of dietary fiber fell short of the new AIs. Some of this disparity is due to the differences in fiber data (dietary fiber vs. total fiber). However, even if one were to assume that mean usual intakes of dietary fiber were actually 5 gm. higher (the average increment estimated for American adults, overall, to account for fructo-oligosaccharides, as described previously), mean intakes of all subgroups of males and virtually all subgroups of females would still fall short of their gender-and-age-specific AI (table D-65). Only the youngest females (60-64-year-olds and 65-69-year-olds) in the higher-income group would have mean usual fiber intakes that met or approximated the AI.

The differences observed between income groups in mean usual intakes of dietary fiber are real, regardless of which reference standard is used to assess intakes. However, the advent of the AIs for fiber means that results of the analysis that compared usual intakes of dietary fiber to the 25 gm. per day reference standard must be interpreted with caution. These estimates cannot be interpreted as valid estimates of the percentage of older adults consuming adequate amounts of fiber.

Chapter Four

Other Measures of Nutritional Status

This chapter focuses on non-dietary measures of nutritional status. Information is provided on mean Body Mass Index (BMI), a measure that is used to assess the prevalence of overweight and obesity, as well as the prevalence of healthy weight and underweight. These discussions are supplemented with information on reported weight gain over time, perceived weight status, desire to lose weight, and weight loss attempts during the past year. Laboratory data are used to assess the prevalence of abnormal nutritional biochemistries, including low serum albumin (a measure of protein status), iron deficiency, iron-deficiency anemia, anemia, elevated lipids (cholesterol and related compounds), low red blood cell folate, and low serum vitamin B_{12}. The final section of the chapter presents data on the prevalence of reduced and severely reduced bone mass. The latter condition is indicative of osteoporosis.

Body Mass Index

The prevalence of overweight and obesity has increased dramatically since the first Health Examination Survey (a precursor to the present NHANES survey) was conducted in 1963-65 (Flegal et al., 1998). Being overweight or obese significantly increases the chances of developing many diseases, including type 2 diabetes, high blood pressure, coronary heart disease, stroke, gallbladder disease, respiratory problems, osteoarthritis, sleep apnea, and some types of cancer (U.S. DHHS, 2000a).

Healthy People 2010 includes goals to increase the proportion of adults who are at a healthy weight and to decrease the proportion who are obese (U.S. DHHS, 2000a). Overweight and obesity are defined on the basis of BMI, a measure of the relationship between height and

weight that is the commonly accepted index for classifying adiposity (or fatness) in adults (CDC, 2003).[1] For adults, a healthy weight is defined as a BMI that is at least 18.5 but less than 25. Overweight is defined as a BMI of 25.0 to 29.9, and obesity is defined as a BMI of 30 or more. A BMI below 18.5 indicates underweight.

Older adults had a mean BMI of 26.7 (table D-68). This indicates that, on average, older adults were overweight. Mean BMIs were quite similar for males and females (26.6 and 26.8). Moreover, for both males and females, mean BMI tended to decrease with age. Consequently, as age increased, the percentage of individuals with healthy body weights increased and the percentage who were overweight or obese decreased (statistical significance of age-based differences not tested).

Mean BMIs for older adults in the lowest-income and low-income groups were similar, for both males and females (figure 25). However, older adults in the lowest-income group had a significantly greater mean BMI than older adults in the higher-income group (27.3 vs. 26.5). This difference was attributable to a difference among females. Females in the lowest-income group had a mean BMI of 27.7, compared with a mean of 26.3 for females in the higher-income group. The difference was concentrated among females aged 75-79 and 60-64 (table D-68).

There was no statistically significant difference in the distribution of body weights of older adults in the lowest- and low-income groups. This was true for both males and females (figures 26 and 27 and tables D-69 to D-72). However, in keeping with the difference noted in mean

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[1]BMI is equal to [weight in kilograms] / [height in meters]^2.

Figure 25—Mean Body Mass Index: Older adults
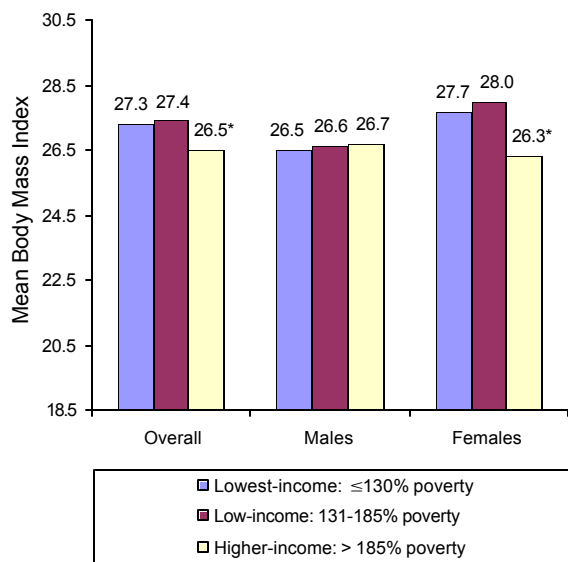
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

BMIs, older adult females in the lowest-income group were *less* likely than older adult females in the higher-income group to be at a healthy weight and *more* likely to be obese (figure 26 and tables D-69 and D-70). Only 30 percent of females in the lowest-income group were at a

healthy weight, compared with 42 percent of females in the higher-income group. Moreover, 30 percent of females in the lowest-income group were obese, compared with 21 percent of females in the higher-income group. Rates of overweight and underweight were comparable for the two groups (tables D-71 and D-72). (Data on the percentage of females who were underweight is not presented in figure 26 because the point estimate for the low-income group is statistically unreliable).

A decidedly different pattern was noted for males. Specifically, older adult males in the lowest-income group were *less* likely than older adult males in the higher-income group to be overweight and *more* likely to be underweight (figure 27 and tables D-71 and D-72). Thirty-seven percent of males in the lowest-income group were overweight, compared with 46 percent of males in the higher-income group. The prevalence of underweight was low; however, males in the lowest-income group were four times as likely as males in the higher-income group to be underweight (4% vs. 1%)

Figure 26—Distribution of bodyweight: Older adult females

*Statistically significant difference from lowest-income group at the .05 level or better.
Note: Percent underweight is not shown because the point estimate for the low-income group is not statistically reliable.
Source: NHANES-III, 1988-94.

Figure 27—Distribution of bodyweight: Older adult males
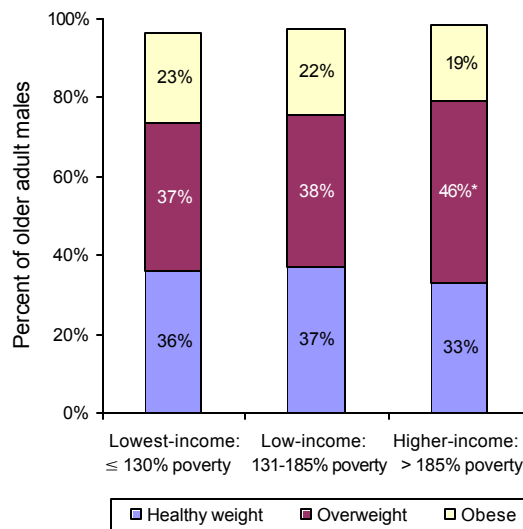
*Statistically significant difference from lowest-income group at the .05 level or better.
Note: Percent underweight is not shown because the point estimate for the low-income group is not statistically reliable.
Source: NHANES-III, 1988-94.

(table D-72). (This difference is not illustrated in figure 27 because the point estimate for the low-income group is statistically unreliable).

Weight Change in the Past 10 Years and since Age 25

To assess patterns of weight gain during adulthood, NHANES-III respondents were asked to report how much they weighed 10 years ago and how much they weighed at age 25. These responses were compared to reports of current weight to obtain a self-reported history of weight gain/loss for each individual.

Weight Change in the Past 10 Years

Among older adults, average weight gain during the preceding 10 years was minimal to negative (table D-73). Individuals between the ages of 60 and 74 reported gaining weight in the past 10 years but, on average, older individuals reported losing weight. Mean reported weight gain was greatest for 60-64-year-olds (5.8 pounds) and mean reported weight loss was greatest for those 85 and older (-8.9 pounds). For every age group, females reported more weight gain or smaller weight losses than males (statistical significance of age- and gender-based differences not tested).

Overall, there were few significant differences between income groups in reported weight change over the past 10 years. The oldest cohort—those 85 years and older—was a noteworthy exception. In this age group, the lowest-income group *lost* a significantly greater amount of weight over the past 10 years than the higher-income group (10.7 pounds vs. 6.0 pounds). This pattern was observed for both males and females; however, the difference was statistically significant only for males. The reported mean 10-year weight loss of the oldest males in the lowest-income group was twice that of the oldest males in the higher-income group (12.4 pounds vs. 6.2 pounds). Unintentional weight loss among the elderly has been associ-

ated with increased mortality (IOM, Committee on Nutrition Services for Medicare Beneficiaries (CNSMB), 2000).[2]

A few other significant differences in mean weight gain/loss were observed between income groups for selected gender-and-age-groups, but there was no consistent pattern.

Weight Change since Age 25

On average, older adults reported weighing 21 pounds more than they did at age 25 (table D-75). Mean reported weight gain was greater for females than males (22.4 pounds vs. 19.1 pounds). In keeping with the trend reported in the preceding section—that, on average, adults 75 and older lost weight over the past 10 years—reported weight gain since age 25 decreased with age (statistical significance of gender- and age-based differences not tested).

There was no significant difference between the lowest-income group and the low-income group in reported mean weight change since age 25 (table D-75). This was true for both males and females. In comparison with the higher-income group, however, older adults in the lowest-income group reported gaining more weight over this period (an average of 22.9 pounds vs. 20.1 pounds). This difference was concentrated among females, where the mean reported weight gain for the lowest-income group was 24.8 pounds, compared with 20.3 pounds for the higher-income group. The difference was particularly noteworthy for 75-79-year-old females (24.3 pounds vs. 12.4 pounds).

For adults 85 and older, the trend was reversed. In this age cohort, the mean reported weight gain since age 25 was *lower* for the lowest-income

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[2]Studies that have looked at the relationship between unintentional weight loss and mortality have generally looked at weight loss over shorter periods of time (6 months, 1 year, 4-5 years) or between specific age ranges—for example, between 50 and 70 (IOM, CNSMB, 2000).

group than for the higher-income group. This pattern was noted for both males and females; however, the difference was statistically significant only for males (most of the point estimates for these comparisons are statistically unreliable).

Additional information on patterns of reported weight change in older adults is provided in tables D-74 and D-76, which show full distributions of reported weight change over the past 10 years and since age 25, respectively. In addition, tables D-77 and D-78 show means and distributions for differences between current weight and lifetime maximum weight.

Accuracy of Perceptions about Body Weight

NHANES-III included a question that asked adults about their current body weight: "Do you consider yourself now to be overweight, underweight, or about the right weight?" These data were analyzed for all older adults as well as separately for older adults who were at a healthy weight and older adults who were overweight or obese based on actual BMIs.

The data reveal that about two out of three (65%) older adults who were overweight or obese had an accurate perception of their body weight—that, is, they considered themselves to be overweight (table D-79). The percentage of overweight/obese persons with an accurate perception of their body weight was greater for females than for males (73% vs. 53%) (tables D-80 and D-81). Moreover, the percentage of overweight/obese older adults with an accurate perception of their body weight decreased with age. Overall, 77 percent of overweight/obese adults between 60 and 64 perceived themselves to be overweight, compared with 40 percent of overweight/obese adults 85 years and older (table D-79). This pattern was observed for both males and females (tables D-80 and D-81)

(statistical significance of gender- and age-based differences not tested).

Overweight/obese older adults in the lowest-income group were less likely than their counterparts in either of the other income groups to have an accurate perception of their body weight (figure 28). Fifty-nine percent of overweight/obese older adults in the lowest-income group perceived themselves to be overweight, compared with 66-67 percent of overweight/obese older adults in the other two income groups. This trend was noted for both males and females; however, the between-group differences were statistically significant only for females (figure 28 and tables D-80 and D-81). Among overweight/obese females, 64 percent of those in the lowest-income group perceived themselves to be overweight, compared with 77-78 percent of those in the other two income groups.

Overall, 18 percent of older adults who were at a healthy weight perceived themselves to be overweight (table D-79). The percentage of

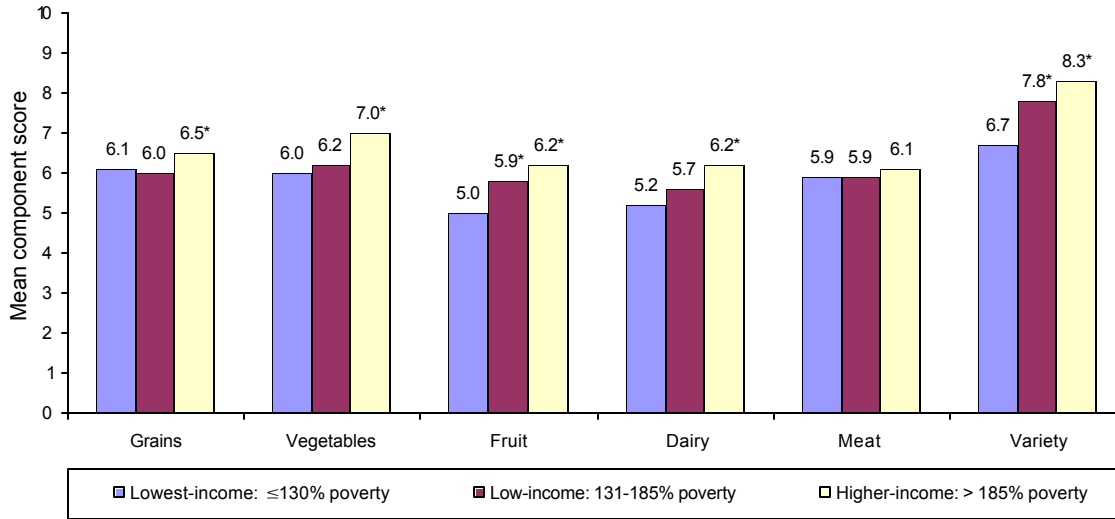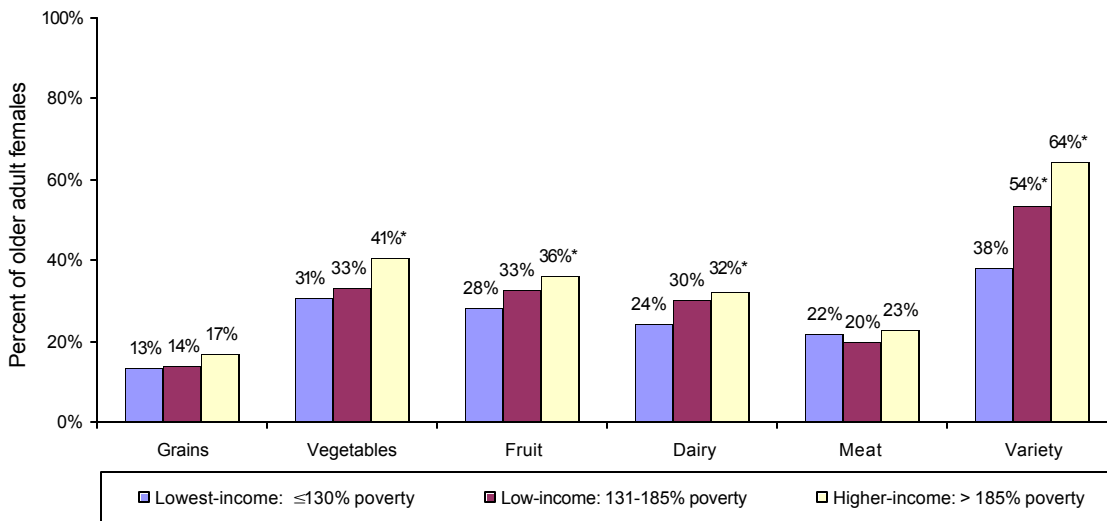**Figure 28—Percent of overweight and obese older adults who perceived themselves to be overweight**
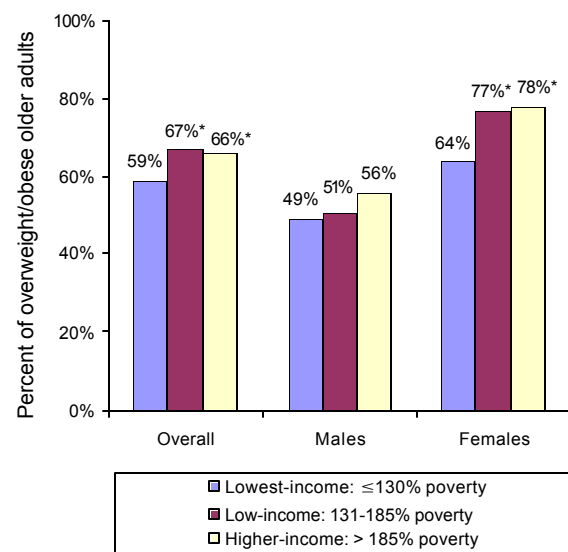
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

healthy weight males with this perception was markedly lower than the percentage of healthy weight females (9% vs. 24%) (tables D-80 and D-81). For both genders, the tendency of healthy weight individuals to perceive themselves as being overweight decreased with age (statistical significance of gender- and age-based differences not tested).

Healthy weight older adults in the lowest-income group were more likely than healthy weight older adults in either of the other income groups to have an accurate perception of their body weight. That is, healthy weight older adults in the lowest income group were *less* likely than healthy weight older adults in the other two income groups to perceive themselves as being overweight (figure 29 and table D-79). Ten percent of healthy weight older adults in the lowest-income group perceived themselves to be overweight, compared with 18 percent of healthy weight older adults in the low-income group and 20 percent in the higher-income group. These between-group differences were noted for both males and females (tables D-80 and D-81). However, among females, only the difference between the lowest- and higher-income groups

Figure 29—Percent of healthy weight older adults who perceived themselves to be overweight

*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

was statistically significant. Between-group differences were most pronounced for 60-64-year-old males. (Data are not presented by gender in figure 29 because the point estimate for the lowest-income males is statistically unreliable).

Desire to Lose Weight

Questions about a stated desire to lose weight were also analyzed by actual weight status. In response to the question "Would you like to weigh more, less, or stay about the same?" 7 out of 10 older adults who were overweight or obese indicated that they would like to lose weight (table D-82). In keeping with patterns observed in preceding weight-related analyses, overweight/obese males were less likely than overweight/obese females to want to lose weight (60% vs. 77%) (tables D-83 and D-84). Moreover, for both males and females, the desire to lose weight decreased with age (statistical significance of gender- and age-based differences not tested).

Overweight/obese older adults in the lowest-income group were less likely than similar older adults in either of the other income groups to want to lose weight (62% vs. 69% and 73%) (figure 30 and table D-82). This pattern was observed for both males and females (figure 30 and tables D-83 and D-84). However, among males, the difference between the lowest-income group and the low-income group was not statistically significant.

Similar patterns were observed across income groups in the percentage of healthy weight older adults who expressed a desire to lose weight. Healthy weight older adults in the lowest-income group were less likely than their counterparts in the other two income groups to want to lose weight (12% vs. 23% and 25%) (table D-82). This pattern was noted for both males and females (table D-83 and D-84), but between-group differences were not always statistically

Figure 30—Percent of overweight and obese older adults who expressed a desire to lose weight
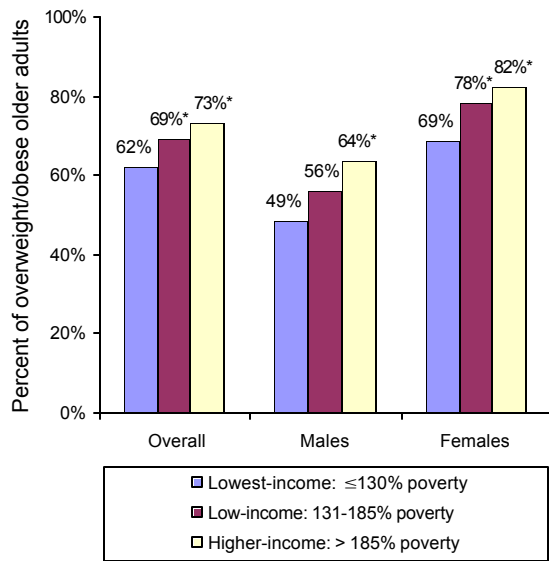
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

significant. For older adult males, between-group differences were significant for both comparisons. For older adult females, only the difference between the lowest-income group and the higher-income group was statistically significant.

Attempts to Lose Weight During the Past 12 Months

All adult NHANES-III respondents were asked whether they made any attempt to lose weight during the preceding 12 months. Overall, 32 percent of all older adults reported that they had tried to lose weight (table D-85). Both healthy weight and overweight/obese older adults attempted to lose weight, although the proportion of overweight and obese individuals who made such attempts was substantially greater (42%t vs. 16%) (statistical significance of weight-based difference not tested).

Among overweight/obese older adults, there were no statistically significant differences between income groups in the percentage of individuals who attempted weight loss during the preceding 12 months (figure 31 and tables D-86 and D-87). This was true for both males and

Figure 31—Percent of overweight and obese older adults who tried to lose weight in the past 12 months
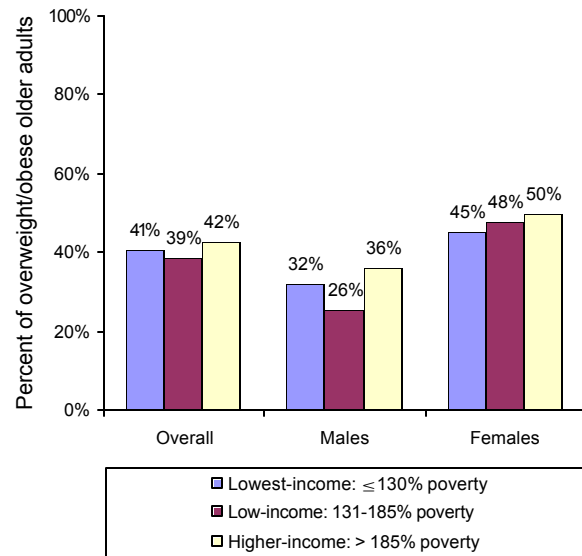
No statistically significant differences between income groups.
Source: NHANES-III, 1988-94.

females. Among healthy weight older adults, however, those in the lowest-income group were less likely than those in the higher-income group to have attempted weight loss (10% vs. 17%) (table D-85). This difference was concentrated among males (table D-86).

Nutritional Biochemistries

Serum Albumin

A low level of serum albumin in older adults is suggestive of sustained undernutrition. Levels of serum albumin below 3.5 g/dL have been associated with increased morbidity and mortality in both institutionalized and noninstitutionalized elderly (Corti et al., 1994). However, the MacArthur Studies of Successful Aging, which included older adults with little or no functional impairment (at the beginning of the study), found that serum albumin levels of 3.8 g/dL or less were associated with greater 3-year mortality risk (IOM, CNSMB, 2000).

This analysis examined the prevalence of low serum albumin using both a conservative cutoff (< 3.5 g/dL) and a more liberal cutoff (< 3.8 g/

dL). In reviewing the results, it is important to bear in mind that serum albumin levels can be affected by factors other than nutrition, including inflammation, cirrhosis, and kidney disease (IOM, CNSMB, 2000).

Using the conservative measure (< 3.5 g/dL), 5 percent of all older adults had low levels of albumin (table D-88). The prevalence of low serum albumin was somewhat greater for females than males (5% vs. 3%), and generally increased with age (statistical significance of gender- and age-based differences not tested). The latter trend is expected because serum albumin is known to decline with age, largely as a result of the increased burden of chronic disease and probably also because of a slight physiological decrease in albumin levels with age (IOM, CNSMB, 2000).

Older adults in the lowest-income group were more likely than those in either of the other income groups to have serum albumin levels below 3.5 g/dL (6% vs. 3% and 4%) (figure 32). Both of these significant between-group differ-

ences were observed for males, but not for females (table D-88).

When the more liberal definition of a low serum albumin (< 3.8 g/dL) was used, prevalence increased dramatically, to 18 percent overall (table D-89). Again, prevalence was greater for females than for males and increased markedly with age (statistical significance of gender- and age-based differences not tested).

Using the cutoff of < 3.8 g/dL, there were no statistically significant differences between income groups in the prevalence of low serum albumin (figure 32). Overall, 20 percent of older adults in the lowest-income group had serum albumin levels below 3.8 g/dL. The same was true for 19 percent of the low-income group and 17 percent of the higher-income group.

Iron Deficiency, Iron-Deficiency Anemia, and Anemia

Iron deficiency is the most common known form of nutritional deficiency (CDC, 1998). Iron deficiency can lead to decreases in verbal learning and memory and can affect immune function, energy metabolism, and work performance (U.S. DHHS, 2000a, CDC, 1998 and Looker et al., 1997).

The terms anemia, iron deficiency, and iron-deficiency anemia are often used interchangeably, however, they are not equivalent (U.S. DHHS, 2000a). Although iron deficiency can contribute to anemia, anemia can also be caused by other factors, including other nutrient deficiencies, infection, inflammation, and hereditary anemias. When the prevalence of iron deficiency is high, anemia is a good predictor of iron deficiency. However, when the prevalence of iron deficiency is low, the majority of anemia is due to other causes (U.S. DHHS, 2000a).

This analysis assessed the prevalence of iron deficiency using the criterion defined in *Healthy People 2010* (U.S. DHHS, 2000a). This

Figure 32—Percent of older adults with low levels of serum albumin
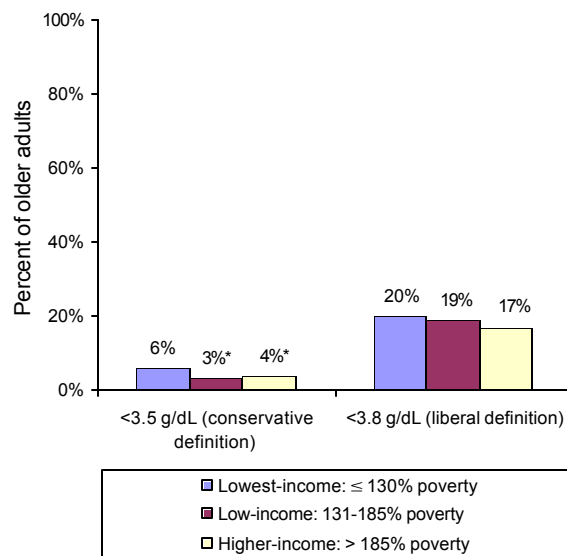
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

41

criterion defines iron deficiency as abnormal results on two or more of the following measures of iron status: serum transferrin saturation, erythrocyte protoporphorin, and serum ferritin. Iron-deficiency anemia was defined as documented iron deficiency (as defined above) plus an abnormally low hemoglobin (Looker et al., 1997). Cutoff values used in the analysis are shown in appendix B. The analysis sample was limited to sample members with data for all relevant variables.

The overall prevalence of iron deficiency among older adults was 6 percent (table D-90).[3] The problem was more prevalent among females than males and generally increased with age (statistical significance of gender- and age-based differences not tested). There was a sharp increase in the prevalence of iron deficiency at 75-79 years of age. In the overall sample, the prevalence of iron deficiency doubled between 70-74 years and 75-79 years (4% vs. 8%). This pattern was observed for both males and females. There were no statistically significant differences between income groups in the prevalence of iron deficiency.

Iron-deficiency anemia was observed in 3 percent of all older adults (table D-94). There were a few scattered significant differences between income groups (all between the lowest-income group and the low-income group), but no consistent pattern.

The prevalence of anemia, defined on the basis of low hemoglobin or hematocrit, was substantially greater than the prevalence of iron-deficiency or iron-deficiency anemia, as assessed in this analysis (tables D-95 and D-96). Overall, 14 percent of older adults had a low hemoglobin level (table D-95). This problem was more common among males than females (19%

vs. 10%). Prevalence generally increased with age, with a sharp incline at 75-79 years among males and at 80-84 years among females (statistical significance of gender- and age-based differences not tested).

The prevalence of anemia, defined on the basis of low hemoglobin levels, was greater in the lowest-income group than in either of the other income groups. Eighteen percent of the lowest-income older adults were anemic, compared with 12-13 percent of older adults in the low-income and higher-income groups (figure 33 and table D-95). This pattern was observed for both males and females.

The primary causes of anemia in older adults are iron deficiency, chronic disease, deficiencies of folate and/or vitamin B_{12}, gastrointestinal bleeding, and cancer (Smith, 2000). As noted in the introduction to this section, anemia is a good predictor of iron deficiency when the prevalence of iron deficiency is high. However, when the prevalence of iron deficiency is low, the majority of anemia is due to other causes (U.S. DHHS,

Figure 33—Percent of older adults with anemia/low hemoglobin
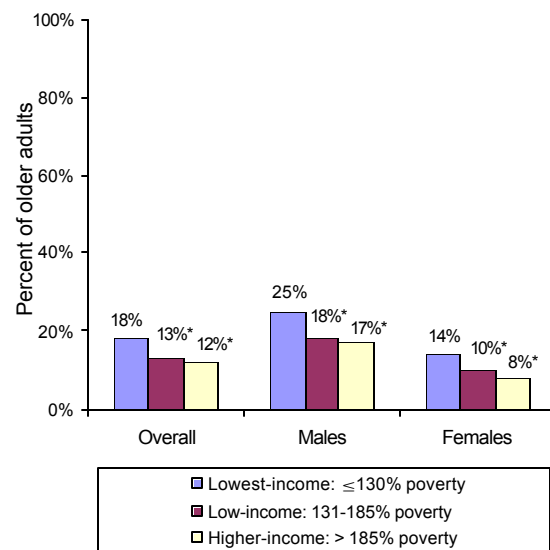
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

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[3]Results for each of the three measures of iron status considered in defining iron deficiency (serum ferritin, free erythrocyte protoporphorin, and transferrin saturation) are presented in tables D-91 to D-93.

2000a). The relatively low prevalence of iron deficiency (6%) and iron-deficiency anemia (3%) observed in this population suggests that much of the anemia observed in older adults is due to causes other than iron deficiency.

Red Blood Cell (RBC) Folate

Overall, 5 percent of older adults had low red blood cell (RBC) folate, an indicator of long-term folate status (Wright et al., 1998) (table D-97). As noted in the preceding section, folate deficiency may play a role in the development of anemia in older adults. The prevalence of low RBC folate was comparable for males and females and, overall, there was no consistent pattern in the prevalence of this problem by age.

Low levels of RBC folate were significantly more common in the lowest-income group than the higher-income group (9% vs. 3%) (figure 34). This was true for both males and females. Only two isolated differences were observed for the comparison between the lowest-income and low-income groups (table D-97).

Figure 34—Percent of older adults with low levels of RBC folate
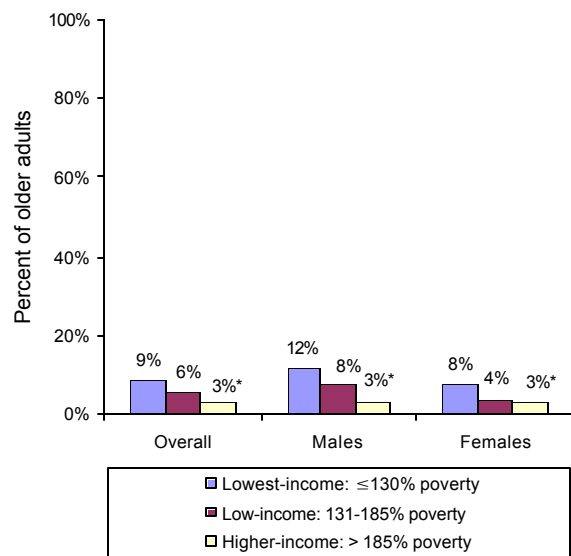
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Serum Vitamin B$_{12}$

Vitamin B$_{12}$ deficiency is observed more often in older adults than in other population groups because aging causes gastrointestinal changes, including decreased levels of hydrochloric acid, that impede absorption of the vitamin (IOM, FNB, 2000a). As noted previously, vitamin B$_{12}$ is one of several leading causes of anemia in older adults.

Five percent of all older adults had low serum vitamin B$_{12}$ (table D-98). Prevalence of this condition was comparable for males and females. Prevalence generally increased with age, but the pattern was not consistent.

Overall, there were no significant differences between income groups in the prevalence of low serum vitamin B$_{12}$. However, among the two oldest cohorts (80-84-year-olds and 85 years and above), the problem of low serum vitamin B$_{12}$ was less common in the lowest-income group than in the higher-income group. These differences were concentrated among females.

Serum Cholesterol and Related Measures

The National Cholesterol Education Campaign (NCEP) considers a serum cholesterol level of 240 mg/dL or more to be high (National Institutes of Health (NIH), 2001). Cholesterol levels of 200-239 mg/dL are considered borderline high.

The data indicate that one in three older adults had a high cholesterol level (table D-99). The problem was markedly more common among women than men (41% vs. 23%) (statistical significance of gender-based difference not tested). There were no significant differences between income groups in the prevalence of high serum cholesterol, overall or by gender (figure 35). A significant difference was detected, however, among 65-69-year-old males. In this cohort, the prevalence of high serum cholesterol in the lowest-income group was

Figure 35—Percent of older adults with high levels of total cholesterol
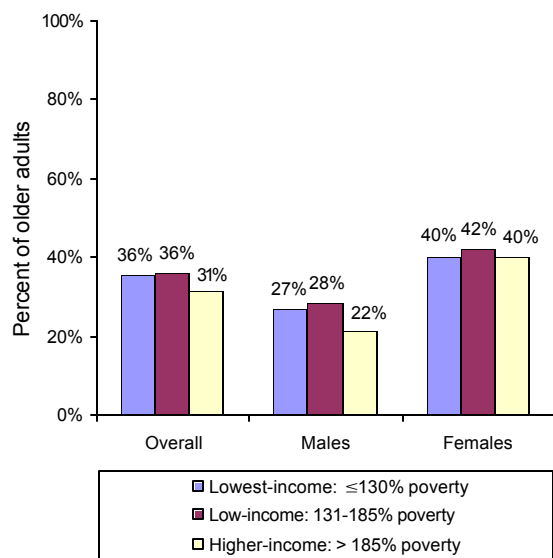
No statistically significant differences between income groups.
Source: NHANES-III, 1988-94.

double that of the higher-income group (41% vs. 20%) (table D-99). A comparable pattern was observed among 70-74-year-old males. However, in this case, the significant difference was between the low-income group and the lowest-income group.

Thirty-six percent of all older adults had borderline-high serum cholesterol levels (tables D-100). Prevalence was comparable for males and females, and there were no statistically significant differences in prevalence between income groups, overall.

Among older adult males, however, the prevalence of borderline-high serum cholesterol was significantly greater in the lowest-income group, relative to the higher-income group (31% vs. 38%). This difference was concentrated among 65-69-year-olds, and follows from the previously reported difference between these two groups in the prevalence of high serum cholesterol. In this cohort of males, the lowest-income group was *more* likely than the higher-income group to have a high serum cholesterol (as reported above), and were *less* likely have borderline-

high serum cholesterol (23% vs. 45%) (table D-100). These lowest-income males were also less likely than their low-income counterparts to have borderline-high serum cholesterol levels (23% vs. 41%).

The prevalence of high and borderline-high levels of LDL ("bad") cholesterol and low levels of HDL ("good") cholesterol was also examined. Older adults in the lowest-income group were significantly more likely than those in the higher-income group to have high levels of LDL cholesterol (34% vs. 26%) (table D-101).[4] This difference was concentrated among females between 75 and 84 years of age.

The opposite effect was observed for the prevalence of borderline-high LDL cholesterol levels.[5] Overall, older adults in the lowest-income group were *less* likely than their counterparts in the higher-income group to have borderline-high levels of LDL cholesterol (27% vs. 36%) (table D-102). This pattern was observed for females, but not for males. Among females, the prevalence of borderline-high levels of LDL cholesterol was significantly lower in the lowest-income group than in either of the other income groups (25% vs. 38% for each of the other groups). The difference between the lowest- and higher-income groups was concentrated among females 60-64 and 80-84 years of age.

A notably different pattern was observed for 75-79-year-old males. In this cohort, the lowest-income group was significantly *more* likely than either the low-income group or the higher-income group to have borderline-high levels of LDL cholesterol.

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[4]The cutoff used to define high LDL cholesterol levels (≥ 160 mg/dL) includes both high and very high levels as defined by the NCEP (NIH, 2001).

[5]LDL cholesterol levels of 130-159 mg/dL were considered borderline-high (NIH, 2001).

Only isolated between-income-group differences were observed for the prevalence of low levels of HDL cholesterol and high levels of triglycerides (tables D-103 and D-104).[6] The only difference that was significant for more than a single age or gender-and-age subgroup was a difference between females in the lowest-income group and females in the higher-income group in the prevalence of low HDL cholesterol (16% vs. 12%) (table D-103).

Bone Density

A reduction in bone mass or bone density can lead to deteriorated or fragile bones (U.S. DHHS, 2000a). Reduced bone density, or osteopenia, has been defined as bone density 1 to 2.5 standard deviations below the mean for non-Hispanic white women between the ages of 20 and 29, as measured in NHANES-III (NCHS, 1999). Severely reduced bone mass, or osteoporosis, is defined as a bone density more than 2.5 standard deviations below this norm (NCHS, 1999). The *Healthy People 2010* objectives include a goal to reduce the prevalence of osteoporosis among adults (U.S. DHHS, 2000a).

Overall, 50 percent of adults 60 years of age and older had reduced or severely reduced bone density (table D-105). The prevalence of these conditions was markedly greater among females than males (68% vs. 26%) (tables D-107 and D-109). Moreover, prevalence increased dramatically with age. Overall, slightly more than one in three adults between 60 and 64 (35%) had reduced or severely reduced bone mass (table D-105). In contrast, close to 8 out of 10 of those 85 and older (78%) suffered from these conditions. This pattern was noted for both males and females (tables D-107 and D-109) (statistical

significance of gender- and age-based differences not tested).

Older adults in the lowest-income group were more likely than those in either of the other income groups to have reduced or severely reduced bone density (figure 36). Fifty-eight percent of the lowest-income older adults had compromised bone density, compared with 50 percent of older adults in the low-income group and 48 percent in the higher-income group. When data were examined by gender, neither of the between-group differences was statistically significant for males and only the difference between the lowest-income and low-income groups was significant for females (71% vs. 63%).

When the analysis was limited to those with severely reduced bone density (osteoporosis), the significant between-group differences noted above persisted for the older adult population as a whole (figure 37 and table D-106). Twenty-one percent of older adults in the lowest-income group had osteoporosis, compared with 14

Figure 36—Percent of older adults with reduced or severely reduced bone density
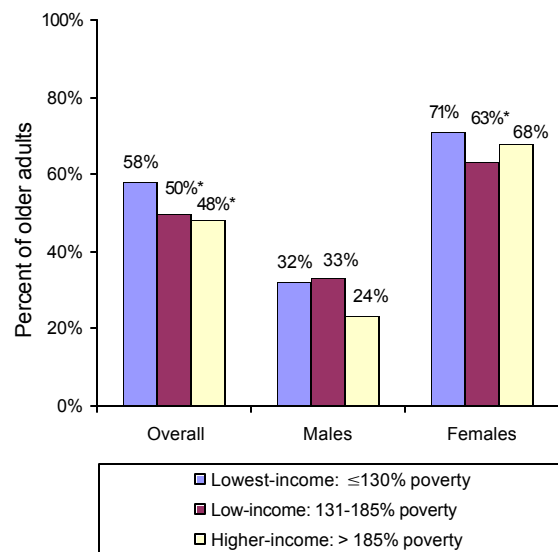
*Statistically significant difference from lowest-income group at the .05 level or better.

Source: NHANES-III, 1988-94.

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[6]HDL cholesterol levels of < 40 mg/dL were considered low (NIH, 2001). The cutoff used to define high triglycerides ($\geq$ 200 mg/dL) includes both high and very high triglycerides as defined by the NCEP (NIH, 2001).

Figure 37—Percent of older adults with severely reduced bone density (osteoporosis)
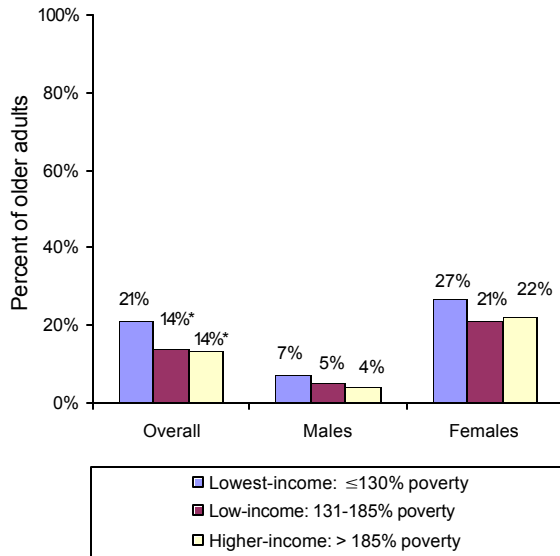
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

percent of older adults in each of the other groups.

Between-group differences in the prevalence of osteoporosis were not significant when the data were examined separately by gender (figure 37 and tables D-107 to D-110). However, for the two oldest cohorts (80-84-year-olds and 85 and older), older adults in the lowest-income group were significantly more likely than those in one or both of the other income groups to have osteoporosis (table D-106) (the point estimate for the 85 and older age category in the low-income group is statistically unreliable).

Chapter Five

Health-Related Behaviors

This chapter presents information on health-related behaviors of adults 60 years and older. Topics include physical activity, consumption of alcohol and tobacco, and social interaction. Among older adults, lack of social interaction has been linked to increased age-related declines in mental functioning (Bassuk et al., 1999). Such declines can lead to diminished functional capacity and increased health concerns.

Physical Activity

Increasing leisure-time physical activity among adults is one of the *Healthy People 2010* goals in the area of physical activity (U.S. DHHS, 2000a). Specific goals call for decreasing the percentage of adults who engage in no leisure-time activity and increasing the percentage who participate in moderate and vigorous physical activity. As discussed in more detail below, NHANES-III data lack sufficient information about levels of exertion to evaluate compliance with *Healthy People 2010* goals for vigorous and moderate activity.[1] However, the available data provide some information about the extent to which adults participated in specific types of physical activity.

Adult NHANES-III respondents were asked to report whether they participated in a number of different physical activities during the preceding month and, if so, how often they engaged in the activity. The specific activities included in the query were walking a mile or more without stopping, jogging or running, riding a bike or an

exercise bike, swimming, aerobics or aerobic dance, other types of dancing, calisthenics, gardening or yard work, and weight lifting. Respondents were also asked to identify any other type of physical activity they engaged in during the preceding month.

Number of Physical Activities in the Past Month

Overall, 27 percent of all older adults reported participating in *no* physical activity during the preceding month—that is, they responded negatively to all the queried activities and didn't report any other type of physical activity (table D-111). Twenty-nine percent reported participating in one activity and 22 percent reported two activities. The remaining 22 percent reported three or more activities. A greater percentage of males than females reported engaging in three or more activities (27% vs. 18%) (tables D-113 and D-115) (statistical significance of gender-based difference not tested).

Older adults in the lowest-income group were significantly more likely than older adults in either of the other income groups to report engaging in *no* physical activity during the preceding month (figure 38). Forty percent of the lowest-income group reported no physical activities for the preceding month, compared with 32 percent of the low-income group and 20 percent of the higher-income group. The difference between the lowest-income group and the higher-income group was observed for both males and females; however, the difference between the lowest-income group and the low-income group was significant only in the overall analysis (tables D-111, D-113, and D-115).

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[1] *Healthy People 2010* used data from the National Health Interview Survey (NHIS), rather than NHANES-III, to establish baselines for goals related to physical activity among adults, and will use NHIS data to monitor trends in this area over time. (U.S. DHHS, 2000b).

Figure 38—Distribution of older adults by number of different physical activities in the past month
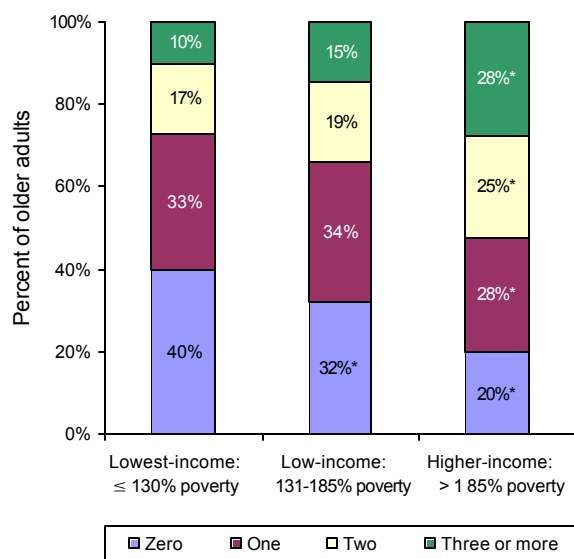
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

There were no significant differences between the lowest-income group and the low-income group, overall, in the percentage of older adults who reported engaging in 1, 2, or 3 or more different physical activities during the past month (figure 38). In comparison with the higher-income group, however, older adults in the lowest-income group engaged in fewer activities. Only 10 percent of the lowest-income older adults reported participating in three or more physical activities during the preceding month, compared with 28 percent of higher-income older adults. Similarly, 17 percent of the lowest income group reported engaging in two activities, compared with 25 percent of the higher-income group. And, in the opposite direction, 33 percent of the lowest-income group reported one activity, compared with 28 percent of the higher-income group. This general pattern of between-group differences was noted for both males and females (tables D-113 and D-115).

When data were examined separately for healthy weight persons and overweight/obese persons, there were no significant differences between the lowest-income and low-income

groups in the proportions reporting different numbers of physical activities. Differences between the lowest-income group and the higher-income group were observed, however, and they were generally consistent with those observed in the population as a whole (differences between groups were not always statistically significant for the percentage reporting one activity or two activities). Thus, regardless of weight status, older adults in the lowest-income group, whether male or female, were *more* likely than their counterparts in the higher-income group to engage in no physical activity and *less* likely to engage in 3 or more physical activities.

Walking

Data were tabulated separately for the item that asked respondents whether they had walked a mile or more without stopping at least once during the past month. For this specific activity, reported by more older adults than any other item on the list of queried activities (data not shown), there were no statistically significant differences between the lowest-income group and the low-income group. However, older adults in the lowest-income group were less likely than those in the higher-income group to have walked a mile or more without stopping at least once during the past month (figure 39 and table D-117). Thirty-one percent of older adults in the lowest-income group reported doing this, compared with 42 percent of older adults in the higher-income group This pattern was observed for both males and females, regardless of weight status (tables D-118 and D-119).

Weekly Frequency of Physical Activity

Healthy People 2010 objectives include specific goals for adults regarding frequency of vigorous and moderate activity. The goals call for regular, preferably daily, moderate activity (30 minutes per time) and vigorous activity at least three times per week (20 minutes per time).

48

Figure 39—Percent of older adults who walked a mile or more without stopping in the past month
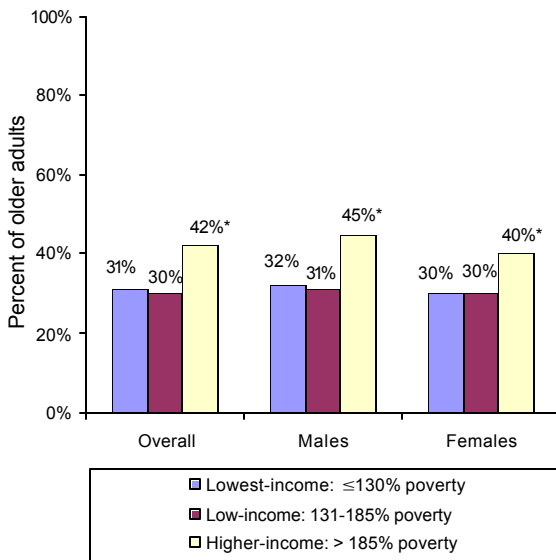
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Figure 40—Percent of older adults who engaged in physical activity at least three per week

*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

As noted in the introduction to this section, NHANES-III data cannot be used to examine compliance with *Healthy People 2010* goals for frequency of vigorous and moderate activity because NHANES-III lacks information on the intensity and duration of bouts of physical activity.[2] Instead, available data on the reported frequency of physical activity were used to assess the proportion of older adults who engaged in physical activity three or more times per week and the proportion who engaged in physical activity five or more times per week. All reported activities were included in these tabulations.

The data indicate that older adults in the lowest-income group were less likely than older adults in either of the other income groups to be physically active at least three times per week (figure 40 and tables D-120 to D-122). Overall, 37

percent of older adults in the lowest-income group engaged in some type of physical activity three or more times per week, compared with 44 percent of older adults in the low-income group and 59 percent of older adults in the higher-income group. The difference between the lowest-income group and the low-income group was attributable to a difference among males. The difference between the lowest-income group and the higher-income group was observed for both males and females. When data were examined separately by weight status, findings were comparable, and it was clear that the difference between the lowest- and low-income groups was concentrated among overweight/obese males.

These findings were largely replicated in analyses that compared the percentage of older adults reporting physical activity at least five times per week (figure 41 and tables D-123 to D-125). In this analysis, however, the difference between the lowest- and low-income groups was even more concentrated among overweight/obese males.

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[2]NHANES-III physical activity data include intensity codes that were assigned to all queried activities and to all additional ("other") activities reported by respondents. However, because all queried activities received the same intensity rating, these data could not be used to identify individuals who engaged in specific activities at greater and lesser levels of intensity.

Figure 41—Percent of older adults who engaged in physical activity at least five times per week
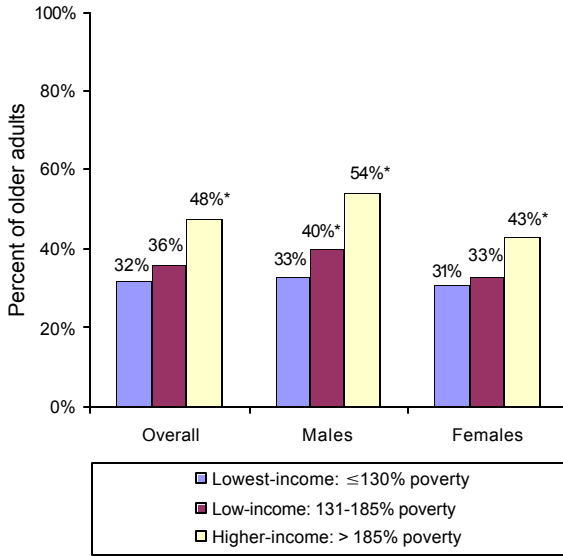
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Change in Level of Physical Activity Over Time

Respondents were asked how their level of physical activity during the preceding month compared with their level of activity 10 years before. Two-thirds of all seniors reported that their activity level had decreased over the past 10 years (table D-126). Twenty-seven percent said there had been no change in their level of activity, and 7 percent said they were more active now than they had been 10 years ago. The pattern was similar for males and females, regardless of weight status (tables D-128 and D-130).

There were no significant differences between the lowest-income group and the low-income group in reported change in physical activity habits over the past 10 years, regardless of gender or weight status (tables D-126, D-128, and D-130). In comparison with the higher-income group, however, older adults in the lowest-income group were more likely to report that their level of physical activity had decreased (73% vs. 64%) and less likely to report that their

activity level had stayed the same (20% vs. 29%) (table D-126). This pattern was observed for both healthy weight and overweight/obese older adults, and was largely due to differences among females (tables D-126 and D-130).

Alcohol Consumption

Respondents were asked whether they had consumed at least 12 alcoholic beverages, not counting small sips, over their lifetime and during the past 12 months. A majority of older adults (79%) reported consuming this amount of alcohol during their lifetime (table D-132). The percentage reporting this level of alcohol consumption was greater for males than for females (90% vs. 71%) and generally decreased with age (statistical significance of gender- and age-based differences not tested).

Older adults in the lowest-income group were significantly less likely than older adults in either of the other income groups to have consumed 12 or more alcoholic beverages during their lifetime (67% vs. 74% and 85%). The difference between the lowest- and low-income groups was significant only for the population as a whole. The difference between the lowest-income group and the higher-income group was also observed separately for both males and females. The difference was most pronounced for females (59% vs. 79%).

Only a third of all older adults reported consuming 12 or more alcoholic beverages during the past year (table D-133). Again, the percentage reporting this level of alcohol consumption was greater for males than for females, and generally decreased with age (statistical significance of gender- and age-based differences not tested). There were no significant differences between the lowest-income group and the low-income group in the percentage reporting 12 or more alcoholic beverages in the past year (figure 42). However, older adults in the lowest-income group were significantly less likely than

Figure 42—Percent of older adults who consumed 12 or more alcoholic beverages in the past year
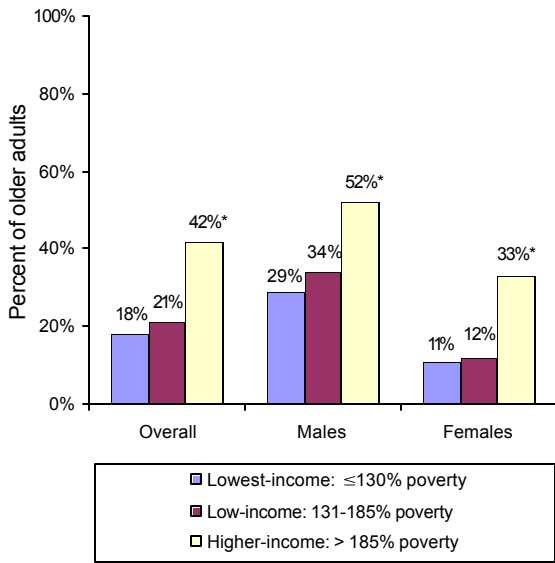
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

older adults in the higher-income group to report this level of alcohol consumption (18% vs. 42%). This pattern was noted for both males and females. Again, the difference between the lowest-income group and the higher-income group was most dramatic for females (11% vs. 33%).

Overall, among older adults who consumed at least 12 alcoholic beverages during the past year, there were no statistically significant differences between income groups in the mean number of drinks consumed on an average drinking day (table D-134). A significant difference was observed, however, among females. When consuming alcohol, females in the lowest-income group consumed more drinks, on average, than females in the higher-income group (the point estimate for the lowest-income group is statistically unreliable).

Tobacco Consumption

More than half (53%) of all adults 60 years and older reported that they had been (or were) smokers (table D-135). This includes all persons who reported having smoked at least 100 cigarettes (5 packs) in their lifetime. The proportion of males who reported that they had ever smoked was greater than the proportion of females (71% vs. 41%) (statistical significance of gender-based difference not tested). A substantially smaller proportion of older adults—15 percent overall—reported that they were current smokers (defined as having smoked any cigarettes in the past 5 days, regardless of whether 100 or more cigarettes had been smoked over a lifetime) (table D-136). Comparable percentages of males and females reported current cigarette use.

There was no significant difference between the lowest-income group and the low-income group in the percentage of older adults who ever smoked (consumed at least 100 cigarettes in their lifetime) (figure 43). However, older adults in the lowest-income group were less likely than older adults in the higher-income group to have ever smoked (49% vs. 56%). This difference was concentrated among 70-84-year-olds and was not observed in either of the gender-specific analyses (table D-135).
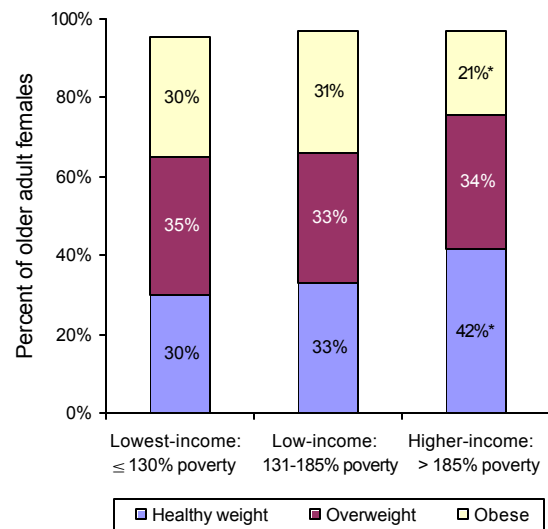
Figure 43—Percent of older adults who were or are smokers
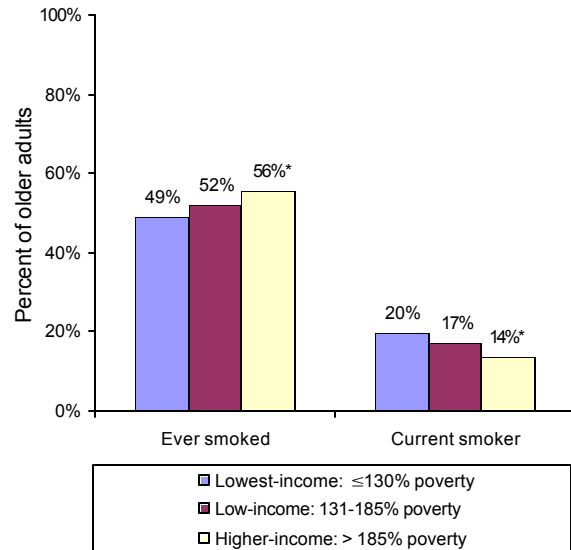
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

The direction of the significant between-group difference was reversed for current smoking status. For this measure, there continued to be no significant difference between the lowest-income and low-income groups. However, older adults in the lowest-income group were *more* likely than older adults in the higher-income group to report current cigarette use (20% vs. 17% vs. 14%) (figure 43 and table D-136). This pattern was observed for both males and females.

Current use of pipes, cigars, and chewing tobacco, although less common than cigarettes, was also greater in the lowest-income group than in the higher-income group (table D-137). This difference was noted for both males and females. Among females, the difference between the lowest-income and low-income groups was also statistically significant, although point estimates for both low-income and higher-income females are statistically unreliable.

Among current smokers, those in the lowest-income group smoked significantly fewer cigarettes than those in the higher-income group (figure 44 and table D-138). Smokers in the lowest-income group averaged 66.6 cigarettes during the preceding 5-day period, or about two-thirds of a pack per day. This compares with an average of 77.3 cigarettes (about three-quarters of a pack per day) for the higher-income group. Smokers in the low-income group smoked the most cigarettes (84.5 cigarettes over 5 days); however, because of large standard errors, the difference between means for the lowest-income and low-income groups was not statistically significant at the population level. When the data were examined by gender, the difference between these two groups was statistically significant for males (68.5 cigarettes over 5 days for the lowest-income males, compared with an average of 100.7 cigarettes over 5 days for the low-income males) (table D-138).

Figure 44—Mean number of cigarettes smoked by older adult smokers in the past 5 days
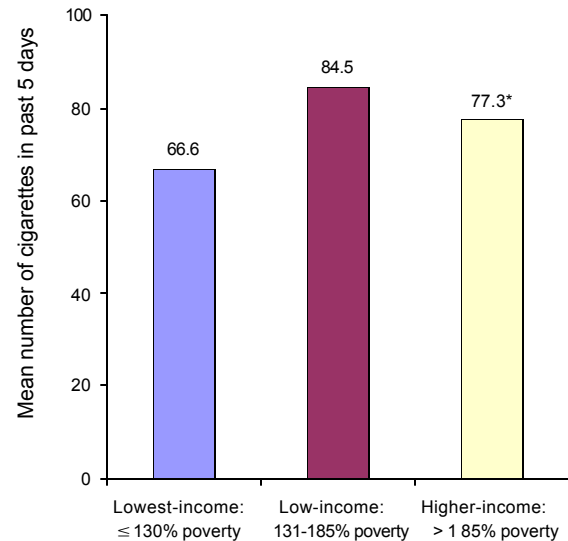
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Mean Age Began Smoking

On average, older adult smokers were 19.4 years old when they started smoking (table D-139). Males tended to start smoking at an earlier age than females (17.1 years vs. 22.7 years), and those in the youngest age groups generally started smoking at an earlier age than those in the oldest age groups (statistical significance of gender- and age-based differences not tested).

Overall, there were no significant differences between income groups in the mean age at which smokers began smoking (figure 45). Among males, however, the lowest-income group started smoking about a year earlier than the higher-income group (16.5 years vs. 17.4 years).

Exposure to Second-hand Smoke

NHANES-III collected information on the number of smokers living in each household and the number of cigarettes smoked by those individuals. These data indicate that there was no difference between the lowest-income group and the low-income group in the extent to which

Figure 45—Mean age when older adults became regular smokers
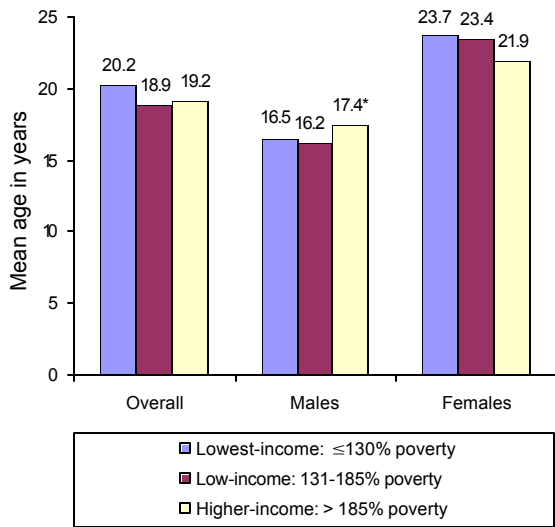
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

nonsmoking older adults were exposed to tobacco smoke produced by other household members (table D-140). On the other hand, nonsmoking older adults in the lowest-income group were significantly more likely to be exposed to second-hand smoke than nonsmoking older adults in the higher-income group. Fourteen percent of nonsmokers in the lowest-income group lived with at least one smoker. The comparable figure for nonsmokers in the higher-income group was 7 percent. This difference was also noted separately for females but not for males. The difference for females was concentrated among 60-64-year-olds.

Among nonsmoking older adults residing with at least one smoker, there were no between-group differences, overall, in the "dose" of second-hand smoke exposure, based on the mean number of cigarettes smoked per day by resident smokers (table D-141). When the data were examined separately be gender, however, differences between the lowest-income group and the higher-income group were observed for both males and females. For both genders, older adults in the lowest-income group were exposed

to significantly more smoke than older adults in the higher-income group. There were also scattered differences between income groups for specific gender-and-age subgroups.

NHANES-III measured serum cotinine in all respondents 4 years of age and older. Cotinine is a breakdown product of nicotine, and is used as a biological marker for tobacco use and exposure to environmental tobacco smoke. Results of the serum cotinine tests were generally consistent with the preceding findings about the likelihood of second-hand smoke exposure. They suggest, however, that statistically insignificant differences between the lowest- and low-income groups in this regard may have substantive importance.

The percentage of nonsmoking older adults with high serum cotinine levels was significantly greater for the lowest-income group than for either of the other income groups (60% vs. 52% and 50%) (figure 46 and table D-142). These differences were concentrated among females.

Figure 46—Percent of older adult nonsmokers with high serum cotinine levels
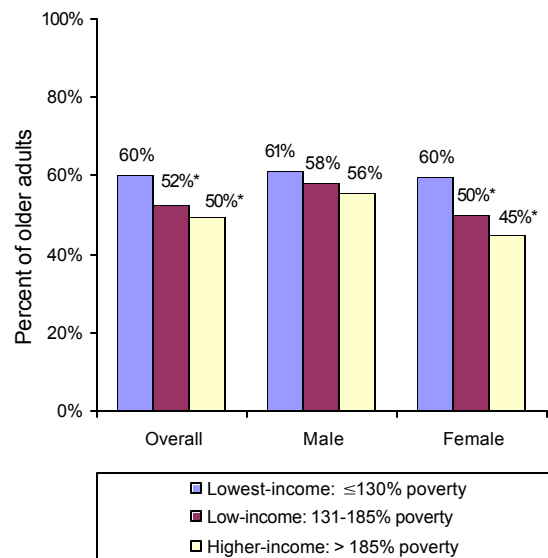
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Social Interaction

As noted in the introduction to this chapter, social interaction is a crucial part of healthy aging. NHANES-III assessed socialization among older adults through a series of questions that asked respondents how often they had specific types of social interaction: telephone conversations with family, friends, or neighbors, in-person visits with friends or relatives, in-person visits with neighbors, church attendance, membership in clubs or other organizations, and attendance at club or organizational meetings. Responses were tabulated to show the percentage of older adults who (a) talked on the phone at least daily, (b) had in-person visits with friends or relatives at least weekly, (c) had in-person visits with neighbors at least weekly, (d) attended church at least weekly, (e) belonged to a club or other social organization, and (f) attended meetings of clubs or other organizations at least once per month.

Overall, more than half (55%) of older adults talked on the phone an average of once per day with friends, relatives, or neighbors (table D-143). More women tended to have daily telephone conversations than men (67% vs. 39%)

(statistical significance of gender-based difference not tested). There were only two isolated significant differences between income groups on this measure.

Data for other types of social interactions are summarized in figure 47 and tables D-144 to D-148. For most of these social interactions, there were no overall differences between the lowest-income group and the low-income group. Exceptions included (a) belonging to a club or other social organization and (b) attending meetings of clubs or other organizations at least monthly. Older adults in the lowest-income group were significantly less likely than older adults in the low-income group to engage in these related types of social interaction.

In comparison with older adults in the higher-income group, older adults in the lowest-income group were less likely to participate in four of the five types of social interaction examined in this analysis. This included visiting friends or relatives at least weekly (69% vs. 76%), attending church at least weekly (42% vs. 49%), belonging to a club or organization (25% vs. 50%), and attending meetings of a club or organization at least monthly (18% vs. 35%).

Figure 47—Percent of older adults who engaged in different types of social interaction
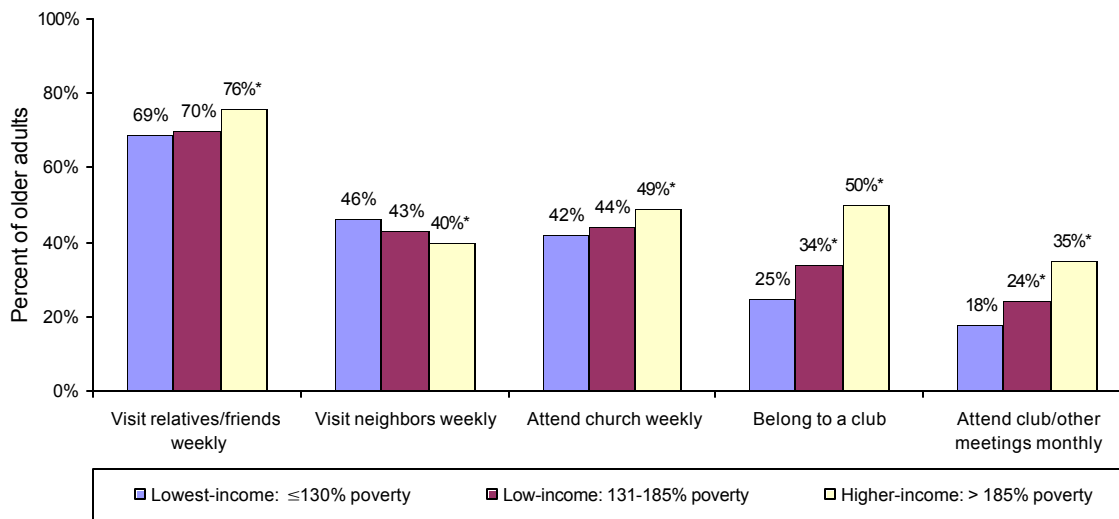
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

The one type of interaction for which the trend was reversed was visiting neighbors at least weekly. Older adults in the lowest-income group were *more* likely than older adults in the higher-income group to have this level of interaction with neighbors (46% vs. 40%).

There was some variation in these patterns by gender and age. Although there were isolated differences for specific age-and-gender sub-groups that did not conform to the pattern observed for the population as a whole, the between-group differences described for church attendance, belonging to a club or other organization, and attending meetings of a club or other organization were generally true for both males and females (tables D-146 to D-148). The difference between the lowest-income and higher-income groups related to visiting relatives and friends at least weekly was concentrated among 60-69-year-olds, especially females, and 75-79-year-olds, especially males (table D-144). Finally, the difference between the lowest-income group and the higher-income group in the percentage of older adults who visited at least weekly with neighbors was concentrated among 60-64-year-olds and 70-74-year-olds, especially females (table D-145).

Long-term Home Addresses

Stability of the home environment may also influence social interaction. Individuals who have lived for a long period of time at the same address may be more likely than those with less established roots to feel a part of a community and to have a network of friends and acquaintances. To assess the relative stability of older adults' living situations, survey responses about the length of time spent at the current address were used to determine the percentage of older adults who lived at the same address for 10 or more years and the percentage who lived at the same address for 20 or more years.

Overall, 67 percent of older adults lived at their current address for 10 or more years and 47 percent lived at their current address for 20 or more years (tables D-149 and D-150). Results were similar for males and females.

Older adults in the lowest-income group had less stable housing over the past two decades than older adults in the other two income groups (figure 48). Fifty-six percent of older adults in the lowest-income group lived at the same address for 10 or more years. In both the low-income and higher-income groups, approximately 70 percent of older adults lived at the same address for a decade or more. Similarly, 37 percent of older adults in the lowest-income group lived at the same address for 20 years or more, compared with 50 percent of older adults in each of the other income groups. These patterns were observed for both males and females.

Figure 48—Percent of older adults with long-term home addresses
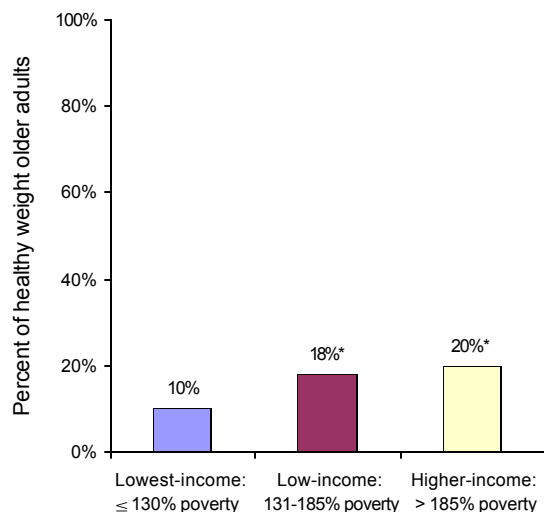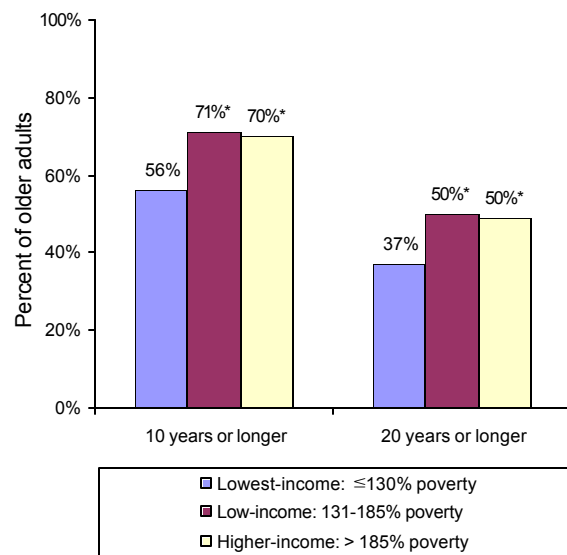

*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

55

Chapter Six

Health Status, Conditions, and Risks

This chapter describes the health status of the Nation's older adults. The discussion is divided into four main topic areas: general health status, health conditions and risks, physical limitations, and dental health. The chapter includes both self-reported data and data from physical and dental exams. For some measures—specifically, ratings of general health status, reported prevalence of high blood pressure, and assessments of physical limitations—both self-reported and physician-reported data are presented.

General Health Status

NHANES-III collected information on general health status through both self-reports and physician assessments. In both cases, response options were: excellent, very good, good, fair, and poor.

Thirty-six percent of older adults reported that they were in very good or excellent health and 31 percent reported that they were in fair or poor health (tables D-151 and D-152). Overall, the percentage of older adults who perceived themselves to be in very good or excellent health decreased with age, while the percentage reporting fair or poor health generally increased with age. Findings were similar for males and females (statistical significance of age- and gender-based differences not tested).

Older adults in the lowest-income group had a more negative perception of their health status than older adults in the other two income groups. The lowest-income older adults were *more* likely than their counterparts in either of the other income groups to rate their health status as fair or poor and *less* likely to rate their health status as very good or excellent (figure 49). Almost

half (48%) of older adults in the lowest-income group rated their health as fair or poor, compared with 37 percent of low-income older adults and 23 percent of higher-income older adults. Moreover, only 21 percent of the lowest-income older adults rated their health status as very good or excellent, compared with 28 percent of older adults in the low-income group and 43 percent of older adults in the higher-income group. This pattern of differences was noted for both males and females. However, among males, the difference between the lowest-income group and the low-income group in the percentage reporting very good or excellent health was not statistically significant (tables D-151 and D-152).

Physician assessments of general health status were consistently more positive than individuals' self-assessments. However, general trends in the data were largely consistent with those observed in the self-reported data. For example, physician assessments, like the self-assessments, revealed statistically significant differences between the lowest-income group and the other two income groups in the percentage of older adults considered to be in fair or poor health. According to physician assessments, 38 percent of older adults in the lowest-income group were in fair or poor health, compared with 28 percent of older adults in the low-income group and 17 percent in the higher-income group (figure 50 and table D-154). At the same time, physicians found 27 percent of the lowest-income older adults to be in very good or excellent health, compared with 34 percent of low-income older adults and 48 percent of higher-income older adults. The difference between the lowest-income and higher-income groups was statistically significant. This general

Figure 49—Self-reported general health status: Older adults
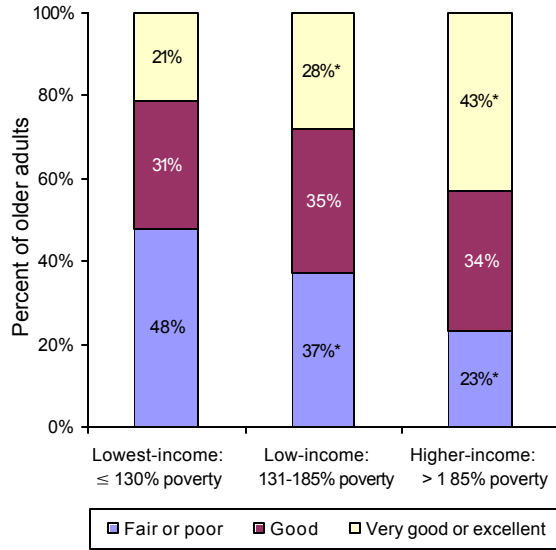
Percent of older adults

	Lowest-income: ≤ 130% poverty	Low-income: 131-185% poverty	Higher-income: > 1 85% poverty
Very good or excellent	21%	28%*	43%*
Good	31%	35%	34%
Fair or poor	48%	37%*	23%*

☐ Fair or poor ☐ Good ☐ Very good or excellent

*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

pattern was observed for both males and females.

Health Conditions and Risks

High Blood Pressure

The leading chronic health problem reported by older adults in all income groups was high blood pressure. Overall, 4 out of 10 older adults reported that they had been told by a physician or other health professional that they had high blood pressure (table D-155). The reported prevalence of high blood pressure was greater for females than for males (44% vs. 34%). The percentage of individuals reporting the problem increased with age to a certain point—70-74 years for males and 75-79 years for females—and then decreased for the oldest cohorts (statistical significance of gender- and age-based differences not tested).

Older adults in the lowest-income group were no more likely to report high blood pressure than those in the low-income group, but were significantly more likely than those in the higher-income group to report this condition (46% vs.

Figure 50—Physician-assessed general health status: Older adults
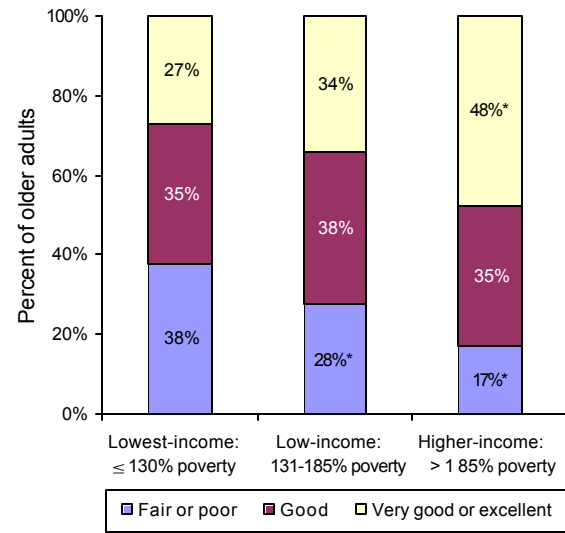
Percent of older adults

	Lowest-income: ≤ 130% poverty	Low-income: 131-185% poverty	Higher-income: > 1 85% poverty
Very good or excellent	27%	34%	48%*
Good	35%	38%	35%
Fair or poor	38%	28%*	17%*

☐ Fair or poor ☐ Good ☐ Very good or excellent

*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

43% and 37%) (figure 51). This difference was largely attributable to differences among 60-64-year-olds, especially males, and among 75-79-year-olds, especially females (table D-155).

Figure 51—Self-reported high blood pressure vs. physician-assessed high blood pressure: Older adults
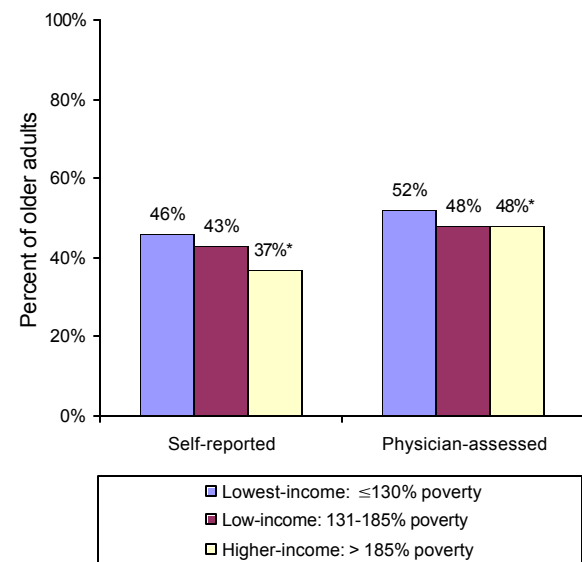
Percent of older adults

	Self-reported	Physician-assessed
Lowest-income: ≤130% poverty	46%	52%
Low-income: 131-185% poverty	43%	48%
Higher-income: > 185% poverty	37%*	48%*

☐ Lowest-income: ≤130% poverty
☐ Low-income: 131-185% poverty
☐ Higher-income: > 185% poverty

*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

58

The actual prevalence of high blood pressure, as measured in physician exams, was consistently greater than the self-reported prevalence (statistical significance of measure-based differences not tested). For example, physicians found that 48 percent of older adults had high blood pressure; the estimate from the self-reported data was 40 percent (tables D-155 and D-156).

The general patterns observed in the self-reported data were also observed in the physician-reported data. This includes the significant difference between the lowest-income and higher-income groups in the prevalence of high blood pressure (52% vs. 48%) (figure 51). This difference was concentrated among 60-64-year-old females. Indeed, data on actual blood pressure measurements revealed that, among 60-64-year-old females, the lowest-income group had a significantly higher prevalence of high blood pressure than either the low-income group or the higher-income group (52% vs. 35% vs. 29%) (table D-156).

Other Chronic Conditions

NHANES-III respondents were asked whether a physician or other health professional had ever told them that they had specific types of health conditions (other than high blood pressure).

Queried conditions include diabetes, heart attack, stroke, emphysema, congestive heart failure, and cancer other than skin cancer. For those who reported having had one or more heart attacks, information was also collected on age at the time of the first heart attack.

Overall, none of these health conditions was reported by more than 15 percent of older adults (tables D-157 and D-158 and D-160 to D-162). Reported prevalence was generally similar for males and females. Exceptions were heart attack and emphysema/congestive heart failure.[1] For these conditions, reported prevalence among males was somewhat greater than among females (statistical significance of gender-based differences not tested). Among older adults who had a heart attack, the mean age at the time of the first attack was 61 years, for males as well as females (table D-159).

There were no significant differences between the lowest-income group and the low-income group, overall, in the reported prevalence of any of the queried health conditions (figure 52) or, among those who had experienced a heart

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[1]Congestive heart failure and emphysema were combined because the prevalence of each condition was so low that most point estimates in the individual tabulations were statistically unreliable.

Figure 52—Percent of older adults reporting chronic health conditions
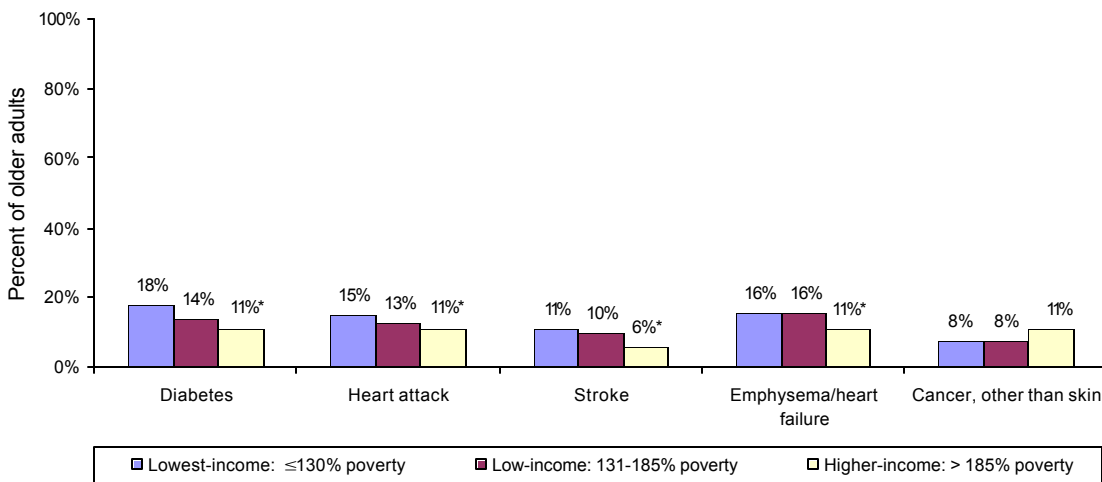
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

59

attack, in mean age at the time of the first attack (table D-159). However, females in the lowest-income group were significantly more likely than females in the low-income group to have had a heart attack (13% vs. 8%) (table D-158). There were also isolated differences between the two groups for specific gender-and-age subgroups (tables D-157 through D-162). In almost every case, the reported prevalence was significantly greater for the lowest-income group.

In comparison with the higher-income group, the reported prevalence of five of the six health conditions examined in this analysis was significantly greater for the lowest-income group. The only condition for which no difference was detected was cancer other than skin cancer. In addition to the previously described difference in the prevalence of high blood pressure, older adults in the lowest-income group were more likely than older adults in the higher-income group to have diabetes (18% vs. 11%), to have had a heart attack (15% vs. 11%) or stroke (11% vs. 6%), and to have emphysema or congestive heart failure (16% vs. 11%) (figure 52 and tables D-157, D-158, and D-160 to D-161). There was no difference between the two groups in the mean age at which first heart attacks were experienced (table D-159).

The significant differences between the lowest- and higher-income groups in the prevalence of stroke and emphysema/congestive heart failure were observed for both males and females. The difference in the prevalence of diabetes was due primarily to differences among females, particularly females between the ages of 60-64 and 70-74. And the difference in the prevalence of heart attack was concentrated among 60-64-year-olds, particularly females. A striking observation is that, for every condition except cancer, statistically significant differences were detected between the lowest-income group and the higher-income group for the youngest cohort (60-64-year-olds). With the exception of diabetes, where differences were concentrated

among females, this was true for both males and females. In every case, the difference favored the higher-income group.

Although there were no significant between-group differences observed for cancer, overall, a significant difference was observed among males. The direction of the difference was the opposite of what was observed for the other health conditions. Specifically, males in the lowest-income group were *less* likely than their higher-income counterparts to have reported having cancer (other than skin cancer) now or in the past (6% vs. 11%) (table D-162). The difference was concentrated in the youngest cohorts (60 years through 74 years).

Risk of Coronary Heart Disease

The 10-year risk of coronary heart disease was computed for individuals between the ages of 60 and 79, using guidelines developed by the NCEP (NIH, 2001).[2] An individual's 10-year risk was determined on the basis of gender, age, total cholesterol level, smoking status, level of HDL, and systolic blood pressure. Potential risk levels range from a low of less than 1 percent to a high of 30 percent or more.

The mean 10-year risk of coronary heart disease among older adults 60 to 79 years of age was 12.4 percent (table D-163). Overall, there were no significant between-group differences in the mean 10-year risk of coronary heart disease (figure 53). Among females, however, members of the lowest-income group had a greater 10-year risk than members of the higher-income group (8.7% vs. 7.8%). This difference was concentrated among the youngest females. In this cohort (60-64-year-olds), females in the lowest-income group had a mean 10-year risk of coronary heart disease of 5.4 percent, compared with 3.8 percent for females in the higher-income group (table D-163).

[2]The NCEP guidelines define risk only for individuals up to the age of 79.

Figure 53—Mean 10-year risk of coronary heart disease: Older adults
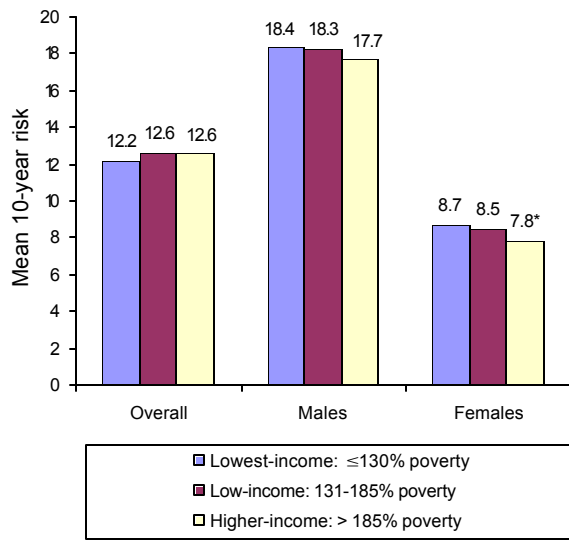
Overall, 56 percent of adults 60 to 79 years of age had a 10-year-risk of coronary heart disease that was greater than 10 percent (table D-164). The percentage of males with a 10-year-risk that was greater than 10 percent was markedly higher than the percentage of females (85% vs. 32%) (statistical significance of gender-based difference not tested). There were no significant differences between income groups on this measure.

Dental Health

All NHANES-III respondents who completed the examination component received a dental exam. As part of this exam, all decayed, missing, and filled teeth were charted.

Overall, older adults had an average of 21.8 missing, decayed, or filled teeth (table D-165). Means were identical for males and females and, as expected, the mean number of decayed, missing, and filled teeth increased with age (statistical significance of age-based differences not tested).

There were no significant differences, overall, between the lowest-income and low-income groups in the number of decayed, missing, and filled teeth. However, among females and 80-84-year-olds (both male and female), the mean number of problem teeth was significantly greater for the lowest-income group than the low-income group (table D-165).

Older adults in the lowest-income group had more missing, decayed, and filled teeth than their counterparts in the higher-income group (22.8 vs. 21.2). This difference was largely attributable to a difference among females. Among males, only the difference between 80-84-year-olds was statistically significant.

Visits to a Dentist or Dental Hygienist

Overall, 97 percent of older adults reported visiting a dental health professional at least once in their lifetime (table D-166). Nonetheless, individuals in the lowest-income group were less likely than individuals in the other two income groups to have visited a dental practitioner (93% vs. 96% and 98%) (figure 54). When the data were examined by gender, the difference between the lowest-income group and the higher-income group was observed for both genders, but the difference between the lowest-income group and the low-income group was statistically significant only for females.

The lowest-income older adults were also significantly less likely than older adults in either of the other income groups to have visited a dental health professional *within the past year*. Thirty-five percent of the lowest-income older adults reported a dental visit in the past year, compared with 42 percent of low-income older adults and 65 percent of higher-income older adults (figure 54 and table D-167). In keeping with the pattern observed in the preceding analysis, the difference between the lowest-income group and the higher-income group was observed for both males and females, but the

Figure 54—Percent of older adults who have visited a dentist or dental hygienist
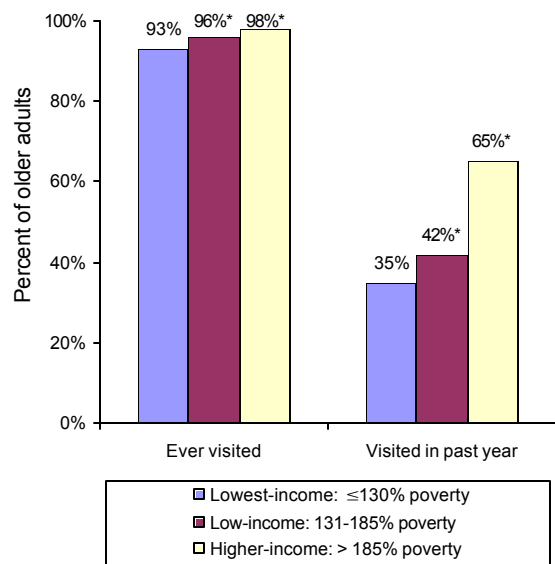
difference between the lowest-income group and the low-income group was statistically significant only for females.

Physical Limitations

NHANES-III collected three types of data that are useful in describing the physical limitations of older adults. The first was a series of physician assessments about respondents' functional abilities. These data were collected as part of the physical exam (at the same time the previously discussed assessment of general health status was coded). The second source of data was a series of self-assessments in which respondents rated their ability to perform specific tasks. Finally, self-reported data were collected on the need for assistance with personal care or routine chores and the use of physical-aid devices, including wheelchairs, crutches or canes, special eating utensils, and devices that are used to assist with dressing.

Physician Assessments

Physicians were asked to rate the ability of each individual to perform five different tasks: walking a quarter mile, running 100 yards, stooping, crouching or kneeling, making small motor movements with the hands, and engaging in physically active tasks such as heavy housework, gardening, and exercising. Available response options were: no difficulty, some difficulty, moderate difficulty, and could not be done.

Figure 55 and tables D-168 to D-172 present data on the percentage of individuals who physicians felt could not perform the tasks or could do so only with moderate difficulty. The results were striking. With one exception, the percentage of individuals assessed as being unable to perform a task or able to perform it only with moderate difficulty, was greater for the lowest-income group than for either of the other income groups. Moreover, the differences were statistically significant in 7 of the 10 comparisons between the lowest-income group and the other income groups. Only the differences between the lowest-income group and the low-income group for running 100 yards, stooping, crouching, or kneeling, and small motor movements were not statistically significant.

Two of the most noteworthy findings relate to the ability of older adults to do general physical activity, such as heavy housework, gardening, and exercise, and the ability to walk a quarter mile. Physicians estimated that 54 percent of older adults in the lowest-income group could not do heavy housework, gardening, or exercise, or could do so only with moderate difficulty. The same was true for 46 percent of older adults in the low-income group and 32 percent of those in the higher-income group. Physician assessments also revealed significant differences between income groups in the percentage of individuals who could not walk a quarter mile or could do so only with moderate difficulty. This was true for 35 percent of the lowest-income seniors, compared with 29 percent of low-income seniors and 17 percent of higher-income seniors.

Figure 55—Percent of older adults with physician-assessed functional limitations
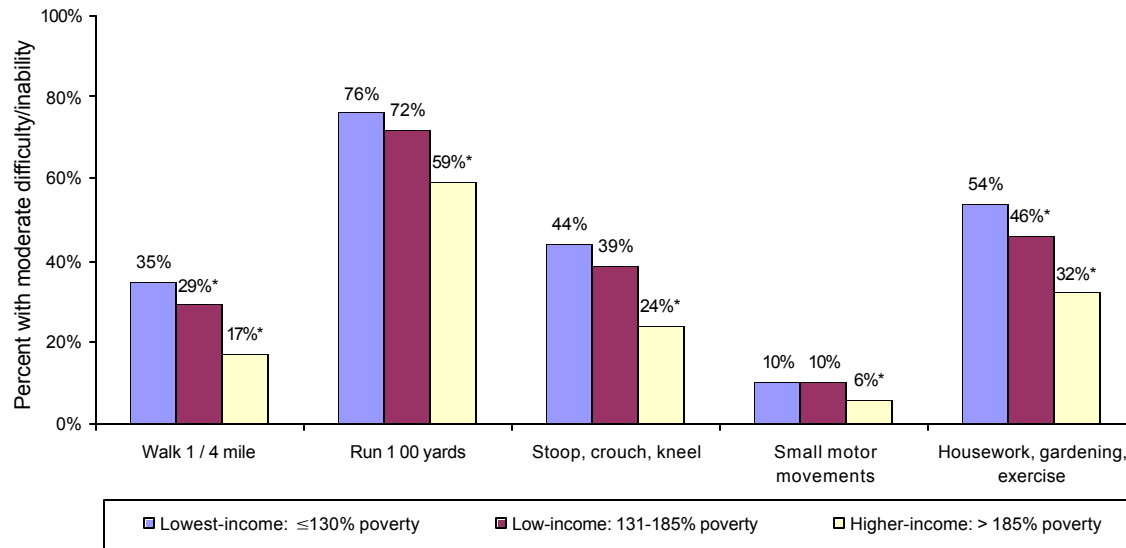
*Statistically significant difference from lowest-income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Differences between the lowest-income group and the higher-income group observed in the overall analysis held for both males and females. Differences between the lowest-income group and the low-income group (observed only for walking a quarter mile and heavy housework, gardening, and exercise) were significant only for females.

Self-Assessments

Respondents were asked to rate how much difficulty they experienced (or would experience) performing a variety of tasks that tend to be difficult for people who have health or physical limitation. Respondents were asked to answer in terms of performing the tasks when they were on their own and without the use of aids. Response options were: no difficulty, some difficulty, much difficulty, and unable to complete.

There was some overlap between the tasks queried in the self-assessments and the items covered in the physician assessments; however, the list of activities included in the self-assessments was more extensive. Tasks included: walking a quarter mile, walking up 10 steps

without resting, lifting or carrying 10 pounds, doing chores around the house, preparing meals, managing money, stooping, crouching, or kneeling, walking from one room to another, standing up straight from an armless chair, getting in and out of bed, eating or drinking from a glass, and dressing oneself.

Tables D-173 to D-184 present data on the percentage of individuals who reported that they would have much difficulty performing the task or would be unable to do it. Figure 56 summarizes these data for selected tasks. The pattern of differences observed between income groups was comparable to the pattern seen in the physician assessments. For the tasks summarized in figure 56, the percentage of individuals who reported that they could only do a task with difficulty or could not do it at all was greater for the lowest-income group than for either of the other income groups. In this case, differences between the lowest-income group and the other income groups were statistically significant for 10 of the 12 between-group comparisons. Only the differences between the lowest-income group and the low-income group for meal

Figure 56—Percent of older adults with self-reported functional limitations
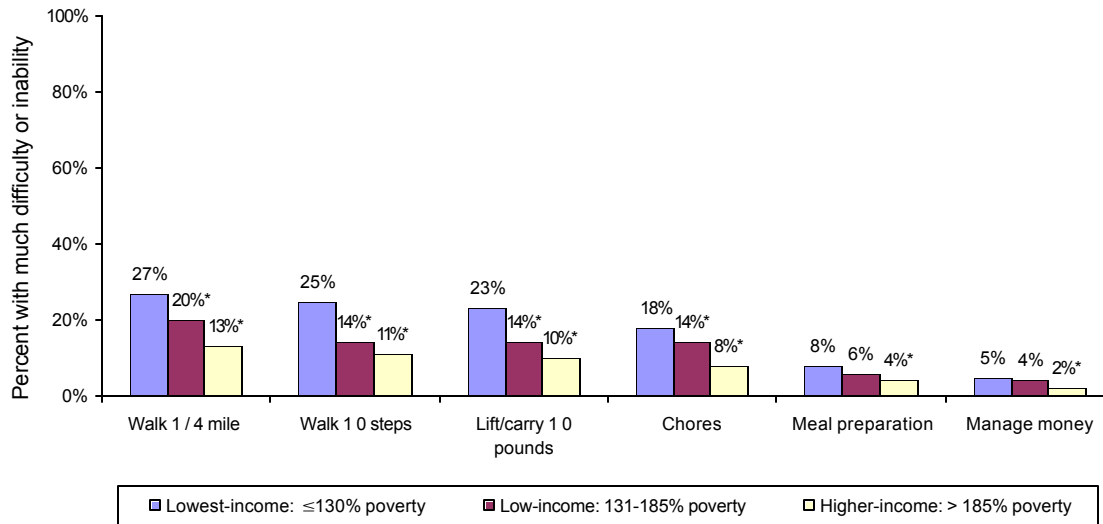
preparation and managing money were not statistically significant.

For the tasks summarized in figure 56, differences noted between the lowest-income group and the higher-income group generally held for both males and females. The one exception was meal preparation. For this task, the between-group difference was not statistically significant for females. For the differences noted between the lowest-income group and the low-income group, two were observed for both males and females (walking 10 steps without resting and lifting or carrying 10 pounds). The difference between the lowest- and low-income groups in reported difficulty walking a quarter mile was observed only among females and was concentrated among females 80 and older. The difference in self-reported difficulty doing household chores was not observed in either gender-specific analysis. The difference was concentrated among females 80 and older.

For the tasks not summarized in figure 56—stooping, crouching, or kneeling, walking from one room to another, standing up straight from an armless chair, getting in and out of bed, eating or drinking from a glass, and dressing oneself—

the percentage of individuals who could not do the task or could do it only with difficulty was consistently greater for the lowest-income group than the higher-income group, and the differences were statistically significant (tables D-179 to D-184). With one exception (eating or drinking from a glass), this was true for both males and females.

Significant differences were detected between the lowest-income and low-income groups for four of the six tasks, overall or by gender. For two tasks (stooping, crouching, or kneeling and getting in or out of bed), differences were observed for the overall population as well as for males and females separately. For the other two tasks (standing up from an armless straight chair and dressing oneself), between-group differences varied by gender.

Need for Assistance from Others and Use of Physical Aids

Respondents were asked whether they needed the help of other persons because of an impairment or health problem. This question was asked in relation to personal-care needs (eating, bathing, dressing, getting around the house) as well as "routine needs" (everyday household

chores, taking care of business matters, shopping, and getting around for other purposes). Respondents were also asked about their use of physical aids, including canes, wheelchairs, crutches, and walkers, special eating utensils, and devices used to assist with dressing.

Overall, 8 percent of older adults reported needing assistance with personal-care needs. As expected, this percentage increased with age, from 4 percent for 60-64-year-olds to 24 percent for those 85 and older (table D-185) (statistical significance of age-based differences not tested). Patterns were similar for males and females.

Older adults in the lowest-income group were more likely to require assistance with personal-care needs than older adults in either of the other income groups (11% vs. 8% and 6%). The difference between the lowest-income and low-income groups was not significant in either of the gender-specific analyses. However, the difference between the lowest- and higher-income groups was observed for both males and females.

Eleven percent of older adults reported needing assistance with routine chores (table D-186). Again, the percentage of individuals in the lowest-income group needing assistance was greater than the percentage for either the low-income or higher-income groups (17% vs. 10% and 8%). In both cases, differences were observed separately for males and females. The difference between the lowest-income and low-income groups was concentrated among those 80 years and older, particularly females. In contrast, the difference between the lowest-income group and the higher-income group was noted for every age group *except* the oldest group (85 years and older).

Use of mobility aids (canes, wheelchairs, crutches, and walkers) was reported by 14 percent of older adults overall, increasing from 5

percent among 60-64-year-olds to 45 percent among those 85 years and older (table D-187) (statistical significance of age-based differences not tested). Patterns were similar for males and females.

Overall, there was no significant difference between the lowest-income group and the low-income group in the use of such devices. In comparison with the higher-income group, however, the lowest-income group was more likely to use mobility aids (20% vs. 11%). This was true for both males and females and for four of the six age groups included in the analysis.

Finally, reported use of special eating utensils and devices used to assist with dressing was relatively rare (1-2%, overall) (tables D-188 and D-189). Use of dressing aids increased with age, and was most common among those 85 and older (8%). There were no significant differences between income groups on either of these measures.

Chapter Seven

Access to Health Care Services

This chapter focuses on issues that affect individuals' access to and use of health care services—health insurance coverage, the availability of a regular source (location) of health care, and the availability of a regular physician or other health care provider. The chapter also describes utilization of health care services in the past year.

Health Insurance Coverage

NHANES-III asked all respondents about sources of health insurance coverage. Survey questions considered Medicare, Medicaid, Veteran's Administration (VA) benefits, CHAMPUS, CHAMPVA, and private health insurance.[1]

During the survey period, four versions of the interview used to gather this information were used and health insurance questions varied across versions. The major difference was the time frame referenced; for example, "now" vs. "in the last month." In addition, some questions had slight variations in wording across versions.[2] When differences in versions were considered slight, NHANES-III staff created the variable for the full survey time period. All variables used in this analysis were available for the full survey period except the question about receipt of

CHAMPUS, CHAMPVA, Veteran's Administration (VA) benefits, or military health care.[3] The prevalence of this type of insurance coverage was calculated using data for respondents who answered that question.

In general, rates of health insurance coverage in this population were high. Overall, 98 percent of older adults had some form of health insurance (table D-190). This was true for both males and females. With the exception of 60-64-year-olds, who had slightly lower rates of insurance coverage (92%), there was little variation in insurance coverage by age. Older adults who did lack health insurance were significantly more likely to be in the lowest-income group than in either of the other income groups.

There was some variation in type of health insurance coverage across income groups. The rate of Medicare coverage was comparable for the three groups, but the difference between the lowest-income group and the low-income group was statistically significant (77% vs. 80%) (figure 57 and table D-191). This was due primarily to differences among individuals between the ages of 65 (the age at which seniors generally become eligible for Medicare) and 79 (table D-191).

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[1]CHAMPUS (now known as TRICARE) is a health care benefits program for active duty and retired members of the military. CHAMPVA is a health care benefits program for permanently disabled veterans and their dependents.

[2] Version differences for health insurance questions varied for different sources of health insurance. Two versions of the Medicare and Medicaid questions were asked: "At any time DURING THE LAST 12 MONTHS were you covered by Medicare/Medicaid?" and "DURING THE LAST MONTH were you covered by Medicare/Medicaid?"

Two versions of the questions about CHAMPUS, CHAMPVA, Veteran's benefits, and military health care were asked:

"DURING THE PAST 12 MONTHS were you covered by……?" and "DURING THE LAST MONTH were you covered by……"

Three versions of the private health insurance question were asked: "Are you NOW covered by a health insurance plan?", "Are you covered by a health insurance plan?" and "During the LAST MONTH were you covered by a health insurance plan obtained privately or through an employer or union?"

[3]The question about CHAMPUS, CHAMPVA, Veteran's benefits, and military health care was not asked in the first version of the interview (46% of all respondents).

Figure 57—Percent of older adults with various forms of health insurance coverage
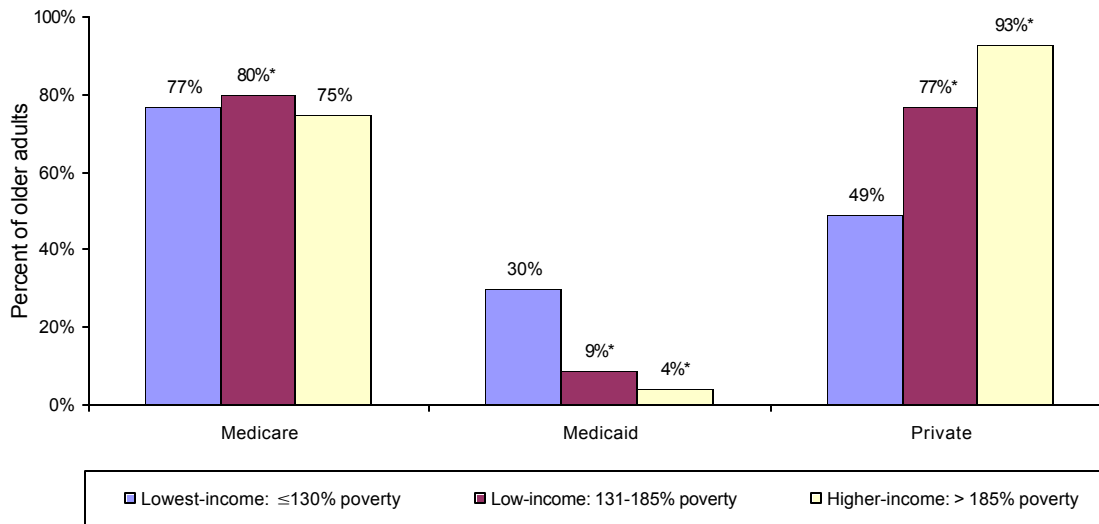
In addition, there was a significant difference between the lowest-income group and the higher-income group in the percentage of individuals under the age of 65 who reported enrollment in Medicare (24% vs. 5%) (table D-191). Under Medicare eligibility guidelines, only persons with disabilities or end-stage renal disease are eligible to receive Medicare before age 65. This difference was observed for both males and females, with the disparity being greatest for males. Among males, the percentage of 60-64-year-olds reporting receipt of Medicare was essentially six times greater for the lowest-income group than the higher-income group (35% vs. 6%).

Older adults in the lowest-income group were more likely than those in the two other income groups to report receiving Medicaid. Thirty percent of older adults in the lowest-income group reported Medicaid benefits, compared with 9 percent of older adults in the low-income group and 4 percent in the higher-income group (figure 57 and table D-192). This pattern was observed for both males and females.

Roughly 4 percent of all older adults received military health benefits of some type (table D-193). Overall, there were no significant differences between income groups in the percentage of individuals receiving such benefits. Among 60-64-year-olds, however, the lowest-income group was significantly less likely than the higher-income group to be receiving military health benefits. This difference was largely attributable to a difference among females. (Data on military health benefits are not presented in figure 57 because the point estimate for the lowest-income group, like point estimates for most of the gender-and-age-groups, is not statistically reliable).

Finally, the lowest-income older adults were significantly less likely than older adults in the other two income groups to be covered by private health insurance. Less than half (49%) of all older adults in the lowest-income group had some form of private health insurance (figure 57 and table D-194). This compares with 77 percent of older adults in the low-income group and 93 percent of those in the higher-income group. This pattern was observed for

both males and females and for all but one gender-and-age subgroup.

Regular Source of Health Care

As a group, more than 9 out of 10 older adults reported having a regular source of health care—that is, a clinic, health center, or doctor's office that was usually used for health care needs or to obtain health-related advice and information (table D-195). Older adults in the lowest-income group, however, were significantly less likely than older adults in the other two income groups to have a regular source of care (88% vs. 92% and 93%) (figure 58).

This difference was entirely attributable to a difference among males. Eighty-three percent of males in the lowest-income group reported a regular source of health care, compared with 92 percent of males in both the low-income and higher-income groups. Among older adult females, there were no significant between-group differences in the percentage of individuals with a regular source of health care.

This pattern was repeated in data on the percentage of older adults with access to a regular physician or other health care provider. Seventy-two percent of males in the lowest income group reported a regular health care provider, compared with 81 percent of males in the low-income group and 86 percent of males in the higher-income group (figure 59 and table D-196).

Use of Health Care Services in the Past Year

The vast majority (86%) of all older adults reported seeing a physician or other health care provider at least once during the preceding 12 months (excluding overnight hospital stays) (table D-197). Overall, there were no significant differences between income groups on this measure. Among males, however, those in the lowest-income group were less likely than those in the higher-income group to have had a health care visit in the past year (80% vs. 85%).

Figure 58—Percent of older adults with a regular source of health care

*Statistically significant difference from lowest income group at the .05 level or better.
Source: NHANES-III, 1988-94.

Figure 59—Percent of older adults who see a regular physician or other health care provider
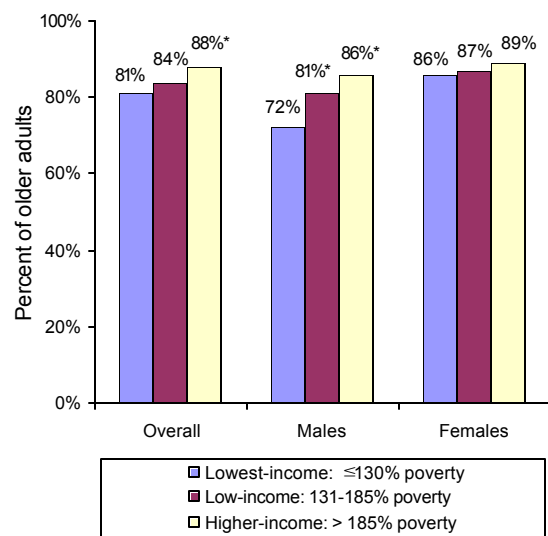
*Statistically significant difference from lowest income group at the .05 level or better.
Source: NHANES-III, 1988-94.

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Appendix A

NHANES-III Data Files

NHANES-III included a number of different interviews as well as a comprehensive physical examination. Most interview data were collected through 'household interviews,' which were conducted in respondents' homes. Physical exams were generally conducted in Mobile Exam Centers (MEC), although home examinations were offered if the sample person was 2-11 months, 60 years or older and wheelchair-bound, or primarily bedridden. The home examination included a subset of the measures collected in the MEC. Additional interview data were collected at the time of the exam. The content of these interviews varied for adults and youth and included questions about use of alcohol and tobacco, physical activity, reproductive health, and selected aspects of diet.

The organization of NHANES-III data files corresponds to the origin of the data—household interviews or examinations. The four main data files are:

- *Household adult data file*—contains data from the household interview on individual demographics, household composition, family background, family characteristics, health insurance, health services, selected health conditions, reproductive health, functional impairment, physical activity, use of tobacco and alcohol, and vitamin and mineral supplements.

- *Household youth data file*—parallels the adult data file, with the exception of questions that cover physical activity, use of tobacco and alcohol, reproductive health, and selected diet-related topics (e.g., dieting). These topics were included as part of the MEC youth interview, which was completed by youth 8 years of age and older, generally without caregiver involvement. In addition, the youth file contains data on some topics

not included in the adult file. This includes data on birth characteristics, infant feeding practices, and television viewing.

- *Examination data file*—contains results of the physical examinations conducted in the MEC or at home, and data from interviews conducted in the MEC.

- *Laboratory data file*—contains results of laboratory tests on blood samples collected in the MEC.

The origin of each data item determines the sample for analysis. NHANES-III provides sample weights for three samples: interview-only, MEC-examined, and home-examined. The sample sizes for these samples are shown in Chapter One, table 1. The sample weight used for each tabulation is specific to the data item tabulated. Source notes at the bottom of each detailed table (appendix D) identify the NHANES-III data file used in the tabulation.

In addition to the four main data files, NHANES-III released several dietary recall data files and supplementary files containing constructed variables or raw data unavailable at the initial release date. The additional files used for this series of reports are:

- *Dietary recall data files*—contain information about individual foods, combination foods, and ingredients reported during 24-hour recalls. The file includes nutrient values from two different nutrient databases—the USDA Survey Nutrient Data Base and the nutrient data base maintained by the University of Minnesota's Nutrition Coordinating Center (NCC). All of the nutrient analyses presented in this series of reports are based on nutrient values from the USDA Survey Nutrient Data Base.

• *Healthy Eating Index (HEI) file*—contains HEI scores (based on NHANES-III 24-hour dietary recalls) based on the measure developed by the U.S. Department of Agriculture to measure overall dietary quality (Kennedy et al., 1995).

Subgroups Used for Tabulations

Each volume of this report examines specific subgroups of the low-income population (volume I: Food Stamp Program participants and nonparticipants; volume II: WIC Program participants and nonparticipants; volume III: school-age children; and volume IV: older adults.) In the detailed tables provided in each volume (appendix D), table columns correspond to subgroups defined by program participation and/or income level, and table rows present information for gender- and age-specific subgroups. The subgroup definitions used for each volume of the report, and the NHANES-III variables used to identify persons in each subgroup, are summarized in table A-1.

Survey questions about program participation and income level each suffered some degree of nonresponse. Table A-2 shows cell sizes for the various age/gender/income or program participation subgroups reported on in this particular volume. Cell sizes are shown for all subgroups, including those with missing income or program participation. In appendix D tables, the final column is suppressed due to small cell sizes, although the "Total Persons" or "All Children" columns include individuals with missing program participation or income.

The age groups shown in Table A-2 were used for most of the tabulations included in appendix D. For analyses involving dietary outcomes (Chapters Two and Three), the two oldest age groups (80-84 and 85 and older) were collapsed because the sample of seniors 85 years and older was too small for estimation of usual energy and nutrient intakes.

Table A-1—Subgroup definitions

	Definition	Data Items[a]
Groups included in volume		
Volume I: Food Stamp Program participants and nonparticipants	Total population	
Volume II: WIC Program participants and nonparticipants	Children	$12 \leq HSAITMOR < 60$
	Infants	$2 \leq HSAITMOR < 12$
	Postpartum women	
	Breastfeeding up to 12 months postpartum	$(MYPC25 = 1$ or $MAPF20 = 1)$ and $(1 \leq MYPC20 \leq 4$ or $1 \leq MAPF15 \leq 4)$
	Non-lactating up to 6 months postpartum	$(MYPC25 = 2$ and $MAPF20 = 2)$ and $(1 \leq MYPC20 \leq 2$ or $1 \leq MAPF15 \leq 2)$
	Pregnant women	$MYPC17 = 1$ or $MAPF12 = 1$
Volume III: School-age children and adolescents	Age 5-18 years and in school	$(5 \leq HSAGEIR \leq 16$ & $1 \leq HYJ7 \leq 2)$ or $(17 \leq HSAGEIR \leq 18$ & $HAS22 = 4$ & $0 < HFA8R < 12)$
Volume IV: Older Adults	Age 60 years and older	$HSAGEIR \geq 60$
Column definitions		
Volume I	Currently receiving food stamps	$HFF11 = 1$
	Income-eligible nonparticipant	$HFF11 = 2$ and $0 \leq DMPPIR \leq 130$
	Higher-income nonparticipant	$HFF11 = 2$ and $DMPPIR > 130$
Volume II	Current WIC participant[c]	$MAPF17 = 1$ or $MYPC22 = 1$ or $MPPB6 = 1$
	Income-eligible nonparticipant	$(MAPF17 = 2$ & $MYPC22 = 2$ & $MPPB6 = 2)$ and $0 < DMPPIR \leq 185$
	Higher-income nonparticipant	$(MAPF17 = 2$ & $MYPC22 = 2$ & $MPPB6 = 2)$ and $DMPPIR > 185$
Volumes III and IV	Income $\leq$ 130% poverty or current FSP participant	$HFF11=1$ or $(HFF11=2$ and $0 \leq DMPPIR \leq 130)$
	Income 131-185% poverty	$HFF11=2$ and $130 < DMPPIR \leq 185$
	Income > 185% poverty	$HFF11=2$ and $DMPPIR > 185$
Row definitions		
	Gender[b]	HSSEX
	Age	HSAGEIR (Age at household interview[b])

[a]   Program participation and income variables:

HFF11 = "(Are you / Is your family) receiving food stamps at the present time?" (Household interview)

MAPF17, MYPC22, MPPB6 = "Are you now receiving benefits from the WIC program?" (MEC-adult, MEC-youth, MEC-proxy)
    If WIC participation is missing, and response to household interview question (HFF9) "Did you or any member of this family receive benefits from the WIC program LAST MONTH?" is "no" then sampled person is assumed to be a nonparticipant.

DMPPIR = Poverty income ratio (Household interview)

[b]   Gender not tabulated in Volume II.

[c]   Age at household interview defines table rows; age in months at the MEC examination was used to assess children's height and weight relative to growth curves.

[d]   WIC participation of the sampled person is measured during the MEC examination interview and all WIC tables are limited to MEC respondents. The household interview included a question about WIC participation by any member of the family (HFF9), and this question was used to establish nonparticipation in the case of nonresponse to the MEC WIC question.

Table A-2—Number of Elderly NHANES-III respondents by income group

	NHANES-III respondents to household interview				
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Income missing
Both sexes					
60-64 years	1,344	417	159	632	136
65-69 years	1,264	389	153	597	125
70-74 years	1,278	368	207	585	118
75-79 years	878	282	149	327	120
80-84 years	1,134	366	179	412	177
85 + years	698	234	109	219	136
Total	6,596	2,056	956	2,772	812
Male					
60-64 years	672	194	77	340	61
65-69 years	626	174	72	324	56
70-74 years	611	153	105	305	48
75-79 years	382	112	63	159	48
80-84 years	540	144	89	233	74
85 + years	286	82	55	107	42
Total	3,117	859	461	1,468	329
Female					
60-64 years	672	223	82	292	75
65-69 years	638	215	81	273	69
70-74 years	667	215	102	280	70
75-79 years	496	170	86	168	72
80-84 years	594	222	90	179	103
85 + years	412	152	54	112	94
Total	3,479	1,197	495	1,304	483

Source: NHANES-III, 1988-94.

Appendix B

Reference Standards

Some of the variables included in this report required variable construction based on outside reference standards. This appendix describes the variables that were constructed, the standards that were used, and the manner in which the standards were applied. To the extent possible, standards used are those defined in the *Healthy People 2010* objectives (U.S. DHHS, 2000a).

The appendix covers all four volumes of the report; some variables are used only in selected volumes. With the exception of Healthy Eating Index (HEI) variables, which were constructed by staff at the National Center for Health Statistics (NCHS), all variable construction was carried out by the authors.

Body Weight and Height

NHANES-III examinations included measurement of body weight and stature (or recumbent length).[1] These data were used to determine Body Mass Index (BMI)[2] for both adults and children and to assess children's anthropometric status relative to reference growth charts.

Table B-1 shows the reference standards used in these analyses. As shown, BMI is interpreted differently for children, depending on age, because normal body fatness changes as children age. For children, overweight and underweight status is determined by comparing BMI to gender- and age-specific growth charts developed by the Centers for Disease Control and Prevention (CDC).[3] In addition, stature-for-age

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[1]Recumbent length was measured for infants and children up to age 3; stature was measured for persons age 2 and over. Both length and height were measured for children age 24 to 36 months.

[2]BMI is equal to [weight in kilograms] / [height in meters][2].

[3]Reference charts for assessing children's anthropometric status were originally developed by NCHS in 1977. Revised charts were released in May 2000, based on pooled data from five national U.S. health examination surveys including NHANES-III (Kuczmarski et al., 2002).

growth charts are used to assess children's linear growth. Copies of the CDC growth charts used in these analyses are provided at the end of the appendix.

Bone Density Measures

NHANES-III measured bone density for all men and non-pregnant women age 20 and over. Bone density of the proximal femur was measured during the MEC exam using dual energy x-ray absorptiometry (DXA).

Volumes I (FSP participants and nonparticipants) and IV (the elderly) present the prevalence of normal, reduced, and severely reduced bone mineral density. Standards used to define these conditions are those specified by NCHS (NCHS, 1999):

- Reduced bone mass, or osteopenia, is defined as bone mineral density 1–2.5 standard deviations below the mean of non-Hispanic white women 20–29 years of age as measured in NHANES-III.

- Severely reduced bone mass, or osteoporosis, is defined as bone mineral density more than 2.5 standard deviations below the mean of non-Hispanic white women 20–29 years of age as measured in NHANES-III.

The latter standard is used in the *Healthy People 2010* objectives.

Coronary Heart Disease Risk

The National Cholesterol Education Program (NCEP), sponsored by the National Institutes of Health (NIH), provides a methodology for estimating individuals' 10-year risk for coronary heart disease (NIH, 2001). The 10-year risk

Table B-1¾Reference Standards Used to Assess Body Mass Index and Linear Growth

Measure	Standard	Source
Adults		
Underweight	BMI < 18.5	*Healthy People 2010* (U.S. DHHS, 2000a)[1]
Healthy weight	BMI ≥ 18.5 and < 25	*Healthy People 2010* (U.S. DHHS, 2000a)
Overweight	BMI ≥ 25 and < 30	National Institutes of Health (NIH) and World Health Organization (WHO) guidelines (NIH, 1998 and WHO, 1998)
Obese	BMI ≥ 30	*Healthy People 2010* (U.S. DHHS, 2000a)
Children age 2 and over		
Underweight	< 5th percentile on BMI-for-age chart	CDC guidelines on using BMI-for-age growth charts (CDC, 2003)
At-risk of overweight	≥ 85th and < 95th percentile on BMI-for-age chart	CDC guidelines on using BMI-for-age growth charts (CDC, 2003)
Overweight	≥ 95th percentile on BMI-for-age chart	*Healthy People 2010* (U.S. DHHS, 2000a)
Growth retarded	< 5th percentile on stature-for-age chart	*Healthy People 2010* (U.S. DHHS, 2000a)
Children age 1-4-years-old (WIC volume)		
Underweight	< 5th percentile on weight-for-height chart	CDC guidelines on using weight-for-height growth charts (CDC, 2003)
At-risk of overweight	≥ 85th and < 95th percentile on weight-for-height chart	CDC guidelines on using weight-for-height growth charts (CDC, 2003)
Overweight	≥ 95th percentile on weight-for-height chart	CDC guidelines on using weight-for-height growth charts (CDC, 2003)

[1] Adapted from Health People 2010 goal, which specifies BMI ≥ 18.5 as a healthy weight.

estimate is based on six factors: gender, age, total cholesterol, smoking status, HDL cholesterol, and systolic blood pressure. In Volumes I (FSP participants and nonparticipants) and IV (the elderly), the NCEP methodology was used to estimate the 10-year- risk of coronary heart disease among adults.

Nutrient Intake Standards

In recent years, the Institute of Medicine (IOM) has issued a comprehensive set of *Dietary Reference Intakes* (DRIs), reference values for use in planning and assessing nutrient intake. DRIs replace the *Recommended Dietary Allowances* (RDAs), first developed by the Food and Nutrition Board in 1941 (National Research

Council (NRC), 1989a). The DRIs were released in a series of nutrient-specific reports; the first report was released in 1999 and the most recent in late 2004 (IOM, 1999, 2000a, 2000b, 2002a, 2002b, 2004).[4] The DRIs specify up to four different reference values for each nutrient for age- and gender-specific subgroups of the population. These reference values include:

- **Estimated Average Requirement (EAR).** The EAR is the daily level of intake estimated to meet the requirements of 50 percent of healthy individuals in a specific age- and gender subgroup. EAR values are

[4] With the exception of the 2004 reports, dates are final publication dates. Pre-publication copies of all reports were available two or more years prior to final publication.

used to set RDAs and may be used to assess the adequacy of intake of groups of individuals.

- **Recommended Dietary Allowance (RDA)**. The RDA is the daily level of intake sufficient to meet the nutrient requirements of nearly all (97-98 percent) healthy individuals in a specific subgroup. RDAs are based on EARs.

- **Adequate Intake (AI)**. An AI is defined when the available data are insufficient to estimate requirements and establish an EAR and an RDA. The AI is the daily level of intake that is assumed to be adequate, based on observed or experimentally determined estimates of intake.

- **Tolerable Upper Intake Level (UL)**. The UL is the maximum daily level of intake that is safe for nearly all members of a group. Intake above the UL increases risk of toxicity.

At the time the analyses presented in this series of reports were completed, DRIs had been established for four of the nutrients examined: vitamin C, iron, zinc, and calcium. For vitamin C, iron, and zinc, EARs were used to assess prevalence of adequate usual intake (the methodology used in estimating usual intake and in determining the prevalence of adequate intake is described in appendix C). It is not possible to assess the prevalence of adequate calcium intake, however, because the DRI committee established an AI for calcium rather than an EAR (IOM, 1999). Consequently, analysis of calcium intakes focuses on comparing mean intakes for each subgroup to age- and gender-specific AIs.

Because DRIs had not yet been established, intakes of food energy and the other nutrients and food components examined (total fat,

saturated fat, cholesterol, sodium, and fiber) were assessed relative to then-current standards. Data on usual energy intake were compared to the 1989 Recommended Energy Allowance (REA) (NRC, 1989a). The prevalence of appropriate usual intakes of total fat, saturated fat, cholesterol, and sodium was assessed relative to the recommended maximum intakes defined in the *Dietary Guidelines for Americans* (U.S. Departments of Agriculture and Health and Human Services, 2000). (The standards for total fat, saturated fat, and sodium intake are also included in the *Healthy People 2010* objectives). Finally, the prevalence of adequate fiber intake was assessed on the basis of the "age-plus-5" standard. This standard, originally developed by Williams (1995), was adapted by the American Heart Association (AHA) (Van Horn, 1997) and was used in other research that preceded establishment of the DRIs for fiber (Gleason and Suitor, 2001). Under this standard, recommended fiber intake (in gm.) is equivalent to age in years plus five, up to a maximum of 25 gm.

Prior to the time the reports were to be published, DRIs were released for energy, total fat, sodium, and fiber. While it was not possible to re-do the analyses to incorporate these new standards, the text was expanded, to the extent possible, to assess usual nutrient intakes in light of the new standards. Specifically, discussions of total fat, sodium, and fiber intakes were updated by comparing means and distributions of usual intake to the new standards. It was not possible to update discussions of energy intake because the new energy standards (Estimated Energy Requirements or EERs) incorporate information on individuals' weight, height, and level of physical activity (IOM, 2002b).

Tables B-2 – B-4 show the nutrient standards used in the analysis as well as other relevant standards. Table B-2 lists EARs for vitamin C, iron, and zinc, and AIs for calcium, all of which were used in the main analysis. It also shows

Table B-2—Dietary Reference Intakes for Individuals

	Estimated Average Requirements			Adequate Intakes[1]	
	Vitamin C (mg/day)	Iron (mg/day)	Zinc (mg/day)	Calcium (mg/day)	Total fiber (g/day)
Children					
1-3 yrs	13	3.0	2.2	500	19
4-8 yrs	22	4.1	4.0	800	25
Males					
9-13 yrs	39	5.9	7.0	1,300	31
14-18 yrs	63	7.7	8.5	1,300	38
19-30 yrs	75	6.0	9.4	1,000	38
31-50 yrs	75	6.0	9.4	1,000	38
51-70 yrs	75	6.0	9.4	1,200	30
>70 yrs	75	6.0	9.4	1,200	30
Females					
9-13 yrs	39	5.7	7.0	1,300	26
14-18 yrs	56	7.9	7.5	1,300	36
19-30 yrs	60	8.1	6.8	1,000	25
31-50 yrs	60	8.1	6.8	1,000	25
51-70 yrs	60	5.0	6.8	1,200	21
>70 yrs	60	5.0	6.8	1,200	28
Pregnant Women					
14-18 yrs	66	23.0	10.5	1,300	22
19-30 yrs	70	22.0	9.5	1,000	28
31-50 yrs	70	22.0	9.5	1,000	28
Lactating Women					
14-18 yrs	96	7.0	11.6	1,300	29
19-30 yrs	100	6.5	10.4	1,000	29

[1] Estimated Average Requirements have not been set for calcium, sodium, or fiber.
Source: Dietary Reference Intakes. Institute of Medicine, Food and Nutrition Board (1999, 2000b, 2002a, 2002b, 2004).

Table B-3—1989 Recommended Dietary Allowances

	Energy allowance (REA) (kcal)	Vitamin C (mg)	Iron (mg)	Zinc (mg)	Calcium (mg)
Children					
1-3 yrs	1,300	40	10	10	800
4-6 yrs	1,800	45	10	10	800
7-10 yrs	2,000	45	10	10	800
Males					
11-14 yrs	2,500	50	12	15	1,200
15-18 yrs	3,000	60	12	15	1,200
19-24 yrs	2,900	60	10	15	1,200
25-50 yrs	2,900	60	10	15	800
51+ yrs	2,300	60	10	15	800
Females					
11-14 yrs	2,200	50	15	12	1,200
15-18 yrs	2,200	60	15	12	1,200
19-24 yrs	2,200	60	15	12	1,200
25-50 yrs	2,200	60	15	12	800
51+ yrs	1,900	60	10	12	800
Pregnant					
1st trimester ..	+0	70	30	15	1,200
2nd trimester	+300	70	30	15	1,200
3rd trimester	+300	70	30	15	1,200
Lactating					
1st 6 months	+500	95	15	19	1,200
2nd 6 months	+500	90	15	16	1,200

Source: Recommended Dietary Allowances, 10th edition. National Research Council (1989b).

Table B-4¾Standards Used to Assess Usual Intake of Fat, Saturated Fat, Cholesterol, and Sodium

Nutrient/Food Component	*Dietary Guidelines Standard*[1]	DRI Standard	
Total fat	≤ 30% of total energy[2]	AMDRs	
		1-3 years	30-40% of total energy
		4-18 years	25-35% of total energy
		19+ years	20-35% of total energy
Saturated fat	< 10% of total energy[2]	N/A	
Cholesterol	≤ 300 mg.	N/A	
Sodium	≤ 2,400 mg.[2]	ULs	
		1-3 years	1,500 mg. (1.5 g.)
		4-8 years	1,900 mg. (1.9 g.)
		9-13 years	2,200 mg. (2.2 g.)
		14+ years	2,300 mg. (2.3 g.)

[1]Dietary Guidelines standards apply to all individuals 2 years of age and older.

[2]Also included as objective in *Healthy People 2010* (U. S. DHHS, 2000a).

newly established AIs for fiber.[5] Table B-3 shows the 1989 RDAs for vitamin C, iron, zinc, and calcium (the precursors to the DRIs), as well as the 1989 REA. Table B-4 shows the *Dietary Guidelines for Americans* recommendations for total fat, saturated fat, cholesterol, and sodium, as well as the newly-defined Acceptable Macro-nutrient Distribution Range (AMDR) for total fat and ULs for sodium.

Healthy Eating Index

The Healthy Eating Index (HEI), developed by USDA's Center for Nutrition Policy and Promotion (CNPP), is a summary measure of the overall quality of people's diets (Basiotis, et al., 2002). The HEI is based on 10 component scores, all of which are weighted equally in the total score. The 10 component scores measure different aspects of a healthy diet based on

accepted public health recommendations. Five of the component scores are food-based and evaluate food consumption in comparison with recommendations of the USDA Food Guide Pyramid (grains, vegetables, fruits, dairy, and meat) (USDA, CNPP, 1996). A sixth component is also food-based and measures the level of dietary variety. The remaining four component scores are nutrient-based and assess compliance with the *Dietary Guidelines for Americans* recommendations for intake of fat, saturated fat, cholesterol, and sodium.[6]

Table B-5 shows the criteria used for scoring the five food-group-based components. Criteria vary by age, depending on total energy intake. Because the Food Guide Pyramid presents serving recommendations for only three levels of energy intake (1,600, 2,200, and 2,800 kilocalories) (USDA, CNPP, 1996), interpolation techniques were used to estimate the recommended number of servings for gender and age

[5]It is important to note that the fiber AIs have been defined for *total* fiber and that the data presented in this report reflect *dietary* fiber. Total fiber includes dietary fiber as well as fructo-oligosaccharides, compounds which are destroyed in the current analytical methods used to quantitate fiber in foods (IOM, 2002b). Although fructo-oligosaccharides are assumed to make up a relatively small percentage of total fiber, authors of the DRI report estimated that, on average, American adults were consuming approximately 5.1 gm. more fiber per day than estimated in the most recent Continuing Survey of Food Intakes of Individuals (CSFII), because CSFII data, like the data used in this analysis, include only *dietary* fiber (IOM, 2002b).

[6]When the HEI was first developed, the standards for cholesterol and sodium were based on recommendations made in the NRC's *Diet and Health* report (NRC, 1989b) because the version of the *Dietary Guidelines* in effect at the time did not include quantitative standards for these nutrients (USDA and U. S. DHHS, 1995). Since that time, the NRC standards for sodium and cholesterol have been incorporated into both the Nutrition Facts section of food labels and the most recent version of the *Dietary Guidelines* (USDA and U.S. DHHS, 2000).

Table B-5¾Scoring criteria for food-based components of the Healthy Eating Index (HEI)

	Criteria for maximum score of 10 (number of servings per day)				
Age	Grains	Vegetables	Fruits	Milk	Meat
2-3 years	6.0	3.0	2.0	2.0	2.0
4-6 years	7.0	3.3	2.3	2.0	2.1
7-10 years	7.8	3.7	2.7	2.0	2.3
Males					
11-14 years	9.9	4.5	3.5	3.0	2.6
15-18 years	11.0	5.0	4.0	3.0	2.8
19-24 years	11.0	5.0	4.0	3.0	2.8
25-50 years	11.0	5.0	4.0	2.0	2.8
51+ years	9.1	4.2	3.2	2.0	2.5
Females					
11-24 years	9.0	4.0	3.0	3.0	2.4
25-50 years	9.0	4.0	3.0	2.0	2.4
51+ years	7.4	3.5	2.5	2.0	2.2

Notes: The minimum score of 0 was assigned only when zero servings were consumed.
For the variety component, the maximum score of 10 was assigned if 8 or more different items were consumed; the minimum score of 0 was assigned if 3 or fewer different items were consumed.
Scores were assigned proportionately for consumption between the minimum and maximum criteria.
Source: NHANES-III documentation for the HEI file. NCHS (2000).

groups with other recommended energy allowances.

Two exceptions were made to the straight interpolation. The first involved 2-3-year-old children. The 1989 REA for 2-3 year-olds is less than the lowest level of energy intake (1,600 kilocalories) referenced in the Food Guide Pyramid.[7] Extrapolation of the Food Guide Pyramid's recommended number of servings to a lower calorie level would result in smaller numbers of servings than the minimums defined in the Pyramid. Rather than use these minimal numbers of servings, NCHS staff set the numbers of servings to be equivalent with defined minimums, but reduced reference portion sizes for food groups other than milk to two-thirds of the adult reference (NCHS, 2000). This is consistent with Pyramid guidance (i.e., that individuals with lower energy needs eat smaller servings) as well as with the approach used by other researchers (Basiotis et al., 2002).

The second exception was made for males between 15 and 50 years of age. The 1989 REA for this group is slightly higher than the highest level of energy intake (2,800 kilocalories) references in the Food Guide Pyramid. Simple extrapolation would have resulted in greater numbers of servings than the maximums defined in the Pyramid. Because the Food Guide Pyramid provides no guidance on how to accommodate greater energy needs, NCHS researchers truncated the number of servings at the maximums defined in the Pyramid. This is consistent with the approach used by other researchers (Basiotis et al., 2002). Moreover, preliminary analyses completed by NCHS indicated that truncation did not have a significant impact on HEI scores (NCHS, 2000).

The methodology used to determine serving definitions for counting servings in each of the five major food groups is the same as that used in the initial research that calculated the HEI using data from the 1989-90 Continuing Survey of Food Intake of Individuals (CSFII) (USDA, CNPP, 1995). It differs, however, from the methodology used in subsequent research to

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[7]HEI computations were completed be NCHS staff prior to the release of the new REEs (see discussion on *Dietary Reference Intakes*), so the reference standard used for energy intake was the 1989 REAs.

calculate the HEI using the 1994-96 CSFII data (USDA, ARS, 1998) as well as recent research that calculated the HEI using data from NHANES 1999-2000 (Basiotis et al., 2002).

In particular, milk serving definitions in the NHANES-III data used in this report were based on grams of nonfat milk solids contained in a food divided by the amount of grams of nonfat milk solids contained in 1 cup of milk (NCHS, 2000). The alternative methodology used in the two analyses noted above based milk serving definitions on calcium equivalents. This approach defines a milk serving as one that provides the same amount of calcium as 1 cup of skim milk (302 mg). In choosing to use the "nonfat milk solids" approach rather than the "calcium equivalents" approach, NCHS researchers cited concerns that the latter may lead to low milk group component scores because of the omission of foods such as butter and cream cheese nonfat milk solids but small to negligible amounts of calcium (NCHS, 2000).

For the four other food groups, serving definitions used by NCHS researchers are similar to those used by USDA researchers and were designed to be as consistent as possible with the serving definitions used in the Food Guide Pyramid (USDA, ARS, 2003). Servings of breads and grains are defined on the basis of "flour equivalents," using the flour content of a typical slice of bread (16 gm) as the base. Servings of most vegetables are counted as ½ cup cooked or 1 cup raw. Fruits are treated similarly.

Servings of meat are based on "lean meat equivalents." The base serving is 2.5 oz. of lean meat, fish, or poultry, with a specified minimum amount of fat.[8] Numbers of servings for non-

lean-meats are assigned based on fat content. As an example, 2 oz. of cooked sausage has the equivalent of 1.5 oz. of cooked lean meat, or .61 servings of meat. (For a more detailed explanation of how meat servings are determined, see USDA, ARS, 2003).

Several non-meat foods are also included in the meat group. Serving equivalents for these items are defined as ½ cup cooked dry beans or peas, 1 egg, 2 Tbsp. peanut butter, 1/3 cup nuts, ¼ cup seeds, and ½ cup of tofu (USDA, ARS, 2003). The Food Guide Pyramid considers dried beans and peas (legumes) to be considered contributors to the meat group, but they may also be counted toward vegetable intake. In computing the HEI, NCHS investigators applied any legume consumption that was not "needed" in the meat group toward the vegetable group (NCHS, 2000).

Variety Score

Both The Food Guide Pyramid and the *Dietary Guidelines for Americans* recommend consuming a variety of foods, but neither provides guidance on how to measure dietary variety. Following the protocols established in the initial HEI research (USDA, CNPP, 1995), variety scores were assigned based on the total number of different types of food a person consumed in a day. Similar foods were grouped together and the totals were computed for each individual. Fats, sweets, seasonings, and similar foods were not included in the calculations (for a complete list of excluded foods see NCHS, 2000), and neither were food components that contributed less than one-half of a serving.

A maximum score of 10 points was assigned for variety scores of 8 or more (indicating that the person consumed at least half a serving of 8 or more different types of food in the preceding 24-hour period). A minimum score of 0 was assigned for variety scores of 3 or less. Intermediate scores were assigned proportionately.

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[8]Two different definitions have been used to define lean meats – no more than 2.65 gm. fat per oz. and no more than 2.4 gm. fat per oz. (USDA, ARS, 2003). The NCHS documentation does not specify which of these definitions was used in computing lean meat equivalents in the NHANES-III database (NCHS, 2000).

Table B-6¾Scoring criteria for nutrient-based components of the Healthy Eating Index (HEI)

Component	Standard for maximum score of 10	Standard for minimum score of 0
Total fat	≤ 30% of total calories	≥ 45% of total calories
Saturated fat	< 10 percent of total calories	≥ 15 percent of total calories
Cholesterol	≤ 300 mg per day	≥ 450 mg per day
Sodium	≤ 2,400 mg per day	≥ 2,400 mg per day

Note: Standards for nutrient-based components apply to all age groups.

Source: NHANES-III documentation for the HEI file. NCHS (2000).

Nutrient-based Scores

The four nutrient-based component scores of the HEI assess compliance with the *Dietary Guidelines for Americans* recommendations for intake of total fat, saturated fat, cholesterol, and sodium (USDA and U.S. DHHS, 2000). The manner in which these recommendations were used to determine HEI component scores is summarized in table B-6.

Rating Total Scores

As noted in the preceding discussion, the maximum score for the full HEI (all ten components combined) is 100 and the minimum score is zero. Using standards defined by USDA's CNPP, individuals with total HEI scores of more than 80 were considered to have good diets. Those with scores between 51 and 80 were considered to have diets that need improvement. And those who scored below 51 on the HEI were considered to have poor diets (Basitotis et al., 2002).

Serum and Blood Measurements

Several serum and blood measurements are examined in this series of reports. Most reflect serum levels of nutrients or assess iron or lipid status. In addition, levels of blood lead were examined to assess the prevalence of lead poisoning. Serum cotinine levels were also analyzed to examine exposure to second-hand smoke. Cotinine, a breakdown product of nicotine, is used as a biological marker for tobacco use and exposure to environmental tobacco smoke.

Table B-7 lists the serum and blood measures examined, the reference standards used in assessing them, and the source of the standard. The prevalence of iron deficiency was assessed using the *Healthy People 2010* definition: abnormal results on two of three specific measures of iron status (serum ferritin, free erythrocyte protoporphorin, and transferring saturation) (U.S. DHHS, 2000a). Iron deficiency anemia was defined as the presence of iron deficiency plus an abnormally low hemoglobin. Cutoffs used to define abnormal values are summarized in table B-7.

Table B-7¾Reference values for serum and blood measures

Measure	Age group	Abnormal range Male	Abnormal range Female	Source
Hemoglobin (g/dL)[1]	1-2 years	< 11.0	< 11.0	CDC Recommendations to Prevent and Control Iron Deficiency in the U.S. (CDC, 1998)
	2-5 years	< 11.1	< 11.1	
	5-8 years	< 11.5	< 11.5	
	8-12 years	< 11.9	< 11.9	
	12-15 years	< 12.5	< 11.8	
	15-18 years	< 13.3	< 12.0	
	≥ 18 years	< 13.5	< 12.0	
Hematocrit (%)[1]	1-2 years	< 32.9	< 32.9	CDC Recommendations to Prevent and Control Iron Deficiency in the U.S. (CDC, 1998)
	2-5 years	< 33.0	< 33.0	
	5-8 years	< 34.5	< 34.5	
	8-12 years	< 35.4	< 35.4	
	12-15 years	< 37.3	< 35.7	
	15-18 years	< 39.7	< 35.9	
	≥ 18 years	< 39.9	< 35.7	
Serum ferritin (mcg/mL)	1-4 years	< 10	< 10	*Healthy People 2010* (U.S. DHHS, 2000a) and CDC Recommendations to Prevent and Control Iron Deficiency in the U.S. (CDC, 1998)
	5-11 years	< 15	< 15	
	12-49 years	< 15	< 12	
	≥ 50 years	< 15	< 15	
Free erythrocyte protoporphorin (mcg/dL)	1-2 year	> 80	> 80	*Healthy People 2010* (U.S. DHHS, 2000a)
	> 2 years	> 70	> 70	
Transferrin saturation (%)	1-2 years	< 10	< 10	*Healthy People 2010* (U.S. DHHS, 2000a) and CDC Recommendations to Prevent and Control Iron Deficiency in the U.S. (CDC, 1998)
	3-4 years	< 12	< 12	
	12-15 years	< 16	< 14	
	≥ 16 years	< 16	< 15	
Total cholesterol (mg/dL)	2-19 years	High: ≥ 200 Borderline: 170-199		National Institutes of Health, National Cholesterol Education Program (2001 (adults) and 1991 (children))
	20 years and over	High: ≥ 240 Borderline: 200-239		
LDL cholesterol (mg/dL)	2-19 years	High: ≥ 130 Borderline: 110-129		National Institutes of Health, National Cholesterol Education Program (2001 (adults) and 1991 (children))
	20 years and over	High: ≥ 160 Borderline: 130-159		
HDL cholesterol (mg/dL)	2-19 years	< 35		National Institutes of Health, National Cholesterol Education Program, 2001 (adults) and American Heart Association, 2002 (children)
	20 years and over	< 40		
Triglycerides (mg/dL)	12-19 years	≥ 150		National Institutes of Health, National Cholesterol Education Program, 2001 (adults) and American Heart Association, 2002 (children)
	20 years and over	High: ≥ 200 Borderline: 150-199		
RBC folate (ng/mL)[2]	All ages	< 95		*Dietary Reference Intakes* (IOM, 2000a)
Serum vitamin B_{12} (pg/mL)	All ages	< 200		*Dietary Reference Intakes* (IOM, 2000a)
Serum albumin (g/dL)	60 years and over	< 3.8 (liberal definition) < 3.5 (conservative)		Institute of Medicine, Committee on Nutrition Services for Medicare Beneficiaries (2000)

¾Continued

Table B-7¾Reference values for serum and blood measures (continued)

Measure	Age group	Abnormal range		Source
		Male	**Female**	
Lead exposure				CDC Report on Blood Levels in the U.S.: 1991-1994. (CDC, 1997)
Lead (mcg/dL)	All ages	≥ 10.0		
Exposure to second-hand smoke				*Healthy People 2010* (U.S. DHHS, 2000a)
Cotinine (ng/dL)	All ages	> 0.10		

[1]Hemoglobin and hematocrit cutoffs were adjusted for smokers, per CDC recommendations (1998). Adjustment for high altitudes is also suggested, but data on the altitude at which respondents live is not available in NHANES-III. Hemoglobin cutoffs for smokers were adjusted based on reported daily cigarette use, as follows: +0.3 for 0.5 to less than 1 pack per day; +0.5 for 1 to less than 2 packs per day; +0.7 for 2 or more packs per day. Parallel adjustments for hematocrit were +1.0, +1.5, and +2.0.

[2]The cutoff of 95 ng/mL is specific to the radioassay kit used by NHANES-III beginning in December 1993, and is applied to all NHANES-III RBC folate measures because NCHS adjusted the data for comparability (Wright, et al., 1998). This cutoff differs from that recommended based on NHANES-II data (less than 140 ng/mL) due to use of the revised test kit.

CDC Growth Charts: United States

Body mass index-for-age percentiles: Boys, 2 to 20 years

Age (years)

95th, 90th, 85th, 75th, 50th, 25th, 10th, 5th

CDC

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CDC Growth Charts: United States

Body mass index-for-age percentiles: Girls, 2 to 20 years

BMI

BMI

95th
90th
85th
75th
50th
25th
10th
5th

Age (years)

kg/m²

kg/m²

CDC

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CDC Growth Charts: United States

Stature-for-age percentiles: Boys, 2 to 20 years

Age (years)

95th
90th
75th
50th
25th
10th
5th

CDC
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CDC Growth Charts: United States

Stature-for-age percentiles: Girls, 2 to 20 years

Age (years)

95th
90th
75th
50th
25th
10th
5th

CDC

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CDC Growth Charts: United States

**Weight-for-length percentiles:
Boys, birth to 36 months**

Length

CDC

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CDC Growth Charts: United States

Weight-for-length percentiles: Girls, birth to 36 months

Length

CDC
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CDC Growth Charts: United States

Weight-for-stature percentiles: Boys

95th
90th
85th
75th
50th
25th
10th
5th

Stature

in 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47

cm 80 85 90 95 100 105 110 115 120

CDC

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CDC Growth Charts: United States

Weight-for-stature percentiles: Girls

Percentile lines labeled: 95th, 90th, 85th, 75th, 50th, 25th, 10th, 5th

Left axis: kg / lb (weight), ranging lb 20–76, kg 8–34
Right axis: lb (weight), ranging 20–76

Bottom axis: Stature — in 31–47, cm 80–120

CDC
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Appendix C

Statistical and Reporting Guidelines

This report presents population means and proportions, standard errors of estimates, and percentiles of dietary intake distributions. Sample weights were used to account for sample design and nonresponse. Information about the NHANES-III survey design was used in estimating variances and testing for statistical significance.

Several software packages were used to produce the tabulations:

- *C-SIDE: Software for Intake Distribution Estimation (Version 1.0)*—used to estimate means, percentiles, and standard errors for nutrient intake tables.

- *SUDAAN (Version 7.5)*—used to calculate means, standard errors, and tests of statistical significance for non-nutrient tables, using the DESCRIPT procedure.

- *SAS (Version 8.2)*—used to read the NHANES-III data files, call SUDAAN procedures, process SUDAAN output, and write SUDAAN results to ASCII files.

- *TPL (Table Producing Language)*—this software produced all data tables in appendix D.

General Procedures

NHANES-III sample weights account for the fact that each sample person does not have an equal probability of selection into the sample. NHANES-III provides sample weights for three samples: the interviewed sample weight (WTPEQX6), the MEC-examined sample weight (WTPFEX6), and the MEC and home-examined sample weight (WTPFHX6). The

sampling weight used for each table in this report was specific to the data item presented in the table, and is indicated by the source of data listed in the table footnote.

Variance is generally underestimated in a complex survey when information about the survey design is not used in variance estimation. For this report, two alternate methods were used to account for the sample design.

- Balance repeated replication (BRR)—this method was specified when using C-SIDE software to obtain estimates for nutrient tables. The BRR method used the 52 replicate weights provided in the NHANES-III data.

- Taylor series linearization—this method is used in SUDAAN procedures. The complex survey design is accounted for by specifying strata and PSU in the "nest" statement of SUDAAN procedures.

Coefficients of variation (CVs) and t-statistics were generated and examined, but are not provided in the tables. CVs were examined to determine the statistical reliability of estimates, as described below in the section on Reporting Guidelines. T-statistics were examined to determine the statistical significance of differences in means and proportions. When examining categorical data, t-statistics were used and the Bonferroni adjustment was applied to adjust for multiplicity of tests.

All tests for statistical significance are tests for differences between two independent samples defined by program participation and/or income-level. In volumes I and II, differences between

program participants and income-eligible nonparticipants are denoted by symbols on values for income-eligible nonparticipants; differences between program participants and higher-income nonparticipants are denoted by symbols on values for higher-income nonparticipants. In volumes III and IV, differences between the lowest-income group and the low-income group are denoted by symbols on values for the low-income group; differences between the lowest-income group and high-income group are denoted by symbols on values for the high-income group.

Differences in means and proportions were tested for statistical significance using α levels of 0.01, 0.05, and 0.001. For categorical data, differences involve multiple non-independent comparisons and were tested using α levels of 0.01, 0.05, and 0.001 adjusted using the Bonferroni method, by dividing α levels by the number of comparisons.

Age Standardization

Tables presented in appendix A include age-adjusted estimates for the total population (i.e., all age groups), calculated using the direct method (Klein, 2001). The age-adjusted estimates were obtained by weighting estimates for each age category by the year 2000 population distribution.

The population distribution used for age-adjustment is from *Monthly Estimates of the United States Population: April 2000*. Age-adjusted estimates were calculated by the SUDAAN software.

Nutrient Analyses

A primary goal for the analysis of dietary intake was to estimate the proportion of individuals whose intake is inadequate. Reference standards used to define adequate intake reflect expectations for usual intake. To apply these standards

appropriately, it is necessary to have information about the distribution of intake in the population of interest. The variance of the distribution of observed intake is too large to produce reliable estimates of the prevalence of inadequate intake. This is because the variance of observed intake includes both within-person (day-to-day) and between-person variation. Methods have been established for adjusting observed intake distributions to estimate distributions of usual intake by removing within-person variation (NRC, 1986 and Nusser et al, 1996). These adjustments require two or more days of intake data for at least some subjects.

NHANES-III collected replicate 24-hour recalls on a convenience sample of approximately 5 percent of respondents. The nonrandom nature and small size of the replicate recall sample prohibited its use in estimating usual dietary intake. Instead, we used the Continuing Survey of Food Intake of Individuals (CSFII) 1994-96, to obtain estimates of within-person variation. CSFII is a nationally representative survey that includes two days of dietary intake data for all subjects.

CSFII data were used to estimate variance components for 96 demographic cells defined by age group (8), gender (male, female, both), and program participation or income (3 plus overall).[1] The variance components from CSFII were used to adjust observed intakes collected in the NHANES-III single-day dietary recalls. Estimation for all nutrients was done using *C-SIDE: Software for Intake Distribution Estimation* (Iowa State University, 1996). Because iron requirements for menstruating females are known to be asymmetrical, the adjustments performed by the C-SIDE software (using this "Iowa State Method") were not appropriate.

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[1] Age groups correspond to the DRI age groups for volumes I, III, IV. CSFII used to estimate variance components for volume II (WIC participants and nonparticipants) were aggregated by year of age (4) and program participation or income (3 plus overall), but not by gender.

Therefore, distributions of iron intake were adjusted using the full probability approach as described in the IOM report *Dietary Reference Intakes: Applications in Dietary Assessment* (IOM, 2001). CSFII variance components are shown in table C1.

Reporting Guidelines

This report follows the recommendations in the NHANES-III Analytic Guidelines in the appendix titled "Joint Policy on Variance Estimation and Statistical Reporting Standards for NHANES-III and CSFII Reports: HNIS/NCHS Analytic Working Group Recommendations" (NCHS, 1996). The recommendations for presentation of statistical data call for estimates to be flagged if any of the following conditions are met:

1. **Inadequate sample size for normal approximation.** For means and for proportions based on commonly occurring events (where $0.25 < P < 0.75$), an estimate is flagged if it is based on a cell size of less than 30 times a "broadly calculated average design effect."

2. **Large coefficient of variation.** Estimates are flagged if the coefficient of variation (ratio of the standard error to the mean expressed as a percent) is greater than 30.

3. **Inadequate sample size for uncommon or very common events.** For proportions below 0.25 or above 0.75, the criteria for statistical reliability is that the cell size be sufficiently large that the minimum of nP and $n(1-P)$ be greater than or equal to 8 times a broadly calculated average design effect, where n is the cell size and P is the estimated proportion. (I.e., an estimate is flagged when $n < 8 *$ (avg design effect) / $\min(P,(1-P))$.) The coefficient of variation is not used in these cases.

For each data item, the design effect was calculated for each table cell as the ratio of the complex sampling design variance calculated by SUDAAN, to the simple random sample variance. The average design effect for a data item is the average of estimated design effects across age groups (pooled genders) within a demographic group, where demographic groups correspond to the columns of tables (groups defined by program participation and income).

Table C-1—CSFII variance components for 10 nutrients

Total energy

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.44606	175	0.55702	89	0.28737	563	0.45537
65-69 years	799	0.46388	196	0.49223	123	0.40943	475	0.50817
70-74 years	594	0.42600	138	0.48029	94	0.38348	352	0.47035
75-79 years	428	0.45120	138	0.55827	88	0.34527	201	0.52169
80 + years	494	0.41972	155	0.41166	97	0.32901	242	0.50153
Male								
60-64 years	440	0.51128	91	0.62633	43	0.25740	301	0.55287
65-69 years	405	0.54502	78	0.57626	60	0.58320	265	0.53722
70-74 years	323	0.45012	69	0.49642	41	0.49554	206	0.48307
75-79 years	212	0.51473	59	0.61123	44	0.39088	109	0.58433
80 + years	256	0.40840	72	0.31886	50	0.36863	134	0.51636
Female								
60-64 years	395	0.56061	84	0.54011	46	0.50835	262	0.58062
65-69 years	394	0.54411	118	0.57799	63	0.34491	210	0.64436
70-74 years	271	0.53540	69	0.64151	53	0.37674	146	0.64345
75-79 years	216	0.46463	79	0.52723	44	0.33307	92	0.51734
80 + years	238	0.52524	83	0.56999	47	0.42385	108	0.56404

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Vitamin C

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.54460	175	0.66681	89	0.54152	563	0.53184
65-69 years	799	0.46672	196	0.45079	123	0.48036	475	0.50458
70-74 years	594	0.44750	138	0.48873	94	0.54827	352	0.44549
75-79 years	428	0.42005	138	0.44572	88	0.42620	201	0.43561
80 + years	494	0.53946	155	0.65857	97	0.60761	242	0.45985
Male								
60-64 years	440	0.52381	91	0.60576	43	0.77160	301	0.49362
65-69 years	405	0.45011	78	0.33301	60	0.44045	265	0.52382
70-74 years	323	0.37616	69	0.50773	41	0.59439	206	0.36115
75-79 years	212	0.36472	59	0.35193	44	0.34030	109	0.41326
80 + years	256	0.49524	72	0.62089	50	0.69061	134	0.38813
Female								
60-64 years	395	0.57326	84	0.73123	46	0.43921	262	0.58553
65-69 years	394	0.49304	118	0.54422	63	0.56634	210	0.47790
70-74 years	271	0.54576	69	0.44329	53	0.52263	146	0.60980
75-79 years	216	0.48747	79	0.54720	44	0.46578	92	0.46428
80 + years	238	0.61463	83	0.75083	47	0.37819	108	0.58414

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Iron

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.50969	175	0.56144	89	0.42673	563	0.53694
65-69 years	799	0.51134	196	0.47927	123	0.50598	475	0.55146
70-74 years	594	0.43657	138	0.46546	94	0.35931	352	0.48451
75-79 years	428	0.47616	138	0.59026	88	0.46120	201	0.43358
80 + years	494	0.47894	155	0.50054	97	0.56902	242	0.45554
Male								
60-64 years	440	0.59144	91	0.59562	43	0.41893	301	0.66091
65-69 years	405	0.55207	78	0.52300	60	0.48077	265	0.57055
70-74 years	323	0.45991	69	0.48305	41	0.48002	206	0.50064
75-79 years	212	0.48051	59	0.64315	44	0.44748	109	0.43542
80 + years	256	0.46091	72	0.57491	50	0.52971	134	0.36516
Female								
60-64 years	395	0.52712	84	0.55270	46	0.52061	262	0.54376
65-69 years	394	0.56149	118	0.51019	63	0.56532	210	0.65292
70-74 years	271	0.48864	69	0.46634	53	0.29473	146	0.56917
75-79 years	216	0.52329	79	0.57879	44	0.49446	92	0.48243
80 + years	238	0.54444	83	0.44641	47	0.68349	108	0.58578

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Zinc

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.59146	175	0.70766	89	0.40620	563	0.62103
65-69 years	799	0.60928	196	0.64454	123	0.64826	475	0.60163
70-74 years	594	0.53359	138	0.58580	94	0.49909	352	0.55300
75-79 years	428	0.57990	138	0.61352	88	0.63496	201	0.57242
80 + years	494	0.61432	155	0.64891	97	0.55278	242	0.68034
Male								
60-64 years	440	0.68547	91	0.73392	43	0.56845	301	0.73801
65-69 years	405	0.65543	78	0.71565	60	0.78952	265	0.57786
70-74 years	323	0.55150	69	0.51598	41	0.56800	206	0.60229
75-79 years	212	0.58135	59	0.67577	44	0.61335	109	0.58195
80 + years	256	0.63483	72	0.63409	50	0.59789	134	0.67436
Female								
60-64 years	395	0.64510	84	0.75629	46	0.53830	262	0.65240
65-69 years	394	0.67056	118	0.61887	63	0.61621	210	0.75129
70-74 years	271	0.61778	69	0.76671	53	0.48168	146	0.61565
75-79 years	216	0.62056	79	0.57241	44	0.66023	92	0.65294
80 + years	238	0.67242	83	0.65767	47	0.51362	108	0.78863

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Calcium

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.50104	175	0.53477	89	0.44513	563	0.51802
65-69 years	799	0.48084	196	0.43787	123	0.52756	475	0.49442
70-74 years	594	0.44861	138	0.38430	94	0.47057	352	0.50015
75-79 years	428	0.40590	138	0.43133	88	0.50101	201	0.38503
80 + years	494	0.49835	155	0.53580	97	0.42944	242	0.54969
Male								
60-64 years	440	0.54666	91	0.59787	43	0.43948	301	0.58143
65-69 years	405	0.54709	78	0.50643	60	0.77226	265	0.51741
70-74 years	323	0.52851	69	0.42150	41	0.56027	206	0.58942
75-79 years	212	0.45384	59	0.48134	44	0.42643	109	0.48254
80 + years	256	0.44811	72	0.51748	50	0.37170	134	0.50796
Female								
60-64 years	395	0.50532	84	0.44114	46	0.52422	262	0.53265
65-69 years	394	0.46453	118	0.41528	63	0.40748	210	0.53249
70-74 years	271	0.42993	69	0.42887	53	0.40793	146	0.45918
75-79 years	216	0.37588	79	0.38913	44	0.60780	92	0.29778
80 + years	238	0.56801	83	0.62232	47	0.53625	108	0.59363

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Total fat

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.64991	175	0.59703	89	0.67066	563	0.67917
65-69 years	799	0.57998	196	0.61813	123	0.58774	475	0.57008
70-74 years	594	0.57542	138	0.55010	94	0.49135	352	0.61502
75-79 years	428	0.64202	138	0.57564	88	0.87099	201	0.62495
80 + years	494	0.54844	155	0.61476	97	0.41677	242	0.58013
Male								
60-64 years	440	0.58869	91	0.63526	43	0.61337	301	0.59903
65-69 years	405	0.60220	78	0.78820	60	0.46204	265	0.60105
70-74 years	323	0.52961	69	0.49947	41	0.38789	206	0.58488
75-79 years	212	0.66122	59	0.65339	44	0.80842	109	0.66222
80 + years	256	0.57801	72	0.66931	50	0.38201	134	0.63591
Female								
60-64 years	395	0.72642	84	0.56954	46	0.86188	262	0.77353
65-69 years	394	0.56362	118	0.53457	63	0.78080	210	0.53939
70-74 years	271	0.62061	69	0.62206	53	0.58605	146	0.64813
75-79 years	216	0.62058	79	0.54663	44	0.90435	92	0.56428
80 + years	238	0.51596	83	0.54470	47	0.45124	108	0.53464

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Saturated fat

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.62038	175	0.57543	89	0.47314	563	0.67107
65-69 years	799	0.53374	196	0.64239	123	0.52303	475	0.49996
70-74 years	594	0.55618	138	0.57763	94	0.48507	352	0.57746
75-79 years	428	0.54327	138	0.47271	88	0.72428	201	0.54282
80 + years	494	0.49233	155	0.57029	97	0.40978	242	0.48361
Male								
60-64 years	440	0.56448	91	0.53729	43	0.53961	301	0.61656
65-69 years	405	0.53975	78	0.72410	60	0.41330	265	0.51707
70-74 years	323	0.48880	69	0.55086	41	0.43387	206	0.49231
75-79 years	212	0.57062	59	0.55110	44	0.61345	109	0.56640
80 + years	256	0.52455	72	0.64984	50	0.39948	134	0.52121
Female								
60-64 years	395	0.69754	84	0.63979	46	0.55214	262	0.74277
65-69 years	394	0.53259	118	0.61018	63	0.57112	210	0.48741
70-74 years	271	0.62428	69	0.63471	53	0.51844	146	0.66701
75-79 years	216	0.50857	79	0.42241	44	0.75429	92	0.47949
80 + years	238	0.46456	83	0.50357	47	0.42907	108	0.45708

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Cholesterol

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.68897	175	0.71024	89	0.53722	563	0.72494
65-69 years	799	0.63687	196	0.55961	123	0.66329	475	0.67717
70-74 years	594	0.71985	138	0.68487	94	0.73476	352	0.74016
75-79 years	428	0.66519	138	0.51020	88	0.67793	201	0.79469
80 + years	494	0.59165	155	0.61684	97	0.52302	242	0.61501
Male								
60-64 years	440	0.73571	91	0.69667	43	0.61774	301	0.81298
65-69 years	405	0.67079	78	0.46015	60	0.66517	265	0.76988
70-74 years	323	0.72405	69	0.71430	41	0.86570	206	0.70936
75-79 years	212	0.68941	59	0.47658	44	0.81761	109	0.80461
80 + years	256	0.61145	72	0.68354	50	0.52823	134	0.61230
Female								
60-64 years	395	0.74747	84	0.79714	46	0.63287	262	0.78066
65-69 years	394	0.65041	118	0.66954	63	0.75533	210	0.61901
70-74 years	271	0.80441	69	0.78630	53	0.67817	146	0.87584
75-79 years	216	0.71407	79	0.60592	44	0.59877	92	0.88921
80 + years	238	0.62665	83	0.63368	47	0.54417	108	0.66641

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Sodium

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.55699	175	0.64372	89	0.49366	563	0.56325
65-69 years	799	0.58048	196	0.60982	123	0.47017	475	0.62582
70-74 years	594	0.50180	138	0.49964	94	0.44257	352	0.57218
75-79 years	428	0.52311	138	0.54361	88	0.45301	201	0.58304
80 + years	494	0.52808	155	0.49851	97	0.48624	242	0.58763
Male								
60-64 years	440	0.63846	91	0.68342	43	0.68074	301	0.67609
65-69 years	405	0.63143	78	0.59131	60	0.58365	265	0.66170
70-74 years	323	0.49478	69	0.50945	41	0.49589	206	0.52216
75-79 years	212	0.60645	59	0.61957	44	0.52853	109	0.66162
80 + years	256	0.48489	72	0.44184	50	0.40622	134	0.54178
Female								
60-64 years	395	0.60920	84	0.61771	46	0.52348	262	0.61542
65-69 years	394	0.67825	118	0.77592	63	0.43671	210	0.72954
70-74 years	271	0.61670	69	0.55053	53	0.41299	146	0.78496
75-79 years	216	0.50996	79	0.48336	44	0.44266	92	0.60160
80 + years	238	0.64208	83	0.62475	47	0.60363	108	0.70817

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Table C-1—CSFII variance components for 10 nutrients — Continued

Fiber

	Total persons		Lowest income: ≤ 130% poverty		Low-income: 131-185% poverty		Higher-income: > 185% poverty	
	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance	Sample size	Within-individual variance
Both sexes								
60-64 years	835	0.50978	175	0.61501	89	0.52581	563	0.51165
65-69 years	799	0.47692	196	0.53538	123	0.58682	475	0.47415
70-74 years	594	0.40939	138	0.36441	94	0.60232	352	0.43808
75-79 years	428	0.49442	138	0.60289	88	0.48149	201	0.48850
80 + years	494	0.54562	155	0.66487	97	0.56979	242	0.47920
Male								
60-64 years	440	0.51047	91	0.60183	43	0.47678	301	0.53856
65-69 years	405	0.48055	78	0.55032	60	0.60277	265	0.44202
70-74 years	323	0.38640	69	0.23856	41	0.90862	206	0.40553
75-79 years	212	0.54586	59	0.50626	44	0.65438	109	0.57835
80 + years	256	0.56119	72	0.74821	50	0.61817	134	0.46528
Female								
60-64 years	395	0.58205	84	0.73826	46	0.61943	262	0.56871
65-69 years	394	0.52547	118	0.54989	63	0.58202	210	0.55273
70-74 years	271	0.47885	69	0.56014	53	0.45095	146	0.51808
75-79 years	216	0.46198	79	0.70901	44	0.30457	92	0.38558
80 + years	238	0.54854	83	0.60924	47	0.48525	108	0.52948

Source: Variance components were estimated from two days of 24-hour recalls from the *Continuing Survey of Food Intakes by Individuals (CSFII)* using *C-SIDE: Software for Intake Distribution Estimation.*

Appendix D
Detailed Tables

Chapter Two
Usual Intake of Food Energy and Nutrients

Chapter Three
Healthy Eating Index Scores and Usual Intake of Dietary Fiber

Chapter Four
Other Measures of Nutritional Status

Chapter Five
Health-Related Behaviors

Chapter Six
Health Status, Conditions, and Risks

Chapter Seven
Access to Health Care Services

Table D-1—Percent of income-eligible older adults receiving benefits from the Food Stamp Program

	All older adults			Lowest income: ≤ 130% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes						
60-64 years	1,206	7.0	1.2	416	39.2	4.8
65-69 years	1,137	5.3	0.9	387	27.9	4.3
70-74 years	1,159	5.6	0.8	367	26.2	3.6
75-79 years	758	5.1	1.1	282	19.2	3.4
80-84 years	955	8.9	1.2	365	25.3	2.6
85 + years	561	8.8	1.3	233	22.4	3.4
Total, age adjusted ...	5,776	6.4	0.7	2,050	28.0	2.3
Male						
60-64 years	611	4.7 *	1.2	194	30.9	6.1
65-69 years	568	2.9 *	0.6	172	19.6 *	3.7
70-74 years	563	4.0 *	1.2	153	27.2 *	7.2
75-79 years	334	4.3 *	1.3	112	22.1 *	5.7
80-84 years	465	4.7 *	1.1	144	18.4 *	3.5
85 + years	244	8.7 *	1.7	82	27.8 *	5.3
Total, age adjusted ...	2,785	4.5	0.6	857	24.8	2.7
Female						
60-64 years	595	8.9	1.6	222	44.5	6.3
65-69 years	569	7.4	1.5	215	33.0	5.8
70-74 years	596	6.9	1.2	214	25.8	4.6
75-79 years	424	5.7 *	1.2	170	18.0 *	3.6
80-84 years	490	11.4	1.8	221	27.9	3.5
85 + years	317	8.9 *	1.5	151	20.4 *	3.2
Total, age adjusted ...	2,991	7.9	0.9	1,193	30.1	2.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-2—Percent of older adults receiving benefits from the Elderly Nutrition Program[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,338	1.2 *	0.5	413	4.6 *	2.5	158	1.3 *	1.2	632	0.4 *	0.3
65-69 years	1,262	2.0	0.6	389	6.3 *	2.9	153	3.8 *	2.3	597	0.7 *	0.3
70-74 years	1,278	3.4	0.6	368	8.3	2.1	207	4.5 *	1.6	585	›› 1.5 *	0.6
75-79 years	873	5.1	1.2	281	7.1 *	2.2	149	4.7 *	2.4	327	4.6 *	1.6
80-84 years	1,132	9.9	1.0	365	12.3	2.0	179	12.8	2.9	412	› 6.4	1.6
85 + years	694	12.3	1.8	234	18.3	3.5	109	12.2 *	3.8	218	›› 5.6 *	2.0
Total, age adjusted ...	6,577	4.4	0.4	2,050	8.2	1.2	955	5.2	1.0	2,771	›››2.5	0.6
Male												
60-64 years	671	0.8 *	0.4	193	3.6 *	2.6	77	0.2 *	0.2	340	0.3 *	0.3
65-69 years	626	2.4 *	1.1	174	12.5 *	7.1	72	1.3 *	0.8	324	0.8 *	0.5
70-74 years	611	1.7 *	0.5	153	5.6 *	2.5	105	2.7 *	1.7	305	› 0.6 *	0.4
75-79 years	378	4.9 *	1.7	111	14.3 *	5.3	63	› 2.5 *	2.3	159	› 3.1 *	1.8
80-84 years	539	8.6	1.1	143	11.0 *	2.7	89	9.6 *	2.4	233	6.7 *	1.5
85 + years	285	12.2	2.4	82	19.3 *	6.9	55	14.0 *	4.0	106	7.1 *	2.3
Total, age adjusted ...	3,110	3.9	0.4	856	9.8	1.9	461	›››3.6	0.5	1,467	›››2.2	0.5
Female												
60-64 years	667	1.5 *	0.6	220	5.2 *	2.8	81	1.9 *	1.8	292	0.5 *	0.5
65-69 years	636	1.6 *	0.4	215	2.5 *	1.7	81	5.7 *	4.2	273	0.6 *	0.4
70-74 years	667	4.7	1.0	215	9.6 *	2.7	102	6.1 *	2.7	280	› 2.3 *	1.2
75-79 years	495	5.2	1.3	170	4.1 *	1.4	86	6.1 *	3.9	168	6.0 *	2.3
80-84 years	593	10.6	1.4	222	12.8	2.5	90	14.9 *	4.4	179	6.2 *	2.7
85 + years	409	12.3	2.2	152	17.9 *	3.8	54	11.0 *	5.2	112	›› 4.7 *	2.2
Total, age adjusted ...	3,467	4.8	0.6	1,194	7.3	1.1	494	6.4	1.6	1,304	›››2.8	0.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Benefit receipt is defined as receiving meals from cities, churches, or other organizations providing meals for senior citizens.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-3—Distribution of older adults by household food sufficiency status

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Enough food to eat	Sometimes not enough	Often not enough	Sample size	Enough food to eat	Sometimes not enough	Often not enough	Sample size	Enough food to eat	Sometimes not enough	Often not enough	Sample size	Enough food to eat	Sometimes not enough	Often not enough
Both sexes																
60-64 years	1,340	98.1	1.8	0.1	417	91.2	8.1	0.7	159	› 97.9	2.1	0.0	632	›› 100.0	›› 0.0	0.0
65-69 years	1,263	98.4	1.4	0.2	389	92.3	7.4	0.3	153	› 99.7	0.3	0.0	597	› 99.7	› 0.1	0.2
70-74 years	1,272	98.0	2.0	>0	366	91.6	8.3	0.2	207	› 98.2	› 1.8	0.0	585	››› 99.9	››› 0.1	0.0
75-79 years	867	98.6	1.2	0.2	282	96.8	2.4	0.8	149	›› 99.6	0.4	0.0	327	››› 99.7	0.3	0.0
80-84 years	1,125	98.4	1.5	0.1	366	96.0	3.8	0.3	179	98.3	1.6	0.1	412	›› 100.0	›› 0.0	0.0
85 + years	691	98.8	1.1	0.1	234	98.0	2.0	0.0	109	98.3	1.7	0.0	219	99.3	0.7	0.0
Total, age adjusted ...	6,558	98.3	1.5	0.1	2,054	93.6	6.0	0.4	956	››› 98.7	››› 1.3	>0	2,772	››› 99.8	››› 0.2	>0
Male																
60-64 years	671	97.9	2.1	>0	194	88.6	11.1	0.3	77	98.2	1.8	0.0	340	› 100.0	› 0.0	0.0
65-69 years	626	98.5	1.1	0.4	174	92.2	7.4	0.4	72	› 99.5	0.5	0.0	324	› 99.5	>0	0.4
70-74 years	609	97.8	2.1	0.1	152	88.7	10.7	0.6	105	96.0	4.0	0.0	305	100.0	0.0	0.0
75-79 years	375	99.0	1.0	>0	112	97.7	2.2	0.1	63	98.9	1.1	0.0	159	99.4	0.6	0.0
80-84 years	538	98.3	1.7	>0	144	94.7	5.3	0.0	89	98.1	1.6	0.2	233	100.0	0.0	0.0
85 + years	286	99.6	0.2	0.2	82	99.1	0.9	0.0	55	100.0	0.0	0.0	107	100.0	0.0	0.0
Total, age adjusted ...	3,105	98.4	1.5	0.1	858	92.5	7.2	0.3	461	›› 98.3	›› 1.6	>0	1,468	››› 99.8	››› 0.1	0.1
Female																
60-64 years	669	98.3	1.5	0.2	223	92.8	6.2	1.0	82	97.7	2.3	0.0	292	100.0	0.0	0.0
65-69 years	637	98.4	1.6	>0	215	92.4	7.4	0.2	81	99.8	0.2	0.0	273	99.9	0.1	0.0
70-74 years	663	98.1	1.9	0.0	214	92.8	7.2	0.0	102	›› 100.0	›› 0.0	0.0	280	›› 99.8	›› 0.2	0.0
75-79 years	492	98.3	1.4	0.3	170	96.4	2.4	1.1	86	››› 100.0	0.0	0.0	168	››› 100.0	0.0	0.0
80-84 years	587	98.5	1.4	0.1	222	96.4	3.2	0.4	90	98.4	1.6	0.0	179	› 100.0	› 0.0	0.0
85 + years	405	98.5	1.5	0.0	152	97.6	2.4	0.0	54	97.2	2.8	0.0	112	98.9	1.1	0.0
Total, age adjusted ...	3,453	98.3	1.6	0.1	1,196	94.2	5.3	0.5	495	››› 99.0	››› 1.0	0.0	1,304	››› 99.8	››› 0.2	0.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
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Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-4—Standard errors for distribution by household food sufficiency status[1]

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Enough food to eat	Sometimes not enough	Often not enough	Sample size	Enough food to eat	Sometimes not enough	Often not enough	Sample size	Enough food to eat	Sometimes not enough	Often not enough	Sample size	Enough food to eat	Sometimes not enough	Often not enough
Both sexes																
60-64 years	1,340	0.6	0.6	0.1	417	2.8	2.6	0.6	159	1.3	1.3	0.0	632	0.0	0.0	0.0
65-69 years	1,263	0.5	0.5	0.2	389	3.0	3.0	0.2	153	0.2	0.2	0.0	597	0.2	>0	0.2
70-74 years	1,272	0.5	0.5	>0	366	2.0	2.0	0.2	207	1.4	1.4	0.0	585	0.1	0.1	0.0
75-79 years	867	0.4	0.5	0.2	282	0.6	1.1	0.8	149	0.4	0.4	0.0	327	0.3	0.3	0.0
80-84 years	1,125	0.4	0.5	0.1	366	1.2	1.2	0.3	179	1.3	1.3	0.1	412	0.0	0.0	0.0
85 + years	691	0.5	0.5	0.1	234	0.9	0.9	0.0	109	1.6	1.6	0.0	219	0.7	0.7	0.0
Total, age adjusted ...	6,558	0.2	0.2	0.1	2,054	0.9	0.9	0.3	956	0.5	0.5	>0	2,772	>0	>0	>0
Male																
60-64 years	671	0.8	0.8	>0	194	4.4	4.4	0.2	77	1.2	1.2	0.0	340	0.0	0.0	0.0
65-69 years	626	0.5	0.4	0.3	174	2.8	3.1	0.5	72	0.4	0.4	0.0	324	0.4	>0	0.4
70-74 years	609	0.9	0.9	0.1	152	5.4	5.4	0.5	105	3.0	3.0	0.0	305	0.0	0.0	0.0
75-79 years	375	0.4	0.4	>0	112	1.3	1.3	0.1	63	1.1	1.1	0.0	159	0.6	0.6	0.0
80-84 years	538	0.7	0.7	>0	144	2.5	2.5	0.0	89	1.6	1.6	0.2	233	0.0	0.0	0.0
85 + years	286	0.1	0.2	0.2	82	0.7	0.7	0.0	55	0.0	0.0	0.0	107	0.0	0.0	0.0
Total, age adjusted ...	3,105	0.3	0.3	0.1	858	1.5	1.5	0.2	461	0.8	0.8	>0	1,468	0.2	0.1	0.1
Female																
60-64 years	669	0.7	0.7	0.2	223	3.1	2.8	1.0	82	1.8	1.8	0.0	292	0.0	0.0	0.0
65-69 years	637	0.9	0.9	>0	215	4.3	4.3	0.2	81	0.2	0.2	0.0	273	>0	>0	0.0
70-74 years	663	0.6	0.6	0.0	214	2.4	2.4	0.0	102	0.0	0.0	0.0	280	0.2	0.2	0.0
75-79 years	492	0.6	0.7	0.3	170	0.9	1.2	1.1	86	0.0	0.0	0.0	168	0.0	0.0	0.0
80-84 years	587	0.5	0.6	0.1	222	1.3	1.3	0.4	90	1.8	1.8	0.0	179	0.0	0.0	0.0
85 + years	405	0.7	0.7	0.0	152	1.2	1.2	0.0	54	2.6	2.6	0.0	112	1.1	1.1	0.0
Total, age adjusted ...	3,453	0.3	0.3	0.1	1,196	1.2	1.1	0.4	495	0.5	0.5	0.0	1,304	0.1	0.1	0.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] See previous table for sample sizes and significance tests.
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Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-5—Percent of older adults eating fewer than three meals per day

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,154	27.6	2.25	358	38.3	5.37	135	39.9	6.01	555	›› 23.7	2.36
65-69 years	1,054	26.5	1.89	325	34.6	5.10	128	29.4	4.78	503	24.5	2.25
70-74 years	1,019	21.3	2.20	290	30.9	5.80	160	26.4	4.43	485	› 17.8	2.14
75-79 years	658	21.3	1.94	211	31.9	5.61	117	23.3	5.05	257	›› 15.1	2.90
80-84 years	769	20.2	1.52	239	27.3	3.84	128	18.4	3.60	304	17.6	2.64
85 + years	384	19.2	2.17	130	24.7	4.48	68	17.8 *	5.41	139	17.0	3.69
Total, age adjusted ...	5,038	23.6	1.02	1,553	32.6	1.88	736	28.0	2.01	2,243	›››20.0	1.24
Male												
60-64 years	575	27.4	2.85	168	39.4	6.93	67	34.2	8.95	294	› 24.4	3.36
65-69 years	536	29.5	2.49	144	29.5	6.05	63	31.0 *	6.49	283	29.1	2.79
70-74 years	500	23.3	2.81	128	34.8	7.37	77	30.8	6.74	260	20.5	2.85
75-79 years	282	22.1	2.78	86	30.5 *	7.37	49	23.2 *	7.53	118	16.4	4.22
80-84 years	394	18.2	2.25	102	25.2 *	4.87	65	17.9 *	5.33	184	17.4	3.64
85 + years	163	20.6	3.17	46	20.9 *	7.51	33	24.0 *	9.05	68	20.5 *	4.42
Total, age adjusted ...	2,450	24.6	1.38	674	31.7	2.66	354	28.4	3.10	1,207	›››22.2	1.52
Female												
60-64 years	579	27.8	2.64	190	37.6	7.78	68	43.4	8.42	261	23.1	2.81
65-69 years	518	23.8	2.48	181	37.6	6.54	65	28.2	8.25	220	› 19.4	3.19
70-74 years	519	19.8	2.66	162	29.0	6.37	83	23.4	5.26	225	› 15.2	3.04
75-79 years	376	20.8	2.65	125	32.5	6.82	68	23.4 *	7.69	139	› 14.2	3.99
80-84 years	375	21.4	2.07	137	28.1	5.36	63	18.8 *	4.89	120	17.8	3.09
85 + years	221	18.5	2.69	84	26.1 *	5.31	35	14.7 *	7.00	71	15.1 *	4.18
Total, age adjusted ...	2,588	22.7	1.10	879	33.0	2.42	382	27.8	2.74	1,036	›››18.0	1.48

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Exam file, 24-hour dietary recall. The 'All older adults' column includes persons with missing income.

Table D-6—Average number of meals consumed per day by older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,154	2.8	0.03	358	2.6	0.07	135	2.6	0.09	555	ʼʼ 2.8	0.04
65-69 years	1,054	2.8	0.03	325	2.6	0.08	128	2.8	0.09	503	2.8	0.03
70-74 years	1,019	2.8	0.03	290	2.7	0.07	160	2.8	0.06	485	ʼʼ 2.9	0.04
75-79 years	658	2.8	0.03	211	2.7	0.09	117	2.8	0.08	257	ʼʼ 2.9	0.04
80-84 years	769	2.8	0.03	239	2.7	0.06	128	ʼ 2.9	0.04	304	ʼ 2.9	0.04
85 + years	384	2.8	0.03	130	2.8	0.06	68	2.9	0.07	139	2.9	0.05
Total, age adjusted ...	5,038	2.8	0.02	1,553	2.7	0.03	736	ʼ 2.8	0.03	2,243	ʼʼʼ2.9	0.02
Male												
60-64 years	575	2.7	0.04	168	2.6	0.07	67	2.7 *	0.16	294	ʼ 2.8	0.06
65-69 years	536	2.7	0.04	144	2.7	0.12	63	2.7 *	0.10	283	2.7	0.04
70-74 years	500	2.8	0.04	128	2.7	0.10	77	2.7	0.09	260	2.9	0.05
75-79 years	282	2.8	0.04	86	2.6 *	0.13	49	2.8 *	0.09	118	2.9	0.06
80-84 years	394	2.9	0.04	102	2.8 *	0.08	65	2.9 *	0.08	184	2.9	0.06
85 + years	163	2.8	0.05	46	2.9 *	0.13	33	2.8 *	0.12	68	2.8 *	0.05
Total, age adjusted ...	2,450	2.8	0.02	674	2.7	0.04	354	2.8	0.05	1,207	ʼʼʼ2.8	0.02
Female												
60-64 years	579	2.8	0.04	190	2.6	0.11	68	2.6	0.11	261	ʼ 2.8	0.05
65-69 years	518	2.8	0.04	181	2.6	0.10	65	2.9 *	0.15	220	ʼ 2.9	0.05
70-74 years	519	2.9	0.04	162	2.7	0.07	83	2.8	0.08	225	ʼʼ 3.0	0.06
75-79 years	376	2.8	0.05	125	2.7	0.11	68	2.7	0.13	139	ʼ 2.9	0.05
80-84 years	375	2.8	0.03	137	2.7	0.08	63	2.8 *	0.06	120	2.9	0.04
85 + years	221	2.8	0.03	84	2.7 *	0.07	35	2.9 *	0.08	71	2.9	0.07
Total, age adjusted ...	2,588	2.8	0.02	879	2.7	0.04	382	2.8	0.05	1,036	ʼʼʼ2.9	0.02

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by ʼ (.05 level), ʼʼ (.01 level), or ʼʼʼ (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Exam file, 24-hour dietary recall. The 'All older adults' column includes persons with missing income.

Table D-7—Percent of older adults who eat breakfast every day

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,343	70.7	2.4	417	61.8	4.2	159	71.2	5.3	631	› 72.4	3.0
65-69 years	1,257	79.5	1.7	387	74.4	3.6	152	74.3	4.8	595	› 82.1	1.9
70-74 years	1,276	84.6	1.4	367	81.7	2.2	207	88.2	2.9	584	84.5	1.7
75-79 years	873	89.1	1.3	282	86.9	2.6	149	› 94.3 *	2.1	327	88.7	2.4
80-84 years	1,129	92.6	0.8	364	89.6	1.9	179	94.1 *	1.4	410	93.7	1.3
85 + years	694	95.0	1.1	234	94.5 *	1.5	109	91.3 *	4.3	219	96.3 *	1.2
Total, age adjusted ...	6,572	82.9	0.8	2,051	78.4	1.3	955	› 83.2	1.7	2,766	›››83.9	1.0
Male												
60-64 years	672	71.8	3.3	194	67.6	5.9	77	73.6	6.4	340	72.9	4.2
65-69 years	623	78.2	2.3	174	67.8	7.0	71	79.4 *	6.0	323	79.5	2.7
70-74 years	610	85.0	1.9	152	80.9	4.8	105	85.5 *	4.7	305	86.4	2.1
75-79 years	378	89.0	2.3	112	80.9 *	6.3	63	› 96.4 *	1.6	159	90.7 *	3.5
80-84 years	537	96.0 *	0.8	143	92.8 *	2.2	89	92.9 *	3.2	231	› 98.2 *	0.8
85 + years	286	96.2 *	1.1	82	96.3 *	1.4	55	94.0 *	4.4	107	97.8 *	1.3
Total, age adjusted ...	3,106	83.4	1.0	857	77.8	2.2	460	› 84.8	2.2	1,465	›› 84.8	1.3
Female												
60-64 years	671	69.8	2.9	223	58.2	5.3	82	69.8	7.0	291	› 71.9	3.9
65-69 years	634	80.7	2.1	213	78.5	3.6	81	70.3	6.6	272	84.8	2.2
70-74 years	666	84.3	2.2	215	82.0	3.5	102	90.5 *	4.0	279	82.6	2.7
75-79 years	495	89.1	1.6	170	89.4 *	2.4	86	93.0 *	3.2	168	86.9 *	2.9
80-84 years	592	90.6	1.2	221	88.4 *	2.3	90	› 94.9 *	2.4	179	90.1 *	2.2
85 + years	408	94.5 *	1.3	152	93.8 *	2.0	54	89.6 *	5.1	112	95.3 *	1.8
Total, age adjusted ...	3,466	82.6	1.0	1,194	78.7	1.6	495	82.2	2.2	1,301	›› 83.3	1.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-8—Percent of older adults eating at least one snack per day

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,154	86.8	1.6	358	81.3	3.9	135	82.0	3.9	555	› 89.3	1.7
65-69 years	1,054	87.1	1.5	325	82.6	3.3	128	85.9 *	4.1	503	89.0	2.0
70-74 years	1,019	81.3	1.7	290	73.8	2.8	160	› 82.1	3.1	485	› 83.2	2.4
75-79 years	658	74.7	2.7	211	71.7	4.2	117	65.3	6.4	257	81.0	3.3
80-84 years	769	74.6	2.0	239	75.0	3.6	128	79.8	4.5	304	72.6	2.9
85 + years	384	68.0	3.4	130	67.4	5.2	68	58.8 *	6.6	139	75.0	3.9
Total, age adjusted ...	5,038	80.8	1.0	1,553	76.6	2.0	736	77.7	2.2	2,243	›› 83.6	1.2
Male												
60-64 years	575	85.3	2.4	168	81.0	5.4	67	79.0 *	5.8	294	87.9	2.8
65-69 years	536	88.2	1.8	144	81.9	4.7	63	92.3 *	3.8	283	89.0	2.4
70-74 years	500	81.6	3.0	128	71.3	5.2	77	› 83.5 *	4.2	260	›› 83.6	3.5
75-79 years	282	72.2	3.1	86	56.1	8.7	49	59.3 *	9.5	118	› 81.1	4.1
80-84 years	394	75.1	2.4	102	73.3	5.4	65	70.4 *	6.8	184	76.6	3.2
85 + years	163	62.1	4.9	46	56.0 *	9.7	33	53.9 *	10.1	68	› 77.8 *	5.7
Total, age adjusted ...	2,450	79.8	1.3	674	72.1	3.4	354	76.1	2.6	1,207	›› 84.0	1.6
Female												
60-64 years	579	88.0	1.9	190	81.5	4.6	68	83.9 *	5.0	261	90.6	2.6
65-69 years	518	86.1	1.9	181	83.0	4.7	65	80.7 *	6.8	220	88.9	2.5
70-74 years	519	81.0	2.1	162	75.1	4.6	83	81.1 *	4.4	225	82.9	3.0
75-79 years	376	76.3	3.1	125	78.1	4.8	68	69.4 *	6.5	139	80.8	4.2
80-84 years	375	74.4	2.4	137	75.6	4.0	63	85.4 *	4.7	120	69.3	4.3
85 + years	221	70.5	3.9	84	71.5	4.9	35	61.4 *	9.0	71	73.6	4.8
Total, age adjusted ...	2,588	81.2	1.2	879	78.4	2.1	382	78.4	2.6	1,036	› 83.3	1.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Exam file, 24-hour dietary recall. The 'All older adults' column includes persons with missing income.

Table D-9—Average number of snacks consumed per day by older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,154	2.2	0.08	358	1.5	0.09	135	1.8	0.14	555	›››2.4	0.09
65-69 years	1,054	2.0	0.08	325	1.7	0.13	128	2.0	0.30	503	›››2.1	0.08
70-74 years	1,019	1.6	0.05	290	1.3	0.11	160	1.7	0.16	485	›› 1.7	0.08
75-79 years	658	1.5	0.08	211	1.3	0.14	117	1.2	0.14	257	› 1.6	0.09
80-84 years	769	1.3	0.05	239	1.3	0.10	128	1.3	0.11	304	1.4	0.07
85 + years	384	1.2	0.08	130	1.1	0.11	68	0.9 *	0.11	139	1.5	0.15
Total, age adjusted ...	5,038	1.7	0.04	1,553	1.4	0.05	736	1.6	0.09	2,243	›››1.9	0.04
Male												
60-64 years	575	2.1	0.11	168	1.6	0.21	67	1.6 *	0.21	294	›› 2.4	0.13
65-69 years	536	2.1	0.11	144	1.6	0.14	63	2.4 *	0.55	283	›› 2.1	0.12
70-74 years	500	1.7	0.08	128	1.3	0.13	77	1.6 *	0.21	260	›››1.8	0.10
75-79 years	282	1.4	0.09	86	0.8 *	0.16	49	1.1 *	0.21	118	›››1.8	0.16
80-84 years	394	1.4	0.08	102	1.3 *	0.17	65	1.4 *	0.23	184	1.4	0.11
85 + years	163	1.1	0.13	46	0.9 *	0.20	33	1.0 *	0.24	68	1.4 *	0.19
Total, age adjusted ...	2,450	1.8	0.05	674	1.4	0.09	354	1.6	0.15	1,207	›››1.9	0.06
Female												
60-64 years	579	2.2	0.09	190	1.4	0.09	68	› 1.9 *	0.17	261	›››2.4	0.12
65-69 years	518	2.0	0.08	181	1.7	0.18	65	1.6 *	0.23	220	› 2.1	0.09
70-74 years	519	1.6	0.07	162	1.3	0.14	83	1.7 *	0.24	225	› 1.6	0.09
75-79 years	376	1.5	0.09	125	1.5	0.17	68	1.3 *	0.18	139	1.5	0.09
80-84 years	375	1.3	0.07	137	1.3	0.11	63	1.2 *	0.13	120	1.3	0.11
85 + years	221	1.2	0.09	84	1.2 *	0.13	35	› 0.9 *	0.16	71	1.5 *	0.17
Total, age adjusted ...	2,588	1.7	0.04	879	1.4	0.06	382	1.6	0.08	1,036	›››1.8	0.04

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Exam file, 24-hour dietary recall. The 'All older adults' column includes persons with missing income.

Table D-10—Mean usual intake of food energy in kilocalories: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	1,808	21.3	358	1,481	39.6	135	–	–	555	›››1,890	28.4
65-69 years	1,054	1,831	23.4	325	1,650	62.6	128	1,719	70.0	503	›››1,885	22.4
70-74 years	1,019	1,707	16.4	290	1,456	35.1	160	›››1,652	45.9	485	›››1,806	23.7
75-79 years	659	1,572	16.4	212	1,419	27.6	117	› 1,524	39.9	257	›››1,692	26.6
80 + years	1,153	1,538	19.1	369	1,428	36.0	196	›› 1,546	28.5	443	›››1,635	29.8
Total, age adjusted ...	5,039	1,704	8.6	1,554	1,486	19.0	736	›››1,628	25.9	2,243	›››1,793	9.4
Male												
60-64 years	575	2,195	35.5	168	1,828	69.0	67	› 2,128	96.9	294	›››2,242	45.1
65-69 years	536	2,088	33.1	144	1,842	105.4	63	1,942	79.7	283	›› 2,148	32.2
70-74 years	500	2,020	32.3	128	1,700	64.5	77	›› 1,981	68.7	260	›››2,101	41.1
75-79 years	283	1,826	39.0	87	1,615	137.0	49	1,739	112.6	118	› 1,982	51.6
80 + years	557	1,810	30.5	148	1,647	37.2	98	1,763	60.4	252	›››1,912	37.5
Total, age adjusted ...	2,451	2,008	14.9	675	1,728	25.5	354	›››1,925	36.4	1,207	›››2,087	15.1
Female												
60-64 years	579	1,513	22.5	190	1,276	49.0	68	–	–	261	›››1,585	28.9
65-69 years	518	1,590	24.8	181	1,545	58.7	65	1,538	88.9	220	1,596	23.9
70-74 years	519	1,462	17.1	162	1,333	35.6	83	1,415	45.1	225	›››1,518	25.4
75-79 years	376	1,415	14.9	125	1,352	33.7	68	1,378	39.6	139	›› 1,475	31.1
80 + years	596	1,391	17.5	221	1,350	41.9	98	1,420	26.4	191	1,439	29.6
Total, age adjusted ...	2,588	1,477	8.9	879	1,368	24.3	382	1,430	27.2	1,036	›››1,524	10.8

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-11—Mean usual intake of food energy as a percent of the 1989 Recommended Energy Allowance: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean percent of REA	Standard error	Sample size	Mean percent of REA	Standard error	Sample size	Mean percent of REA	Standard error	Sample size	Mean percent of REA	Standard error
Both sexes												
60-64 years	1,154	87.2	1.03	358	72.2	1.93	135	–	–	555	›››90.6	1.36
65-69 years	1,054	87.5	1.12	325	80.5	3.06	128	82.6	3.37	503	›› 89.3	1.06
70-74 years	1,019	82.3	0.79	290	71.6	1.73	160	›› 80.0	2.22	485	›››86.1	1.13
75-79 years	659	76.5	0.80	212	70.3	1.37	117	73.9	1.94	257	›››81.7	1.28
80 + years	1,153	75.4	0.94	369	71.2	1.79	196	› 75.7	1.39	443	›››79.1	1.44
Total, age adjusted ...	5,039	82.3	0.42	1,554	73.1	0.94	736	›››79.0	1.26	2,243	›››85.7	0.45
Male												
60-64 years	575	95.4	1.54	168	79.5	3.00	67	› 92.5	4.21	294	›››97.5	1.96
65-69 years	536	90.8	1.44	144	80.1	4.58	63	84.5	3.47	283	›› 93.4	1.40
70-74 years	500	87.8	1.40	128	73.9	2.80	77	›› 86.1	2.99	260	›››91.3	1.79
75-79 years	283	79.4	1.70	87	70.2	5.96	49	75.6	4.90	118	› 86.2	2.24
80 + years	557	78.7	1.33	148	71.6	1.62	98	76.7	2.63	252	›››83.1	1.63
Total, age adjusted ...	2,451	87.3	0.65	675	75.1	1.11	354	›››83.7	1.58	1,207	›››90.7	0.66
Female												
60-64 years	579	79.6	1.18	190	67.1	2.58	68	–	–	261	›››83.4	1.52
65-69 years	518	83.7	1.31	181	81.3	3.09	65	80.9	4.68	220	84.0	1.26
70-74 years	519	77.0	0.90	162	70.1	1.87	83	74.5	2.37	225	›››79.9	1.34
75-79 years	376	74.5	0.78	125	71.1	1.77	68	72.5	2.08	139	›› 77.6	1.64
80 + years	596	73.2	0.92	221	71.1	2.21	98	74.8	1.39	191	75.7	1.56
Total, age adjusted ...	2,588	77.7	0.47	879	72.0	1.28	382	75.3	1.43	1,036	›››80.2	0.57

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-12—Distribution of usual food energy intake in kilocalories: Older adults

Male

	1989 REA[1] (kcal)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	2,300	1,293	1,455	1,572	1,756	2,138	2,571	2,827	3,009	3,294	29.20	27.90	27.50	28.00	33.40	43.20	51.10	58.80	76.40
65-69 years	2,300	1,289	1,437	1,543	1,708	2,044	2,421	2,640	2,796	3,037	24.50	25.70	26.60	28.20	33.30	40.90	46.20	50.90	60.10
70-74 years	2,300	1,202	1,350	1,456	1,623	1,968	2,360	2,591	2,756	3,012	23.10	24.80	26.40	28.80	33.10	39.00	42.90	46.10	52.70
75-79 years	2,300	1,126	1,235	1,315	1,445	1,743	2,120	2,354	2,527	2,806	21.90	23.90	26.50	32.00	42.10	47.30	53.00	58.90	71.10
80 + years	2,300	1,066	1,197	1,292	1,442	1,757	2,120	2,336	2,492	2,737	20.70	22.00	23.50	26.40	32.20	36.60	39.40	42.10	47.40
Total, age adjusted ...	na	1,188	1,331	1,436	1,601	1,947	2,350	2,591	2,764	3,038	11.30	11.90	12.30	12.80	14.80	18.00	20.50	23.00	29.40
Lowest income: ≤ 130% poverty																			
60-64 years	2,300	1,078	1,213	1,310	1,463	1,779	2,140	2,353	2,506	2,743	60.60	61.20	61.30	61.90	68.00	85.20	99.40	110.00	125.00
65-69 years	2,300	951	1,090	1,194	1,363	1,739	2,207	2,503	2,723	3,082	51.60	57.60	62.60	72.40	99.00	137.00	166.00	191.00	232.00
70-74 years	2,300	993	1,110	1,195	1,331	1,640	2,030	2,252	2,397	2,592	42.60	39.80	41.20	47.70	69.80	95.80	101.00	98.60	91.00
75-79 years	2,300	1,037	1,132	1,203	1,318	1,567	1,861	2,036	2,161	2,356	42.00	47.10	51.90	62.70	104.00	174.00	237.00	296.00	414.00
80 + years	2,300	892	1,013	1,102	1,248	1,566	1,958	2,203	2,385	2,679	24.90	27.40	29.80	33.30	38.60	48.00	56.50	64.00	79.40
Total, age adjusted ...	na	958	1,084	1,177	1,328	1,657	2,051	2,289	2,462	2,737	20.70	19.90	19.30	18.80	21.40	34.30	45.50	54.60	71.10
Low-income: 131-185% poverty																			
60-64 years	2,300	1,225	1,382	1,496	1,677	2,060	2,503	2,769	2,961	3,265	63.50	63.20	66.20	74.60	94.70	132.00	165.00	194.00	248.00
65-69 years	2,300	›1,211	1,333	1,423	1,567	1,875	2,244	2,472	2,638	2,906	72.90	69.80	66.90	63.70	71.70	102.00	129.00	152.00	194.00
70-74 years	2,300	1,217	››1,383	››1,496	›››1,663	››1,977	2,294	2,466	2,583	2,757	71.60	71.80	70.50	67.80	67.10	75.80	83.90	91.70	110.00
75-79 years	2,300	1,055	1,145	1,214	1,330	1,611	2,007	2,280	2,493	2,856	41.20	37.40	41.40	53.60	89.20	153.00	218.00	277.00	384.00
80 + years	2,300	956	1,099	1,203	1,367	1,709	2,101	2,333	2,498	2,757	42.90	44.60	46.90	51.80	63.10	74.10	79.90	84.30	91.80
Total, age adjusted ...	na	›››1,121	›››1,261	›››1,362	›››1,523	›››1,863	››2,259	›2,498	2,670	2,942	23.00	25.20	26.70	28.30	34.80	48.90	57.80	64.70	79.10
Higher-income: > 185% poverty																			
60-64 years	2,300	›››1,395	›››1,552	›››1,664	›››1,839	›››2,196	›››2,595	›››2,827	››2,991	››3,247	37.50	35.10	34.70	35.70	42.10	54.20	64.10	73.10	91.30
65-69 years	2,300	›››1,405	›››1,544	›››1,644	›››1,798	››2,110	2,457	2,658	2,800	3,019	27.30	27.10	27.60	29.20	33.60	38.90	42.40	45.40	51.40
70-74 years	2,300	›››1,316	›››1,453	›››1,552	›››1,709	›››2,040	››2,426	››2,658	››2,826	›››3,093	30.30	32.00	33.90	37.10	44.10	52.10	55.00	56.90	64.20
75-79 years	2,300	›››1,296	›››1,410	›››1,493	›››1,627	›1,916	2,264	2,480	2,639	2,897	36.10	38.20	39.80	42.60	50.40	63.00	72.80	81.00	96.20
80 + years	2,300	›››1,270	›››1,385	›››1,468	›››1,598	›››1,868	››2,178	2,363	2,496	2,705	27.30	30.00	32.20	35.50	41.00	44.00	45.30	46.60	49.90
Total, age adjusted ...	na	›››1,317	›››1,454	›››1,552	›››1,708	›››2,033	›››2,407	›››2,630	›››2,791	›››3,044	13.80	13.80	13.90	14.30	15.60	18.30	20.90	23.30	28.20

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

[1] New recommendations for energy intake have recently been established (IOM, 2002b). They are not shown here because estimation of energy requirements is based on body weight and physical activity level as well as age and gender.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

**Table D-12—Distribution of usual food energy intake in kilocalories: Older adults
 — Continued**

Female

	1989 REA[1] (kcal)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	1,900	882	1,007	1,095	1,229	1,488	1,764	1,925	2,040	2,227	27.90	24.80	23.00	20.90	20.30	24.40	29.50	35.00	47.10
65-69 years	1,900	949	1,064	1,144	1,270	1,529	1,840	2,038	2,189	2,440	19.40	20.20	20.80	21.60	24.40	30.50	37.00	43.50	57.20
70-74 years	1,900	930	1,034	1,108	1,221	1,444	1,684	1,819	1,913	2,057	16.40	16.10	16.00	16.20	17.40	20.50	23.00	25.10	29.20
75-79 years	1,900	814	927	1,007	1,132	1,385	1,666	1,828	1,943	2,119	24.90	21.00	18.20	15.20	15.60	21.40	25.00	27.50	34.50
80 + years	1,900	860	957	1,027	1,136	1,360	1,612	1,760	1,866	2,030	15.50	15.70	15.90	16.00	17.10	20.90	23.60	25.90	31.10
Total, age adjusted ...	na	886	999	1,078	1,199	1,441	1,711	1,875	1,996	2,193	10.90	9.80	9.26	8.67	8.36	9.17	10.60	12.50	17.40
Lowest income: ≤ 130% poverty																			
60-64 years	1,900	696	806	884	1,006	1,251	1,518	1,671	1,777	1,940	49.90	51.40	51.90	51.80	51.70	53.50	54.80	55.70	57.20
65-69 years	1,900	835	950	1,034	1,172	1,474	1,832	2,050	2,212	2,487	45.40	50.70	54.40	58.30	62.90	71.40	78.00	88.30	113.00
70-74 years	1,900	873	962	1,025	1,121	1,314	1,524	1,644	1,727	1,856	26.50	27.50	28.60	30.60	35.70	44.20	50.80	56.20	65.80
75-79 years	1,900	794	899	969	1,078	1,309	1,579	1,739	1,856	2,049	38.40	30.20	27.60	28.50	33.90	42.00	50.10	58.20	74.70
80 + years	1,900	805	903	972	1,081	1,306	1,570	1,732	1,852	2,044	28.50	29.40	30.60	33.40	40.70	49.90	56.80	63.00	76.40
Total, age adjusted ...	na	782	888	963	1,080	1,324	1,605	1,774	1,898	2,103	23.60	22.60	22.30	22.30	23.70	27.70	31.00	34.40	42.90
Low-income: 131-185% poverty																			
60-64 years	1,900	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
65-69 years	1,900	764	896	982	1,104	1,373	1,807	2,135	2,397	2,845	73.10	63.40	55.60	47.50	71.30	154.00	205.00	228.00	228.00
70-74 years	1,900	806	930	1,014	1,140	1,382	1,652	1,818	1,941	2,140	61.50	55.70	51.20	45.30	43.30	57.60	76.90	92.10	111.00
75-79 years	1,900	764	866	940	1,061	1,321	1,632	1,823	1,963	2,187	41.20	39.80	38.50	36.10	39.50	53.40	63.60	71.60	87.00
80 + years	1,900	894	988	1,055	1,162	1,384	1,639	1,791	1,900	2,072	29.30	27.10	25.80	23.80	23.40	36.60	45.70	53.00	64.00
Total, age adjusted ...	na	782	896	977	1,103	1,358	1,672	1,885	2,051	2,329	24.30	22.60	21.10	19.20	22.40	39.00	52.40	61.90	75.00
Higher-income: > 185% poverty																			
60-64 years	1,900	›››957	›››1,085	›››1,173	›››1,307	›››1,561	›››1,830	›››1,988	›››2,105	›››2,297	30.90	28.20	26.90	25.50	25.70	31.90	40.80	49.80	67.90
65-69 years	1,900	›››1,074	›››1,171	››1,238	›1,343	1,556	1,804	1,956	2,069	2,252	19.10	19.40	19.40	19.40	22.20	33.20	42.30	49.70	63.20
70-74 years	1,900	›››1,039	›››1,134	›››1,201	›››1,303	›››1,504	››1,717	››1,837	›1,920	2,047	27.60	26.80	26.40	25.80	25.30	26.30	27.70	29.10	31.80
75-79 years	1,900	906	›1,014	›1,091	››1,210	›1,449	1,711	1,863	1,969	2,132	29.10	27.70	27.20	27.10	29.90	37.30	44.20	50.30	61.60
80 + years	1,900	››920	›1,017	›1,085	1,193	1,411	1,655	1,797	1,897	2,053	20.90	22.80	23.90	25.50	28.90	35.50	40.90	45.30	52.50
Total, age adjusted ...	na	›››978	›››1,085	›››1,159	›››1,273	›››1,498	›››1,742	›1,886	1,991	2,158	11.60	10.70	10.30	9.89	9.88	12.20	15.50	18.70	25.00

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
[1] New recommendations for energy intake have recently been established (IOM, 2002b). They are not shown here because estimation of energy requirements is based on body weight and physical activity level as well as age and gender.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated
using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the Continuing Survey of Food Intakes by Individuals (CSFII).
'All older adults' includes persons with missing income.

Table D-12—Distribution of usual food energy intake in kilocalories: Older adults
 — Continued

Both sexes

	1989 REA[1] (kcal)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	na	945	1,101	1,212	1,384	1,738	2,153	2,410	2,601	2,911	22.80	19.80	18.40	17.30	18.80	26.60	34.30	41.70	56.90
65-69 years	na	1,021	1,162	1,264	1,425	1,761	2,159	2,404	2,585	2,878	16.70	17.40	18.00	19.10	22.50	29.50	35.20	39.90	48.20
70-74 years	na	970	1,100	1,194	1,342	1,650	2,009	2,227	2,387	2,642	13.50	13.30	13.30	13.70	16.90	22.30	26.40	29.70	35.30
75-79 years	na	904	1,022	1,104	1,231	1,506	1,841	2,051	2,207	2,464	16.60	13.60	12.60	12.80	15.40	20.40	25.80	30.80	40.40
80 + years	na	875	989	1,072	1,205	1,486	1,814	2,012	2,155	2,381	14.40	15.30	15.80	16.50	18.70	23.80	27.10	29.50	34.20
Total, age adjusted ...	na	941	1,076	1,172	1,321	1,635	2,011	2,246	2,420	2,703	9.16	8.30	7.93	7.74	8.22	10.30	12.60	14.80	19.20
Lowest income: ≤ 130% poverty																			
60-64 years	na	790	910	998	1,138	1,431	1,770	1,972	2,117	2,345	38.00	37.70	37.10	36.30	38.50	47.00	52.60	57.50	67.40
65-69 years	na	810	936	1,031	1,192	1,561	1,996	2,257	2,459	2,808	38.10	42.70	46.50	52.40	61.80	74.30	90.90	108.00	143.00
70-74 years	na	830	939	1,018	1,144	1,409	1,716	1,900	2,033	2,242	27.50	27.00	26.80	27.50	33.60	47.00	57.50	64.60	73.10
75-79 years	na	864	964	1,033	1,142	1,377	1,652	1,814	1,930	2,115	25.70	21.80	21.30	22.90	27.10	35.50	43.20	49.60	61.60
80 + years	na	776	886	965	1,090	1,360	1,695	1,906	2,061	2,308	26.50	26.00	26.40	28.40	34.90	43.40	49.90	55.40	65.10
Total, age adjusted ...	na	802	919	1,003	1,136	1,421	1,763	1,975	2,132	2,391	18.80	17.30	16.70	16.40	18.10	22.40	26.70	31.00	41.00
Low-income: 131-185% poverty																			
60-64 years	na	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
65-69 years	na	904	1,038	1,129	1,271	1,589	2,040	2,349	2,584	2,967	47.60	42.20	40.30	43.20	67.50	109.00	130.00	142.00	158.00
70-74 years	na	890	1,031	1,132	›1,290	››1,612	›1,970	›2,177	›2,323	›2,548	42.30	39.70	39.50	41.70	52.30	63.40	66.80	68.50	72.90
75-79 years	na	835	953	1,037	1,169	1,444	1,787	2,014	2,190	››2,486	43.60	37.70	32.40	26.80	37.00	58.40	73.40	83.10	96.70
80 + years	na	877	988	1,069	›1,200	›1,483	1,823	2,033	2,187	2,433	29.40	28.70	27.30	25.00	26.80	35.90	43.40	49.90	60.70
Total, age adjusted ...	na	859	988	›1,081	››1,227	›››1,542	›››1,937	›››2,190	›››2,379	›››2,690	21.70	20.20	19.30	18.90	24.20	36.40	43.60	48.60	56.10
Higher-income: > 185% poverty																			
60-64 years	na	›››1,030	›››1,191	›››1,303	›››1,476	›››1,826	›››2,230	›››2,480	›››2,666	›››2,969	25.20	23.10	22.40	22.30	25.50	35.80	46.00	55.30	73.30
65-69 years	na	›››1,143	›››1,274	›››1,369	›››1,519	›››1,832	2,193	2,408	2,563	2,807	18.50	18.00	17.80	18.00	21.70	28.20	33.10	37.20	44.80
70-74 years	na	›››1,070	›››1,197	›››1,289	›››1,437	›››1,748	›››2,112	›››2,332	›››2,491	›››2,744	21.90	20.60	20.00	19.70	22.90	30.10	35.50	39.60	46.50
75-79 years	na	›››1,024	›››1,142	›››1,227	›››1,358	›››1,632	›››1,958	›››2,162	›››2,315	›››2,565	24.60	24.00	24.00	24.30	26.20	33.50	40.20	46.00	57.10
80 + years	na	››997	›››1,111	›››1,193	›››1,323	›››1,592	››1,901	2,084	2,216	2,422	20.20	22.00	23.30	25.40	30.80	37.40	40.70	42.90	46.50
Total, age adjusted ...	na	›››1,042	›››1,177	›››1,273	›››1,423	›››1,733	›››2,096	›››2,318	›››2,482	›››2,747	10.30	9.24	8.67	8.13	8.49	12.40	16.60	20.10	25.80

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
 The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
[1] New recommendations for energy intake have recently been established (IOM, 2002b). They are not shown here because estimation of energy requirements is based on body weight and physical activity level as well as age and gender.
 – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
 'All older adults' includes persons with missing income.

Table D-13—Mean usual intake of Vitamin C in milligrams: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	106	4.2	358	76	4.9	135	79	6.5	555	›››116	5.8
65-69 years	1,054	116	2.8	325	110	5.7	128	› 93	6.1	503	119	2.8
70-74 years	1,019	107	2.4	290	104	6.9	160	96	5.4	485	110	3.4
75-79 years	659	101	1.8	212	89	4.6	117	102	7.0	257	›››109	3.7
80 + years	1,153	107	2.0	369	100	4.4	196	103	3.7	443	›› 117	3.5
Total, age adjusted ...	5,039	108	1.1	1,554	96	2.3	736	93	3.0	2,243	›››114	1.7
Male												
60-64 years	575	98	4.3	168	76	5.2	67	82	17.2	294	›››102	5.5
65-69 years	536	120	3.7	144	85	6.5	63	–	–	283	›››126	4.6
70-74 years	500	113	4.8	128	111	17.9	77	92	7.7	260	117	5.8
75-79 years	283	96	4.0	87	–	–	49	100	10.6	118	95	4.4
80 + years	557	104	3.0	148	91	5.8	98	93	5.4	252	›››116	3.9
Total, age adjusted ...	2,451	107	1.8	675	91	4.4	354	90	4.1	1,207	›››112	2.2
Female												
60-64 years	579	113	5.8	190	77	6.0	68	80	6.8	261	›››127	8.9
65-69 years	518	112	3.9	181	126	6.7	65	›› 93	8.3	220	110	4.3
70-74 years	519	103	2.4	162	103	6.1	83	100	6.0	225	103	3.9
75-79 years	376	104	3.0	125	87	5.8	68	–	–	139	›››119	5.9
80 + years	596	109	2.4	221	103	5.2	98	110	5.2	191	› 118	4.8
Total, age adjusted ...	2,588	108	1.5	879	99	2.9	382	96	3.6	1,036	›››116	2.6

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
    – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated
    using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
    'All older adults' includes persons with missing income.

Table D-14—Percent of older adults with adequate usual intake of Vitamin C[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,154	69.7	1.52	358	55.2	4.48	135	57.3	6.54	555	›››74.2	1.89
65-69 years	1,054	75.0	1.12	325	71.2	2.48	128	–	–	503	››78.8	1.42
70-74 years	1,019	72.2	1.20	290	63.0	2.88	160	›73.1	3.43	485	›››75.8	1.68
75-79 years	659	68.3	1.46	212	–	–	117	–	–	257	73.0	2.17
80 + years	1,153	78.7	1.04	369	78.6	2.23	196	73.3	2.55	443	81.8	1.42
Total, age adjusted ...	5,039	72.4	0.60	1,554	66.2	1.43	736	65.8	1.91	2,243	›››76.2	0.76
Male												
60-64 years	575	59.1	2.73	168	42.8	5.56	67	52.8	14.10	294	››61.6	3.41
65-69 years	536	69.6	1.62	144	48.1	4.54	63	–	–	283	›››76.8	2.05
70-74 years	500	62.9	2.01	128	52.1	7.01	77	61.0	6.51	260	›68.0	2.66
75-79 years	283	55.9	2.42	87	–	–	49	54.3	5.95	118	59.6	3.49
80 + years	557	65.9	2.01	148	57.8	4.23	98	64.5	5.27	252	››71.7	2.45
Total, age adjusted ...	2,451	63.2	1.10	675	49.7	2.30	354	56.2	3.52	1,207	›››67.9	1.30
Female												
60-64 years	579	77.8	1.69	190	62.7	6.35	68	60.0	6.05	261	›››85.2	1.92
65-69 years	518	80.1	1.56	181	84.9	2.90	65	73.3	5.71	220	80.9	1.96
70-74 years	519	79.4	1.44	162	68.4	2.55	83	››81.5	3.64	225	›››83.3	2.08
75-79 years	376	76.0	1.82	125	68.3	4.24	68	–	–	139	››82.8	2.75
80 + years	596	85.5	1.17	221	86.2	2.63	98	›78.3	2.66	191	89.0	1.70
Total, age adjusted ...	2,588	79.3	0.64	879	74.4	1.81	382	72.3	2.14	1,036	›››83.8	0.83

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Estimated Average Requirements (EARs) were used to assess the adequacy of intake in groups, using the EAR cut-point method described in IOM, *Dietary Reference Intakes: Applications in Dietary Assessment,* Chapter 4. EARs are defined separately for gender and age groups as listed in appendix B.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-15—Distribution of usual Vitamin C intake in milligrams: Older adults

Male

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	75	28	37	44	56	86	126	153	173	206	1.35	1.69	1.98	2.52	3.95	5.85	7.07	8.02	9.68
65-69 years	75	29	41	50	67	106	159	193	219	261	1.58	1.88	2.12	2.39	3.07	4.77	6.29	7.58	10.60
70-74 years	75	23	34	42	57	95	148	185	214	264	1.55	1.86	2.10	2.53	3.76	6.27	8.89	11.30	15.70
75-79 years	75	21	30	38	51	83	127	155	177	213	1.38	1.69	1.92	2.37	3.68	5.62	6.81	7.79	9.86
80 + years	75	32	42	50	64	95	134	158	176	206	1.84	2.00	2.12	2.31	2.80	3.71	4.48	5.16	6.57
Total, age adjusted ...	na	27	37	45	59	93	139	169	192	230	0.71	0.87	1.01	1.24	1.77	2.30	2.90	3.45	4.55
Lowest income: ≤ 130% poverty																			
60-64 years	75	26	33	39	48	68	96	114	128	152	1.91	2.40	2.73	3.35	4.98	7.25	8.57	9.43	10.70
65-69 years	75	12	19	25	37	72	119	145	164	198	2.28	3.01	3.62	4.73	7.21	8.67	10.30	12.60	17.70
70-74 years	75	13	20	27	40	79	145	196	239	318	2.54	3.20	3.75	5.40	13.40	24.50	34.70	44.10	60.30
75-79 years	75	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
80 + years	75	32	41	47	58	83	115	136	152	177	2.24	2.66	2.97	3.51	4.87	7.25	9.28	11.10	14.60
Total, age adjusted ...	na	20	28	34	45	75	119	149	174	218	1.08	1.33	1.55	1.95	3.02	5.79	8.13	10.10	14.40
Low-income: 131-185% poverty																			
60-64 years	75	37	44	50	58	77	101	115	126	143	5.70	6.72	7.51	8.92	13.20	21.80	29.30	35.90	48.80
65-69 years	75	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
70-74 years	75	›››34	›››43	››50	61	86	117	135	149	170	4.08	4.66	5.11	5.83	7.54	9.74	11.30	12.50	14.70
75-79 years	75	14	23	30	45	82	136	173	201	248	3.53	4.58	5.39	6.85	10.80	16.60	19.70	21.30	23.40
80 + years	75	40	48	55	65	88	115	132	143	162	3.43	3.70	3.92	4.28	5.10	6.64	7.83	8.74	10.20
Total, age adjusted ...	na	›››28	››37	››44	›55	82	115	137	152	178	1.64	2.07	2.39	2.91	3.98	5.34	6.26	6.97	8.19
Higher-income: > 185% poverty																			
60-64 years	75	29	38	46	59	›90	››132	››160	›››181	›››217	2.08	2.49	2.85	3.54	5.23	7.12	8.45	9.65	12.10
65-69 years	75	›››40	›››52	›››62	›››78	›››115	›››163	››193	››215	252	2.00	2.41	2.72	3.20	4.45	6.31	7.35	8.01	9.13
70-74 years	75	›››28	›››39	›››48	››64	103	155	189	214	255	2.37	2.79	3.12	3.72	5.18	7.65	9.92	12.00	15.90
75-79 years	75	27	37	44	57	86	124	148	165	194	2.26	2.77	3.11	3.59	4.77	6.32	6.77	6.93	7.69
80 + years	75	33	45	54	70	››106	›››152	›››180	››201	››235	2.62	2.92	3.11	3.41	4.05	4.94	5.77	6.63	8.47
Total, age adjusted ...	na	›››31	›››42	›››51	›››65	›››100	›››146	›175	197	234	1.14	1.34	1.48	1.68	2.16	2.88	3.40	3.85	4.76

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.
na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the Continuing Survey of Food Intakes by Individuals (CSFII).
'All older adults' includes persons with missing income.

Table D-15—Distribution of usual Vitamin C intake in milligrams: Older adults — Continued

Female

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	60	32	42	50	64	97	144	176	202	249	1.55	1.79	1.99	2.38	3.52	6.19	9.36	12.80	20.90
65-69 years	60	33	44	52	67	101	144	171	191	226	1.70	1.95	2.15	2.51	3.40	4.86	6.18	7.60	10.80
70-74 years	60	34	45	52	66	95	131	154	170	196	1.54	1.73	1.82	1.91	2.19	3.00	3.70	4.31	5.59
75-79 years	60	31	41	48	61	93	135	162	182	215	1.65	1.84	2.00	2.26	2.77	3.59	4.65	5.82	8.30
80 + years	60	43	53	61	74	102	137	159	175	200	1.38	1.56	1.71	1.95	2.49	3.12	3.51	3.83	4.46
Total, age adjusted ...	na	33	44	52	66	97	138	164	185	219	0.68	0.74	0.79	0.90	1.21	1.78	2.35	3.03	4.87
Lowest income: ≤ 130% poverty																			
60-64 years	60	28	35	41	50	71	97	114	126	145	2.95	3.52	3.94	4.62	6.05	7.62	8.47	9.06	9.99
65-69 years	60	37	50	60	77	116	164	193	215	250	3.91	4.67	5.15	5.85	7.12	8.54	9.88	11.20	13.80
70-74 years	60	21	30	38	51	86	136	171	199	245	1.73	2.12	2.43	3.00	4.65	7.76	10.80	13.90	20.40
75-79 years	60	27	35	42	53	79	113	134	150	175	2.65	2.92	3.13	3.66	5.35	7.27	8.75	10.30	13.80
80 + years	60	45	55	61	73	97	127	145	158	179	2.79	3.14	3.41	3.88	5.01	6.50	7.48	8.24	9.56
Total, age adjusted ...	na	29	39	46	59	90	129	154	172	201	1.38	1.64	1.83	2.13	2.82	3.66	4.26	4.77	5.80
Low-income: 131-185% poverty																			
60-64 years	60	20	27	34	45	71	106	128	145	172	2.94	3.75	4.41	5.47	7.66	10.20	11.20	11.30	11.40
65-69 years	60	27	37	45	58	88	› 124	›› 144	›› 157	››› 176	4.40	5.00	5.58	6.79	9.61	11.00	11.00	10.90	11.30
70-74 years	60	›› 37	›› 47	› 55	› 68	96	126	143	156	› 175	3.78	4.44	4.77	5.16	5.99	7.42	8.76	9.86	11.60
75-79 years	60	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
80 + years	60	›› 31	› 42	50	65	99	143	171	192	› 226	2.97	3.38	3.65	4.05	4.90	6.58	8.39	10.10	13.60
Total, age adjusted ...	na	27	36	43	57	88	127	151	168	194	1.55	1.88	2.15	2.59	3.52	4.62	5.41	6.19	8.10
Higher-income: > 185% poverty																			
60-64 years	60	› 40	›› 52	›› 60	››› 75	››› 111	››› 160	››› 195	››› 223	›› 272	2.38	2.82	3.15	3.73	5.40	9.47	14.30	19.60	31.50
65-69 years	60	34	45	54	68	101	140	165	185	220	2.38	2.61	2.78	3.07	3.57	4.85	6.89	9.28	14.90
70-74 years	60	››› 40	››› 50	››› 58	››› 70	97	130	149	163	› 184	2.48	2.72	2.90	3.20	3.90	4.84	5.52	6.07	7.05
75-79 years	60	36	47	56	›› 72	›› 108	››› 154	›› 183	›› 205	›› 241	3.14	3.70	4.06	4.59	5.61	7.44	9.18	10.80	13.90
80 + years	60	47	58	67	81	112	148	170	186	211	2.42	2.92	3.26	3.80	4.90	6.10	6.79	7.34	8.48
Total, age adjusted ...	na	››› 39	››› 50	››› 58	››› 73	››› 105	›› 146	› 172	› 193	228	0.98	1.10	1.21	1.42	1.93	2.77	3.75	4.95	8.14

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
  – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.
  na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated *using C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-15—Distribution of usual Vitamin C intake in milligrams: Older adults — Continued

Both sexes

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	na	30	39	47	60	92	136	166	190	232	1.08	1.32	1.54	1.97	2.95	4.42	6.27	8.35	13.40
65-69 years	na	31	42	51	67	104	151	181	204	243	1.16	1.37	1.54	1.87	2.36	3.27	4.36	5.46	7.83
70-74 years	na	28	39	47	61	94	139	168	191	228	0.94	1.09	1.22	1.48	2.09	3.09	4.32	5.52	7.92
75-79 years	na	27	36	43	56	89	132	160	181	216	0.99	1.09	1.17	1.31	1.58	2.39	3.32	4.27	6.27
80 + years	na	36	47	55	69	99	137	161	178	207	1.14	1.30	1.42	1.62	2.07	2.62	2.95	3.20	3.69
Total, age adjusted ...	na	30	40	48	63	96	139	167	188	224	0.49	0.58	0.64	0.74	1.05	1.42	1.62	1.96	2.96
Lowest income: ≤ 130% poverty																			
60-64 years	na	26	33	39	48	70	98	115	128	149	2.08	2.51	2.82	3.35	4.71	6.48	7.43	8.04	8.87
65-69 years	na	23	33	42	58	99	149	179	201	237	2.26	2.94	3.52	4.50	5.98	7.40	9.08	10.60	13.20
70-74 years	na	19	27	35	48	84	138	177	207	258	1.54	1.92	2.20	2.67	4.59	9.25	13.30	16.90	23.90
75-79 years	na	23	31	38	50	77	115	141	161	197	1.91	2.12	2.28	2.63	3.89	6.15	8.27	10.30	14.50
80 + years	na	37	46	53	65	92	126	148	164	190	1.93	2.23	2.46	2.88	3.96	5.64	6.87	7.87	9.65
Total, age adjusted ...	na	24	33	41	53	84	126	153	174	210	0.74	0.91	1.06	1.33	2.05	2.97	3.76	4.53	6.11
Low-income: 131-185% poverty																			
60-64 years	na	23	31	37	47	71	103	123	139	164	2.89	3.56	4.05	4.82	6.50	8.66	9.87	10.60	11.80
65-69 years	na	24	34	41	54	84	122	146	163	190	2.53	3.03	3.44	4.17	6.07	8.49	9.91	11.00	13.20
70-74 years	na	›››35	›››45	››52	››65	92	123	141	›154	››174	3.07	3.55	3.88	4.43	5.62	6.76	7.43	7.91	8.61
75-79 years	na	23	32	40	53	87	134	166	190	231	2.03	2.61	3.18	4.24	6.52	9.36	11.90	14.40	20.10
80 + years	na	40	50	58	70	97	129	149	164	187	2.36	2.52	2.66	2.93	3.49	4.56	5.53	6.34	7.74
Total, age adjusted ...	na	28	37	44	57	85	121	144	161	188	1.34	1.65	1.88	2.25	3.01	3.84	4.34	4.76	5.57
Higher-income: > 185% poverty																			
60-64 years	na	›34	››44	››52	›››66	›››100	›››146	›››179	›››205	›››252	1.59	1.96	2.30	2.89	4.05	6.16	8.71	11.50	18.50
65-69 years	na	›››37	›››48	››57	›73	108	152	181	202	238	1.54	1.77	1.93	2.16	2.60	3.47	4.60	5.77	8.20
70-74 years	na	›››31	›››42	›››51	›››65	›100	144	171	191	223	1.64	1.81	1.93	2.18	2.97	4.57	5.95	7.14	9.36
75-79 years	na	›32	››42	››50	››65	›››98	››141	169	189	223	2.04	2.42	2.69	3.02	3.50	4.66	5.78	6.85	9.18
80 + years	na	38	50	59	74	›109	››151	››177	››196	›225	1.84	2.25	2.53	2.95	3.79	4.64	5.08	5.41	6.05
Total, age adjusted ...	na	›››34	›››45	›››54	›››68	›››103	›››145	›››172	››194	231	0.72	0.86	0.96	1.08	1.45	1.87	2.60	3.24	4.78

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

Table D-16—Mean usual intake of iron in milligrams: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	14.7	0.33	358	11.3	0.42	135	12.6	0.64	555	›››15.6	0.36
65-69 years	1,054	15.7	0.31	325	15.0	1.04	128	13.6	0.84	503	16.2	0.33
70-74 years	1,019	14.8	0.22	290	12.6	0.50	160	13.9	0.59	485	›››15.8	0.33
75-79 years	659	13.7	0.24	212	11.5	0.33	117	›››13.9	0.52	257	›››14.8	0.43
80 + years	1,153	14.5	0.22	369	12.8	0.39	196	› 13.9	0.34	443	›››15.9	0.35
Total, age adjusted ...	5,039	14.8	0.13	1,554	12.6	0.28	736	› 13.5	0.31	2,243	›››15.7	0.16
Male												
60-64 years	575	17.7	0.54	168	12.6	0.52	67	14.0	0.85	294	›››18.8	0.64
65-69 years	536	18.4	0.49	144	16.5	1.03	63	–	–	283	› 19.0	0.54
70-74 years	500	17.0	0.35	128	13.4	0.70	77	›› 16.7	1.08	260	›››17.8	0.51
75-79 years	283	15.1	0.55	87	–	–	49	13.5	0.88	118	16.7	0.85
80 + years	557	17.3	0.41	148	14.6	0.76	98	16.5	0.80	252	›››18.5	0.63
Total, age adjusted ...	2,451	17.3	0.21	675	14.1	0.26	354	14.8	0.42	1,207	›››18.2	0.27
Female												
60-64 years	579	12.3	0.32	190	10.5	0.71	68	11.8	1.18	261	›› 12.8	0.32
65-69 years	518	13.3	0.41	181	14.1	1.30	65	13.7	1.53	220	13.1	0.45
70-74 years	519	13.1	0.25	162	12.2	0.61	83	11.8	0.52	225	› 13.9	0.37
75-79 years	376	12.8	0.31	125	10.8	0.41	68	–	–	139	›››13.4	0.53
80 + years	596	12.9	0.25	221	12.2	0.46	98	12.3	0.42	191	›› 14.0	0.42
Total, age adjusted ...	2,588	12.9	0.17	879	11.9	0.36	382	12.6	0.33	1,036	›››13.4	0.20

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-17—Percent of older adults with adequate usual intake of iron[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,154	98.8	0.23	358	94.9	1.50	135	96.3	1.10	555	›› 99.6	0.14
65-69 years	1,054	99.4	0.10	325	96.8	0.71	128	–	–	503	›››99.9	0.06
70-74 years	1,019	99.0	0.14	290	96.2	0.66	160	›››98.9	0.39	485	›››99.8	0.07
75-79 years	659	98.3	0.19	212	–	–	117	–	–	257	99.2	0.22
80 + years	1,153	98.8	0.15	369	96.7	0.64	196	›››99.2	0.22	443	›››99.4	0.11
Total, age adjusted ...	5,039	98.9	0.08	1,554	96.0	0.51	736	›››98.1	0.32	2,243	›››99.6	0.04
Male												
60-64 years	575	99.7	0.08	168	98.0	0.96	67	98.5	0.94	294	› 100.0	0.03
65-69 years	536	99.4	0.13	144	96.2	1.34	63	–	–	283	›› 99.8	0.11
70-74 years	500	99.2	0.19	128	96.2	1.35	77	98.9	0.52	260	›› 100.0	0.10
75-79 years	283	98.4	0.27	87	–	–	49	97.5	1.37	118	99.7	0.14
80 + years	557	99.0	0.21	148	99.1	0.33	98	98.1	0.60	252	99.5	0.18
Total, age adjusted ...	2,451	99.3	0.08	675	97.2	0.47	354	98.2	0.34	1,207	›››99.8	0.04
Female												
60-64 years	579	98.1	0.41	190	93.0	2.33	68	94.9	1.68	261	›› 99.2	0.27
65-69 years	518	99.3	0.14	181	97.1	0.80	65	98.3	1.03	220	›››100.0	0.06
70-74 years	519	99.0	0.19	162	96.2	0.74	83	›› 98.8	0.55	225	›››99.7	0.10
75-79 years	376	98.2	0.25	125	96.0	1.02	68	–	–	139	› 98.8	0.37
80 + years	596	98.7	0.20	221	95.8	0.87	98	›››99.8	0.10	191	›››99.4	0.15
Total, age adjusted ...	2,588	98.7	0.13	879	95.5	0.72	382	›› 98.0	0.48	1,036	›››99.5	0.07

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Estimated Average Requirements (EARs) were used to assess the adequacy of intake in groups. The EAR cut-point method was used for all groups except women age 9-50; the probability approach was used for women of childbearing age because the distribution of nutrient requirements is not symmetrical. See IOM, *Dietary Reference Intakes: Applications in Dietary Assessment,* Chapter 4. EARs are defined separately for gender and age groups as listed in appendix B.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-18—Distribution of usual iron intake in milligrams: Older adults

Male

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	6.0	9.2	10.5	11.4	12.9	16.4	21.0	24.1	26.6	30.8	0.24	0.25	0.27	0.30	0.43	0.67	0.88	1.06	1.43
65-69 years	6.0	8.8	10.2	11.2	12.9	16.9	22.3	25.9	28.6	33.1	0.21	0.21	0.23	0.26	0.37	0.64	0.88	1.09	1.50
70-74 years	6.0	8.3	9.6	10.5	11.9	15.2	19.9	23.5	26.4	31.9	0.22	0.22	0.22	0.24	0.28	0.46	0.66	0.85	1.29
75-79 years	6.0	7.2	8.2	9.0	10.4	13.6	18.2	21.3	23.8	28.1	0.20	0.23	0.25	0.28	0.43	0.67	0.89	1.13	1.69
80 + years	6.0	7.8	9.0	9.9	11.5	15.4	21.0	24.9	28.0	33.2	0.20	0.22	0.24	0.28	0.37	0.52	0.66	0.79	1.08
Total, age adjusted ...	na	8.3	9.5	10.4	12.0	15.6	20.7	24.3	27.1	32.0	0.11	0.11	0.12	0.13	0.16	0.25	0.36	0.46	0.63
Lowest income: ≤ 130% poverty																			
60-64 years	6.0	6.9	7.9	8.6	9.7	12.2	15.0	16.6	17.8	19.9	0.38	0.40	0.40	0.41	0.49	0.68	0.88	1.07	1.37
65-69 years	6.0	6.5	7.8	8.9	10.7	15.0	20.6	24.2	27.0	31.5	0.46	0.53	0.60	0.72	0.98	1.38	1.70	1.94	2.34
70-74 years	6.0	6.4	7.5	8.2	9.4	12.0	15.4	18.0	20.2	24.8	0.45	0.39	0.38	0.40	0.45	0.71	1.16	1.69	2.93
75-79 years	6.0	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
80 + years	6.0	7.5	8.3	9.0	10.1	12.8	17.0	20.1	22.7	27.5	0.28	0.31	0.33	0.37	0.52	0.89	1.25	1.60	2.34
Total, age adjusted ...	na	6.7	7.7	8.5	9.9	12.9	16.8	19.5	21.7	25.6	0.18	0.18	0.18	0.20	0.25	0.35	0.48	0.58	0.75
Low-income: 131-185% poverty																			
60-64 years	6.0	7.1	8.1	8.9	10.2	13.4	17.2	19.4	20.9	23.1	0.50	0.60	0.67	0.73	0.86	1.19	1.36	1.46	1.58
65-69 years	6.0	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
70-74 years	6.0	8.2	9.6	› 10.6	›› 12.2	›› 15.5	19.9	23.1	25.6	29.6	0.66	0.70	0.72	0.76	0.98	1.50	1.86	2.08	2.27
75-79 years	6.0	6.8	7.8	8.6	9.9	12.7	16.3	18.6	20.3	23.1	0.60	0.58	0.58	0.61	0.78	1.14	1.41	1.61	1.95
80 + years	6.0	7.3	8.6	9.6	11.2	15.1	20.2	23.6	26.3	30.6	0.39	0.45	0.50	0.59	0.81	1.03	1.18	1.31	1.62
Total, age adjusted ...	na	7.2	8.3	9.1	10.4	13.5	17.9	20.8	23.0	26.6	0.20	0.22	0.25	0.28	0.38	0.58	0.73	0.84	1.00
Higher-income: > 185% poverty																			
60-64 years	6.0	›››10.6	›››11.8	›››12.7	›››14.2	›››17.6	›››22.1	›››25.0	›››27.2	›››31.0	0.33	0.35	0.38	0.42	0.56	0.78	0.96	1.12	1.43
65-69 years	6.0	›››9.9	›››11.2	›››12.2	›››13.9	17.8	22.8	26.1	28.5	32.2	0.28	0.28	0.29	0.33	0.47	0.70	0.88	1.03	1.30
70-74 years	6.0	›››9.2	›››10.3	›››11.1	›››12.5	›››16.0	›››21.0	›››24.6	›› 27.5	32.4	0.22	0.23	0.24	0.26	0.34	0.65	0.97	1.29	1.97
75-79 years	6.0	7.9	8.9	9.6	10.9	14.3	19.8	23.9	27.3	33.5	0.23	0.27	0.30	0.37	0.60	1.10	1.57	1.99	2.79
80 + years	6.0	8.3	9.5	› 10.5	›› 12.1	›››16.2	›››22.2	›››26.6	›› 30.2	› 36.5	0.26	0.31	0.34	0.39	0.53	0.84	1.11	1.40	2.10
Total, age adjusted ...	na	›››9.3	›››10.5	›››11.4	›››12.9	›››16.6	›››21.7	›››25.2	›››28.0	›››32.7	0.11	0.12	0.13	0.15	0.21	0.34	0.47	0.59	0.82

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

Table D-18—Distribution of usual iron intake in milligrams: Older adults — Continued

Female

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	5.0	6.0	7.0	7.7	8.8	11.3	14.7	17.2	19.1	22.4	0.20	0.20	0.20	0.21	0.28	0.44	0.57	0.67	0.82
65-69 years	5.0	6.7	7.6	8.3	9.4	12.0	15.6	18.2	20.4	24.2	0.14	0.16	0.17	0.20	0.28	0.53	0.74	0.93	1.32
70-74 years	5.0	6.5	7.4	8.2	9.4	12.2	15.8	18.2	20.0	23.0	0.16	0.15	0.15	0.15	0.23	0.36	0.44	0.52	0.67
75-79 years	5.0	6.0	6.8	7.5	8.7	11.5	15.4	18.2	20.4	24.3	0.11	0.12	0.12	0.14	0.24	0.44	0.60	0.74	0.99
80 + years	5.0	6.3	7.2	7.9	9.1	11.8	15.5	18.1	20.2	23.6	0.12	0.13	0.13	0.15	0.22	0.36	0.47	0.55	0.66
Total, age adjusted ...	na	6.3	7.2	7.9	9.0	11.7	15.4	18.0	20.1	23.6	0.07	0.07	0.08	0.09	0.12	0.22	0.30	0.37	0.50
Lowest income: ≤ 130% poverty																			
60-64 years	5.0	4.6	5.5	6.1	7.1	9.5	12.7	15.0	16.8	20.0	0.39	0.41	0.41	0.43	0.59	0.94	1.26	1.53	2.02
65-69 years	5.0	5.6	6.5	7.2	8.5	11.5	16.5	20.6	24.2	31.2	0.29	0.33	0.36	0.44	0.78	1.66	2.42	3.16	4.76
70-74 years	5.0	5.3	6.3	7.0	8.1	10.7	14.4	17.3	19.7	24.3	0.22	0.23	0.23	0.24	0.41	0.90	1.26	1.62	2.34
75-79 years	5.0	5.2	6.1	6.7	7.7	9.9	12.9	14.9	16.5	19.3	0.28	0.25	0.24	0.24	0.34	0.58	0.75	0.87	1.06
80 + years	5.0	5.2	6.0	6.7	7.8	10.4	14.4	17.5	20.2	25.1	0.20	0.20	0.22	0.25	0.36	0.58	0.78	0.98	1.39
Total, age adjusted ...	na	5.1	6.0	6.7	7.8	10.4	14.1	17.0	19.4	24.0	0.18	0.16	0.16	0.17	0.23	0.43	0.64	0.84	1.32
Low-income: 131-185% poverty																			
60-64 years	5.0	5.0	5.9	6.6	7.7	10.4	14.2	17.0	19.3	23.3	0.43	0.45	0.50	0.60	0.98	1.65	2.13	2.47	3.02
65-69 years	5.0	6.2	7.2	8.0	9.2	12.1	16.2	19.2	21.7	26.3	0.57	0.60	0.63	0.73	1.13	1.95	2.66	3.31	4.69
70-74 years	5.0	6.0	6.7	7.2	8.1	10.6	14.6	17.2	19.0	21.5	0.23	0.23	0.24	0.30	0.51	0.88	1.08	1.14	1.10
75-79 years	5.0	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
80 + years	5.0	›››7.2	›››8.0	›››8.6	›››9.5	11.7	14.4	16.2	17.6	›19.8	0.20	0.21	0.22	0.24	0.35	0.57	0.74	0.90	1.18
Total, age adjusted ...	na	››6.0	››6.9	››7.5	›8.6	11.3	15.2	17.9	20.1	23.8	0.20	0.18	0.17	0.18	0.29	0.49	0.62	0.73	0.93
Higher-income: > 185% poverty																			
60-64 years	5.0	›››6.7	›››7.7	›››8.4	›››9.5	››11.9	15.1	17.3	19.1	22.1	0.21	0.20	0.20	0.21	0.27	0.42	0.54	0.65	0.87
65-69 years	5.0	›››7.7	›››8.5	›››9.1	›10.1	12.4	15.3	17.1	18.5	20.8	0.18	0.21	0.23	0.26	0.36	0.56	0.72	0.87	1.17
70-74 years	5.0	›››7.4	›››8.4	›››9.2	›››10.4	›››13.2	16.5	18.7	20.2	22.8	0.19	0.20	0.21	0.24	0.33	0.47	0.57	0.66	0.81
75-79 years	5.0	›6.2	7.0	›7.7	›8.9	››11.8	››16.1	››19.2	››21.7	››26.1	0.20	0.22	0.24	0.28	0.41	0.67	0.90	1.10	1.52
80 + years	5.0	›››7.0	›››8.0	›››8.8	›››10.1	›››12.9	›16.8	19.4	21.4	24.7	0.17	0.17	0.18	0.21	0.34	0.61	0.79	0.92	1.11
Total, age adjusted ...	na	›››7.0	›››8.0	›››8.7	›››9.8	›››12.4	››15.9	18.3	20.1	23.1	0.07	0.08	0.08	0.10	0.15	0.27	0.37	0.45	0.60

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
  – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.
  na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-18—Distribution of usual iron intake in milligrams: Older adults — Continued

Both sexes

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	na	6.8	7.9	8.7	10.1	13.2	17.7	20.7	23.2	27.4	0.16	0.16	0.16	0.17	0.25	0.42	0.57	0.71	0.97
65-69 years	na	7.3	8.4	9.2	10.7	14.1	19.0	22.4	25.1	29.8	0.13	0.14	0.14	0.16	0.23	0.41	0.60	0.76	1.06
70-74 years	na	7.0	8.1	8.9	10.2	13.3	17.7	20.8	23.3	27.7	0.10	0.10	0.11	0.13	0.20	0.29	0.38	0.48	0.68
75-79 years	na	6.2	7.2	8.0	9.2	12.1	16.6	19.8	22.2	26.4	0.10	0.09	0.09	0.10	0.20	0.34	0.48	0.59	0.83
80 + years	na	6.5	7.5	8.3	9.6	12.9	17.5	20.8	23.5	28.0	0.11	0.12	0.13	0.14	0.21	0.31	0.38	0.43	0.51
Total, age adjusted ...	na	6.8	7.8	8.6	10.0	13.2	17.8	21.0	23.6	28.2	0.06	0.06	0.07	0.07	0.10	0.17	0.23	0.28	0.39
Lowest income: ≤ 130% poverty																			
60-64 years	na	5.3	6.2	6.8	7.9	10.6	13.9	15.9	17.5	20.1	0.30	0.30	0.29	0.31	0.40	0.54	0.65	0.75	0.94
65-69 years	na	5.6	6.7	7.5	9.0	12.7	18.2	22.3	25.8	32.0	0.31	0.34	0.38	0.47	0.76	1.36	1.84	2.28	3.24
70-74 years	na	5.5	6.6	7.3	8.5	11.1	14.7	17.5	19.9	24.5	0.23	0.23	0.23	0.24	0.32	0.64	0.95	1.28	2.00
75-79 years	na	5.7	6.6	7.3	8.3	10.7	13.9	15.9	17.5	20.1	0.21	0.20	0.20	0.22	0.30	0.46	0.58	0.67	0.83
80 + years	na	5.8	6.7	7.3	8.4	11.1	15.1	18.2	20.8	25.7	0.17	0.18	0.19	0.21	0.30	0.50	0.66	0.81	1.09
Total, age adjusted ...	na	5.5	6.5	7.2	8.3	11.1	15.2	18.2	20.6	24.8	0.13	0.13	0.13	0.13	0.19	0.37	0.54	0.68	0.94
Low-income: 131-185% poverty																			
60-64 years	na	5.3	6.3	7.1	8.4	11.5	15.5	18.2	20.2	23.6	0.42	0.38	0.37	0.40	0.55	0.86	1.14	1.36	1.72
65-69 years	na	6.3	7.3	8.0	9.2	11.9	15.9	18.9	21.5	26.3	0.31	0.31	0.32	0.36	0.62	1.12	1.56	1.96	2.81
70-74 years	na	›6.5	7.4	8.1	9.4	12.5	16.9	19.8	22.0	25.8	0.24	0.26	0.30	0.39	0.58	0.81	0.98	1.13	1.43
75-79 years	na	6.7	›7.6	›8.4	›9.6	››12.6	››16.7	››19.5	››21.7	›25.5	0.29	0.29	0.30	0.34	0.46	0.68	0.88	1.07	1.47
80 + years	na	››6.8	›››7.8	›››8.5	›››9.8	››12.7	16.7	19.3	21.4	24.8	0.20	0.21	0.22	0.25	0.33	0.46	0.56	0.65	0.81
Total, age adjusted ...	na	›››6.3	›››7.3	›››8.0	›››9.2	›12.1	16.3	19.2	21.5	25.3	0.16	0.15	0.16	0.18	0.28	0.45	0.56	0.64	0.78
Higher-income: > 185% poverty																			
60-64 years	na	›››7.7	›››8.8	›››9.7	›››11.1	›››14.3	›››18.7	›››21.7	›››24.0	›››28.1	0.16	0.17	0.18	0.20	0.29	0.46	0.60	0.72	0.98
65-69 years	na	›››8.2	›››9.3	›››10.2	›››11.6	14.9	19.4	22.4	24.7	28.4	0.16	0.17	0.18	0.20	0.27	0.44	0.57	0.68	0.88
70-74 years	na	›››7.8	›››8.9	›››9.7	›››11.1	›››14.4	›››18.9	›››21.9	›24.3	28.3	0.12	0.14	0.15	0.17	0.27	0.44	0.60	0.76	1.14
75-79 years	na	›6.6	›7.5	››8.3	›››9.6	›››12.8	›››17.8	›››21.4	›››24.3	›››29.6	0.18	0.20	0.20	0.22	0.31	0.55	0.80	1.03	1.48
80 + years	na	›››7.2	›››8.3	›››9.2	›››10.6	›››14.2	›››19.3	›››22.9	›››25.7	››30.6	0.16	0.15	0.16	0.19	0.29	0.51	0.65	0.74	0.96
Total, age adjusted ...	na	›››7.6	›››8.7	›››9.5	›››10.9	›››14.2	›››18.8	›››22.1	›››24.6	›››29.0	0.05	0.06	0.06	0.08	0.12	0.21	0.29	0.36	0.51

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the Continuing Survey of Food Intakes by Individuals (CSFII).
'All older adults' includes persons with missing income.

Table D-19—Mean usual intake of zinc in milligrams: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	10.4	0.17	358	8.1	0.36	135	–	–	555	›››11.0	0.20
65-69 years	1,054	11.3	0.23	325	11.7	1.02	128	9.7	0.50	503	11.4	0.22
70-74 years	1,019	10.7	0.41	290	8.4	0.33	160	9.2	0.38	485	›››12.0	0.73
75-79 years	659	9.8	0.22	212	8.8	0.35	117	9.9	0.80	257	›› 10.2	0.29
80 + years	1,153	9.4	0.24	369	8.3	0.32	196	› 9.5	0.35	443	›››10.2	0.32
Total, age adjusted ...	5,039	10.3	0.12	1,554	9.0	0.26	736	9.6	0.23	2,243	›››10.9	0.17
Male												
60-64 years	575	12.5	0.26	168	8.9	0.35	67	11.8	3.49	294	›››13.2	0.36
65-69 years	536	13.3	0.34	144	13.2	0.85	63	–	–	283	13.4	0.43
70-74 years	500	13.5	0.98	128	9.2	0.61	77	›› 11.9	0.78	260	›››14.9	1.56
75-79 years	283	11.6	0.52	87	10.5	0.71	49	–	–	118	12.1	0.48
80 + years	557	11.2	0.30	148	9.5	0.37	98	› 11.1	0.59	252	›››11.8	0.41
Total, age adjusted ...	2,451	12.4	0.20	675	10.3	0.24	354	› 11.2	0.40	1,207	›››13.0	0.30
Female												
60-64 years	579	8.7	0.20	190	7.5	0.44	68	–	–	261	›› 9.1	0.20
65-69 years	518	9.4	0.33	181	10.9	1.19	65	9.0	0.56	220	9.1	0.25
70-74 years	519	8.7	0.15	162	8.0	0.30	83	7.4	0.37	225	›››9.4	0.24
75-79 years	376	8.7	0.22	125	8.1	0.46	68	9.0	0.77	139	8.7	0.37
80 + years	596	8.5	0.29	221	7.9	0.40	98	8.6	0.33	191	8.9	0.41
Total, age adjusted ...	2,588	8.8	0.15	879	8.4	0.31	382	8.5	0.21	1,036	9.1	0.16

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
   – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated *using C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
   'All older adults' includes persons with missing income.

Table D-20—Percent of older adults with adequate usual intake of zinc[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes[2]												
60-64 years	1,154	75.0	1.59	358	48.8	5.18	135	–	–	555	›››81.8	1.55
65-69 years	1,054	77.2	1.48	325	71.1	4.26	128	–	–	503	›81.4	1.59
70-74 years	1,019	69.4	1.33	290	58.9	3.49	160	58.6	3.96	485	›››75.7	1.64
75-79 years	659	64.5	1.75	212	54.2	3.59	117	–	–	257	›››70.0	2.29
80 + years	1,153	65.4	2.23	369	52.9	3.46	196	›› 65.5	2.78	443	›››76.0	3.21
Total, age adjusted ...	5,039	70.3	0.91	1,554	57.2	2.03	736	› 63.0	1.86	2,243	›››76.8	0.96
Male												
60-64 years	575	78.6	1.96	168	34.8	5.94	67	›››68.0	6.20	294	›››87.0	1.95
65-69 years	536	78.7	1.83	144	74.0	5.81	63	–	–	283	79.4	2.48
70-74 years	500	63.7	2.19	128	35.2	4.85	77	›››72.3	5.99	260	›››69.6	2.39
75-79 years	283	61.7	3.46	87	52.1	5.91	49	–	–	118	›68.8	3.03
80 + years	557	61.8	2.52	148	43.8	4.35	98	› 59.1	5.01	252	›››70.4	3.40
Total, age adjusted ...	2,451	69.3	1.21	675	50.0	2.16	354	›› 61.3	3.44	1,207	›››75.5	1.20
Female												
60-64 years	579	72.3	2.37	190	57.2	7.50	68	–	–	261	›77.4	2.36
65-69 years	518	75.9	2.30	181	69.4	5.85	65	73.0	5.37	220	›83.6	1.92
70-74 years	519	73.8	1.65	162	70.6	4.64	83	›› 49.1	5.26	225	›81.6	2.25
75-79 years	376	66.2	1.84	125	55.1	4.45	68	› 70.0	5.39	139	›› 70.8	3.29
80 + years	596	67.4	3.15	221	56.2	4.45	98	› 69.1	3.30	191	›››80.0	4.95
Total, age adjusted ...	2,588	71.0	1.31	879	60.7	2.83	382	64.2	2.09	1,036	›››78.0	1.47

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Estimated Average Requirements (EARs) were used to assess the adequacy of intake in groups, using the EAR cut-point method described in IOM, *Dietary Reference Intakes: Applications in Dietary Assessment,* Chapter 4. EARs are defined separately for gender and age groups as listed in appendix B.
[2] Because adequacy cutoffs vary by gender, estimates for both sexes were calculated outside C-SIDE as the weighted average of male and female estimates from C-SIDE.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-21—Distribution of usual zinc intake in milligrams: Older adults

Male

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	9.4	7.3	8.1	8.7	9.7	11.9	14.6	16.3	17.6	19.7	0.16	0.17	0.18	0.20	0.25	0.32	0.39	0.46	0.58
65-69 years	9.4	7.0	7.9	8.7	9.8	12.3	15.6	17.9	19.6	22.7	0.18	0.19	0.20	0.22	0.28	0.41	0.54	0.67	0.94
70-74 years	9.4	6.1	6.9	7.5	8.4	10.7	14.5	18.0	21.4	29.0	0.15	0.15	0.15	0.17	0.25	0.74	1.57	2.36	4.24
75-79 years	9.4	5.6	6.5	7.1	8.1	10.6	13.9	16.2	18.0	21.0	0.16	0.20	0.23	0.28	0.43	0.67	0.87	1.04	1.38
80 + years	9.4	6.0	6.7	7.3	8.3	10.4	13.3	15.2	16.7	19.2	0.14	0.16	0.17	0.19	0.25	0.36	0.46	0.56	0.75
Total, age adjusted ...	na	6.3	7.2	7.8	8.9	11.2	14.4	16.7	18.6	22.1	0.08	0.09	0.09	0.11	0.13	0.18	0.28	0.39	0.72
Lowest income: ≤ 130% poverty																			
60-64 years	9.4	5.6	6.2	6.6	7.2	8.5	10.1	11.1	11.9	13.2	0.18	0.18	0.19	0.22	0.32	0.46	0.55	0.64	0.80
65-69 years	9.4	6.3	7.3	8.1	9.3	12.0	15.8	18.5	20.5	23.9	0.44	0.48	0.52	0.59	0.76	1.10	1.34	1.55	1.95
70-74 years	9.4	4.5	5.2	5.8	6.6	8.2	10.6	12.5	14.0	17.0	0.29	0.28	0.28	0.28	0.36	0.65	1.00	1.42	2.45
75-79 years	9.4	5.4	6.1	6.6	7.5	9.6	12.5	14.5	16.1	18.8	0.26	0.28	0.31	0.37	0.57	0.94	1.22	1.46	1.93
80 + years	9.4	5.1	5.8	6.3	7.1	8.9	11.3	12.9	14.1	16.1	0.17	0.20	0.22	0.25	0.33	0.47	0.58	0.66	0.80
Total, age adjusted ...	na	5.2	6.0	6.5	7.4	9.4	12.1	14.0	15.6	18.2	0.11	0.12	0.12	0.13	0.18	0.31	0.44	0.56	0.85
Low-income: 131-185% poverty																			
60-64 years	9.4	5.9	6.8	7.5	8.7	11.3	14.3	16.1	17.5	19.7	0.40	0.46	0.51	0.59	0.79	1.85	4.07	6.96	15.00
65-69 years	9.4	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
70-74 years	9.4	6.8	7.6	8.2	9.2	11.2	13.8	15.6	17.0	19.4	0.36	0.41	0.44	0.50	0.64	0.95	1.26	1.54	2.14
75-79 years	9.4	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
80 + years	9.4	5.4	6.2	6.8	7.9	10.3	13.4	15.4	17.0	19.5	0.27	0.28	0.30	0.34	0.52	0.80	1.01	1.19	1.53
Total, age adjusted ...	na	5.9	6.7	7.3	8.2	10.4	13.3	15.3	16.8	19.5	0.18	0.20	0.22	0.25	0.36	0.57	0.68	0.77	0.96
Higher-income: > 185% poverty																			
60-64 years	9.4	8.2	9.0	9.6	10.6	12.7	15.2	16.8	17.9	19.9	0.22	0.23	0.24	0.26	0.32	0.42	0.51	0.59	0.76
65-69 years	9.4	7.0	8.0	8.7	9.9	12.6	16.0	18.2	19.8	22.6	0.26	0.28	0.28	0.30	0.34	0.47	0.63	0.82	1.32
70-74 years	9.4	6.6	7.4	8.0	8.9	11.4	15.8	20.1	24.2	33.4	0.15	0.16	0.17	0.20	0.39	1.14	2.20	3.44	6.58
75-79 years	9.4	6.4	7.2	7.8	8.8	11.2	14.4	16.5	18.1	20.9	0.18	0.21	0.23	0.27	0.39	0.62	0.84	1.05	1.47
80 + years	9.4	6.7	7.5	8.1	9.0	11.1	13.8	15.6	17.0	19.4	0.22	0.24	0.25	0.28	0.34	0.48	0.62	0.75	1.03
Total, age adjusted ...	na	7.0	7.8	8.4	9.4	11.8	15.0	17.3	19.3	23.0	0.09	0.10	0.10	0.12	0.15	0.26	0.42	0.62	1.16

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Food intake does not account for vitamin/mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intake of Individuals (CSFII).*

Table D-21—Distribution of usual zinc intake in milligrams: Older adults — Continued

Female

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	6.8	4.7	5.3	5.8	6.6	8.3	10.4	11.7	12.7	14.3	0.15	0.15	0.16	0.16	0.18	0.23	0.26	0.30	0.36
65-69 years	6.8	5.0	5.6	6.1	6.9	8.6	11.0	12.7	14.0	16.5	0.14	0.14	0.15	0.16	0.25	0.46	0.60	0.72	0.98
70-74 years	6.8	4.9	5.5	6.0	6.7	8.3	10.3	11.4	12.3	13.7	0.09	0.09	0.10	0.11	0.14	0.20	0.24	0.27	0.33
75-79 years	6.8	4.3	4.9	5.4	6.2	7.9	10.2	11.8	13.2	15.5	0.10	0.10	0.10	0.11	0.16	0.28	0.38	0.48	0.70
80 + years	6.8	4.5	5.1	5.5	6.3	8.0	10.1	11.4	12.4	14.1	0.12	0.13	0.14	0.17	0.27	0.41	0.46	0.50	0.56
Total, age adjusted ...	na	4.6	5.3	5.8	6.5	8.2	10.4	11.8	12.9	14.9	0.07	0.07	0.08	0.08	0.12	0.18	0.24	0.28	0.38
Lowest income: ≤ 130% poverty																			
60-64 years	6.8	4.1	4.7	5.1	5.8	7.2	8.9	9.9	10.7	11.9	0.34	0.35	0.36	0.38	0.43	0.52	0.59	0.65	0.76
65-69 years	6.8	3.8	4.6	5.2	6.2	8.9	13.1	16.3	19.1	24.3	0.32	0.37	0.42	0.54	0.98	1.61	2.09	2.57	3.60
70-74 years	6.8	5.2	5.7	6.0	6.6	7.8	9.2	10.1	10.8	11.9	0.15	0.16	0.18	0.20	0.27	0.38	0.46	0.53	0.66
75-79 years	6.8	3.7	4.2	4.7	5.4	7.2	9.9	11.7	13.2	15.7	0.16	0.17	0.18	0.23	0.42	0.65	0.78	0.89	1.10
80 + years	6.8	4.1	4.6	5.0	5.7	7.2	9.3	10.8	12.0	14.1	0.15	0.16	0.18	0.20	0.30	0.50	0.65	0.80	1.09
Total, age adjusted ...	na	4.0	4.6	5.1	5.8	7.6	10.0	11.8	13.2	15.7	0.16	0.16	0.16	0.17	0.23	0.39	0.52	0.64	0.89
Low-income: 131-185% poverty																			
60-64 years	6.8	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
65-69 years	6.8	4.5	5.2	5.8	6.6	8.6	11.1	12.5	13.5	15.0	0.36	0.37	0.39	0.43	0.58	0.74	0.79	0.82	0.88
70-74 years	6.8	3.9	4.3	4.6	5.2	6.7	9.0	10.6	11.7	13.3	0.12	0.14	0.17	0.23	0.38	0.54	0.62	0.67	0.74
75-79 years	6.8	4.6	5.2	5.7	6.4	8.2	10.5	12.2	13.6	16.3	0.26	0.28	0.30	0.34	0.48	0.85	1.27	1.69	2.62
80 + years	6.8	4.4	5.1	5.6	6.4	8.1	10.3	11.6	12.6	14.3	0.18	0.19	0.20	0.22	0.29	0.44	0.58	0.68	0.84
Total, age adjusted ...	na	4.1	4.7	5.2	6.0	7.8	10.2	11.8	13.0	15.0	0.11	0.11	0.12	0.13	0.18	0.27	0.35	0.43	0.65
Higher-income: > 185% poverty																			
60-64 years	6.8	5.0	5.7	6.2	7.0	8.7	10.7	12.0	13.0	14.6	0.16	0.17	0.17	0.17	0.19	0.24	0.29	0.33	0.40
65-69 years	6.8	5.8	6.3	6.7	7.3	8.7	10.4	11.5	12.4	13.9	0.11	0.12	0.13	0.15	0.20	0.31	0.41	0.51	0.71
70-74 years	6.8	5.3	6.0	6.5	7.3	9.0	11.1	12.3	13.2	14.7	0.18	0.18	0.18	0.19	0.23	0.29	0.34	0.39	0.48
75-79 years	6.8	4.7	5.3	5.8	6.5	8.2	10.4	11.8	12.9	14.7	0.16	0.16	0.17	0.20	0.29	0.47	0.62	0.74	0.99
80 + years	6.8	5.3	6.0	6.4	7.1	8.7	10.4	11.5	12.3	13.6	0.23	0.26	0.29	0.34	0.42	0.49	0.53	0.56	0.62
Total, age adjusted ...	na	5.2	5.8	6.3	7.0	8.6	10.6	11.9	12.9	14.6	0.09	0.09	0.10	0.10	0.14	0.21	0.26	0.31	0.40

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
      The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
   – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.
   na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Food intake does not account for vitamin/mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intake of Individuals (CSFII)*.

Table D-21—Distribution of usual zinc intake in milligrams: Older adults
— Continued

Both sexes

	EAR (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	na	5.2	6.0	6.6	7.6	9.7	12.4	14.2	15.5	17.8	0.13	0.13	0.14	0.14	0.16	0.20	0.24	0.29	0.39
65-69 years	na	5.5	6.3	6.9	7.9	10.2	13.4	15.6	17.4	20.5	0.12	0.12	0.12	0.13	0.17	0.28	0.40	0.51	0.76
70-74 years	na	5.1	5.8	6.4	7.2	9.2	12.0	14.2	16.2	20.6	0.06	0.07	0.07	0.09	0.12	0.24	0.45	0.74	1.61
75-79 years	na	4.6	5.3	5.9	6.8	8.9	11.7	13.7	15.3	18.1	0.09	0.10	0.10	0.11	0.17	0.30	0.40	0.48	0.65
80 + years	na	4.7	5.4	5.9	6.8	8.7	11.3	13.0	14.3	16.5	0.11	0.12	0.13	0.15	0.22	0.31	0.36	0.41	0.49
Total, age adjusted ...	na	5.0	5.8	6.3	7.3	9.4	12.2	14.2	15.8	18.8	0.06	0.06	0.07	0.07	0.09	0.13	0.17	0.22	0.36
Lowest income: ≤ 130% poverty																			
60-64 years	na	4.4	5.1	5.5	6.2	7.7	9.5	10.6	11.5	12.8	0.25	0.26	0.27	0.28	0.32	0.43	0.51	0.58	0.71
65-69 years	na	4.4	5.3	6.0	7.2	10.2	14.4	17.3	19.7	23.9	0.34	0.39	0.44	0.53	0.82	1.34	1.75	2.09	2.72
70-74 years	na	4.5	5.1	5.6	6.3	7.8	9.8	11.3	12.4	14.5	0.15	0.15	0.16	0.17	0.24	0.41	0.57	0.72	1.06
75-79 years	na	4.1	4.7	5.1	5.9	7.9	10.6	12.5	14.0	16.5	0.15	0.15	0.16	0.19	0.31	0.49	0.61	0.70	0.89
80 + years	na	4.3	4.9	5.3	6.0	7.6	9.8	11.4	12.6	14.8	0.14	0.14	0.16	0.18	0.26	0.40	0.52	0.63	0.85
Total, age adjusted ...	na	4.2	4.9	5.4	6.2	8.2	10.8	12.7	14.2	16.8	0.13	0.13	0.13	0.14	0.20	0.33	0.45	0.55	0.75
Low-income: 131-185% poverty																			
60-64 years	na	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
65-69 years	na	5.1	5.8	6.3	7.1	9.0	11.5	13.2	14.5	16.6	0.20	0.20	0.21	0.25	0.39	0.63	0.85	1.06	1.52
70-74 years	na	4.4	5.1	5.6	6.4	8.5	11.3	13.0	14.3	16.4	0.16	0.20	0.23	0.28	0.38	0.50	0.59	0.67	0.87
75-79 years	na	4.8	5.5	6.0	6.9	8.9	11.7	13.7	15.4	18.3	0.26	0.29	0.32	0.38	0.56	0.95	1.33	1.68	2.42
80 + years	na	4.7	5.5	6.0	6.9	8.9	11.4	13.1	14.3	16.4	0.16	0.18	0.19	0.20	0.28	0.46	0.60	0.71	0.92
Total, age adjusted ...	na	4.5	5.2	5.8	6.7	8.8	11.5	13.4	14.8	17.3	0.10	0.11	0.12	0.14	0.19	0.28	0.36	0.44	0.63
Higher-income: > 185% poverty																			
60-64 years	na	5.8	6.6	7.2	8.2	10.4	13.1	14.8	16.1	18.2	0.13	0.14	0.14	0.14	0.18	0.25	0.32	0.38	0.51
65-69 years	na	6.0	6.8	7.4	8.3	10.5	13.4	15.4	17.0	19.8	0.10	0.11	0.12	0.14	0.20	0.27	0.36	0.46	0.72
70-74 years	na	5.6	6.4	7.0	7.9	10.0	13.2	15.9	18.5	24.1	0.10	0.11	0.12	0.13	0.18	0.44	0.88	1.45	3.01
75-79 years	na	5.0	5.8	6.3	7.2	9.4	12.2	14.1	15.6	18.1	0.14	0.14	0.14	0.16	0.23	0.37	0.48	0.57	0.76
80 + years	na	5.4	6.1	6.7	7.6	9.6	12.1	13.6	14.8	16.8	0.19	0.21	0.23	0.27	0.32	0.37	0.43	0.49	0.63
Total, age adjusted ...	na	5.5	6.3	6.9	7.8	10.0	12.8	14.8	16.5	19.5	0.06	0.07	0.07	0.08	0.11	0.17	0.25	0.33	0.56

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.
na EAR is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Food intake does not account for vitamin/mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intake of Individuals (CSFII).*

Table D-22—Mean usual intake of calcium in milligrams: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	739	11.7	358	545	21.1	135	› 664	44.0	555	›››787	12.9
65-69 years	1,054	786	16.3	325	720	37.5	128	696	86.4	503	› 800	15.6
70-74 years	1,019	717	11.0	290	624	21.1	160	›› 723	31.7	485	›››742	15.8
75-79 years	659	719	13.3	212	652	26.4	117	675	26.2	257	›››764	18.8
80 + years	1,153	691	10.7	369	624	16.9	196	›››739	23.4	443	›››742	17.0
Total, age adjusted ...	5,039	733	5.4	1,554	631	12.4	736	›› 692	18.7	2,243	›››768	6.2
Male												
60-64 years	575	847	20.0	168	578	36.1	67	› 759	66.8	294	›››890	24.2
65-69 years	536	861	22.8	144	663	53.1	63	–	–	283	›››891	23.1
70-74 years	500	813	21.6	128	705	47.6	77	› 866	43.4	260	› 825	28.9
75-79 years	283	801	23.2	87	714	39.1	49	709	43.1	118	›› 883	37.2
80 + years	557	756	13.8	148	667	19.9	98	›› 774	36.2	252	›››786	21.5
Total, age adjusted ...	2,451	819	9.1	675	658	20.5	354	›››771	24.6	1,207	›››854	10.1
Female												
60-64 years	579	657	14.1	190	526	24.7	68	619	65.7	261	›››697	17.9
65-69 years	518	716	18.1	181	759	42.7	65	› 616	58.7	220	701	19.9
70-74 years	519	643	13.2	162	586	18.7	83	626	32.0	225	›› 664	19.0
75-79 years	376	668	17.3	125	630	34.0	68	660	35.9	139	678	20.7
80 + years	596	656	13.0	221	608	22.1	98	› 719	28.3	191	›››711	20.4
Total, age adjusted ...	2,588	668	7.3	879	617	13.5	382	638	21.1	1,036	›››690	9.9

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-23—Mean usual intake of calcium as a percent of Adequate Intake (AI): Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent of AI	Standard error	Sample size	Percent of AI	Standard error	Sample size	Percent of AI	Standard error	Sample size	Percent of AI	Standard error
Both sexes												
60-64 years	1,154	61.6	0.97	358	45.4	1.76	135	›55.4	3.66	555	›››65.6	1.07
65-69 years	1,054	65.5	1.36	325	60.0	3.12	128	58.0	7.20	503	›66.7	1.30
70-74 years	1,019	59.8	0.91	290	52.0	1.76	160	››60.2	2.64	485	›››61.9	1.32
75-79 years	659	59.9	1.11	212	54.3	2.20	117	56.3	2.19	257	›››63.7	1.57
80 + years	1,153	57.6	0.89	369	52.0	1.41	196	›››61.5	1.95	443	›››61.8	1.41
Total, age adjusted ...	5,039	61.1	0.45	1,554	52.5	1.03	736	››57.6	1.56	2,243	›››64.0	0.52
Male												
60-64 years	575	70.6	1.66	168	48.2	3.01	67	›63.2	5.57	294	›››74.2	2.01
65-69 years	536	71.8	1.90	144	55.2	4.42	63	–	–	283	›››74.2	1.92
70-74 years	500	67.8	1.80	128	58.7	3.96	77	›72.2	3.62	260	›68.8	2.41
75-79 years	283	66.8	1.93	87	59.5	3.26	49	59.1	3.60	118	››73.6	3.10
80 + years	557	63.0	1.15	148	55.6	1.66	98	››64.5	3.02	252	›››65.5	1.79
Total, age adjusted ...	2,451	68.2	0.76	675	54.9	1.71	354	›››64.2	2.05	1,207	›››71.2	0.84
Female												
60-64 years	579	54.8	1.17	190	43.9	2.06	68	51.5	5.47	261	›››58.1	1.49
65-69 years	518	59.7	1.51	181	63.3	3.56	65	›51.4	4.89	220	58.4	1.66
70-74 years	519	53.6	1.10	162	48.8	1.56	83	52.1	2.67	225	››55.3	1.58
75-79 years	376	55.6	1.44	125	52.5	2.83	68	55.0	2.99	139	56.5	1.72
80 + years	596	54.7	1.08	221	50.7	1.84	98	››59.9	2.36	191	›››59.2	1.70
Total, age adjusted ...	2,588	55.7	0.61	879	51.4	1.12	382	53.2	1.76	1,036	›››57.5	0.82

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-24—Distribution of usual calcium intake in milligrams: Older adults

Male

	AI (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	1,200	392	462	515	602	799	1,042	1,191	1,299	1,468	13.50	14.40	15.10	16.40	20.30	24.60	28.70	32.50	39.30
65-69 years	1,200	385	459	515	606	809	1,059	1,216	1,331	1,518	13.00	14.30	15.40	17.30	21.90	28.80	33.80	38.10	46.00
70-74 years	1,200	372	438	488	570	754	990	1,144	1,261	1,457	12.30	13.50	14.20	15.70	22.00	31.40	35.80	39.30	47.10
75-79 years	1,200	339	398	443	521	715	985	1,166	1,307	1,549	12.30	13.00	13.80	15.60	21.30	30.10	38.50	47.30	65.50
80 + years	1,200	342	406	455	535	715	939	1,072	1,166	1,307	10.30	10.40	10.60	11.60	15.10	18.50	19.60	20.30	21.10
Total, age adjusted ...	na	370	435	485	569	763	1,007	1,158	1,271	1,459	5.18	5.59	6.01	6.84	8.87	12.20	15.00	17.20	20.30
Lowest income: ≤ 130% poverty																			
60-64 years	1,200	283	335	373	429	546	697	794	865	975	26.30	26.50	26.50	27.40	35.00	47.90	53.10	55.90	59.30
65-69 years	1,200	211	265	309	387	585	857	1,034	1,166	1,380	21.20	25.60	29.50	37.00	55.10	73.40	85.90	95.80	111.00
70-74 years	1,200	251	318	369	455	644	874	1,027	1,150	1,369	20.30	22.20	23.40	25.80	35.60	65.90	96.70	123.00	160.00
75-79 years	1,200	264	331	385	480	695	934	1,055	1,130	1,228	28.10	32.90	35.50	39.90	48.30	47.20	44.70	45.50	54.60
80 + years	1,200	319	374	416	483	631	812	924	1,006	1,139	16.10	17.00	17.70	19.00	21.90	24.70	27.50	30.80	39.00
Total, age adjusted ...	na	265	324	369	443	611	822	955	1,054	1,215	10.00	11.10	12.00	13.30	18.30	28.60	34.90	39.20	48.10
Low-income: 131-185% poverty																			
60-64 years	1,200	294	347	392	472	665	920	1,101	1,254	1,542	22.20	27.80	32.30	38.50	52.40	90.30	133.00	170.00	231.00
65-69 years	1,200	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
70-74 years	1,200	''388	''467	''526	''622	'826	1,067	1,212	1,317	1,482	33.40	34.60	36.30	40.00	48.50	53.80	56.90	60.00	66.60
75-79 years	1,200	329	381	420	487	644	859	1,004	1,117	1,309	20.30	19.20	19.70	23.00	36.70	59.30	77.20	93.90	129.00
80 + years	1,200	277	350	408	509	739	''1,006	''1,153	'''1,251	''1,391	25.90	24.90	25.10	28.60	41.40	49.90	52.60	53.70	53.40
Total, age adjusted ...	na	'''340	'''402	'''450	'''529	''711	'946	1,100	1,216	1,408	11.70	11.50	11.70	12.80	19.10	32.30	43.80	54.30	75.00
Higher-income: > 185% poverty																			
60-64 years	1,200	'''446	'''519	'''573	'''660	'''849	'''1,075	'''1,214	'''1,314	'''1,475	18.20	19.10	19.80	21.10	25.40	31.90	34.70	35.90	38.20
65-69 years	1,200	'''432	'''506	'''561	'''651	'''846	'1,082	1,227	1,334	1,505	14.40	16.00	17.10	18.90	22.90	29.10	34.30	38.90	47.80
70-74 years	1,200	'''411	'''471	'''516	'''592	764	991	1,141	1,255	1,447	15.40	17.70	19.40	22.40	29.60	38.20	43.30	48.20	59.60
75-79 years	1,200	''379	'441	490	574	780	1,074	'1,282	''1,447	'''1,736	16.70	18.40	20.10	23.30	33.20	49.50	61.60	72.80	98.60
80 + years	1,200	'384	''447	''496	''576	''754	'''963	'''1,085	''1,169	'1,297	13.00	14.40	15.70	18.20	23.40	27.60	28.80	29.30	29.90
Total, age adjusted ...	na	'''411	'''478	'''528	'''612	'''802	'''1,040	'''1,188	'''1,298	'''1,473	6.49	6.86	7.28	8.10	9.94	13.30	15.80	17.90	22.30

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

na Adequate Intake (AI) is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Food intake does not account for vitamin/mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intake of Individuals (CSFII).*

Table D-24—Distribution of usual calcium intake in milligrams: Older adults — Continued

Female

	AI (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	1,200	268	326	370	445	610	818	950	1,049	1,210	8.38	9.09	9.42	10.20	13.40	18.30	23.50	28.50	37.10
65-69 years	1,200	265	331	381	466	656	894	1,049	1,167	1,369	9.47	10.70	11.80	13.70	16.40	21.70	26.80	31.70	41.10
70-74 years	1,200	268	324	367	438	598	799	926	1,020	1,173	6.71	7.06	7.53	8.68	12.90	19.00	22.10	24.40	29.60
75-79 years	1,200	234	299	349	432	619	850	994	1,099	1,268	10.90	11.30	11.50	12.10	15.50	23.20	29.50	34.30	42.40
80 + years	1,200	302	356	397	464	614	802	921	1,009	1,153	7.54	8.04	8.48	9.39	12.10	16.30	19.50	22.00	26.70
Total, age adjusted	na	268	327	373	449	620	832	967	1,068	1,234	4.04	4.33	4.56	5.13	7.02	9.32	11.00	12.60	15.90
Lowest income: ≤ 130% poverty																			
60-64 years	1,200	177	222	259	325	486	690	809	891	1,011	14.20	18.10	20.80	24.30	28.40	30.90	34.20	37.30	43.00
65-69 years	1,200	206	266	314	402	628	967	1,213	1,411	1,760	21.00	22.90	24.60	28.60	39.80	58.40	74.50	88.10	115.00
70-74 years	1,200	219	273	315	387	553	752	866	945	1,062	11.30	12.90	13.90	15.50	20.10	28.00	31.70	33.60	37.60
75-79 years	1,200	208	265	311	387	567	804	958	1,074	1,264	23.60	24.90	25.00	24.20	27.80	46.40	60.00	71.80	99.70
80 + years	1,200	273	323	361	424	565	746	861	948	1,090	10.50	11.70	12.70	14.60	19.80	28.20	34.80	40.30	50.20
Total, age adjusted	na	210	265	307	380	551	780	933	1,050	1,248	9.19	10.40	11.00	11.60	13.00	17.40	21.70	25.90	35.00
Low-income: 131-185% poverty																			
60-64 years	1,200	215	261	298	363	526	767	942	1,084	1,335	17.90	20.30	22.50	27.70	47.80	88.40	122.00	150.00	204.00
65-69 years	1,200	179	239	285	366	555	799	956	1,073	›1,265	24.20	28.20	31.70	38.80	60.40	88.50	101.00	108.00	121.00
70-74 years	1,200	274	329	369	434	575	758	884	982	1,152	25.00	24.60	24.00	23.50	27.80	42.10	54.00	66.30	97.30
75-79 years	1,200	›327	›384	›426	492	634	800	899	970	1,083	28.80	30.80	31.90	33.20	35.80	40.40	45.50	50.90	63.50
80 + years	1,200	301	358	403	481	667	›904	››1,049	››1,152	››1,312	16.80	18.80	20.10	22.70	31.50	40.70	43.10	43.10	41.10
Total, age adjusted	na	243	298	340	412	581	804	948	1,055	1,227	8.43	9.42	10.40	12.40	19.20	28.60	34.90	40.20	50.70
Higher-income: > 185% poverty																			
60-64 years	1,200	›››313	›››372	›››416	›››489	›››652	›››856	›››985	››1,082	››1,238	11.50	11.90	12.00	12.60	16.50	23.70	29.40	34.60	45.00
65-69 years	1,200	›››316	›››380	›››429	››507	672	857	›968	››1,051	›››1,189	10.50	11.30	12.10	13.40	17.10	23.80	30.30	36.80	51.00
70-74 years	1,200	›››291	›››345	›››387	››456	614	816	946	1,044	1,205	9.98	10.40	10.90	12.30	17.60	25.50	30.60	34.90	44.00
75-79 years	1,200	217	291	347	439	639	874	1,015	1,115	1,272	16.10	18.70	19.90	20.70	23.20	28.90	34.20	39.10	49.10
80 + years	1,200	›››362	›››417	›››458	›››526	›››673	›855	968	1,051	1,187	10.00	11.20	12.20	13.90	18.40	25.80	31.50	36.10	44.40
Total, age adjusted	na	›››307	›››367	›››412	›››487	›››650	›849	973	1,064	1,209	4.83	5.26	5.57	6.35	9.13	13.70	17.10	19.90	24.70

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

na Adequate Intake (AI) is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Food intake does not account for vitamin/mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intake of Individuals (CSFII).*

Table D-24—Distribution of usual calcium intake in milligrams: Older adults — Continued

Both sexes

	AI (mg/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	1,200	306	371	420	501	685	918	1,067	1,177	1,358	7.61	8.35	8.79	9.41	11.10	16.40	20.50	23.70	29.30
65-69 years	1,200	308	378	433	523	726	981	1,144	1,266	1,469	8.63	9.93	10.90	12.30	15.00	19.90	24.50	28.50	35.70
70-74 years	1,200	299	359	406	483	661	889	1,036	1,147	1,329	5.40	6.02	6.65	7.66	10.10	15.10	19.10	22.10	28.40
75-79 years	1,200	268	334	385	467	654	897	1,057	1,181	1,390	9.22	8.95	8.91	9.27	11.90	17.00	21.80	26.70	36.60
80 + years	1,200	304	363	408	482	647	852	980	1,076	1,230	7.10	7.57	7.90	8.51	10.50	13.70	15.60	16.90	20.10
Total, age adjusted ...	na	300	364	413	493	677	911	1,059	1,171	1,354	3.27	3.61	3.89	4.43	5.27	6.70	8.34	9.94	12.80
Lowest income: ≤ 130% poverty																			
60-64 years	1,200	219	268	306	370	515	688	791	863	974	14.00	16.60	18.10	19.80	22.30	25.10	26.60	27.50	29.10
65-69 years	1,200	204	260	307	392	611	934	1,158	1,331	1,615	16.20	18.90	21.00	25.80	37.80	50.80	59.90	68.00	83.00
70-74 years	1,200	216	274	321	401	579	793	926	1,025	1,191	10.70	11.90	12.50	13.50	16.70	26.20	36.60	46.50	67.80
75-79 years	1,200	228	290	337	417	598	829	975	1,084	1,260	19.40	20.30	20.90	21.80	24.80	32.60	40.60	48.50	65.70
80 + years	1,200	264	317	357	424	577	772	896	990	1,143	9.22	9.88	10.40	11.40	14.80	21.80	27.70	32.80	42.00
Total, age adjusted ...	na	227	282	326	399	572	796	941	1,051	1,234	8.20	9.09	9.70	10.50	11.90	15.50	18.90	21.20	25.40
Low-income: 131-185% poverty																			
60-64 years	1,200	228	278	319	390	568	828	1,014	1,164	› 1,427	13.20	13.80	14.50	16.30	27.80	56.10	83.10	108.00	156.00
65-69 years	1,200	250	310	356	436	624	877	1,044	1,172	1,386	21.50	24.40	26.50	30.40	46.40	94.00	148.00	204.00	325.00
70-74 years	1,200	›››310	›››372	›››418	›› 494	666	896	1,044	1,153	1,326	19.90	20.20	20.50	22.40	31.40	43.10	50.20	56.30	67.60
75-79 years	1,200	› 316	› 373	415	484	637	824	941	1,026	1,165	20.70	21.60	22.00	22.80	26.10	31.80	37.20	42.60	53.80
80 + years	1,200	281	343	392	477	›› 682	›››952	›››1,115	›››1,227	›››1,387	15.80	16.30	16.90	18.90	25.80	32.30	35.00	36.10	35.50
Total, age adjusted ...	na	›››272	›››332	›››377	›› 454	› 632	863	1,014	1,127	1,315	7.55	8.10	8.67	10.20	16.00	24.30	30.80	36.90	49.70
Higher-income: > 185% poverty																			
60-64 years	1,200	›››352	›››419	›››469	›››552	›››737	›››968	›››1,113	›››1,220	›››1,394	9.12	9.69	10.20	11.20	13.00	17.90	21.90	24.70	28.80
65-69 years	1,200	›››359	›››429	›››482	›››568	›› 756	984	1,124	1,227	1,391	8.88	9.79	10.50	11.80	14.80	19.80	24.20	28.00	35.40
70-74 years	1,200	›››335	›››393	›››437	›››512	›››682	›› 906	› 1,053	1,166	1,354	7.45	8.25	9.09	10.60	14.70	21.40	26.70	31.20	40.40
75-79 years	1,200	275	343	396	486	› 694	›› 965	› 1,142	› 1,275	1,493	12.20	12.40	12.70	13.60	17.80	26.00	33.30	40.10	53.80
80 + years	1,200	›››368	›››428	›››473	›››545	›››703	›››896	› 1,016	1,104	1,245	8.73	9.95	10.90	12.50	16.50	21.60	24.70	27.10	31.60
Total, age adjusted ...	na	›››342	›››406	›››456	›››536	›››718	›››945	›››1,088	›››1,195	›››1,368	3.09	3.42	3.72	4.27	5.73	8.44	10.80	12.90	16.90

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
na Adequate Intake (AI) is specified for particular gender-age groups, but is not applicable to pooled data.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Food intake does not account for vitamin/mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intake of Individuals (CSFII).*

Table D-25—Prevalence of dietary supplement use in the past month among older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,342	46.5	2.3	417	37.3	4.5	159	41.6	6.2	631	› 50.1	3.1
65-69 years	1,263	45.4	2.1	389	34.0	4.7	153	35.9	5.7	597	›› 50.0	2.8
70-74 years	1,277	48.5	2.0	368	38.8	3.6	207	39.0	3.7	585	›››55.3	2.5
75-79 years	874	47.7	2.4	282	42.0	4.4	149	47.9	5.5	327	› 55.0	3.5
80 + years	1,818	50.6	2.4	598	49.3	2.6	287	53.3	3.9	630	54.0	4.1
Total, age adjusted ...	6,574	47.7	1.3	2,054	40.1	1.9	955	43.3	2.7	2,770	›››52.7	1.8
Male												
60-64 years	670	39.7	2.8	194	21.7	6.4	77	23.8 *	8.1	339	›› 44.3	3.5
65-69 years	626	38.9	2.2	174	29.1	6.5	72	32.0 *	5.8	324	42.7	2.8
70-74 years	611	39.9	3.0	153	26.7	5.4	105	32.8	5.8	305	›› 45.8	3.9
75-79 years	379	39.8	2.8	112	33.0 *	7.2	63	42.0 *	9.2	159	42.0	4.6
80 + years	820	42.3	2.5	225	36.3	3.5	143	› 49.0	4.5	339	› 45.5	4.2
Total, age adjusted ...	3,106	40.1	1.2	858	29.0	3.0	460	35.3	2.7	1,466	›››44.1	2.0
Female												
60-64 years	672	52.1	2.8	223	47.1	5.4	82	51.7	7.0	292	55.5	4.1
65-69 years	637	51.0	3.4	215	37.1	5.7	81	38.9	9.9	273	›› 57.6	4.8
70-74 years	666	55.0	2.8	215	44.1	4.3	102	44.3	7.2	280	›››64.4	3.2
75-79 years	495	52.9	3.6	170	45.8	5.6	86	51.6	8.5	168	›››66.6	4.8
80 + years	998	55.0	2.8	373	54.0	3.0	144	56.0	5.0	291	60.0	4.5
Total, age adjusted ...	3,468	53.2	1.6	1,196	45.6	2.1	495	48.5	3.6	1,304	›››60.4	2.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-26—Number of dietary supplements taken by older adults using dietary supplements in past month

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Number supplements used			Sample size	Number supplements used			Sample size	Number supplements used			Sample size	Number supplements used		
		One	Two	Three +		One	Two	Three +		One	Two	Three +		One	Two	Three +
Both sexes																
60-64 years	556	54.4	20.0	25.5	127	68.1	13.5	18.5 *	68	72.1	9.7	18.3 *	312	50.6	22.0	27.4
65-69 years	502	54.7	21.9	23.4	117	57.8	25.2	17.1 *	59	56.5	15.0	28.5 *	277	51.6	23.4	25.0
70-74 years	572	52.6	23.8	23.6	130	58.5	18.9	22.6 *	87	61.4	19.0	19.6 *	309	48.2	27.0	24.7
75-79 years	397	52.0	30.0	18.0	110	63.2	26.7	10.1 *	68	48.5	39.6	11.9 *	176	49.2	28.1	› 22.7
80 + years	852	64.9	20.2	14.9	263	70.3	17.0	12.7	145	63.0	24.8	12.2	307	59.2	21.6	› 19.2
Total, age adjusted ...	2,879	55.8	22.8	21.4	747	63.7	19.8	16.5	427	61.1	20.5	18.4	1,381	51.9	24.2	›› 24.0
Male																
60-64 years	238	56.9	25.3	17.8	40	88.6	8.7	2.7 *	24	78.3	16.9	4.8 *	155	54.4	26.0	›››19.6
65-69 years	214	60.6	19.5	19.9	41	60.9	11.8	27.3 *	26	56.4	17.6	26.0 *	131	60.1	21.0	18.9
70-74 years	230	54.4	20.9	24.7	43	80.0	20.0	0.0 *	39	61.7	19.6	›› 18.7 *	132	49.4	22.3	›››28.3
75-79 years	141	53.1	31.9	15.0	36	60.2	24.7	15.1 *	20	46.2	47.6	6.2 *	68	53.1	30.7	16.2
80 + years	320	66.9	20.5	12.6	72	78.3	10.6	11.1 *	67	64.9	19.4	15.8 *	137	62.5	24.6	12.8
Total, age adjusted ...	1,143	58.6	23.4	18.1	232	74.5	14.5	11.0	176	62.6	23.1	14.3	623	56.1	24.7	› 19.2
Female																
60-64 years	318	52.9	16.8	30.3	87	62.1	14.8	23.1 *	44	70.5	7.8	21.8 *	157	47.7	19.0	33.4
65-69 years	288	50.7	23.5	25.8	76	56.2	31.5	12.2 *	33	56.6	13.4	30.0 *	146	45.0	25.3	› 29.6
70-74 years	342	51.6	25.4	23.0	87	52.7	18.6	28.7	48	61.2	18.7	20.2 *	177	47.5	30.3	22.2
75-79 years	256	51.4	29.1	19.5	74	64.2	27.3	8.6 *	48	49.7	35.5	14.9 *	108	47.0	26.6	›› 26.3
80 + years	532	64.0	20.1	15.9	191	68.4	18.5	13.1	78	62.0	27.9	10.1 *	170	57.4	20.0	›› 22.6
Total, age adjusted ...	1,736	54.2	22.5	23.3	515	60.7	21.8	17.5	251	60.7	19.6	19.7	758	49.0	23.9	›››27.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-27—Standard errors for number of dietary supplements taken by older adults using dietary supplements in past month

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Number supplements used			Sample size	Number supplements used			Sample size	Number supplements used			Sample size	Number supplements used		
		One	Two	Three +		One	Two	Three +		One	Two	Three +		One	Two	Three +
Both sexes																
60-64 years	556	2.8	2.0	2.8	127	6.1	5.0	5.8	68	6.8	4.1	5.9	312	3.9	2.7	3.8
65-69 years	502	3.3	2.7	2.5	117	8.1	5.8	7.0	59	9.0	6.0	8.6	277	4.2	3.5	3.5
70-74 years	572	3.0	2.6	2.0	130	6.4	4.3	6.9	87	6.7	6.6	7.0	309	3.8	3.8	2.5
75-79 years	397	3.9	2.6	2.4	110	7.4	6.4	3.9	68	6.2	6.6	5.0	176	4.7	3.8	3.4
80 + years	852	2.0	1.7	1.4	263	2.9	2.4	2.2	145	4.3	4.9	3.0	307	3.1	1.9	2.6
Total, age adjusted ...	2,879	1.5	0.9	1.3	747	2.9	1.7	2.7	427	3.4	2.7	2.4	1,381	1.8	1.2	1.7
Male																
60-64 years	238	4.4	3.5	3.6	40	4.2	3.2	1.9	24	10.7	10.6	4.1	155	4.5	4.0	4.3
65-69 years	214	5.3	3.8	3.2	41	14.5	7.8	13.7	26	11.8	9.7	12.3	131	5.8	4.0	4.6
70-74 years	230	3.7	3.6	3.3	43	9.6	9.6	0.0	39	9.8	9.6	6.9	132	4.7	4.6	3.6
75-79 years	141	5.8	5.9	3.6	36	13.4	9.2	13.3	20	12.5	13.2	6.0	68	7.5	7.8	4.3
80 + years	320	2.8	2.6	2.1	72	5.5	3.8	4.4	67	7.1	6.9	5.6	137	4.4	3.9	3.1
Total, age adjusted ...	1,143	2.2	2.0	1.7	232	3.7	3.5	3.1	176	4.2	4.6	3.4	623	2.7	2.6	2.0
Female																
60-64 years	318	3.3	2.6	3.2	87	6.8	6.1	7.3	44	7.8	4.5	7.4	157	5.1	3.6	4.9
65-69 years	288	3.8	3.9	3.4	76	10.9	9.3	5.7	33	11.4	7.2	11.0	146	4.9	4.9	4.6
70-74 years	342	3.4	3.0	2.5	87	6.8	4.3	7.9	48	8.0	7.3	9.7	177	4.0	4.4	2.7
75-79 years	256	4.7	3.5	3.1	74	8.4	7.4	2.9	48	9.5	9.4	6.5	108	6.2	4.6	5.0
80 + years	532	2.4	2.0	1.7	191	3.1	2.7	2.3	78	6.4	6.7	3.5	170	3.8	2.5	3.2
Total, age adjusted ...	1,736	1.5	1.3	1.4	515	3.7	2.7	2.9	251	4.1	2.8	3.6	758	1.9	1.5	2.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-28—Types of dietary supplements taken by older adults using dietary supplements in past month[1]

All older adults

	Sample size	Single vitamin		Multiple vitamin		Single mineral		Vitamin/mineral combo		Other supplements	
		Percent	Std Error	Percent	Std Error	Percent	Std Error	Percent	Std Error	Percent	Std Error
Both sexes											
60-64 years	556	46.0	2.8	25.0	3.2	28.1	2.7	47.1	3.0	16.3	2.2
65-69 years	502	40.6	3.1	24.6	2.7	33.8	3.1	48.7	2.5	13.1	2.1
70-74 years	572	41.2	2.4	25.9	3.0	35.9	2.2	44.4	3.0	13.8	2.0
75-79 years	397	36.7	3.4	25.6	2.5	39.2	3.3	42.8	3.4	10.4	1.4
80 + years	852	26.2	1.6	22.6	2.2	38.2	2.2	45.8	3.0	6.5	1.0
Total, age adjusted ...	2,879	38.4	1.6	24.7	1.4	34.6	1.0	46.0	1.4	12.2	0.9
Male											
60-64 years	238	46.8	4.0	25.7	4.4	19.9	4.0	45.4	3.8	12.8	3.4
65-69 years	214	40.2	5.9	19.3	3.0	28.9	4.8	48.6	4.2	12.4	2.5
70-74 years	230	40.7	4.4	30.2	3.6	25.3	3.5	48.1	4.9	16.0	3.7
75-79 years	141	30.4	5.7	28.6	4.7	32.6	5.4	45.0	5.5	10.8 *	3.4
80 + years	320	29.6	2.4	22.9	2.5	33.0	3.5	43.5	4.2	8.7	1.9
Total, age adjusted ...	1,143	38.1	2.3	25.2	1.8	27.6	1.6	46.2	1.7	12.2	1.4
Female											
60-64 years	318	45.4	3.1	24.6	3.6	33.0	3.6	48.2	3.6	18.4	2.7
65-69 years	288	40.9	3.2	28.1	3.8	37.0	4.0	48.8	3.5	13.6	2.6
70-74 years	342	41.4	2.5	23.5	3.9	41.8	3.3	42.4	3.3	12.6	2.2
75-79 years	256	39.9	3.6	24.1	2.8	42.5	4.4	41.6	3.9	10.2	2.0
80 + years	532	24.8	2.0	22.5	2.5	40.4	2.3	46.8	3.0	5.7	1.0
Total, age adjusted ...	1,736	38.6	1.5	24.6	1.6	38.6	1.4	45.8	1.7	12.4	1.0

See footnotes at end of table.

Table D-28—Types of dietary supplements taken by older adults using dietary supplements in past month[1] — Continued

Income ≤ 130% poverty

	Sample size	Single vitamin		Multiple vitamin		Single mineral		Vitamin/mineral combo		Other supplements	
		Percent	Std Error	Percent	Std Error	Percent	Std Error	Percent	Std Error	Percent	Std Error
Both sexes											
60-64 years	127	28.1 *	6.6	32.4	6.8	32.6	8.0	32.8	7.5	23.3	6.1
65-69 years	117	40.9 *	9.3	11.4 *	3.8	28.1	6.4	47.3	7.9	18.7	5.6
70-74 years	130	31.8 *	5.2	23.1	4.6	39.3	6.8	38.7	5.4	19.1	7.3
75-79 years	110	31.6 *	6.3	27.3	5.6	35.6	5.5	32.9	6.0	6.2 *	2.3
80 + years	263	24.1	3.0	19.2	2.6	46.4	3.8	37.3	3.0	6.6 *	1.8
Total, age adjusted ...	747	31.2	3.4	22.7	2.3	36.2	2.9	37.9	3.1	15.4	2.5
Male											
60-64 years	40	12.0 *	6.4	31.4 *	12.0	41.8 *	16.6	26.6 *	10.2	1.2 *	0.7
65-69 years	41	65.2 *	11.8	4.3 *	2.2	25.8 *	13.2	48.5 *	13.9	32.4 *	14.2
70-74 years	43	25.3 *	9.8	19.8 *	6.7	11.2 *	4.5	47.2 *	13.1	9.0 *	6.9
75-79 years	36	22.6 *	13.1	39.2 *	11.3	31.9 *	10.5	34.0 *	10.0	6.9 *	3.8
80 + years	72	27.4 *	6.1	20.6 *	4.4	46.4 *	8.4	29.1 *	5.2	9.8 *	4.2
Total, age adjusted ...	232	30.5	3.9	22.6	3.3	31.9	4.2	36.8	5.6	11.8	4.0
Female											
60-64 years	87	32.8 *	8.2	32.6 *	7.6	29.9	7.9	34.6 *	8.6	29.7	7.4
65-69 years	76	29.3 *	9.5	14.8 *	5.6	29.2	6.8	46.7 *	8.1	12.1 *	5.0
70-74 years	87	33.5 *	5.9	24.0 *	5.7	46.8	8.6	36.4 *	6.7	21.8 *	8.6
75-79 years	74	34.4 *	7.2	23.6 *	6.8	36.8 *	6.6	32.5 *	7.0	6.0 *	2.8
80 + years	191	23.3	3.2	18.9	2.8	46.4	4.4	39.4	3.4	5.8 *	1.8
Total, age adjusted ...	515	30.6	3.7	23.0	2.6	37.4	3.4	38.1	3.2	15.8	2.8

See footnotes at end of table.

Table D-28—Types of dietary supplements taken by older adults using dietary supplements in past month[1] — Continued

Persons with income between 131-185% poverty

	Sample size	Single vitamin		Multiple vitamin		Single mineral		Vitamin/mineral combo		Other supplements	
		Percent	Std Error	Percent	Std Error	Percent	Std Error	Percent	Std Error	Percent	Std Error
Both sexes											
60-64 years	68	35.7 *	7.5	13.4 *	7.2	29.6 *	6.7	45.0 *	6.8	11.3 *	4.7
65-69 years	59	43.5 *	8.3	23.8 *	7.5	36.0 *	8.5	38.0 *	9.6	15.5 *	7.0
70-74 years	87	28.9	7.3	21.7 *	6.2	38.1	6.5	ʾ 54.2	6.8	12.3 *	4.2
75-79 years	68	30.6 *	7.6	29.8 *	7.4	54.0 *	7.0	35.8 *	8.7	8.3 *	4.6
80 + years	145	26.6	3.4	19.4	3.4	ʾ 34.4	4.3	ʾʾʾ53.0	4.0	8.2 *	2.5
Total, age adjusted ...	427	33.3	2.6	21.1	3.7	37.5	3.0	45.4	3.8	11.2	2.1
Male											
60-64 years	24	ʾʾʾ66.8 *	12.1	7.0 *	4.9	ʾ 0.3 *	0.3	45.8 *	12.6	5.1 *	4.3
65-69 years	26	36.0 *	11.5	18.5 *	10.2	34.9 *	11.0	32.1 *	13.4	16.5 *	10.5
70-74 years	39	29.6 *	9.0	27.5 *	11.4	ʾʾ 42.5 *	9.8	41.7 *	10.0	16.6 *	7.3
75-79 years	20	26.1 *	13.5	47.4 *	12.7	43.5 *	14.0	36.3 *	12.3	6.7 *	5.9
80 + years	67	28.4 *	6.3	24.4 *	5.2	41.3 *	7.1	34.8 *	7.0	14.3 *	5.4
Total, age adjusted ...	176	38.8	4.1	23.5	4.5	31.0	4.3	38.4	4.6	11.8	3.0
Female											
60-64 years	44	27.5 *	8.0	15.0 *	8.6	37.2 *	8.5	44.8 *	9.5	13.0 *	5.6
65-69 years	33	48.3 *	12.2	27.3 *	10.7	36.8 *	11.6	41.8 *	12.8	14.8 *	7.8
70-74 years	48	28.4 *	9.1	18.0 *	6.0	35.3 *	8.8	ʾ 62.0 *	9.5	9.6 *	4.7
75-79 years	48	33.0 *	9.0	20.6 *	9.3	ʾ 59.5 *	9.4	35.6 *	8.7	9.2 *	5.9
80 + years	78	25.6 *	5.4	16.6 *	4.2	ʾ 30.5	5.3	ʾʾʾ63.3 *	5.4	4.7 *	2.0
Total, age adjusted ...	251	32.5	3.3	19.4	4.3	39.0	3.6	ʾ 49.7	4.5	10.4	2.6

See footnotes at end of table.

Table D-28—Types of dietary supplements taken by older adults using dietary supplements in past month[1] — Continued

Persons with income > 185% poverty

	Sample size	Single vitamin		Multiple vitamin		Single mineral		Vitamin/mineral combo		Other supplements	
		Percent	Std Error	Percent	Std Error	Percent	Std Error	Percent	Std Error	Percent	Std Error
Both sexes											
60-64 years	312	›› 51.4	4.1	23.8	3.4	28.9	3.4	› 50.2	3.4	13.8	2.5
65-69 years	277	41.4	4.1	›› 27.1	3.6	34.7	4.2	50.6	3.2	11.3	2.6
70-74 years	309	› 45.3	3.1	27.5	4.2	33.8	3.5	44.1	3.8	13.0	2.2
75-79 years	176	41.4	4.6	24.2	3.2	35.9	4.3	› 49.2	4.9	11.9	2.1
80 + years	307	› 29.6	2.0	23.6	4.4	› 36.3	2.8	››› 52.2	4.9	5.0	1.3
Total, age adjusted ...	1,381	›› 42.1	1.9	25.2	2.1	33.7	1.2	››› 49.3	1.7	11.1	1.0
Male											
60-64 years	155	››› 50.8	4.5	25.5	5.4	21.0	4.6	48.1	4.2	›› 10.2	3.0
65-69 years	131	› 38.1	6.9	››› 21.3	3.7	27.7	5.7	51.2	4.9	9.4 *	3.7
70-74 years	132	44.2	4.9	30.2	5.2	› 25.0	4.3	51.2	6.5	15.5	4.6
75-79 years	68	34.2	6.2	21.4 *	5.8	30.8	7.9	50.7 *	8.0	10.7 *	4.2
80 + years	137	30.2	2.9	25.5	4.2	› 24.1	3.5	››› 53.2	5.2	6.0 *	2.1
Total, age adjusted ...	623	› 40.0	2.8	24.9	2.2	25.4	2.1	› 50.8	2.0	10.3	1.4
Female											
60-64 years	157	51.9	5.4	22.5	4.2	34.8	5.0	51.8	4.5	16.6	3.4
65-69 years	146	44.0	3.9	› 31.4	5.4	40.1	5.8	50.1	4.4	12.8	3.3
70-74 years	177	46.1	3.6	25.7	5.0	39.8	5.0	39.2	4.2	11.4	3.3
75-79 years	108	45.5	4.8	25.8	3.9	38.8	5.6	48.4	5.9	12.6 *	3.6
80 + years	170	29.2	3.2	22.6	5.5	42.8	3.4	› 51.7	5.5	4.5 *	1.6
Total, age adjusted ...	758	›› 43.5	2.0	25.5	2.4	39.1	1.9	›› 48.4	2.3	11.7	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Percents do not sum to 100 because some respondents took two or more supplements.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-29—Total Healthy Eating Index score: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,154	67.2	0.6	358	61.5	1.0	135	64.5	2.1	555	›››68.9	0.8
65-69 years	1,054	68.3	0.6	325	64.6	1.5	128	64.1	1.6	503	›››70.0	0.7
70-74 years	1,019	69.2	0.6	290	65.0	1.1	160	›› 70.5	1.6	485	›› 69.6	0.9
75-79 years	659	68.2	0.6	212	64.0	1.3	117	67.1	1.1	257	›››70.8	0.9
80 + years	1,153	69.3	0.6	369	66.7	0.8	196	› 69.4	1.1	443	›››70.8	0.7
Total, age adjusted ...	5,039	68.4	0.3	1,554	64.3	0.5	736	›› 67.0	0.8	2,243	›››70.0	0.4
Male												
60-64 years	575	65.5	0.8	168	59.0	1.8	67	59.7 *	3.7	294	›››67.5	1.1
65-69 years	536	66.8	0.9	144	58.8	1.9	63	› 64.8 *	2.4	283	›››68.4	1.1
70-74 years	500	66.5	0.9	128	58.3 *	1.5	77	›› 66.8	2.4	260	›››67.6	1.1
75-79 years	283	65.3	1.0	87	59.9 *	1.8	49	66.1 *	2.3	118	›››67.2	1.4
80 + years	557	67.1	0.7	148	62.5	1.2	98	› 66.6	1.5	252	›››69.2	0.9
Total, age adjusted ...	2,451	66.2	0.4	675	59.7	0.9	354	›››64.6	1.4	1,207	›››68.0	0.5
Female												
60-64 years	579	68.4	0.7	190	63.0	1.2	68	› 67.5 *	2.2	261	›››70.0	0.9
65-69 years	518	69.6	0.8	181	68.0	1.6	65	63.5 *	2.4	220	71.6	1.0
70-74 years	519	71.3	1.0	162	68.4	1.4	83	› 73.0	1.6	225	71.6	1.4
75-79 years	376	70.0	0.7	125	65.6 *	1.8	68	67.7 *	1.1	139	›››73.5	1.2
80 + years	596	70.5	0.6	221	68.3	1.0	98	71.0	1.3	191	›› 71.9	0.8
Total, age adjusted ...	2,588	69.9	0.3	879	66.6	0.6	382	68.5	0.8	1,036	›››71.6	0.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-30—Percent of older adults by Healthy Eating Index ratings

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Poor	Needs Improve-ment	Good	Sample size	Poor	Needs Improve-ment	Good	Sample size	Poor	Needs Improve-ment	Good	Sample size	Poor	Needs Improve-ment	Good
Both sexes																
60-64 years	1,154	13.9	66.8	19.3	358	22.1	69.3	8.6	135	21.4	65.8	12.8	555	›› 11.0	67.1	›› 21.9
65-69 years	1,054	11.0	68.9	20.1	325	17.0	71.1	11.9	128	14.1	74.2	11.7	503	9.1	68.1	22.8
70-74 years	1,019	11.5	63.2	25.4	290	22.6	60.6	16.8	160	››› 7.4	61.9	30.7	485	››› 10.3	63.9	25.8
75-79 years	659	10.8	66.6	22.6	212	15.3	71.8	12.9	117	11.9	72.3	15.9	257	7.8	63.2	››› 29.0
80 + years	1,153	9.5	68.3	22.2	369	14.6	69.4	16.0	196	8.8	71.6	19.6	443	› 7.5	65.1	› 27.4
Total, age adjusted ...	5,039	11.4	66.8	21.8	1,554	18.5	68.4	13.1	736	› 13.1	69.0	17.9	2,243	››› 9.2	65.6	››› 25.1
Male																
60-64 years	575	17.1	65.2	17.6	168	30.8	61.1	8.1	67	30.5	63.7	5.7	294	13.3	66.4	› 20.3
65-69 years	536	13.5	68.0	18.5	144	27.8	68.6	3.7	63	13.7	68.5	17.7	283	› 10.7	69.5	› 19.8
70-74 years	500	16.8	64.0	19.2	128	32.8	60.7	6.5	77	› 12.2	67.7	20.1	260	›› 15.4	63.4	›› 21.2
75-79 years	283	16.4	64.7	18.9	87	20.0	69.9	10.1	49	18.7	58.5	22.8	118	13.2	65.6	21.1
80 + years	557	10.7	73.6	15.8	148	22.0	71.5	6.5	98	11.8	74.1	14.0	252	››› 6.4	72.4	›› 21.2
Total, age adjusted ...	2,451	14.9	67.2	18.0	675	27.0	66.1	6.9	354	› 17.8	66.7	› 15.5	1,207	››› 11.8	67.5	››› 20.7
Female																
60-64 years	579	11.5	68.0	20.6	190	16.8	74.2	8.9	68	15.8	67.1	17.1	261	9.0	67.7	› 23.3
65-69 years	518	8.7	69.7	21.6	181	10.6	72.7	16.8	65	14.4	78.8	6.8	220	7.3	66.5	26.2
70-74 years	519	7.3	62.5	30.2	162	17.5	60.6	22.0	83	›› 4.0	57.9	› 38.1	225	›› 5.2	64.4	30.3
75-79 years	376	7.4	67.7	24.9	125	13.4	72.6	14.0	68	7.2	81.7	11.1	139	› 3.9	61.4	››› 34.7
80 + years	596	8.9	65.5	25.6	221	11.9	68.7	19.4	98	7.1	70.2	22.7	191	8.4	59.8	31.8
Total, age adjusted ...	2,588	8.9	66.7	24.4	879	14.1	69.9	16.0	382	10.1	70.8	19.2	1,036	››› 6.9	64.2	››› 28.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-31—Standard errors for percent of older adults by Healthy Eating Index ratings

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Poor	Needs Improve-ment	Good	Sample size	Poor	Needs Improve-ment	Good	Sample size	Poor	Needs Improve-ment	Good	Sample size	Poor	Needs Improve-ment	Good
Both sexes																
60-64 years	1,154	1.8	2.3	1.8	358	3.1	4.0	2.8	135	5.0	6.0	6.0	555	1.9	2.7	2.4
65-69 years	1,054	1.0	2.0	2.1	325	3.1	3.6	3.3	128	2.7	4.3	4.2	503	1.2	2.8	3.0
70-74 years	1,019	1.3	2.5	2.4	290	2.9	3.4	3.1	160	2.6	5.3	6.1	485	1.7	3.1	3.1
75-79 years	659	1.4	2.9	2.0	212	3.8	4.8	2.7	117	2.4	4.8	4.2	257	1.9	3.9	3.1
80 + years	1,153	1.0	1.6	1.6	369	2.3	3.2	2.3	196	2.1	2.3	2.6	443	1.1	2.7	2.9
Total, age adjusted ...	5,039	0.6	0.9	0.8	1,554	1.4	1.8	1.2	736	1.6	2.1	2.2	2,243	0.7	1.4	1.3
Male																
60-64 years	575	2.2	2.4	2.4	168	6.7	6.7	3.6	67	10.8	8.8	5.5	294	2.6	3.0	3.3
65-69 years	536	1.5	2.8	3.1	144	5.8	6.3	3.3	63	4.2	7.1	7.6	283	1.7	3.9	4.4
70-74 years	500	2.5	2.8	2.7	128	6.1	6.3	2.4	77	4.4	8.2	9.0	260	2.9	3.3	3.4
75-79 years	283	2.2	3.6	3.3	87	5.6	7.6	5.0	49	5.1	8.2	8.4	118	3.1	5.4	5.2
80 + years	557	1.5	2.1	2.1	148	3.2	4.2	2.4	98	3.7	5.5	4.1	252	2.0	3.2	3.1
Total, age adjusted ...	2,451	1.0	1.1	1.1	675	3.1	3.6	1.6	354	3.3	3.2	2.8	1,207	1.1	1.6	1.5
Female																
60-64 years	579	2.2	3.2	2.3	190	4.0	5.6	3.8	68	5.6	8.6	7.0	261	2.4	4.1	2.8
65-69 years	518	1.3	2.7	2.5	181	2.9	5.5	5.0	65	4.4	4.9	3.8	220	1.9	3.7	3.4
70-74 years	519	1.4	3.4	3.6	162	3.4	4.3	4.6	83	2.4	6.5	5.8	225	1.8	4.9	5.1
75-79 years	376	1.9	3.4	2.4	125	4.3	5.5	4.0	68	2.6	5.5	4.1	139	2.1	4.9	3.7
80 + years	596	1.3	2.3	2.0	221	3.0	4.0	3.0	98	2.3	3.4	4.1	191	1.8	4.4	4.0
Total, age adjusted ...	2,588	0.7	1.2	1.2	879	1.4	2.0	1.5	382	1.8	2.6	2.0	1,036	1.0	1.8	1.7

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-32—Healthy Eating Index component scores and food pyramid servings for grains: Older adults[1]

	Mean HEI score				Mean # food pyramid servings				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	6.6	6.0	5.9	›6.8	6.1	5.2	5.1	›››6.4	19.8	16.2	11.9 *	21.1
65-69 years	6.6	6.2	6.1	6.7	5.9	5.3	5.2	›6.1	22.4	17.6	16.5	24.7
70-74 years	6.6	6.1	6.7	››6.7	5.8	5.2	5.8	››6.0	16.7	15.8	20.1	16.7
75-79 years	6.3	5.7	6.3	››6.6	5.4	4.8	5.3	››5.8	16.2	10.8 *	12.1 *	››22.0
80 + years	6.2	5.9	6.2	›6.4	5.2	4.9	5.4	››5.5	13.8	11.4	14.5	15.6
Total, age adjusted ...	6.5	6.0	6.2	›››6.6	5.7	5.1	5.4	›››6.0	18.0	14.6	15.0	››20.1
Male												
60-64 years	7.0	6.3	6.0 *	›7.2	7.5	6.4	5.9 *	››7.8	25.9	20.7	10.4 *	27.4
65-69 years	6.7	5.5	6.4 *	››6.9	6.7	5.5	6.1 *	›6.9	24.2	18.1 *	15.8 *	27.1
70-74 years	6.8	5.7	››7.2 *	›6.9	6.8	5.7 *	7.3 *	7.0	19.5	19.1 *	26.6	18.8
75-79 years	6.4	5.6 *	6.6 *	›6.7	6.4	5.4 *	6.5 *	›6.7	19.0	12.0 *	16.3 *	21.7
80 + years	6.3	5.7	6.3	››6.6	6.1	5.4	6.1	››6.5	16.0	13.3 *	12.0 *	18.7
Total, age adjusted ...	6.7	5.8	››6.5	›››6.9	6.7	5.7	›6.4	›››7.0	21.2	16.9	15.9	›23.0
Female												
60-64 years	6.3	5.8	5.8 *	6.5	5.0	4.5	4.6 *	5.2	15.1	13.5 *	12.8 *	15.7
65-69 years	6.5	6.5	5.8 *	6.5	5.1	5.1	4.5 *	5.2	20.8	17.4 *	17.1 *	22.0
70-74 years	6.5	6.3	6.4	6.6	5.0	5.0	4.8	5.1	14.6	14.2 *	15.6 *	14.7
75-79 years	6.2	5.7	6.0 *	›6.5	4.8	4.5 *	4.5 *	5.1	14.5	10.3 *	9.3 *	›22.3
80 + years	6.2	6.0	6.2	6.3	4.8	4.7	4.9	4.8	12.7	10.8 *	15.8 *	13.4
Total, age adjusted ...	6.3	6.1	6.0	›6.5	5.0	4.8	4.7	›5.1	15.6	13.4	14.3	17.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-33—Standard errors for Healthy Eating Index component scores and food pyramid servings for grains: Older adults[1]

	Standard error for mean HEI score				Standard error for number servings				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	0.13	0.26	0.32	0.16	0.18	0.28	0.31	0.24	1.9	3.7	3.9	2.5
65-69 years	0.11	0.27	0.33	0.16	0.13	0.29	0.37	0.18	1.6	3.2	5.5	2.3
70-74 years	0.09	0.19	0.29	0.11	0.15	0.24	0.33	0.21	1.6	4.1	4.5	2.5
75-79 years	0.12	0.28	0.27	0.18	0.14	0.30	0.33	0.20	2.0	3.4	4.4	3.0
80 + years	0.09	0.16	0.20	0.11	0.09	0.16	0.24	0.12	1.2	2.2	2.7	1.6
Total, age adjusted ...	0.06	0.12	0.16	0.07	0.08	0.13	0.18	0.11	0.9	1.4	2.3	1.3
Male												
60-64 years	0.17	0.42	0.43	0.17	0.30	0.50	0.47	0.33	3.3	5.1	3.7	3.8
65-69 years	0.17	0.42	0.50	0.22	0.23	0.56	0.54	0.31	2.6	5.4	7.8	3.6
70-74 years	0.17	0.40	0.41	0.20	0.28	0.53	0.58	0.35	2.9	5.3	6.6	3.7
75-79 years	0.23	0.43	0.43	0.33	0.31	0.49	0.62	0.45	3.8	5.3	7.2	5.0
80 + years	0.10	0.27	0.30	0.15	0.12	0.28	0.38	0.21	1.6	3.5	3.0	2.7
Total, age adjusted ...	0.08	0.18	0.19	0.10	0.13	0.21	0.25	0.18	1.3	1.7	2.7	1.9
Female												
60-64 years	0.21	0.40	0.46	0.26	0.20	0.36	0.42	0.25	2.1	4.8	6.2	2.8
65-69 years	0.16	0.31	0.42	0.24	0.15	0.31	0.38	0.23	2.2	5.0	6.8	3.6
70-74 years	0.13	0.21	0.34	0.20	0.12	0.22	0.29	0.19	1.9	4.6	5.8	3.2
75-79 years	0.13	0.29	0.31	0.20	0.12	0.34	0.23	0.18	2.2	4.0	5.2	3.4
80 + years	0.11	0.20	0.20	0.16	0.11	0.21	0.23	0.14	1.5	2.8	3.8	2.2
Total, age adjusted ...	0.07	0.14	0.18	0.09	0.07	0.14	0.17	0.09	1.0	1.8	2.7	1.4

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-34—Healthy Eating Index component scores and food pyramid servings for vegetables: Older adults[1]

	Mean HEI score				Mean # food pyramid servings				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	6.5	5.5	6.1	›››6.8	3.3	2.8	3.1	›› 3.5	32.9	26.1	34.6	35.1
65-69 years	6.7	6.1	6.2	6.9	3.5	3.3	3.3	3.6	38.8	36.0	36.6	39.9
70-74 years	6.7	5.5	› 6.7	›››6.9	3.4	2.8	3.3	›› 3.6	36.1	26.7	34.0	› 39.3
75-79 years	6.5	5.9	6.0	›› 7.2	3.2	2.8	2.9	› 3.6	34.7	31.7	29.0	40.8
80 + years	6.3	6.2	5.9	6.5	3.0	3.1	2.8	3.1	30.7	31.0	27.3	32.6
Total, age adjusted ...	6.5	5.8	6.2	›››6.8	3.3	3.0	3.1	›››3.5	34.6	30.2	32.5	›› 37.3
Male												
60-64 years	6.4	5.8	6.4 *	6.7	3.6	3.3	3.8 *	3.7	32.2	33.1	37.7 *	31.7
65-69 years	6.6	5.4	6.2 *	› 7.0	3.7	3.5	3.5 *	3.8	38.8	30.9	37.9 *	40.0
70-74 years	6.4	4.9	6.1 *	›› 6.7	3.6	2.9	3.2 *	› 3.8	33.0	24.3	23.6 *	35.4
75-79 years	6.1	5.4 *	6.2 *	6.7	3.3	3.0 *	3.3 *	3.5	25.5	21.9 *	32.1 *	28.0
80 + years	6.1	6.0	5.5	6.3	3.2	3.6	› 2.8	3.3	26.6	29.8	22.7	29.0
Total, age adjusted ...	6.3	5.5	6.1	›››6.7	3.5	3.3	3.3	3.6	31.5	28.4	31.1	33.0
Female												
60-64 years	6.5	5.2	5.9 *	›››6.9	3.1	2.5	2.6 *	›› 3.3	33.5	21.9	32.6 *	› 38.0
65-69 years	6.7	6.5	6.2 *	6.9	3.4	3.2	3.2 *	3.4	38.8	39.0	35.5 *	39.8
70-74 years	6.9	5.8	7.1	›› 7.2	3.2	2.8	3.4 *	› 3.4	38.6	27.9	41.2	› 43.1
75-79 years	6.7	6.2	5.8 *	›› 7.6	3.1	2.7	2.6 *	› 3.6	40.4	35.8	26.9 *	50.3
80 + years	6.4	6.2	6.2	6.6	2.9	2.9	2.9	3.0	32.9	31.4	29.8	35.2
Total, age adjusted ...	6.6	6.0	6.2	›››7.0	3.2	2.8	3.0	›››3.4	36.6	30.8	33.4	›››40.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-35—Standard errors for Healthy Eating Index component scores and food pyramid servings for vegetables: Older adults[1]

	Standard error for mean HEI score				Standard error for number servings				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	0.14	0.30	0.47	0.13	0.12	0.21	0.29	0.12	2.0	4.8	4.7	2.2
65-69 years	0.20	0.35	0.51	0.24	0.13	0.30	0.37	0.17	2.1	4.4	5.5	3.1
70-74 years	0.16	0.31	0.40	0.23	0.10	0.22	0.26	0.15	2.0	4.4	4.5	2.9
75-79 years	0.19	0.38	0.51	0.30	0.11	0.22	0.30	0.22	2.2	5.1	6.0	4.6
80 + years	0.18	0.28	0.34	0.28	0.12	0.19	0.24	0.17	2.3	3.6	3.2	3.5
Total, age adjusted	0.09	0.13	0.21	0.11	0.06	0.10	0.12	0.08	1.1	1.8	2.1	1.4
Male												
60-64 years	0.22	0.50	0.82	0.25	0.17	0.39	0.61	0.20	3.1	7.8	9.8	3.5
65-69 years	0.21	0.59	0.54	0.29	0.15	0.68	0.40	0.19	2.5	7.1	6.5	3.6
70-74 years	0.23	0.55	0.52	0.31	0.15	0.36	0.32	0.23	2.9	6.0	4.6	4.0
75-79 years	0.24	0.62	0.56	0.36	0.18	0.46	0.38	0.26	3.2	6.2	7.2	5.0
80 + years	0.22	0.31	0.41	0.32	0.13	0.28	0.25	0.20	2.1	4.8	3.2	3.4
Total, age adjusted	0.10	0.19	0.27	0.13	0.07	0.17	0.20	0.10	1.2	2.7	3.3	1.6
Female												
60-64 years	0.17	0.33	0.58	0.17	0.15	0.26	0.27	0.17	2.5	5.1	6.5	3.0
65-69 years	0.23	0.38	0.77	0.32	0.16	0.28	0.57	0.23	3.0	6.0	8.8	4.3
70-74 years	0.22	0.35	0.56	0.35	0.14	0.24	0.39	0.21	2.7	5.2	6.9	4.2
75-79 years	0.24	0.50	0.64	0.34	0.13	0.29	0.34	0.26	2.9	6.9	7.3	6.0
80 + years	0.20	0.33	0.41	0.31	0.14	0.22	0.30	0.19	2.8	4.2	4.4	4.2
Total, age adjusted	0.10	0.18	0.25	0.13	0.07	0.12	0.16	0.10	1.4	2.2	3.0	1.9

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-36—Healthy Eating Index component scores and food pyramid servings for fruit: Older adults[1]

	Mean HEI score				Mean # food pyramid servings				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	4.8	3.6	›4.7	››5.1	1.9	1.2	1.7	›››2.0	24.6	16.3	22.2	›26.3
65-69 years	5.3	5.0	4.7	5.5	2.0	1.8	1.6	2.1	29.1	28.4	23.2	29.8
70-74 years	5.7	4.8	5.8	››5.9	2.4	2.8 *	2.2	2.3	33.1	29.7	30.3	34.3
75-79 years	5.3	4.3	5.3	››5.6	1.8	1.4	1.9	››2.0	25.5	19.8	26.6	27.5
80 + years	5.7	5.0	5.9	››6.2	2.0	1.7	›2.1	››2.2	30.7	25.2	33.5	32.9
Total, age adjusted ...	5.3	4.5	›5.2	›››5.6	2.0	1.8	1.9	2.1	28.6	23.8	27.0	›››30.1
Male												
60-64 years	4.0	3.1	3.6 *	›4.3	1.7	1.2	1.3 *	1.7	17.9	12.2 *	13.9 *	18.4
65-69 years	4.8	3.5	4.1 *	››5.1	2.0	1.5	1.4 *	2.1	23.8	16.9 *	13.4 *	25.3
70-74 years	5.1	3.7 *	4.9	›5.4	2.7	4.7 *	2.5	2.4	27.6	14.7 *	30.8	›29.6
75-79 years	4.2	2.9 *	4.1 *	››4.6	1.7	1.1 *	1.8 *	››1.8	15.8	9.8 *	16.6 *	16.2
80 + years	5.2	4.1	4.9	›››5.8	2.1	1.7	2.0	›2.3	23.0	19.3 *	18.8	26.9
Total, age adjusted ...	4.7	3.5	›4.3	›››5.0	2.0	2.0 *	1.8	2.1	21.7	14.7	18.5	››23.3
Female												
60-64 years	5.4	4.0	›5.3 *	››5.8	2.0	1.2	2.0 *	›››2.2	29.8	18.7	27.4	›33.2
65-69 years	5.8	5.8	5.2 *	6.0	2.0	1.9	1.7 *	2.0	34.0	35.3	31.2 *	34.8
70-74 years	6.2	5.3	6.4	›6.3	2.1	1.9	2.0	2.2	37.4	37.1	29.9	38.9
75-79 years	6.0	4.8 *	6.2 *	››6.4	1.9	1.6 *	2.0 *	›2.1	31.6	23.9 *	33.4	35.9
80 + years	6.0	5.2	6.5	››6.4	2.0	1.7	›2.2	›2.2	34.9	27.4	›41.8	37.2
Total, age adjusted ...	5.8	5.0	›5.9	›››6.2	2.0	1.7	›2.0	›››2.1	33.5	28.3	32.6	››35.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-37—Standard errors for Healthy Eating Index component scores and food pyramid servings for fruit: Older adults[1]

	Standard error for mean HEI score				Standard error for number servings				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	0.17	0.35	0.34	0.25	0.11	0.13	0.24	0.15	2.0	3.3	3.8	2.8
65-69 years	0.17	0.40	0.40	0.23	0.09	0.20	0.18	0.12	2.2	4.9	5.3	2.8
70-74 years	0.21	0.32	0.47	0.27	0.23	1.13	0.23	0.16	2.8	4.3	5.0	3.4
75-79 years	0.16	0.38	0.47	0.30	0.08	0.14	0.23	0.14	2.3	3.3	6.7	3.8
80 + years	0.14	0.30	0.34	0.20	0.05	0.12	0.12	0.10	1.7	2.5	4.0	2.8
Total, age adjusted ...	0.08	0.16	0.25	0.11	0.06	0.23	0.11	0.07	1.0	1.8	2.5	1.4
Male												
60-64 years	0.28	0.51	0.58	0.36	0.15	0.24	0.23	0.18	2.7	4.1	7.6	3.5
65-69 years	0.22	0.51	0.46	0.30	0.14	0.37	0.18	0.18	2.6	6.2	6.3	3.4
70-74 years	0.26	0.53	0.88	0.35	0.47	3.22	0.51	0.22	2.8	5.7	7.8	4.1
75-79 years	0.25	0.36	0.61	0.45	0.15	0.14	0.35	0.23	2.8	3.9	7.4	3.9
80 + years	0.23	0.38	0.40	0.28	0.10	0.18	0.26	0.15	2.0	3.8	5.0	3.0
Total, age adjusted ...	0.12	0.25	0.32	0.16	0.12	0.65	0.16	0.10	1.2	2.4	3.2	1.7
Female												
60-64 years	0.23	0.48	0.43	0.34	0.16	0.16	0.36	0.23	2.8	4.4	5.5	3.9
65-69 years	0.28	0.52	0.62	0.31	0.14	0.23	0.27	0.16	3.6	7.0	6.9	4.1
70-74 years	0.28	0.43	0.39	0.37	0.13	0.22	0.18	0.19	3.9	5.3	6.1	5.3
75-79 years	0.21	0.50	0.50	0.41	0.10	0.18	0.23	0.17	2.8	4.5	7.6	5.1
80 + years	0.14	0.35	0.48	0.26	0.07	0.14	0.19	0.14	2.0	3.2	5.9	3.8
Total, age adjusted ...	0.12	0.21	0.28	0.16	0.07	0.08	0.14	0.09	1.6	2.4	3.0	1.9

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-38—Healthy Eating Index component scores and food pyramid servings for dairy: Older adults[1]

	Mean HEI score				Mean # food pyramid servings				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	6.0	4.4	›5.6	›››6.4	1.8	1.1	››1.7	›››1.9	33.2	15.1	›››34.2	›››36.4
65-69 years	6.4	5.1	5.7	›››6.7	1.9	1.5	1.7	›1.9	36.4	28.3	33.6	37.8
70-74 years	6.1	5.4	6.2	›6.3	1.7	1.4	1.9	›1.7	33.3	27.4	34.3	33.9
75-79 years	6.2	5.8	5.9	6.5	1.8	1.6	1.7	›1.9	32.4	29.1	29.0	35.5
80 + years	6.3	5.5	›6.4	›››6.8	1.8	1.5	›1.9	››1.9	32.9	26.6	36.7	›37.4
Total, age adjusted ...	6.2	5.2	››5.9	›››6.6	1.8	1.4	›››1.8	›››1.9	33.7	24.8	››33.7	›››36.3
Male												
60-64 years	6.5	4.4	6.2	›››6.8	2.0	1.1	›2.0	›››2.1	38.5	13.0 *	››43.2	›››41.4
65-69 years	6.7	4.8	6.1 *	›››7.0	2.1	1.5	2.0	›2.1	40.3	29.2	34.0	42.3
70-74 years	6.4	5.3	6.7	›6.5	1.9	1.6 *	2.3	1.9	36.9	29.2	44.3	35.4
75-79 years	6.7	6.1 *	6.2 *	7.2	2.1	1.6 *	1.6 *	››2.4	40.2	39.2 *	30.6 *	46.7
80 + years	6.6	5.6	›6.7	›››6.9	1.9	1.4	››2.2	›››2.0	38.2	27.1	›41.8	›41.1
Total, age adjusted ...	6.6	5.2	›››6.4	›››6.9	2.0	1.4	›››2.0	›››2.1	38.8	26.6	››39.2	›››41.2
Female												
60-64 years	5.7	4.5	5.2	›››6.0	1.7	1.1	1.4	›››1.7	29.1	16.4 *	28.6	›››32.1
65-69 years	6.1	5.3	5.4	6.4	1.7	1.5	1.5	1.7	32.8	27.7	33.2	32.8
70-74 years	5.9	5.4	5.9	6.1	1.5	1.4	1.6	1.6	30.5	26.6	27.3	32.4
75-79 years	5.8	5.7	5.7	5.9	1.6	1.6 *	1.8	1.5	27.6	24.9 *	27.9	27.2
80 + years	6.1	5.5	6.2	›››6.7	1.7	1.5	1.8	1.8	30.1	26.5	33.9	34.8
Total, age adjusted ...	5.9	5.2	5.7	›››6.2	1.6	1.4	1.6	››1.7	30.1	24.1	30.2	››32.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
   Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-39—Standard errors for Healthy Eating Index component scores and food pyramid servings for dairy: Older adults[1]

	Standard error for mean HEI score				Standard error for number servings				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	0.17	0.36	0.32	0.17	0.09	0.11	0.21	0.09	1.8	2.8	3.9	2.0
65-69 years	0.14	0.47	0.38	0.14	0.08	0.17	0.23	0.08	2.1	5.4	5.5	2.4
70-74 years	0.16	0.34	0.32	0.22	0.06	0.12	0.18	0.08	1.9	4.1	4.7	2.8
75-79 years	0.18	0.41	0.43	0.22	0.08	0.14	0.18	0.12	2.3	4.0	5.3	3.5
80 + years	0.11	0.20	0.30	0.14	0.05	0.09	0.14	0.08	1.7	3.0	3.9	2.7
Total, age adjusted ...	0.07	0.18	0.17	0.07	0.03	0.06	0.10	0.04	0.8	2.1	2.2	1.0
Male												
60-64 years	0.24	0.66	0.73	0.24	0.14	0.23	0.44	0.18	2.9	5.2	9.7	3.1
65-69 years	0.19	0.57	0.40	0.24	0.14	0.27	0.40	0.13	3.2	7.2	7.5	3.8
70-74 years	0.26	0.50	0.62	0.33	0.13	0.23	0.37	0.14	3.8	5.2	10.0	4.4
75-79 years	0.20	0.62	0.50	0.26	0.13	0.21	0.19	0.24	3.4	6.4	8.1	4.8
80 + years	0.19	0.31	0.30	0.30	0.09	0.10	0.25	0.13	3.2	3.8	5.0	5.1
Total, age adjusted ...	0.09	0.23	0.25	0.11	0.05	0.09	0.18	0.07	1.4	2.3	3.8	1.7
Female												
60-64 years	0.20	0.39	0.55	0.21	0.11	0.13	0.30	0.09	2.5	3.9	7.5	2.7
65-69 years	0.19	0.57	0.57	0.21	0.08	0.18	0.21	0.09	2.4	6.0	7.0	2.9
70-74 years	0.19	0.42	0.56	0.26	0.07	0.12	0.22	0.10	2.7	5.5	7.5	4.0
75-79 years	0.24	0.51	0.58	0.31	0.10	0.18	0.26	0.12	2.8	5.0	6.5	4.5
80 + years	0.14	0.27	0.41	0.20	0.06	0.11	0.17	0.11	2.1	3.8	4.8	3.6
Total, age adjusted ...	0.09	0.20	0.25	0.11	0.04	0.07	0.11	0.05	1.1	2.5	3.0	1.5

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-40—Healthy Eating Index component scores and food pyramid servings for meat: Older adults[1]

	Mean HEI score				Mean # food pyramid servings				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	6.8	6.4	7.0	6.9	1.8	1.6	› 2.0	›› 1.9	30.6	24.5	› 36.7	32.4
65-69 years	6.8	6.4	6.7	6.9	1.9	1.9	1.8	2.0	32.0	33.4	26.1	33.0
70-74 years	6.6	6.0	6.0	› 6.9	1.8	1.6	1.6	1.8	27.6	21.3	21.1	30.5
75-79 years	6.1	5.8	6.0	6.4	1.6	1.5	1.7	1.6	21.4	17.0	24.4	22.8
80 + years	5.8	5.7	5.8	5.9	1.4	1.4	1.5	1.4	16.8	19.0	19.9	15.2
Total, age adjusted ...	6.4	6.0	6.3	››› 6.6	1.7	1.6	1.7	› 1.8	26.0	23.4	26.1	27.1
Male												
60-64 years	7.4	6.9	8.0 *	7.5	2.3	1.9	›› 2.7 *	2.4	39.0	28.6	››› 56.9 *	39.7
65-69 years	7.2	6.8	6.9 *	7.4	2.2	2.3	2.0 *	2.3	36.4	33.3	28.0 *	38.8
70-74 years	7.1	6.0	7.0	› 7.3	2.0	1.8	2.1	2.1	30.5	26.3	36.0	29.9
75-79 years	6.8	6.0 *	6.8 *	7.2	2.0	1.8 *	2.2 *	2.0	27.9	15.5 *	› 33.3 *	› 29.2
80 + years	6.4	6.3	6.2	6.5	1.8	1.9	1.7	1.8	21.7	25.3	20.8	21.4
Total, age adjusted ...	7.0	6.4	› 7.0	››› 7.2	2.1	2.0	2.2	2.1	31.5	26.3	› 35.7	32.2
Female												
60-64 years	6.3	6.1	6.3 *	6.3	1.5	1.4	1.5 *	1.6	24.2	22.0	24.4 *	26.0
65-69 years	6.4	6.1	6.6 *	6.4	1.6	1.7	1.6 *	1.6	27.8	33.4	24.5 *	26.7
70-74 years	6.3	6.0	5.3	6.6	1.5	1.4	1.2	1.6	25.3	18.8	10.8 *	31.1
75-79 years	5.7	5.7	5.5 *	5.7	1.3	1.3	1.4 *	1.3	17.3	17.7 *	18.2 *	18.0
80 + years	5.5	5.4	5.6	5.4	1.3	1.3	1.3	1.2	14.2	16.8	19.4 *	10.6
Total, age adjusted ...	6.0	5.9	5.9	6.1	1.4	1.4	1.4	1.4	22.0	22.0	19.8	22.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-41—Standard errors for Healthy Eating Index component scores and food pyramid servings for meat: Older adults[1]

	Standard error for mean HEI score				Standard error for number servings				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes												
60-64 years	0.12	0.29	0.58	0.16	0.05	0.09	0.20	0.08	1.6	3.0	5.2	2.5
65-69 years	0.13	0.40	0.41	0.18	0.06	0.21	0.16	0.08	2.5	5.4	6.2	2.9
70-74 years	0.14	0.33	0.43	0.18	0.07	0.15	0.17	0.07	2.0	4.3	4.9	2.6
75-79 years	0.12	0.31	0.47	0.18	0.06	0.11	0.20	0.07	1.9	3.1	6.0	2.6
80 + years	0.14	0.19	0.25	0.25	0.04	0.07	0.09	0.07	1.1	2.8	3.3	1.8
Total, age adjusted ...	0.06	0.13	0.25	0.08	0.03	0.07	0.10	0.03	1.0	1.7	2.9	1.4
Male												
60-64 years	0.15	0.44	0.43	0.20	0.08	0.18	0.22	0.13	3.1	5.8	6.8	4.4
65-69 years	0.21	0.40	0.64	0.26	0.13	0.30	0.21	0.15	3.7	6.8	7.2	4.5
70-74 years	0.19	0.52	0.61	0.22	0.08	0.30	0.29	0.09	3.2	7.6	9.4	4.1
75-79 years	0.28	0.57	0.78	0.37	0.14	0.28	0.32	0.15	3.9	4.6	7.9	5.6
80 + years	0.16	0.24	0.38	0.20	0.06	0.11	0.14	0.08	1.5	3.6	3.6	2.3
Total, age adjusted ...	0.08	0.15	0.27	0.10	0.04	0.11	0.12	0.06	1.6	2.8	3.8	2.3
Female												
60-64 years	0.17	0.41	0.71	0.21	0.06	0.11	0.19	0.07	2.5	4.3	7.6	3.2
65-69 years	0.18	0.55	0.53	0.20	0.07	0.26	0.24	0.07	3.5	7.2	8.8	3.8
70-74 years	0.20	0.40	0.39	0.28	0.09	0.13	0.09	0.09	2.4	4.7	2.9	3.7
75-79 years	0.15	0.35	0.59	0.22	0.04	0.10	0.23	0.07	1.6	4.1	6.4	3.1
80 + years	0.17	0.24	0.36	0.34	0.05	0.08	0.11	0.08	1.7	3.5	4.7	2.3
Total, age adjusted ...	0.08	0.20	0.26	0.11	0.03	0.08	0.10	0.04	1.2	2.4	3.1	1.7

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-42—Healthy Eating Index component scores for variety: Older adults[1]

	Mean HEI score				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	7.8	5.8	›››7.4	›››8.3	56.1	28.5	› 44.4	›››64.0
65-69 years	8.1	6.9	7.3	›››8.6	60.9	47.2	45.7	›› 67.2
70-74 years	8.1	6.6	›››8.1	›››8.5	60.2	36.9	›››56.2	›››68.0
75-79 years	7.8	6.7	›› 7.7	›››8.5	55.3	36.8	› 53.8	›››67.4
80 + years	7.9	7.1	›› 7.9	›››8.4	56.9	43.8	›››62.1	›››64.2
Total, age adjusted ...	7.9	6.6	›››7.7	›››8.4	57.9	38.4	›››52.0	›››66.0
Male								
60-64 years	8.1	6.3	7.5 *	›››8.5	62.0	32.9	45.8 *	›››69.0
65-69 years	8.2	6.5	7.1 *	›››8.7	65.5	44.8	43.1 *	›››72.1
70-74 years	8.1	6.0	›› 7.8 *	›››8.6	61.8	37.3	50.5 *	›››69.2
75-79 years	7.6	6.0 *	7.3 *	›››8.5	53.3	35.9 *	51.7 *	›››63.0
80 + years	8.0	7.0	7.7	›››8.6	58.0	42.3	› 58.2	›››65.1
Total, age adjusted ...	8.0	6.4	›››7.5	›››8.6	60.4	38.6	› 49.6	›››67.9
Female								
60-64 years	7.6	5.5	›››7.4 *	›››8.1	51.6	25.8	43.6 *	›››59.6
65-69 years	8.0	7.2	7.5 *	›› 8.4	56.6	48.6	47.8 *	61.7
70-74 years	8.1	6.9	›› 8.2	›››8.4	59.0	36.7	›› 60.2	›››66.7
75-79 years	7.9	7.0	› 8.1 *	›› 8.5	56.6	37.1	› 55.2 *	›››70.7
80 + years	7.8	7.1	› 8.1	›››8.2	56.3	44.4	›› 64.3	›› 63.5
Total, age adjusted ...	7.8	6.7	›››7.8	›››8.3	55.8	38.2	›››53.7	›››64.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.

Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-43—Standard errors for Healthy Eating Index component scores for variety: Older adults[1]

	Standard error for mean HEI score				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	0.13	0.25	0.29	0.13	2.2	4.0	6.2	2.5
65-69 years	0.12	0.40	0.34	0.12	2.2	6.0	7.5	2.4
70-74 years	0.12	0.24	0.28	0.14	2.3	3.9	4.8	2.9
75-79 years	0.16	0.29	0.30	0.26	2.4	4.6	4.8	4.6
80 + years	0.13	0.22	0.23	0.16	2.2	3.2	3.8	3.0
Total, age adjusted ...	0.06	0.12	0.14	0.07	1.0	2.1	2.7	1.4
Male								
60-64 years	0.15	0.41	0.50	0.20	2.8	6.5	9.6	3.8
65-69 years	0.14	0.54	0.39	0.17	2.5	7.8	10.4	2.9
70-74 years	0.18	0.51	0.42	0.20	3.5	6.6	6.9	4.6
75-79 years	0.19	0.51	0.52	0.25	3.7	6.2	7.8	6.2
80 + years	0.18	0.29	0.35	0.20	2.7	4.8	5.3	3.6
Total, age adjusted ...	0.09	0.21	0.21	0.10	1.5	2.8	4.5	2.0
Female								
60-64 years	0.18	0.36	0.36	0.18	2.6	5.2	6.5	3.1
65-69 years	0.17	0.45	0.53	0.17	2.9	7.3	10.6	3.1
70-74 years	0.18	0.29	0.36	0.24	3.2	4.3	6.8	4.0
75-79 years	0.19	0.32	0.38	0.36	2.8	5.8	6.6	5.2
80 + years	0.14	0.28	0.26	0.17	2.4	4.0	4.5	3.7
Total, age adjusted ...	0.08	0.15	0.19	0.10	1.3	2.5	3.0	1.7

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-44—Healthy Eating Index component scores for total fat: Older adults[1]

	Mean HEI score				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	6.8	6.5	6.6	6.9	44.2	43.8	36.0	45.8
65-69 years	6.8	7.1	› 5.8	6.9	37.8	44.8	33.0	36.2
70-74 years	6.9	7.2	7.6	6.6	40.9	46.4	51.7	› 36.0
75-79 years	7.0	6.6	6.7	7.1	41.3	42.2	36.3	40.7
80 + years	7.3	7.4	7.4	7.1	42.0	41.8	40.0	43.1
Total, age adjusted ...	6.9	6.9	6.8	6.9	41.3	43.9	39.2	40.5
Male								
60-64 years	6.7	5.6	5.5	› 7.0	42.3	31.5	25.0	› 46.7
65-69 years	6.7	6.5	6.2 *	6.8	34.8	29.9	27.4 *	35.9
70-74 years	6.6	6.6	7.0	6.4	34.0	41.0	45.2	29.3
75-79 years	6.8	6.6 *	7.0 *	6.8	37.7	35.9 *	42.4 *	35.3
80 + years	6.8	6.6	7.2	6.7	37.8	35.7	42.3	37.3
Total, age adjusted ...	6.7	6.4	6.5	6.8	37.5	34.5	35.8	37.3
Female								
60-64 years	6.9	7.0	7.2	6.8	45.7	51.3	42.8	45.0
65-69 years	6.9	7.5	› 5.6 *	7.0	40.5	53.7	37.6	› 36.4
70-74 years	7.2	7.4	8.0	6.8	46.3	49.1	56.2	42.5
75-79 years	7.0	6.6	6.5	7.4	43.5	44.9	32.1	44.7
80 + years	7.5	7.6	7.5	7.3	44.3	44.0	38.6	47.2
Total, age adjusted ...	7.1	7.2	7.0	7.0	44.1	48.8	41.7	› 43.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-45—Standard errors for Healthy Eating Index component scores for total fat: Older adults[1]

	Standard error for mean HEI score				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	0.16	0.36	0.49	0.20	2.2	4.8	7.3	2.7
65-69 years	0.18	0.30	0.56	0.20	2.6	4.3	6.9	2.8
70-74 years	0.17	0.32	0.35	0.21	2.3	5.1	6.1	2.9
75-79 years	0.18	0.42	0.45	0.26	2.9	5.1	7.0	4.6
80 + years	0.11	0.19	0.24	0.17	1.6	2.8	4.3	2.4
Total, age adjusted ...	0.07	0.14	0.21	0.09	1.0	2.1	3.1	1.3
Male								
60-64 years	0.24	0.67	0.80	0.27	3.2	7.7	7.5	3.5
65-69 years	0.24	0.51	0.93	0.27	3.2	7.5	12.4	3.3
70-74 years	0.23	0.50	0.56	0.27	2.8	7.8	9.5	3.4
75-79 years	0.29	0.53	0.62	0.39	4.1	8.9	8.4	5.2
80 + years	0.17	0.39	0.36	0.18	2.0	5.0	4.6	3.2
Total, age adjusted ...	0.10	0.28	0.30	0.11	1.5	3.9	4.1	1.8
Female								
60-64 years	0.19	0.43	0.50	0.27	2.4	6.1	8.3	3.3
65-69 years	0.27	0.33	0.79	0.33	3.6	4.9	9.2	4.8
70-74 years	0.22	0.36	0.37	0.29	2.8	6.0	6.3	3.7
75-79 years	0.19	0.60	0.51	0.32	3.2	6.1	6.9	5.9
80 + years	0.11	0.18	0.30	0.26	2.2	3.7	5.8	3.9
Total, age adjusted ...	0.08	0.16	0.23	0.14	1.2	2.2	3.5	1.8

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-46—Healthy Eating Index component scores for saturated fat: Older adults[1]

	Mean HEI score				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	6.8	7.2	6.4	6.8	48.2	54.4	39.9	47.3
65-69 years	6.7	6.7	6.2	6.9	46.0	48.3	39.4	46.9
70-74 years	7.0	7.0	7.5	6.9	47.1	51.7	52.1	44.2
75-79 years	6.8	6.3	6.5	7.2	44.7	42.8	40.0	47.6
80 + years	7.0	7.2	6.9	7.0	45.7	47.3	37.9	47.5
Total, age adjusted ...	6.9	6.9	6.7	6.9	46.5	49.3	› 41.8	46.7
Male								
60-64 years	6.7	6.6	5.3 *	6.8	45.9	44.8	› 24.6 *	47.9
65-69 years	6.6	6.2	6.9 *	6.5	46.5	42.1	49.9 *	46.2
70-74 years	6.7	6.2 *	6.7	6.8	39.8	44.8	42.9	39.0
75-79 years	6.5	6.2 *	6.8 *	6.6	41.4	39.3 *	40.4 *	44.0
80 + years	6.6	6.8	6.6	6.6	42.1	36.5	44.6	43.5
Total, age adjusted ...	6.6	6.4	6.4	6.7	43.4	41.7	40.0	44.3
Female								
60-64 years	6.9	7.5	7.2	6.8	50.0	60.2	49.3	› 46.8
65-69 years	6.9	7.0	5.6 *	7.2	45.6	52.0	30.7 *	47.7
70-74 years	7.2	7.4	8.0	6.9	52.7	55.1	58.5	49.2
75-79 years	7.0	6.3 *	6.3	7.6	46.8	44.3 *	39.8	50.3
80 + years	7.2	7.3	7.1	7.2	47.6	51.2	› 34.1	50.3
Total, age adjusted ...	7.1	7.1	6.8	7.1	48.6	53.1	› 42.6	48.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
   Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-47—Standard errors for Healthy Eating Index component scores for saturated fat: Older adults[1]

	Standard error for mean HEI score				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	0.19	0.32	0.63	0.23	2.1	4.6	7.2	2.5
65-69 years	0.19	0.38	0.48	0.26	2.9	5.2	6.1	3.7
70-74 years	0.17	0.28	0.33	0.23	2.1	3.8	4.9	2.8
75-79 years	0.21	0.47	0.41	0.29	2.6	5.1	6.0	3.6
80 + years	0.14	0.21	0.32	0.18	2.0	3.2	4.3	3.0
Total, age adjusted ...	0.09	0.15	0.24	0.12	1.2	2.2	3.2	1.4
Male								
60-64 years	0.26	0.58	0.92	0.34	3.3	8.9	7.6	3.8
65-69 years	0.24	0.53	0.62	0.28	3.4	7.8	8.9	4.5
70-74 years	0.20	0.52	0.47	0.27	2.9	6.2	6.9	3.5
75-79 years	0.24	0.78	0.50	0.34	4.2	9.5	9.4	5.5
80 + years	0.18	0.50	0.46	0.22	2.2	5.1	5.5	2.9
Total, age adjusted ...	0.10	0.27	0.27	0.12	1.5	3.9	2.8	1.8
Female								
60-64 years	0.24	0.47	0.62	0.27	2.7	5.7	7.7	3.4
65-69 years	0.23	0.45	0.80	0.34	3.5	6.3	9.8	4.6
70-74 years	0.24	0.34	0.33	0.32	3.0	4.9	5.8	4.3
75-79 years	0.26	0.60	0.52	0.35	2.7	5.9	6.3	4.6
80 + years	0.17	0.28	0.40	0.29	2.6	4.1	5.8	4.5
Total, age adjusted ...	0.11	0.16	0.27	0.16	1.5	2.3	4.0	2.0

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-48—Healthy Eating Index component scores for cholesterol: Older adults[1]

	Mean HEI score				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	8.2	8.2	7.4	8.3	74.5	75.8	70.1	74.9
65-69 years	8.1	7.8	8.1	8.2	73.1	67.4	75.4	74.3
70-74 years	8.2	8.4	8.5	8.0	73.2	72.4	80.0	70.8
75-79 years	8.6	8.5	8.8	8.6	78.0	75.9	78.6	79.4
80 + years	8.8	8.7	8.8	8.9	82.9	80.2	82.8	83.0
Total, age adjusted ...	8.4	8.3	8.3	8.4	76.2	74.3	77.1	76.4
Male								
60-64 years	7.3	7.4	5.4 *	7.6	63.9	70.5	› 45.7 *	66.0
65-69 years	7.4	7.0	8.1 *	7.3	63.9	54.9	› 76.1 *	63.2
70-74 years	7.2	6.8	7.4 *	7.2	61.3	55.0	64.0 *	61.6
75-79 years	7.6	7.8 *	8.2 *	7.3	66.3	68.3 *	71.3 *	64.3
80 + years	8.0	7.2	8.0	›› 8.2	72.5	62.3	› 75.5	› 72.6
Total, age adjusted ...	7.5	7.2	7.3	7.5	65.5	62.2	65.8	65.6
Female								
60-64 years	8.8	8.7	8.7 *	8.8	82.5	79.0	85.1 *	82.6
65-69 years	8.8	8.2	8.1 *	9.1	81.8	74.8	74.7 *	86.6
70-74 years	9.0	9.1	9.3 *	8.8	82.4	81.0	›› 91.1 *	79.8
75-79 years	9.2	8.8	9.2 *	9.5	85.3	79.0 *	83.6 *	› 90.6 *
80 + years	9.3	9.2	9.2	9.4	88.5	86.6 *	87.0 *	90.5 *
Total, age adjusted ...	9.0	8.8	8.9	9.1	84.0	80.0	84.2	› 85.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-49—Standard errors for Healthy Eating Index component scores for cholesterol: Older adults[1]

	Standard error for mean HEI score				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	0.14	0.29	0.75	0.21	1.9	3.7	7.5	3.1
65-69 years	0.15	0.40	0.49	0.18	2.2	4.9	5.2	2.7
70-74 years	0.13	0.19	0.41	0.21	1.8	3.2	5.0	2.6
75-79 years	0.13	0.34	0.30	0.22	2.1	4.2	5.2	2.8
80 + years	0.09	0.20	0.26	0.12	1.3	2.8	3.5	1.6
Total, age adjusted ...	0.07	0.13	0.33	0.10	0.8	1.5	3.7	1.3
Male								
60-64 years	0.27	0.53	1.02	0.35	3.0	5.4	10.1	4.3
65-69 years	0.26	0.60	0.59	0.31	3.6	7.7	6.9	4.3
70-74 years	0.24	0.41	0.78	0.33	2.7	7.2	9.0	3.6
75-79 years	0.27	0.56	0.59	0.41	3.8	6.2	8.8	5.0
80 + years	0.17	0.28	0.50	0.22	2.3	4.0	5.6	3.0
Total, age adjusted ...	0.12	0.25	0.47	0.17	1.3	2.9	4.9	1.8
Female								
60-64 years	0.15	0.40	0.60	0.21	2.0	5.6	6.1	2.9
65-69 years	0.16	0.51	0.70	0.21	2.2	6.5	7.7	2.7
70-74 years	0.17	0.20	0.27	0.27	2.4	2.8	3.2	3.9
75-79 years	0.15	0.39	0.28	0.16	2.6	5.3	6.1	2.5
80 + years	0.10	0.22	0.27	0.14	1.5	3.1	4.0	2.1
Total, age adjusted ...	0.07	0.16	0.23	0.11	0.9	2.0	2.9	1.5

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-50—Healthy Eating Index component scores for sodium: Older adults[1]

	Mean HEI score				Percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	6.9	7.9	7.5	›››6.6	41.0	55.8	52.7	›››35.9
65-69 years	6.9	7.4	7.3	6.7	39.8	50.9	45.4	›36.2
70-74 years	7.2	8.1	7.5	›››6.9	41.6	56.4	48.0	›››35.0
75-79 years	7.7	8.4	7.8	›››7.2	50.1	57.3	54.3	45.2
80 + years	8.0	8.2	8.1	7.7	51.6	57.7	48.8	›46.2
Total, age adjusted ...	7.3	8.0	7.6	›››7.0	44.5	55.5	49.8	›››39.4
Male								
60-64 years	5.4	6.7	5.8 *	›5.2	25.1	40.3	35.5 *	›20.6
65-69 years	6.0	6.6	7.0 *	5.7	30.6	41.2	41.6 *	27.4
70-74 years	6.1	7.0	5.9 *	5.8	27.7	39.3	29.4	›24.5
75-79 years	6.4	7.3 *	6.9 *	››5.6	33.6	44.2 *	41.2 *	›26.5
80 + years	7.1	7.2	7.5	7.0	39.8	41.6	39.6	39.2
Total, age adjusted ...	6.2	6.9	6.6	›››5.8	31.1	41.2	37.3	›››27.5
Female								
60-64 years	8.1	8.7	8.5 *	›7.9	53.1	65.1	63.2 *	›49.3
65-69 years	7.8	7.9	7.6 *	7.8	48.3	56.6	48.5 *	45.8
70-74 years	8.2	8.6	8.6	›7.9	52.5	64.8	61.0	››45.2
75-79 years	8.5	8.8	8.4 *	8.4	60.4	62.7	63.3 *	58.9
80 + years	8.5	8.6	8.4	8.3	57.9	63.5	54.0	›51.3
Total, age adjusted ...	8.2	8.5	8.3	›8.0	54.1	62.6	57.9	›››49.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-51—Standard errors for Healthy Eating Index component scores for sodium: Older adults[1]

	Standard error for mean HEI score				Standard error for percent meeting HEI recommendations			
	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty	Total persons	Income ≤ 130% poverty	Income 131-185% poverty	Income > 185% poverty
Both sexes								
60-64 years	0.14	0.34	0.51	0.17	1.8	4.4	7.1	2.3
65-69 years	0.17	0.40	0.60	0.20	2.2	5.4	7.1	2.4
70-74 years	0.15	0.32	0.44	0.21	1.9	5.0	5.9	2.6
75-79 years	0.17	0.21	0.38	0.29	2.9	4.0	5.6	5.2
80 + years	0.10	0.19	0.23	0.16	2.1	3.2	4.2	2.8
Total, age adjusted ...	0.08	0.15	0.24	0.10	1.3	2.2	3.8	1.6
Male								
60-64 years	0.26	0.67	0.81	0.28	2.8	6.7	7.5	3.4
65-69 years	0.28	0.56	0.56	0.34	3.2	7.6	8.2	3.6
70-74 years	0.21	0.58	0.63	0.27	2.7	6.5	8.2	3.5
75-79 years	0.30	0.46	0.55	0.48	3.9	7.6	9.2	5.0
80 + years	0.14	0.34	0.46	0.23	2.0	4.0	5.9	2.8
Total, age adjusted ...	0.12	0.21	0.31	0.15	1.3	2.5	3.4	1.6
Female								
60-64 years	0.14	0.26	0.44	0.19	2.5	5.7	8.3	3.2
65-69 years	0.19	0.48	0.82	0.24	3.4	6.2	10.1	4.2
70-74 years	0.17	0.27	0.36	0.27	3.0	4.8	6.8	4.4
75-79 years	0.21	0.22	0.51	0.27	3.8	4.7	6.6	6.6
80 + years	0.12	0.18	0.23	0.20	2.8	3.9	5.4	4.0
Total, age adjusted ...	0.09	0.15	0.23	0.13	1.7	2.5	4.4	2.2

[1] See Table D-29 for sample sizes.

Source: NHANES-III, 1988-94: Healthy Eating Index Data File. The 'All older adults' column includes persons with missing income.

Table D-52—Mean percent of usual energy intake from total fat: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	32.1	0.31	358	32.1	0.62	135	33.7	0.92	555	32.0	0.38
65-69 years	1,054	32.4	0.38	325	31.1	0.51	128	›› 34.3	1.08	503	› 32.4	0.38
70-74 years	1,019	32.1	0.35	290	30.6	0.61	160	30.8	0.78	485	›› 33.0	0.39
75-79 years	659	32.4	0.30	212	33.1	0.69	117	32.7	0.80	257	32.3	0.45
80 + years	1,153	31.6	0.20	369	31.4	0.29	196	31.8	0.38	443	31.9	0.36
Total, age adjusted ...	5,039	32.2	0.13	1,554	31.6	0.27	736	›› 32.7	0.36	2,243	› 32.4	0.17
Male												
60-64 years	575	32.7	0.46	168	34.6	1.09	67	37.9	2.08	294	› 31.8	0.56
65-69 years	536	32.8	0.42	144	33.4	0.75	63	34.5	1.46	283	32.7	0.45
70-74 years	500	33.3	0.43	128	32.2	0.92	77	32.3	0.98	260	33.8	0.48
75-79 years	283	33.3	0.43	87	33.8	2.38	49	33.2	1.18	118	33.5	0.64
80 + years	557	32.6	0.23	148	33.1	0.38	98	› 31.6	0.62	252	32.8	0.34
Total, age adjusted ...	2,451	33.0	0.17	675	33.4	0.39	354	33.8	0.48	1,207	32.9	0.19
Female												
60-64 years	579	31.7	0.36	190	30.6	0.89	68	31.9	1.16	261	32.1	0.47
65-69 years	518	32.0	0.54	181	29.7	0.73	65	›› 34.2	1.20	220	›› 32.1	0.61
70-74 years	519	31.2	0.42	162	29.9	0.72	83	30.0	2.09	225	›› 32.2	0.49
75-79 years	376	31.9	0.34	125	33.0	0.84	68	32.4	0.89	139	31.5	0.58
80 + years	596	31.1	0.24	221	30.8	0.35	98	› 31.9	0.46	191	31.2	0.54
Total, age adjusted ...	2,588	31.6	0.17	879	30.7	0.37	382	› 32.0	0.41	1,036	›› 31.9	0.25

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated *using C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-53—Percent of older adults meeting Dietary Guidelines recommendation for usual intake of total fat[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,154	36.4	2.02	358	37.7	3.70	135	29.3	5.18	555	36.2	2.78
65-69 years	1,054	34.8	2.34	325	43.5	3.11	128	›› 24.5	5.47	503	› 33.8	2.42
70-74 years	1,019	36.3	2.26	290	47.0	3.52	160	47.0	4.18	485	›››28.5	2.73
75-79 years	659	33.6	2.09	212	32.0	3.70	117	24.6	6.87	257	33.5	2.97
80 + years	1,153	38.2	1.42	369	39.3	2.22	196	37.2	3.02	443	36.8	2.58
Total, age adjusted ...	5,039	35.8	0.86	1,554	40.8	1.64	736	› 34.1	2.12	2,243	›››33.8	1.17
Male												
60-64 years	575	33.4	2.93	168	23.0	5.80	67	11.7	2.91	294	› 38.4	3.73
65-69 years	536	31.0	2.63	144	19.8	5.21	63	25.0	7.15	283	› 31.6	2.82
70-74 years	500	28.9	2.64	128	39.4	5.18	77	39.2	5.10	260	›› 23.4	3.09
75-79 years	283	26.8	2.90	87	25.5	6.29	49	23.7	8.72	118	24.3	3.75
80 + years	557	32.6	1.43	148	26.5	2.75	98	›››42.8	3.68	252	29.5	2.24
Total, age adjusted ...	2,451	30.2	1.12	675	27.6	2.31	354	29.7	2.59	1,207	29.9	1.28
Female												
60-64 years	579	38.2	2.53	190	46.5	5.26	68	35.0	10.00	261	› 32.8	3.70
65-69 years	518	38.1	3.14	181	53.5	3.91	65	›››20.6	6.84	220	›› 35.8	3.71
70-74 years	519	42.6	2.70	162	51.1	4.46	83	53.0	8.42	225	›› 34.6	3.39
75-79 years	376	37.5	2.33	125	34.2	4.49	68	24.0	8.43	139	41.1	3.94
80 + years	596	41.5	1.89	221	44.3	2.58	98	› 34.8	3.90	191	41.3	3.98
Total, age adjusted ...	2,588	39.9	1.11	879	46.8	2.19	382	›› 36.6	2.77	1,036	›››37.2	1.74

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Recommended intake of total fat is less than or equal to 30 percent of total calories.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-54—Distribution of usual intake of total fat as a percent of usual energy intake: Older adults

Both sexes

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	22.4	24.5	25.9	28.1	32.1	36.2	38.4	39.9	42.0	0.36	0.34	0.33	0.33	0.32	0.32	0.32	0.32	0.36
65-69 years	21.8	24.2	25.8	28.1	32.5	36.7	38.9	40.4	42.6	0.46	0.45	0.44	0.42	0.39	0.36	0.36	0.36	0.39
70-74 years	21.9	24.2	25.7	28.0	32.2	36.3	38.5	40.0	42.2	0.40	0.40	0.40	0.39	0.36	0.33	0.32	0.33	0.34
75-79 years	23.4	25.3	26.7	28.6	32.4	36.2	38.2	39.7	41.8	0.30	0.30	0.31	0.32	0.32	0.33	0.34	0.35	0.38
80 + years	22.2	24.3	25.8	27.9	31.7	35.5	37.5	38.8	40.8	0.25	0.25	0.24	0.23	0.20	0.19	0.19	0.20	0.22
Total, age adjusted ...	22.3	24.4	25.9	28.1	32.2	36.3	38.4	39.9	42.0	0.15	0.15	0.14	0.14	0.14	0.13	0.13	0.14	0.15
Lowest income: ≤ 130% poverty																		
60-64 years	20.6	23.0	24.7	27.4	32.3	37.0	39.4	40.8	42.9	0.63	0.66	0.69	0.73	0.72	0.62	0.57	0.57	0.59
65-69 years	20.3	22.7	24.3	26.6	31.1	35.5	37.9	39.5	41.9	0.72	0.66	0.62	0.56	0.51	0.54	0.58	0.59	0.62
70-74 years	18.6	21.1	22.9	25.5	30.6	35.7	38.4	40.2	42.9	0.71	0.69	0.68	0.68	0.66	0.65	0.64	0.62	0.58
75-79 years	22.7	24.9	26.4	28.7	33.0	37.3	39.7	41.3	43.8	0.58	0.60	0.62	0.65	0.73	0.82	0.86	0.89	0.92
80 + years	22.8	24.7	26.0	27.9	31.4	34.9	36.7	38.0	39.8	0.40	0.38	0.36	0.33	0.29	0.27	0.28	0.29	0.33
Total, age adjusted ...	20.8	23.1	24.7	27.1	31.6	36.1	38.4	40.0	42.3	0.34	0.33	0.32	0.30	0.28	0.27	0.28	0.28	0.30
Low-income: 131-185% poverty																		
60-64 years	23.6	25.7	27.1	29.2	33.3	37.8	40.4	42.2	45.1	1.03	0.99	0.96	0.91	0.86	0.93	1.08	1.23	1.53
65-69 years	23.2	25.8	27.6	30.1	›34.6	›38.9	41.0	42.5	44.5	1.23	1.25	1.25	1.23	1.14	1.06	1.03	1.02	1.03
70-74 years	20.6	22.6	24.1	26.2	30.5	35.1	37.7	39.5	42.3	0.99	0.83	0.76	0.69	0.69	0.79	0.91	1.02	1.22
75-79 years	››26.3	27.7	28.6	30.0	32.7	35.3	36.7	›37.6	›››39.0	0.92	0.89	0.87	0.84	0.80	0.79	0.80	0.81	0.83
80 + years	21.8	24.0	25.5	27.8	32.0	35.8	37.8	39.2	41.3	0.37	0.39	0.41	0.46	0.49	0.41	0.42	0.48	0.61
Total, age adjusted ...	›22.4	›24.6	›26.1	28.4	32.6	36.9	39.3	41.0	43.6	0.42	0.40	0.39	0.37	0.36	0.37	0.40	0.44	0.53
Higher-income: > 185% poverty																		
60-64 years	›22.9	24.9	26.2	28.2	32.0	35.7	37.7	39.0	›40.9	0.42	0.41	0.40	0.40	0.41	0.39	0.38	0.38	0.38
65-69 years	22.3	24.6	26.1	28.4	32.5	36.5	38.6	40.1	42.3	0.53	0.50	0.47	0.44	0.38	0.36	0.39	0.42	0.50
70-74 years	›››23.8	›››25.9	›››27.3	›››29.4	›33.1	36.8	38.7	40.0	41.8	0.51	0.50	0.49	0.46	0.41	0.37	0.35	0.34	0.33
75-79 years	23.8	25.6	26.9	28.7	32.2	35.9	37.8	39.2	41.2	0.45	0.43	0.42	0.43	0.46	0.51	0.55	0.58	0.65
80 + years	22.4	24.5	25.9	28.0	32.0	35.8	37.8	›39.2	›41.1	0.54	0.49	0.47	0.43	0.37	0.33	0.32	0.32	0.32
Total, age adjusted ...	›››23.1	›››25.1	›››26.5	›››28.5	32.4	36.2	38.2	39.5	41.5	0.21	0.20	0.19	0.19	0.18	0.17	0.17	0.18	0.19

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated *using C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

Table D-54—Distribution of usual intake of total fat as a percent of usual energy intake: Older adults — Continued

Male

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	22.5	24.8	26.3	28.5	32.7	37.0	39.3	40.8	43.0	0.59	0.56	0.54	0.52	0.49	0.43	0.40	0.39	0.38
65-69 years	23.1	25.3	26.8	28.9	32.9	36.8	38.9	40.3	42.3	0.46	0.46	0.45	0.45	0.44	0.42	0.42	0.42	0.44
70-74 years	22.9	25.3	26.9	29.3	33.5	37.6	39.7	41.1	43.2	0.61	0.56	0.54	0.50	0.45	0.41	0.40	0.38	0.37
75-79 years	25.0	26.7	27.9	29.7	33.2	36.7	38.7	40.0	42.0	0.51	0.48	0.47	0.46	0.44	0.46	0.49	0.52	0.57
80 + years	23.2	25.2	26.6	28.7	32.7	36.6	38.7	40.0	42.0	0.29	0.26	0.25	0.24	0.24	0.27	0.30	0.32	0.35
Total, age adjusted ...	23.3	25.4	26.9	29.1	33.1	37.0	39.1	40.5	42.6	0.24	0.22	0.21	0.20	0.18	0.16	0.15	0.15	0.16
Lowest income: ≤ 130% poverty																		
60-64 years	23.6	26.1	27.9	30.4	35.0	39.1	41.1	42.4	44.2	1.45	1.44	1.41	1.34	1.15	0.95	0.91	0.91	0.92
65-69 years	26.5	28.1	29.2	30.7	33.5	36.2	37.7	38.6	40.0	0.89	0.85	0.83	0.80	0.78	0.76	0.74	0.73	0.71
70-74 years	19.3	22.0	23.9	26.7	32.3	37.9	40.7	42.5	45.1	1.19	1.11	1.08	1.09	1.09	0.95	0.84	0.80	0.79
75-79 years	24.2	26.3	27.8	29.9	33.8	37.6	39.6	41.0	43.3	1.13	1.15	1.20	1.32	1.79	2.87	3.91	4.85	6.64
80 + years	24.8	26.7	27.9	29.8	33.2	36.5	38.3	39.5	41.3	0.45	0.43	0.42	0.42	0.41	0.42	0.44	0.47	0.51
Total, age adjusted ...	23.4	25.7	27.2	29.5	33.6	37.5	39.4	40.7	42.6	0.47	0.46	0.45	0.44	0.41	0.39	0.40	0.41	0.43
Low-income: 131-185% poverty																		
60-64 years	27.4	29.5	30.9	33.1	37.5	42.2	44.9	46.7	49.6	1.02	0.91	0.90	0.95	1.28	2.47	3.73	4.94	7.40
65-69 years	23.2	25.8	27.5	30.0	34.5	39.1	41.5	43.3	›45.9	1.69	1.70	1.66	1.57	1.46	1.60	1.72	1.79	1.81
70-74 years	20.7	23.1	24.7	27.2	32.0	37.1	40.0	42.0	45.0	1.05	1.00	0.98	0.96	1.00	1.10	1.17	1.25	1.39
75-79 years	26.5	27.8	28.8	30.2	32.9	36.0	37.7	38.9	40.7	1.13	1.11	1.10	1.11	1.18	1.28	1.35	1.40	1.49
80 + years	›››20.4	›››22.5	›››24.1	›››26.5	31.4	36.5	39.2	40.9	43.4	0.61	0.68	0.70	0.71	0.69	0.69	0.78	0.84	0.92
Total, age adjusted ...	23.1	25.3	26.8	29.1	33.5	38.2	40.8	42.6	››45.3	0.47	0.47	0.48	0.49	0.51	0.55	0.59	0.61	0.65
Higher-income: > 185% poverty																		
60-64 years	21.9	24.1	25.6	27.7	31.8	›35.9	›38.1	39.5	41.5	0.69	0.65	0.63	0.60	0.58	0.56	0.54	0.52	0.50
65-69 years	››23.2	25.4	26.8	28.9	32.8	36.6	38.6	40.0	42.0	0.49	0.48	0.48	0.47	0.46	0.47	0.48	0.50	0.53
70-74 years	››24.6	››26.7	››28.2	›30.3	34.0	37.6	39.4	40.6	›42.4	0.73	0.66	0.62	0.57	0.49	0.44	0.42	0.41	0.41
75-79 years	25.4	27.2	28.4	30.1	33.4	36.8	38.6	39.8	41.7	0.78	0.69	0.65	0.60	0.58	0.68	0.77	0.85	1.01
80 + years	24.0	26.0	27.3	29.3	32.9	36.4	38.3	39.6	41.4	0.48	0.42	0.40	0.36	0.33	0.35	0.37	0.38	0.41
Total, age adjusted ...	23.6	25.7	27.1	29.2	33.0	36.7	38.7	40.0	41.9	0.28	0.25	0.24	0.22	0.19	0.18	0.17	0.17	0.19

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

Table D-54—Distribution of usual intake of total fat as a percent of usual energy intake: Older adults — Continued

Female

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	22.8	24.7	26.0	27.9	31.7	35.4	37.4	38.7	40.6	0.41	0.38	0.37	0.36	0.37	0.38	0.40	0.41	0.44
65-69 years	20.7	23.2	24.9	27.4	32.1	36.5	38.9	40.5	42.9	0.67	0.65	0.63	0.60	0.55	0.53	0.54	0.57	0.64
70-74 years	21.6	23.6	25.0	27.1	31.1	35.2	37.4	39.0	41.2	0.42	0.42	0.42	0.42	0.42	0.44	0.46	0.47	0.51
75-79 years	22.3	24.4	25.8	27.9	31.9	35.9	38.1	39.5	41.7	0.39	0.38	0.37	0.36	0.36	0.36	0.37	0.39	0.44
80 + years	21.5	23.7	25.2	27.3	31.2	35.0	36.9	38.2	40.2	0.34	0.33	0.32	0.30	0.27	0.23	0.22	0.22	0.24
Total, age adjusted	21.7	23.9	25.3	27.5	31.6	35.6	37.8	39.2	41.4	0.18	0.17	0.17	0.17	0.18	0.18	0.18	0.19	0.21
Lowest income: ≤ 130% poverty																		
60-64 years	19.1	21.4	23.0	25.6	30.7	35.7	38.2	39.7	41.9	0.79	0.82	0.84	0.89	1.03	1.02	0.96	0.95	0.98
65-69 years	17.7	20.0	21.7	24.3	29.3	34.7	37.8	39.8	42.9	0.93	0.94	0.92	0.86	0.77	0.78	0.83	0.88	0.98
70-74 years	19.2	21.3	22.8	25.2	29.8	34.4	36.8	38.5	41.1	0.82	0.85	0.85	0.83	0.74	0.72	0.73	0.73	0.72
75-79 years	22.1	24.3	25.8	28.2	32.9	37.7	40.3	42.0	44.4	0.69	0.73	0.76	0.80	0.93	1.03	1.04	1.04	1.03
80 + years	21.7	23.7	25.1	27.1	30.8	34.5	36.4	37.8	39.7	0.48	0.45	0.43	0.40	0.36	0.33	0.34	0.36	0.42
Total, age adjusted	19.6	21.8	23.4	25.8	30.6	35.4	37.9	39.6	42.1	0.44	0.44	0.44	0.42	0.38	0.40	0.42	0.42	0.44
Low-income: 131-185% poverty																		
60-64 years	›››25.1	››26.4	››27.4	28.8	31.6	34.7	36.4	37.6	39.4	1.06	1.06	1.06	1.07	1.13	1.27	1.40	1.51	1.71
65-69 years	›››25.4	›››27.4	›››28.8	›››30.8	››34.5	37.8	39.4	40.5	41.9	1.48	1.45	1.43	1.39	1.27	1.11	1.03	0.98	0.93
70-74 years	21.1	22.9	24.2	26.1	29.6	33.5	35.8	37.5	40.2	1.21	1.05	1.00	1.03	1.47	2.55	3.48	4.31	5.85
75-79 years	››26.7	›28.0	28.8	30.1	32.4	34.7	›35.9	››36.8	›››38.0	1.03	0.99	0.96	0.92	0.88	0.91	0.95	0.99	1.06
80 + years	22.8	25.0	26.4	28.4	32.1	35.6	37.4	38.6	40.3	0.57	0.57	0.57	0.57	0.54	0.48	0.53	0.61	0.80
Total, age adjusted	›››22.9	›››24.8	›››26.2	›››28.2	31.9	35.8	37.8	39.3	41.4	0.50	0.47	0.45	0.43	0.40	0.42	0.47	0.52	0.61
Higher-income: > 185% poverty																		
60-64 years	›››24.4	›››26.1	›››27.2	››28.9	32.1	35.3	37.0	38.2	39.8	0.48	0.46	0.46	0.46	0.48	0.50	0.51	0.52	0.52
65-69 years	›21.3	›23.8	›25.5	››27.9	›32.3	36.3	38.5	40.0	42.4	0.83	0.78	0.75	0.69	0.60	0.60	0.68	0.79	1.02
70-74 years	›››23.3	››25.2	››26.5	››28.4	32.2	36.0	38.0	39.3	41.1	0.60	0.58	0.56	0.54	0.51	0.50	0.50	0.50	0.51
75-79 years	22.3	24.2	25.5	27.5	31.3	35.3	37.5	39.0	41.3	0.64	0.59	0.58	0.57	0.61	0.65	0.68	0.71	0.77
80 + years	21.2	23.5	25.0	27.3	31.3	35.3	37.3	38.7	40.8	0.74	0.71	0.69	0.66	0.59	0.51	0.47	0.46	0.46
Total, age adjusted	›››22.7	›››24.7	›››26.0	›››28.0	31.8	35.7	37.7	39.0	41.0	0.28	0.27	0.26	0.26	0.26	0.26	0.27	0.28	0.31

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-55—Mean percent of usual energy intake from saturated fat: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	10.7	0.11	358	10.2	0.23	135	› 11.7	0.54	555	10.7	0.14
65-69 years	1,054	10.7	0.15	325	10.6	0.27	128	11.2	0.36	503	10.6	0.17
70-74 years	1,019	10.6	0.14	290	10.1	0.23	160	10.7	0.57	485	› 10.7	0.15
75-79 years	659	10.9	0.12	212	11.6	0.33	117	10.8	0.31	257	›› 10.5	0.19
80 + years	1,153	10.6	0.11	369	10.4	0.16	196	10.8	0.18	443	10.7	0.18
Total, age adjusted ...	5,039	10.7	0.05	1,554	10.5	0.11	736	› 11.0	0.18	2,243	10.7	0.07
Male												
60-64 years	575	11.0	0.18	168	11.0	0.46	67	–	–	294	10.7	0.22
65-69 years	536	10.9	0.16	144	11.2	0.36	63	–	–	283	10.9	0.18
70-74 years	500	11.0	0.15	128	10.8	0.37	77	10.9	0.43	260	11.0	0.18
75-79 years	283	11.2	0.16	87	–	–	49	10.7	0.45	118	11.1	0.20
80 + years	557	11.1	0.11	148	11.1	0.23	98	10.8	0.25	252	11.2	0.17
Total, age adjusted ...	2,451	11.0	0.07	675	11.1	0.17	354	11.3	0.19	1,207	11.0	0.07
Female												
60-64 years	579	10.5	0.15	190	9.8	0.33	68	11.1	0.79	261	› 10.7	0.16
65-69 years	518	10.6	0.20	181	10.3	0.36	65	11.6	0.54	220	10.3	0.24
70-74 years	519	10.3	0.20	162	9.7	0.27	83	10.8	0.81	225	› 10.5	0.22
75-79 years	376	10.6	0.15	125	11.6	0.42	68	10.9	0.34	139	››› 10.0	0.26
80 + years	596	10.3	0.14	221	10.2	0.19	98	10.8	0.25	191	10.4	0.24
Total, age adjusted ...	2,588	10.5	0.08	879	10.3	0.14	382	› 10.9	0.26	1,036	10.4	0.11

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated *using C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-56—Percent of older adults meeting Dietary Guidelines recommendation for usual intake of saturated fat[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,154	41.4	1.60	358	49.0	3.62	135	›36.2	4.36	555	›39.0	2.25
65-69 years	1,054	41.6	2.13	325	42.6	3.87	128	33.2	4.51	503	42.8	2.59
70-74 years	1,019	43.9	1.92	290	49.8	3.26	160	49.9	4.32	485	››39.1	2.38
75-79 years	659	41.0	1.83	212	37.2	3.29	117	36.3	5.38	257	45.5	3.02
80 + years	1,153	43.0	1.52	369	44.4	2.76	196	39.2	3.15	443	43.4	2.27
Total, age adjusted ...	5,039	42.0	0.82	1,554	45.1	1.76	736	›39.0	2.05	2,243	41.6	1.13
Male												
60-64 years	575	38.1	2.60	168	40.1	6.42	67	–	–	294	39.5	3.48
65-69 years	536	38.8	2.34	144	29.6	5.65	63	–	–	283	38.5	2.79
70-74 years	500	36.9	2.42	128	38.8	5.11	77	42.0	5.21	260	35.6	2.75
75-79 years	283	34.6	2.50	87	–	–	49	39.6	7.79	118	35.0	3.10
80 + years	557	36.6	1.41	148	28.5	3.83	98	›40.4	3.58	252	›37.7	2.03
Total, age adjusted ...	2,451	36.9	1.06	675	35.5	2.64	354	35.2	2.33	1,207	37.2	1.09
Female												
60-64 years	579	43.3	2.22	190	55.1	5.49	68	44.1	6.82	261	››38.3	2.87
65-69 years	518	43.9	2.89	181	48.7	4.87	65	›29.1	6.13	220	47.5	3.74
70-74 years	519	49.2	2.71	162	55.5	4.29	83	54.3	5.08	225	›43.0	3.84
75-79 years	376	45.1	2.06	125	39.5	3.88	68	34.7	5.62	139	›52.8	3.73
80 + years	596	47.0	2.07	221	49.3	3.08	98	›37.7	4.54	191	47.3	3.48
Total, age adjusted ...	2,588	45.8	1.19	879	49.5	2.08	382	›41.8	2.50	1,036	45.6	1.80

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Recommended intake of saturated fat is less than 10 percent of total calories.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-57—Distribution of usual intake of saturated fat as a percent of usual energy intake: Older adults

Both sexes

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	6.7	7.5	8.0	8.9	10.6	12.4	13.4	14.2	15.3	0.11	0.11	0.11	0.10	0.11	0.13	0.15	0.17	0.20
65-69 years	6.3	7.2	7.8	8.7	10.6	12.6	13.7	14.4	15.6	0.13	0.13	0.14	0.14	0.16	0.16	0.17	0.18	0.20
70-74 years	6.3	7.2	7.8	8.7	10.4	12.2	13.3	14.1	15.4	0.15	0.14	0.14	0.14	0.12	0.13	0.16	0.20	0.32
75-79 years	6.6	7.4	8.0	8.9	10.6	12.5	13.7	14.6	16.0	0.11	0.11	0.11	0.12	0.12	0.14	0.16	0.18	0.24
80 + years	6.5	7.3	7.9	8.7	10.5	12.3	13.3	14.1	15.3	0.10	0.10	0.10	0.10	0.10	0.11	0.13	0.15	0.18
Total, age adjusted ...	6.4	7.3	7.9	8.8	10.5	12.4	13.5	14.3	15.5	0.06	0.06	0.06	0.05	0.06	0.06	0.07	0.08	0.10
Lowest income: ≤ 130% poverty																		
60-64 years	6.0	6.8	7.4	8.3	10.1	12.0	13.1	13.8	15.0	0.24	0.24	0.25	0.25	0.25	0.26	0.26	0.26	0.27
65-69 years	6.3	7.1	7.7	8.7	10.5	12.4	13.5	14.3	15.4	0.28	0.27	0.27	0.27	0.28	0.29	0.31	0.33	0.36
70-74 years	5.6	6.5	7.1	8.1	10.0	12.0	13.0	13.7	14.8	0.27	0.28	0.28	0.26	0.23	0.23	0.23	0.23	0.24
75-79 years	6.6	7.5	8.1	9.0	11.0	13.5	15.0	16.2	18.4	0.23	0.22	0.23	0.25	0.30	0.44	0.55	0.67	0.97
80 + years	6.8	7.5	8.0	8.8	10.3	12.0	12.9	13.5	14.5	0.17	0.17	0.17	0.17	0.16	0.16	0.17	0.17	0.19
Total, age adjusted ...	6.1	7.0	7.6	8.5	10.3	12.3	13.5	14.3	15.7	0.14	0.14	0.13	0.13	0.12	0.12	0.11	0.12	0.16
Low-income: 131-185% poverty																		
60-64 years	6.0	7.0	7.8	9.0	11.2	13.7	15.4	16.7	› 19.0	0.43	0.44	0.42	0.39	0.45	0.72	0.94	1.10	1.36
65-69 years	6.8	7.8	8.4	9.4	11.2	13.0	14.0	14.7	15.8	0.35	0.34	0.34	0.34	0.35	0.39	0.44	0.48	0.55
70-74 years	5.9	6.7	7.3	8.2	10.0	12.3	13.9	15.3	17.9	0.33	0.30	0.30	0.29	0.32	0.51	0.80	1.12	1.89
75-79 years	7.1	7.9	8.4	9.3	10.8	12.3	› 13.1	›› 13.7	›› 14.5	0.37	0.36	0.35	0.34	0.31	0.32	0.34	0.36	0.40
80 + years	6.5	7.4	8.0	9.0	10.7	12.4	13.4	14.2	15.3	0.19	0.20	0.21	0.21	0.20	0.22	0.24	0.27	0.31
Total, age adjusted ...	6.3	7.3	7.9	8.9	10.8	12.7	14.0	15.0	16.6	0.15	0.15	0.15	0.15	0.15	0.18	0.24	0.30	0.46
Higher-income: > 185% poverty																		
60-64 years	›› 7.0	›› 7.8	› 8.3	› 9.1	10.6	12.3	13.2	13.8	14.7	0.13	0.13	0.13	0.13	0.14	0.16	0.18	0.20	0.23
65-69 years	6.4	7.2	7.8	8.7	10.5	12.4	13.4	14.2	15.3	0.15	0.15	0.16	0.17	0.18	0.19	0.20	0.21	0.24
70-74 years	›› 6.8	›› 7.6	›› 8.2	› 9.0	10.7	12.3	13.3	13.9	15.0	0.20	0.19	0.18	0.16	0.14	0.14	0.15	0.17	0.22
75-79 years	6.6	7.3	7.8	8.7	10.3	› 12.1	› 13.1	› 13.9	›› 15.0	0.18	0.18	0.18	0.19	0.19	0.21	0.23	0.25	0.30
80 + years	6.4	7.2	7.8	8.7	10.5	12.5	› 13.7	›› 14.6	›› 15.9	0.18	0.17	0.17	0.16	0.16	0.19	0.22	0.25	0.31
Total, age adjusted ...	›› 6.7	›› 7.5	8.0	8.9	10.5	12.3	13.3	14.1	15.2	0.07	0.07	0.07	0.07	0.07	0.08	0.08	0.09	0.11

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated
using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the Continuing Survey of Food Intakes by Individuals (CSFII).
'All older adults' includes persons with missing income.

Table D-57—Distribution of usual intake of saturated fat as a percent of usual energy intake: Older adults — Continued

Male

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	6.8	7.6	8.2	9.1	10.8	12.7	13.8	14.6	15.8	0.20	0.19	0.19	0.18	0.18	0.19	0.21	0.22	0.24
65-69 years	6.5	7.4	8.0	9.0	10.8	12.7	13.8	14.5	15.7	0.16	0.16	0.16	0.16	0.18	0.19	0.20	0.22	0.26
70-74 years	6.6	7.5	8.2	9.1	10.9	12.7	13.7	14.5	15.6	0.23	0.22	0.20	0.18	0.15	0.14	0.17	0.19	0.24
75-79 years	7.2	7.9	8.5	9.3	11.0	12.9	14.0	14.8	15.9	0.20	0.20	0.19	0.18	0.15	0.16	0.18	0.21	0.27
80 + years	7.0	7.8	8.3	9.2	10.9	12.8	13.9	14.7	16.0	0.10	0.10	0.09	0.09	0.10	0.14	0.18	0.22	0.28
Total, age adjusted ...	6.8	7.7	8.2	9.1	10.9	12.8	13.9	14.6	15.9	0.09	0.08	0.08	0.08	0.07	0.07	0.08	0.09	0.11
Lowest income: ≤ 130% poverty																		
60-64 years	6.6	7.4	7.9	8.8	10.7	12.9	14.1	14.9	16.2	0.35	0.40	0.43	0.47	0.50	0.52	0.56	0.59	0.63
65-69 years	7.7	8.4	8.9	9.7	11.2	12.7	13.5	14.0	14.9	0.35	0.35	0.36	0.36	0.38	0.39	0.40	0.40	0.42
70-74 years	5.8	6.9	7.7	8.8	10.9	12.9	14.0	14.7	15.8	0.54	0.49	0.47	0.43	0.40	0.37	0.36	0.36	0.38
80 + years	8.0	8.7	9.1	9.8	11.0	12.3	13.1	13.6	14.5	0.23	0.21	0.20	0.20	0.22	0.26	0.29	0.32	0.36
Total, age adjusted ...	6.7	7.6	8.2	9.2	11.0	12.9	14.0	14.7	15.8	0.22	0.21	0.21	0.20	0.18	0.17	0.16	0.16	0.18
Low-income: 131-185% poverty																		
70-74 years	6.0	6.9	7.6	8.6	10.6	12.9	14.2	15.1	16.6	0.41	0.40	0.40	0.41	0.41	0.48	0.56	0.62	0.71
75-79 years	6.9	7.6	8.1	9.0	10.6	12.3	13.1	13.8	14.8	0.53	0.56	0.56	0.53	0.45	0.42	0.45	0.50	0.62
80 + years	›››6.3	›››7.2	›››7.9	›8.8	10.7	12.7	13.8	14.5	15.7	0.19	0.21	0.22	0.25	0.29	0.34	0.36	0.38	0.40
Total, age adjusted ...	6.8	7.7	8.3	9.2	11.1	13.1	14.2	15.0	16.4	0.19	0.19	0.19	0.18	0.18	0.23	0.27	0.31	0.39
Higher-income: > 185% poverty																		
60-64 years	6.8	7.6	8.2	9.0	10.7	12.4	13.4	14.0	15.0	0.24	0.23	0.23	0.22	0.23	0.24	0.25	0.25	0.25
65-69 years	›6.6	7.4	8.1	9.0	10.8	12.7	13.8	14.5	15.6	0.18	0.19	0.20	0.20	0.20	0.21	0.22	0.23	0.27
70-74 years	6.9	7.8	8.4	9.3	10.9	12.6	13.6	14.3	15.5	0.30	0.27	0.24	0.20	0.16	0.17	0.21	0.24	0.32
75-79 years	7.3	8.0	8.5	9.3	10.9	12.7	13.7	14.4	15.5	0.26	0.23	0.22	0.20	0.20	0.20	0.23	0.26	0.33
80 + years	›››6.9	›››7.6	››8.2	›9.1	10.9	13.0	›14.3	››15.2	›››16.7	0.15	0.15	0.14	0.14	0.15	0.21	0.26	0.31	0.40
Total, age adjusted ...	6.9	7.7	8.3	9.1	10.8	12.7	13.7	14.5	15.7	0.09	0.09	0.08	0.08	0.07	0.08	0.09	0.10	0.12

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-57—Distribution of usual intake of saturated fat as a percent of usual energy intake: Older adults — Continued

Female

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	6.8	7.5	8.1	8.8	10.4	12.1	13.0	13.6	14.6	0.14	0.13	0.12	0.12	0.14	0.18	0.20	0.23	0.28
65-69 years	6.1	7.0	7.6	8.6	10.4	12.4	13.5	14.3	15.5	0.21	0.20	0.20	0.21	0.21	0.21	0.23	0.25	0.29
70-74 years	6.3	7.1	7.6	8.4	10.0	11.9	12.9	13.7	15.0	0.17	0.17	0.16	0.16	0.17	0.21	0.26	0.33	0.49
75-79 years	6.1	7.0	7.6	8.5	10.3	12.4	13.6	14.5	16.1	0.12	0.12	0.12	0.13	0.15	0.18	0.22	0.25	0.36
80 + years	6.3	7.1	7.6	8.5	10.2	12.0	13.1	13.8	14.9	0.14	0.14	0.14	0.14	0.14	0.14	0.15	0.16	0.19
Total, age adjusted ...	6.3	7.1	7.7	8.6	10.3	12.1	13.2	14.0	15.2	0.07	0.07	0.07	0.08	0.08	0.09	0.10	0.11	0.14
Lowest income: ≤ 130% poverty																		
60-64 years	5.8	6.7	7.2	8.1	9.7	11.4	12.3	12.9	13.9	0.33	0.34	0.34	0.33	0.34	0.37	0.39	0.40	0.39
65-69 years	5.7	6.5	7.2	8.1	10.1	12.3	13.5	14.4	15.8	0.38	0.38	0.38	0.38	0.36	0.40	0.44	0.48	0.53
70-74 years	5.7	6.5	7.0	7.9	9.6	11.4	12.4	13.0	14.0	0.28	0.31	0.32	0.31	0.29	0.27	0.28	0.29	0.32
75-79 years	6.5	7.3	7.9	8.8	10.9	13.5	15.1	16.5	19.0	0.28	0.26	0.26	0.28	0.35	0.50	0.67	0.86	1.30
80 + years	6.3	7.0	7.6	8.4	10.0	11.8	12.9	13.6	14.7	0.16	0.18	0.18	0.19	0.20	0.21	0.23	0.25	0.29
Total, age adjusted ...	5.8	6.6	7.2	8.2	10.0	12.1	13.3	14.1	15.5	0.18	0.18	0.18	0.17	0.15	0.14	0.15	0.17	0.24
Low-income: 131-185% poverty																		
60-64 years	5.6	6.5	7.2	8.3	10.5	13.0	14.8	16.1	18.5	0.48	0.50	0.51	0.52	0.64	1.03	1.38	1.68	2.19
65-69 years	6.8	7.8	8.5	9.6	11.6	13.5	14.5	15.1	16.1	0.52	0.54	0.55	0.55	0.53	0.57	0.63	0.68	0.75
70-74 years	5.8	6.6	7.1	7.8	9.6	12.2	14.1	15.9	19.5	0.31	0.28	0.29	0.32	0.40	0.77	1.29	1.82	2.98
75-79 years	7.3	8.0	8.6	9.4	10.9	12.4	13.2	›13.8	›14.6	0.34	0.34	0.34	0.34	0.35	0.38	0.41	0.43	0.47
80 + years	6.8	7.6	8.3	9.2	10.7	12.2	13.2	13.9	15.0	0.30	0.31	0.30	0.28	0.25	0.27	0.30	0.34	0.41
Total, age adjusted ...	6.2	7.1	7.7	8.7	10.6	12.6	13.9	14.9	16.6	0.20	0.20	0.19	0.19	0.18	0.26	0.37	0.48	0.74
Higher-income: > 185% poverty																		
60-64 years	›››7.4	››8.1	››8.5	›9.2	10.6	12.1	12.9	13.4	14.2	0.16	0.15	0.15	0.15	0.16	0.19	0.21	0.24	0.28
65-69 years	6.2	7.0	7.6	8.4	10.2	12.0	13.0	13.7	14.8	0.23	0.23	0.23	0.24	0.25	0.27	0.30	0.33	0.39
70-74 years	››6.9	›7.6	›8.1	8.9	10.4	12.0	12.9	13.5	14.4	0.20	0.20	0.21	0.22	0.23	0.23	0.24	0.27	0.33
75-79 years	5.9	6.7	7.2	8.1	9.8	›11.7	›12.7	›13.5	›14.7	0.22	0.23	0.24	0.25	0.25	0.29	0.35	0.40	0.49
80 + years	6.1	6.9	7.5	8.4	10.2	12.1	13.3	14.1	15.3	0.24	0.23	0.23	0.23	0.24	0.26	0.27	0.29	0.31
Total, age adjusted ...	››6.6	››7.3	››7.9	8.7	10.3	12.0	12.9	13.6	›14.6	0.10	0.10	0.10	0.11	0.11	0.12	0.13	0.14	0.17

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

Table D-58—Mean usual intake of cholesterol in milligrams: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	242	5.4	358	213	10.2	135	293	41.6	555	› 244	8.0
65-69 years	1,054	250	7.9	325	259	19.8	128	224	13.1	503	253	10.0
70-74 years	1,019	232	4.7	290	209	8.2	160	211	10.9	485	›› 244	6.8
75-79 years	659	212	5.4	212	213	7.0	117	207	13.3	257	212	8.1
80 + years	1,153	196	4.3	369	202	7.4	196	200	8.5	443	197	7.2
Total, age adjusted ...	5,039	227	2.8	1,554	220	5.1	736	226	8.8	2,243	231	3.9
Male												
60-64 years	575	296	8.6	168	271	17.4	67	›› 444	51.7	294	286	11.9
65-69 years	536	309	12.8	144	299	22.6	63	› 231	18.8	283	323	16.0
70-74 years	500	287	7.1	128	285	14.8	77	272	19.5	260	288	10.4
75-79 years	283	271	11.1	87	257	125.0	49	261	27.4	118	290	15.2
80 + years	557	245	6.1	148	283	9.3	98	› 244	14.1	252	››› 240	7.1
Total, age adjusted ...	2,451	283	4.6	675	278	7.2	354	286	13.6	1,207	286	6.2
Female												
60-64 years	579	200	6.5	190	180	15.0	68	–	–	261	207	9.4
65-69 years	518	194	7.4	181	241	29.5	65	219	19.7	220	› 174	7.6
70-74 years	519	190	5.3	162	173	8.0	83	168	8.7	225	› 201	8.4
75-79 years	376	176	5.1	125	201	8.5	68	› 170	10.3	139	››› 154	6.3
80 + years	596	169	5.2	221	174	9.0	98	177	10.4	191	165	8.9
Total, age adjusted ...	2,588	185	3.0	879	192	7.5	382	186	6.7	1,036	182	3.5

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
  – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated *using C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
  'All older adults' includes persons with missing income.

Table D-59—Percent of older adults meeting Dietary Guidelines recommendation for usual intake of cholesterol[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,154	75.7	1.8	358	83.4	3.0	135	›› 61.8	6.2	555	76.2	2.7
65-69 years	1,054	72.7	2.1	325	68.0	4.7	128	80.0	4.2	503	72.7	2.7
70-74 years	1,019	79.4	1.6	290	84.6	2.3	160	85.1	3.1	485	› 76.3	2.5
75-79 years	659	84.0	1.4	212	81.0	2.2	117	85.8	3.9	257	› 87.7	2.5
80 + years	1,153	87.0	1.0	369	85.5	1.9	196	85.6	2.2	443	87.1	1.8
Total, age adjusted ...	5,039	79.5	0.8	1,554	79.8	1.4	736	79.2	2.6	2,243	79.4	1.2
Male												
60-64 years	575	57.6	3.1	168	66.6	6.2	67	›››27.8	6.0	294	61.4	5.2
65-69 years	536	56.6	3.3	144	58.3	5.0	63	79.5	6.4	283	50.2	4.7
70-74 years	500	59.9	2.6	128	58.4	5.8	77	68.7	10.3	260	59.5	3.7
75-79 years	283	66.5	3.7	87	65.9	8.1	49	72.4	10.7	118	59.9	6.2
80 + years	557	74.3	1.9	148	61.8	3.0	98	› 74.6	4.1	252	›››76.1	2.2
Total, age adjusted ...	2,451	62.7	1.5	675	62.8	2.2	354	62.9	4.2	1,207	62.0	2.2
Female												
60-64 years	579	88.8	2.0	190	93.6	3.2	68	–	–	261	88.6	3.0
65-69 years	518	87.7	1.9	181	73.7	7.7	65	82.6	6.5	220	› 93.0	1.6
70-74 years	519	95.0	1.2	162	96.9	1.3	83	92.7	2.1	225	97.1	1.5
75-79 years	376	95.2	0.9	125	87.4	2.6	68	93.6	2.0	139	100.0	>0
80 + years	596	93.5	1.0	221	93.1	2.2	98	91.8	2.4	191	93.9	1.7
Total, age adjusted ...	2,588	91.7	0.8	879	88.4	2.0	382	89.3	1.6	1,036	› 94.0	0.8

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
   [1] National Research Council's Diet and Health recommendation for intake of cholesterol is less than or equal to 300 milligrams.
   >0 Value to small to display.
   – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the Continuing Survey of Food Intakes by Individuals (CSFII).
   'All older adults' includes persons with missing income.

Table D-60—Distribution of usual intake of cholesterol in milligrams: Older adults

Both sexes

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	104	124	140	165	220	297	350	389	451	2.42	2.69	2.90	3.33	4.87	7.45	9.79	11.60	14.10
65-69 years	94	114	130	157	221	311	372	421	503	3.26	3.63	3.94	4.53	6.39	9.89	12.60	14.90	19.60
70-74 years	108	127	142	166	219	284	325	355	403	2.48	2.73	2.95	3.35	4.42	5.94	6.99	7.81	9.21
75-79 years	90	108	122	144	195	262	305	338	392	2.99	3.34	3.60	4.09	5.22	6.59	7.74	8.84	11.20
80 + years	77	93	106	127	176	243	288	322	380	2.23	2.48	2.67	2.99	3.81	5.31	6.51	7.51	9.30
Total, age adjusted ...	94	113	127	151	207	281	329	366	428	1.35	1.50	1.63	1.85	2.39	3.52	4.40	5.26	6.96
Lowest income: ≤ 130% poverty																		
60-64 years	87	107	121	145	197	265	308	341	392	5.51	6.19	6.73	7.67	10.10	13.40	14.90	15.70	16.60
65-69 years	73	97	116	148	227	337	409	463	551	7.96	9.03	10.00	12.20	17.90	25.20	31.50	37.00	47.10
70-74 years	84	104	119	144	198	263	302	330	372	6.36	6.69	6.80	7.02	8.09	9.74	10.80	11.60	12.90
75-79 years	75	95	111	136	196	274	322	356	408	4.40	4.65	5.04	5.89	7.88	10.10	11.40	12.20	12.90
80 + years	77	95	109	132	186	254	297	330	383	4.03	4.40	4.73	5.40	7.32	9.57	10.80	11.90	14.60
Total, age adjusted ...	76	97	113	139	199	278	330	369	433	2.76	2.88	2.99	3.26	4.41	6.69	8.04	9.13	11.50
Low-income: 131-185% poverty																		
60-64 years	82	106	125	158	247	380	471	542	659	7.42	9.43	10.60	13.20	27.90	57.00	78.70	99.30	142.00
65-69 years	93	112	127	152	208	280	325	358	410	5.69	6.65	7.41	8.75	12.40	17.60	20.60	22.50	25.50
70-74 years	95	111	124	145	194	258	299	331	383	5.63	6.59	7.31	8.44	10.90	14.00	16.20	18.10	21.60
75-79 years	83	102	117	141	193	256	296	326	377	6.29	7.00	7.64	8.95	11.90	16.10	20.60	25.10	34.80
80 + years	80	96	108	128	176	246	296	334	400	3.91	4.12	4.41	5.14	7.54	11.40	14.30	16.50	20.30
Total, age adjusted ...	84	103	118	144	202	281	334	377	449	3.23	4.08	4.70	5.54	7.62	12.20	15.70	17.70	20.40
Higher-income: > 185% poverty																		
60-64 years	›››116	›› 135	›› 149	› 173	226	295	341	375	432	3.45	4.03	4.47	5.24	7.23	10.20	12.40	14.20	17.70
65-69 years	›› 104	123	138	163	224	310	370	418	499	4.02	4.44	4.86	5.66	8.03	12.30	15.80	19.00	25.30
70-74 years	›››121	›››141	›››156	›››180	›› 232	296	335	363	408	3.95	4.30	4.59	5.12	6.44	8.28	9.56	10.60	12.30
75-79 years	›››111	›››127	›› 139	158	200	253	287	313	354	4.52	5.01	5.37	6.00	7.61	10.10	11.90	13.40	16.10
80 + years	78	95	107	129	177	243	287	322	381	3.05	3.59	3.97	4.59	6.03	8.53	10.80	13.00	17.60
Total, age adjusted ...	›››105	›››123	›››137	›››160	213	282	328	363	421	1.59	1.85	2.06	2.42	3.37	4.90	6.13	7.20	9.29

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII)*. 'All older adults' includes persons with missing income.

Table D-60—Distribution of usual intake of cholesterol in milligrams: Older adults — Continued

Male

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	148	171	189	217	279	358	406	443	500	4.52	4.96	5.36	6.18	8.21	11.30	13.20	14.40	16.40
65-69 years	128	151	170	201	277	382	453	508	601	4.63	5.58	6.34	7.67	10.90	16.00	20.10	23.70	30.70
70-74 years	138	161	178	207	272	351	398	432	485	3.53	4.01	4.41	5.11	6.83	9.04	10.40	11.40	12.90
75-79 years	123	144	160	187	250	333	386	426	491	5.98	6.74	7.39	8.50	10.80	13.80	15.90	17.70	21.40
80 + years	104	125	140	166	226	303	353	391	453	3.02	3.38	3.69	4.27	5.80	7.78	9.00	9.94	11.70
Total, age adjusted ...	127	150	167	196	262	347	403	444	513	2.03	2.32	2.57	3.02	4.20	5.87	7.02	7.98	9.79
Lowest income: ≤ 130% poverty																		
60-64 years	128	151	167	193	252	332	383	421	479	10.90	10.90	11.20	12.40	16.90	22.80	25.70	27.60	30.30
65-69 years	93	117	135	168	262	392	470	528	625	9.20	9.81	11.10	14.80	22.50	28.20	35.80	44.20	61.40
70-74 years	131	159	179	211	277	352	393	422	466	11.10	12.60	13.60	14.90	16.10	16.40	16.80	17.40	18.60
75-79 years	80	103	122	156	239	342	400	439	495	10.30	12.20	13.70	16.60	30.50	107.00	213.00	327.00	592.00
80 + years	125	150	168	198	265	348	400	438	500	6.52	7.07	7.46	8.01	9.01	11.20	13.60	16.10	21.00
Total, age adjusted ...	105	131	150	182	256	353	412	454	521	3.42	3.77	4.25	5.29	7.41	9.20	10.50	11.90	14.80
Low-income: 131-185% poverty																		
60-64 years	164	205	235	›287	››405	››558	›655	728	852	17.20	20.00	22.50	27.70	40.70	64.20	91.10	118.00	173.00
65-69 years	107	126	140	163	215	›283	›326	›358	›410	12.80	13.20	13.70	14.90	18.50	24.80	29.00	31.70	34.90
70-74 years	172	190	203	224	266	314	342	361	392	14.00	15.40	16.30	17.70	20.20	22.30	23.00	23.40	23.50
75-79 years	››144	›163	177	200	248	308	346	375	422	15.20	16.40	17.40	19.20	24.40	33.30	40.50	46.70	58.20
80 + years	››92	›››112	›››128	›››154	››216	302	362	410	493	5.92	6.28	6.71	7.67	11.20	19.20	25.60	30.30	38.00
Total, age adjusted ...	122	148	166	195	260	350	412	459	536	5.93	6.61	7.08	8.15	12.00	18.10	22.10	25.90	34.40
Higher-income: > 185% poverty																		
60-64 years	162	182	197	222	274	338	377	406	453	7.09	7.83	8.41	9.39	11.60	14.30	16.10	17.50	19.70
65-69 years	›››155	›››179	›››198	››229	299	391	451	496	572	6.81	7.83	8.66	10.20	14.00	19.80	24.40	28.20	35.50
70-74 years	137	161	178	208	273	353	401	437	492	5.19	5.81	6.36	7.37	9.88	13.20	15.20	16.80	19.20
75-79 years	›››159	›››180	›››195	›220	276	345	388	419	470	8.25	9.35	10.20	11.60	14.80	18.90	21.80	24.20	28.50
80 + years	105	›125	›140	››166	››223	››296	››342	›376	433	4.10	4.55	4.90	5.50	6.88	8.66	9.90	10.90	12.90
Total, age adjusted ...	›››140	›››162	›››178	››205	266	346	396	434	496	2.83	3.28	3.65	4.29	5.81	7.83	9.23	10.40	12.60

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated *using C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

Female

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	93	109	121	141	186	243	280	308	354	3.05	3.35	3.66	4.20	5.55	8.55	11.00	13.10	17.00
65-69 years	78	95	107	128	176	241	284	316	370	4.08	4.40	4.68	5.20	6.71	9.32	11.50	13.50	17.40
70-74 years	104	119	130	147	183	226	252	270	300	3.45	3.67	3.85	4.19	5.10	6.42	7.37	8.13	9.47
75-79 years	82	98	109	128	167	214	243	264	298	2.94	3.22	3.47	3.92	5.04	6.46	7.36	8.05	9.19
80 + years	70	85	96	114	154	208	243	271	318	2.45	2.76	3.00	3.43	4.47	6.21	7.78	9.25	12.30
Total, age adjusted ...	84	99	111	130	172	226	261	288	333	1.61	1.75	1.86	2.03	2.57	3.65	4.57	5.41	7.01
Lowest income: ≤ 130% poverty																		
60-64 years	84	99	110	128	169	220	252	275	313	7.22	8.33	9.23	10.80	14.70	19.20	21.70	23.40	25.60
65-69 years	76	97	114	144	213	307	370	419	501	11.10	13.40	15.30	18.60	26.10	37.80	47.00	54.40	67.50
70-74 years	87	101	112	130	167	209	235	253	281	6.85	7.22	7.43	7.61	7.89	8.83	9.89	10.90	12.90
75-79 years	82	101	115	138	189	250	288	316	360	4.87	5.07	5.49	6.50	8.82	11.50	13.50	14.90	17.40
80 + years	70	86	98	118	162	218	252	278	319	4.26	4.66	5.00	5.72	7.83	11.30	14.00	16.60	21.80
Total, age adjusted ...	74	92	105	127	176	240	280	311	361	3.32	3.66	3.97	4.61	6.52	9.50	11.70	13.60	17.00
Low-income: 131-185% poverty																		
65-69 years	102	118	131	153	206	271	311	338	381	8.74	9.87	10.90	13.10	18.50	25.60	29.80	32.90	38.20
70-74 years	69	82	92	109	150	207	246	277	329	4.43	4.77	5.09	5.68	7.30	10.90	14.90	19.00	27.70
75-79 years	› 60	78	91	113	161	217	251	275	313	6.02	6.80	7.41	8.48	10.90	13.30	14.80	15.90	18.30
80 + years	75	90	101	119	159	215	254	285	339	4.65	5.17	5.60	6.41	9.14	14.30	18.00	20.70	25.40
Total, age adjusted ...	73	89	101	121	167	231	273	306	360	3.42	3.81	4.23	5.05	6.37	8.54	10.80	12.90	17.10
Higher-income: > 185% poverty																		
60-64 years	105	122	134	153	195	248	282	308	351	4.22	4.77	5.21	5.95	7.94	11.80	15.10	18.00	23.70
65-69 years	76	91	102	119	159	213	249	276	321	4.38	4.50	4.70	5.23	7.02	9.81	11.80	13.30	15.80
70-74 years	›››130	›››143	›››153	›› 167	198	231	250	264	285	5.73	6.18	6.52	7.07	8.25	9.61	10.40	11.00	11.90
75-79 years	›› 103	112	119	130	›› 152	›››176	›››189	›››199	›››214	4.27	4.62	4.88	5.31	6.23	7.32	7.98	8.46	9.24
80 + years	70	83	94	110	149	200	236	265	314	3.32	3.96	4.42	5.19	7.16	10.80	14.00	17.00	22.90
Total, age adjusted ...	›››90	› 105	115	133	171	219	249	272	310	1.90	2.05	2.17	2.41	3.10	4.30	5.31	6.21	8.01

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-61—Mean usual intake of sodium in milligrams: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	3,029	44.0	358	2,832	202.8	135	2,791	132.9	555	3,117	50.6
65-69 years	1,054	3,028	45.8	325	2,738	132.2	128	2,942	179.6	503	›› 3,126	60.0
70-74 years	1,019	2,868	43.0	290	2,425	87.3	160	› 2,707	112.8	485	›››3,061	58.0
75-79 years	659	2,643	42.8	212	2,386	80.3	117	› 2,630	66.9	257	›››2,849	66.4
80 + years	1,153	2,544	32.2	369	2,460	69.2	196	2,489	44.9	443	› 2,682	53.8
Total, age adjusted ...	5,039	2,840	18.6	1,554	2,538	48.4	736	› 2,706	66.8	2,243	›››2,984	24.0
Male												
60-64 years	575	3,763	81.4	168	3,942	420.8	67	3,568	317.8	294	3,735	85.9
65-69 years	536	3,434	75.5	144	3,126	134.0	63	–	–	283	›› 3,549	88.2
70-74 years	500	3,320	52.5	128	2,842	109.5	77	› 3,263	153.2	260	›››3,474	68.2
75-79 years	283	3,202	83.5	87	2,865	203.8	49	2,963	125.5	118	›› 3,530	113.0
80 + years	557	2,911	41.0	148	2,853	92.4	98	2,762	111.7	252	3,008	66.2
Total, age adjusted ...	2,451	3,350	30.7	675	3,049	60.3	354	3,123	96.3	1,207	›››3,466	34.2
Female												
60-64 years	579	2,469	40.9	190	2,091	106.8	68	2,194	112.8	261	›››2,579	60.5
65-69 years	518	2,650	48.7	181	2,511	176.0	65	2,871	252.3	220	2,658	50.1
70-74 years	519	2,516	54.6	162	2,220	105.6	83	2,325	112.3	225	›››2,661	77.7
75-79 years	376	2,289	41.3	125	2,219	96.5	68	2,394	112.7	139	2,347	65.3
80 + years	596	2,350	39.1	221	2,328	80.0	98	2,348	49.1	191	2,448	59.5
Total, age adjusted ...	2,588	2,460	22.9	879	2,269	62.0	382	2,430	78.0	1,036	›››2,544	31.0

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated *using C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-62—Percent of older adults meeting Dietary Guidelines recommendation for usual intake of sodium: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,154	30.8	1.1	358	46.1	5.1	135	45.1	4.5	555	›››25.1	1.3
65-69 years	1,054	28.5	1.5	325	42.7	4.7	128	37.9	5.0	503	›››20.8	1.7
70-74 years	1,019	35.2	1.6	290	54.1	3.9	160	› 41.4	4.3	485	›››26.0	2.0
75-79 years	659	44.5	1.8	212	56.1	3.7	117	› 46.0	3.0	257	›››35.7	2.8
80 + years	1,153	48.3	1.6	369	54.6	2.6	196	49.0	2.8	443	›››40.3	2.3
Total, age adjusted ...	5,039	36.6	0.7	1,554	51.4	1.7	736	› 43.8	2.4	2,243	›››29.0	0.8
Male												
60-64 years	575	9.1	1.0	168	18.0	5.9	67	10.5	3.4	294	› 5.5	1.0
65-69 years	536	13.6	1.5	144	27.2	4.2	63	–	–	283	›››8.5	1.4
70-74 years	500	19.1	1.4	128	34.7	4.0	77	› 19.1	4.6	260	›››14.8	1.7
75-79 years	283	21.3	2.3	87	34.6	5.8	49	27.1	5.5	118	›››12.6	2.4
80 + years	557	33.2	1.4	148	37.8	3.0	98	37.5	4.7	252	› 28.9	2.0
Total, age adjusted ...	2,451	18.5	0.7	675	32.0	1.3	354	› 25.9	2.4	1,207	›››13.4	0.7
Female												
60-64 years	579	49.9	2.0	190	68.5	5.3	68	64.6	5.9	261	›››44.2	2.8
65-69 years	518	40.8	2.4	181	49.5	8.2	65	40.8	7.4	220	34.9	3.1
70-74 years	519	49.0	2.7	162	64.8	4.9	83	58.8	4.7	225	›››35.8	4.8
75-79 years	376	59.5	2.1	125	63.9	4.4	68	57.9	4.8	139	56.1	3.7
80 + years	596	57.3	2.2	221	60.9	3.3	98	55.9	3.4	191	› 49.5	4.0
Total, age adjusted ...	2,588	51.3	1.2	879	62.5	2.9	382	54.8	3.3	1,036	›››44.5	1.7

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] National Research Council's Diet and Health recommendation for intake of sodium is less than or equal to 2400 milligrams.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-63—Distribution of usual sodium intake in milligrams: Older adults

Both sexes

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	1,514	1,770	1,956	2,250	2,867	3,609	4,084	4,450	5,080	33.20	30.70	28.90	26.80	30.90	52.70	75.30	97.30	143.00
65-69 years	1,607	1,855	2,033	2,314	2,903	3,601	4,033	4,353	4,873	34.70	34.40	34.90	36.70	44.10	57.60	68.00	76.60	91.70
70-74 years	1,446	1,694	1,872	2,154	2,745	3,444	3,878	4,201	4,723	36.70	35.60	35.40	35.90	38.80	53.30	67.70	78.70	95.80
75-79 years	1,317	1,545	1,710	1,970	2,521	3,180	3,590	3,893	4,387	35.10	34.10	34.20	35.30	42.70	56.40	67.80	78.20	98.60
80 + years	1,339	1,545	1,695	1,932	2,434	3,032	3,403	3,677	4,124	25.30	26.90	28.00	29.50	31.60	34.80	40.50	47.80	67.50
Total, age adjusted	1,443	1,682	1,855	2,129	2,704	3,391	3,824	4,151	4,695	16.30	16.10	15.90	15.90	16.70	22.20	28.40	34.00	45.60
Lowest income: ≤ 130% poverty																		
60-64 years	1,239	1,456	1,608	1,859	2,518	3,511	4,102	4,556	5,369	78.10	80.60	81.90	84.10	140.00	330.00	415.00	475.00	586.00
65-69 years	1,246	1,485	1,663	1,954	2,582	3,338	3,812	4,168	4,760	88.80	95.80	99.90	105.00	123.00	161.00	191.00	216.00	263.00
70-74 years	1,129	1,356	1,519	1,775	2,310	2,946	3,343	3,637	4,114	61.90	63.40	65.20	69.90	83.90	108.00	130.00	148.00	179.00
75-79 years	1,243	1,440	1,579	1,799	2,278	2,852	3,203	3,463	3,892	57.50	54.40	57.10	64.40	74.60	92.00	119.00	148.00	205.00
80 + years	1,200	1,407	1,556	1,793	2,301	2,941	3,367	3,698	4,264	44.00	44.90	46.50	49.20	56.80	80.80	107.00	135.00	197.00
Total, age adjusted	1,216	1,434	1,591	1,840	2,370	3,034	3,476	3,822	4,423	31.60	32.60	33.00	33.40	37.80	53.00	71.10	89.40	126.00
Low-income: 131-185% poverty																		
60-64 years	1,237	1,470	1,643	1,915	2,527	3,372	3,931	4,357	5,115	87.10	88.50	91.80	99.60	116.00	166.00	231.00	302.00	473.00
65-69 years	1,332	1,584	1,764	2,055	2,735	3,587	4,145	4,582	5,330	76.00	79.20	86.90	110.00	156.00	238.00	316.00	370.00	433.00
70-74 years	1,215	1,478	1,671	1,976	2,614	3,336	3,758	4,057	4,521	81.30	82.60	84.60	90.10	111.00	145.00	167.00	184.00	211.00
75-79 years	1,328	1,534	1,688	1,938	2,490	3,168	3,592	3,906	4,413	45.80	46.40	48.40	53.60	68.30	89.40	108.00	126.00	162.00
80 + years	1,282	1,502	1,660	1,909	2,420	2,995	3,330	3,566	3,933	40.10	41.40	42.70	46.60	56.40	58.10	61.20	66.40	78.10
Total, age adjusted	1,275	1,506	1,677	1,952	2,549	3,283	3,750	4,101	4,677	35.40	40.50	44.40	50.10	61.20	82.90	104.00	124.00	160.00
Higher-income: > 185% poverty																		
60-64 years	›››1,666	›››1,925	›››2,109	›››2,398	›› 2,996	3,699	4,133	4,455	4,979	35.80	34.30	33.70	34.40	42.70	63.00	82.50	100.00	136.00
65-69 years	›››1,850	›››2,080	›››2,244	›››2,499	›› 3,027	3,643	4,019	4,296	4,742	43.20	41.80	41.70	43.30	53.70	74.90	90.90	104.00	127.00
70-74 years	›››1,674	›››1,918	›››2,096	›››2,376	›››2,945	›››3,615	›››4,038	›››4,352	›› 4,858	53.20	51.10	50.70	50.80	53.60	69.20	83.60	94.80	113.00
75-79 years	1,456	› 1,692	›› 1,865	›› 2,143	›››2,735	›››3,431	›››3,851	›› 4,154	› 4,634	56.60	59.90	61.60	63.60	67.50	79.10	92.50	106.00	134.00
80 + years	›››1,527	›››1,728	›››1,874	›››2,103	›› 2,585	3,153	3,501	3,757	4,169	33.60	35.40	36.60	39.30	47.20	62.60	76.60	89.30	115.00
Total, age adjusted	›››1,627	›››1,864	›››2,035	›››2,305	›››2,870	›››3,535	›››3,944	›››4,246	4,732	19.30	18.80	18.60	18.80	21.40	30.30	37.90	44.50	57.30

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

Table D-63—Distribution of usual sodium intake in milligrams: Older adults — Continued

Male

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	2,170	2,440	2,635	2,942	3,588	4,372	4,880	5,273	5,946	43.10	47.10	49.60	53.90	66.90	103.00	135.00	164.00	221.00
65-69 years	2,015	2,266	2,446	2,729	3,323	4,019	4,441	4,747	5,233	49.60	51.60	53.90	58.60	72.50	95.90	111.00	121.00	138.00
70-74 years	1,760	2,057	2,262	2,574	3,212	3,961	4,413	4,737	5,240	44.30	44.00	43.70	42.70	48.90	70.30	82.70	90.50	105.00
75-79 years	1,772	2,027	2,211	2,499	3,098	3,790	4,206	4,509	4,988	57.40	61.00	63.40	67.50	80.10	105.00	123.00	138.00	163.00
80 + years	1,511	1,747	1,921	2,199	2,794	3,495	3,918	4,225	4,711	24.70	26.40	28.10	31.00	37.90	49.60	60.90	71.90	95.40
Total, age adjusted	1,834	2,098	2,287	2,586	3,211	3,952	4,414	4,759	5,331	19.80	20.70	21.60	23.50	28.60	38.30	47.40	55.90	73.20
Lowest income: ≤ 130% poverty																		
60-64 years	1,801	2,053	2,275	2,684	3,628	4,776	5,532	6,155	7,272	71.10	97.40	135.00	221.00	398.00	577.00	692.00	797.00	994.00
65-69 years	1,528	1,808	2,011	2,335	3,015	3,796	4,259	4,589	5,104	111.00	110.00	111.00	115.00	136.00	172.00	193.00	206.00	223.00
70-74 years	1,307	1,632	1,850	2,158	2,760	3,489	3,904	4,175	4,564	102.00	91.10	87.20	87.70	115.00	157.00	166.00	163.00	156.00
75-79 years	1,478	1,716	1,891	2,169	2,759	3,445	3,856	4,151	4,616	125.00	129.00	133.00	141.00	172.00	254.00	329.00	391.00	500.00
80 + years	1,348	1,593	1,774	2,069	2,710	3,481	3,953	4,297	4,847	47.80	52.00	56.60	65.70	89.00	121.00	149.00	175.00	225.00
Total, age adjusted	1,473	1,735	1,923	2,218	2,849	3,643	4,172	4,586	5,300	35.10	32.50	31.40	31.10	38.60	79.50	122.00	161.00	236.00
Low-income: 131-185% poverty																		
60-64 years	› 2,165	2,381	2,544	2,817	3,434	4,168	4,600	4,913	5,422	99.10	124.00	147.00	184.00	262.00	392.00	512.00	621.00	828.00
70-74 years	1,693	2,017	2,247	2,590	3,243	3,913	4,279	4,530	4,904	143.00	152.00	157.00	162.00	168.00	169.00	169.00	171.00	179.00
75-79 years	1,642	1,892	2,071	2,348	2,906	3,516	3,863	4,107	4,481	141.00	134.00	132.00	133.00	139.00	139.00	141.00	148.00	170.00
80 + years	1,381	1,633	1,814	2,100	2,686	3,340	3,720	3,988	4,402	57.60	67.00	76.00	91.90	123.00	148.00	157.00	163.00	175.00
Total, age adjusted	1,643	1,897	2,082	2,376	2,998	3,720	4,156	4,480	5,017	53.90	56.10	58.10	63.40	81.80	114.00	143.00	171.00	231.00
Higher-income: > 185% poverty																		
60-64 years	›››2,366	›››2,622	›› 2,803	3,082	3,646	4,290	4,677	4,958	5,408	61.50	63.70	65.80	69.60	80.00	103.00	125.00	145.00	185.00
65-69 years	›››2,231	›››2,460	›››2,626	›››2,889	3,445	4,095	4,488	4,773	5,225	56.40	58.80	61.30	66.50	83.00	108.00	126.00	140.00	165.00
70-74 years	›››1,915	›››2,202	›››2,406	›››2,722	›››3,361	›› 4,109	›› 4,571	›› 4,907	›››5,430	66.20	64.20	62.10	58.20	62.20	87.10	102.00	113.00	134.00
75-79 years	›› 2,020	›› 2,292	›› 2,488	›› 2,797	›› 3,435	4,160	4,586	4,889	5,361	99.20	97.90	96.50	97.30	113.00	139.00	158.00	175.00	207.00
80 + years	›››1,671	›››1,888	›››2,049	› 2,308	2,873	3,559	3,985	4,300	4,807	40.40	40.30	41.20	44.10	55.90	81.00	102.00	121.00	157.00
Total, age adjusted	›››2,011	›››2,269	›››2,454	›››2,745	›››3,353	›››4,062	4,492	4,805	5,307	22.30	23.20	23.90	25.50	31.50	42.40	52.00	61.20	80.90

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).* 'All older adults' includes persons with missing income.

Table D-63—Distribution of usual sodium intake in milligrams: Older adults
— Continued

Female

	Percentiles									Standard errors of percentiles								
	5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																		
60-64 years	1,337	1,546	1,696	1,928	2,402	2,935	3,250	3,476	3,831	44.00	42.30	40.90	38.80	37.00	44.60	56.60	70.50	104.00
65-69 years	1,525	1,731	1,877	2,104	2,566	3,097	3,424	3,666	4,059	42.00	42.80	43.10	43.30	45.80	55.80	65.80	75.20	94.70
70-74 years	1,419	1,612	1,750	1,967	2,419	2,952	3,284	3,533	3,945	48.30	46.90	46.30	46.10	49.70	65.40	80.60	94.90	122.00
75-79 years	1,163	1,362	1,506	1,734	2,212	2,760	3,085	3,316	3,678	38.50	37.60	37.70	38.60	41.50	50.60	62.50	74.00	98.30
80 + years	1,366	1,544	1,672	1,871	2,279	2,743	3,024	3,232	3,574	28.60	30.10	31.50	33.80	37.30	42.00	50.50	61.30	88.10
Total, age adjusted ...	1,363	1,561	1,703	1,924	2,377	2,898	3,215	3,451	3,837	18.80	18.90	18.90	19.00	20.60	26.70	33.10	39.20	51.70
Lowest income: ≤ 130% poverty																		
60-64 years	996	1,191	1,335	1,566	2,038	2,550	2,842	3,049	3,373	91.50	101.00	105.00	110.00	113.00	114.00	115.00	119.00	128.00
65-69 years	1,386	1,573	1,712	1,934	2,409	2,971	3,317	3,571	3,985	99.70	111.00	119.00	132.00	164.00	214.00	253.00	286.00	344.00
70-74 years	1,156	1,324	1,449	1,653	2,102	2,658	3,006	3,265	3,686	65.60	72.10	75.90	80.90	94.40	124.00	152.00	179.00	235.00
75-79 years	1,146	1,338	1,467	1,669	2,124	2,662	2,976	3,208	3,604	68.70	60.40	62.50	73.90	89.40	103.00	127.00	155.00	218.00
80 + years	1,271	1,450	1,578	1,780	2,203	2,723	3,068	3,338	3,810	49.20	50.30	51.80	54.50	60.90	88.40	124.00	160.00	237.00
Total, age adjusted ...	1,177	1,365	1,501	1,714	2,161	2,695	3,034	3,292	3,727	39.20	40.90	41.90	43.60	52.00	75.30	94.70	111.00	142.00
Low-income: 131-185% poverty																		
60-64 years	1,075	1,263	1,401	1,624	2,100	2,662	3,001	3,247	3,635	92.80	96.50	99.00	106.00	125.00	146.00	156.00	161.00	171.00
65-69 years	1,191	1,438	1,629	1,952	2,650	3,520	4,168	4,678	5,467	119.00	123.00	125.00	142.00	218.00	372.00	487.00	556.00	609.00
70-74 years	1,039	1,282	1,452	1,709	2,217	2,813	3,199	3,494	3,984	109.00	103.00	100.00	96.90	95.10	123.00	168.00	216.00	318.00
75-79 years	1,206	1,380	1,511	1,730	2,227	2,872	3,295	3,617	4,153	80.80	69.30	66.80	71.30	97.40	151.00	200.00	238.00	296.00
80 + years	1,336	1,525	1,661	1,872	2,300	2,771	3,042	3,232	3,524	48.40	47.80	48.40	50.60	56.20	62.60	70.80	80.60	103.00
Total, age adjusted ...	1,147	1,355	1,509	1,757	2,292	2,940	3,350	3,661	4,182	46.90	49.30	50.50	54.20	72.50	100.00	124.00	148.00	191.00
Higher-income: > 185% poverty																		
60-64 years	›››1,462	›››1,670	›››1,817	›››2,044	›› 2,503	›› 3,029	›› 3,348	›› 3,581	› 3,957	56.50	53.90	52.00	49.70	51.90	67.50	87.10	108.00	157.00
65-69 years	› 1,740	› 1,921	2,048	2,242	2,624	3,038	3,273	3,438	3,692	54.20	51.20	49.40	47.60	50.10	60.80	68.30	73.80	82.60
70-74 years	›››1,767	›››1,931	›››2,049	›››2,232	›››2,606	3,022	3,271	3,453	3,744	65.20	64.50	65.00	67.00	75.20	89.90	103.00	114.00	134.00
75-79 years	1,280	1,476	1,617	1,837	2,289	2,794	3,087	3,294	3,615	52.90	55.70	57.70	60.60	67.30	79.70	91.40	102.00	122.00
80 + years	›››1,553	›››1,723	›››1,843	›› 2,030	2,407	2,821	3,059	3,227	3,485	40.00	42.40	44.50	48.50	58.20	71.20	80.80	88.50	102.00
Total, age adjusted ...	›››1,547	›››1,734	›››1,867	›››2,073	›››2,488	› 2,949	3,221	3,418	3,731	22.60	22.90	23.30	24.40	28.80	37.80	45.80	52.90	66.90

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated
using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the Continuing Survey of Food Intakes by Individuals (CSFII).
'All older adults' includes persons with missing income.

Table D-64—Percent of older adults using table salt[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Ordinary salt	Sample size	Percent	Ordinary salt	Sample size	Percent	Ordinary salt	Sample size	Percent	Ordinary salt
Both sexes												
60-64 years	1,031	42.1	2.7	312	35.7	5.3	127	42.2	7.0	501	44.8	3.5
65-69 years	1,003	38.5	1.8	279	32.6	3.2	159	34.0	3.7	482	› 41.0	2.6
70-74 years	650	37.2	2.9	207	34.8	4.7	115	33.6	6.2	255	38.6	4.0
75-79 years	756	36.5	2.5	228	32.2	4.7	126	28.0	4.8	304	41.5	3.6
80 + years	370	41.5	3.7	121	38.3 *	6.2	67	45.1 *	6.6	135	39.6	4.3
Total, age adjusted ...	3,810	39.4	1.5	1,147	34.8	2.7	594	37.1	2.2	1,677	›› 41.2	1.8
Male												
60-64 years	525	50.4	3.5	137	48.0	8.4	62	46.1 *	11.4	283	51.8	4.2
65-69 years	492	46.5	3.2	123	41.1 *	6.7	77	41.4 *	5.8	258	48.0	4.2
70-74 years	276	42.9	4.3	84	45.8 *	9.0	47	37.2 *	9.4	116	42.9	5.4
75-79 years	387	43.8	2.9	97	48.4 *	6.2	63	40.7 *	5.7	184	44.6	4.6
80 + years	155	42.4	4.6	40	41.7 *	10.6	33	50.4 *	9.4	66	36.5 *	5.7
Total, age adjusted ...	1,835	45.5	1.7	481	44.9	3.9	282	43.4	3.2	907	45.0	2.1
Female												
60-64 years	506	34.2	3.1	175	28.3	5.9	65	39.2 *	8.1	218	37.0	4.3
65-69 years	511	32.2	2.1	156	28.6	4.2	82	28.8 *	6.0	224	34.0	3.1
70-74 years	374	33.8	3.8	123	30.4 *	5.9	68	31.4 *	6.6	139	35.5	5.7
75-79 years	369	32.1	3.4	131	26.4	6.1	63	20.9 *	5.3	120	› 38.9	4.4
80 + years	215	41.2	4.7	81	37.3 *	7.1	34	42.3 *	9.8	69	41.3 *	6.0
Total, age adjusted ...	1,975	34.8	1.9	666	30.3	3.2	312	33.2	2.5	770	›› 37.3	2.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Does not include use of salt substitutes.

Source: NHANES-III, 1988-94: Exam file, 24-hour dietary recall. The 'All older adults' column includes persons with missing income.

Table D-65—Mean usual intake of dietary fiber in grams: Older adults

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error	Sample size	Mean	Standard error
Both sexes												
60-64 years	1,154	16.6	0.32	358	13.4	0.59	135	›15.4	0.76	555	›››17.3	0.41
65-69 years	1,054	17.1	0.30	325	15.0	0.68	128	15.9	1.68	503	›››17.7	0.34
70-74 years	1,019	17.3	0.31	290	14.7	0.63	160	›16.9	0.84	485	›››18.2	0.48
75-79 years	659	15.4	0.28	212	12.9	0.57	117	14.2	0.60	257	›››17.4	0.43
80 + years	1,153	15.5	0.21	369	13.7	0.36	196	›15.2	0.51	443	›››16.6	0.30
Total, age adjusted ...	5,039	16.5	0.13	1,554	14.0	0.23	736	››15.4	0.39	2,243	›››17.5	0.20
Male												
60-64 years	575	19.1	0.49	168	14.9	0.80	67	17.9	1.50	294	›››19.6	0.60
65-69 years	536	18.6	0.40	144	16.2	1.05	63	–	–	283	›19.1	0.50
70-74 years	500	19.0	0.53	128	16.6	1.47	77	18.0	1.34	260	19.7	0.66
75-79 years	283	16.9	0.54	87	–	–	49	15.8	1.29	118	18.6	0.86
80 + years	557	17.6	0.28	148	15.2	0.48	98	17.1	0.87	252	›››18.6	0.41
Total, age adjusted ...	2,451	18.4	0.23	675	15.6	0.40	354	›17.1	0.63	1,207	›››19.2	0.29
Female												
60-64 years	579	14.6	0.33	190	12.4	0.85	68	13.9	0.68	261	››15.2	0.45
65-69 years	518	15.7	0.33	181	14.4	0.79	65	14.2	1.24	220	›16.2	0.34
70-74 years	519	15.9	0.26	162	13.8	0.58	83	›16.2	0.93	225	›››16.8	0.49
75-79 years	376	14.5	0.29	125	11.9	0.57	68	13.2	0.65	139	›››16.5	0.48
80 + years	596	14.3	0.28	221	13.1	0.46	98	14.1	0.54	191	››15.1	0.42
Total, age adjusted ...	2,588	15.0	0.12	879	13.1	0.29	382	›14.3	0.38	1,036	›››15.9	0.18

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-66—Percent of older adults with usual intake of dietary fiber at or above reference standard[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,154	11.4	1.10	358	4.0	1.04	135	8.3	2.17	555	›››12.5	1.56
65-69 years	1,054	13.0	1.11	325	8.2	1.75	128	11.1	5.58	503	›13.8	1.38
70-74 years	1,019	14.3	1.28	290	11.1	2.11	160	9.2	2.86	485	›17.0	1.91
75-79 years	659	8.2	0.87	212	1.9	0.99	117	›5.6	1.57	257	›››13.3	1.67
80 + years	1,153	6.4	0.58	369	2.0	0.49	196	›››6.6	1.21	443	›››9.4	1.13
Total, age adjusted ...	5,039	11.1	0.46	1,554	5.4	0.59	736	7.8	1.23	2,243	›››13.3	0.79
Male												
60-64 years	575	20.2	2.11	168	6.3	2.13	67	›18.9	5.64	294	›››20.7	2.59
65-69 years	536	18.5	1.58	144	12.7	3.36	63	–	–	283	19.9	2.08
70-74 years	500	20.3	2.07	128	18.1	4.85	77	1.7	3.49	260	22.9	2.56
75-79 years	283	12.3	1.97	87	–	–	49	6.9	4.19	118	16.9	3.46
80 + years	557	12.8	1.18	148	3.9	0.90	98	››12.9	3.04	252	›››16.3	1.90
Total, age adjusted ...	2,451	17.9	0.90	675	10.8	1.29	354	12.2	2.26	1,207	›››20.2	1.18
Female												
60-64 years	579	4.1	1.06	190	1.1	0.70	68	1.9	0.88	261	4.8	1.72
65-69 years	518	7.1	1.10	181	5.7	1.95	65	5.0	2.99	220	6.4	1.19
70-74 years	519	8.8	0.96	162	5.2	1.55	83	10.2	2.97	225	›10.4	1.89
75-79 years	376	5.4	0.89	125	0.0	0.08	68	4.8	1.82	139	›››11.2	2.01
80 + years	596	3.4	0.65	221	1.4	0.56	98	›3.8	1.02	191	›4.9	1.39
Total, age adjusted ...	2,588	5.8	0.41	879	2.4	0.45	382	›5.1	1.11	1,036	›››6.9	0.69

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Recommended fiber intake is 25 gm.
– Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
'All older adults' includes persons with missing income.

Table D-67—Distribution of usual dietary fiber intake in grams: Older adults

Both sexes

	Std[1] (g/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	25.0	7.3	8.7	9.8	11.6	15.5	20.4	23.5	25.7	29.3	0.19	0.20	0.21	0.23	0.29	0.40	0.49	0.57	0.73
65-69 years	25.0	7.3	8.9	10.1	12.0	16.1	21.1	24.2	26.5	30.2	0.20	0.20	0.21	0.22	0.29	0.39	0.46	0.51	0.62
70-74 years	25.0	7.1	8.7	9.9	11.8	16.0	21.2	24.7	27.4	31.8	0.16	0.17	0.17	0.18	0.25	0.42	0.58	0.70	0.94
75-79 years	25.0	6.9	8.2	9.2	10.8	14.3	18.9	21.8	24.0	27.5	0.13	0.14	0.16	0.20	0.29	0.37	0.43	0.50	0.64
80 + years	25.0	7.5	8.9	9.8	11.4	14.7	18.7	21.2	23.0	26.1	0.16	0.16	0.17	0.18	0.21	0.26	0.30	0.34	0.42
Total, age adjusted ...	na	7.2	8.7	9.8	11.6	15.4	20.2	23.3	25.6	29.4	0.08	0.08	0.08	0.09	0.12	0.17	0.21	0.24	0.29
Lowest income: ≤ 130% poverty																			
60-64 years	25.0	5.9	7.0	7.9	9.3	12.5	16.4	19.0	21.0	24.0	0.34	0.37	0.40	0.48	0.62	0.72	0.81	0.90	1.05
65-69 years	25.0	5.6	7.1	8.2	10.1	14.1	18.9	21.9	24.0	27.4	0.47	0.50	0.52	0.56	0.68	0.88	0.98	1.04	1.13
70-74 years	25.0	4.3	5.7	6.9	8.7	13.0	18.7	22.7	25.8	31.1	0.25	0.29	0.32	0.35	0.43	0.81	1.18	1.51	2.15
75-79 years	25.0	6.1	7.2	8.1	9.4	12.2	15.7	17.8	19.3	21.8	0.34	0.34	0.35	0.40	0.56	0.75	0.87	0.98	1.18
80 + years	25.0	7.4	8.5	9.2	10.5	13.1	16.2	18.2	19.6	22.0	0.25	0.27	0.28	0.30	0.36	0.44	0.50	0.55	0.64
Total, age adjusted ...	na	5.8	7.1	8.0	9.6	13.0	17.3	20.0	22.0	25.3	0.18	0.18	0.18	0.19	0.22	0.28	0.35	0.41	0.52
Low-income: 131-185% poverty																			
60-64 years	25.0	6.5	7.9	9.0	10.7	14.6	19.2	22.0	24.1	27.4	0.44	0.50	0.53	0.60	0.75	0.97	1.11	1.22	1.45
65-69 years	25.0	6.5	7.8	8.9	10.5	14.3	19.4	22.9	25.7	30.6	0.56	0.59	0.63	0.74	1.21	2.15	3.01	3.80	5.38
70-74 years	25.0	›››9.2	›››10.4	›››11.3	›››12.7	››15.8	19.8	22.5	24.6	28.1	0.41	0.43	0.46	0.52	0.75	1.09	1.32	1.49	1.77
75-79 years	25.0	6.4	7.6	8.5	10.0	13.1	17.2	19.9	22.0	25.6	0.35	0.36	0.37	0.39	0.53	0.83	1.02	1.16	1.38
80 + years	25.0	7.0	8.3	9.3	10.9	14.5	››18.7	››21.3	››23.2	››26.1	0.43	0.44	0.44	0.46	0.51	0.61	0.69	0.75	0.88
Total, age adjusted ...	na	›››7.0	›››8.4	›››9.4	›››10.9	››14.4	18.8	21.6	23.7	27.3	0.20	0.22	0.23	0.26	0.35	0.51	0.63	0.73	0.95
Higher-income: > 185% poverty																			
60-64 years	25.0	›››8.2	›››9.6	›››10.7	›››12.4	›››16.3	›››21.0	›››24.0	›››26.2	››29.6	0.24	0.24	0.25	0.27	0.36	0.51	0.63	0.76	1.05
65-69 years	25.0	›››8.3	›››9.8	›››11.0	›››12.8	››16.9	21.6	24.5	26.6	30.0	0.21	0.22	0.23	0.25	0.32	0.44	0.52	0.59	0.70
70-74 years	25.0	›››8.1	›››9.6	›››10.8	›››12.7	›››17.0	››22.4	25.8	28.4	32.6	0.23	0.25	0.27	0.29	0.41	0.61	0.78	0.93	1.21
75-79 years	25.0	›››8.2	›››9.6	›››10.6	›››12.3	›››16.2	›››21.1	›››24.3	›››26.7	›››30.6	0.22	0.25	0.27	0.30	0.38	0.56	0.70	0.83	1.07
80 + years	25.0	8.0	›9.5	››10.5	›››12.2	›››15.7	›››20.0	›››22.7	›››24.7	›››28.1	0.20	0.20	0.20	0.22	0.27	0.38	0.48	0.57	0.76
Total, age adjusted ...	na	›››8.1	›››9.6	›››10.7	›››12.5	›››16.4	›››21.2	›››24.3	›››26.6	›››30.4	0.11	0.11	0.11	0.12	0.17	0.25	0.32	0.38	0.49

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

[1] Recommended fiber intake is 25 gm.

na Fiber standard is specific to year of age and is not shown for the pooled age group.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the Continuing Survey of Food Intakes by Individuals (CSFII). 'All older adults' includes persons with missing income.

Table D-67—Distribution of usual dietary fiber intake in grams: Older adults — Continued

Male

	Std[1] (g/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	25.0	8.4	10.1	11.4	13.4	18.0	23.5	27.0	29.5	33.5	0.29	0.32	0.34	0.37	0.48	0.66	0.75	0.81	0.93
65-69 years	25.0	7.7	9.5	10.8	13.0	17.5	23.0	26.4	28.9	33.2	0.28	0.30	0.32	0.34	0.40	0.51	0.60	0.68	0.89
70-74 years	25.0	7.5	9.4	10.7	12.9	17.5	23.4	27.3	30.4	35.7	0.29	0.32	0.33	0.36	0.45	0.71	0.99	1.25	1.66
75-79 years	25.0	7.8	9.2	10.2	11.9	15.6	20.6	23.8	26.2	30.2	0.26	0.29	0.32	0.37	0.51	0.72	0.88	1.00	1.20
80 + years	25.0	8.5	10.0	11.2	12.9	16.8	21.3	24.2	26.3	29.6	0.25	0.24	0.23	0.23	0.27	0.37	0.45	0.51	0.62
Total, age adjusted ...	na	7.9	9.6	10.8	12.8	17.2	22.7	26.2	28.8	33.1	0.15	0.16	0.16	0.18	0.22	0.30	0.35	0.39	0.45
Lowest income: ≤ 130% poverty																			
60-64 years	25.0	6.5	7.8	8.8	10.6	14.2	18.4	21.1	23.0	26.0	0.48	0.54	0.60	0.67	0.79	1.02	1.20	1.29	1.38
65-69 years	25.0	6.0	7.5	8.7	10.7	15.1	20.5	24.0	26.5	30.5	0.59	0.62	0.67	0.78	1.04	1.37	1.59	1.76	2.01
70-74 years	25.0	3.1	4.8	6.2	8.6	14.1	21.6	27.0	31.3	38.9	0.57	0.61	0.65	0.71	0.92	2.14	3.37	4.33	5.47
75-79 years	25.0	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
80 + years	25.0	8.8	9.9	10.6	11.9	14.5	17.8	19.9	21.5	24.1	0.31	0.33	0.35	0.38	0.47	0.58	0.66	0.72	0.83
Total, age adjusted ...	na	6.0	7.4	8.5	10.3	14.4	19.6	22.9	25.5	29.7	0.24	0.24	0.26	0.28	0.36	0.53	0.66	0.77	0.95
Low-income: 131-185% poverty																			
60-64 years	25.0	6.7	8.3	9.5	11.7	16.8	22.9	26.5	29.0	32.8	0.88	1.01	1.12	1.30	1.65	1.92	2.08	2.25	2.64
65-69 years	25.0	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
70-74 years	25.0	›››13.5	›››14.4	›››15.0	›››15.9	17.8	19.9	21.0	21.9	23.2	1.02	1.07	1.11	1.17	1.32	1.49	1.61	1.70	1.85
75-79 years	25.0	8.0	9.3	10.2	11.7	14.9	19.0	21.5	23.4	26.4	0.58	0.65	0.70	0.80	1.11	1.66	2.05	2.36	2.92
80 + years	25.0	7.4	8.9	10.1	12.0	16.2	21.2	›24.2	›26.4	›29.8	0.55	0.59	0.62	0.68	0.85	1.12	1.29	1.42	1.63
Total, age adjusted ...	na	›››8.1	›››9.5	›››10.6	›››12.3	16.1	20.8	23.8	26.1	29.9	0.30	0.34	0.38	0.43	0.57	0.79	0.97	1.13	1.48
Higher-income: > 185% poverty																			
60-64 years	25.0	›››9.5	›››11.1	›››12.3	›››14.3	›››18.6	›››23.8	›››27.0	›››29.3	›››33.1	0.40	0.42	0.44	0.48	0.58	0.74	0.86	0.95	1.13
65-69 years	25.0	›› 8.4	›› 10.2	›› 11.5	›› 13.6	18.1	23.5	26.8	29.2	33.1	0.37	0.38	0.39	0.41	0.48	0.62	0.75	0.85	0.99
70-74 years	25.0	›››8.4	›››10.1	›››11.3	›››13.4	›› 18.2	24.3	28.3	31.2	36.2	0.35	0.38	0.41	0.45	0.56	0.86	1.13	1.35	1.77
75-79 years	25.0	9.1	10.5	11.5	13.3	17.3	22.4	25.8	28.3	32.4	0.44	0.49	0.54	0.62	0.81	1.10	1.31	1.48	1.79
80 + years	25.0	9.1	10.7	11.9	›› 13.8	›››17.8	›››22.5	›››25.5	›››27.6	›››31.2	0.37	0.35	0.33	0.32	0.38	0.54	0.66	0.76	0.95
Total, age adjusted ...	na	›››8.7	›››10.4	›››11.6	›››13.6	›››18.0	›››23.5	›››27.0	›››29.5	›› 33.6	0.17	0.19	0.20	0.22	0.27	0.37	0.44	0.50	0.62

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
    The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.
[1] Recommended fiber intake is 25 gm.
  – Estimate of usual intake could not be obtained for the gender-age group cell. The cell was pooled with a neighboring age group to determine its contribution to the 'Total, age-adjusted' row.
na Fiber standard is specific to year of age and is not shown for the pooled age group.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using *C-SIDE: Software for Intake Distribution Estimation,* accounting for within-person variance as estimated from the *Continuing Survey of Food Intakes by Individuals (CSFII).*
    'All older adults' includes persons with missing income.

Table D-67—Distribution of usual dietary fiber intake in grams: Older adults — Continued

Female

	Std[1] (g/dy)	Percentiles									Standard errors of percentiles								
		5th	10th	15th	25th	50th	75th	85th	90th	95th	5th	10th	15th	25th	50th	75th	85th	90th	95th
All older adults																			
60-64 years	25.0	7.2	8.4	9.3	10.8	14.0	17.7	20.0	21.7	24.3	0.24	0.25	0.24	0.24	0.28	0.39	0.50	0.62	0.90
65-69 years	25.0	7.2	8.6	9.7	11.4	15.0	19.2	21.8	23.6	26.4	0.23	0.23	0.24	0.25	0.31	0.41	0.49	0.57	0.73
70-74 years	25.0	7.2	8.6	9.6	11.3	15.0	19.5	22.3	24.4	27.7	0.18	0.19	0.19	0.20	0.25	0.36	0.44	0.52	0.65
75-79 years	25.0	6.4	7.6	8.6	10.2	13.7	18.0	20.5	22.4	25.3	0.19	0.18	0.18	0.21	0.28	0.38	0.46	0.53	0.67
80 + years	25.0	7.2	8.4	9.3	10.7	13.6	17.2	19.4	21.0	23.6	0.18	0.19	0.20	0.21	0.27	0.36	0.43	0.49	0.61
Total, age adjusted ...	na	7.0	8.4	9.3	10.9	14.3	18.3	20.8	22.7	25.6	0.09	0.09	0.09	0.09	0.10	0.15	0.20	0.23	0.32
Lowest income: ≤ 130% poverty																			
60-64 years	25.0	6.5	7.5	8.2	9.3	11.8	14.9	16.8	18.2	20.4	0.51	0.56	0.61	0.68	0.86	1.05	1.15	1.22	1.35
65-69 years	25.0	5.3	6.9	8.1	9.9	13.7	18.2	20.9	22.7	25.5	0.60	0.65	0.68	0.70	0.76	1.01	1.16	1.25	1.39
70-74 years	25.0	5.7	6.9	7.8	9.4	12.8	17.1	19.9	21.9	25.1	0.25	0.27	0.29	0.34	0.50	0.77	0.98	1.16	1.48
75-79 years	25.0	6.7	7.6	8.3	9.4	11.6	14.1	15.5	16.5	18.0	0.42	0.43	0.44	0.48	0.59	0.70	0.73	0.74	0.75
80 + years	25.0	6.9	7.9	8.7	9.9	12.6	15.7	17.6	19.0	21.2	0.33	0.36	0.38	0.41	0.46	0.54	0.62	0.69	0.82
Total, age adjusted ...	na	6.0	7.2	8.1	9.5	12.5	16.1	18.3	19.9	22.5	0.23	0.24	0.24	0.26	0.30	0.35	0.40	0.45	0.54
Low-income: 131-185% poverty																			
60-64 years	25.0	6.8	8.1	9.0	10.5	13.5	16.9	18.9	20.2	22.4	0.54	0.58	0.61	0.64	0.72	0.82	0.88	0.94	1.03
65-69 years	25.0	6.0	7.3	8.3	9.9	13.4	17.6	20.2	22.0	25.0	0.80	0.86	0.91	1.00	1.23	1.54	1.75	1.90	2.12
70-74 years	25.0	›››8.3	›››9.2	›››10.0	›11.2	14.4	19.1	22.5	25.2	29.8	0.32	0.34	0.37	0.45	0.73	1.23	1.65	2.00	2.60
75-79 years	25.0	5.3	6.5	7.3	8.8	12.1	16.4	19.2	›21.3	››24.8	0.42	0.41	0.42	0.45	0.56	0.88	1.16	1.39	1.83
80 + years	25.0	6.5	7.8	8.7	10.2	13.5	17.3	19.7	21.3	24.0	0.42	0.45	0.46	0.49	0.56	0.64	0.70	0.75	0.87
Total, age adjusted ...	na	6.3	7.6	8.6	10.1	13.4	17.5	20.0	22.0	25.1	0.22	0.22	0.22	0.24	0.34	0.54	0.68	0.78	0.93
Higher-income: > 185% poverty																			
60-64 years	25.0	8.0	›9.3	›10.2	›11.6	›14.6	18.1	20.4	22.0	24.8	0.29	0.27	0.28	0.30	0.37	0.54	0.73	0.93	1.39
65-69 years	25.0	›››8.5	›››9.9	››10.8	››12.4	15.6	19.4	21.7	23.3	25.9	0.29	0.28	0.27	0.27	0.32	0.42	0.52	0.60	0.75
70-74 years	25.0	›››8.2	›››9.5	›››10.6	›››12.3	›››16.1	››20.6	›23.3	25.2	28.0	0.28	0.32	0.35	0.38	0.46	0.60	0.72	0.83	1.09
75-79 years	25.0	7.5	8.8	9.9	››11.6	›››15.4	›››20.3	›››23.3	›››25.6	›››29.3	0.31	0.37	0.39	0.40	0.45	0.69	0.87	1.00	1.21
80 + years	25.0	7.6	9.0	9.9	›11.4	›14.4	›18.1	›20.4	›22.1	24.9	0.24	0.22	0.22	0.25	0.37	0.57	0.72	0.85	1.13
Total, age adjusted ...	na	›››7.9	›››9.3	›››10.2	›››11.8	›››15.2	›››19.3	›››21.7	›››23.5	›››26.3	0.15	0.14	0.14	0.14	0.16	0.23	0.28	0.34	0.50

Notes: Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty). The Bonferroni adjustment was used to adjust levels of significant and control for multiplicity in the number of tests.

[1] Recommended fiber intake is 25 gm.

na Fiber standard is specific to year of age and is not shown for the pooled age group.

Source: NHANES-III, 1988-94 Exam file, 24-hour dietary recall. Data reflect nutrient intake from foods. Does not include the contribution of vitamin and mineral supplements. Usual intake was estimated using C-SIDE: Software for Intake Distribution Estimation, accounting for within-person variance as estimated from the Continuing Survey of Food Intakes by Individuals (CSFII). 'All older adults' includes persons with missing income.

Table D-68—Mean Body Mass Index: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,223	27.7	0.21	380	28.5	0.42	146	28.1	0.77	582	27.4	0.30
65-69 years	1,130	27.2	0.21	350	27.4	0.57	138	29.3	0.93	537	26.9	0.28
70-74 years	1,118	27.1	0.17	324	27.6	0.54	180	26.8	0.46	521	27.0	0.26
75-79 years	737	26.4	0.27	234	27.4	0.47	131	27.2	0.49	283	›› 25.7	0.38
80-84 years	928	25.5	0.20	301	25.7	0.32	147	26.0	0.62	357	25.6	0.29
85 + years	548	24.5	0.20	192	24.5	0.40	88	24.4	0.56	187	24.8	0.26
Total, age adjusted ...	5,684	26.7	0.11	1,781	27.3	0.23	830	27.4	0.40	2,467	›› 26.5	0.14
Male												
60-64 years	609	27.4	0.24	178	27.3	0.64	72	27.9	0.90	308	27.4	0.31
65-69 years	570	27.4	0.25	159	26.6	0.77	67	27.4 *	0.80	295	27.5	0.29
70-74 years	548	26.8	0.26	142	27.4	1.00	90	27.0	0.57	277	26.5	0.32
75-79 years	322	26.4	0.31	97	26.5	0.65	56	26.1 *	0.42	135	26.6	0.39
80-84 years	455	25.3	0.21	123	25.6	0.40	73	25.1	0.60	206	25.6	0.33
85 + years	240	24.3	0.33	72	23.8 *	0.73	47	23.7 *	0.67	94	24.8	0.34
Total, age adjusted ...	2,744	26.6	0.13	771	26.5	0.25	405	26.6	0.38	1,315	26.7	0.13
Female												
60-64 years	614	28.0	0.29	202	29.3	0.59	74	28.2	0.93	274	› 27.4	0.41
65-69 years	560	27.2	0.27	191	27.8	0.79	71	30.9 *	1.33	242	26.2	0.40
70-74 years	570	27.3	0.27	182	27.8	0.62	90	26.7	0.70	244	27.4	0.46
75-79 years	415	26.5	0.37	137	27.9	0.63	75	28.0	0.78	148	›››25.0	0.58
80-84 years	473	25.5	0.28	178	25.8	0.44	74	26.5	0.90	151	25.6	0.48
85 + years	308	24.6	0.25	120	24.8	0.45	41	24.9 *	0.76	93	24.8	0.38
Total, age adjusted ...	2,940	26.8	0.13	1,010	27.7	0.31	425	28.0	0.49	1,152	›››26.3	0.21

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
  Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
  [1] Body Mass Index (BMI) = [Weight in kilograms] / [Height in meters]^2.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-69—Percent healthy weight: Older adults [1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,223	30.7	2.06	380	26.5	3.73	146	27.6	6.35	582	32.7	2.72
65-69 years	1,130	31.8	2.25	350	30.5	4.69	138	28.2	5.81	537	32.6	2.59
70-74 years	1,118	36.3	1.96	324	29.6	4.34	180	36.5	4.58	521	38.8	2.86
75-79 years	737	40.5	2.44	234	32.8	4.54	131	40.0	5.92	283	42.8	3.68
80-84 years	928	40.7	1.99	301	39.9	4.33	147	33.7	5.62	357	42.2	2.48
85 + years	548	48.7	2.77	192	45.6	4.20	88	55.8	6.43	187	43.6	3.85
Total, age adjusted ...	5,684	36.4	1.14	1,781	32.2	1.76	830	34.8	3.15	2,467	›› 37.6	1.26
Male												
60-64 years	609	30.3	2.89	178	28.2	7.20	72	29.2 *	9.06	308	31.0	3.59
65-69 years	570	26.8	2.43	159	37.5	7.62	67	36.4 *	7.74	295	23.3	2.54
70-74 years	548	34.5	3.24	142	33.2	6.29	90	35.7	6.01	277	35.5	4.63
75-79 years	322	37.5	3.20	97	36.4	5.78	56	39.9 *	7.87	135	33.8	4.63
80-84 years	455	42.5	2.65	123	44.1	4.43	73	39.8 *	7.34	206	41.8	3.73
85 + years	240	48.0	2.97	72	49.4 *	7.78	47	53.8 *	9.61	94	44.1	3.57
Total, age adjusted ...	2,744	34.5	1.47	771	36.2	2.60	405	37.2	4.26	1,315	33.1	1.71
Female												
60-64 years	614	31.0	2.71	202	25.4	4.02	74	26.6 *	6.43	274	34.2	3.67
65-69 years	560	36.3	3.24	191	26.3	5.42	71	21.2 *	6.82	242	›› 42.5	4.03
70-74 years	570	37.7	2.42	182	27.9	5.42	90	37.1	6.01	244	› 41.9	3.47
75-79 years	415	42.5	2.89	137	31.1	6.29	75	40.0 *	7.49	148	› 50.3	4.39
80-84 years	473	39.7	2.62	178	38.4	5.63	74	30.0 *	7.17	151	42.6	3.57
85 + years	308	49.0	3.80	120	44.1	4.54	41	57.2 *	9.19	93	43.3	5.47
Total, age adjusted ...	2,940	37.9	1.26	1,010	30.2	2.20	425	32.9	3.35	1,152	›››41.8	1.40

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Healthy weight for adults is defined by BMI greater than or equal to 18.5 and less than 25.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-70—Percent obese: Older adults [1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,223	27.9	1.68	380	36.0	3.77	146	31.9	5.57	582	›25.5	2.51
65-69 years	1,130	27.2	1.62	350	27.8	3.84	138	41.5	6.94	537	24.8	2.15
70-74 years	1,118	23.7	1.42	324	31.5	4.59	180	21.9	3.67	521	21.6	2.26
75-79 years	737	21.7	2.14	234	27.7	4.23	131	26.4	5.54	283	›16.9	2.62
80-84 years	928	14.5	1.49	301	15.4	2.23	147	18.3	3.81	357	14.3	2.49
85 + years	548	9.6	1.21	192	10.6 *	2.46	88	8.0 *	3.84	187	9.4	1.55
Total, age adjusted ...	5,684	22.8	0.84	1,781	27.5	1.79	830	27.3	3.10	2,467	›››20.5	1.10
Male												
60-64 years	609	23.3	2.87	178	23.5	7.37	72	31.7	8.53	308	23.7	3.42
65-69 years	570	26.3	2.55	159	27.5	7.54	67	30.8 *	8.14	295	26.6	3.20
70-74 years	548	21.2	2.70	142	29.8	7.36	90	22.2	5.15	277	19.3	3.40
75-79 years	322	18.0	3.62	97	24.7	7.13	56	15.6 *	4.97	135	17.2	4.39
80-84 years	455	10.8	1.71	123	11.1 *	2.99	73	13.7 *	4.30	206	10.8	2.62
85 + years	240	3.1 *	0.90	72	4.1 *	2.72	47	0.0 *	0.00	94	4.7 *	1.31
Total, age adjusted ...	2,744	19.4	1.23	771	22.6	2.71	405	22.1	3.38	1,315	19.2	1.47
Female												
60-64 years	614	31.5	2.46	202	43.8	5.08	74	32.0	7.22	274	››27.2	3.33
65-69 years	560	28.0	2.19	191	27.9	5.27	71	›50.6	8.44	242	23.0	3.04
70-74 years	570	25.7	1.47	182	32.4	5.32	90	21.7	5.25	244	23.9	3.13
75-79 years	415	24.2	2.72	137	29.1	4.28	75	33.8	8.43	148	›16.6	3.57
80-84 years	473	16.6	2.14	178	17.0	3.21	74	21.0 *	5.17	151	17.1	4.40
85 + years	308	12.7	1.76	120	13.2 *	3.00	41	13.6 *	6.66	93	12.3 *	2.56
Total, age adjusted ...	2,940	25.1	1.01	1,010	30.1	2.31	425	31.2	3.52	1,152	››21.4	1.44

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Obese is defined by BMI greater than or equal to 30.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-71—Percent overweight: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,223	39.7	2.16	380	34.9	4.17	146	36.3	4.42	582	40.6	2.99
65-69 years	1,130	38.9	2.07	350	35.7	4.09	138	28.6	4.39	537	41.3	2.39
70-74 years	1,118	38.0	1.80	324	34.3	4.84	180	40.6	4.25	521	38.2	2.46
75-79 years	737	36.0	1.73	234	35.7	4.03	131	33.6	4.52	283	38.4	2.80
80-84 years	928	39.5	1.65	301	41.9	3.79	147	42.1	4.69	357	38.6	2.74
85 + years	548	34.9	2.17	192	35.2	3.19	88	32.6	6.23	187	39.3	3.11
Total, age adjusted ...	5,684	38.1	0.83	1,781	35.9	1.85	830	35.4	2.04	2,467	39.6	1.11
Male												
60-64 years	609	45.1	3.21	178	47.1	8.08	72	34.7	6.09	308	44.3	3.65
65-69 years	570	45.8	3.37	159	30.6	8.31	67	32.8	8.04	295	› 49.3	3.70
70-74 years	548	42.6	3.29	142	32.4	6.11	90	41.5	7.34	277	43.6	4.65
75-79 years	322	44.0	3.71	97	36.3	7.14	56	44.5 *	7.07	135	48.9	5.25
80-84 years	455	43.2	2.84	123	42.1	4.08	73	42.5	6.83	206	45.2	3.77
85 + years	240	41.7	3.15	72	35.6 *	6.52	47	37.4 *	9.50	94	46.0	4.28
Total, age adjusted ...	2,744	44.0	1.48	771	37.4	2.84	405	38.3	3.45	1,315	›› 46.2	1.86
Female												
60-64 years	614	35.6	2.49	202	27.3	4.98	74	37.3	6.80	274	37.2	3.92
65-69 years	560	32.6	2.86	191	38.8	5.56	71	25.0	6.76	242	32.8	3.63
70-74 years	570	34.4	2.01	182	35.3	6.14	90	39.9	4.39	244	32.9	2.73
75-79 years	415	30.7	2.23	137	35.5	5.30	75	26.1	6.12	148	29.6	2.89
80-84 years	473	37.3	2.76	178	41.8	5.03	74	41.9	5.79	151	33.5	5.13
85 + years	308	31.6	2.80	120	35.1	3.31	41	29.2 *	7.62	93	35.3	4.52
Total, age adjusted ...	2,940	33.8	0.77	1,010	34.9	2.20	425	33.1	2.42	1,152	33.6	1.21

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Overweight is defined by BMI greater than or equal to 25 and less than 30.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-72—Percent underweight: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,223	1.6	0.51	380	2.6 *	1.64	146	4.2 *	2.25	582	1.2 *	0.56
65-69 years	1,130	2.2	0.72	350	6.0 *	2.53	138	1.7 *	1.67	537	› 1.3 *	0.57
70-74 years	1,118	2.0	0.59	324	4.5 *	1.72	180	1.0 *	0.76	521	1.4 *	0.60
75-79 years	737	1.8 *	0.69	234	3.8 *	2.25	131	0.1 *	0.09	283	1.9 *	1.12
80-84 years	928	5.3	1.16	301	2.8 *	1.10	147	5.9 *	2.29	357	4.8	1.70
85 + years	548	6.9	1.47	192	8.5 *	2.30	88	3.7 *	1.99	187	7.7 *	2.60
Total, age adjusted ...	5,684	2.7	0.27	1,781	4.4	0.76	830	2.5	0.86	2,467	› 2.4	0.41
Male												
60-64 years	609	1.3 *	0.59	178	1.2 *	0.65	72	4.3 *	3.43	308	1.0 *	0.71
65-69 years	570	1.2 *	0.59	159	4.3 *	2.50	67	0.0	0.00	295	0.8 *	0.66
70-74 years	548	1.7 *	0.66	142	4.6 *	2.87	90	0.6 *	0.55	277	1.6 *	0.82
75-79 years	322	0.5 *	0.33	97	2.6 *	1.81	56	0.0 *	0.00	135	0.0	0.00
80-84 years	455	3.5 *	1.19	123	2.7 *	1.46	73	4.0 *	3.09	206	2.3 *	1.09
85 + years	240	7.3 *	2.28	72	10.8 *	4.65	47	8.8 *	4.46	94	5.3 *	2.46
Total, age adjusted ...	2,744	2.0	0.37	771	3.8	0.99	405	2.4 *	0.98	1,315	› 1.4	0.41
Female												
60-64 years	614	1.9 *	0.77	202	3.5 *	2.59	74	4.1 *	3.02	274	1.4 *	0.85
65-69 years	560	3.1 *	1.22	191	7.0 *	3.33	71	3.2 *	3.14	242	1.8 *	0.97
70-74 years	570	2.2 *	0.88	182	4.4 *	2.13	90	1.3 *	1.22	244	1.3 *	0.82
75-79 years	415	2.6 *	1.10	137	4.3 *	3.14	75	0.2 *	0.15	148	3.5 *	1.99
80-84 years	473	6.3	1.58	178	2.8 *	1.18	74	7.0 *	3.88	151	6.8 *	2.75
85 + years	308	6.7	1.54	120	7.6 *	2.90	41	›› 0.0 *	0.00	93	9.2 *	3.14
Total, age adjusted ...	2,940	3.3	0.33	1,010	4.8	1.04	425	2.7 *	1.38	1,152	3.1	0.58

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Underweight is defined by BMI less than 18.5.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-73—Mean weight gain over past 10 years: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,258	5.8	0.7	371	7.7 *	2.7	156	7.6 *	2.5	610	4.7	1.0
65-69 years	1,166	2.7 *	0.8	336	2.9 *	1.8	144	› 9.9 *	3.4	578	1.7 *	0.9
70-74 years	1,189	1.6 *	0.7	318	0.5 *	1.9	192	1.6 *	2.1	572	2.4	0.7
75-79 years	796	-2.9	1.0	237	0.3 *	2.0	138	-1.9	1.9	316	› -5.1	1.3
80-84 years	1,008	-4.8	0.9	306	-4.9	1.5	165	-5.3	1.6	393	-4.7	1.1
85 + years	574	-8.9	1.0	185	-10.7	1.6	91	-9.6	2.1	201	› -6.0	1.4
Total, age adjusted ...	5,991	0.4 *	0.4	1,753	1.0 *	0.8	886	2.4 *	1.0	2,670	>0	0.5
Male												
60-64 years	639	2.7 *	1.4	173	3.6 *	3.7	77	0.2 *	2.6	334	2.5 *	1.6
65-69 years	593	0.7 *	1.0	154	-0.3	2.7	71	3.2 *	3.6	317	0.8 *	1.0
70-74 years	588	-0.1	0.9	144	>0	2.8	99	0.3 *	3.2	299	0.4 *	1.0
75-79 years	351	-4.6	1.3	98	-3.8	3.3	58	-7.3 *	2.8	154	-5.4	1.6
80-84 years	498	-7.3	0.9	129	-7.1	1.9	84	-7.5	1.7	224	-7.1	1.1
85 + years	247	-9.4	1.6	69	-12.4	2.0	44	-11.9 *	2.9	102	› -6.2	2.7
Total, age adjusted ...	2,916	-1.6	0.4	767	-1.8	1.2	433	-2.4	1.1	1,430	-1.4	0.6
Female												
60-64 years	619	8.3	1.2	198	10.2 *	3.4	79	11.8	2.9	276	7.0	1.8
65-69 years	573	4.4	1.0	182	5.0 *	2.5	73	› 15.8	4.5	261	2.7 *	1.2
70-74 years	601	2.9 *	0.9	174	0.8 *	2.1	93	2.7 *	2.3	273	4.2	1.1
75-79 years	445	-1.7	1.2	139	2.1 *	2.4	80	1.5 *	2.5	162	-4.9	2.3
80-84 years	510	-3.3	1.2	177	-4.1	1.8	81	-3.8	2.4	169	-2.7	2.0
85 + years	327	-8.7	1.2	116	-10.1	2.0	47	-8.2 *	2.5	99	-5.8	1.8
Total, age adjusted ...	3,075	2.0	0.5	986	2.5 *	1.0	453	5.6	1.3	1,240	1.4 *	0.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Respondents age 36 and over were asked to report their weight 10 years ago; this response was compared to current weight reported in the household interview.
>0 Value to small to display.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-74—Distribution of weight gain over past 10 years: Older adults[1]

Total Persons

| | Sample size | Percent of persons by range of weight gain | | | | | | | | Standard Errors | | | | | | | |
| | | Lost weight | | | Same | Gained weight | | | | Lost weight | | | Same | Gained weight | | | |
		>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs	>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs
Both sexes																	
60-64 years	1,258	5.6	8.0	5.5	34.0	12.5	21.3	10.4	2.2	0.8	1.0	0.8	2.4	1.3	1.4	1.3	0.5
65-69 years	1,166	6.2	9.6	6.7	40.9	12.7	16.3	5.3	1.9	1.0	1.4	1.0	2.0	1.7	1.5	0.8	0.5
70-74 years	1,189	6.8	10.9	6.8	39.6	9.8	16.4	7.5	0.8	1.1	1.1	0.9	2.0	1.0	1.3	1.1	0.3
75-79 years	796	10.5	15.7	6.8	37.8	10.7	11.8	4.0	1.4	1.2	1.8	1.1	2.0	1.1	1.6	0.8	0.6
80-84 years	1,008	10.0	18.4	13.0	36.1	8.9	9.2	2.5	1.0	1.0	1.5	1.1	1.8	1.3	1.0	0.6	0.5
85 + years	574	13.3	23.4	11.0	39.2	4.4	6.3	1.4	0.2	1.7	1.8	1.4	2.2	1.0	1.3	0.5	0.2
Total, age adjusted ...	5,991	8.0	12.7	7.5	37.8	10.6	15.0	6.0	1.4	0.5	0.6	0.4	1.0	0.5	0.5	0.5	0.2
Male																	
60-64 years	639	5.6	9.5	5.3	41.4	11.3	17.5	8.4	0.7	1.0	2.1	1.3	4.0	1.7	2.3	1.7	0.4
65-69 years	593	6.8	9.5	4.5	48.2	10.7	15.7	3.3	0.9	1.4	1.7	1.0	3.1	2.0	2.2	1.0	0.4
70-74 years	588	8.0	11.5	6.1	45.3	7.9	13.9	4.9	0.8	1.6	1.6	1.1	3.1	1.3	2.0	1.2	0.4
75-79 years	351	11.4	18.6	6.1	39.7	10.2	10.4	1.6	1.1	1.8	3.1	1.8	2.6	2.0	2.1	0.8	1.1
80-84 years	498	12.0	19.7	14.2	38.0	6.3	6.9	1.5	0.3	1.5	1.9	1.6	3.2	1.8	1.0	0.8	0.3
85 + years	247	15.3	21.5	8.8	43.5	3.2	3.9	2.6	0.2	2.8	2.6	2.0	3.1	1.4	1.6	1.2	0.2
Total, age adjusted ...	2,916	8.8	13.6	6.7	43.1	9.0	12.8	4.3	0.7	0.6	0.7	0.6	1.6	0.7	0.8	0.6	0.2
Female																	
60-64 years	619	5.7	6.7	5.7	27.8	13.6	24.5	12.0	3.6	1.2	1.3	1.1	2.0	1.9	2.2	1.6	0.9
65-69 years	573	5.6	9.8	8.7	34.1	14.5	16.9	7.2	2.9	1.0	1.7	1.9	3.3	2.2	2.1	1.1	0.8
70-74 years	601	6.0	10.5	7.4	35.1	11.2	18.3	9.5	0.9	1.3	1.6	1.2	2.8	1.5	1.7	1.5	0.4
75-79 years	445	9.9	13.8	7.2	36.4	11.0	12.8	5.5	1.5	1.6	2.0	1.3	3.0	1.2	1.9	1.3	0.7
80-84 years	510	8.8	17.6	12.3	34.9	10.4	10.5	3.2	1.4	1.5	2.1	1.6	2.1	1.7	1.4	0.8	0.7
85 + years	327	12.3	24.4	12.0	37.0	5.0	7.5	0.8	0.2	2.0	2.4	1.8	2.7	1.2	1.8	0.4	0.2
Total, age adjusted ...	3,075	7.4	12.1	8.2	33.6	11.8	16.7	7.5	2.0	0.6	0.7	0.7	1.2	0.7	0.8	0.6	0.3

See footnotes at end of table.

Table D-74—Distribution of weight gain over past 10 years: Older adults[1] — Continued

Income ≤ 130% poverty

| | Sample size | Percent of persons by range of weight gain | | | | | | | | Standard Errors | | | | | | | |
| | | Lost weight | | | Same | Gained weight | | | | Lost weight | | | Same | Gained weight | | | |
		>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs	>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs
Both sexes																	
60-64 years	371	5.6	12.7	7.5	25.1	8.7	17.8	17.3	4.7	1.6	2.6	2.2	4.2	2.2	2.8	4.0	1.8
65-69 years	336	9.8	11.1	5.4	35.8	5.1	22.8	7.1	2.7	2.4	2.8	1.8	4.9	2.2	4.0	1.7	1.2
70-74 years	318	8.2	13.3	10.3	33.0	7.2	15.9	9.8	1.5	1.8	2.5	2.4	4.1	1.8	2.7	2.5	0.7
75-79 years	237	8.7	19.7	5.6	28.6	6.7	14.3	9.5	2.8	2.0	4.5	1.7	4.2	2.5	3.6	1.7	1.6
80-84 years	306	12.1	15.6	12.1	33.8	7.5	11.9	3.4	1.5	1.9	2.2	2.1	3.1	2.0	2.1	1.3	1.0
85 + years	185	15.0	26.8	14.1	29.1	5.4	6.8	1.5	0.4	2.8	3.8	3.8	3.1	1.7	2.7	0.7	0.4
Total, age adjusted ...	1,753	9.1	15.2	8.4	30.7	6.9	16.2	9.4	2.6	0.9	1.4	0.9	1.5	0.9	1.5	1.0	0.6
Male																	
60-64 years	173	8.0	11.8	8.4	30.1	7.6	16.0	17.4	0.5	3.4	4.2	2.7	6.5	3.4	5.2	6.7	0.3
65-69 years	154	10.6	9.4	8.6	41.2	1.8	22.6	3.4	2.2	3.0	3.2	3.6	7.2	0.7	6.4	1.6	1.6
70-74 years	144	14.2	7.6	2.1	41.1	5.0	20.7	6.5	0.6	5.2	2.1	0.9	6.8	2.2	6.0	3.1	0.6
75-79 years	98	11.4	19.0	5.9	34.0	5.9	16.7	5.0	0.2	4.1	5.9	2.7	6.9	3.1	6.1	3.1	0.1
80-84 years	129	15.2	14.7	13.0	37.2	5.1	12.5	1.5	0.0	4.0	3.3	3.7	5.2	2.8	3.1	1.5	0.0
85 + years	69	19.1	28.4	10.9	28.5	6.2	4.5	2.4	0.0	4.4	5.9	4.7	5.9	3.3	2.7	1.5	0.0
Total, age adjusted ...	767	12.1	13.6	7.6	35.8	5.2	16.9	7.2	0.7	1.3	1.5	1.2	3.0	1.0	2.3	2.0	0.4
Female																	
60-64 years	198	4.0	13.2	7.0	21.9	9.5	19.0	17.2	7.4	1.4	4.0	2.9	4.7	3.1	3.9	3.8	3.0
65-69 years	182	9.4	12.1	3.5	32.3	7.2	23.0	9.4	3.0	2.9	3.8	2.2	6.0	3.7	5.5	3.1	1.6
70-74 years	174	5.2	16.1	14.4	29.0	8.2	13.5	11.4	2.0	1.4	3.6	3.5	5.3	2.7	3.0	3.7	1.1
75-79 years	139	7.5	20.0	5.4	26.2	7.1	13.3	11.5	4.0	2.3	5.1	2.3	5.2	3.0	3.9	3.3	2.3
80-84 years	177	10.9	15.9	11.8	32.4	8.5	11.6	4.2	2.1	2.1	2.4	2.8	4.0	2.8	2.8	1.8	1.4
85 + years	116	13.4	26.2	15.3	29.3	5.1	7.8	1.1	0.6	3.5	5.0	4.4	3.7	1.9	3.5	0.8	0.6
Total, age adjusted ...	986	7.6	16.2	8.7	28.0	7.8	16.0	10.6	3.7	1.0	1.8	1.3	2.1	1.4	1.8	1.4	0.9

See footnotes at end of table.

Table D-74—Distribution of weight gain over past 10 years: Older adults[1] — Continued

Persons with income between 131-185% poverty

	Sample size	Percent of persons by range of weight gain								Standard Errors							
		Lost weight			Same	Gained weight				Lost weight			Same	Gained weight			
		>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs	>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs
Both sexes																	
60-64 years	156	8.1	7.5	3.9	28.1	10.7	25.8	12.4	3.5	3.0	2.8	2.0	4.7	4.0	5.8	3.3	2.2
65-69 years	144	4.1	7.1	4.6	33.0	14.2	19.4	8.3	9.3	2.2	3.0	2.2	5.6	4.4	3.8	3.8	3.3
70-74 years	192	7.0	11.7	5.7	34.0	10.6	19.4	7.9	0.9	2.3	2.8	1.8	4.0	1.9	3.5	3.3	0.7
75-79 years	138	12.6	15.6	2.0	34.8	˃ 17.3	12.1	4.0	1.3	3.2	4.7	0.9	4.1	2.6	3.6	2.2	1.3
80-84 years	165	8.7	24.5	14.6	34.1	7.5	7.1	3.6	0.0	1.8	3.9	3.2	3.6	2.9	1.7	2.2	0.0
85 + years	91	14.8	22.8	8.8	37.9	5.4	7.4	0.7	0.0	4.0	5.5	4.6	7.3	3.0	3.2	0.7	0.0
Total, age adjusted ...	886	8.5	12.8	5.7	32.9	11.6	17.2	7.2	3.2	1.0	1.2	1.0	1.6	1.6	1.6	1.2	0.9
Male																	
60-64 years	77	9.7	13.1	4.7	39.6	5.3	16.1	10.0	1.5	5.2	6.6	3.3	8.3	3.7	6.6	4.5	1.4
65-69 years	71	4.4	10.4	4.9	50.9	2.9	16.5	4.3	5.8	3.3	5.6	2.8	9.6	1.7	4.8	2.8	3.3
70-74 years	99	10.4	8.1	7.2	35.3	7.4	16.7	7.6	1.9	4.2	3.3	3.1	7.2	2.6	4.4	4.5	1.5
75-79 years	58	17.3	17.9	3.3	37.9	11.0	11.6	1.1	0.0	3.6	7.9	2.3	6.3	4.4	4.3	0.8	0.0
80-84 years	84	10.3	27.6	12.6	32.6	3.2	12.0	1.6	0.0	2.6	5.0	3.9	6.2	1.8	3.4	1.7	0.0
85 + years	44	17.6	20.2	10.0	44.1	1.8	1.8	1.8	0.0	5.8	7.8	5.9	9.2	1.7	1.8	1.7	0.0
Total, age adjusted ...	433	10.8	14.6	6.3	40.5	5.6	13.8	5.2	1.9	1.8	2.5	1.5	3.1	1.3	2.3	1.2	0.7
Female																	
60-64 years	79	7.1	4.2	3.4	21.5	13.9	31.4	13.8	4.7	3.4	2.0	2.4	4.7	6.0	7.7	4.2	3.2
65-69 years	73	3.9	4.1	4.4	17.2	24.2	21.9	11.8	12.4	2.9	2.9	2.9	4.8	7.7	5.8	5.6	6.1
70-74 years	93	4.1	14.8	4.5	33.0	13.4	21.7	8.1	0.0	2.2	4.4	2.5	4.8	3.2	5.2	2.9	0.0
75-79 years	80	9.6	14.1	1.2	32.9	˃ 21.4	12.4	5.9	2.1	4.5	4.7	0.2	6.5	3.8	4.9	3.5	2.2
80-84 years	81	7.6	22.5	15.8	35.1	10.3	3.8	4.9	0.0	2.8	5.6	4.2	5.2	4.9	2.0	3.3	0.0
85 + years	47	13.2	24.4	8.0	34.3	7.6	10.7	0.0	0.0	5.0	6.5	6.4	8.0	4.5	4.9	0.0	0.0
Total, age adjusted ...	453	6.9	11.7	5.2	27.3	˃ 16.2	19.5	8.8	4.0	1.1	1.2	1.3	2.0	2.4	2.1	1.7	1.6

See footnotes at end of table.

Table D-74—Distribution of weight gain over past 10 years: Older adults[1] — Continued

Persons with income > 185% poverty

	Sample size	Percent of persons by range of weight gain								Standard Errors							
		Lost weight			Same	Gained weight				Lost weight			Same	Gained weight			
		>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs	>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs
Both sexes																	
60-64 years	610	5.4	7.6	5.4	35.5	14.2	21.9	8.0	1.4	1.1	1.3	1.2	2.8	1.9	1.6	1.5	0.6
65-69 years	578	6.0	9.3	6.8	43.8	' 14.3	14.3	4.2	0.8	1.3	1.7	1.6	2.9	2.2	1.9	1.0	0.4
70-74 years	572	5.4	10.1	6.2	43.1	10.7	15.5	6.9	0.7	1.4	1.5	1.1	2.7	1.6	1.7	1.3	0.4
75-79 years	316	10.9	14.4	7.5	' 43.6	10.6	10.9	''' 1.3	0.1	2.0	2.4	2.2	3.2	1.8	2.0	0.6	0.1
80-84 years	393	10.3	18.8	13.4	35.4	10.4	8.3	1.6	1.4	1.5	2.0	2.2	3.4	2.1	1.4	0.7	0.8
85 + years	201	9.9	18.6	11.9	'' 47.3	3.6	6.0	1.8	0.2	2.7	2.5	2.3	3.6	1.6	1.9	1.0	0.2
Total, age adjusted ...	2,670	7.4	11.8	7.7	''' 41.1	''' 11.6	14.3	''' 4.6	0.8	0.7	0.7	0.6	1.5	0.8	0.7	0.6	0.2
Male																	
60-64 years	334	5.0	9.2	5.1	42.2	13.3	17.6	6.3	0.7	1.1	2.6	1.7	4.5	2.4	2.8	1.8	0.5
65-69 years	317	6.7	9.4	2.8	49.4	''' 13.8	14.5	2.8	0.0	1.6	2.0	1.0	3.8	2.8	2.4	1.1	0.0
70-74 years	299	5.2	12.6	7.1	48.7	8.8	12.2	3.8	0.6	1.7	2.2	1.5	3.7	2.1	2.4	1.3	0.4
75-79 years	154	10.7	18.7	6.2	42.1	12.2	8.8	0.4	0.0	3.0	4.6	2.5	4.1	3.0	2.7	0.3	0.0
80-84 years	224	10.8	20.8	14.7	40.0	8.0	' 3.4	0.9	0.6	2.0	2.8	2.3	5.5	2.6	1.2	0.5	0.6
85 + years	102	11.5	14.5	9.4	' 55.9	0.0	4.4	2.7	0.5	3.6	4.6	3.4	5.8	0.0	2.2	2.3	0.5
Total, age adjusted ...	1,430	'' 7.6	13.2	6.6	'' 46.0	'' 10.6	11.7	3.2	0.4	0.8	1.1	0.7	1.9	1.1	1.0	0.7	0.2
Female																	
60-64 years	276	5.9	5.9	5.7	28.8	15.1	26.2	9.8	2.2	2.0	1.3	1.5	2.8	2.4	3.5	2.0	1.0
65-69 years	261	5.2	9.3	11.0	37.8	14.9	14.2	5.7	1.7	1.5	2.1	2.9	4.8	2.5	2.7	1.4	0.8
70-74 years	273	5.5	7.8	5.3	37.8	12.4	18.6	9.8	0.8	1.9	2.2	1.6	3.9	2.4	2.3	2.2	0.6
75-79 years	162	11.1	10.6	8.5	' 44.9	9.2	12.8	2.0	0.2	2.4	2.4	3.5	4.7	2.0	2.5	1.1	0.1
80-84 years	169	9.9	17.2	12.4	31.7	12.4	12.2	2.2	2.0	2.5	3.7	2.8	3.9	2.3	2.4	1.1	1.4
85 + years	99	8.8	21.2	13.6	41.6	5.9	7.1	1.2	0.0	3.8	4.4	3.1	4.9	2.5	2.8	0.9	0.0
Total, age adjusted ...	1,240	7.2	' 10.4	8.7	'' 36.6	12.4	16.7	' 6.0	1.3	1.0	0.8	1.0	1.8	1.0	1.2	0.7	0.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
[1] Respondents age 36 and over were asked to report their weight 10 years ago; this response was compared to current weight reported in the household interview.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-75—Mean weight gain since age 25: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,215	26.6	1.0	344	31.7	2.8	150	29.9	3.6	607	› 24.6	1.1
65-69 years	1,121	24.7	1.3	308	26.6	2.6	141	33.5	4.2	574	22.9	1.5
70-74 years	1,142	22.5	0.8	297	23.6	2.1	185	21.8	3.1	554	22.7	1.0
75-79 years	755	20.6	1.4	220	22.8	2.2	130	24.6	2.4	309	17.9	2.2
80-84 years	918	13.4	1.1	269	14.1	2.2	152	16.6	2.8	372	12.9	1.5
85 + years	491	4.4	1.2	154	1.8 *	2.2	79	2.3 *	4.0	179	› 9.1	2.1
Total, age adjusted ...	5,642	20.9	0.6	1,592	22.9	1.0	837	24.2	1.5	2,595	› 20.1	0.7
Male												
60-64 years	622	22.6	1.3	163	27.4	4.0	75	26.4	6.2	331	21.6	1.5
65-69 years	584	23.8	1.6	148	24.6	4.3	70	22.1	6.4	317	24.0	1.5
70-74 years	562	19.4	1.4	132	17.9	4.7	95	17.8	4.4	291	19.9	1.7
75-79 years	336	21.5	2.0	91	18.9	5.5	57	13.5 *	3.5	149	24.3	2.8
80-84 years	456	10.5	1.3	113	10.9 *	3.6	76	13.7	4.0	214	9.8	1.9
85 + years	220	4.8 *	2.5	60	-0.3 *	3.8	40	-0.4 *	6.4	93	› 10.7 *	3.6
Total, age adjusted ...	2,780	19.1	0.7	707	19.2	1.5	413	17.9	2.2	1,395	19.9	0.8
Female												
60-64 years	593	29.8	1.4	181	34.4	3.3	75	31.8	4.6	276	27.6	1.8
65-69 years	537	25.5	1.7	160	27.8	3.1	71	› 44.0	5.2	257	21.9	2.2
70-74 years	580	25.0	1.1	165	26.4	2.2	90	25.3	2.9	263	25.3	1.5
75-79 years	419	19.9	1.8	129	24.3	3.1	73	32.0	3.4	160	›› 12.4	2.3
80-84 years	462	15.1	1.4	156	15.3	2.6	76	18.5	3.8	158	15.4	2.6
85 + years	271	4.2 *	1.6	94	2.7 *	2.3	39	3.9 *	3.8	86	8.0	2.2
Total, age adjusted ...	2,862	22.4	0.7	885	24.8	1.2	424	29.0	1.8	1,200	›› 20.3	0.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Respondents age 26 and over were asked to report their weight at age 25; this response was compared to current weight reported in the household interview.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-76—Distribution of weight gain since age 25: Older adults[1]

Total Persons

	Sample size	Percent of persons by range of weight gain								Standard Errors							
		Lost weight			Same	Gained weight				Lost weight			Same	Gained weight			
		>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs	>25 lbs	11-25 lbs	6-10	+- 5	6-10	11-25	26-50	>50 lbs
Both sexes																	
60-64 years	1,215	2.1	3.8	2.4	11.1	7.3	25.9	33.0	14.3	0.5	0.8	0.7	1.1	1.3	1.6	1.8	1.6
65-69 years	1,121	2.8	4.3	4.0	15.4	7.0	20.6	31.3	14.1	0.7	0.8	0.9	1.5	1.2	1.9	2.1	1.5
70-74 years	1,142	3.8	4.2	3.0	15.9	7.6	24.8	27.1	13.5	0.6	0.8	0.7	1.4	1.0	2.0	1.8	1.0
75-79 years	755	3.1	6.6	4.3	17.9	4.9	23.3	29.1	10.7	0.8	1.0	0.9	1.9	0.9	1.6	1.7	1.6
80-84 years	918	5.5	8.6	5.4	20.4	8.0	23.6	20.4	7.8	0.6	1.0	0.9	1.3	1.0	1.8	1.6	1.0
85 + years	491	10.0	14.2	6.3	21.2	12.5	17.7	14.6	3.0	1.1	1.9	1.2	1.6	1.9	2.4	1.4	0.8
Total, age adjusted ...	5,642	3.8	5.9	3.9	16.0	7.4	23.1	27.8	11.8	0.3	0.3	0.4	0.6	0.5	0.9	0.8	0.8
Male																	
60-64 years	622	3.0	5.2	3.1	12.1	7.3	26.7	33.3	9.2	1.0	1.7	1.1	1.4	1.7	2.6	2.9	1.7
65-69 years	584	3.3	3.9	3.3	17.4	6.4	20.2	31.9	13.5	1.0	1.3	1.1	1.7	1.5	2.5	3.1	2.0
70-74 years	562	6.0	4.7	3.1	16.8	6.9	26.0	24.6	11.5	1.0	1.0	1.0	2.6	1.8	2.5	2.6	1.2
75-79 years	336	4.9	4.9	3.2	15.2	4.1	25.8	31.9	10.0	1.4	1.1	1.1	2.9	1.4	2.8	3.2	1.9
80-84 years	456	7.8	10.2	5.8	20.8	7.6	22.0	18.8	6.7	1.3	1.2	1.3	1.7	1.5	2.2	1.8	1.1
85 + years	220	14.9	10.3	4.6	22.2	8.8	17.8	17.6	3.6	2.6	2.6	1.7	2.6	2.0	3.6	2.4	1.3
Total, age adjusted ...	2,780	5.6	5.8	3.6	16.5	6.7	23.7	28.1	9.9	0.4	0.5	0.4	1.1	0.8	1.2	1.3	0.8
Female																	
60-64 years	593	1.4	2.6	1.8	10.2	7.2	25.3	32.7	18.5	0.6	0.5	0.7	1.7	1.8	2.2	2.3	2.4
65-69 years	537	2.4	4.7	4.7	13.6	7.6	21.0	30.6	14.7	1.1	1.3	1.1	2.2	2.0	2.5	2.5	1.9
70-74 years	580	2.1	3.8	3.0	15.1	8.1	23.8	29.1	15.0	0.6	1.0	0.8	2.0	1.0	2.6	2.4	1.6
75-79 years	419	1.9	7.6	5.0	19.7	5.4	21.7	27.3	11.1	0.7	1.4	1.4	2.3	1.5	1.7	1.8	2.0
80-84 years	462	4.1	7.7	5.1	20.2	8.2	24.5	21.3	8.5	1.0	1.4	1.2	2.0	1.3	2.1	2.1	1.4
85 + years	271	7.4	16.3	7.2	20.8	14.4	17.6	13.0	2.7	1.4	2.3	1.7	2.2	2.7	2.8	1.8	1.0
Total, age adjusted ...	2,862	2.7	5.9	4.0	15.5	8.0	22.7	27.6	13.3	0.4	0.5	0.5	0.7	0.7	1.2	1.1	1.0

See footnotes at end of table.

Table D-76—Distribution of weight gain since age 25: Older adults[1] — Continued

Income ≤ 130% poverty

	Sample size	Percent of persons by range of weight gain								Standard Errors							
		Lost weight			Same	Gained weight				Lost weight			Same	Gained weight			
		>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs	>25 lbs	11-25 lbs	6-10	+- 5	6-10	11-25	26-50	>50 lbs
Both sexes																	
60-64 years	344	2.0	6.3	1.4	10.2	2.4	22.3	31.5	23.8	0.9	2.3	0.8	3.0	0.8	4.6	4.4	3.6
65-69 years	308	3.9	7.2	4.8	9.0	4.4	20.5	36.1	14.0	1.4	2.4	2.1	2.3	2.2	4.3	5.2	3.0
70-74 years	297	4.9	3.7	3.4	14.1	5.8	24.6	25.8	17.2	2.0	1.3	1.4	2.9	1.7	3.8	3.2	3.6
75-79 years	220	4.3	9.8	1.9	19.0	4.6	13.8	31.8	14.7	1.5	2.8	0.9	3.4	1.6	3.0	4.5	2.8
80-84 years	269	6.3	7.1	5.5	19.8	5.5	21.4	27.5	6.5	1.7	1.6	1.3	2.8	1.4	2.8	3.6	1.5
85 + years	154	11.2	15.8	7.2	19.9	12.8	17.2	13.0	1.9	2.9	3.4	2.4	3.8	3.5	4.4	2.2	1.0
Total, age adjusted ...	1,592	4.7	7.5	3.6	14.1	5.2	20.4	29.2	15.1	0.5	1.0	0.5	1.4	0.6	1.5	2.2	1.0
Male																	
60-64 years	163	3.1	6.2	1.9	9.7	1.8	20.3	43.3	13.7	1.3	2.6	1.7	3.7	0.8	5.7	8.3	5.9
65-69 years	148	7.9	2.7	10.4	7.6	2.0	17.1	38.0	14.4	3.5	1.4	5.0	3.4	0.6	4.3	7.2	5.1
70-74 years	132	8.5	9.0	2.2	19.1	2.2	23.4	19.9	15.7	4.7	3.4	1.0	5.2	1.6	5.5	5.7	5.1
75-79 years	91	11.3	7.8	0.9	14.2	3.5	18.6	32.0	11.6	4.4	3.1	0.7	3.9	3.1	5.9	7.9	5.0
80-84 years	113	7.5	12.3	5.3	23.2	4.3	17.4	21.0	9.0	2.3	2.8	2.4	5.1	2.0	4.3	5.1	3.1
85 + years	60	19.3	13.2	5.0	22.8	4.9	18.3	14.3	2.0	5.8	5.4	3.8	6.8	3.2	7.0	3.8	1.4
Total, age adjusted ...	707	8.5	7.6	4.2	14.5	2.8	19.4	30.7	12.3	1.1	1.3	1.1	2.1	0.7	2.4	3.2	1.7
Female																	
60-64 years	181	1.3	6.3	1.2	10.6	2.8	23.5	24.2	30.1	1.2	3.2	0.6	4.2	1.2	5.9	4.6	3.6
65-69 years	160	1.5	9.8	1.4	9.9	5.9	22.5	35.0	13.8	1.0	3.9	0.9	3.1	3.5	6.1	6.9	3.5
70-74 years	165	3.2	1.1	4.0	11.6	7.5	25.2	28.6	18.0	1.4	0.9	2.1	3.8	2.2	4.9	4.1	3.8
75-79 years	129	1.5	10.6	2.3	20.9	5.0	11.9	31.8	16.0	1.2	3.9	1.2	4.4	1.8	3.0	4.6	3.6
80-84 years	156	5.8	5.1	5.5	18.5	5.9	22.9	29.9	5.6	2.1	1.6	1.5	4.5	1.7	3.0	4.4	1.8
85 + years	94	7.8	16.9	8.1	18.8	16.1	16.8	12.5	1.9	3.0	3.8	2.9	4.1	5.2	4.9	3.0	1.3
Total, age adjusted ...	885	2.8	7.6	3.1	14.0	6.3	21.0	28.1	16.8	0.5	1.2	0.6	1.6	0.9	1.9	2.4	1.2

See footnotes at end of table.

Table D-76—Distribution of weight gain since age 25: Older adults[1] — Continued

Persons with income between 131-185% poverty

	Sample size	Percent of persons by range of weight gain								Standard Errors							
		Lost weight			Same	Gained weight				Lost weight			Same	Gained weight			
		>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs	>25 lbs	11-25 lbs	6-10	+- 5	6-10	11-25	26-50	>50 lbs
Both sexes																	
60-64 years	150	2.4	4.1	3.8	7.2	7.3	22.5	32.6	20.0	1.4	1.9	2.1	2.7	2.7	5.9	4.8	6.0
65-69 years	141	2.4	2.3	2.6	16.4	5.3	16.9	26.7	27.5	1.5	1.5	1.7	3.8	3.3	5.0	5.8	5.9
70-74 years	185	5.6	4.3	3.7	13.2	4.8	25.1	29.7	13.5	2.2	1.9	1.6	2.2	1.5	5.3	5.2	3.0
75-79 years	130	1.8	4.7	3.0	17.4	9.8	18.5	29.4	15.2	1.3	1.3	1.3	4.6	3.8	3.6	5.4	3.2
80-84 years	152	3.2	7.6	5.9	20.0	6.5	23.4	25.3	8.1	1.6	2.1	2.2	3.4	2.2	4.0	4.1	3.0
85 + years	79	16.1	8.9	3.0	26.7	8.1	23.0	9.0	4.5	5.1	3.0	2.0	4.7	3.0	6.1	3.0	2.9
Total, age adjusted ...	837	4.3	4.7	3.6	15.2	6.8	21.3	27.3	16.8	0.6	0.9	0.9	1.2	1.2	1.7	2.2	2.3
Male																	
60-64 years	75	4.5	1.9	7.6	11.0	6.2	18.1	37.1	13.6	3.2	0.8	5.1	5.6	2.2	8.4	8.8	7.6
65-69 years	70	5.0	4.2	5.3	29.9	0.2	16.3	16.9	22.2	3.1	3.0	3.7	7.4	0.3	5.5	6.8	7.6
70-74 years	95	9.0	5.2	5.5	12.1	6.5	25.6	20.4	15.6	3.9	3.5	2.6	3.6	2.4	5.6	5.3	4.2
75-79 years	57	4.3	8.0	4.8	26.1	6.7	24.5	18.1	7.4	3.1	2.1	2.7	9.0	4.1	7.1	7.6	3.0
80-84 years	76	5.0	13.2	7.2	15.8	3.4	22.6	29.1	3.7	2.4	3.8	3.0	3.1	2.0	5.2	6.1	2.4
85 + years	40	28.8	8.1	0.0	21.6	5.5	10.6	15.7	8.0	8.7	4.5	0.0	7.8	3.1	4.5	6.4	4.6
Total, age adjusted ...	413	7.8	5.8	5.5	19.1	4.8	20.0	23.7	13.2	1.5	1.0	1.9	2.4	0.8	3.3	3.6	2.8
Female																	
60-64 years	75	1.2	5.4	1.6	5.1	8.0	25.0	30.1	23.6	1.3	3.1	1.6	2.7	4.4	7.1	6.8	7.5
65-69 years	71	0.1	0.6	0.0	3.9	9.9	17.4	35.7	32.4	0.1	0.6	0.0	3.4	6.0	6.5	9.3	8.4
70-74 years	90	2.6	3.6	2.2	14.2	3.3	24.8	37.7	11.7	2.3	1.8	2.0	3.8	2.1	8.5	7.6	3.5
75-79 years	73	0.2	2.5	1.9	11.7	11.9	14.6	37.0	20.4	0.1	1.6	1.0	4.5	5.4	3.4	6.6	5.5
80-84 years	76	2.1	4.1	5.1	22.7	8.4	23.9	22.8	10.9	2.1	2.4	2.4	5.3	3.5	5.3	5.3	4.2
85 + years	39	8.4	9.4	4.9	29.8	9.7	30.5	4.9	2.4	4.9	4.4	3.3	8.1	4.6	8.7	3.4	2.4
Total, age adjusted ...	424	1.8	3.8	2.1	11.9	8.3	22.1	30.7	19.2	0.7	1.1	0.6	1.2	2.1	2.6	2.8	3.0

See footnotes at end of table.

Table D-76—Distribution of weight gain since age 25: Older adults[1] — Continued

Persons with income > 185% poverty

	Sample size	Percent of persons by range of weight gain								Standard Errors							
		Lost weight			Same	Gained weight				Lost weight			Same	Gained weight			
		>25 lbs	11-25	6-10	+- 5	6-10	11-25	26-50	>50 lbs	>25 lbs	11-25 lbs	6-10	+- 5	6-10	11-25	26-50	>50 lbs
Both sexes																	
60-64 years	607	2.1	3.6	2.3	11.6	ʼʼ 8.8	27.6	33.0	ʼʼ 10.7	0.7	1.2	1.0	1.4	1.6	2.0	2.5	1.5
65-69 years	574	3.0	4.3	3.4	16.6	7.5	21.4	31.6	11.9	1.0	1.2	0.9	2.1	1.3	2.0	2.4	1.9
70-74 years	554	3.0	3.9	2.7	17.8	8.6	24.6	26.0	13.0	0.8	0.8	0.8	2.0	1.7	3.0	2.3	1.2
75-79 years	309	2.7	6.2	5.6	18.8	3.0	ʼʼ 28.3	29.0	ʼ 6.0	1.0	1.6	1.8	2.5	0.9	2.8	3.4	1.6
80-84 years	372	5.8	7.7	5.2	21.3	9.7	25.6	ʼ 15.2	9.2	1.3	1.4	1.4	1.8	1.9	2.5	1.9	1.8
85 + years	179	7.6	10.0	7.6	18.4	16.5	17.6	17.8	4.6	2.0	2.7	1.9	2.3	3.4	5.4	2.1	1.5
Total, age adjusted ...	2,595	3.5	5.3	4.0	16.7	ʼ 8.4	24.7	27.4	ʼʼʼ9.9	0.4	0.6	0.5	0.8	0.8	1.4	1.1	0.8
Male																	
60-64 years	331	2.6	5.9	2.4	13.0	ʼ 8.3	28.3	31.3	8.1	1.1	2.2	1.3	1.9	2.0	3.3	3.9	1.7
65-69 years	317	2.6	4.1	2.0	16.9	ʼ 7.4	20.8	34.2	11.9	1.2	1.7	1.0	2.5	1.8	2.8	3.1	2.2
70-74 years	291	5.0	4.1	3.1	17.4	8.1	24.8	27.0	10.0	1.3	1.0	1.3	3.7	2.5	4.0	3.4	1.8
75-79 years	149	3.2	3.7	3.4	12.9	2.8	28.4	36.4	9.1	1.4	1.4	1.7	3.2	1.2	4.5	5.5	2.6
80-84 years	214	8.2	8.8	5.2	22.8	9.1	23.1	15.4	6.8	2.6	1.8	2.1	2.4	2.3	3.0	2.6	1.4
85 + years	93	7.4	9.9	7.3	17.8	11.2	21.6	21.0	3.9	3.2	3.7	3.0	5.0	3.9	6.5	3.8	2.3
Total, age adjusted ...	1,395	ʼʼ 4.2	5.5	3.4	16.2	ʼʼ 7.5	24.9	29.2	8.9	0.4	0.7	0.5	1.3	1.1	1.6	1.4	0.9
Female																	
60-64 years	276	1.6	1.4	2.2	10.2	9.2	27.0	34.7	ʼʼʼ13.4	0.9	0.5	1.1	2.4	2.4	2.6	2.9	2.5
65-69 years	257	3.4	4.5	4.8	16.3	7.6	21.9	28.9	11.9	1.7	1.6	1.5	2.9	2.2	2.9	3.1	2.5
70-74 years	263	1.2	3.7	2.3	18.2	9.2	24.5	25.1	15.9	0.6	1.2	0.7	2.8	1.9	3.6	3.4	2.3
75-79 years	160	2.3	8.3	7.4	23.8	3.2	ʼʼ 28.2	22.7	ʼ 3.4	1.1	2.5	2.7	3.2	1.4	3.2	3.6	1.7
80-84 years	158	3.9	6.9	5.2	20.1	10.2	27.6	ʼ 15.0	11.1	1.7	2.2	1.9	3.0	2.8	4.3	2.5	3.0
85 + years	86	7.7	10.1	7.8	18.8	20.2	14.8	15.6	5.1	2.4	3.0	2.9	2.1	3.8	5.4	3.2	2.0
Total, age adjusted ...	1,200	2.8	5.0	4.5	17.1	9.0	24.6	25.8	ʼʼʼ10.9	0.6	0.8	0.8	1.1	1.1	1.8	1.7	1.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
  [1] Respondents age 26 and over were asked to report their weight at age 25; this response was compared to current weight reported in the household interview.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-77—Mean difference between most ever weighed and current weight: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,279	14.2	0.6	386	18.3	2.5	156	14.0	1.6	614	13.6	0.7
65-69 years	1,206	15.8	0.8	358	17.7	1.6	147	16.6	2.5	586	15.1	1.0
70-74 years	1,222	16.0	0.7	337	17.2	2.0	195	16.2	1.7	579	15.0	0.7
75-79 years	827	18.4	1.0	250	20.8	2.2	145	17.0	2.1	321	18.0	1.4
80-84 years	1,058	20.7	0.8	338	23.3	1.4	169	21.0	1.6	399	› 19.5	1.2
85 + years	609	23.0	1.0	203	24.4	1.8	98	24.1	2.4	205	› 19.4	1.4
Total, age adjusted ...	6,201	17.1	0.3	1,872	19.5	0.8	910	› 17.2	0.7	2,704	›› 16.1	0.5
Male												
60-64 years	648	16.6	1.2	181	20.8	5.3	77	18.7	2.2	336	15.7	1.4
65-69 years	608	17.1	1.1	163	18.3	2.3	71	22.0	4.5	321	16.2	1.2
70-74 years	596	17.5	0.7	147	18.0	2.4	101	18.8	2.3	302	17.0	0.9
75-79 years	361	19.1	1.2	100	21.2	2.5	61	20.3	3.2	157	19.3	1.4
80-84 years	509	22.4	0.8	134	21.6	1.7	85	23.8	2.2	228	22.3	1.2
85 + years	261	21.4	1.3	75	22.5 *	2.7	49	24.4 *	2.8	103	18.7	2.1
Total, age adjusted ...	2,983	18.4	0.4	800	20.1	1.1	444	20.8	1.2	1,447	17.6	0.5
Female												
60-64 years	631	12.3	0.9	205	16.7	2.2	79	11.4	2.1	278	› 11.5	1.2
65-69 years	598	14.7	1.0	195	17.4	2.3	76	12.0	1.6	265	13.9	1.3
70-74 years	626	14.7	1.1	190	16.9	2.5	94	13.9	1.8	277	13.1	1.2
75-79 years	466	17.9	1.2	150	20.6	3.0	84	15.0	2.3	164	16.8	2.3
80-84 years	549	19.7	1.1	204	23.9	1.8	84	19.2	2.0	171	›› 17.3	1.8
85 + years	348	23.9	1.2	128	25.2	2.1	49	23.9 *	3.1	102	19.9	1.6
Total, age adjusted ...	3,218	16.1	0.4	1,072	19.1	1.0	466	›››14.6	0.8	1,257	›››14.6	0.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
    Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Respondents were asked to report the most they ever weighted up to the present time (excluding pregnancy weight); this response was compared to current weight reported in the householdinterview.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-78—Distribution of difference between most ever weighed and current weight: Older adults[1]

Total Persons

	Sample size	Percent of persons by range of weight difference							Standard Errors						
		No change	1-5 lbs	6-10	11-15	16-25	26-50	>50 lbs	No change	1-5 lbs	6-10	11-15	16-25	26-50	>50 lbs
Both sexes															
60-64 years	1,279	22.3	16.5	18.6	11.4	15.1	12.2	3.9	1.5	1.3	1.8	1.3	1.3	1.1	0.5
65-69 years	1,206	18.3	16.8	16.3	12.2	15.7	16.5	4.2	1.5	1.8	1.6	1.4	1.6	1.8	0.9
70-74 years	1,222	20.1	14.8	17.0	10.8	16.4	15.6	5.4	1.6	1.6	1.2	1.4	1.3	1.2	1.0
75-79 years	827	15.1	14.8	16.6	9.7	18.2	19.9	5.6	1.6	1.5	1.8	1.2	1.7	2.1	1.1
80-84 years	1,058	11.6	11.5	15.4	13.7	18.7	21.7	7.5	1.1	1.4	1.4	1.4	1.2	1.2	1.1
85 + years	609	10.2	8.7	14.4	12.6	17.8	26.7	9.6	1.4	1.2	1.3	1.5	1.5	2.1	1.2
Total, age adjusted ...	6,201	17.6	14.7	16.7	11.6	16.6	17.4	5.4	0.6	0.7	0.5	0.5	0.5	0.6	0.3
Male															
60-64 years	648	14.5	17.0	19.6	11.6	17.6	14.9	4.9	1.9	2.0	2.3	2.1	2.1	1.8	1.1
65-69 years	608	12.5	17.4	18.8	13.6	16.5	16.2	5.0	1.8	2.6	2.1	1.9	2.5	2.8	1.4
70-74 years	596	12.6	14.1	18.8	11.2	20.0	18.2	5.0	1.4	2.2	2.1	2.0	2.2	2.2	1.2
75-79 years	361	13.4	11.7	14.7	13.0	18.6	22.7	6.0	2.2	2.2	2.5	2.2	2.7	2.3	1.6
80-84 years	509	7.1	11.0	15.9	12.9	19.1	25.7	8.3	1.1	1.4	1.9	1.8	1.6	2.1	1.4
85 + years	261	8.3	13.2	14.8	14.2	18.6	22.9	7.9	1.8	2.4	2.4	3.6	2.6	3.0	1.8
Total, age adjusted ...	2,983	12.2	14.7	17.6	12.6	18.3	19.0	5.8	0.7	1.0	1.0	0.7	0.9	1.0	0.4
Female															
60-64 years	631	28.9	16.2	17.8	11.2	12.9	10.0	3.0	2.5	2.0	2.8	1.6	1.7	1.5	1.0
65-69 years	598	23.6	16.2	14.0	10.9	14.9	16.8	3.5	2.1	2.0	1.9	1.7	1.9	1.9	1.2
70-74 years	626	26.0	15.3	15.6	10.5	13.5	13.5	5.7	2.4	1.9	1.6	1.6	1.6	1.5	1.3
75-79 years	466	16.2	16.9	17.9	7.6	17.9	18.1	5.4	2.1	1.8	2.3	1.5	2.3	2.7	1.2
80-84 years	549	14.2	11.7	15.0	14.2	18.4	19.3	7.1	1.6	1.8	1.5	1.8	1.7	1.7	1.2
85 + years	348	11.1	6.5	14.2	11.8	17.4	28.5	10.4	2.0	1.4	1.6	1.8	2.2	2.9	1.6
Total, age adjusted ...	3,218	21.9	14.7	16.0	10.8	15.3	16.2	5.1	1.1	0.7	0.7	0.6	0.8	0.8	0.5

See footnotes at end of table.

Table D-78—Distribution of difference between most ever weighed and current weight: Older adults[1] — Continued

Income ≤ 130% poverty

	Sample size	Percent of persons by range of weight difference							Standard Errors						
		No change	1-5 lbs	6-10	11-15	16-25	26-50	>50 lbs	No change	1-5 lbs	6-10	11-15	16-25	26-50	>50 lbs
Both sexes															
60-64 years	386	18.5	10.7	16.8	11.3	24.6	13.0	5.0	3.0	2.2	3.3	3.0	4.1	2.7	1.7
65-69 years	358	20.1	11.7	17.2	11.1	15.7	17.5	6.8	2.9	3.2	3.6	2.8	3.2	3.4	3.0
70-74 years	337	25.1	11.2	16.9	7.8	17.1	13.9	8.0	3.9	2.4	3.7	1.6	3.4	2.4	2.6
75-79 years	250	14.8	11.4	15.6	8.6	19.7	23.0	6.9	2.6	2.4	3.2	2.8	3.9	3.3	2.3
80-84 years	338	12.0	10.5	13.8	12.4	18.0	23.5	9.8	1.9	2.2	2.1	2.2	2.2	2.5	1.9
85 + years	203	13.2	5.9	12.3	10.4	16.1	30.5	11.6	3.2	1.1	1.8	2.2	3.5	3.8	2.4
Total, age adjusted ...	1,872	18.3	10.6	16.0	10.2	19.0	18.5	7.4	1.5	1.0	1.0	0.9	1.3	1.2	1.0
Male															
60-64 years	181	13.0	11.0	23.6	10.6	20.8	16.2	4.7	4.4	5.9	6.2	4.0	6.0	4.4	2.7
65-69 years	163	11.0	13.5	20.8	13.2	16.4	22.9	2.2	3.5	5.8	6.1	4.7	4.1	6.8	1.0
70-74 years	147	20.1	12.8	14.2	9.3	18.2	17.5	7.8	5.1	4.4	3.5	3.0	4.8	4.0	5.2
75-79 years	100	12.0	9.4	9.8	18.2	15.7	26.5	8.5	3.9	5.4	3.8	6.1	4.6	5.7	4.0
80-84 years	134	9.0	11.8	14.4	15.2	15.2	25.4	8.9	2.9	2.6	3.4	3.3	3.9	3.8	2.5
85 + years	75	14.4	7.6	14.9	11.6	16.5	27.2	7.9	4.3	2.2	5.3	5.2	5.8	6.0	3.6
Total, age adjusted ...	800	13.5	11.4	17.2	12.7	17.5	21.6	6.2	1.5	2.3	2.2	1.4	1.9	2.2	1.5
Female															
60-64 years	205	22.1	10.5	12.4	11.8	27.2	10.8	5.3	4.8	2.7	3.2	3.8	5.4	3.6	2.5
65-69 years	195	25.6	10.6	14.9	9.9	15.2	14.2	9.5	4.2	4.1	3.9	3.2	4.2	2.7	4.5
70-74 years	190	27.4	10.5	18.1	7.1	16.7	12.3	8.0	4.4	3.0	5.0	1.9	4.3	2.7	2.6
75-79 years	150	15.9	12.2	18.0	4.6	21.4	21.6	6.3	3.2	2.9	4.2	2.5	5.2	4.2	2.9
80-84 years	204	13.2	10.0	13.6	11.4	19.0	22.8	10.0	2.3	2.8	2.5	2.8	2.7	2.9	2.4
85 + years	128	12.7	5.3	11.2	10.0	16.0	31.8	13.0	3.9	1.5	2.5	2.6	3.8	4.8	3.3
Total, age adjusted ...	1,072	21.0	10.2	15.0	9.1	19.8	16.8	8.1	2.0	1.2	1.2	1.4	1.8	1.5	1.4

See footnotes at end of table.

Table D-78—Distribution of difference between most ever weighed and current weight: Older adults[1] — Continued

Persons with income between 131-185% poverty

	Sample size	Percent of persons by range of weight difference							Standard Errors						
		No change	1-5 lbs	6-10	11-15	16-25	26-50	>50 lbs	No change	1-5 lbs	6-10	11-15	16-25	26-50	>50 lbs
Both sexes															
60-64 years	156	30.4	13.7	13.2	10.0	' 9.6	19.6	3.5	4.1	3.4	3.6	3.0	3.6	3.8	2.0
65-69 years	147	24.3	12.1	13.3	13.3	15.5	16.7	4.8	6.0	2.7	4.5	3.0	3.8	4.8	2.4
70-74 years	195	19.1	16.8	16.7	9.0	15.4	18.3	4.8	5.5	3.7	2.8	3.1	4.0	3.6	2.2
75-79 years	145	18.7	17.4	18.1	6.2	14.2	19.0	6.4	3.4	4.2	5.2	2.2	3.7	4.6	2.5
80-84 years	169	7.5	11.8	13.7	14.2	22.8	24.0	6.0	1.9	2.8	2.3	2.2	3.7	3.2	2.5
85 + years	98	13.1	7.9	11.4	14.8	12.4	30.5	9.8	4.1	2.3	4.3	4.0	3.0	6.0	3.2
Total, age adjusted ...	910	21.0	13.8	14.6	10.8	14.4	20.1	5.4	1.9	1.5	1.3	1.3	2.0	1.6	1.0
Male															
60-64 years	77	16.5	9.3	11.8	12.8	16.1	29.9	3.7	4.5	3.8	5.3	5.8	5.6	10.5	3.2
65-69 years	71	12.8	16.5	10.4	14.4	14.7	20.9	10.3	6.6	6.2	5.4	5.9	5.6	7.8	4.9
70-74 years	101	15.7	16.2	16.0	11.0	14.5	18.8	7.9	4.6	5.8	4.1	4.3	4.4	6.2	3.9
75-79 years	61	16.4	15.8	15.8	4.8	14.6	26.3	6.4	5.2	7.0	6.2	2.4	6.4	7.6	3.4
80-84 years	85	5.4	11.0	8.6	11.9	'' 32.2	23.4	7.6	3.0	3.7	2.4	4.2	3.8	4.9	3.6
85 + years	49	7.9	14.2	7.9	14.2	17.9	27.1	10.8	3.6	5.2	4.6	5.3	5.4	7.5	4.3
Total, age adjusted ...	444	13.5	13.8	12.3	11.5	17.1	24.3	7.4	1.8	1.7	1.7	2.2	2.4	3.3	1.6
Female															
60-64 years	79	38.4	16.3	14.0	8.4	'' 5.8	13.7	3.4	6.6	5.3	4.2	3.8	3.2	4.3	2.5
65-69 years	76	33.9	8.4	15.8	12.4	16.2	13.1	0.2	8.1	2.5	7.3	4.2	5.8	5.0	0.1
70-74 years	94	22.2	17.2	17.3	7.2	16.2	17.9	2.0	7.3	4.1	3.7	4.3	5.4	4.6	1.9
75-79 years	84	20.2	18.4	19.5	7.1	13.9	14.4	6.4	4.9	6.9	7.1	3.3	4.0	5.0	3.4
80-84 years	84	8.9	12.3	17.2	15.8	16.5	24.4	5.0	3.2	3.5	3.8	3.4	5.0	4.0	3.3
85 + years	49	16.3	4.0	13.5	15.3	9.0	32.6	9.3	6.1	2.2	6.3	4.8	2.9	7.9	4.3
Total, age adjusted ...	466	26.1	13.6	16.2	10.2	12.8	17.4	3.7	3.1	2.1	2.2	1.5	2.5	1.8	1.2

See footnotes at end of table.

Table D-78—Distribution of difference between most ever weighed and current weight: Older adults[1] — Continued

Persons with income > 185% poverty

	Sample size	Percent of persons by range of weight difference							Standard Errors						
		No change	1-5 lbs	6-10	11-15	16-25	26-50	>50 lbs	No change	1-5 lbs	6-10	11-15	16-25	26-50	>50 lbs
Both sexes															
60-64 years	614	21.5	18.4	17.8	11.9	15.3	11.3	3.7	2.0	1.8	2.4	1.6	1.6	1.3	0.7
65-69 years	586	17.3	18.8	16.8	12.4	14.9	16.3	3.4	1.6	2.4	1.7	2.0	1.8	2.2	1.1
70-74 years	579	19.2	15.3	17.5	12.2	16.9	15.0	3.8	2.0	1.7	1.9	1.8	1.7	1.4	1.0
75-79 years	321	13.5	17.0	14.8	11.2	19.5	18.7	5.3	2.2	2.1	2.1	1.7	2.3	3.0	1.6
80-84 years	399	11.5	11.4	17.5	16.4	15.8	19.8	7.5	1.7	1.9	2.6	2.0	2.1	1.9	1.8
85 + years	205	8.4	13.6	18.0	15.2	17.9	20.2	6.6	2.2	2.9	2.0	3.1	2.8	4.0	1.7
Total, age adjusted ...	2,704	16.6	›››16.5	17.1	12.8	16.5	16.0	4.6	0.8	1.0	0.8	0.7	0.8	0.9	0.5
Male															
60-64 years	336	14.8	18.9	17.7	11.7	18.6	13.2	5.0	2.7	2.6	2.8	2.3	2.5	2.1	1.4
65-69 years	321	12.3	18.4	20.0	13.8	16.3	14.3	4.8	1.9	2.9	2.4	2.5	2.8	2.8	1.7
70-74 years	302	10.6	12.2	20.8	12.1	22.0	19.2	3.1	1.8	2.4	3.4	2.4	2.9	2.6	1.2
75-79 years	157	10.6	12.6	13.4	13.4	22.6	21.2	6.1	2.9	3.0	2.8	3.3	3.7	4.0	2.3
80-84 years	228	6.2	10.6	17.1	13.6	17.7	26.4	8.3	1.9	2.0	2.8	2.9	2.7	2.9	2.4
85 + years	103	6.8	16.8	18.9	16.0	19.2	15.3	6.9	2.6	4.3	3.5	5.3	3.0	4.5	2.8
Total, age adjusted ...	1,447	11.1	15.4	18.1	13.1	19.4	17.5	5.3	0.8	1.2	1.2	0.9	1.3	1.2	0.6
Female															
60-64 years	278	28.2	17.9	18.0	12.1	12.0	9.4	2.4	3.6	2.6	3.5	2.1	2.0	2.0	1.0
65-69 years	265	22.5	19.2	13.5	11.0	13.5	18.4	1.9	2.7	2.9	2.3	2.4	2.2	2.9	1.0
70-74 years	277	27.4	18.2	14.5	12.2	12.1	11.1	4.4	2.9	2.6	2.0	2.1	2.0	1.8	1.6
75-79 years	164	16.0	20.8	16.1	9.3	16.8	16.4	4.6	3.6	3.2	2.9	2.0	2.9	3.5	2.1
80-84 years	171	15.8	12.2	17.8	18.7	14.2	14.5	6.8	2.5	3.0	3.1	3.8	3.1	3.2	2.0
85 + years	102	9.5	11.6	17.5	14.7	17.0	23.3	6.4	3.1	3.4	2.9	3.4	4.5	5.1	2.4
Total, age adjusted ...	1,257	21.8	›››17.5	16.0	12.4	13.8	14.6	3.9	1.4	1.2	1.1	1.0	1.2	1.2	0.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
[1] Respondents were asked to report the most they ever weighted up to the present time (excluding pregnancy weight); this response was compared to current weight reported in the householdinterview.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-79—Percent of older adults who perceived themselves overweight

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All persons												
Both sexes												
60-64 years	1,227	61.5	2.0	383	51.6	3.8	145	›› 70.6	5.4	582	› 63.4	2.8
65-69 years	1,134	53.1	2.0	353	47.7	5.0	139	52.7	5.7	537	54.2	2.3
70-74 years	1,123	48.1	1.6	327	39.9	3.4	181	48.8	5.0	522	› 50.5	2.1
75-79 years	740	40.0	2.2	238	42.5	3.9	131	38.7	5.0	283	39.6	3.7
80-84 years	929	29.2	1.4	301	25.8	2.6	147	35.8	6.4	357	31.4	2.2
85 + years	561	19.4	1.7	198	17.9	3.1	90	17.4 *	5.3	188	22.9	3.6
Total, age adjusted ...	5,714	46.2	0.9	1,800	41.1	2.2	833	› 48.7	2.4	2,469	› 47.8	1.2
Healthy weight persons[1]												
Both sexes												
60-64 years	336	29.9	3.3	93	12.5 *	5.8	32	›› 42.6 *	9.8	184	› 32.6	4.5
65-69 years	312	15.6	2.1	99	8.9 *	5.6	33	12.3 *	5.2	156	17.4	3.2
70-74 years	378	19.7	2.4	96	11.1 *	5.4	65	15.9 *	5.6	188	23.9	3.6
75-79 years	289	13.3	2.4	83	10.7 *	6.2	48	9.5 *	5.0	114	12.7	3.9
80-84 years	374	9.2	1.8	117	5.7 *	2.2	59	6.7 *	3.8	148	12.5	3.0
85 + years	265	4.0 *	1.4	88	2.8 *	1.9	50	4.2 *	3.1	80	7.4 *	3.2
Total, age adjusted ...	1,954	17.6	1.4	576	9.6	2.6	287	› 18.3	2.9	870	›› 20.0	2.0
Overweight and obese persons[1]												
Both sexes												
60-64 years	866	77.3	2.2	279	68.2	4.0	108	›› 85.5 *	4.0	393	›› 79.8	2.5
65-69 years	793	72.8	2.1	237	70.2	5.2	104	70.4	5.0	373	73.3	2.6
70-74 years	716	66.1	2.0	216	55.0	4.4	113	68.4	6.4	325	› 68.7	2.8
75-79 years	435	59.8	3.3	145	61.3	4.5	82	58.2	6.1	165	61.9	5.8
80-84 years	505	46.9	2.5	171	41.9	3.3	83	53.0	8.0	193	49.3	4.0
85 + years	243	39.6	3.1	87	37.1	5.8	33	36.4 *	9.1	93	40.1	5.6
Total, age adjusted ...	3,558	64.5	0.9	1,135	59.2	2.1	523	›› 66.5	2.0	1,542	›› 66.4	1.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-80—Percent of older adult males who perceived themselves overweight

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All males												
Male												
60-64 years	613	50.7	3.5	181	35.6	7.2	72	› 61.9	9.8	308	› 54.1	4.2
65-69 years	572	48.9	2.4	160	37.5	7.5	68	34.3 *	7.8	295	51.8	2.6
70-74 years	547	37.8	3.0	142	32.0	7.4	90	38.9	6.7	277	38.0	4.0
75-79 years	322	31.2	3.3	98	32.0	7.1	56	25.0 *	6.0	135	33.2	4.8
80-84 years	453	19.5	2.1	121	15.7 *	4.1	73	20.4 *	5.6	206	22.5	2.5
85 + years	244	13.7	2.4	73	6.6 *	3.0	48	13.4 *	4.8	94	› 17.0	4.1
Total, age adjusted ...	2,751	37.8	1.2	775	29.9	3.0	407	36.7	3.3	1,315	›› 40.2	1.5
Healthy weight males[1]												
Male												
60-64 years	178	19.4	4.2	52	0.9 *	1.0	14	› 41.3 *	18.0	98	›››20.3	4.6
65-69 years	159	7.0 *	3.3	57	0.1 *	0.1	19	5.6 *	4.1	70	7.1 *	4.3
70-74 years	192	6.8 *	2.8	54	0.0 *	0.0	34	7.7 *	4.8	92	› 8.2 *	3.8
75-79 years	127	6.6 *	4.2	42	0.2 *	0.2	23	12.2 *	11.1	44	0.0 *	0.0
80-84 years	195	3.9 *	1.6	53	1.2 *	1.1	33	0.0 *	0.0	87	5.3 *	2.8
85 + years	113	3.0 *	1.6	35	0.0 *	0.0	26	3.3 *	3.3	38	6.0 *	3.5
Total, age adjusted ...	964	9.1	1.5	293	0.4 *	0.3	149	›› 14.6	4.8	429	›››8.9	1.6
Overweight and obese males[1]												
Male												
60-64 years	422	65.8	3.9	123	50.4	8.8	55	› 75.0 *	7.5	208	› 70.3	4.3
65-69 years	402	65.2	3.1	96	64.4	8.8	48	50.7 *	9.8	222	66.0	3.6
70-74 years	343	55.7	2.9	82	51.8 *	9.3	55	56.7 *	8.3	180	55.8	3.9
75-79 years	189	46.0	5.2	51	52.5 *	10.0	33	33.5 *	6.0	91	50.2	7.6
80-84 years	240	33.1	3.9	64	29.0 *	7.4	38	36.3 *	9.5	113	36.2	3.7
85 + years	107	26.8	4.6	28	16.9 *	8.5	16	28.9 *	8.3	51	27.2	6.4
Total, age adjusted ...	1,703	53.3	1.5	444	48.5	4.4	245	51.2	3.0	865	55.6	1.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-81—Percent of older adult females who perceived themselves overweight

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All females												
Female												
60-64 years	614	69.9	2.6	202	61.5	4.4	73	75.9 *	6.5	274	› 71.7	3.5
65-69 years	562	57.0	2.5	193	53.9	5.8	71	68.4	7.6	242	56.7	3.2
70-74 years	576	56.0	2.3	185	43.6	4.1	91	56.5	5.6	245	›››62.4	3.2
75-79 years	418	45.8	3.0	140	47.5	5.0	75	48.1	7.1	148	45.0	5.0
80-84 years	476	34.5	2.0	180	29.3	3.3	74	45.1	9.0	151	› 38.3	3.5
85 + years	317	22.2	2.4	125	22.3	3.8	42	20.2 *	7.8	94	26.5	4.8
Total, age adjusted ...	2,963	52.3	1.2	1,025	47.0	2.2	426	› 57.5	3.0	1,154	› 54.6	1.8
Healthy weight females[1]												
Female												
60-64 years	158	38.0	5.1	41	20.5 *	8.9	18	43.6 *	14.8	86	42.5	6.8
65-69 years	153	21.5	4.0	42	16.9 *	10.0	14	22.0 *	14.2	86	23.4	5.0
70-74 years	186	29.0	4.0	42	17.6 *	7.7	31	22.1 *	9.7	96	36.7	5.8
75-79 years	162	17.1	3.5	41	16.6 *	9.1	25	7.6 *	3.8	70	19.8	6.1
80-84 years	179	12.5	2.7	64	7.5 *	3.0	26	12.0 *	6.3	61	› 18.0 *	4.6
85 + years	152	4.4 *	2.0	53	4.0 *	2.8	24	4.8 *	4.7	42	8.3 *	5.0
Total, age adjusted ...	990	23.5	2.2	283	15.6	4.2	138	22.0	5.0	441	› 27.9	3.3
Overweight and obese females[1]												
Female												
60-64 years	444	86.5	1.9	156	79.3	3.9	53	› 91.6 *	4.1	185	› 88.7	2.6
65-69 years	391	80.9	3.1	141	73.2	6.2	56	84.4 *	6.4	151	84.0	3.8
70-74 years	373	74.6	3.3	134	56.4	6.6	58	› 77.9 *	6.2	145	›››82.6	4.3
75-79 years	246	70.1	3.2	94	65.2	5.2	49	75.3 *	7.1	74	75.8	5.7
80-84 years	265	54.6	3.2	107	45.9	4.5	45	61.9 *	10.0	80	› 60.6	6.3
85 + years	136	45.9	3.6	59	43.8 *	6.4	17	41.0 *	14.3	42	48.5 *	7.2
Total, age adjusted ...	1,855	73.1	1.3	691	64.4	2.2	278	›››76.8	2.5	677	›››77.6	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-82—Percent of older adults who expressed a desire to lose weight

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All persons												
Both sexes												
60-64 years	1,229	65.6	1.8	384	52.5	3.9	146	› 65.5	5.2	582	›››68.8	2.3
65-69 years	1,136	58.2	2.0	355	48.3	5.0	139	59.4	6.3	536	› 60.3	2.3
70-74 years	1,124	53.4	1.8	328	44.3	4.1	181	53.4	5.4	522	› 55.3	2.2
75-79 years	740	45.5	2.3	237	47.6	4.6	131	48.4	4.1	283	45.2	3.9
80-84 years	931	34.9	2.0	303	30.0	3.3	147	38.6	6.2	357	› 39.6	2.6
85 + years	560	22.7	1.8	197	20.4	3.1	90	19.9	5.4	188	27.5	3.7
Total, age adjusted ...	5,720	51.1	1.0	1,804	43.8	2.5	834	› 51.9	2.8	2,468	›››53.6	1.2
Healthy weight persons[1]												
Both sexes												
60-64 years	337	37.4	3.5	93	13.3 *	6.0	33	› 35.4 *	8.4	184	›››42.3	4.8
65-69 years	313	17.3	2.3	100	8.7 *	5.4	33	17.5 *	7.0	156	19.4	2.9
70-74 years	378	25.5	2.4	96	15.0 *	7.0	65	23.0 *	6.1	188	26.8	3.1
75-79 years	289	21.6	3.3	82	15.5 *	6.9	48	29.9 *	7.9	114	19.8	4.8
80-84 years	374	13.4	2.0	117	14.0 *	5.6	59	13.2 *	4.4	148	13.7	2.9
85 + years	264	6.6 *	1.7	87	5.9 *	2.8	50	3.4 *	2.9	80	11.6 *	3.4
Total, age adjusted ...	1,955	22.9	1.4	575	12.4	3.0	288	›› 23.0	3.1	870	›››24.9	1.7
Overweight and obese persons[1]												
Both sexes												
60-64 years	867	80.1	1.8	280	69.2	4.3	108	› 81.6	4.8	393	›››83.1	1.9
65-69 years	794	79.7	2.1	238	72.0	6.4	104	77.8	5.2	372	81.6	2.6
70-74 years	717	71.9	2.2	217	61.3	4.1	113	72.3	7.7	325	›› 75.4	2.9
75-79 years	435	63.5	3.4	145	66.4	6.0	82	60.8	5.2	165	66.5	5.2
80-84 years	507	54.9	3.0	173	43.3	3.7	83	56.5	7.4	193	›››63.9	3.7
85 + years	243	44.4	3.7	87	39.5 *	6.7	33	43.8 *	9.2	93	46.4	6.0
Total, age adjusted ...	3,563	69.7	1.1	1,140	62.2	2.5	523	› 69.4	2.8	1,541	›››73.1	1.3

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-83—Percent of older adult males who expressed a desire to lose weight

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All males												
Male												
60-64 years	613	55.3	3.0	181	34.3	7.5	72	› 57.6	9.0	308	›››60.2	3.0
65-69 years	571	54.5	2.6	160	38.6	7.3	68	43.3	8.0	294	› 58.2	3.1
70-74 years	548	45.0	3.3	143	32.8	7.9	90	43.6	7.8	277	47.6	4.2
75-79 years	322	34.6	3.5	97	32.0	7.8	56	31.8 *	7.5	135	37.7	5.5
80-84 years	455	26.5	2.0	123	21.3	5.2	73	28.3	5.7	206	29.9	2.7
85 + years	244	12.6	2.6	73	7.5 *	3.2	48	10.6 *	4.4	94	15.2	4.2
Total, age adjusted ...	2,753	42.6	1.5	777	30.6	3.7	407	› 40.1	3.9	1,314	›››46.2	1.5
Healthy weight males[1]												
Male												
60-64 years	178	23.5	4.3	52	0.3 *	0.3	14	› 41.7 *	18.0	98	›››24.5	5.4
65-69 years	159	3.6 *	2.0	57	0.5 *	0.4	19	5.6 *	4.1	70	1.4 *	1.0
70-74 years	192	10.5	3.4	54	4.0 *	3.4	34	10.1 *	8.7	92	12.0 *	4.2
75-79 years	127	10.5 *	4.8	41	0.2 *	0.2	23	15.3 *	11.0	44	6.9 *	5.1
80-84 years	195	4.7 *	1.7	53	4.5 *	3.2	33	0.0 *	0.0	87	4.4 *	2.3
85 + years	113	3.4 *	1.9	35	4.3 *	4.2	26	1.3 *	1.2	38	4.7 *	3.4
Total, age adjusted ...	964	10.8	1.5	292	1.9 *	1.0	149	›› 15.5	5.0	429	›››10.4	1.5
Overweight and obese males[1]												
Male												
60-64 years	422	70.7	3.4	123	48.7	9.3	55	68.3 *	9.1	208	›››77.4	3.2
65-69 years	401	74.3	2.7	96	66.1	8.9	48	64.9 *	8.7	221	76.3	3.8
70-74 years	344	64.9	3.6	83	50.7 *	10.8	55	62.7 *	11.0	180	68.8	4.2
75-79 years	189	49.4	4.7	51	51.2 *	10.4	33	42.8 *	9.2	91	53.5	7.2
80-84 years	242	45.4	3.7	66	36.3 *	8.5	38	50.3 *	8.7	113	50.1	3.9
85 + years	107	24.6	5.0	28	13.7 *	7.7	16	23.9 *	8.6	51	25.9	7.4
Total, age adjusted ...	1,705	59.8	1.7	447	48.5	5.2	245	56.2	4.1	864	›› 63.8	2.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-84—Percent of older adult females who expressed a desire to lose weight

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All females												
Female												
60-64 years	616	73.6	2.4	203	63.9	3.9	74	70.2	5.9	274	› 76.4	3.4
65-69 years	565	61.5	2.4	195	54.1	5.6	71	73.2	7.8	242	62.4	2.9
70-74 years	576	59.9	2.2	185	49.8	4.4	91	61.2	6.2	245	› 62.8	3.3
75-79 years	418	52.7	2.6	140	54.7	5.3	75	59.9	6.6	148	51.5	4.8
80-84 years	476	39.6	2.7	180	33.0	3.9	74	44.7	9.2	151	› 47.2	4.2
85 + years	316	27.5	2.6	124	25.5	3.9	42	26.6 *	8.2	94	35.0	5.6
Total, age adjusted ...	2,967	57.0	1.1	1,027	50.7	2.3	427	›› 60.5	2.8	1,154	›› 59.8	1.8
Healthy weight females[1]												
Female												
60-64 years	159	48.0	4.8	41	22.3 *	9.3	19	31.2 *	10.3	86	›› 56.7	6.3
65-69 years	154	26.6	3.2	43	15.6 *	9.4	14	34.8 *	16.7	86	29.8	4.1
70-74 years	186	36.1	4.0	42	21.4 *	10.4	31	32.9 *	11.0	96	39.0	5.7
75-79 years	162	28.0	4.7	41	23.5 *	10.0	25	40.0 *	13.0	70	27.1	6.7
80-84 years	179	18.7	3.0	64	17.8 *	7.3	26	23.6 *	7.7	61	20.8 *	4.6
85 + years	151	8.1 *	2.1	52	6.6 *	3.3	24	4.8 *	4.7	42	15.9 *	5.1
Total, age adjusted ...	991	31.1	1.9	283	19.0	4.6	139	30.4	5.2	441	›› 35.2	2.6
Overweight and obese females[1]												
Female												
60-64 years	445	87.5	2.3	157	81.9	3.9	53	89.3 *	4.6	185	88.5	3.2
65-69 years	393	85.6	2.6	142	75.0	7.6	56	87.1 *	6.0	151	89.3	2.6
70-74 years	373	77.8	2.2	134	66.0	4.5	58	80.2 *	6.9	145	›› 82.4	3.3
75-79 years	246	74.2	3.4	94	73.2	6.3	49	73.3 *	6.9	74	81.9	4.0
80-84 years	265	60.2	4.2	107	45.5	4.9	45	59.8 *	10.4	80	›››75.9	5.0
85 + years	136	54.1	4.6	59	47.9 *	8.0	17	56.2 *	12.8	42	59.6 *	8.8
Total, age adjusted ...	1,858	77.0	1.2	693	68.8	2.4	278	›› 78.2	2.6	677	›››82.4	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-85—Percent of older adults who tried to lose weight in past 12 months

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All persons												
Both sexes												
60-64 years	1,229	42.3	2.1	384	41.9	5.6	146	39.5	5.2	582	42.9	2.6
65-69 years	1,136	38.7	2.6	354	36.8	5.7	139	38.9	7.6	537	38.7	2.8
70-74 years	1,125	34.8	2.0	328	26.6	4.0	181	27.1	5.1	522	› 37.5	2.6
75-79 years	741	26.2	2.3	238	25.8	3.7	131	33.6	5.5	283	24.3	3.2
80-84 years	931	18.0	1.4	303	18.0	2.8	147	18.2	4.5	357	20.0	2.0
85 + years	561	7.7	1.0	198	9.3 *	2.7	90	3.5 *	1.9	188	10.1	2.1
Total, age adjusted ...	5,723	31.6	0.9	1,805	29.6	2.1	834	30.3	2.8	2,469	32.4	1.0
Healthy weight persons[1]												
Both sexes												
60-64 years	337	25.2	2.5	93	18.8 *	6.9	33	35.6 *	8.4	184	26.1	3.7
65-69 years	312	14.5	2.4	99	9.3 *	5.5	33	7.2 *	5.6	156	16.2	3.0
70-74 years	379	19.1	2.4	96	12.7 *	5.5	65	16.3 *	7.1	188	20.9	3.0
75-79 years	290	10.6	2.9	83	1.2 *	1.0	48	12.7 *	6.5	114	› 12.1	4.3
80-84 years	374	6.6	1.5	117	7.3 *	2.7	59	6.8 *	3.7	148	7.6 *	3.0
85 + years	265	4.8 *	1.5	88	4.0 *	2.3	50	1.7 *	1.6	80	10.0 *	3.5
Total, age adjusted ...	1,957	15.5	1.2	576	10.2	2.4	288	15.9	3.9	870	› 17.2	1.5
Overweight and obese persons[1]												
Both sexes												
60-64 years	867	51.1	2.6	280	52.2	6.2	108	43.6	7.3	393	52.1	3.4
65-69 years	795	51.5	3.2	238	53.2	8.2	104	52.7	8.7	373	50.5	3.8
70-74 years	717	45.2	2.6	217	34.4	4.8	113	33.4	8.8	325	› 49.3	3.7
75-79 years	435	37.8	3.2	145	39.4	5.0	82	47.5	6.9	165	34.6	4.7
80-84 years	507	28.5	2.1	173	26.6	3.5	83	26.3	5.9	193	31.8	2.9
85 + years	243	12.3	2.3	87	16.8 *	4.8	33	6.3 *	3.9	93	11.9 *	4.1
Total, age adjusted ...	3,564	41.8	0.9	1,140	40.8	2.4	523	38.8	3.3	1,542	42.4	1.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-86—Percent of older adult males who tried to lose weight in past 12 months

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All males												
Male												
60-64 years	613	32.9	2.8	181	24.7	7.4	72	29.7 *	6.5	308	35.3	3.0
65-69 years	572	33.0	3.4	160	27.3	7.5	68	18.7 *	7.7	295	36.0	4.2
70-74 years	549	28.8	2.7	143	18.7	6.5	90	23.8	6.5	277	31.2	3.8
75-79 years	323	21.2	3.6	98	24.2	6.3	56	18.7 *	7.1	135	21.2	4.1
80-84 years	455	15.3	2.3	123	17.1 *	4.7	73	11.8 *	3.7	206	17.4	3.0
85 + years	244	6.3 *	1.7	73	2.7 *	1.6	48	5.2 *	3.6	94	› 11.0 *	3.8
Total, age adjusted ...	2,756	25.8	1.0	778	21.1	3.3	407	20.2	3.4	1,315	› 28.2	1.1
Healthy weight males[1]												
Male												
60-64 years	178	19.5	4.2	52	8.8 *	8.4	14	31.4 *	16.8	98	21.6	5.5
65-69 years	159	7.8 *	3.7	57	0.1 *	0.2	19	1.4 *	1.4	70	12.4 *	6.3
70-74 years	193	10.8	3.0	54	7.4 *	5.3	34	11.4 *	6.7	92	11.9 *	4.1
75-79 years	128	10.4 *	4.9	42	0.0 *	0.0	23	12.2 *	11.1	44	7.3 *	5.5
80-84 years	195	4.8 *	1.6	53	6.6 *	3.6	33	5.0 *	4.9	87	5.2 *	2.7
85 + years	113	5.3 *	2.5	35	0.0 *	0.0	26	4.2 *	4.2	38	11.3 *	6.1
Total, age adjusted ...	966	11.0	1.4	293	4.2 *	2.2	149	12.8 *	4.9	429	› 12.7	2.3
Overweight and obese males[1]												
Male												
60-64 years	422	39.7	4.1	123	31.6 *	9.5	55	30.9 *	8.1	208	42.1	4.6
65-69 years	402	42.9	4.0	96	46.9	11.2	48	28.6 *	11.4	222	43.6	4.8
70-74 years	344	39.3	3.4	83	26.2 *	8.9	55	30.9 *	11.1	180	42.9	5.0
75-79 years	189	28.0	4.6	51	39.6 *	9.3	33	23.0 *	9.0	91	28.3	5.9
80-84 years	242	24.6	3.9	66	26.6 *	7.6	38	17.4 *	6.2	113	27.1	4.5
85 + years	107	8.7 *	2.9	28	6.9 *	4.2	16	7.9 *	7.7	51	11.9 *	5.6
Total, age adjusted ...	1,706	33.8	1.5	447	32.2	4.6	245	25.5	4.4	865	35.9	1.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-87—Percent of older adult females who tried to lose weight in past 12 months

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All females												
Female												
60-64 years	616	49.5	2.7	203	52.6	5.6	74	45.4 *	7.6	274	49.7	3.6
65-69 years	564	43.8	3.2	194	42.6	6.4	71	56.1 *	8.2	242	41.5	3.0
70-74 years	576	39.4	2.6	185	30.4	4.6	91	29.8	5.9	245	› 43.5	4.3
75-79 years	418	29.5	2.6	140	26.5	5.1	75	43.8	7.2	148	26.8	5.0
80-84 years	476	19.5	1.7	180	18.3	2.9	74	22.0 *	6.7	151	22.2	2.6
85 + years	317	8.3	1.7	125	11.9 *	3.4	42	› 2.2 *	2.2	94	9.6 *	3.2
Total, age adjusted ...	2,967	36.0	1.3	1,027	34.4	2.1	427	37.8	3.5	1,154	36.3	1.8
Healthy weight females[1]												
Female												
60-64 years	159	29.6	4.0	41	25.8 *	9.7	19	38.3 *	11.3	86	29.7	5.4
65-69 years	153	19.1	3.6	42	17.6 *	10.3	14	15.5 *	13.0	86	18.4	3.9
70-74 years	186	25.1	4.2	42	15.8 *	7.7	31	20.1 *	9.0	96	28.2	6.1
75-79 years	162	10.8 *	3.7	41	1.9 *	1.6	25	13.0 *	7.6	70	› 14.8 *	6.2
80-84 years	179	7.7 *	2.0	64	7.6 *	3.3	26	8.3 *	5.1	61	9.5 *	4.4
85 + years	152	4.6 *	1.9	53	5.8 *	3.1	24	0.0 *	0.0	42	9.2 *	5.4
Total, age adjusted ...	991	18.8	1.8	283	14.4	3.8	139	19.1	5.0	441	20.5	2.2
Overweight and obese females[1]												
Female												
60-64 years	445	60.1	2.9	157	64.8	5.9	53	50.8 *	8.2	185	61.4	4.2
65-69 years	393	60.8	4.2	142	56.5	8.8	56	69.9 *	7.9	151	60.5	4.8
70-74 years	373	50.0	3.3	134	38.0	5.6	58	35.4 *	9.5	145	› 56.2	5.4
75-79 years	246	45.1	3.9	94	39.2	7.1	49	› 64.5 *	7.7	74	42.0	6.9
80-84 years	265	30.7	3.1	107	26.7	4.0	45	31.0 *	8.1	80	35.8	4.6
85 + years	136	14.0 *	3.3	59	20.0 *	5.7	17	5.3 *	4.9	42	11.9 *	5.8
Total, age adjusted ...	1,858	48.4	1.5	693	45.4	2.5	278	47.6	3.8	677	49.6	2.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-88—Percent of older adults with low serum albumin (conservative definition)[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,318	3.6	0.8	722	6.5	2.3	272	2.1 *	1.5	1,104	3.4	1.0
65-69 years	2,124	2.9	0.7	658	3.6 *	1.4	266	2.6 *	1.6	1,018	3.0	1.1
70-74 years	2,074	5.6	1.0	592	8.4	2.3	328	3.3 *	1.6	980	5.2	1.1
75-79 years	1,332	4.1	1.0	420	6.0 *	2.5	230	3.2 *	1.5	524	1.5 *	0.8
80-84 years	1,668	5.8	0.8	544	5.1 *	1.7	262	5.1 *	2.3	646	5.7	1.0
85 + years	982	7.0	1.2	330	9.1 *	2.2	148	5.3 *	2.5	346	4.6 *	1.3
Total, age adjusted ...	10,498	4.5	0.4	3,266	6.2	1.0	1,506	› 3.2	0.7	4,618	› 3.7	0.5
Male												
60-64 years	1,166	2.7 *	1.0	344	6.6 *	2.8	134	1.3 *	1.0	590	2.2 *	1.2
65-69 years	1,074	1.2 *	0.4	298	4.9 *	1.8	130	› 0.6 *	0.5	564	› 0.6 *	0.5
70-74 years	1,008	3.6	1.1	248	4.2 *	1.8	168	1.5 *	1.1	522	3.9	1.6
75-79 years	584	2.1 *	0.9	172	3.9 *	3.2	100	3.8 *	2.8	250	1.3 *	0.7
80-84 years	832	5.4	1.4	216	5.5 *	2.6	134	5.5 *	3.2	386	5.4	1.8
85 + years	416	9.5	1.9	118	13.8 *	5.0	78	4.7 *	3.8	168	7.7 *	3.0
Total, age adjusted ...	5,080	3.4	0.5	1,396	5.9	1.0	744	›› 2.4 *	0.7	2,480	› 2.9	0.6
Female												
60-64 years	1,152	4.4	1.2	378	6.4 *	3.6	138	2.5 *	2.4	514	4.5	1.5
65-69 years	1,050	4.5	1.4	360	2.8 *	2.0	136	4.3 *	2.9	454	5.5	2.3
70-74 years	1,066	7.1	1.3	344	10.2 *	3.3	160	4.7 *	2.8	458	6.4	1.9
75-79 years	748	5.5	1.6	248	6.9 *	3.3	130	2.7 *	2.0	274	1.6 *	1.3
80-84 years	836	6.1	1.1	328	5.0 *	2.0	128	4.9 *	3.3	260	5.9 *	1.4
85 + years	566	5.9 *	1.5	212	7.3 *	2.7	70	5.7 *	3.3	178	2.8 *	1.6
Total, age adjusted ...	5,418	5.4	0.6	1,870	6.4	1.4	762	3.9	1.2	2,138	4.6	0.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Low serum albumin is identified as < 3.5 g/dL.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-89—Percent of older adults with low serum albumin (liberal definition)[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,318	11.9	1.6	722	20.6	4.0	272	11.4 *	3.4	1,104	› 10.4	2.0
65-69 years	2,124	14.6	2.1	658	15.6	3.9	266	16.0	4.3	1,018	14.1	2.3
70-74 years	2,074	19.1	2.1	592	21.6	3.3	328	13.3	3.6	980	19.8	2.3
75-79 years	1,332	18.2	2.4	420	18.2	3.8	230	23.5	5.0	524	15.4	2.9
80-84 years	1,668	23.5	1.9	544	23.4	3.1	262	25.9	5.1	646	23.7	2.5
85 + years	982	27.0	2.7	330	27.0	4.4	148	36.1	6.4	346	25.2	4.3
Total, age adjusted ...	10,498	17.6	1.5	3,266	20.3	2.3	1,506	18.6	2.2	4,618	16.6	1.5
Male												
60-64 years	1,166	8.9	2.2	344	21.7	7.4	134	10.7 *	5.2	590	6.8 *	2.9
65-69 years	1,074	11.8	1.9	298	15.9 *	4.7	130	7.4 *	3.6	564	11.6	2.4
70-74 years	1,008	14.2	3.2	248	18.2 *	6.5	168	14.3 *	6.8	522	12.9	3.5
75-79 years	584	14.0 *	2.4	172	15.1 *	6.8	100	17.4 *	5.0	250	13.8 *	4.2
80-84 years	832	20.6	2.9	216	27.9	5.6	134	22.2 *	7.1	386	18.8	4.0
85 + years	416	28.5	3.4	118	28.6 *	6.7	78	30.5 *	5.6	168	29.4 *	4.3
Total, age adjusted ...	5,080	14.4	1.7	1,396	20.1	3.4	744	14.9	2.2	2,480	13.5	1.9
Female												
60-64 years	1,152	14.2	2.1	378	19.8	4.3	138	11.8 *	4.3	514	13.6	3.0
65-69 years	1,050	17.2	2.8	360	15.4 *	5.0	136	23.3 *	8.8	454	16.8	3.1
70-74 years	1,066	22.9	2.5	344	23.2	4.1	160	12.5 *	4.0	458	26.5	3.1
75-79 years	748	21.0	3.5	248	19.6 *	4.4	130	27.8 *	7.1	274	16.8 *	4.4
80-84 years	836	25.3	2.5	328	21.9	3.7	128	28.2 *	7.0	260	27.9	3.8
85 + years	566	26.4	3.0	212	26.4	4.8	70	40.0 *	9.0	178	22.8 *	6.3
Total, age adjusted ...	5,418	20.0	1.6	1,870	20.4	2.3	762	21.4	2.9	2,138	19.7	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Low serum albumin is identified as < 3.8 g/dL.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-90—Percent of older adults with iron deficiency[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,292	4.8	0.9	708	7.1	3.0	270	9.2 *	2.8	1,098	4.0	1.2
65-69 years	2,108	3.8	0.8	654	4.2 *	1.4	266	4.5 *	2.3	1,006	3.1	0.9
70-74 years	2,100	3.7	0.7	610	4.5 *	1.6	336	1.8 *	1.4	980	3.4	1.0
75-79 years	1,342	8.1	1.9	434	7.5 *	2.8	240	7.8 *	3.0	506	9.0	2.7
80-84 years	1,690	8.6	1.2	558	5.2 *	1.5	266	10.7	3.4	650	7.9	1.8
85 + years	1,002	7.9	1.3	340	7.2 *	2.0	154	7.4 *	2.8	352	9.4	2.9
Total, age adjusted ...	10,534	5.6	0.5	3,304	5.8	1.2	1,532	6.6	1.0	4,592	5.4	0.8
Male												
60-64 years	1,148	2.8	1.0	338	5.5 *	3.4	132	2.8 *	2.4	582	2.1 *	1.1
65-69 years	1,072	2.2 *	1.0	294	2.5 *	1.1	132	› 0.0	0.0	562	2.6 *	1.4
70-74 years	1,014	2.7	0.6	258	4.7 *	2.3	170	1.2 *	1.2	516	2.3 *	0.9
75-79 years	580	8.1	2.1	178	8.9 *	4.6	100	4.3 *	2.3	236	9.3	3.6
80-84 years	850	5.3	1.3	224	2.5 *	1.2	136	4.7 *	3.0	392	6.5	2.0
85 + years	430	8.5	2.3	126	7.4 *	3.9	78	11.4 *	5.8	176	9.5 *	4.0
Total, age adjusted ...	5,094	4.3	0.7	1,418	5.1	1.3	748	3.2 *	1.1	2,464	4.6	1.0
Female												
60-64 years	1,144	6.4	1.3	370	8.0 *	3.8	138	13.0 *	4.0	516	5.6	1.9
65-69 years	1,036	5.3	1.1	360	5.1 *	2.0	134	8.6 *	4.8	444	3.7 *	1.0
70-74 years	1,086	4.5	1.1	352	4.4 *	1.9	166	2.3 *	2.4	464	4.4	1.7
75-79 years	762	8.0	2.1	256	6.9 *	3.4	140	10.1 *	4.4	270	8.6	3.4
80-84 years	840	10.6	1.4	334	6.1 *	2.0	130	14.5 *	5.0	258	9.0	2.7
85 + years	572	7.6	1.5	214	7.2 *	2.4	76	5.0 *	3.2	176	9.3 *	3.2
Total, age adjusted ...	5,440	6.6	0.6	1,886	6.2	1.3	784	9.0	1.6	2,128	6.2	1.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
   Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Iron deficiency is indicated by at least 2 of the following: low serum transferrin saturation, high erythrocyte protoporphorin (EPP), and low serum ferritin. See appendix B.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-91—Percent of older adults with low serum ferritin[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,350	2.1	0.7	730	2.4 *	1.6	274	4.8 *	2.9	1,128	1.6 *	0.6
65-69 years	2,152	1.9	0.6	664	2.4 *	1.2	272	0.4 *	0.3	1,026	2.1	0.8
70-74 years	2,132	1.8	0.6	614	1.3 *	1.0	342	0.8 *	0.8	996	2.4	0.9
75-79 years	1,374	3.1	1.0	436	2.3 *	1.4	246	3.4 *	2.4	530	2.9 *	1.2
80-84 years	1,714	3.4	0.6	570	3.6 *	1.6	266	1.5 *	1.1	660	2.5 *	0.9
85 + years	1,020	2.3 *	0.7	342	3.4 *	1.8	156	1.4 *	0.8	358	2.4 *	1.1
Total, age adjusted ...	10,742	2.3	0.4	3,356	2.4	0.6	1,556	2.2	0.9	4,698	2.2	0.4
Male												
60-64 years	1,178	2.0 *	0.9	350	0.2 *	0.1	134	0.1 *	0.1	596	2.3 *	1.1
65-69 years	1,092	1.4 *	0.7	298	1.5 *	0.8	134	› 0.0	0.0	572	1.6 *	1.0
70-74 years	1,028	1.3 *	0.5	258	2.1 *	1.4	170	0.1 *	0.1	528	1.3 *	0.7
75-79 years	602	3.3 *	1.4	180	4.0 *	3.4	104	1.4 *	1.4	252	3.0 *	1.9
80-84 years	860	2.0 *	0.6	230	1.8 *	1.4	136	0.0	0.0	396	2.0 *	1.2
85 + years	438	1.7 *	0.9	126	2.5 *	2.6	80	3.7 *	2.0	178	0.8 *	0.8
Total, age adjusted ...	5,198	1.9	0.4	1,442	1.9 *	0.7	758	0.6 *	0.3	2,522	1.9	0.6
Female												
60-64 years	1,172	2.2 *	1.0	380	3.7 *	2.6	140	7.6 *	4.4	532	1.0 *	0.8
65-69 years	1,060	2.3 *	0.9	366	3.0 *	1.8	138	0.7 *	0.5	454	2.6 *	1.4
70-74 years	1,104	2.2 *	0.9	356	0.9 *	0.9	172	1.4 *	1.3	468	3.4 *	1.6
75-79 years	772	2.9 *	1.1	256	1.5 *	1.1	142	4.7 *	3.7	278	2.9 *	1.5
80-84 years	854	4.3	1.0	340	4.2 *	2.1	130	2.5 *	1.8	264	2.9 *	1.4
85 + years	582	2.6 *	1.0	216	3.8 *	2.3	76	0.0 *	0.0	180	3.3 *	1.7
Total, age adjusted ...	5,544	2.6	0.5	1,914	2.7	0.8	798	3.2 *	1.4	2,176	2.5	0.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Low serum ferritin is identified by < 15 mcg/mL. Source: *Healthy People 2010* (U.S. DHHS, 2000a).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-92—Percent of older adults with high free erythrocyte protoporphorin [1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,382	11.1	1.35	732	12.7	3.37	280	15.0	4.22	1,144	10.5	1.75
65-69 years	2,162	9.6	1.18	658	11.9	2.84	274	12.5	3.67	1,038	8.6	1.28
70-74 years	2,148	13.3	1.42	624	15.8	2.35	346	12.9	3.12	1,000	12.7	2.40
75-79 years	1,380	16.5	2.31	442	18.0	3.93	244	12.3	2.95	528	17.2	3.71
80-84 years	1,744	17.5	1.62	580	18.4	2.58	270	16.6	4.22	672	16.4	2.90
85 + years	1,024	19.2	2.34	346	20.5	4.59	158	16.8	4.46	358	19.2	4.10
Total, age adjusted ...	10,840	13.6	0.83	3,382	15.4	1.62	1,572	14.0	1.62	4,740	13.0	1.15
Male												
60-64 years	1,200	8.3	1.69	350	12.9	4.91	140	11.8 *	4.95	608	6.3	1.94
65-69 years	1,096	6.7	1.45	294	8.2 *	2.82	134	› 3.5 *	3.27	580	7.3	1.72
70-74 years	1,040	10.5	2.36	266	14.3	4.44	172	6.1 *	2.63	532	10.7	3.42
75-79 years	602	14.8	2.64	180	15.5 *	5.25	104	7.2 *	3.02	252	16.0	4.12
80-84 years	872	12.4	1.98	236	10.8 *	3.08	138	6.1 *	3.28	398	15.8	3.19
85 + years	440	19.6	3.32	126	18.8 *	4.46	80	22.1 *	8.18	182	21.6	5.29
Total, age adjusted ...	5,250	11.0	1.02	1,452	13.0	1.71	768	› 8.6	1.87	2,552	11.4	1.41
Female												
60-64 years	1,182	13.4	2.01	382	12.6	4.29	140	16.9 *	5.01	536	14.3	2.97
65-69 years	1,066	12.4	2.00	364	14.2	4.11	140	20.2	6.63	458	9.9	2.27
70-74 years	1,108	15.5	1.71	358	16.5	3.36	174	18.2	4.79	468	14.6	2.77
75-79 years	778	17.6	2.77	262	19.3	5.13	140	15.8 *	4.19	276	18.2	4.82
80-84 years	872	20.6	2.17	344	21.1	3.40	132	23.2	6.10	274	16.8	4.04
85 + years	584	19.0	2.50	220	21.1	5.68	78	13.6 *	5.43	176	17.6	4.82
Total, age adjusted ...	5,590	15.6	1.12	1,930	16.5	2.07	804	18.0	2.25	2,188	14.7	1.70

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] High free erythrocyte protoporphorin is identified as > 70. Source: *Healthy People 2010* (U.S. DHHS, 2000a).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-93—Percent of older adults with low transferrin saturation[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,358	13.8	1.6	730	20.1	3.1	274	15.6	4.4	1,134	› 12.9	1.9
65-69 years	2,146	13.2	1.4	664	13.0	2.6	270	12.3	4.5	1,022	12.3	2.0
70-74 years	2,130	11.3	1.3	618	16.2	3.0	342	› 7.9 *	3.2	992	› 10.1	1.5
75-79 years	1,370	18.1	2.1	438	18.0	4.2	246	18.3	3.8	524	17.8	3.0
80-84 years	1,720	17.3	1.6	570	15.9	2.5	268	18.9	3.9	664	16.8	2.4
85 + years	1,022	16.5	1.7	344	15.4	2.0	156	24.1	5.1	360	14.6	3.3
Total, age adjusted ...	10,746	14.5	1.0	3,364	16.6	1.5	1,556	15.0	2.0	4,696	› 13.6	1.1
Male												
60-64 years	1,180	10.1	2.0	348	14.4	4.5	134	14.0 *	6.7	600	8.8	2.1
65-69 years	1,092	8.5	2.0	298	9.7 *	3.4	134	13.7 *	5.1	572	7.8	2.8
70-74 years	1,028	11.4	1.9	260	23.8	5.4	170	12.0 *	6.1	526	›› 8.6	2.2
75-79 years	598	16.9	3.3	180	17.3 *	6.9	104	13.1 *	4.3	248	16.6	5.2
80-84 years	860	12.1	2.0	230	16.5 *	3.7	136	9.3 *	4.3	396	11.8	2.6
85 + years	440	16.3	2.9	126	15.2 *	5.2	80	22.8 *	5.7	180	16.5	5.0
Total, age adjusted ...	5,198	11.9	1.5	1,442	16.0	2.2	758	13.8	3.3	2,522	› 10.9	1.7
Female												
60-64 years	1,178	16.7	2.0	382	23.6	3.6	140	16.5 *	5.4	534	16.6	2.8
65-69 years	1,054	17.5	2.1	366	15.0	3.4	136	11.0 *	5.2	450	17.2	2.9
70-74 years	1,102	11.3	1.7	358	12.7	2.9	172	4.7 *	2.6	466	11.5	2.4
75-79 years	772	19.0	2.2	258	18.4	5.1	142	21.8	6.3	276	18.7	3.2
80-84 years	860	20.3	2.0	340	15.6	2.9	132	24.9	5.5	268	21.1	3.7
85 + years	582	16.6	2.4	218	15.5 *	2.8	76	25.0 *	8.0	180	13.5 *	3.5
Total, age adjusted ...	5,548	16.6	1.1	1,922	17.2	1.8	798	15.7	2.1	2,174	16.3	1.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
  Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
  [1] Low transferrin saturation is identified as < 16% (males) and < 15% (females). Source: *Healthy People 2010* (U.S. DHHS, 2000a).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-94—Percent of older adults with iron deficiency anemia[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,292	2.0	0.6	708	3.1	1.8	270	4.6 *	2.4	1,098	1.4 *	0.6
65-69 years	2,108	2.4	0.6	654	3.2	1.3	266	3.2 *	2.1	1,006	1.8	0.7
70-74 years	2,100	1.2	0.3	610	2.2 *	1.0	336	› 0.0	0.0	980	1.0 *	0.5
75-79 years	1,342	2.2	0.6	434	3.3 *	1.5	240	1.2 *	0.8	506	2.0 *	0.8
80-84 years	1,690	4.0	0.7	558	2.2 *	0.9	266	6.3 *	2.6	650	3.6	1.0
85 + years	1,002	4.9	1.0	340	5.3 *	1.4	154	4.4 *	2.2	352	4.5	1.7
Total, age adjusted ...	10,534	2.5	0.3	3,304	3.1	0.8	1,532	3.0	0.8	4,592	2.0	0.3
Male												
60-64 years	1,148	1.7	0.8	338	3.1 *	2.7	132	0.1 *	0.1	582	1.4 *	0.9
65-69 years	1,072	2.0	1.0	294	2.4 *	1.1	132	› 0.0	0.0	562	2.3 *	1.4
70-74 years	1,014	1.4 *	0.3	258	3.2 *	1.9	170	0.0	0.0	516	0.8 *	0.4
75-79 years	580	3.8	1.2	178	5.9 *	3.7	100	3.0 *	2.0	236	2.5 *	1.2
80-84 years	850	3.9	0.9	224	2.2 *	1.2	136	2.2 *	1.6	392	4.6	1.6
85 + years	430	7.5	2.3	126	7.4 *	3.9	78	11.4 *	5.8	176	7.8 *	3.9
Total, age adjusted ...	5,094	2.8	0.5	1,418	3.8	1.1	748	1.8 *	0.7	2,464	2.6	0.6
Female												
60-64 years	1,144	2.3	0.8	370	3.1 *	2.6	138	7.3 *	3.9	516	1.5 *	0.9
65-69 years	1,036	2.9	0.7	360	3.8 *	1.9	134	6.2 *	4.2	444	1.3 *	0.1
70-74 years	1,086	1.0 *	0.5	352	1.8 *	1.1	166	0.0	0.0	464	1.2 *	0.8
75-79 years	762	1.2 *	0.6	256	2.1 *	1.2	140	0.0	0.0	270	1.6 *	1.2
80-84 years	840	4.1	1.0	334	2.2 *	1.1	130	8.9 *	4.2	258	2.7 *	1.4
85 + years	572	3.7	1.0	214	4.4 *	1.4	76	›› 0.0	0.0	176	2.5 *	1.5
Total, age adjusted ...	5,440	2.3	0.4	1,886	2.8	0.8	784	4.0	1.3	2,128	1.6	0.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Iron deficiency anemia is defined as iron deficiency and low hemoglobin. See appendix B.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-95—Percent of older adults with low hemoglobin[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,340	9.4	1.3	722	11.7	3.0	276	10.7	3.7	1,114	9.1	1.6
65-69 years	2,144	11.0	1.1	660	13.2	2.4	270	11.5	3.6	1,030	9.9	1.4
70-74 years	2,136	11.6	1.2	624	16.9	3.4	340	8.2	2.6	994	11.1	1.6
75-79 years	1,366	13.3	1.7	440	20.8	4.1	242	12.7	3.5	518	›› 9.9	2.0
80-84 years	1,728	20.8	1.9	570	23.8	2.7	270	18.4	4.1	668	19.7	2.3
85 + years	1,024	25.9	2.8	346	29.9	2.9	156	26.0	5.7	362	23.3	4.8
Total, age adjusted ...	10,738	13.6	0.7	3,362	17.5	1.4	1,554	› 13.0	1.5	4,686	›››12.3	0.9
Male												
60-64 years	1,172	11.6	1.7	340	17.7	4.8	138	8.5 *	4.8	592	11.0	1.8
65-69 years	1,088	13.2	1.8	298	16.0	4.3	132	9.6 *	3.5	574	12.8	2.3
70-74 years	1,036	15.7	1.8	270	25.2	5.9	172	13.8 *	3.8	522	13.6	2.4
75-79 years	588	22.8	3.1	178	31.2	6.0	100	27.4	6.7	244	19.3	3.9
80-84 years	864	29.4	2.8	230	31.5	4.2	138	28.8	6.2	396	28.9	4.1
85 + years	438	38.1	3.8	126	46.6	4.7	78	43.0 *	8.0	182	34.0	6.4
Total, age adjusted ...	5,186	18.9	0.9	1,442	25.2	2.5	758	› 18.3	1.9	2,510	›› 17.3	1.2
Female												
60-64 years	1,168	7.7	1.7	382	8.1	2.9	138	12.1 *	5.5	522	7.3	2.3
65-69 years	1,056	8.9	1.5	362	11.5	2.9	138	13.1 *	5.5	456	6.7	1.8
70-74 years	1,100	8.4	1.5	354	13.0	2.9	168	› 3.7 *	2.5	472	8.7	2.0
75-79 years	778	7.1	1.6	262	15.8	4.2	142	›› 3.0 *	2.1	274	›› 2.3 *	1.3
80-84 years	864	15.6	2.5	340	21.0	3.1	132	11.8 *	4.5	272	› 12.0	3.8
85 + years	586	20.1	3.1	220	23.3	3.6	78	15.8 *	8.1	180	16.9	5.1
Total, age adjusted ...	5,552	10.0	1.0	1,920	13.8	1.4	796	› 9.5	1.9	2,176	›››8.0	1.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Criteria for low hemoglobin varies by age, gender, and smoking status. See appendix B.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-96—Percent of older adults with low hematocrit[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,338	8.4	1.1	722	8.0	1.8	276	7.5 *	2.7	1,112	8.7	1.2
65-69 years	2,144	10.9	1.3	660	11.0	2.6	270	13.6	4.2	1,030	10.4	1.6
70-74 years	2,136	11.6	1.5	624	14.7	3.4	340	7.5	2.6	994	12.3	2.2
75-79 years	1,364	12.1	1.6	440	16.0	3.6	242	11.4	3.9	516	10.0	2.0
80-84 years	1,728	16.8	1.8	570	18.6	2.1	270	14.2	3.7	668	17.0	2.2
85 + years	1,024	22.8	2.4	346	23.0	3.0	156	29.1	6.3	362	21.4	4.4
Total, age adjusted ...	10,734	12.4	0.5	3,362	13.8	1.3	1,554	12.2	1.4	4,682	12.1	0.9
Male												
60-64 years	1,172	11.5	2.0	340	14.7	4.4	138	10.5 *	5.3	592	10.9	1.9
65-69 years	1,088	12.7	2.0	298	13.3	4.3	132	18.0	6.4	574	11.8	2.3
70-74 years	1,036	16.3	2.2	270	18.7	5.0	172	12.2 *	3.6	522	16.6	3.2
75-79 years	588	20.4	2.9	178	26.6	5.9	100	21.2 *	7.7	244	18.9	4.0
80-84 years	864	26.4	2.7	230	27.9	4.3	138	26.2	6.7	396	25.6	3.4
85 + years	438	36.0	3.3	126	42.5	6.5	78	43.0 *	8.0	182	31.6	5.8
Total, age adjusted ...	5,186	18.0	0.8	1,442	21.2	2.3	758	18.9	2.3	2,510	17.0	1.4
Female												
60-64 years	1,166	5.8	1.0	382	4.0 *	1.2	138	5.7 *	3.3	520	6.7	1.4
65-69 years	1,056	9.2	1.8	362	9.7	2.8	138	9.7 *	4.8	456	8.9	2.2
70-74 years	1,100	8.0	1.6	354	12.8	3.3	168	› 3.6 *	2.5	472	8.1	2.0
75-79 years	776	6.7	1.6	262	11.0	3.4	142	5.1 *	3.1	272	› 2.8 *	1.5
80-84 years	864	11.1	2.0	340	15.3	2.6	132	› 6.6 *	3.1	272	9.8	3.1
85 + years	586	16.5	2.6	220	15.4	2.6	78	20.8 *	8.7	180	15.2	4.8
Total, age adjusted ...	5,548	8.6	0.8	1,920	10.3	1.3	796	7.5	1.7	2,172	7.9	1.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Criteria for low hematocrit varies by age, gender, and smoking status. See appendix B.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-97—Percent of older adults with low red blood cell folate[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,338	4.9	0.7	722	11.2	2.4	274	8.6 *	3.5	1,120	›››2.6	0.7
65-69 years	2,104	4.4	0.8	638	9.5	3.6	266	4.0 *	2.2	1,012	2.8	0.8
70-74 years	2,054	2.8	0.6	580	6.4 *	1.4	334	2.7 *	1.9	970	›››1.8 *	0.7
75-79 years	1,288	6.5	1.4	406	11.3	4.9	232	5.4 *	2.0	504	3.8 *	1.4
80-84 years	1,558	4.7	0.6	502	6.5 *	1.5	248	7.8 *	2.9	608	› 2.4 *	0.9
85 + years	796	5.4	1.3	270	8.8 *	2.6	134	4.1 *	2.4	284	3.1 *	1.6
Total, age adjusted ...	10,138	4.7	0.4	3,118	9.2	1.3	1,488	5.5	1.2	4,498	›››2.7	0.5
Male												
60-64 years	1,180	6.4	1.0	342	17.8	5.1	138	14.2 *	7.8	598	›› 2.6 *	1.0
65-69 years	1,080	3.3 *	0.9	290	8.4 *	3.8	132	4.9 *	3.3	570	2.2 *	0.9
70-74 years	1,004	2.8 *	0.9	254	9.0 *	2.8	164	6.3 *	4.9	516	›› 1.0 *	0.6
75-79 years	564	7.4	2.2	166	10.8 *	4.9	98	6.9 *	3.3	238	3.8 *	1.8
80-84 years	792	5.9	1.4	206	10.2 *	3.3	130	5.1 *	1.9	366	4.7 *	1.7
85 + years	344	6.4 *	1.8	100	13.8 *	4.1	64	› 2.6 *	2.9	140	4.4 *	2.8
Total, age adjusted ...	4,964	5.2	0.5	1,358	11.8	1.5	726	7.5	2.3	2,428	›››2.8	0.6
Female												
60-64 years	1,158	3.7	0.9	380	7.2 *	2.8	136	5.0 *	3.2	522	2.6 *	1.1
65-69 years	1,024	5.4	1.7	348	10.2 *	5.4	134	3.4 *	2.7	442	3.5 *	1.5
70-74 years	1,050	2.7 *	0.6	326	5.1 *	1.6	170	›› 0.1 *	0.1	454	2.6 *	1.2
75-79 years	724	6.0	1.4	240	11.5 *	5.5	134	4.3 *	2.5	266	3.8 *	2.3
80-84 years	766	3.9 *	0.8	296	5.2 *	1.5	118	9.6 *	4.4	242	›› 0.5 *	0.5
85 + years	452	4.9 *	1.6	170	6.9 *	3.4	70	4.9 *	3.4	144	2.4 *	1.8
Total, age adjusted ...	5,174	4.4	0.6	1,760	7.9	1.7	762	4.1	1.2	2,070	›› 2.7	0.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Low RBC folate is identified as < 95 ng/mL. Source: *Healthy People 2010* (U.S. DHHS, 2000a).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-98—Percent of older adults with low serum vitamin B$_{12}$[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,176	3.4 *	1.02	384	3.0 *	1.51	138	7.4 *	4.17	556	2.1 *	0.87
65-69 years	1,086	4.0 *	1.28	356	5.0 *	2.21	142	3.7 *	3.13	506	3.3 *	1.33
70-74 years	1,082	4.5	0.91	366	4.4 *	2.31	162	8.4 *	3.77	468	2.8 *	1.29
75-79 years	666	6.0 *	1.62	200	8.3 *	5.30	136	4.9 *	2.21	282	5.6 *	2.49
80-84 years	816	8.8	2.15	290	4.8 *	1.66	136	9.3 *	4.44	300	› 13.6	3.20
85 + years	506	6.9 *	1.56	192	2.7 *	1.35	74	8.4 *	4.04	168	› 9.5 *	3.15
Total, age adjusted ...	5,332	5.1	0.57	1,788	4.7	1.21	788	6.7	1.88	2,280	5.0	0.56
Male												
60-64 years	596	2.7 *	1.08	182	2.9 *	2.89	64	0.0 *	0.00	312	3.1 *	1.46
65-69 years	550	6.9 *	1.98	172	11.0 *	5.11	60	7.2 *	6.51	282	6.4 *	2.58
70-74 years	448	6.3 *	1.92	142	10.2 *	7.72	78	5.8 *	5.40	200	5.2 *	2.65
75-79 years	254	5.5 *	2.39	64	8.0 *	5.64	46	10.1 *	5.67	122	4.3 *	2.30
80-84 years	396	5.2 *	1.56	124	4.5 *	2.73	66	4.2 *	2.72	166	7.0 *	2.99
85 + years	206	9.6 *	2.88	76	6.3 *	3.90	36	9.8 *	7.34	72	12.9 *	5.83
Total, age adjusted ...	2,450	5.6	0.91	760	7.3	2.31	350	5.6 *	1.96	1,154	5.7	1.12
Female												
60-64 years	580	3.9 *	1.41	202	3.0 *	2.20	74	11.0 *	5.77	244	1.2 *	1.07
65-69 years	536	1.3 *	1.04	184	0.5 *	0.55	82	0.9 *	0.82	224	0.0	0.00
70-74 years	634	3.1 *	0.99	224	1.7 *	1.03	84	10.7 *	4.81	268	0.5 *	0.35
75-79 years	412	6.3 *	2.37	136	8.4 *	6.90	90	2.3 *	1.64	160	6.7 *	4.21
80-84 years	420	11.0	3.43	166	5.0 *	2.14	70	12.4 *	6.43	134	› 18.4 *	5.97
85 + years	300	5.6 *	1.58	116	0.9 *	0.91	38	7.6 *	4.97	96	› 7.6 *	3.17
Total, age adjusted ...	2,882	4.5	0.75	1,028	3.1 *	1.28	438	7.2 *	1.86	1,126	4.2	0.83

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Low serum vitamin B$_{12}$ is identified as< 200 pg/mL. Source: *Healthy People 2010* (U.S. DHHS, 2000a).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-99—Percent of older adults with high total cholesterol[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,346	37.5	1.8	726	34.8	4.4	274	42.2	6.7	1,124	37.9	2.0
65-69 years	2,146	31.3	2.1	660	39.2	4.6	272	35.8	5.8	1,026	› 28.7	2.4
70-74 years	2,120	33.6	2.4	612	38.6	3.6	338	27.5	5.5	992	32.5	2.6
75-79 years	1,372	34.0	2.5	438	32.9	4.0	244	41.9	5.4	530	31.1	3.9
80-84 years	1,702	30.0	2.6	564	33.3	4.3	268	33.0	5.7	654	26.7	3.0
85 + years	1,018	28.2	2.2	342	32.2	4.1	154	33.3	5.4	358	24.0	3.8
Total, age adjusted ...	10,704	33.2	1.0	3,342	35.7	2.2	1,550	36.2	2.8	4,684	31.3	1.1
Male												
60-64 years	1,182	30.3	2.6	350	24.3	7.5	134	44.6	10.3	598	30.6	2.9
65-69 years	1,092	23.8	3.2	298	41.3	8.2	134	28.1	7.9	572	›› 20.2	3.2
70-74 years	1,024	19.4	2.5	256	24.3	6.0	170	› 11.8 *	3.3	528	19.3	3.2
75-79 years	600	23.6	3.0	180	24.3	7.0	104	30.9 *	7.6	252	21.3	4.6
80-84 years	850	17.4	2.4	228	19.6	4.7	136	24.2	6.0	390	16.3	2.9
85 + years	438	16.0	2.4	126	21.7 *	5.1	80	22.4 *	5.6	178	12.9 *	3.4
Total, age adjusted ...	5,186	23.0	1.0	1,438	27.1	2.9	758	28.3	3.0	2,518	21.5	1.2
Female												
60-64 years	1,164	43.2	2.6	376	41.5	5.4	140	40.8	8.5	526	44.5	3.2
65-69 years	1,054	38.3	3.4	362	37.9	6.3	138	42.5	9.0	454	38.0	3.9
70-74 years	1,096	44.5	2.7	356	45.3	3.7	168	39.7	7.3	464	45.5	3.6
75-79 years	772	40.8	3.5	258	37.0	4.6	140	49.4	6.7	278	39.0	5.6
80-84 years	852	37.4	3.4	336	38.0	5.0	132	38.5	7.6	264	35.4	4.8
85 + years	580	34.0	2.8	216	36.5	5.6	74	40.4 *	8.8	180	30.7	5.4
Total, age adjusted ...	5,518	40.6	1.6	1,904	39.9	2.7	792	42.1	3.9	2,166	40.2	1.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] High total cholesterol is identified as ≥ 240 mg/dL. Source: National Cholesterol Education Program, NIH (2001).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-100—Percent of older adults with borderline-high total cholesterol[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,346	38.2	2.0	726	35.0	3.6	274	42.1	5.7	1,124	37.9	2.7
65-69 years	2,146	41.0	2.4	660	31.7	4.6	272	40.9	5.0	1,026	› 42.1	2.9
70-74 years	2,120	35.0	2.0	612	32.5	3.3	338	39.5	5.1	992	33.9	2.1
75-79 years	1,372	31.4	2.7	438	30.6	3.6	244	32.9	7.8	530	30.6	3.6
80-84 years	1,702	34.2	2.1	564	36.0	3.5	268	31.3	4.8	654	33.1	2.9
85 + years	1,018	35.4	2.4	342	34.8	4.3	154	32.5	5.1	358	33.9	3.7
Total, age adjusted ...	10,704	36.4	1.0	3,342	33.2	1.4	1,550	37.8	2.4	4,684	35.9	1.3
Male												
60-64 years	1,182	39.1	3.0	350	37.4	7.4	134	34.4	9.8	598	39.0	4.0
65-69 years	1,092	42.3	2.7	298	23.1	5.7	134	› 41.0	8.0	572	›››45.1	3.1
70-74 years	1,024	37.3	2.8	256	36.0	6.6	170	38.2	5.8	528	36.4	3.3
75-79 years	600	32.0	3.6	180	29.8	6.0	104	30.0	8.8	252	33.2	4.3
80-84 years	850	33.4	2.9	228	26.0	5.3	136	27.8	6.4	390	37.7	4.0
85 + years	438	29.1	3.6	126	24.4 *	5.6	80	22.4 *	6.5	178	29.1	5.6
Total, age adjusted ...	5,186	36.7	1.1	1,438	30.5	2.9	758	34.0	3.4	2,518	› 37.7	1.5
Female												
60-64 years	1,164	37.5	3.0	376	33.4	4.0	140	46.7	7.2	526	37.0	4.1
65-69 years	1,054	39.8	3.4	362	36.9	6.4	138	40.8	10.0	454	38.8	4.4
70-74 years	1,096	33.2	2.2	356	30.8	3.6	168	40.5	7.5	464	31.5	3.2
75-79 years	772	31.0	3.3	258	31.0	5.4	140	34.8	8.4	278	28.6	4.8
80-84 years	852	34.7	2.3	336	39.5	4.4	132	33.5	5.9	264	29.2	4.0
85 + years	580	38.4	2.8	216	39.0	5.4	74	39.2 *	7.4	180	36.7	5.6
Total, age adjusted ...	5,518	35.8	1.4	1,904	34.4	2.1	792	40.2	3.5	2,166	34.1	1.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Borderline high total cholesterol is identified as 200-239 mg/dL. Source: National Cholesterol Education Program, NIH (2001).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-101—Percent of older adults with high LDL cholesterol[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,016	31.9	2.0	296	36.1	7.8	118	28.2 *	9.4	506	32.8	3.2
65-69 years	888	29.3	3.2	264	33.7	6.2	108	34.9 *	7.7	408	26.8	3.8
70-74 years	882	28.2	2.5	244	34.3	4.8	130	› 16.2 *	6.2	430	27.9	4.1
75-79 years	546	27.5	4.1	166	35.6	7.9	106	29.0 *	6.8	214	23.6	5.5
80-84 years	614	21.8	3.5	212	28.2	7.0	108	33.1 *	5.4	236	› 12.9	3.0
85 + years	334	27.5	3.7	104	30.1 *	8.5	60	34.5 *	9.7	130	19.4 *	4.7
Total, age adjusted ...	4,280	28.4	1.3	1,286	33.7	3.1	630	28.5	4.3	1,924	› 25.7	2.0
Male												
60-64 years	506	31.2	3.6	148	36.4 *	13.3	54	25.9 *	11.2	264	31.5	4.6
65-69 years	492	26.4	3.6	126	31.2 *	9.7	58	49.0 *	10.3	248	19.9	4.1
70-74 years	444	21.2	2.8	108	29.4 *	10.9	64	9.4 *	5.0	240	21.0	4.1
75-79 years	256	20.8	4.3	70	12.3 *	6.8	46	22.5 *	6.4	116	22.3 *	7.0
80-84 years	302	17.8	3.4	78	13.0 *	5.4	52	› 36.8 *	10.8	144	15.1 *	3.6
85 + years	150	20.7 *	4.4	46	24.7 *	9.2	28	46.4 *	12.4	62	12.3 *	6.5
Total, age adjusted ...	2,150	24.1	1.5	576	26.4	3.8	302	30.0	5.3	1,074	22.0	2.5
Female												
60-64 years	510	32.4	2.9	148	35.9	8.8	64	29.0 *	11.4	242	34.0	4.4
65-69 years	396	32.3	5.6	138	35.4	10.0	50	22.1 *	9.5	160	35.6	7.7
70-74 years	438	34.0	3.5	136	36.6	6.6	66	20.4 *	7.9	190	35.6	6.7
75-79 years	290	32.7	5.5	96	47.0 *	9.9	60	34.0 *	9.0	98	› 24.8 *	8.9
80-84 years	312	24.0	4.7	134	32.8 *	8.5	56	30.9 *	6.8	92	› 11.2 *	4.5
85 + years	184	30.8	5.2	58	32.5 *	12.0	32	28.6 *	14.4	68	23.5 *	8.4
Total, age adjusted ...	2,130	31.7	1.9	710	37.1	3.8	328	26.9	4.0	850	29.7	3.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] High LDL cholesterol is identified as ≥ 160 mg/dL. The cutoff used to define high LDL cholesterol levels includes both high and very high levels as defined by the NCEP. Source: National Cholesterol Education Program, NIH (2001).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-102—Percent of older adults with borderline-high LDL cholesterol[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,016	33.1	2.8	296	19.8	5.5	118	› 40.1	8.4	506	› 35.4	3.1
65-69 years	888	34.9	3.1	264	25.6	5.5	108	39.6	8.5	408	36.9	3.7
70-74 years	882	27.9	2.5	244	23.6	5.1	130	30.6	5.8	430	28.8	3.9
75-79 years	546	35.2	3.1	166	43.1	8.0	106	33.2 *	6.1	214	32.7	4.2
80-84 years	614	32.0	4.0	212	26.7	5.3	108	16.4 *	6.0	236	› 45.5	6.8
85 + years	334	31.1	4.7	104	22.7 *	6.4	60	25.4 *	8.6	130	40.8 *	9.4
Total, age adjusted ...	4,280	32.5	1.3	1,286	26.6	2.4	630	33.1	3.8	1,924	›› 35.6	2.0
Male												
60-64 years	506	31.6	4.6	148	22.5 *	8.8	54	34.5 *	16.6	264	33.4	5.4
65-69 years	492	32.8	3.8	126	25.2 *	10.0	58	29.1 *	9.6	248	36.6	4.9
70-74 years	444	28.1	4.1	108	20.4 *	7.2	64	29.9 *	6.4	240	29.8	5.5
75-79 years	256	28.2	4.5	70	54.3 *	12.0	46	›› 15.6 *	8.3	116	› 24.4 *	5.8
80-84 years	302	28.1	4.7	78	30.3 *	8.6	52	18.4 *	7.4	144	33.4	6.8
85 + years	150	33.4	6.4	46	28.7 *	11.0	28	17.0 *	11.1	62	39.9 *	10.5
Total, age adjusted ...	2,150	30.4	1.6	576	29.3	4.4	302	26.0	5.5	1,074	32.5	2.3
Female												
60-64 years	510	34.2	3.2	148	17.9 *	6.7	64	42.0 *	10.5	242	› 37.2	4.0
65-69 years	396	37.1	5.4	138	25.8 *	7.3	50	49.0 *	14.8	160	37.4	6.9
70-74 years	438	27.7	3.4	136	25.0 *	6.9	66	30.9 *	9.5	190	27.6	6.1
75-79 years	290	40.7	4.9	96	37.7 *	8.2	60	46.8 *	10.7	98	40.6 *	6.2
80-84 years	312	34.1	4.8	134	25.6 *	6.3	56	15.1 *	7.2	92	›› 55.3 *	8.1
85 + years	184	30.0	5.4	58	20.0 *	7.8	32	29.7 *	12.3	68	41.3 *	10.5
Total, age adjusted ...	2,130	34.2	2.1	710	25.2	2.7	328	› 38.1	5.5	850	›››38.3	2.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Borderline high LDL cholesterol is identified as 130-159 mg/dL. Source: National Cholesterol Education Program, NIH (2001).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-103—Percent of older adults with low HDL cholesterol[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	2,334	25.6	1.90	722	30.4	4.52	274	19.4	4.29	1,116	26.6	2.48
65-69 years	2,134	25.5	2.34	660	25.0	4.10	268	26.4	5.23	1,018	26.1	2.58
70-74 years	2,112	23.2	1.80	608	22.2	3.64	336	24.4	3.56	990	22.9	2.59
75-79 years	1,362	22.6	2.85	432	23.5	3.72	244	34.4	7.06	526	19.0	3.55
80-84 years	1,688	20.7	1.61	560	18.2	2.00	266	18.4	3.93	646	23.0	2.29
85 + years	1,018	17.4	1.82	342	13.3	2.77	154	› 28.9	6.03	358	16.9	2.88
Total, age adjusted ...	10,648	23.4	1.12	3,324	23.7	2.04	1,542	25.1	1.74	4,654	23.2	1.34
Male												
60-64 years	1,176	38.8	3.09	348	48.0	7.43	134	33.1	9.31	594	38.6	3.79
65-69 years	1,084	40.3	3.55	298	41.1	7.57	132	36.9	8.30	566	40.6	4.09
70-74 years	1,020	33.5	2.85	254	33.0	6.63	170	44.4	5.92	526	31.1	3.65
75-79 years	596	36.8	5.03	178	35.5	7.51	104	49.5 *	11.44	250	34.4	6.60
80-84 years	842	31.0	3.53	228	31.9	3.47	134	30.1	7.69	384	30.5	4.88
85 + years	438	30.9	3.56	126	23.6 *	6.34	80	35.8 *	10.09	178	33.0	6.35
Total, age adjusted ...	5,156	36.2	1.75	1,432	37.6	4.16	754	38.7	2.74	2,498	35.5	2.27
Female												
60-64 years	1,158	15.2	1.99	374	19.0	4.64	140	11.2 *	4.46	522	15.8	2.78
65-69 years	1,050	11.8	2.58	362	15.3	4.52	136	17.3 *	5.82	452	10.2	2.90
70-74 years	1,092	15.4	2.24	354	17.2	4.60	166	› 8.7 *	2.60	464	15.0	3.30
75-79 years	766	13.3	2.22	254	17.7 *	4.58	140	24.2	6.43	276	› 6.5 *	2.20
80-84 years	846	14.7	1.73	332	13.4 *	2.63	132	11.2 *	3.42	262	16.6	3.02
85 + years	580	10.9	2.00	216	9.2 *	2.70	74	24.3 *	8.87	180	7.3 *	2.74
Total, age adjusted ...	5,492	13.8	1.15	1,892	16.2	2.06	788	15.4	2.23	2,156	› 12.3	1.24

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Low HDL cholesterol is identified as < 40 mg/dL. Source: National Cholesterol Education Program, NIH (2001).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-104—Percent of older adults with high triglycerides[1,2]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,092	28.8	3.06	316	31.3	6.49	126	38.4 *	12.01	548	27.9	4.67
65-69 years	940	20.2	3.82	278	28.2	7.05	114	25.5 *	7.07	434	18.0	4.63
70-74 years	932	22.4	2.95	260	19.3	5.62	140	24.2 *	5.46	448	20.6	3.38
75-79 years	580	16.3	3.51	184	18.1 *	6.29	110	20.0 *	11.71	224	15.9	5.09
80-84 years	650	17.9	3.30	220	26.6	6.13	112	› 10.1 *	3.74	250	16.1	3.92
85 + years	354	14.1	3.76	114	17.8 *	6.43	66	13.1 *	6.22	134	12.9 *	6.01
Total, age adjusted ...	4,548	21.2	1.40	1,372	24.4	2.32	668	24.6	3.68	2,038	19.8	2.00
Male												
60-64 years	534	25.5	4.21	154	32.5 *	11.99	58	26.8 *	17.21	282	23.7	5.75
65-69 years	514	22.3	4.46	128	24.7 *	8.15	62	32.0 *	12.95	262	20.7	6.02
70-74 years	464	23.0	3.95	114	20.5 *	8.16	66	38.8 *	11.66	248	19.7	4.42
75-79 years	264	15.7 *	5.18	76	24.1 *	13.31	48	23.4 *	13.94	116	11.8 *	5.44
80-84 years	316	15.1	3.89	80	21.2 *	8.50	54	11.8 *	6.05	152	14.9 *	5.94
85 + years	164	9.8 *	4.08	52	0.0 *	0.00	32	18.4 *	12.71	66	10.3 *	5.76
Total, age adjusted ...	2,256	20.2	1.70	604	22.9	3.75	320	27.2	5.92	1,126	18.1	2.56
Female												
60-64 years	558	31.2	3.22	162	30.5 *	6.66	68	42.1 *	12.59	266	31.6	5.09
65-69 years	426	18.0	4.42	150	30.4 *	8.59	52	19.6 *	9.26	172	14.5 *	5.62
70-74 years	468	21.9	3.53	146	18.8 *	7.12	74	15.7 *	6.64	200	21.7	4.97
75-79 years	316	16.7	4.53	108	15.3 *	6.38	62	17.3 *	12.24	108	19.5 *	8.22
80-84 years	334	19.4	4.34	140	28.1 *	7.35	58	› 9.2 *	4.90	98	17.1 *	5.60
85 + years	190	16.4 *	4.47	62	26.3 *	9.16	34	10.2 *	6.85	68	14.5 *	8.26
Total, age adjusted ...	2,292	21.6	1.70	768	25.1	3.17	348	21.7	3.96	912	21.0	2.48

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] High triglycerides is identified as ≥ 200 mg/dL. The cutoff used to define high triglycerides includes both high and very high triglycerides as defined by the NCEP. Source: National Cholesterol Education Program, NIH (2001).
[2] Table includes persons who fasted at least 9 hours and were examined before noon.

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-105—Percent of older adults with reduced or severely reduced bone density[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,107	35.0	2.0	328	44.4	5.0	131	32.4	5.8	544	34.4	2.6
65-69 years	988	40.6	2.3	293	48.4	5.4	124	43.4	5.6	482	38.4	2.8
70-74 years	953	49.2	1.9	267	58.1	4.3	153	53.9	4.6	455	› 45.0	2.5
75-79 years	607	57.4	3.3	190	67.0	4.8	107	52.5	7.1	241	› 54.2	4.7
80-84 years	699	68.6	2.0	219	73.8	3.8	116	68.3	5.0	279	› 64.0	2.9
85 + years	343	78.2	2.1	116	80.9 *	3.8	60	78.1 *	6.1	120	74.9	4.6
Total, age adjusted ...	4,697	50.2	0.9	1,413	58.2	2.5	691	› 50.3	2.1	2,121	›››47.5	1.3

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Reduced bone density is defined as bone density of the proximal femur between 1 and 2.5 standard deviations below the mean of non-Hispanic white women 20-29 years of age, as measured by NHANES-III (density between .64 and .82). Severely reduced bone density is defined as more than 2.5 standard deviations below the mean for non-hispanic white women 20-29 years of age (density < .64).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-106—Percent of older adults with severely reduced bone density[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,107	6.8	1.6	328	10.4	3.7	131	5.2 *	2.7	544	7.0	2.0
65-69 years	988	9.7	1.4	293	10.6	3.7	124	14.6	6.0	482	8.5	1.7
70-74 years	953	12.7	1.4	267	19.5	3.9	153	15.0	3.1	455	› 10.0	1.4
75-79 years	607	19.8	2.6	190	25.1	3.8	107	18.1	5.5	241	18.1	3.4
80-84 years	699	26.7	1.9	219	37.1	4.4	116	›› 18.4	4.3	279	›››20.7	2.8
85 + years	343	38.5	2.5	116	43.0	6.7	60	›› 22.0 *	5.6	120	35.4	3.7
Total, age adjusted ...	4,697	15.8	0.7	1,413	20.5	2.0	691	› 14.2	2.0	2,121	›› 13.9	1.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Severely reduced bone density is defined as bone density of the proximal femur more than 2.5 standard deviations below the mean for non-hispanic white women 20-29 years of age, as measured by NHANES-III (density < .64).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-107—Percent of older adult males with reduced or severely reduced bone density[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Male												
60-64 years	552	16.6	2.2	156	21.9	7.2	64	17.5 *	8.9	286	15.0	2.4
65-69 years	509	18.0	2.2	135	30.0	7.9	61	22.8 *	7.8	270	15.7	2.5
70-74 years	466	22.5	2.2	114	25.4	6.8	75	34.1 *	8.2	244	20.1	2.9
75-79 years	261	29.3	3.9	77	32.5 *	8.6	44	35.1 *	10.0	111	25.9	4.9
80-84 years	358	42.8	3.0	87	42.4 *	5.8	65	51.8 *	6.7	169	39.0	4.2
85 + years	159	54.0	4.5	46	61.4 *	7.0	34	64.4 *	8.7	62	49.7	7.7
Total, age adjusted ...	2,305	26.4	1.1	615	31.9	3.5	343	32.8	3.7	1,142	23.8	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Reduced bone density is defined as bone density of the proximal femur between 1 and 2.5 standard deviations below the mean of non-Hispanic white women 20-29 years of age, as measured by NHANES-III (density between .64 and .82). Severely reduced bone density is defined as more than 2.5 standard deviations below the mean for non-hispanic white women 20-29 years of age (density < .64).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-108—Percent of older adult males with severely reduced bone density[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Male												
60-64 years	552	1.6 *	0.9	156	5.4 *	4.7	64	0.6 *	0.6	286	1.2 *	0.9
65-69 years	509	1.6 *	0.8	135	0.0	0.0	61	3.7 *	3.5	270	1.7 *	1.1
70-74 years	466	2.4 *	1.1	114	4.6 *	3.8	75	4.7 *	4.3	244	1.8 *	1.1
75-79 years	261	7.2	2.2	77	8.8 *	5.2	44	7.1 *	3.8	111	6.8 *	3.2
80-84 years	358	5.1	1.2	87	11.1 *	4.2	65	4.2 *	2.4	169	4.2 *	1.2
85 + years	159	13.7	3.0	46	18.1 *	5.8	34	17.2 *	7.2	62	10.7 *	4.5
Total, age adjusted ...	2,305	4.2	0.6	615	6.5	1.9	343	5.1	1.4	1,142	3.6	0.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Severely reduced bone density is defined as bone density of the proximal femur more than 2.5 standard deviations below the mean for non-hispanic white women 20-29 years of age, as measured by NHANES-III (density < .64).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-109—Percent of older adult females with reduced or severely reduced bone density[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Female												
60-64 years	555	48.9	2.5	172	58.4	5.4	67	40.5 *	7.5	258	51.1	3.3
65-69 years	479	62.3	3.4	158	60.7	6.4	63	60.2 *	8.2	212	63.6	4.5
70-74 years	487	69.8	2.4	153	72.8	4.5	78	68.7	7.1	211	69.3	3.6
75-79 years	346	74.8	3.5	113	80.6 *	4.5	63	64.5 *	7.7	130	75.4	5.7
80-84 years	341	84.2	2.2	132	84.3 *	4.0	51	79.7 *	6.0	110	84.7	3.2
85 + years	184	90.1 *	2.2	70	88.2 *	5.0	26	88.9 *	6.3	58	89.0 *	3.6
Total, age adjusted ...	2,392	67.6	1.2	798	70.9	2.5	348	› 62.7	2.4	979	68.4	1.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Reduced bone density is defined as bone density of the proximal femur between 1 and 2.5 standard deviations below the mean of non-Hispanic white women 20-29 years of age, as measured by NHANES-III (density between .64 and .82). Severely reduced bone density is defined as more than 2.5 standard deviations below the mean for non-hispanic white women 20-29 years of age (density < .64).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-110—Percent of older adult females with severely reduced bone density[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Female												
60-64 years	555	10.7	2.4	172	13.6	5.4	67	7.8 *	4.0	258	12.1	3.2
65-69 years	479	17.5	2.7	158	17.8	6.1	63	23.5 *	9.1	212	16.1	3.2
70-74 years	487	20.6	2.2	153	26.1	5.3	78	22.7	5.1	211	18.0	2.4
75-79 years	346	27.6	3.2	113	31.6	4.8	63	25.7 *	9.1	130	26.5	4.5
80-84 years	341	39.7	3.2	132	45.8	5.9	51	28.2 *	7.4	110	34.4	4.6
85 + years	184	50.5	3.5	70	52.3 *	8.1	26	›› 25.7 *	8.2	58	49.3	4.8
Total, age adjusted ...	2,392	23.7	1.2	798	26.9	2.6	348	20.7	3.5	979	22.3	1.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Severely reduced bone density is defined as bone density of the proximal femur more than 2.5 standard deviations below the mean for non-hispanic white women 20-29 years of age, as measured by NHANES-III (density < .64).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-111—Distribution of older adults by number of different physical activities in the past month

	All older adults					Lowest income: ≤ 130% poverty					Low-income: 131-185% poverty					Higher-income: > 185% poverty				
	Sample size	Number of activities				Sample size	Number of activities				Sample size	Number of activities				Sample size	Number of activities			
		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more
All persons																				
Both sexes																				
60-64 years	1,344	18.8	28.4	27.1	25.8	417	34.6	32.0	17.8	15.6	159	29.7	34.1	20.5	15.7	632	›››12.6	27.0	›31.2	29.3
65-69 years	1,264	18.2	26.1	25.0	30.8	389	32.7	29.9	22.2	15.2	153	26.5	36.9	22.7	13.8	597	›››12.7	22.6	26.4	›››38.3
70-74 years	1,278	22.1	29.8	21.9	26.2	368	34.0	40.1	16.6	9.3	207	27.8	28.9	23.0	›20.2	585	›››16.7	›26.2	24.1	›››33.0
75-79 years	878	32.1	32.1	19.3	16.6	282	45.0	35.6	15.1	4.3	149	34.0	32.6	15.2	18.1	327	›››24.4	29.7	23.9	›››22.1
80-84 years	1,134	39.7	33.5	15.4	11.5	366	49.2	28.1	17.3	5.4	179	››33.6	››45.5	11.5	9.4	412	›32.6	33.1	17.0	›››17.2
85 + years	698	52.1	29.1	13.3	5.5	234	59.8	28.7	10.1	1.4	109	›53.7	27.0	15.0	4.2	219	›››38.7	33.9	17.6	9.8
Total, age adjusted	6,596	26.8	29.4	21.8	22.0	2,056	39.7	33.0	17.3	10.0	956	››32.1	34.0	19.1	14.8	2,772	›››20.0	›27.7	›››24.8	›››27.6
Healthy weight persons[1]																				
Both sexes																				
60-64 years	354	16.5	24.6	24.4	34.5	100	30.2	36.9	18.4	14.4	38	26.8	34.7	22.3	16.2	187	12.9	22.3	25.6	›39.1
65-69 years	321	17.8	26.1	23.5	32.6	107	24.0	31.4	25.4	19.2	33	32.8	38.0	21.1	8.2	158	15.2	21.8	22.2	40.8
70-74 years	375	16.9	27.8	22.6	32.6	100	30.7	46.3	14.6	8.4	61	18.8	35.6	34.0	11.6	185	11.6	›22.7	22.3	43.4
75-79 years	274	30.1	31.9	21.9	16.1	82	44.9	33.4	15.4	6.4	45	35.8	21.9	16.4	25.9	106	22.4	33.1	28.7	15.8
80-84 years	360	35.4	36.8	14.9	12.9	107	43.4	30.6	20.2	5.8	59	33.4	41.8	12.8	12.0	143	26.9	41.1	13.1	››18.9
85 + years	231	40.4	32.8	20.6	6.3	78	53.6	32.1	12.7	1.6	45	44.0	24.5	24.6	6.9	78	›››24.7	38.3	25.7	››11.3
Total, age adjusted	1,915	23.4	28.8	22.1	25.7	574	35.0	35.9	18.3	10.8	281	30.3	33.3	22.5	13.9	857	›››17.3	27.6	23.4	›››31.7
Persons who are overweight or at risk of overweight[1]																				
Both sexes																				
60-64 years	850	19.9	29.3	29.8	21.0	274	38.9	33.9	15.2	12.1	105	33.2	35.9	23.0	8.0	387	›››12.8	26.8	›››35.2	›25.2
65-69 years	771	16.6	26.1	26.4	31.0	228	32.4	26.3	23.4	17.8	101	22.7	38.6	24.7	14.0	363	›››10.8	23.5	28.3	››37.4
70-74 years	685	20.5	31.5	23.2	24.9	204	29.8	43.1	16.2	10.9	109	27.8	26.0	22.2	24.0	314	›16.3	27.6	26.3	››29.9
75-79 years	410	29.6	33.1	19.5	17.8	136	46.0	35.9	12.4	5.6	76	›28.3	39.1	18.8	13.8	161	›››18.4	29.6	›24.7	›››27.3
80-84 years	451	35.1	36.3	17.8	10.8	153	46.9	30.6	18.2	4.3	73	30.6	›50.0	10.4	9.0	172	››26.7	34.7	20.7	›››17.9
85 + years	190	45.0	36.6	13.2	5.2	69	46.2	39.4	14.4	0.0	27	52.8	30.5	10.0	6.7	72	37.5	39.3	12.5	10.6
Total, age adjusted	3,357	24.9	31.1	23.3	20.7	1,064	38.5	34.6	16.9	10.0	491	30.7	36.1	19.9	13.3	1,469	›››17.8	28.8	›››26.6	››26.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-112—Standard errors for distribution of older adults by number of different physical activities in the past month

	All older adults					Lowest income: ≤ 130% poverty					Low-income: 131-185% poverty					Higher-income: > 185% poverty				
	Sample size	Standard Errors				Sample size	Standard Errors				Sample size	Standard Errors				Sample size	Standard Errors			
		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more
All persons																				
Both sexes																				
60-64 years	1,344	1.6	2.0	1.9	2.1	417	4.0	4.1	3.5	4.1	159	6.4	5.0	4.9	4.2	632	1.9	2.8	2.3	2.8
65-69 years	1,264	1.4	1.9	1.7	2.4	389	4.1	4.0	3.7	3.8	153	4.7	6.2	4.3	5.4	597	1.8	2.3	2.1	3.1
70-74 years	1,278	1.8	1.7	1.6	1.9	368	2.9	3.8	2.8	1.9	207	3.7	4.4	3.3	3.4	585	2.2	2.4	2.8	2.9
75-79 years	878	2.2	1.8	1.6	2.0	282	4.5	4.0	2.8	1.6	149	5.5	4.4	3.4	5.4	327	2.4	2.9	2.3	3.0
80-84 years	1,134	2.8	2.4	1.4	1.1	366	2.8	2.4	2.2	1.4	179	3.6	4.4	2.8	2.3	412	4.6	4.4	2.2	2.1
85 + years	698	3.1	1.8	1.8	1.4	234	2.6	2.1	2.5	0.8	109	4.9	5.0	3.3	1.7	219	5.3	2.7	2.8	3.7
Total, age adjusted ...	6,596	1.1	0.8	0.9	1.1	2,056	1.3	1.6	1.3	1.2	956	2.2	2.1	1.8	1.8	2,772	1.4	1.1	1.1	1.4
Healthy weight persons[1]																				
Both sexes																				
60-64 years	1,344	2.7	3.2	3.1	3.7	417	8.7	9.7	7.2	6.1	159	10.1	10.1	7.6	6.1	632	3.0	3.8	4.2	4.7
65-69 years	1,264	2.6	3.6	2.7	3.5	389	7.9	7.7	8.5	6.9	153	8.6	11.0	8.0	7.1	597	3.4	3.6	3.4	4.7
70-74 years	1,278	2.7	3.6	2.6	3.9	368	7.9	8.0	4.6	3.0	207	5.9	7.6	8.1	7.0	585	3.0	4.2	3.2	4.7
75-79 years	878	3.8	4.1	3.0	3.4	282	9.3	8.9	5.2	3.7	149	10.3	6.5	6.0	11.1	327	4.6	5.6	4.8	3.2
80-84 years	1,134	3.7	3.8	2.2	2.1	366	6.3	7.4	4.0	2.6	179	7.6	6.8	3.7	4.0	412	5.5	7.0	3.6	3.0
85 + years	698	5.0	3.5	3.0	1.7	234	6.0	6.1	3.3	1.6	109	6.4	6.7	6.6	3.7	219	6.3	5.8	5.2	3.4
Total, age adjusted ...	6,596	1.5	1.4	1.3	1.7	2,056	2.9	4.1	3.0	2.0	956	3.0	4.0	2.9	2.8	2,772	2.1	2.1	1.8	2.1
Persons who are overweight or at risk of overweight[1]																				
Both sexes																				
60-64 years	1,344	2.0	2.4	2.7	2.3	417	5.4	5.4	3.4	3.1	159	9.3	6.6	5.9	1.9	632	2.1	3.2	3.2	3.4
65-69 years	1,264	1.8	2.7	2.4	3.0	389	5.4	5.0	5.4	6.3	153	5.5	8.4	6.5	6.6	597	2.1	3.0	2.7	3.3
70-74 years	1,278	2.2	2.5	2.2	2.1	368	4.5	6.6	4.4	4.1	207	6.2	6.0	5.4	5.3	585	2.8	3.5	3.8	3.8
75-79 years	878	3.6	3.9	2.9	2.9	282	5.2	7.0	3.4	3.0	149	5.2	7.2	6.5	5.3	327	3.3	5.0	3.4	4.4
80-84 years	1,134	4.1	2.8	2.0	2.3	366	3.8	3.8	3.4	2.2	179	6.5	5.9	3.6	4.9	412	5.7	4.8	3.4	3.1
85 + years	698	4.4	3.7	2.4	2.8	234	5.4	7.4	5.3	0.0	109	9.5	8.8	4.4	4.4	219	8.8	6.0	4.2	6.2
Total, age adjusted ...	6,596	1.6	1.1	1.3	1.2	2,056	1.7	2.2	1.5	1.7	956	3.1	3.5	2.9	1.8	2,772	1.8	1.6	1.6	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-113—Distribution of older males by number of different physical activities in the past month

	All older adults					Lowest income: ≤ 130% poverty					Low-income: 131-185% poverty					Higher-income: > 185% poverty				
	Sample size	Number of activities				Sample size	Number of activities				Sample size	Number of activities				Sample size	Number of activities			
		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more
All males																				
Male																				
60-64 years	672	13.6	28.9	27.8	29.7	194	31.7	38.2	17.8	12.4	77	30.1	33.7	25.4	10.9	340	›› 8.2	27.0	30.0	›› 34.8
65-69 years	626	13.2	24.4	25.3	37.1	174	30.0	26.8	27.8	15.4	72	17.6	38.2	34.2	10.0	324	› 10.0	20.8	24.4	›››44.8
70-74 years	611	13.3	31.4	25.0	30.4	153	31.4	43.5	17.9	7.3	105	20.8	30.4	25.8	›››23.0	305	›››8.5	28.3	26.9	›››36.3
75-79 years	382	26.0	33.2	18.2	22.7	112	38.2	43.2	13.0	5.6	63	29.2	33.8	13.0	24.0	159	20.1	30.6	22.4	›››26.8
80-84 years	540	28.8	35.8	19.6	15.7	144	36.0	33.2	25.8	5.0	89	30.8	44.6	18.0	6.6	233	22.0	35.1	20.8	›››22.1
85 + years	286	38.9	35.0	14.8	11.2	82	46.6	42.7	7.8	2.9	55	46.6	35.6	13.5	4.3	107	25.8	34.1	›› 21.3	18.8
Total, age adjusted	3,117	19.5	30.5	23.1	27.0	859	34.2	37.5	19.0	9.2	461	27.2	35.4	23.4	14.1	1,468	›››13.7	› 28.1	› 25.2	›››33.0
Healthy weight males[1]																				
Male																				
60-64 years	185	13.6	30.8	20.9	34.7	55	16.4	58.5	7.6	17.5	17	28.5	42.5	28.7	0.3	98	10.9	26.2	19.9	43.0
65-69 years	162	21.3	24.8	16.3	37.6	60	33.2	25.2	23.5	18.1	19	33.5	33.9	19.8	12.8	70	15.8	22.4	12.5	49.3
70-74 years	190	13.6	32.1	21.7	32.6	54	36.3	38.3	21.4	4.0	30	19.4	44.1	26.7	9.8	94	8.1	29.2	20.1	›››42.6
75-79 years	122	25.1	29.0	20.1	25.8	42	38.8	36.8	14.7	9.7	22	38.7	25.8	7.7	27.8	38	› 10.3	26.4	28.5	34.8
80-84 years	189	28.0	35.1	20.3	16.6	49	39.6	29.1	24.8	6.5	34	25.0	45.0	18.9	11.1	83	20.4	36.5	20.3	22.8
85 + years	101	26.2	43.4	17.2	13.1	32	40.7	42.6	10.9	5.7	24	30.8	50.9	12.2	6.1	34	› 7.8	42.4	26.0	23.9
Total, age adjusted	949	19.8	31.2	19.6	29.5	292	32.2	39.5	16.9	11.4	146	29.3	39.4	20.4	11.0	417	›› 12.0	28.6	20.4	›››38.9
Males who are overweight or at risk of overweight[1]																				
Male																				
60-64 years	417	12.2	27.3	32.0	28.6	121	31.2	36.7	19.0	13.1	54	35.9	24.1	27.3	12.7	206	› 5.8	25.8	35.2	› 33.1
65-69 years	396	9.4	24.3	29.1	37.3	93	24.4	22.4	35.6	17.5	47	8.5	44.0	38.4	9.1	220	› 7.6	20.7	28.1	›› 43.7
70-74 years	333	11.8	29.2	27.7	31.3	81	30.3	41.8	16.9	11.0	53	16.3	21.7	30.7	› 31.4	174	› 7.7	26.6	30.7	› 35.0
75-79 years	177	21.9	36.7	19.8	21.5	48	34.5	51.1	8.6	5.8	30	27.9	34.5	19.3	18.3	87	14.0	35.2	› 24.7	› 26.1
80-84 years	221	22.2	41.6	22.1	14.0	58	29.6	37.8	27.0	5.6	34	28.7	52.3	19.0	0.0	106	18.3	36.1	23.7	› 21.9
85 + years	85	31.3	42.5	17.0	9.2	24	27.7	62.1	10.2	0.0	13	40.9	34.9	16.7	7.4	39	28.9	› 34.4	19.1	17.5
Total, age adjusted	1,629	16.0	31.6	26.1	26.4	425	29.7	39.6	20.4	10.4	231	24.8	33.5	27.1	14.6	832	›››11.4	› 28.4	28.4	›››31.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-114—Standard errors for distribution of older males by number of different physical activities in the past month

	All older adults					Lowest income: ≤ 130% poverty					Low-income: 131-185% poverty					Higher-income: > 185% poverty				
	Sample size	Standard Errors				Sample size	Standard Errors				Sample size	Standard Errors				Sample size	Standard Errors			
		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more
All males																				
Male																				
60-64 years	672	2.2	2.8	2.0	2.8	194	7.0	6.4	4.8	4.4	77	10.2	7.4	6.6	4.1	340	2.0	3.5	2.5	4.0
65-69 years	626	1.8	2.2	2.4	3.1	174	6.1	4.5	6.5	5.9	72	5.3	8.0	6.6	5.4	324	2.1	2.7	2.7	3.9
70-74 years	611	1.7	2.7	1.9	3.1	153	5.8	6.2	3.8	4.1	105	4.7	5.0	4.3	4.7	305	1.7	3.6	3.0	4.0
75-79 years	382	3.2	3.2	2.6	3.2	112	7.0	7.2	4.6	2.1	63	6.0	7.8	3.9	8.0	159	4.3	5.3	3.7	4.5
80-84 years	540	2.6	2.1	1.8	2.2	144	5.1	3.3	4.4	2.0	89	4.3	5.9	5.1	3.2	233	3.9	4.4	2.9	3.8
85 + years	286	3.0	3.2	2.3	3.2	82	7.3	6.8	2.7	2.2	55	8.1	6.7	4.8	2.5	107	4.5	4.8	4.4	6.4
Total, age adjusted ...	3,117	1.2	0.8	0.9	1.4	859	3.1	3.0	2.1	1.5	461	2.8	2.8	2.7	2.4	1,468	1.1	1.2	0.9	1.7
Healthy weight males[1]																				
Male																				
60-64 years	672	3.4	5.5	3.9	4.9	194	5.8	13.7	5.9	9.4	77	15.0	16.7	14.3	0.3	340	3.7	6.2	4.9	6.1
65-69 years	626	4.4	4.3	3.7	5.1	174	13.3	7.5	9.9	11.7	72	9.5	17.4	8.3	12.7	324	6.4	5.4	4.6	7.6
70-74 years	611	3.5	6.2	3.6	5.8	153	11.6	10.1	7.9	2.5	105	10.0	12.5	11.8	6.5	305	3.0	8.4	4.8	7.4
75-79 years	382	5.0	5.2	5.1	5.3	112	9.4	8.8	8.1	4.5	63	12.3	10.8	5.2	14.5	159	5.9	8.6	8.7	9.4
80-84 years	540	4.5	3.9	4.1	4.0	144	9.6	8.5	8.7	3.3	89	7.9	10.3	7.9	7.4	233	5.0	4.7	5.2	6.3
85 + years	286	5.5	5.8	4.0	4.1	82	10.8	11.6	5.1	5.3	55	10.5	11.2	7.0	4.3	107	4.8	10.3	7.6	8.2
Total, age adjusted ...	3,117	2.0	1.8	1.7	2.1	859	4.9	6.0	3.4	3.2	461	5.2	6.3	3.4	4.6	1,468	2.3	2.8	2.4	3.0
Males who are overweight or at risk of overweight[1]																				
Male																				
60-64 years	672	2.4	3.5	3.2	3.8	194	8.6	7.1	6.3	6.0	77	12.8	7.4	9.9	6.6	340	1.7	4.4	4.0	5.2
65-69 years	626	2.0	3.0	3.1	3.8	174	5.8	5.5	10.1	8.2	72	4.8	11.0	10.5	4.9	324	2.3	3.1	3.5	4.4
70-74 years	611	2.3	3.5	2.5	4.1	153	7.7	9.5	4.3	7.2	105	6.1	7.0	7.1	8.8	305	2.6	4.1	3.8	5.1
75-79 years	382	3.7	4.8	3.7	4.6	112	9.9	11.7	4.2	4.3	63	8.4	10.9	7.2	8.4	159	4.3	6.0	5.3	6.0
80-84 years	540	3.4	3.8	3.0	3.0	144	6.9	7.6	7.5	4.6	89	7.4	7.3	7.2	0.0	233	4.6	6.7	4.6	4.8
85 + years	286	5.0	5.5	4.3	4.4	82	8.4	9.1	6.8	0.0	55	12.7	13.0	8.3	6.1	107	7.8	6.7	6.9	7.9
Total, age adjusted ...	3,117	1.4	1.6	1.3	1.8	859	3.1	3.7	3.5	2.1	461	4.0	5.0	4.2	3.0	1,468	1.5	1.7	1.5	2.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-115—Distribution of older females by number of different physical activities in the past month

	All older adults					Lowest income: ≤ 130% poverty					Low-income: 131-185% poverty					Higher-income: > 185% poverty				
	Sample size	Number of activities				Sample size	Number of activities				Sample size	Number of activities				Sample size	Number of activities			
		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more
All females																				
Female																				
60-64 years	672	23.0	27.9	26.4	22.6	223	36.4	28.1	17.8	17.7	82	29.5	34.4	17.7	18.4	292	›› 16.8	26.9	32.3	24.0
65-69 years	638	22.5	27.5	24.8	25.2	215	34.4	31.7	18.8	15.1	81	33.4	35.9	13.8	16.8	273	›› 15.6	24.4	28.4	›› 31.6
70-74 years	667	28.8	28.6	19.6	23.0	215	35.1	38.7	16.0	10.2	102	33.7	27.8	20.6	17.9	280	24.6	24.1	21.4	›››29.9
75-79 years	496	36.2	31.3	20.0	12.4	170	47.9	32.4	15.9	3.7	86	37.2	31.9	16.7	14.2	168	›› 28.2	28.8	25.2	›››17.8
80-84 years	594	45.9	32.1	13.0	9.0	222	54.0	26.2	14.2	5.6	90	›› 35.4	›› 46.0	7.3	11.2	179	40.9	31.6	14.2	› 13.4
85 + years	412	58.2	26.3	12.6	2.9	152	64.6	23.6	11.0	0.8	54	58.3	21.5	16.1	4.1	112	›› 46.6	33.7	15.4	4.3
Total, age adjusted	3,479	32.0	28.8	21.0	18.2	1,197	42.2	31.0	16.3	10.5	495	35.7	33.0	16.0	15.2	1,304	›››25.3	27.3	›› 24.7	›››22.7
Healthy weight females[1]																				
Female																				
60-64 years	169	18.6	20.0	27.0	34.3	45	38.8	23.5	25.2	12.5	21	25.8	29.8	18.4	26.0	89	14.5	19.4	30.0	36.1
65-69 years	159	15.6	27.0	28.1	29.3	47	17.6	35.8	26.7	19.9	14	31.8	43.2	22.7	2.3	88	14.8	21.5	27.6	36.1
70-74 years	185	19.3	24.8	23.3	32.6	46	27.4	50.9	10.6	11.0	31	18.5	30.0	› 38.7	12.7	91	14.5	› 17.1	24.2	›››44.1
75-79 years	152	32.8	33.4	22.9	10.9	40	47.3	32.0	15.6	5.1	23	33.7	19.2	22.5	24.6	68	28.0	36.3	28.8	6.9
80-84 years	171	39.9	37.9	11.6	10.6	58	45.0	31.2	18.2	5.6	25	40.2	39.3	7.9	12.6	60	31.4	44.3	8.2	16.2
85 + years	130	46.8	28.0	22.1	3.2	46	58.6	28.0	13.4	0.0	21	52.4	7.8	32.4	7.4	44	›› 33.0	36.3	25.6	5.1
Total, age adjusted	966	25.4	27.2	23.7	23.7	282	36.1	34.0	19.3	10.6	135	31.0	29.8	24.1	15.1	440	›› 20.3	26.4	25.4	›››27.8
Females who are overweight or at risk of overweight[1]																				
Female																				
60-64 years	433	26.0	30.8	28.1	15.2	153	43.5	32.2	12.8	11.5	51	31.6	42.6	20.5	5.3	181	› 19.3	27.8	›› 35.1	17.8
65-69 years	375	24.7	28.0	23.4	23.8	135	37.0	28.5	16.5	18.0	54	33.1	34.7	14.7	17.6	143	› 15.7	27.6	28.6	28.0
70-74 years	352	27.6	33.4	19.4	19.6	123	29.6	43.6	16.0	10.8	56	36.8	29.4	15.5	18.3	140	25.5	28.6	21.5	24.3
75-79 years	233	35.3	30.4	19.2	15.1	88	50.9	29.5	14.1	5.5	46	› 28.6	42.4	18.4	10.6	74	›› 23.2	23.4	24.7	›››28.6
80-84 years	230	42.5	33.3	15.3	8.9	95	52.0	28.4	15.7	3.9	39	31.6	› 48.8	6.1	13.5	66	34.7	33.4	17.9	› 14.0
85 + years	105	51.2	33.9	11.5	3.4	45	52.7	31.4	15.9	0.0	14	59.0	28.2	6.4	6.4	33	42.2	42.0	8.9	6.8
Total, age adjusted	1,728	31.7	31.2	21.0	16.0	639	42.5	32.7	15.0	9.8	260	35.0	37.7	15.1	12.2	637	›››24.2	29.2	›› 25.1	›››21.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.

Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.

[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-116—Standard errors for distribution of older females by number of different physical activities in the past month

	All older adults					Lowest income: ≤ 130% poverty					Low-income: 131-185% poverty					Higher-income: > 185% poverty				
	Sample size	Standard Errors				Sample size	Standard Errors				Sample size	Standard Errors				Sample size	Standard Errors			
		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more		Zero	One	Two	Three or more
All females																				
Female																				
60-64 years	672	1.6	2.4	2.9	2.4	223	4.9	4.2	4.1	5.4	82	6.9	5.8	5.6	6.5	292	2.4	3.3	3.8	3.3
65-69 years	638	2.0	2.6	2.0	2.7	215	5.3	6.0	3.8	5.0	81	7.2	7.1	5.6	7.7	273	2.5	3.1	3.0	3.6
70-74 years	667	2.5	1.8	2.3	1.9	215	4.1	5.7	3.5	2.7	102	5.7	6.1	4.6	5.6	280	3.5	3.1	4.4	3.3
75-79 years	496	2.6	2.4	2.1	2.1	170	5.0	4.6	3.8	2.0	86	6.9	5.2	5.0	5.6	168	4.0	3.4	3.3	3.2
80-84 years	594	3.4	3.2	1.6	1.1	222	3.0	3.0	2.7	1.7	90	5.4	5.1	2.5	3.7	179	6.2	5.4	2.9	2.3
85 + years	412	3.8	2.1	2.4	0.8	152	3.6	3.3	3.3	0.8	54	6.3	6.2	5.8	2.3	112	6.1	4.0	3.8	2.4
Total, age adjusted	3,479	1.4	1.1	1.3	1.1	1,197	1.8	1.7	1.4	1.9	495	2.8	2.7	1.9	2.2	1,304	2.0	1.5	2.0	1.4
Healthy weight females[1]																				
Female																				
60-64 years	672	3.1	3.8	4.8	5.4	223	12.2	8.6	10.8	8.1	82	10.7	11.5	11.1	9.8	292	4.3	5.2	6.6	7.5
65-69 years	638	3.7	4.9	3.9	4.9	215	8.4	11.0	9.7	8.2	81	17.4	16.4	16.0	2.3	273	4.0	5.1	5.1	6.2
70-74 years	667	3.5	4.5	3.4	4.9	215	9.9	11.4	5.9	4.1	102	6.4	9.2	9.8	10.5	280	4.4	3.8	4.5	6.4
75-79 years	496	5.4	5.7	3.6	3.3	170	11.8	11.5	6.4	4.9	86	14.6	7.4	9.4	13.1	168	7.3	7.4	5.8	3.3
80-84 years	594	4.6	5.4	2.7	2.9	222	6.9	7.7	5.4	3.5	90	10.8	11.5	2.0	8.3	179	7.6	11.0	3.7	4.9
85 + years	412	6.8	4.9	3.6	1.6	152	8.2	7.2	4.7	0.0	54	9.6	6.8	11.9	5.1	112	8.7	7.9	6.2	3.7
Total, age adjusted	3,479	2.1	2.0	1.6	2.1	1,197	3.8	4.4	3.9	2.9	495	4.6	6.2	5.2	3.9	1,304	2.8	2.7	2.5	2.7
Females who are overweight or at risk of overweight[1]																				
Female																				
60-64 years	672	2.5	2.9	3.6	2.3	223	6.8	6.9	3.5	3.6	82	9.5	8.1	5.8	4.7	292	3.1	3.6	4.8	3.6
65-69 years	638	2.6	3.9	3.5	3.7	215	7.1	7.7	5.6	8.5	81	9.1	9.6	6.9	9.3	273	3.6	5.1	4.8	4.6
70-74 years	667	3.6	2.6	3.8	2.4	215	5.1	7.5	5.3	4.8	102	9.0	8.0	7.6	6.7	280	5.2	5.6	7.3	4.6
75-79 years	496	4.3	5.7	4.6	3.2	170	6.0	6.6	4.6	3.8	86	6.0	9.3	9.3	4.6	168	5.8	7.3	6.4	5.0
80-84 years	594	5.7	3.4	2.6	2.6	222	4.6	5.1	4.4	2.4	90	8.9	7.8	3.6	6.7	179	9.1	6.3	6.6	3.1
85 + years	412	5.2	4.9	3.2	2.6	152	6.9	8.7	6.1	0.0	54	12.1	12.2	5.9	6.3	112	11.5	9.9	6.4	6.2
Total, age adjusted	3,479	2.0	1.4	1.9	1.2	1,197	2.4	2.6	1.4	2.3	495	3.6	3.4	3.1	1.9	1,304	2.8	2.2	3.0	1.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-117—Percent of older adults who walked a mile or more without stopping in past month

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All persons												
Both sexes												
60-64 years	1,344	47.7	2.3	417	42.6	4.4	159	30.0	6.2	632	51.0	3.2
65-69 years	1,264	44.8	2.6	389	33.6	4.3	153	36.6	5.5	597	›› 49.6	3.2
70-74 years	1,278	44.2	2.2	368	35.6	2.9	207	39.3	4.0	585	›››49.0	3.1
75-79 years	878	31.0	2.1	282	23.0	4.1	149	25.5	6.2	327	›› 38.0	3.2
80-84 years	1,134	21.7	1.3	366	20.7	2.3	179	17.7	2.7	412	25.7	2.0
85 + years	698	13.8	1.5	234	9.2 *	1.8	109	› 22.5	4.6	219	›› 16.3	2.8
Total, age adjusted ...	6,596	37.7	1.0	2,056	30.7	1.4	956	30.4	2.5	2,772	›››42.2	1.4
Healthy weight persons[1]												
Both sexes												
60-64 years	354	51.9	3.6	100	41.3	9.1	38	30.4 *	8.7	187	55.3	4.9
65-69 years	321	46.2	4.3	107	42.9	9.4	33	38.9 *	12.2	158	48.4	5.9
70-74 years	375	50.2	3.7	100	44.2	6.8	61	35.2 *	9.3	185	55.9	5.0
75-79 years	274	37.4	3.9	82	22.9 *	6.7	45	34.4 *	12.4	106	› 44.6	5.7
80-84 years	360	25.7	2.5	107	24.2	4.1	59	22.0 *	6.6	143	30.6	3.5
85 + years	231	21.0	3.0	78	12.7 *	4.7	45	› 32.3 *	8.6	78	› 26.2	3.9
Total, age adjusted ...	1,915	42.3	1.5	574	34.7	3.7	281	33.0	4.5	857	› 46.8	1.8
Persons who are overweight or at risk of overweight[1]												
Both sexes												
60-64 years	850	46.0	2.5	274	37.0	3.9	105	24.4	5.8	387	› 49.9	3.6
65-69 years	771	46.1	3.2	228	33.1	5.7	101	33.8	6.5	363	›››51.5	3.3
70-74 years	685	43.5	2.7	204	34.0	5.0	109	43.6	6.4	314	› 48.1	3.9
75-79 years	410	29.5	3.9	136	18.4	4.5	76	24.5	7.1	161	›› 39.0	5.1
80-84 years	451	22.2	1.6	153	22.3	3.7	73	16.8 *	4.5	172	24.7	2.4
85 + years	190	13.2	3.2	69	10.8 *	4.6	27	22.5 *	7.6	72	12.3 *	4.7
Total, age adjusted ...	3,357	37.2	1.3	1,064	28.5	2.0	491	29.1	2.7	1,469	›››41.8	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-118—Percent of older males who walked a mile or more without stopping in past month

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All males												
Male												
60-64 years	672	48.2	3.4	194	41.4	6.6	77	›› 21.5 *	5.5	340	51.5	4.7
65-69 years	626	48.2	3.0	174	40.0	6.6	72	41.1	6.1	324	50.6	3.8
70-74 years	611	48.3	2.6	153	33.0	5.5	105	40.6	5.4	305	›››54.2	3.2
75-79 years	382	33.4	3.5	112	22.8	4.4	63	32.8 *	7.8	159	› 37.1	4.5
80-84 years	540	23.7	2.2	144	19.1	4.0	89	15.6 *	3.8	233	› 31.0	3.5
85 + years	286	23.0	2.6	82	18.7 *	5.8	55	26.0 *	6.4	107	26.1	4.8
Total, age adjusted ...	3,117	40.8	1.2	859	31.9	2.3	461	30.9	2.7	1,468	›››44.9	1.6
Healthy weight males[1]												
Male												
60-64 years	185	51.0	5.4	55	50.6 *	15.4	17	› 13.5 *	10.7	98	55.1	6.3
65-69 years	162	41.7	4.5	60	43.7 *	12.8	19	33.2 *	16.1	70	42.6	7.8
70-74 years	190	48.1	5.7	54	33.0 *	8.7	30	30.3 *	10.3	94	55.0	7.7
75-79 years	122	44.2	6.4	42	28.7 *	10.1	22	40.9 *	14.6	38	53.5 *	10.7
80-84 years	189	28.5	3.5	49	23.4 *	6.8	34	18.5 *	8.6	83	39.1	5.6
85 + years	101	33.8	6.0	32	26.2 *	11.7	24	41.1 *	10.0	34	38.8 *	11.6
Total, age adjusted ...	949	43.4	2.0	292	37.0	4.4	146	28.5	5.5	417	› 49.0	3.1
Males who are overweight or at risk of overweight[1]												
Male												
60-64 years	417	49.9	4.1	121	40.4	6.9	54	28.4 *	8.8	206	51.8	6.1
65-69 years	396	51.5	4.0	93	43.5	8.5	47	46.2 *	10.3	220	53.3	4.6
70-74 years	333	51.0	3.8	81	34.8 *	9.0	53	51.4 *	9.4	174	› 56.7	4.0
75-79 years	177	30.4	5.7	48	18.8 *	5.1	30	25.9 *	9.5	87	34.0	6.5
80-84 years	221	21.7	2.6	58	19.6 *	6.4	34	15.2 *	5.7	106	24.7	3.5
85 + years	85	20.1 *	4.9	24	15.0 *	7.1	13	20.6 *	8.5	39	25.6 *	8.4
Total, age adjusted ...	1,629	41.4	1.7	425	31.8	3.3	231	34.0	3.8	832	›› 44.8	2.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-119—Percent of older females who walked a mile or more without stopping in past month

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All females												
Female												
60-64 years	672	47.3	2.2	223	43.3	5.5	82	34.9	8.2	292	50.5	3.4
65-69 years	638	41.9	3.2	215	29.7	5.3	81	33.2	8.6	273	›› 48.6	4.1
70-74 years	667	41.0	2.5	215	36.8	3.2	102	38.1	5.6	280	44.1	4.2
75-79 years	496	29.4	2.6	170	23.0	5.1	86	20.8	6.7	168	›› 38.8	3.8
80-84 years	594	20.6	1.8	222	21.3	3.2	90	19.1 *	3.4	179	21.7	3.1
85 + years	412	9.5	1.4	152	5.8 *	1.9	54	› 20.3 *	6.5	112	10.4 *	2.7
Total, age adjusted ...	3,479	35.6	1.2	1,197	30.0	1.8	495	29.8	3.0	1,304	›››40.1	1.7
Healthy weight females[1]												
Female												
60-64 years	169	52.6	4.7	45	35.5 *	9.5	21	40.9 *	11.2	89	55.5	6.9
65-69 years	159	49.1	5.6	47	42.3 *	12.1	14	46.3 *	19.7	88	51.7	6.7
70-74 years	185	51.7	4.2	46	50.6 *	10.1	31	38.3 *	12.1	91	56.6	5.9
75-79 years	152	33.8	4.2	40	20.6 *	7.9	23	29.7 *	13.1	68	› 40.5	6.6
80-84 years	171	24.0	3.8	58	24.5 *	6.2	25	24.7 *	8.5	60	24.6 *	4.4
85 + years	130	15.1 *	2.8	46	7.5 *	3.8	21	26.7 *	13.3	44	› 20.1 *	5.9
Total, age adjusted ...	966	42.0	2.0	282	33.6	4.4	135	36.6	5.6	440	› 45.8	2.5
Females who are overweight or at risk of overweight[1]												
Female												
60-64 years	433	42.9	2.9	153	34.9	5.7	51	22.1 *	9.0	181	48.1	3.9
65-69 years	375	40.0	4.0	135	27.2	7.4	54	24.8 *	8.9	143	›› 49.0	5.0
70-74 years	352	37.3	3.4	123	33.6	4.9	56	37.5 *	7.2	140	38.7	5.7
75-79 years	233	28.8	4.4	88	18.3 *	5.9	46	23.5 *	9.7	74	›› 44.5	5.5
80-84 years	230	22.4	2.4	95	23.1 *	4.8	39	17.5 *	5.6	66	24.7 *	3.9
85 + years	105	10.1 *	3.2	45	9.4 *	5.0	14	23.5 *	11.7	33	4.9 *	3.4
Total, age adjusted ...	1,728	33.6	1.5	639	26.7	2.4	260	25.5	3.2	637	›››39.3	2.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
 Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
 [1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-120—Percent of older adults reporting physical activity at least three times per week

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All persons												
Both sexes												
60-64 years	1,344	55.9	2.0	417	40.2	4.6	159	43.4	6.9	632	›››62.0	2.7
65-69 years	1,264	60.6	2.1	389	42.8	3.8	153	48.1	5.5	597	›››68.4	2.8
70-74 years	1,278	55.5	2.3	368	37.7	4.0	207	› 51.3	4.1	585	›››62.1	2.9
75-79 years	878	45.7	2.7	282	33.1	4.6	149	40.7	6.4	327	›››55.6	2.9
80-84 years	1,134	40.1	2.0	366	35.6	2.9	179	36.5	3.2	412	› 46.7	3.9
85 + years	698	33.5	3.1	234	24.8	3.4	109	› 37.6	4.9	219	›››45.6	4.4
Total, age adjusted ...	6,596	51.3	1.4	2,056	37.2	1.8	956	› 44.2	2.4	2,772	›››59.1	1.8
Healthy weight persons[1]												
Both sexes												
60-64 years	354	61.0	3.7	100	49.5 *	11.1	38	59.8 *	9.7	187	62.4	4.4
65-69 years	321	66.1	3.6	107	55.7	7.9	33	60.1 *	9.5	158	70.0	5.5
70-74 years	375	61.8	3.3	100	37.4 *	6.4	61	58.2 *	8.6	185	›››69.7	4.1
75-79 years	274	46.4	4.2	82	37.8 *	8.0	45	35.4 *	12.4	106	› 58.8	5.5
80-84 years	360	45.0	2.7	107	43.5	4.4	59	37.5 *	5.6	143	50.8	3.5
85 + years	231	43.4	4.0	78	29.0 *	7.1	45	44.4 *	7.0	78	›› 55.5 *	6.4
Total, age adjusted ...	1,915	56.4	1.7	574	44.0	2.9	281	51.7	4.3	857	›››62.9	2.6
Overweight and obese persons[1]												
Both sexes												
60-64 years	850	53.2	2.6	274	31.4	6.3	105	33.8	7.6	387	›››60.8	3.2
65-69 years	771	59.9	2.6	228	44.5	5.3	101	37.7	7.2	363	›››68.0	2.8
70-74 years	685	55.0	3.0	204	37.1	6.7	109	49.9	6.7	314	›› 61.6	3.6
75-79 years	410	47.7	4.4	136	30.0	5.8	76	› 47.0	5.9	161	›››57.6	5.3
80-84 years	451	40.6	3.3	153	35.8	4.8	73	37.3	4.7	172	46.6	7.3
85 + years	190	36.9	4.9	69	30.1 *	4.9	27	38.3 *	7.9	72	48.6 *	9.4
Total, age adjusted ...	3,357	51.1	2.1	1,064	35.4	2.3	491	40.7	2.8	1,469	›››59.3	2.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-121—Percent of older males reporting physical activity at least three times per week

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All males												
Male												
60-64 years	672	61.9	2.9	194	35.4	7.4	77	39.7	7.8	340	›››70.9	3.6
65-69 years	626	64.1	2.5	174	51.2	6.8	72	51.4	6.3	324	› 68.0	3.4
70-74 years	611	61.4	3.2	153	37.6	6.1	105	›› 60.7	4.7	305	›››65.2	4.1
75-79 years	382	51.6	3.6	112	32.9	7.2	63	50.4 *	7.8	159	›››60.6	4.4
80-84 years	540	48.8	2.7	144	41.0	5.4	89	45.3	4.7	233	› 55.9	4.8
85 + years	286	44.9	4.0	82	29.2 *	5.7	55	40.5 *	8.2	107	›› 62.0	6.5
Total, age adjusted ...	3,117	57.6	1.5	859	38.7	2.7	461	›› 48.6	2.5	1,468	›››65.0	1.9
Healthy weight males[1]												
Male												
60-64 years	185	65.9	5.5	55	68.0 *	11.1	17	54.7 *	16.6	98	67.7	6.9
65-69 years	162	62.6	4.9	60	53.3 *	12.9	19	55.0 *	9.7	70	66.0 *	7.9
70-74 years	190	59.4	6.3	54	34.0 *	9.0	30	55.9 *	11.4	94	›› 65.6	8.5
75-79 years	122	53.8 *	6.4	42	30.4 *	8.9	22	45.7 *	13.7	38	›››73.9 *	8.6
80-84 years	189	53.7	5.8	49	45.9 *	7.7	34	47.5 *	9.0	83	62.3 *	8.2
85 + years	101	56.7 *	6.2	32	37.6 *	9.5	24	47.9 *	10.4	34	›››77.7 *	8.5
Total, age adjusted ...	949	59.8	2.6	292	47.0	4.2	146	52.1	5.4	417	›››68.3	3.5
Overweight and obese males[1]												
Male												
60-64 years	417	62.2	3.3	121	27.6 *	9.7	54	33.0 *	8.0	206	›››72.3	3.7
65-69 years	396	64.8	3.4	93	58.4 *	9.2	47	45.5 *	9.6	220	68.7	3.6
70-74 years	333	64.6	3.7	81	36.9 *	8.9	53	›› 69.9 *	7.8	174	›› 67.9	4.4
75-79 years	177	51.8	5.7	48	34.2 *	10.5	30	46.1 *	11.2	87	› 59.6 *	7.0
80-84 years	221	49.0	4.2	58	44.6 *	9.0	34	46.0 *	7.5	106	51.4	5.9
85 + years	85	49.0 *	7.2	24	29.4 *	11.5	13	59.1 *	12.7	39	› 62.1 *	9.3
Total, age adjusted ...	1,629	58.8	2.2	425	38.9	3.1	231	› 48.7	3.3	832	›››65.4	2.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-122—Percent of older females reporting physical activity at least three times per week

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All females												
Female												
60-64 years	672	51.0	2.6	223	43.3	5.5	82	45.5	9.1	292	53.6	3.8
65-69 years	638	57.6	2.8	215	37.7	5.4	81	45.5	8.9	273	›››68.8	3.5
70-74 years	667	50.9	3.1	215	37.8	4.2	102	43.4	7.4	280	›››59.2	4.5
75-79 years	496	41.7	3.3	170	33.2	5.4	86	34.4	7.6	168	›› 51.2	5.0
80-84 years	594	35.1	2.0	222	33.6	3.2	90	30.8	4.2	179	39.6	4.2
85 + years	412	28.2	3.2	152	23.2	4.2	54	35.8 *	7.0	112	›› 35.6	4.3
Total, age adjusted ...	3,479	47.0	1.6	1,197	36.5	2.4	495	40.8	3.1	1,304	›››54.3	2.1
Healthy weight females[1]												
Female												
60-64 years	169	57.4	4.6	45	37.9 *	13.6	21	63.0 *	13.4	89	58.4 *	6.1
65-69 years	159	68.4	4.7	47	57.4 *	8.6	14	66.5 *	17.6	88	72.3 *	5.5
70-74 years	185	63.5	4.4	46	39.5 *	8.4	31	59.7 *	10.8	91	›››73.2 *	5.1
75-79 years	152	42.5	5.0	40	40.8 *	10.4	23	28.1 *	13.6	68	51.6 *	7.2
80-84 years	171	39.6	3.4	58	42.5 *	6.0	25	29.4 *	8.1	60	42.9 *	5.4
85 + years	130	37.4	4.9	46	25.6 *	9.4	21	42.2 *	11.5	44	44.8 *	8.4
Total, age adjusted ...	966	54.6	2.2	282	42.1	3.5	135	51.8	5.8	440	›››60.1	3.0
Overweight and obese females[1]												
Female												
60-64 years	433	46.1	3.4	153	33.7	6.3	51	34.2 *	11.5	181	› 50.2	4.5
65-69 years	375	54.3	3.6	135	36.6	8.5	54	32.1 *	10.5	143	›› 66.9	5.1
70-74 years	352	47.0	4.1	123	37.2	7.2	56	34.0 *	11.4	140	54.9	6.5
75-79 years	233	44.7	5.1	88	28.2 *	7.0	46	47.6 *	8.3	74	›› 55.5 *	7.2
80-84 years	230	35.7	3.9	95	33.2 *	4.6	39	32.9 *	5.2	66	42.0 *	11.7
85 + years	105	31.4 *	5.6	45	30.3 *	6.4	14	27.5 *	12.0	33	41.2 *	11.5
Total, age adjusted ...	1,728	45.2	2.3	639	33.7	2.8	260	35.1	3.4	637	›››53.7	3.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-123—Percent of older adults reporting physical activity at least five times per week

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All persons												
Both sexes												
60-64 years	1,344	45.1	2.0	417	37.1	5.0	159	28.5	5.1	632	› 49.6	2.8
65-69 years	1,264	48.0	2.4	389	33.7	4.1	153	44.4	5.5	597	›››53.0	3.4
70-74 years	1,278	46.3	2.5	368	32.2	3.8	207	39.5	4.2	585	›››52.3	3.4
75-79 years	878	37.3	2.5	282	27.4	4.0	149	36.9	6.6	327	›› 43.3	3.1
80-84 years	1,134	33.6	1.7	366	29.9	3.1	179	30.1	3.2	412	› 39.6	3.6
85 + years	698	29.6	2.9	234	21.3	3.3	109	› 32.5	4.4	219	›››41.9	4.1
Total, age adjusted ...	6,596	42.0	1.4	2,056	31.6	1.8	956	35.8	2.2	2,772	›››48.0	2.0
Healthy weight persons[1]												
Both sexes												
60-64 years	354	49.8	3.1	100	40.2	9.8	38	34.9 *	8.6	187	52.7	4.5
65-69 years	321	56.2	3.8	107	52.9	8.0	33	56.2 *	9.3	158	56.1	5.7
70-74 years	375	54.7	3.6	100	28.9	7.4	61	48.4 *	8.5	185	›››63.9	4.2
75-79 years	274	38.3	4.2	82	31.2 *	7.6	45	35.2 *	12.4	106	45.9	6.0
80-84 years	360	39.2	3.0	107	35.9	5.4	59	32.8 *	6.6	143	45.3	3.9
85 + years	231	37.7	3.8	78	25.1 *	7.4	45	39.0 *	6.9	78	› 47.2 *	6.6
Total, age adjusted ...	1,915	47.9	1.5	574	37.3	2.9	281	42.2	4.0	857	›››53.2	2.4
Overweight and obese persons[1]												
Both sexes												
60-64 years	850	41.8	2.4	274	30.0	6.3	105	21.2	4.4	387	›› 47.0	2.9
65-69 years	771	46.7	3.2	228	30.6	5.9	101	33.1	6.7	363	›››53.6	3.9
70-74 years	685	43.8	3.3	204	31.6	6.0	109	36.2	6.7	314	›› 48.8	4.7
75-79 years	410	37.4	4.7	136	22.4	4.2	76	› 39.0	6.4	161	›› 44.0	7.0
80-84 years	451	32.6	2.7	153	28.8	5.1	73	31.5	4.7	172	36.8	5.9
85 + years	190	32.9	5.0	69	23.1 *	4.9	27	35.8 *	8.6	72	› 47.2 *	9.3
Total, age adjusted ...	3,357	40.6	2.1	1,064	28.4	2.3	491	32.0	2.3	1,469	›››47.1	3.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-124—Percent of older males reporting physical activity at least five times per week

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All males												
Male												
60-64 years	672	50.6	3.0	194	34.2	7.5	77	26.9	5.0	340	› 57.2	4.1
65-69 years	626	50.8	2.7	174	36.7	6.4	72	48.2	5.7	324	› 54.0	3.9
70-74 years	611	52.4	3.5	153	32.0	5.5	105	› 46.2	5.2	305	›››56.4	4.8
75-79 years	382	44.1	3.3	112	27.8	6.7	63	47.9 *	8.0	159	› 49.7	5.0
80-84 years	540	41.5	2.3	144	36.7	5.2	89	38.6	5.9	233	46.1	4.1
85 + years	286	38.4	3.3	82	23.3 *	5.5	55	31.8 *	6.1	107	›››54.1	5.6
Total, age adjusted ...	3,117	47.8	1.6	859	32.5	2.6	461	› 40.2	2.6	1,468	›››53.7	2.2
Healthy weight males[1]												
Male												
60-64 years	185	57.5	5.5	55	66.1 *	11.5	17	› 26.1 *	13.8	98	60.0	6.3
65-69 years	162	52.0	4.7	60	50.0 *	12.6	19	48.2 *	7.4	70	51.3 *	7.4
70-74 years	190	54.6	6.2	54	27.4 *	8.7	30	49.1 *	11.3	94	›› 61.4 *	8.2
75-79 years	122	48.5 *	6.6	42	24.2 *	8.4	22	45.7 *	13.7	38	›› 67.2 *	9.8
80-84 years	189	49.2	5.8	49	40.9 *	8.3	34	42.1 *	10.2	83	57.2 *	8.8
85 + years	101	45.0 *	5.0	32	30.9 *	9.8	24	38.7 *	9.8	34	› 58.4 *	8.5
Total, age adjusted ...	949	52.3	2.8	292	42.4	4.1	146	41.3	4.7	417	›› 59.2	3.5
Overweight and obese males[1]												
Male												
60-64 years	417	48.4	3.5	121	26.2 *	9.7	54	30.8 *	7.8	206	›› 54.6	4.2
65-69 years	396	50.5	3.7	93	33.0 *	8.9	47	44.1 *	9.6	220	› 54.9	4.2
70-74 years	333	52.9	4.1	81	33.0 *	8.4	53	49.6 *	8.0	174	› 56.1	6.0
75-79 years	177	41.4	5.4	48	28.8 *	8.9	30	41.1 *	12.2	87	44.5 *	8.0
80-84 years	221	37.5	4.0	58	37.6 *	8.7	34	37.1 *	6.9	106	37.0	5.9
85 + years	85	43.9 *	7.3	24	23.8 *	10.2	13	51.6 *	13.8	39	›› 58.1 *	9.4
Total, age adjusted ...	1,629	47.0	2.1	425	30.4	3.2	231	› 41.5	3.5	832	›››51.7	3.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-125—Percent of older females reporting physical activity at least five times per week

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
All females												
Female												
60-64 years	672	40.6	2.5	223	38.9	5.7	82	29.5	7.1	292	42.3	3.5
65-69 years	638	45.5	2.9	215	31.8	5.2	81	41.4	9.1	273	›› 52.0	3.8
70-74 years	667	41.7	2.8	215	32.3	4.1	102	33.8	7.6	280	›› 48.3	4.0
75-79 years	496	32.7	3.0	170	27.2	4.4	86	29.8	8.2	168	37.5	4.4
80-84 years	594	29.1	2.0	222	27.4	3.5	90	24.5	4.5	179	34.5	4.3
85 + years	412	25.5	3.3	152	20.5	3.9	54	32.9 *	7.5	112	›› 34.4	4.4
Total, age adjusted ...	3,479	37.9	1.7	1,197	31.3	2.4	495	32.6	3.1	1,304	›››43.1	2.2
Healthy weight females[1]												
Female												
60-64 years	169	44.3	4.0	45	24.0 *	9.5	21	40.3 *	11.4	89	› 47.1 *	5.5
65-69 years	159	58.8	5.0	47	55.0 *	8.7	14	66.5 *	17.6	88	58.9 *	6.1
70-74 years	185	54.8	5.2	46	29.7 *	9.7	31	48.0 *	11.2	91	›› 66.1 *	6.2
75-79 years	152	32.9	5.3	40	34.0 *	10.1	23	27.7 *	13.7	68	35.9 *	8.0
80-84 years	171	33.1	3.6	58	33.8 *	6.7	25	25.2 *	8.7	60	37.1 *	5.2
85 + years	130	34.3	5.2	46	22.9 *	9.2	21	39.2 *	12.0	44	41.8 *	7.8
Total, age adjusted ...	966	45.3	2.2	282	34.1	3.6	135	43.5	5.5	440	›››49.8	2.8
Overweight and obese females[1]												
Female												
60-64 years	433	36.6	3.0	153	32.3	6.2	51	15.9 *	6.6	181	39.9	3.9
65-69 years	375	42.4	3.9	135	29.3	8.2	54	25.0 *	9.9	143	› 51.7	5.7
70-74 years	352	36.2	3.8	123	31.0	6.4	56	25.7 *	11.7	140	40.8	5.3
75-79 years	233	34.4	5.4	88	19.7 *	5.2	46	37.5 *	10.1	74	› 43.5 *	8.6
80-84 years	230	29.8	4.2	95	26.2 *	5.3	39	28.7 *	6.4	66	36.6 *	11.7
85 + years	105	28.0 *	5.5	45	22.9 *	5.6	14	27.5 *	12.0	33	41.2 *	11.5
Total, age adjusted ...	1,728	35.8	2.4	639	27.8	2.7	260	25.7	3.0	637	›› 42.9	4.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-126—Physical activity level of past month compared to 10 years age: Older adults

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Activity of Past Month			Sample size	Activity of Past Month			Sample size	Activity of Past Month			Sample size	Activity of Past Month		
		Less	Same	More		Less	Same	More		Less	Same	More		Less	Same	More
All persons																
Both sexes																
60-64 years	1,341	59.1	30.8	10.1	417	70.5	20.6	8.9	158	68.8	25.6	5.6	632	›››54.5	››34.2	11.4
65-69 years	1,263	60.5	32.6	6.9	389	70.2	23.3	6.4	153	66.9	30.3	2.8	597	›57.3	35.5	7.1
70-74 years	1,275	65.0	27.5	7.4	367	72.7	18.6	8.8	207	66.9	26.7	6.4	585	62.4	››30.6	7.0
75-79 years	873	71.7	24.2	4.1	282	71.9	22.8	5.3	149	71.5	23.6	4.9	327	72.0	25.5	2.6
80-84 years	1,127	74.5	21.4	4.1	364	77.5	18.0	4.6	179	71.9	23.5	4.7	412	74.6	22.8	2.6
85 + years	690	81.6	14.4	4.0	231	83.0	12.5	4.5	108	79.8	16.6	3.6	219	80.5	16.3	3.2
Total, age adjusted ...	6,569	66.4	26.9	6.7	2,050	73.0	20.1	6.9	954	69.9	25.4	4.8	2,772	›››64.1	›››29.4	6.5
Healthy weight persons[1]																
Both sexes																
60-64 years	354	53.6	35.3	11.1	100	66.6	23.6	9.8	38	59.8	39.6	0.6	187	50.0	37.3	12.6
65-69 years	321	56.5	39.6	3.9	107	71.2	27.3	1.6	33	54.5	45.0	0.6	158	53.6	42.0	4.4
70-74 years	375	61.6	30.0	8.4	100	73.4	21.8	4.8	61	70.0	25.7	4.4	185	57.1	32.4	10.5
75-79 years	274	65.8	31.5	2.7	82	69.8	26.5	3.7	45	57.7	38.8	3.5	106	65.8	32.7	1.5
80-84 years	359	75.1	22.4	2.4	106	75.7	23.5	0.8	59	76.3	20.8	2.9	143	73.1	26.3	0.5
85 + years	228	81.7	15.5	2.8	76	80.5	12.1	7.4	44	82.6	15.0	2.4	78	77.3	21.8	›0.8
Total, age adjusted ...	1,911	62.7	31.3	6.0	571	71.7	23.4	5.0	280	64.2	33.6	2.2	857	››59.8	››34.0	6.3
Persons who are overweight or at risk of overweight[1]																
Both sexes																
60-64 years	849	60.7	29.4	9.9	274	69.8	21.5	8.6	104	73.0	19.6	7.3	387	56.4	›32.8	10.8
65-69 years	771	60.9	29.9	9.2	228	65.6	23.8	10.6	101	68.8	27.4	3.9	363	58.6	32.1	9.2
70-74 years	684	67.1	26.7	6.2	204	76.9	17.0	6.1	109	›61.8	28.3	9.8	314	65.8	›29.8	4.3
75-79 years	410	73.0	20.5	6.5	136	72.1	18.8	9.2	76	74.8	17.7	7.5	161	73.2	22.4	4.4
80-84 years	450	75.8	21.2	3.0	152	78.6	17.6	3.8	73	73.5	22.0	4.5	172	76.1	22.6	1.3
85 + years	190	80.7	13.7	5.5	69	83.3	13.2	3.5	27	73.7	18.8	7.6	72	86.9	10.3	2.8
Total, age adjusted ...	3,354	67.5	25.2	7.3	1,063	72.9	19.5	7.6	490	70.4	22.8	6.9	1,469	›66.4	›27.2	6.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-127—Standard errors for physical activity level of past month compared to 10 years age: Older adults

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Standard errors			Sample size	Standard errors			Sample size	Standard errors			Sample size	Standard errors		
		Less	Same	More		Less	Same	More		Less	Same	More		Less	Same	More
Standard errors for all persons																
Both sexes																
60-64 years	1,341	1.8	1.4	1.1	417	3.4	3.0	1.7	158	3.9	4.3	2.4	632	2.5	2.2	1.4
65-69 years	1,263	1.5	1.5	1.0	389	4.4	4.7	2.6	153	4.0	3.8	1.6	597	2.2	2.3	1.2
70-74 years	1,275	1.9	1.7	0.9	367	4.4	3.2	2.4	207	3.8	4.0	2.0	585	2.4	2.3	1.3
75-79 years	873	2.0	1.7	1.0	282	3.5	3.0	1.7	149	6.2	5.9	2.2	327	2.9	2.5	1.0
80-84 years	1,127	1.4	1.3	0.6	364	1.8	1.9	1.0	179	3.4	3.1	2.0	412	2.4	1.9	1.0
85 + years	690	1.8	1.8	0.7	231	2.6	2.3	1.2	108	3.7	3.4	1.6	219	3.8	3.7	1.3
Total, age adjusted ...	6,569	0.9	0.8	0.5	2,050	1.7	1.6	1.0	954	1.6	1.8	1.0	2,772	1.3	1.2	0.6
Standard errors for healthy weight persons[1]																
Both sexes																
60-64 years	354	3.6	3.6	1.8	100	9.5	7.6	6.0	38	11.4	11.4	0.5	187	4.5	4.7	3.1
65-69 years	321	4.0	3.9	1.3	107	7.6	7.6	0.9	33	11.1	11.0	0.6	158	4.6	4.4	1.8
70-74 years	375	3.3	3.2	1.9	100	8.0	7.9	2.1	61	6.6	6.2	3.1	185	4.6	4.4	2.8
75-79 years	274	3.5	3.3	0.8	82	6.7	6.5	1.6	45	12.1	12.4	2.2	106	5.5	5.4	1.2
80-84 years	359	2.8	2.5	0.9	106	4.6	4.9	0.7	59	5.1	4.4	2.7	143	4.4	4.3	0.4
85 + years	228	3.2	3.0	1.0	76	4.9	4.1	2.3	44	7.3	7.0	2.4	78	6.1	6.0	0.8
Total, age adjusted ...	1,911	1.7	1.5	0.7	571	3.3	2.8	1.6	280	4.5	4.5	0.8	857	2.4	2.3	1.0
Standard errors for persons who are overweight or at risk of overweight[1]																
Both sexes																
60-64 years	849	2.2	1.8	1.4	274	4.7	3.0	2.7	104	4.1	5.5	3.5	387	3.2	2.7	1.6
65-69 years	771	2.0	2.2	1.7	228	5.4	6.1	4.8	101	5.6	6.0	2.6	363	3.0	3.1	1.9
70-74 years	684	2.1	2.2	1.1	204	4.1	3.9	2.0	109	6.2	6.8	3.5	314	2.7	3.0	1.5
75-79 years	410	2.6	2.5	2.0	136	4.9	3.8	3.9	76	5.5	4.9	4.6	161	4.2	4.6	2.2
80-84 years	450	2.0	1.9	0.8	152	3.1	3.1	1.3	73	4.9	4.4	3.5	172	3.6	3.4	0.7
85 + years	190	2.8	2.6	1.8	69	4.3	4.1	2.3	27	7.3	7.6	4.4	72	3.4	3.0	2.0
Total, age adjusted ...	3,354	1.0	0.9	0.7	1,063	1.9	1.8	1.4	490	2.0	2.6	1.6	1,469	1.4	1.5	0.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-128—Physical activity level of past month compared to 10 years age: Older males

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Activity of Past Month			Sample size	Activity of Past Month			Sample size	Activity of Past Month			Sample size	Activity of Past Month		
		Less	Same	More		Less	Same	More		Less	Same	More		Less	Same	More
All males																
Male																
60-64 years	670	60.4	30.6	9.1	194	70.7	23.0	6.3	77	63.0	26.1	10.9	340	57.0	33.2	9.8
65-69 years	626	59.4	33.8	6.8	174	61.0	32.5	6.5	72	63.5	35.7	0.8	324	58.4	33.8	7.8
70-74 years	611	66.3	26.0	7.8	153	76.3	17.1	6.6	105	64.7	27.6	7.8	305	63.5	28.4	8.1
75-79 years	379	73.7	23.9	2.4	112	73.0	24.3	2.7	63	73.0	25.0	2.0	159	74.0	23.8	2.2
80-84 years	537	74.1	22.9	3.0	143	83.5	11.9	4.6	89	73.9	21.8	4.3	233	›› 70.0	›››28.1	1.9
85 + years	285	78.0	15.5	6.5	81	71.1	18.2	10.7	55	78.4	16.9	4.7	107	80.6	13.6	5.7
Total, age adjusted ...	3,108	66.6	27.0	6.4	857	71.6	22.4	6.0	461	67.7	26.9	5.5	1,468	65.0	28.5	6.6
Healthy weight males[1]																
Male																
60-64 years	185	53.6	34.1	12.2	55	63.4	29.8	6.8	17	57.2	41.3	1.5	98	50.3	35.3	14.3
65-69 years	162	56.6	41.8	1.6	60	59.2	37.7	3.1	19	51.0	48.0	1.0	70	57.0	41.7	1.3
70-74 years	190	71.8	21.5	6.7	54	87.6	6.9	5.5	30	74.2	23.2	2.6	94	67.7	› 24.1	8.1
75-79 years	122	63.1	33.7	3.1	42	60.8	34.4	4.9	22	48.7	47.2	4.1	38	65.4	33.8	0.9
80-84 years	188	70.5	28.1	1.4	48	78.1	19.1	2.7	34	85.1	14.9	0.0	83	› 60.1	› 39.2	0.7
85 + years	100	81.6	14.5	3.9	31	69.2	14.9	15.9	24	82.9	17.1	0.0	34	86.4	13.6	0.0
Total, age adjusted ...	947	63.8	30.7	5.5	290	68.9	25.2	5.9	146	63.2	35.0	1.7	417	62.0	32.6	5.4
Males who are overweight or at risk of overweight[1]																
Male																
60-64 years	417	62.0	30.6	7.3	121	72.0	24.0	4.0	54	71.2	16.4	12.4	206	58.3	33.8	7.9
65-69 years	396	60.2	31.3	8.5	93	56.2	34.0	9.7	47	68.3	31.0	0.7	220	59.3	31.5	9.2
70-74 years	333	63.9	28.5	7.6	81	76.3	17.2	6.4	53	62.7	23.1	14.1	174	60.2	33.2	6.6
75-79 years	177	77.5	20.0	2.6	48	76.1	21.5	2.3	30	84.2	15.8	0.0	87	77.1	19.4	3.5
80-84 years	221	78.1	18.1	3.8	58	84.8	7.6	7.5	34	71.1	26.8	2.1	106	78.4	19.0	2.6
85 + years	85	75.4	17.4	7.3	24	63.6	22.8	13.6	13	73.1	14.8	12.1	39	84.9	11.1	4.0
Total, age adjusted ...	1,629	67.5	26.0	6.5	425	70.8	22.5	6.7	231	71.3	21.6	7.1	832	66.6	27.1	6.3

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-129—Standard errors for physical activity level of past month compared to 10 years age: Older males

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Standard errors			Sample size	Standard errors			Sample size	Standard errors			Sample size	Standard errors		
		Less	Same	More		Less	Same	More		Less	Same	More		Less	Same	More
Standard errors for all males																
Male																
60-64 years	670	2.5	2.1	1.6	194	5.4	5.4	2.3	77	8.3	7.8	6.3	340	3.1	2.7	2.0
65-69 years	626	1.7	1.8	1.3	174	7.9	7.7	4.3	72	6.6	6.6	0.5	324	2.6	2.9	1.6
70-74 years	611	2.6	2.9	1.4	153	5.0	4.9	2.4	105	6.2	6.7	3.7	305	3.2	3.3	1.9
75-79 years	379	3.0	2.9	0.7	112	5.9	5.3	1.5	63	7.0	6.9	1.5	159	4.1	4.0	1.0
80-84 years	537	2.0	1.9	0.8	143	3.1	2.6	1.4	89	5.4	5.8	2.8	233	3.3	3.0	0.8
85 + years	285	2.8	2.3	1.6	81	6.7	5.1	4.4	55	6.2	5.4	2.7	107	4.6	3.6	2.9
Total, age adjusted ...	3,108	1.1	1.1	0.7	857	2.6	2.5	1.1	461	3.1	3.2	2.1	1,468	1.3	1.4	1.0
Standard errors for healthy weight males[1]																
Male																
60-64 years	185	5.1	5.4	3.7	55	14.1	14.1	3.3	17	16.5	16.6	1.2	98	6.4	6.6	4.9
65-69 years	162	5.1	5.0	0.9	60	12.6	12.5	2.0	19	11.2	11.0	1.0	70	7.5	7.4	1.3
70-74 years	190	4.6	3.9	2.6	54	4.7	3.6	2.6	30	9.5	9.3	2.6	94	6.3	5.0	3.6
75-79 years	122	5.5	5.5	1.4	42	9.4	8.4	4.1	22	15.0	15.1	4.0	38	8.2	8.4	0.9
80-84 years	188	4.4	4.2	0.7	48	7.2	6.9	2.5	34	7.1	7.1	0.0	83	6.2	6.0	0.7
85 + years	100	4.5	3.4	2.1	31	12.1	8.4	8.3	24	8.3	8.3	0.0	34	6.1	6.1	0.0
Total, age adjusted ...	947	2.2	2.1	1.0	290	4.6	4.5	1.6	146	4.7	4.8	0.9	417	3.1	3.1	1.4
Standard errors for males who are overweight or at risk of overweight[1]																
Male																
60-64 years	417	2.9	2.6	1.5	121	5.8	5.8	1.3	54	8.6	7.0	9.0	206	3.9	3.2	2.0
65-69 years	396	3.0	3.3	1.9	93	10.4	10.4	7.9	47	9.8	9.8	0.6	220	3.5	3.9	2.2
70-74 years	333	3.3	4.0	2.1	81	7.9	7.5	3.2	53	6.4	7.8	7.0	174	3.6	4.5	2.6
75-79 years	177	4.0	4.1	1.1	48	9.7	9.4	1.7	30	7.0	7.0	0.0	87	6.3	6.4	1.8
80-84 years	221	2.9	2.6	1.2	58	4.6	4.0	2.4	34	7.4	7.4	2.1	106	4.0	3.5	1.4
85 + years	85	4.7	4.8	2.1	24	11.5	10.6	8.5	13	11.6	12.2	8.1	39	5.8	3.8	4.0
Total, age adjusted ...	1,629	1.6	1.7	0.9	425	3.4	3.3	1.9	231	4.0	3.9	3.4	832	1.9	2.1	1.3

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-130—Physical activity level of past month compared to 10 years age: Older females

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Activity of Past Month			Sample size	Activity of Past Month			Sample size	Activity of Past Month			Sample size	Activity of Past Month		
		Less	Same	More		Less	Same	More		Less	Same	More		Less	Same	More
All females																
Female																
60-64 years	671	58.1	30.9	11.0	223	70.4	19.0	10.5	81	72.2	25.4	›2.5	292	››52.0	››35.0	12.9
65-69 years	637	61.5	31.5	7.0	215	75.9	17.8	6.4	81	69.6	26.1	4.3	273	››56.2	››37.3	6.4
70-74 years	664	64.1	28.8	7.1	214	71.0	19.2	9.7	102	68.8	26.0	5.2	280	61.3	32.8	5.9
75-79 years	494	70.4	24.3	5.3	170	71.4	22.2	6.4	86	70.5	22.7	6.8	168	70.1	27.0	2.9
80-84 years	590	74.8	20.5	4.7	221	75.3	20.2	4.5	90	70.5	24.6	4.9	179	78.1	18.7	3.1
85 + years	405	83.3	14.0	2.8	150	87.3	10.5	2.2	53	80.8	16.4	2.9	112	80.4	17.9	1.6
Total, age adjusted	3,461	66.1	26.8	7.0	1,193	74.0	18.6	7.4	493	71.4	24.3	4.4	1,304	›››63.1	›››30.4	6.5
Healthy weight females[1]																
Female																
60-64 years	169	53.5	36.2	10.3	45	68.6	19.7	11.7	21	61.4	38.6	0.0	89	49.8	38.9	11.3
65-69 years	159	56.5	38.1	5.4	47	79.5	20.0	0.5	14	58.9	41.1	0.0	88	›51.7	42.2	6.1
70-74 years	185	54.2	36.2	9.6	46	65.2	30.3	4.5	31	67.2	27.3	5.5	91	47.9	39.5	12.6
75-79 years	152	67.2	30.3	2.5	40	73.5	23.3	3.2	23	64.1	32.8	3.1	68	66.0	32.2	1.8
80-84 years	171	77.9	19.0	3.0	58	74.6	25.4	0.0	25	69.3	25.5	5.3	60	82.2	17.4	0.4
85 + years	128	81.7	16.0	2.3	45	84.8	11.0	4.2	20	82.4	13.7	4.0	44	72.9	25.8	1.2
Total, age adjusted	964	61.8	31.9	6.3	281	73.2	22.2	4.6	134	65.3	32.2	2.5	440	›58.1	›35.0	6.8
Females who are overweight or at risk of overweight[1]																
Female																
60-64 years	432	59.7	28.4	11.9	153	68.5	20.1	11.4	50	74.0	21.6	4.4	181	54.6	31.8	13.5
65-69 years	375	61.8	28.3	10.0	135	71.0	17.9	11.1	54	69.1	24.7	6.2	143	57.7	33.1	9.2
70-74 years	351	69.7	25.2	5.0	123	77.1	16.9	6.0	56	61.1	32.4	6.5	140	71.9	26.2	1.9
75-79 years	233	69.8	20.9	9.3	88	70.4	17.6	12.0	46	67.9	19.1	13.0	74	69.0	25.7	5.3
80-84 years	229	74.5	23.0	2.5	94	76.7	20.6	2.7	39	74.8	19.5	5.8	66	73.9	26.1	0.0
85 + years	105	83.2	12.1	4.7	45	90.2	9.8	0.0	14	74.0	20.8	5.2	33	88.0	9.8	2.2
Total, age adjusted	1,725	67.5	24.4	8.1	638	73.9	17.7	8.4	259	69.6	23.6	6.8	637	››66.2	›27.3	6.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-131—Standard errors for physical activity level of past month compared to 10 years age: Older females

	All older adults				Lowest income: ≤ 130% poverty				Low-income: 131-185% poverty				Higher-income: > 185% poverty			
	Sample size	Standard errors			Sample size	Standard errors			Sample size	Standard errors			Sample size	Standard errors		
		Less	Same	More		Less	Same	More		Less	Same	More		Less	Same	More
Standard errors for all females																
Female																
60-64 years	671	2.4	2.0	1.7	223	4.4	3.4	2.5	81	4.5	4.8	1.9	292	3.9	3.4	2.4
65-69 years	637	2.5	2.1	1.4	215	4.6	4.6	3.0	81	7.0	6.2	2.5	273	3.5	3.2	1.7
70-74 years	664	2.5	2.2	1.3	214	4.8	4.0	3.4	102	5.7	4.9	1.8	280	3.9	3.6	1.7
75-79 years	494	2.9	2.2	1.5	170	4.4	4.0	2.4	86	7.1	6.6	3.4	168	4.2	3.3	1.7
80-84 years	590	1.9	1.6	0.9	221	2.4	2.5	1.2	90	4.9	4.5	2.6	179	3.7	2.8	1.6
85 + years	405	2.0	2.0	0.8	150	2.8	2.7	1.1	53	5.0	4.6	2.0	112	4.7	4.8	1.0
Total, age adjusted ...	3,461	1.3	1.0	0.7	1,193	2.0	2.0	1.3	493	1.9	1.9	0.8	1,304	2.0	1.8	0.8
Standard errors for healthy weight females[1]																
Female																
60-64 years	169	4.3	4.1	2.1	45	13.0	9.3	9.5	21	12.9	12.9	0.0	89	6.0	5.5	4.4
65-69 years	159	6.0	5.6	2.0	47	9.7	9.7	0.5	14	18.7	18.7	0.0	88	6.8	6.1	2.7
70-74 years	185	4.6	4.4	2.6	46	12.2	12.1	2.7	31	9.8	9.1	4.8	91	7.1	6.4	4.4
75-79 years	152	4.3	4.1	1.1	40	8.7	8.5	1.5	23	13.9	14.0	2.3	68	7.2	7.0	1.7
80-84 years	171	3.9	3.7	1.3	58	6.6	6.6	0.0	25	7.6	7.6	4.9	60	6.8	6.7	0.4
85 + years	128	3.9	3.8	1.3	45	5.2	4.5	3.0	20	9.3	8.4	4.0	44	8.4	8.3	1.2
Total, age adjusted ...	964	2.3	2.0	0.9	281	5.0	4.0	2.4	134	6.2	6.4	1.1	440	3.2	3.0	1.3
Standard errors for females who are overweight or at risk of overweight[1]																
Female																
60-64 years	432	3.2	2.7	2.4	153	5.8	3.5	4.5	50	6.3	7.0	3.3	181	5.0	4.7	3.3
65-69 years	375	3.3	2.8	2.4	135	6.1	6.0	5.5	54	7.4	6.9	4.0	143	4.4	4.5	3.2
70-74 years	351	2.5	2.4	1.1	123	3.9	4.1	2.5	56	9.4	8.3	2.2	140	4.3	4.0	1.2
75-79 years	233	3.4	2.6	3.4	88	6.3	4.7	5.2	46	9.4	6.7	7.7	74	4.4	5.6	4.2
80-84 years	229	2.2	2.0	1.3	94	4.0	3.9	1.6	39	6.5	5.4	5.1	66	4.7	4.7	0.0
85 + years	105	3.4	3.4	2.4	45	4.7	4.7	0.0	14	11.6	11.0	5.2	33	4.7	4.7	2.1
Total, age adjusted ...	1,725	1.4	0.9	1.0	638	2.1	2.2	1.9	259	3.1	3.4	1.6	637	1.8	1.8	1.3

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences, compared to lowest income group, are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). The Bonferroni adjustment was used to adjust for the multiplicity of tests when examining multiple outcome categories.
[1] Sample is limited to persons in the examination sample because height and weight were measured during the MEC exam.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-132—Percent of older adults consuming at least 12 alcoholic beverages in their lifetime

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,182	83.5	1.5	363	72.0	3.7	139	71.6	5.1	568	›››87.9	1.6
65-69 years	1,054	85.2	2.1	322	79.4	4.5	131	80.2	4.2	504	87.5	1.9
70-74 years	1,033	79.7	2.3	294	62.3	4.2	167	›››78.2	3.7	489	›››85.8	2.4
75-79 years	673	77.6	2.8	215	68.0	4.4	120	71.3	5.7	262	›››88.4	2.4
80-84 years	777	70.7	4.0	242	57.6	4.6	130	›› 70.7	6.6	306	›››79.3	4.1
85 + years	404	60.2	4.7	139	48.8	5.3	70	60.5	7.0	146	›››71.2	5.5
Total, age adjusted ...	5,123	78.6	1.6	1,575	67.3	2.0	757	›› 73.5	2.3	2,275	›››85.0	1.6
Male												
60-64 years	590	90.6	2.2	171	84.8	7.8	68	93.3 *	4.2	301	91.9	2.4
65-69 years	539	92.6	1.9	147	92.0 *	4.9	66	97.6 *	2.3	281	92.2 *	2.3
70-74 years	508	91.7	1.7	130	82.6 *	5.5	81	91.9 *	4.4	261	› 93.8 *	1.6
75-79 years	297	91.0 *	2.3	90	85.4 *	3.7	52	85.7 *	5.6	125	›› 96.9 *	1.9
80-84 years	392	85.8	2.6	98	81.6 *	4.9	66	84.2 *	5.7	185	88.7 *	2.7
85 + years	178	79.5 *	2.7	53	68.6 *	7.5	37	74.0 *	7.6	72	84.9 *	4.9
Total, age adjusted ...	2,504	89.7	1.0	689	84.1	2.6	370	89.9	1.8	1,225	›› 92.1	1.1
Female												
60-64 years	592	78.0	2.4	192	63.5	4.2	71	59.3	7.4	267	›››84.4	2.6
65-69 years	515	78.1	3.1	175	71.4	5.7	65	64.8	8.7	223	82.4	3.1
70-74 years	525	70.1	3.2	164	52.3	4.1	86	›› 68.2	4.9	228	›››78.0	3.7
75-79 years	376	68.9	3.9	125	60.5	5.7	68	60.9	9.3	137	›››81.7	3.6
80-84 years	385	61.9	5.6	144	49.6	6.0	64	62.7 *	9.8	121	›› 71.5	6.2
85 + years	226	51.4	6.1	86	41.3 *	6.0	33	52.4 *	10.7	74	›››63.9 *	7.3
Total, age adjusted ...	2,619	70.8	2.4	886	58.9	2.5	387	62.2	3.7	1,050	›››79.0	2.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-133—Percent of older adults consuming at least 12 alcoholic beverages in past year

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,182	41.1	2.7	363	22.6	3.1	139	28.3	5.0	568	›››47.1	3.2
65-69 years	1,054	42.7	3.3	322	25.6	4.4	131	26.8	4.8	504	›››49.7	3.5
70-74 years	1,033	32.5	3.1	294	18.6	3.1	167	19.4	4.1	489	›››40.5	3.9
75-79 years	673	24.6	3.2	215	11.4 *	2.8	120	16.2 *	5.2	262	›››34.5	4.9
80-84 years	777	23.7	4.1	242	8.9 *	2.8	130	12.5 *	4.0	306	›››39.7	6.6
85 + years	404	18.6	3.6	139	6.6 *	1.7	70	13.1 *	3.8	146	›› 32.6	7.5
Total, age adjusted ...	5,123	33.1	2.4	1,575	17.6	1.7	757	21.2	2.8	2,275	›››42.1	3.1
Male												
60-64 years	590	51.8	3.0	171	37.4	6.4	68	49.8 *	6.5	301	› 56.0	4.0
65-69 years	539	56.2	3.6	147	46.4	8.0	66	37.5 *	7.6	281	60.7	3.9
70-74 years	508	44.1	3.5	130	27.7	7.6	81	38.4 *	6.2	261	›› 48.8	4.0
75-79 years	297	38.4	4.1	90	8.8 *	2.9	52	› 24.4 *	6.1	125	›››52.0	5.6
80-84 years	392	34.4	4.7	98	20.4 *	6.3	66	14.5 *	6.0	185	›››46.2	6.4
85 + years	178	30.1 *	6.1	53	16.0 *	4.3	37	20.6 *	8.5	72	› 39.0 *	10.7
Total, age adjusted ...	2,504	45.2	2.4	689	28.9	3.3	370	34.4	2.6	1,225	›››52.3	3.1
Female												
60-64 years	592	32.9	4.0	192	13.0 *	4.4	71	16.2 *	6.4	267	›››39.2	4.6
65-69 years	515	29.8	3.9	175	12.4 *	3.7	65	17.2 *	7.6	223	›››37.6	5.0
70-74 years	525	23.3	3.4	164	14.1 *	3.0	86	5.5 *	4.0	228	›› 32.3	4.8
75-79 years	376	15.7	3.2	125	12.5 *	3.8	68	10.3 *	5.5	137	20.8 *	5.3
80-84 years	385	17.5	4.4	144	5.0 *	2.2	64	11.2 *	4.7	121	›››34.3	8.2
85 + years	226	13.3 *	3.3	86	3.0 *	1.9	33	8.6 *	5.2	74	›››29.2 *	7.2
Total, age adjusted ...	2,619	24.1	2.7	886	11.2	1.4	387	12.1	3.7	1,050	›››33.1	3.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-134—Mean number drinks consumed on average drinking day, among older adults consuming alcohol in past year

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	432	2.9	0.42	100	3.3	0.34	45	3.0 *	0.52	257	›› 2.3	0.16
65-69 years	374	2.2	0.16	80	2.8 *	0.39	33	2.8 *	0.62	233	› 2.1	0.16
70-74 years	282	2.4	0.37	49	6.5 *	3.98	32	2.2 *	0.50	177	1.8	0.10
75-79 years	154	1.9	0.10	29	2.0 *	0.15	19	2.0 *	0.32	89	1.8	0.13
80-84 years	168	1.8	0.18	27	2.2 *	0.48	14	1.6 *	0.18	108	1.5	0.07
85 + years	73	1.6 *	0.13	11	2.4 *	0.43	10	1.7 *	0.56	44	1.6 *	0.16
Total, age adjusted ...	1,483	2.2	0.12	296	3.4	0.76	153	2.4	0.23	908	1.9	0.06
Male												
60-64 years	294	2.9	0.20	80	3.9 *	0.54	35	3.6 *	0.74	163	2.7	0.24
65-69 years	274	2.5	0.22	63	3.0 *	0.50	27	3.2 *	0.85	164	2.4	0.24
70-74 years	192	2.9	0.65	33	11.0 *	7.04	29	2.5 *	0.48	117	2.1	0.15
75-79 years	107	2.0	0.14	17	2.9 *	0.53	14	2.0 *	0.32	63	2.0 *	0.20
80-84 years	120	2.1	0.29	21	2.9 *	0.77	10	1.7 *	0.20	76	1.6 *	0.09
85 + years	47	1.9 *	0.21	7	2.7 *	0.55	7	› 1.4 *	0.28	25	2.0 *	0.32
Total, age adjusted ...	1,034	2.5	0.14	221	4.7 *	1.43	122	2.6	0.28	608	2.2	0.08
Female												
60-64 years	138	2.9 *	0.91	20	2.3 *	0.46	10	2.0 *	0.46	94	1.8	0.12
65-69 years	100	1.6	0.08	17	2.1 *	0.35	6	2.0 *	0.22	69	1.5 *	0.09
70-74 years	90	1.6	0.07	16	2.2 *	0.28	3	››› 1.0 *	0.00	60	› 1.5 *	0.08
75-79 years	47	1.6 *	0.14	12	1.8 *	0.15	5	2.0 *	0.95	26	1.6 *	0.15
80-84 years	48	1.4 *	0.07	6	1.3 *	0.21	4	1.5 *	0.27	32	1.4 *	0.08
85 + years	26	1.4 *	0.15	4	1.7 *	0.54	3	2.2 *	1.04	19	1.2 *	0.15
Total, age adjusted ...	449	1.8	0.22	75	2.0 *	0.13	31	1.8 *	0.25	300	›› 1.5	0.06

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-135—Percent of older adults who ever smoked[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,210	59.7	3.0	378	58.5	4.7	143	58.8	5.6	574	60.3	3.9
65-69 years	1,099	60.8	1.8	340	56.2	4.6	135	60.2	6.4	521	62.6	2.6
70-74 years	1,065	57.3	2.4	307	48.9	4.4	171	59.5	4.0	499	› 60.1	2.9
75-79 years	686	49.4	2.1	220	44.5	3.9	121	46.4	5.8	267	› 54.5	2.7
80-84 years	814	42.4	2.5	262	36.4	3.9	132	36.8	5.3	315	› 48.7	3.8
85 + years	428	28.2	2.4	150	30.3	4.1	74	29.8	4.8	150	31.3	3.4
Total, age adjusted ...	5,302	53.0	1.2	1,657	48.8	1.8	776	52.1	2.5	2,326	› 55.8	1.9
Male												
60-64 years	606	69.2	4.0	179	66.4	7.9	71	74.0 *	6.8	304	68.8	4.8
65-69 years	560	74.8	2.5	154	71.1	7.0	67	82.7 *	5.8	290	73.4	3.3
70-74 years	524	75.7	2.9	136	69.2	7.2	83	78.5 *	6.4	268	76.2	3.2
75-79 years	299	75.3	3.0	90	72.1	7.4	52	70.6 *	7.7	125	75.1	4.5
80-84 years	410	62.7	3.1	107	63.2	5.7	68	70.3 *	5.9	189	61.8	4.0
85 + years	188	58.6	4.9	57	69.8 *	7.7	38	59.0 *	9.3	73	56.7	6.4
Total, age adjusted ...	2,587	70.9	1.6	723	68.8	3.3	379	74.3	2.6	1,249	70.3	1.9
Female												
60-64 years	604	52.6	3.5	199	53.6	4.6	72	49.9 *	8.6	270	52.9	4.8
65-69 years	539	47.8	3.3	186	47.0	7.2	68	40.6 *	9.1	231	51.0	4.7
70-74 years	541	42.8	2.7	171	38.7	5.1	88	45.7	6.2	231	44.2	3.9
75-79 years	387	32.7	2.9	130	33.0	6.0	69	29.0 *	8.2	142	38.7	4.4
80-84 years	404	30.6	3.5	155	27.2	4.9	64	16.2 *	5.4	126	37.9	6.3
85 + years	240	14.5	3.1	93	15.6 *	4.8	36	12.6 *	5.1	77	18.1 *	4.6
Total, age adjusted ...	2,715	40.5	1.7	934	39.6	2.4	397	36.6	3.5	1,077	43.6	2.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Persons are identified as "ever smoking" if they report smoking at least 100 cigarettes during their entire life.

Source: NHANES-III, 1988-94: Adult Interview file and Examination file. Sample for table contains persons completing an MEC exam. The 'All older adults' column includes persons with missing income.

Table D-136—Percent of older adults smoking cigarettes in past 5 days[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,183	23.7	2.1	365	33.7	4.5	139	27.4	4.8	568	› 20.7	2.9
65-69 years	1,054	19.4	2.0	322	25.0	4.4	131	26.5	5.2	504	17.4	2.3
70-74 years	1,033	12.9	1.6	294	16.1	3.1	167	18.0	4.7	489	9.9	2.0
75-79 years	672	10.8	1.3	214	10.3 *	2.9	120	7.8 *	2.5	262	12.1	2.4
80-84 years	780	7.4	1.2	244	9.6 *	2.3	130	› 3.8 *	1.4	307	7.0	1.8
85 + years	409	4.0 *	1.1	140	5.9 *	2.4	71	1.8 *	1.5	148	4.1 *	1.8
Total, age adjusted ...	5,131	15.0	0.9	1,579	19.5	1.9	758	17.3	1.9	2,278	›› 13.5	1.1
Male												
60-64 years	590	21.3	3.3	172	26.2	6.4	68	23.6 *	8.2	301	19.4	4.1
65-69 years	538	23.7	3.6	146	31.4	7.4	66	43.3 *	8.2	281	20.0	3.6
70-74 years	508	14.2	2.1	130	22.0	6.1	81	19.7 *	5.9	261	11.9	2.3
75-79 years	296	13.0	2.2	89	14.0 *	4.0	52	7.7 *	4.0	125	13.2 *	3.3
80-84 years	394	7.4	1.3	99	13.6 *	4.4	66	7.7 *	2.7	186	4.8 *	1.6
85 + years	180	6.4 *	2.0	53	8.8 *	4.4	37	4.7 *	3.7	73	7.3 *	3.3
Total, age adjusted ...	2,506	16.2	1.2	689	21.5	2.6	370	20.8	3.7	1,227	› 14.4	1.3
Female												
60-64 years	593	25.5	2.6	193	38.6	5.9	71	29.6 *	8.0	267	› 21.9	3.1
65-69 years	516	15.4	2.1	176	21.0	5.5	65	11.7 *	4.4	223	14.6	2.9
70-74 years	525	11.8	1.6	164	13.2 *	3.6	86	16.8 *	6.8	228	8.0 *	2.6
75-79 years	376	9.3	2.1	125	8.7 *	4.0	68	8.0 *	3.9	137	11.3 *	3.4
80-84 years	386	7.4	1.5	145	8.2 *	3.0	64	› 1.4 *	1.4	121	8.9 *	2.6
85 + years	229	2.9 *	1.2	87	4.9 *	2.8	34	0.0 *	0.0	75	2.5 *	1.7
Total, age adjusted ...	2,625	14.1	1.0	890	18.7	2.2	388	14.0	2.8	1,051	› 12.7	1.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Persons who smoked in past 5 days may include persons having smoked less than 100 cigarettes in entire life.

Source: NHANES-III, 1988-94: Adult Interview file and Examination file. Sample for table contains persons completing an MEC exam. The 'All older adults' column includes persons with missing income.

Table D-137—Percent of older adults smoking pipes, cigars or chewed tobacco in past 5 days

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,184	5.1	0.7	365	8.7	2.6	139	8.0 *	3.3	568	4.2	0.7
65-69 years	1,055	5.7	1.0	323	9.5	3.9	131	6.0 *	2.1	504	5.1	1.1
70-74 years	1,033	6.0	1.0	294	7.3 *	2.1	167	7.3 *	2.8	489	4.9	1.2
75-79 years	673	7.1	1.4	215	13.4 *	3.5	120	6.5 *	3.0	262	›› 3.6 *	1.1
80-84 years	780	6.5	1.5	244	11.8 *	3.9	130	› 3.6 *	1.0	307	3.7 *	1.4
85 + years	410	7.1	1.6	141	9.0 *	3.0	71	4.6 *	2.5	148	6.4 *	2.6
Total, age adjusted ...	5,135	6.1	0.5	1,582	9.7	1.7	758	6.4	1.0	2,278	›› 4.6	0.6
Male												
60-64 years	591	9.7	1.7	172	16.0 *	5.4	68	21.4 *	7.7	301	7.4	1.4
65-69 years	539	8.6	1.7	147	5.6 *	2.7	66	9.5 *	3.9	281	9.4	2.1
70-74 years	508	12.0	1.8	130	13.6 *	4.2	81	15.9 *	5.4	261	9.7	2.3
75-79 years	297	14.3	3.0	90	31.0 *	7.3	52	14.5 *	6.6	125	›› 8.0 *	2.4
80-84 years	394	11.2	2.0	99	22.2 *	5.2	66	› 6.2 *	2.6	186	› 8.2 *	2.8
85 + years	180	14.4	2.8	53	22.0 *	8.7	37	9.6 *	5.8	73	12.5 *	3.3
Total, age adjusted ...	2,509	11.2	1.0	691	17.0	2.1	370	14.0	1.9	1,227	›››8.9	1.1
Female												
60-64 years	593	1.6 *	0.3	193	4.0 *	2.0	71	0.5 *	0.5	267	1.4 *	0.8
65-69 years	516	3.0 *	1.4	176	11.9 *	6.0	65	3.0 *	3.0	223	0.4 *	0.3
70-74 years	525	1.2 *	0.4	164	4.2 *	1.9	86	0.9 *	0.7	228	› 0.2 *	0.1
75-79 years	376	2.5 *	0.9	125	5.9 *	2.2	68	› 0.7 *	0.5	137	0.2 *	0.1
80-84 years	386	3.8 *	1.8	145	8.4 *	4.5	64	2.0 *	1.6	121	0.0	0.0
85 + years	230	3.9 *	1.7	88	4.3 *	2.2	34	1.6 *	1.6	75	3.3 *	3.3
Total, age adjusted ...	2,626	2.4	0.4	891	6.5	1.8	388	› 1.4 *	0.7	1,051	›› 0.8 *	0.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult Interview file and Examination file. Sample for table contains persons completing an MEC exam. The 'All older adults' column includes persons with missing income.

Table D-138—Mean number cigarettes smoking in past 5 days by cigarette smokers[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean # Cigarettes	Standard Error	Sample size	Mean # Cigarettes	Standard Error	Sample size	Mean # Cigarettes	Standard Error	Sample size	Mean # Cigarettes	Standard Error
Both sexes												
60-64 years	302	92.8	5.9	120	84.3 *	12.9	36	84.3 *	6.3	119	96.5	7.1
65-69 years	222	92.8	6.2	84	90.8 *	13.3	32	126.6 *	13.8	88	88.6	7.0
70-74 years	142	75.5	6.6	55	63.2 *	9.0	24	96.6 *	24.5	50	72.2 *	6.4
75-79 years	78	60.7 *	4.8	28	66.0 *	13.0	13	52.1 *	14.5	29	58.7 *	6.6
80-84 years	54	50.9 *	8.7	21	24.6 *	7.7	7	59.7 *	22.7	18	›››67.8 *	11.3
85 + years	19	42.8 *	7.6	7	25.5 *	13.0	2	51.6 *	9.4	9	› 58.2 *	8.0
Total, age adjusted ...	817	75.0	2.8	315	66.6	5.1	114	84.5	7.2	313	› 77.3	3.4
Male												
60-64 years	162	104.8	8.9	63	59.1 *	15.5	19	96.8 *	12.4	66	›› 115.9	9.3
65-69 years	143	103.4	7.9	54	102.4 *	14.8	24	128.4 *	17.1	53	97.0	10.5
70-74 years	87	84.3	11.0	36	81.2 *	16.4	14	122.1 *	45.7	33	73.2 *	8.4
75-79 years	45	72.6 *	8.6	19	71.4 *	22.0	6	93.1 *	6.6	15	66.8 *	12.2
80-84 years	31	66.8 *	8.9	12	49.4 *	6.7	6	71.8 *	26.3	9	› 87.6 *	15.8
85 + years	13	37.6 *	10.5	4	8.0 *	4.1	2	›››51.6 *	9.4	7	›››53.9 *	13.0
Total, age adjusted ...	481	84.9	4.2	188	68.5	7.7	71	› 100.7	10.5	183	86.8	4.8
Female												
60-64 years	140	85.2	7.3	57	95.5 *	15.8	17	78.7 *	10.9	53	81.5	9.8
65-69 years	79	77.4 *	6.8	30	79.7 *	17.4	8	120.9 *	15.6	35	76.0 *	7.5
70-74 years	55	67.1 *	7.5	19	48.6 *	13.3	10	74.6 *	13.8	17	70.9 *	9.1
75-79 years	33	50.1 *	6.3	9	62.3 *	15.6	7	23.4 *	13.0	14	51.4 *	6.9
80-84 years	23	41.7 *	11.9	9	10.9 *	3.9	1	› 20.0 *	0.0	9	›› 58.9 *	16.0
85 + years	6	48.0 *	12.3	3	37.0 *	20.2	0	–	–	2	64.7 *	7.1
Total, age adjusted ...	336	66.1	4.1	127	63.1	7.0	43	70.6 *	6.4	130	69.4	4.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Persons are identified as smokers if they reported smoking cigarettes in the past 5 days.
– Data not available.

Source: NHANES-III, 1988-94: Adult Interview file and Examination file. Sample for table contains persons completing an MEC exam. The 'All older adults' column includes persons with missing income.

Table D-139—Mean age became regular smoker: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean Age	Standard Error	Sample size	Mean Age	Standard Error	Sample size	Mean Age	Standard Error	Sample size	Mean Age	Standard Error
Both sexes												
60-64 years	703	18.5	0.3	219	18.0	0.6	78	18.3	1.4	342	18.8	0.5
65-69 years	617	18.5	0.3	177	19.6	1.1	79	17.9	0.9	303	18.4	0.5
70-74 years	567	19.4	0.4	152	19.0	1.2	95	18.8	0.8	276	19.5	0.6
75-79 years	324	19.4	0.5	103	21.9	1.7	52	19.3	1.6	136	› 18.3	0.5
80-84 years	359	21.3	0.8	100	23.9	2.9	61	20.4	1.0	152	20.2	0.9
85 + years	135	21.7	0.9	45	22.3 *	1.7	27	20.6 *	2.3	53	21.8 *	1.1
Total, age adjusted ...	2,705	19.4	0.2	796	20.2	0.6	392	18.9	0.5	1,262	19.2	0.3
Male												
60-64 years	433	16.7	0.4	133	15.9	0.5	47	16.5 *	1.4	214	17.0	0.5
65-69 years	407	16.6	0.4	111	16.2	1.0	53	13.9	0.6	205	17.2	0.5
70-74 years	385	16.8	0.3	105	15.8	1.5	65	15.6	0.5	190	17.2	0.4
75-79 years	211	17.0	0.5	63	17.6 *	0.8	34	16.8 *	1.4	89	16.5	0.6
80-84 years	252	18.6	0.6	62	17.4 *	1.2	49	19.0	0.9	114	18.9	0.8
85 + years	104	18.2	0.6	33	17.4 *	1.5	22	17.4 *	1.3	41	19.1 *	0.9
Total, age adjusted ...	1,792	17.1	0.2	507	16.5	0.4	270	16.2	0.5	853	› 17.4	0.3
Female												
60-64 years	270	20.4	0.5	86	19.8	0.7	31	19.8 *	2.5	128	20.8	0.8
65-69 years	210	21.2	0.6	66	22.6 *	1.3	26	24.9 *	2.3	98	20.4	0.8
70-74 years	182	22.9	0.7	47	21.8 *	1.5	30	22.7 *	1.1	86	23.2	1.0
75-79 years	113	23.1	1.0	40	25.7 *	2.6	18	23.9 *	2.7	47	21.1 *	1.0
80-84 years	107	24.4	1.5	38	28.7 *	4.2	12	24.3 *	2.6	38	21.9 *	1.0
85 + years	31	28.3 *	1.6	12	30.2 *	3.7	5	28.6 *	5.5	12	26.9 *	2.6
Total, age adjusted ...	913	22.7	0.4	289	23.7	0.9	122	23.4	1.0	409	21.9	0.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Persons are identified as smokers if they reported smoking cigarettes, cigars, pipes, or chewing tobacco in the past 5 days.

Source: NHANES-III, 1988-94: Adult Interview file and Examination file. Sample for table contains persons completing an MEC exam. The 'All older adults' column includes persons with missing income.

Table D-140—Percent of nonsmoking older adults exposed to second hand smoke at home[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	821	11.9	1.5	227	28.2	5.5	94	29.1	8.0	420	›››6.6	1.6
65-69 years	779	9.0	1.5	216	12.0 *	4.0	91	11.3 *	4.7	395	7.8	1.6
70-74 years	830	8.3	1.3	216	10.7 *	3.2	131	11.3 *	3.4	419	6.6	1.4
75-79 years	539	8.0	1.7	159	7.1 *	2.3	101	6.8 *	2.2	218	7.9 *	2.9
80-84 years	663	6.2	1.0	192	6.2 *	1.7	115	4.2 *	2.2	274	6.9 *	1.4
85 + years	354	4.8 *	1.5	116	7.0 *	2.7	64	4.5 *	2.8	130	3.5 *	1.4
Total, age adjusted ...	3,986	8.7	0.7	1,126	13.6	1.8	596	13.3	2.6	1,856	›››6.8	0.8
Male												
60-64 years	384	12.6	2.6	97	19.4 *	7.8	41	34.2 *	11.1	213	8.5 *	2.5
65-69 years	358	12.1	2.9	82	15.9 *	8.4	35	25.6 *	13.5	210	9.6	3.0
70-74 years	375	8.9 *	1.6	81	7.6 *	3.4	57	15.8 *	5.8	210	7.8 *	1.8
75-79 years	213	6.6 *	1.8	55	8.6 *	5.0	41	11.0 *	4.1	96	5.5 *	2.9
80-84 years	319	7.7 *	1.6	68	10.0 *	4.9	54	5.6 *	2.4	162	7.6 *	2.1
85 + years	142	5.5 *	2.2	38	12.0 *	5.2	31	8.5 *	5.8	58	› 0.0 *	0.0
Total, age adjusted ...	1,791	9.6	0.9	421	12.9	2.9	259	19.6	3.6	949	7.2	1.1
Female												
60-64 years	437	11.3	1.8	130	34.2 *	7.9	53	26.6 *	8.8	207	›››5.0 *	1.6
65-69 years	421	6.5 *	1.2	134	9.7 *	3.5	56	4.2 *	3.6	185	6.1 *	1.4
70-74 years	455	7.8	1.8	135	11.9 *	4.1	74	8.6 *	4.4	209	5.5 *	1.7
75-79 years	326	8.7 *	2.4	104	6.7 *	2.2	60	4.2 *	2.6	122	9.6 *	4.5
80-84 years	344	5.3 *	1.7	124	5.2 *	2.0	61	3.4 *	3.1	112	6.3 *	2.5
85 + years	212	4.6 *	1.6	78	5.7 *	3.0	33	2.5 *	2.5	72	5.1 *	2.0
Total, age adjusted ...	2,195	7.9	0.8	705	14.5	2.3	337	10.0	2.5	907	›››6.2	1.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Persons are identified as nonsmokers if they answered no to all four types of nicotine exposure in past 5 days: cigarettes, cigars or pipes, chewing tobacco or snuff, and nicotine gum.

Source: NHANES-III, 1988-94: Examination sample. Smokers are identified from the MEC file; exposure is determined from the adult and youth interview files. The 'All older adults' column includes persons with missing income.

Table D-141—Mean number cigarettes smoked per day in households where nonsmoking older adults reside with smokers[1,2]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean # Cigarettes	Standard Error	Sample size	Mean # Cigarettes	Standard Error	Sample size	Mean # Cigarettes	Standard Error	Sample size	Mean # Cigarettes	Standard Error
Both sexes												
60-64 years	137	15.7	1.4	57	15.5 *	2.6	24	› 21.8 *	2.8	40	10.3 *	1.4
65-69 years	102	15.7	1.4	34	19.8 *	1.5	14	17.3 *	5.1	41	› 14.7 *	1.6
70-74 years	88	14.7 *	1.6	28	17.7 *	2.7	17	15.6 *	2.3	35	13.2 *	2.1
75-79 years	44	13.7 *	1.7	15	11.7 *	3.7	9	20.3 *	6.1	15	13.1 *	1.5
80-84 years	48	17.1 *	2.9	20	15.1 *	4.2	5	21.1 *	3.1	19	18.6 *	4.8
85 + years	23	19.0 *	4.5	12	12.2 *	3.6	3	28.4 *	10.8	5	10.9 *	2.5
Total, age adjusted ...	442	15.6	0.8	166	15.8	1.2	72	19.9 *	2.1	155	13.2	0.8
Male												
60-64 years	60	18.5 *	2.0	20	24.1 *	2.6	10	25.7 *	5.0	22	›››12.9 *	1.9
65-69 years	49	15.8 *	1.6	12	19.9 *	2.2	9	21.1 *	5.5	23	14.5 *	2.1
70-74 years	43	13.3 *	1.7	10	12.5 *	2.0	9	11.2 *	2.2	20	13.9 *	2.6
75-79 years	15	22.5 *	3.2	4	28.0 *	4.9	6	27.0 *	5.3	5	17.3 *	3.2
80-84 years	25	16.6 *	4.9	8	4.8 *	0.6	3	›› 16.4 *	4.2	11	20.9 *	8.9
85 + years	10	21.0 *	6.2	6	13.8 *	2.6	2	37.7 *	12.4	0	–	–
Total, age adjusted ...	202	17.6	1.5	60	18.6 *	1.0	39	22.3 *	2.2	81	› 15.2	1.4
Female												
60-64 years	77	13.4 *	1.8	37	12.3 *	2.8	14	› 19.3 *	3.1	18	6.8 *	1.5
65-69 years	53	15.6 *	2.1	22	19.6 *	3.0	5	›››5.6 *	0.4	18	15.1 *	2.9
70-74 years	45	15.7 *	2.3	18	19.0 *	3.2	8	20.3 *	2.6	15	12.4 *	2.5
75-79 years	29	9.6 *	1.1	11	6.5 *	1.2	3	8.1 *	4.3	10	›› 11.4 *	1.2
80-84 years	23	17.6 *	3.1	12	20.4 *	5.6	2	25.2 *	5.4	8	16.1 *	2.3
85 + years	13	18.0 *	6.2	6	11.2 *	5.4	1	12.0 *	0.0	5	10.9 *	2.5
Total, age adjusted ...	240	14.6	1.0	106	14.9	1.5	33	14.8 *	1.5	74	› 11.8	0.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.

Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

[1] Persons are identified as nonsmokers if they answered no to all four types of nicotine exposure in past 5 days: cigarettes, cigars or pipes, chewing tobacco or snuff, and nicotine gum.

[2] Persons are identified as smokers if they reported smoking cigarettes in the past 5 days.

– Data not available.

Source: NHANES-III, 1988-94: Examination sample. Smokers are identified from the MEC file; exposure is determined from the adult and youth interview files. The 'All older adults' column includes persons with missing income.

Table D-142—Percent of nonsmoking older adults with high serum cotinine levels [1,2]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	782	58.1	2.9	215	75.3	4.9	90	59.4	9.9	403	›› 54.9	4.1
65-69 years	727	56.4	3.7	199	62.8	6.8	89	50.9	7.5	372	56.4	4.1
70-74 years	783	52.8	3.1	198	56.2	5.4	124	53.6	6.1	399	53.6	3.8
75-79 years	495	49.9	2.9	141	57.5 *	4.8	94	53.7	6.8	205	46.6	4.0
80-84 years	613	43.8	3.8	173	49.4	5.6	102	40.1	5.5	260	38.1	5.3
85 + years	331	38.9	5.2	102	44.7 *	6.7	59	47.2 *	7.2	126	30.6	6.2
Total, age adjusted ...	3,731	52.0	2.1	1,028	60.4	2.7	558	› 52.4	3.1	1,765	›››49.5	2.4
Male												
60-64 years	368	64.5	4.0	93	78.8 *	8.2	40	73.0 *	12.0	205	62.1	5.6
65-69 years	335	61.7	5.5	74	66.2 *	11.3	34	64.6 *	11.1	200	60.5	5.7
70-74 years	352	54.9	4.3	72	49.8 *	10.5	56	46.9 *	11.6	199	57.4	4.8
75-79 years	196	55.8	4.1	49	54.0 *	8.8	38	57.5 *	9.6	89	54.1 *	6.1
80-84 years	300	47.3	2.9	64	46.2 *	7.3	49	40.4 *	5.5	153	49.1	4.3
85 + years	130	43.5 *	6.6	32	58.4 *	10.5	28	50.3 *	10.7	55	34.3 *	8.5
Total, age adjusted ...	1,681	56.8	2.2	384	61.1	4.5	245	58.0	4.5	901	55.5	2.5
Female												
60-64 years	414	53.2	3.2	122	73.0 *	5.6	50	53.0 *	9.7	198	›››48.8	4.2
65-69 years	392	52.0	4.2	125	60.9 *	7.5	55	44.5 *	10.3	172	52.4	5.3
70-74 years	431	51.3	3.5	126	58.8 *	5.7	68	57.7 *	7.8	200	50.3	4.5
75-79 years	299	46.7	3.3	92	58.5 *	6.5	56	51.4 *	7.6	116	› 41.5	4.4
80-84 years	313	41.8	4.8	109	50.3 *	6.2	53	39.8 *	8.1	107	›› 29.4	6.8
85 + years	201	37.2	5.7	70	41.2 *	7.6	31	45.6 *	9.8	71	28.8 *	7.0
Total, age adjusted ...	2,050	48.8	2.3	644	59.9	2.6	313	›› 49.8	3.3	864	›››44.7	2.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Persons are identified as nonsmokers if they answered no to all four types of nicotine exposure in past 5 days: cigarettes, cigars or pipes, chewing tobacco or snuff, and nicotine gum.
[2] High serum cotinine level is defined as > 0.10 ng/dL. Source: *Healthy People 2010* (U.S. DHHS, 2000a).

Source: NHANES-III, 1988-94: Examination sample. Smokers are identified from the MEC file; exposure is determined from the adult and youth interview files. The 'All older adults' column includes persons with missing income.

Table D-143—Percent of older adults talking on telephone with family, friends, neighbors every day, on average

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,335	54.6	2.4	415	51.1	3.7	158	› 64.9	5.4	629	54.7	2.9
65-69 years	1,251	58.3	1.7	382	58.3	4.9	151	61.6	5.3	594	58.3	2.6
70-74 years	1,269	56.2	2.2	364	57.1	4.6	204	47.8	4.5	584	58.9	2.6
75-79 years	869	53.9	2.4	282	57.6	3.7	147	54.3	6.4	324	52.6	3.3
80-84 years	1,121	54.9	2.1	362	58.3	3.1	178	50.7	4.7	410	54.8	2.6
85 + years	679	51.4	2.4	229	51.0	4.7	106	57.8	6.4	216	51.6	3.5
Total, age adjusted ...	6,524	55.3	1.3	2,034	55.6	2.1	944	57.0	2.3	2,757	55.6	1.5
Male												
60-64 years	665	44.2	3.2	194	36.1	6.7	76	48.2 *	9.3	337	45.9	3.4
65-69 years	618	45.3	2.8	170	45.3	6.9	71	44.0 *	7.7	321	44.6	3.5
70-74 years	603	39.9	2.6	149	31.1	5.0	102	29.4	5.9	304	› 44.4	3.3
75-79 years	375	29.1	4.1	112	31.6	7.4	62	23.0 *	7.2	156	33.1	5.0
80-84 years	535	35.0	3.0	143	32.7	5.6	88	29.9	5.4	233	39.9	4.1
85 + years	279	32.0	2.4	78	33.0 *	5.1	53	29.6 *	7.9	106	34.1	3.9
Total, age adjusted ...	3,075	39.0	1.7	846	35.7	3.0	452	35.9	4.0	1,457	41.5	2.0
Female												
60-64 years	670	63.1	2.7	221	60.8	5.1	82	74.4	6.0	292	63.0	3.9
65-69 years	633	69.8	2.4	212	66.2	6.9	80	75.1 *	5.4	273	72.3	3.8
70-74 years	666	68.4	2.6	215	68.4	5.5	102	62.8	6.5	280	72.6	3.1
75-79 years	494	70.3	2.3	170	68.7	4.5	85	74.6	5.8	168	69.8	3.8
80-84 years	586	66.2	2.1	219	67.7	3.1	90	64.1	5.5	177	66.6	3.3
85 + years	400	60.4	3.3	151	57.3	5.4	53	› 75.8 *	6.7	110	62.2	4.8
Total, age adjusted ...	3,449	66.8	1.4	1,188	65.1	2.7	492	71.4	2.7	1,300	68.2	1.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-144—Percent of older adults visiting friends or relatives at least once a week, on average

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,342	72.7	2.5	417	69.4	4.1	159	71.8	6.8	631	73.3	2.7
65-69 years	1,263	75.1	1.3	389	65.0	3.5	153	76.4	4.6	597	›› 76.6	2.0
70-74 years	1,273	74.7	1.5	366	74.3	3.2	206	›› 62.3	3.6	584	77.7	2.1
75-79 years	873	71.9	2.3	282	66.8	4.0	148	71.6	5.4	327	› 77.8	3.4
80-84 years	1,131	71.5	1.8	366	68.6	3.4	179	75.7	5.0	412	73.5	2.5
85 + years	689	68.4	2.6	232	67.6	4.4	109	61.1	3.9	219	73.4	4.2
Total, age adjusted ...	6,571	72.9	1.2	2,052	68.8	2.0	954	70.3	2.8	2,770	›› 75.6	1.4
Male												
60-64 years	670	69.4	3.3	194	68.6	5.4	77	59.9	11.4	339	69.9	3.6
65-69 years	626	71.7	2.5	174	71.8	5.3	72	79.1 *	6.2	324	69.5	3.4
70-74 years	609	72.3	2.1	152	73.9	4.4	104	› 56.2	4.6	305	75.9	2.7
75-79 years	379	68.7	3.4	112	54.5	6.5	63	64.8 *	8.4	159	›› 79.3	3.8
80-84 years	539	68.0	2.2	144	66.9	5.4	89	70.3	6.3	233	70.7	3.1
85 + years	284	66.5	3.3	80	69.6 *	6.2	55	55.5 *	7.4	107	71.0	4.1
Total, age adjusted ...	3,107	69.9	1.5	856	67.9	2.4	460	64.7	3.5	1,467	72.7	1.7
Female												
60-64 years	672	75.4	2.6	223	69.9	5.6	82	78.6 *	6.7	292	76.5	3.0
65-69 years	637	78.1	2.0	215	60.9	5.5	81	74.2	7.9	273	›››84.0	2.6
70-74 years	664	76.5	2.0	214	74.4	4.4	102	67.4	4.4	279	79.4	3.0
75-79 years	494	74.1	2.6	170	72.1	4.7	85	75.9	5.6	168	76.5	4.2
80-84 years	592	73.5	2.3	222	69.2	4.0	90	79.3 *	5.6	179	75.7	3.4
85 + years	405	69.3	3.3	152	66.9	5.2	54	64.7 *	6.3	112	74.9	5.5
Total, age adjusted ...	3,464	75.2	1.2	1,196	68.9	2.7	494	73.8	2.8	1,303	›› 78.4	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-145—Percent of older adults visiting neighbors at least once a week, on average

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,341	36.8	2.0	416	47.8	4.6	159	40.1	5.6	631	›› 33.2	2.6
65-69 years	1,262	43.0	2.4	388	44.1	5.0	153	53.6	5.3	597	41.6	2.9
70-74 years	1,276	40.0	2.2	368	50.3	4.1	206	37.2	5.4	585	›››37.2	2.9
75-79 years	874	41.1	2.4	282	41.7	4.6	149	38.5	5.4	327	44.7	3.6
80-84 years	1,130	44.8	2.6	366	45.7	3.4	179	45.6	5.5	412	43.3	4.0
85 + years	692	41.3	2.5	233	42.9	4.5	109	38.3	3.7	219	41.5	5.5
Total, age adjusted ...	6,575	40.7	1.2	2,053	45.8	2.3	955	42.5	2.8	2,771	› 39.5	1.4
Male												
60-64 years	669	36.4	2.6	193	47.4	6.5	77	47.7	8.1	339	33.5	2.8
65-69 years	626	41.9	3.3	174	47.0	7.6	72	47.2	5.9	324	39.5	4.1
70-74 years	610	38.3	2.3	153	43.5	5.9	104	44.5	7.1	305	34.0	3.3
75-79 years	379	38.2	3.5	112	33.5 *	6.8	63	28.8 *	7.3	159	46.7	5.4
80-84 years	538	39.8	3.1	144	44.2	4.1	89	36.7	7.1	233	39.2	4.3
85 + years	286	38.3	3.3	82	40.1 *	7.9	55	43.3 *	8.1	107	36.4	6.6
Total, age adjusted ...	3,108	38.8	1.2	858	43.2	2.6	460	42.3	3.8	1,467	37.9	1.5
Female												
60-64 years	672	37.2	2.7	223	48.0	5.6	82	35.8	7.5	292	› 33.0	3.5
65-69 years	636	43.9	3.0	214	42.4	6.0	81	58.5	7.1	273	43.8	4.2
70-74 years	666	41.2	3.0	215	53.4	6.2	102	› 31.0	6.0	280	› 40.4	3.7
75-79 years	495	43.0	3.6	170	45.2	6.2	86	44.7	7.8	168	43.0	5.2
80-84 years	592	47.7	3.0	222	46.3	4.2	90	51.3	5.8	179	46.4	4.7
85 + years	406	42.7	2.8	151	43.9	4.7	54	35.1 *	6.3	112	44.6	5.7
Total, age adjusted ...	3,467	42.0	1.7	1,195	46.8	3.2	495	42.6	2.9	1,304	40.8	2.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-146—Percent of older adults attending church at least once a week, on average

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,342	44.0	2.2	417	42.8	4.5	158	39.3	5.7	632	44.7	3.1
65-69 years	1,260	45.7	2.6	389	41.7	4.3	152	45.6	6.0	596	47.7	3.2
70-74 years	1,275	50.2	2.3	367	42.4	5.4	206	48.3	4.9	585	54.0	3.4
75-79 years	873	49.7	3.0	281	45.5	4.1	149	47.1	6.6	327	54.9	4.3
80-84 years	1,130	47.0	2.4	365	44.5	2.8	179	49.3	3.6	412	49.3	4.5
85 + years	691	37.6	3.1	234	34.3	3.5	109	36.6	4.5	218	44.0	6.4
Total, age adjusted ...	6,571	46.2	1.8	2,053	42.3	2.4	953	44.4	2.4	2,770	›› 49.2	2.4
Male												
60-64 years	671	35.9	2.5	194	29.2	6.8	77	37.1	7.9	340	37.2	3.2
65-69 years	624	36.5	2.7	174	29.2	6.1	71	31.0	6.3	323	40.3	3.4
70-74 years	610	45.6	3.0	153	38.1	6.0	104	41.1	7.0	305	› 51.4	3.6
75-79 years	379	46.3	4.0	112	35.6	5.4	63	37.1 *	9.2	159	›› 53.2	5.7
80-84 years	539	39.9	2.5	144	25.3	3.4	89	›› 43.2	5.0	233	›››46.4	3.9
85 + years	286	33.6	3.8	82	32.6 *	7.2	55	31.0 *	5.3	107	37.1 *	4.5
Total, age adjusted ...	3,109	39.8	1.7	859	31.9	2.8	459	36.7	3.4	1,467	›››44.2	2.1
Female												
60-64 years	671	50.5	2.8	223	51.4	5.5	81	40.5	7.1	292	51.9	4.0
65-69 years	636	53.8	3.4	215	49.3	5.5	81	56.8	7.8	273	55.2	4.4
70-74 years	665	53.8	2.7	214	44.2	7.0	102	54.3	6.2	280	56.4	4.4
75-79 years	494	52.0	3.3	169	49.8	4.8	86	53.6	8.7	168	56.5	4.9
80-84 years	591	51.0	3.1	221	51.5	3.4	90	53.3	4.8	179	51.6	6.0
85 + years	405	39.4	3.9	152	34.9	3.8	54	40.1 *	6.7	111	48.2	8.9
Total, age adjusted ...	3,462	51.1	2.0	1,194	47.8	2.8	494	50.0	3.1	1,303	› 53.8	2.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-147—Percent of older adults belonging to clubs or organizations

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,343	42.3	2.0	417	22.4	3.4	159	28.0	5.4	632	›››50.8	2.8
65-69 years	1,262	46.7	2.0	389	34.2	4.6	153	41.5	5.4	596	›› 50.5	2.5
70-74 years	1,276	42.8	1.9	368	25.5	3.7	206	32.0	4.5	585	›››50.2	2.8
75-79 years	874	39.1	2.3	282	20.8	3.6	149	› 35.5	5.0	327	›››51.4	3.5
80-84 years	1,130	37.2	2.3	365	23.9	3.5	179	› 35.3	4.0	412	›››52.1	3.8
85 + years	693	30.2	3.0	234	18.7	3.4	109	›››35.6	5.2	219	›››38.3	5.0
Total, age adjusted ...	6,578	41.1	1.1	2,055	25.0	1.9	955	›› 34.3	2.2	2,771	›››49.7	1.6
Male												
60-64 years	671	46.0	2.8	194	25.5	5.8	77	24.9 *	7.8	340	›››52.3	3.8
65-69 years	625	47.1	2.8	174	27.6	6.5	72	42.6 *	7.9	323	›› 50.7	3.2
70-74 years	610	44.9	3.1	153	26.0	5.5	104	32.6	6.2	305	›› 50.0	4.5
75-79 years	379	41.2	3.4	112	16.8 *	6.4	63	31.2 *	6.6	159	›››51.6	5.7
80-84 years	538	37.9	2.6	143	16.2 *	3.4	89	›››35.5	5.6	233	›››53.8	4.3
85 + years	286	31.8	3.5	82	15.0 *	4.9	55	›› 34.9 *	7.0	107	›››41.2	4.5
Total, age adjusted ...	3,109	43.0	1.4	858	22.6	2.3	460	› 33.2	3.4	1,467	›››50.5	1.9
Female												
60-64 years	672	39.3	2.4	223	20.4	4.2	82	29.8	5.5	292	›››49.4	3.3
65-69 years	637	46.3	2.5	215	38.3	5.7	81	40.7	7.0	273	50.2	3.3
70-74 years	666	41.1	2.3	215	25.2	4.7	102	31.4	6.0	280	›››50.3	2.9
75-79 years	495	37.7	2.8	170	22.4	4.3	86	› 38.2	5.4	168	›››51.2	4.8
80-84 years	592	36.8	2.8	222	26.7	4.5	90	35.2	5.4	179	›› 50.8	5.1
85 + years	407	29.5	3.4	152	20.0 *	3.7	54	› 36.0 *	7.6	112	› 36.5	6.9
Total, age adjusted ...	3,469	39.6	1.3	1,197	26.0	2.2	495	›› 34.9	2.4	1,304	›››49.0	2.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-148—Percent of older adults attending club or organization meetings at least once a month, on average

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,341	30.0	2.0	417	16.8	3.1	159	21.6	6.1	630	›››35.8	3.0
65-69 years	1,262	31.2	1.8	389	25.7	4.8	153	30.4	6.2	596	32.0	2.2
70-74 years	1,274	29.8	1.8	367	17.5	3.0	206	23.7	4.4	584	›››34.9	2.9
75-79 years	874	27.8	2.0	282	12.5 *	2.5	149	› 24.2	4.1	327	›››39.6	3.4
80-84 years	1,129	25.9	2.7	364	16.0	2.8	179	23.3	4.0	412	›››39.0	4.2
85 + years	694	17.6	2.4	234	12.7 *	2.2	109	19.1 *	4.5	219	›››25.0	4.0
Total, age adjusted ...	6,574	28.2	1.1	2,053	17.6	1.6	955	› 24.2	2.3	2,768	›››34.8	1.7
Male												
60-64 years	669	29.5	3.1	194	13.7 *	4.4	77	16.4 *	7.3	338	›››34.4	4.3
65-69 years	625	26.0	2.7	174	18.7 *	6.1	72	26.2 *	7.2	323	26.0	2.7
70-74 years	609	26.9	2.6	153	13.5 *	5.2	104	21.4 *	5.2	304	›› 31.8	3.9
75-79 years	379	26.0	3.0	112	9.1 *	4.3	63	17.9 *	4.6	159	›››36.2	5.1
80-84 years	539	23.2	2.9	144	10.5 *	3.4	89	› 18.4 *	4.2	233	›››34.6	5.0
85 + years	286	15.3	2.3	82	10.3 *	4.6	55	10.2 *	4.1	107	20.4	3.5
Total, age adjusted ...	3,107	25.6	1.3	859	13.3	1.6	460	19.3	2.9	1,464	›››31.1	1.9
Female												
60-64 years	672	30.5	2.5	223	18.7	4.1	82	24.6 *	7.0	292	›››37.1	3.5
65-69 years	637	35.8	2.7	215	29.9	6.0	81	33.8 *	8.6	273	38.2	3.4
70-74 years	665	31.9	1.9	214	19.3	4.1	102	25.6	5.4	280	›››37.8	2.7
75-79 years	495	29.0	2.4	170	14.0 *	3.0	86	› 28.3 *	4.9	168	›››42.7	4.7
80-84 years	590	27.5	3.0	220	18.0	3.4	90	26.5 *	5.9	179	›››42.5	5.3
85 + years	408	18.8	3.0	152	13.5 *	2.4	54	24.9 *	6.6	112	› 27.8	6.0
Total, age adjusted ...	3,467	30.2	1.3	1,194	19.8	2.0	495	› 27.5	3.0	1,304	›››38.1	2.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-149—Percent of older adults residing at current address 10 years or longer

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,338	62.8	2.5	414	44.1	4.6	158	›››68.1	3.9	631	›››67.3	2.9
65-69 years	1,251	68.2	2.8	387	53.8	5.6	152	› 69.8	4.3	589	›› 72.1	3.8
70-74 years	1,263	68.0	2.3	365	51.2	4.7	201	›› 68.5	4.2	581	›››71.8	3.3
75-79 years	871	69.1	2.0	280	66.5	4.5	149	75.3	5.8	326	70.2	3.0
80-84 years	1,128	70.1	2.3	365	68.3	4.2	179	75.2	4.0	412	70.0	3.4
85 + years	686	68.6	2.2	230	67.3	3.5	109	74.3	4.0	218	67.1	5.1
Total, age adjusted ...	6,537	67.3	1.4	2,041	56.0	2.5	948	›››71.0	1.9	2,757	›››69.9	1.6
Male												
60-64 years	668	63.5	3.4	192	37.5	5.9	77	›› 66.9 *	5.7	339	›››70.1	4.1
65-69 years	619	68.5	2.7	173	56.3	6.7	72	73.2 *	7.6	319	70.3	3.5
70-74 years	602	71.6	3.0	151	59.6	6.9	101	71.5	5.8	303	73.0	3.8
75-79 years	378	73.2	2.6	111	70.0	6.1	63	82.4 *	6.1	159	73.6	4.1
80-84 years	536	73.8	2.5	143	73.1	3.4	89	74.6 *	4.8	233	74.0	3.8
85 + years	283	70.7	2.9	80	74.9 *	6.6	55	64.5 *	6.7	107	70.7 *	4.9
Total, age adjusted ...	3,086	69.5	1.4	850	58.3	2.8	457	›››72.2	2.5	1,460	›››71.8	1.9
Female												
60-64 years	670	62.2	2.8	222	48.3	6.0	81	› 68.8 *	5.5	292	› 64.8	3.6
65-69 years	632	68.0	3.8	214	52.3	7.4	80	67.1 *	6.3	270	› 73.9	5.2
70-74 years	661	65.2	2.6	214	47.6	5.8	100	65.9	6.4	278	›› 70.6	4.1
75-79 years	493	66.4	2.7	169	65.1	5.6	86	70.8 *	8.1	167	67.2	4.2
80-84 years	592	68.0	2.9	222	66.6	5.3	90	75.5 *	5.6	179	67.0	4.6
85 + years	403	67.6	3.1	150	64.5	4.8	54	› 80.7 *	4.8	111	64.8 *	6.5
Total, age adjusted ...	3,451	65.8	1.5	1,191	55.2	2.9	491	›››70.0	2.3	1,297	›››68.4	1.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-150—Percent of older adults residing at current address 20 years or longer

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,338	39.2	2.2	414	24.7	3.9	158	› 41.5	6.8	631	›››43.4	3.0
65-69 years	1,251	49.2	2.4	387	36.1	4.5	152	›› 53.4	5.0	589	›› 52.6	3.3
70-74 years	1,263	49.9	2.8	365	35.2	4.3	201	› 47.6	4.8	581	›› 54.1	4.1
75-79 years	871	50.7	2.2	280	44.4	3.8	149	58.6	6.4	326	51.9	3.4
80-84 years	1,128	50.5	3.1	365	49.4	3.9	179	53.1	3.0	412	48.5	5.8
85 + years	686	48.2	2.1	230	44.8	4.3	109	48.5	5.7	218	47.5	5.9
Total, age adjusted ...	6,537	47.3	1.6	2,041	36.8	2.3	948	›››49.8	2.4	2,757	›››49.7	2.4
Male												
60-64 years	668	40.6	3.5	192	21.9	5.2	77	41.0	9.3	339	›››46.0	4.1
65-69 years	619	48.4	2.7	173	41.3	6.7	72	57.2	8.1	319	49.5	3.9
70-74 years	602	54.0	3.6	151	41.5	8.2	101	54.3	7.0	303	56.2	4.6
75-79 years	378	53.8	3.2	111	55.7 *	6.7	63	57.6 *	7.7	159	53.6	4.8
80-84 years	536	55.2	3.4	143	53.0	3.9	89	58.4	4.7	233	56.0	4.9
85 + years	283	50.8	3.7	80	59.5 *	8.0	55	46.8 *	6.2	107	45.3 *	8.4
Total, age adjusted ...	3,086	49.5	1.8	850	42.1	3.0	457	› 52.1	3.8	1,460	› 50.9	2.6
Female												
60-64 years	670	38.2	2.4	222	26.4	4.3	81	› 41.8	6.7	292	›› 40.8	3.4
65-69 years	632	50.0	3.4	214	33.0	5.3	80	›› 50.5	6.5	270	›››55.9	4.3
70-74 years	661	46.9	2.9	214	32.4	4.0	100	42.0	5.6	278	›› 52.2	4.8
75-79 years	493	48.7	2.8	169	39.7	5.4	86	59.3	8.4	167	50.3	3.6
80-84 years	592	47.8	3.4	222	48.1	4.6	90	49.6	4.3	179	42.7	7.0
85 + years	403	47.0	2.4	150	39.6	5.3	54	49.6 *	8.1	111	48.8	7.0
Total, age adjusted ...	3,451	45.9	1.6	1,191	34.7	2.4	491	›››48.1	2.6	1,297	›››48.6	2.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-151—Percent of older adults with self-reported general health status of very good or excellent

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,344	39.6	2.4	417	16.8	3.8	159	26.7	5.6	632	›››47.7	3.4
65-69 years	1,262	40.3	1.8	387	23.1	4.2	153	36.0	4.5	597	›››45.4	2.6
70-74 years	1,278	36.1	2.1	368	21.6	2.8	207	27.2	3.5	585	›››43.5	3.0
75-79 years	877	28.2	1.9	282	21.0	2.8	148	17.6	3.3	327	›› 35.6	3.5
80-84 years	1,129	30.2	2.0	365	24.3	2.7	179	31.9	4.4	410	›› 38.8	3.8
85 + years	696	32.8	2.2	233	24.4	3.2	108	31.6	5.2	219	›› 41.2	4.3
Total, age adjusted ...	6,586	35.6	1.2	2,052	21.2	1.5	954	›› 28.2	1.9	2,770	›››42.9	1.9
Male												
60-64 years	672	38.9	2.9	194	20.7	6.4	77	23.5 *	6.3	340	›› 44.0	3.9
65-69 years	626	42.4	2.3	174	20.2	5.6	72	32.7 *	7.5	324	›››47.5	3.2
70-74 years	611	34.7	2.3	153	15.9 *	4.6	105	21.8	5.0	305	›››42.6	3.1
75-79 years	381	29.9	3.8	112	21.3 *	6.1	62	14.9 *	5.1	159	› 36.4	5.2
80-84 years	537	27.2	2.2	143	18.0 *	3.6	89	25.4	5.0	232	›› 33.5	3.9
85 + years	285	27.4	2.6	82	22.8 *	5.9	54	24.1 *	6.8	107	36.4	4.9
Total, age adjusted ...	3,112	35.0	1.5	858	19.6	2.3	459	23.9	2.5	1,467	›››41.4	1.9
Female												
60-64 years	672	40.2	2.8	223	14.3	4.0	82	28.5	7.2	292	›››51.2	4.3
65-69 years	636	38.5	2.7	213	25.0	5.4	81	38.5	6.9	273	›› 43.3	4.0
70-74 years	667	37.3	2.8	215	24.1	4.1	102	31.7	5.2	280	›› 44.4	4.5
75-79 years	496	27.1	2.0	170	20.9	3.4	86	19.2 *	5.7	168	› 34.9	5.0
80-84 years	592	31.9	2.5	222	26.6	3.1	90	36.1	6.0	178	› 43.0	5.3
85 + years	411	35.3	3.0	151	25.0	3.4	54	36.4 *	7.2	112	› 44.1	6.3
Total, age adjusted ...	3,474	35.8	1.2	1,194	21.8	2.0	495	›› 31.2	2.4	1,303	›››44.0	2.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-152—Percent of older adults with self-reported general health status of fair or poor

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,344	27.2	2.2	417	54.2	4.7	159	› 36.8	6.1	632	›››18.1	2.0
65-69 years	1,262	26.0	1.8	387	41.2	4.6	153	40.7	5.1	597	›››19.9	2.5
70-74 years	1,278	29.6	1.9	368	49.2	3.5	207	›››29.7	3.9	585	›››22.8	2.1
75-79 years	877	36.6	2.1	282	49.8	3.2	148	41.1	4.9	327	›››26.0	3.1
80-84 years	1,129	36.4	1.6	365	43.6	2.7	179	38.0	5.0	410	›››30.7	2.5
85 + years	696	37.4	2.7	233	45.9	3.3	108	35.9	5.0	219	›› 27.9	4.7
Total, age adjusted ...	6,586	30.9	1.1	2,052	47.9	2.1	954	›››37.0	2.1	2,770	›››23.0	1.0
Male												
60-64 years	672	24.2	2.9	194	52.3	7.0	77	45.0	7.8	340	›››15.5	3.3
65-69 years	626	24.9	1.8	174	45.5	6.6	72	39.6	6.7	324	›››19.5	2.5
70-74 years	611	30.5	2.5	153	54.1	6.5	105	› 32.2	6.8	305	›››25.9	3.2
75-79 years	381	38.8	2.7	112	59.4	6.6	62	44.3 *	7.1	159	›››28.3	3.4
80-84 years	537	41.2	2.8	143	51.4	4.7	89	53.1	5.1	232	›› 33.4	4.1
85 + years	285	38.6	3.5	82	43.4	5.3	54	41.5 *	8.3	107	29.9	6.3
Total, age adjusted ...	3,112	31.1	1.3	858	51.4	2.5	459	› 41.8	3.2	1,467	›››23.7	1.5
Female												
60-64 years	672	29.7	2.7	223	55.5	5.6	82	›› 32.2	6.4	292	›››20.6	2.8
65-69 years	636	27.0	2.8	213	38.6	5.5	81	41.5	6.4	273	›› 20.3	3.9
70-74 years	667	28.9	2.3	215	47.0	5.3	102	› 27.6	5.7	280	›››19.9	2.5
75-79 years	496	35.2	2.8	170	45.8	4.5	86	39.2	7.2	168	›››23.9	4.7
80-84 years	592	33.6	1.8	222	40.8	3.0	90	28.3	6.2	178	› 28.6	3.4
85 + years	411	36.8	3.4	151	46.8	4.2	54	› 32.4 *	7.0	112	› 26.7	5.7
Total, age adjusted ...	3,474	31.0	1.2	1,194	46.4	2.5	495	›››34.0	2.8	1,303	›››22.4	1.3

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-153—Percent of older adults with physician-reported general health status of very good or excellent

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,174	48.5	3.8	363	30.9	4.5	139	44.4 *	6.4	563	›››54.3	4.4
65-69 years	1,057	47.7	4.1	321	30.6	5.7	132	30.8 *	7.1	505	›››54.7	4.7
70-74 years	1,025	40.7	3.9	292	26.3	4.1	165	› 37.7 *	6.0	487	›››45.1	4.2
75-79 years	669	34.3 *	4.3	215	25.3 *	5.1	119	25.1 *	6.7	258	›››44.4 *	4.7
80-84 years	795	30.5	3.7	259	22.0 *	4.7	127	26.4 *	4.6	308	›› 39.5	4.5
85 + years	413	27.8 *	3.8	143	21.2 *	4.7	72	32.2 *	7.0	147	› 37.2 *	5.9
Total, age adjusted ...	5,133	40.6	3.3	1,593	27.2	3.0	754	34.1	4.1	2,268	›››47.8	3.5
Male												
60-64 years	586	50.5 *	4.5	171	39.0 *	7.9	69	43.1 *	8.3	297	53.8 *	5.2
65-69 years	531	43.5 *	5.2	141	20.7 *	5.2	64	20.2 *	6.4	279	›››51.4 *	6.3
70-74 years	505	45.9 *	4.4	129	25.6 *	7.3	80	35.8 *	7.6	262	›››51.6 *	4.7
75-79 years	292	38.3 *	5.4	89	22.8 *	6.8	51	18.5 *	7.0	121	›››51.3 *	6.1
80-84 years	401	31.0 *	4.4	105	12.1 *	4.2	67	› 27.8 *	6.4	185	›››36.8 *	5.3
85 + years	182	26.3 *	4.3	55	19.4 *	7.2	36	20.7 *	5.4	72	34.9 *	6.6
Total, age adjusted ...	2,497	41.8	3.5	690	25.2	3.4	367	29.2	4.6	1,216	›››48.9	3.7
Female												
60-64 years	588	47.1 *	4.0	192	25.9 *	5.1	70	› 45.2 *	6.5	266	›››54.7 *	5.0
65-69 years	526	51.4 *	4.2	180	36.5 *	7.3	68	39.5 *	9.1	226	›› 58.2 *	4.8
70-74 years	520	36.5 *	4.4	163	26.6 *	5.0	85	39.2 *	7.3	225	› 38.6 *	5.5
75-79 years	377	31.8 *	4.3	126	26.4 *	5.3	68	29.9 *	8.0	137	› 39.1 *	5.6
80-84 years	394	30.3 *	4.1	154	25.3 *	5.1	60	25.5 *	6.4	123	› 41.7 *	5.4
85 + years	231	28.5 *	4.3	88	21.9 *	6.1	36	38.6 *	8.8	75	38.4 *	7.2
Total, age adjusted ...	2,636	39.9	3.3	903	27.9	3.4	387	› 37.6	4.1	1,052	›››46.8	3.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-154—Percent of older adults with physician-reported general health status of fair or poor

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,174	14.7	1.5	363	30.8	3.6	139	›› 16.7	3.8	563	›››10.5	1.5
65-69 years	1,057	16.8	2.2	321	31.9	6.0	132	21.4	4.5	505	›› 12.3	2.1
70-74 years	1,025	23.5	2.2	292	36.9	4.0	165	33.5	4.6	487	›››15.8	2.4
75-79 years	669	31.9	2.8	215	45.6	5.6	119	39.6	6.1	258	›››21.2	2.9
80-84 years	795	36.0	3.2	259	47.7	5.3	127	›››30.4	3.3	308	›››28.0	3.7
85 + years	413	36.6	3.8	143	45.1	7.0	72	31.3 *	6.6	147	› 26.6	4.2
Total, age adjusted ...	5,133	24.0	1.5	1,593	37.8	2.9	754	›››27.5	2.4	2,268	›››17.0	1.4
Male												
60-64 years	586	14.4	1.9	171	31.1	6.5	69	24.1 *	7.0	297	›› 10.3	2.1
65-69 years	531	19.4	2.9	141	38.8	8.5	64	29.1 *	7.3	279	› 15.1	3.3
70-74 years	505	22.9	2.6	129	42.1	8.4	80	42.1	6.9	262	›› 13.7	2.8
75-79 years	292	37.1	4.4	89	57.9	8.1	51	44.1 *	8.4	121	›››26.5	5.4
80-84 years	401	35.9	3.9	105	52.5	5.4	67	38.1 *	8.2	185	›››27.8	4.7
85 + years	182	38.0	5.5	55	49.1 *	9.1	36	29.1 *	8.1	72	28.7	7.0
Total, age adjusted ...	2,497	25.3	1.8	690	43.2	3.0	367	› 33.8	3.8	1,216	›››18.2	1.7
Female												
60-64 years	588	15.0	2.0	192	30.6	5.8	70	›› 12.5 *	4.3	266	›› 10.7	2.2
65-69 years	526	14.6	2.4	180	27.8	6.9	68	15.2 *	6.5	226	›› 9.4	2.2
70-74 years	520	24.0	2.9	163	34.3	4.1	85	27.0	5.4	225	›››17.8	3.7
75-79 years	377	28.6	3.0	126	40.4	6.0	68	36.3 *	7.1	137	›› 17.2	3.9
80-84 years	394	36.1	3.5	154	46.1	5.8	60	›› 25.5 *	4.9	123	›› 28.2	4.0
85 + years	231	36.0	4.2	88	43.7	8.1	36	32.4 *	7.8	75	› 25.4	4.5
Total, age adjusted ...	2,636	23.1	1.7	903	35.2	3.4	387	›››23.0	2.2	1,052	›››16.1	1.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-155—Percent of older adults reporting high blood pressure

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,337	35.1	2.10	414	46.0	3.97	158	39.3	4.05	630	›› 32.1	2.88
65-69 years	1,257	40.5	2.06	387	44.8	3.67	150	47.2	5.66	595	37.6	2.73
70-74 years	1,271	42.5	1.30	366	48.3	3.91	206	41.0	4.28	584	40.9	2.18
75-79 years	872	44.6	1.96	280	51.5	3.26	149	51.2	5.21	326	›› 38.6	2.92
80-84 years	1,119	41.6	1.53	363	46.8	3.13	177	39.3	3.62	407	39.6	2.55
85 + years	691	34.7	2.06	231	33.5	3.76	109	32.8	5.42	217	37.7	3.20
Total, age adjusted ...	6,547	39.8	0.74	2,041	46.0	1.40	949	42.6	1.89	2,759	›››37.3	1.02
Male												
60-64 years	670	31.2	2.69	193	43.3	6.19	77	36.8	5.77	339	› 28.1	3.53
65-69 years	621	36.8	3.35	172	31.4	6.02	71	38.2	10.28	322	37.2	4.44
70-74 years	607	37.3	2.15	152	42.7	5.18	104	33.6	5.14	304	36.9	3.41
75-79 years	378	33.1	2.76	110	28.3	5.70	63	36.7	7.23	158	32.9	3.65
80-84 years	532	31.5	2.31	142	38.9	4.55	87	28.1	4.03	231	32.8	3.38
85 + years	284	27.0	2.00	81	20.3 *	4.78	55	26.9	5.47	107	31.3	4.38
Total, age adjusted ...	3,092	33.5	1.12	850	35.6	2.51	457	34.6	3.22	1,461	33.3	1.46
Female												
60-64 years	667	38.2	2.47	221	47.7	5.08	81	40.8	6.27	291	35.9	3.24
65-69 years	636	43.8	2.19	215	53.0	4.90	79	54.3	8.97	273	› 38.0	3.06
70-74 years	664	46.5	2.21	214	50.8	4.30	102	47.2	6.50	280	44.7	3.59
75-79 years	494	52.3	2.36	170	61.3	4.43	86	60.5	6.38	168	›››43.6	3.22
80-84 years	587	47.3	2.31	221	49.6	4.62	90	46.4	5.27	176	44.9	3.59
85 + years	407	38.3	2.86	150	38.4	4.80	54	36.5	7.09	110	41.7	4.95
Total, age adjusted ...	3,455	44.2	0.87	1,191	51.0	1.99	492	48.3	2.93	1,298	›››40.8	1.24

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-156—Percent of older adults with measured high blood pressure

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,208	32.9	2.1	377	43.4	3.6	143	33.9	5.9	573	›› 30.7	2.3
65-69 years	1,096	41.5	2.2	339	44.0	5.1	135	41.7	5.5	519	40.0	2.9
70-74 years	1,062	51.2	2.2	306	51.7	3.2	171	46.8	7.6	497	54.2	2.8
75-79 years	686	56.0	3.0	220	60.2	3.8	121	56.7	5.6	267	54.9	3.7
80-84 years	812	60.3	2.2	262	65.4	3.9	131	67.3	4.1	315	56.9	3.0
85 + years	426	67.4	3.2	149	62.3	4.9	74	65.4 *	5.6	149	› 72.4	3.3
Total, age adjusted ...	5,290	48.2	1.1	1,653	52.0	2.0	775	48.3	2.9	2,320	› 47.9	1.0
Male												
60-64 years	605	32.0	3.2	178	30.4	6.5	71	32.6 *	10.5	304	33.3	3.6
65-69 years	558	43.5	3.0	153	42.7	7.1	67	42.9 *	10.0	289	43.9	4.0
70-74 years	523	48.4	3.1	135	50.0	6.4	83	44.2	9.0	268	49.0	3.9
75-79 years	299	46.6	4.2	90	53.6	7.0	52	41.8 *	7.0	125	46.0	5.6
80-84 years	410	49.9	3.4	107	57.5	6.4	68	57.6 *	5.6	189	47.4	3.5
85 + years	188	61.8	4.7	57	60.8 *	8.5	38	59.1 *	6.5	73	68.2	6.3
Total, age adjusted ...	2,583	44.7	1.6	720	46.3	3.1	379	43.7	4.3	1,248	45.4	1.7
Female												
60-64 years	603	33.7	2.9	199	51.5	4.7	72	› 34.7 *	7.4	269	›››28.5	3.0
65-69 years	538	39.6	3.2	186	44.8	7.1	68	40.7 *	7.6	230	35.8	4.1
70-74 years	539	53.3	3.1	171	52.5	5.2	88	48.7	7.9	229	59.4	3.9
75-79 years	387	62.0	3.5	130	63.0	4.5	69	67.5 *	6.1	142	61.8	4.4
80-84 years	402	66.6	2.5	155	68.3	3.9	63	73.5 *	5.9	126	65.2	4.1
85 + years	238	70.1	3.7	92	62.9	5.9	36	69.4 *	6.8	76	74.7	3.7
Total, age adjusted ...	2,707	50.3	1.4	933	55.0	2.7	396	51.4	3.2	1,072	49.7	1.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-157—Percent of older adults reporting diabetes

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,342	12.6	1.23	415	21.3	2.91	159	› 11.7	2.87	632	›››10.7	1.57
65-69 years	1,263	12.1	1.33	389	17.5	3.42	152	20.0	4.65	597	› 9.8	1.52
70-74 years	1,276	13.4	1.43	367	22.1	3.50	207	› 12.3	3.03	584	›››10.3	1.33
75-79 years	878	15.6	1.13	282	17.2	3.50	149	14.8	3.77	327	13.5	1.49
80-84 years	1,134	13.6	1.10	366	15.2	1.93	179	12.3	2.18	412	12.9	1.88
85 + years	695	6.8	0.86	233	5.7 *	1.08	109	11.3 *	3.75	218	7.2	1.75
Total, age adjusted ...	6,588	12.7	0.52	2,052	17.9	1.45	955	14.1	1.20	2,770	›››10.8	0.66
Male												
60-64 years	671	11.7	2.24	193	20.2	5.56	77	10.2 *	3.60	340	10.8	2.66
65-69 years	625	11.8	1.72	174	17.1	3.52	71	12.0 *	4.95	324	11.4	2.15
70-74 years	610	12.2	1.97	153	16.3	4.76	105	11.1 *	4.23	304	11.1	1.98
75-79 years	382	15.5	1.83	112	19.0	4.60	63	16.7 *	7.35	159	15.1	2.90
80-84 years	540	14.6	1.89	144	15.9	3.59	89	12.8 *	3.47	233	13.2	3.11
85 + years	285	7.4	1.88	82	3.3 *	1.68	55	8.0 *	4.74	106	9.5 *	2.97
Total, age adjusted ...	3,113	12.3	0.79	858	16.5	2.42	460	11.9	2.18	1,466	11.8	1.17
Female												
60-64 years	671	13.3	1.79	222	22.0	3.83	82	12.6 *	3.88	292	›› 10.7	2.03
65-69 years	638	12.3	1.79	215	17.7	4.92	81	26.1	7.01	273	8.1	1.62
70-74 years	666	14.4	1.69	214	24.7	3.64	102	› 13.4	4.46	280	›››9.6	1.84
75-79 years	496	15.7	1.66	170	16.5	4.14	86	13.6 *	4.69	168	12.0	2.10
80-84 years	594	13.1	1.47	222	15.0	2.25	90	12.1 *	3.64	179	12.6	2.98
85 + years	410	6.6	1.08	151	6.6 *	1.45	54	13.5 *	5.58	112	5.8 *	2.36
Total, age adjusted ...	3,475	13.0	0.70	1,194	18.5	1.56	495	15.7	1.66	1,304	›››9.9	0.82

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-158—Percent of older adults reporting heart attack

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,328	9.2	1.09	412	19.3	3.06	154	› 10.0	2.66	628	›››7.0	1.48
65-69 years	1,246	8.6	1.22	377	10.0	2.38	152	14.8	3.44	594	7.4	1.58
70-74 years	1,268	13.8	1.27	364	14.6	3.00	204	12.6	1.78	582	14.2	1.78
75-79 years	867	15.1	1.50	275	15.5	3.16	147	19.2	5.17	326	13.4	1.94
80-84 years	1,125	14.5	1.09	360	13.6	1.96	178	12.3	2.38	411	16.7	2.08
85 + years	691	11.4	1.50	232	12.1	3.04	107	9.6 *	3.11	217	13.3	2.13
Total, age adjusted ...	6,525	11.7	0.63	2,020	14.6	1.11	942	13.2	1.32	2,758	› 11.2	0.79
Male												
60-64 years	663	13.6	2.10	191	26.7	6.22	75	21.1	7.56	337	› 10.3	2.69
65-69 years	618	12.4	2.11	169	15.4	4.52	71	21.0	6.18	322	10.8	2.73
70-74 years	607	19.5	2.07	150	16.9	5.02	105	19.6	4.28	304	20.5	3.12
75-79 years	378	17.4	2.04	110	15.8 *	4.55	62	26.0	7.40	159	15.6	2.59
80-84 years	534	16.0	1.60	140	12.7 *	3.15	88	20.4	4.37	232	19.2	2.54
85 + years	283	13.0	2.24	81	10.4 *	4.34	54	11.3 *	3.63	106	15.2	3.78
Total, age adjusted ...	3,083	15.3	0.94	841	17.6	1.69	455	20.6	2.64	1,460	14.6	1.28
Female												
60-64 years	665	5.6	1.16	221	14.7	4.04	79	› 3.8 *	2.57	291	› 3.9	1.25
65-69 years	628	5.3	1.06	208	6.7 *	2.30	81	9.9 *	4.71	272	4.0	1.57
70-74 years	661	9.5	1.43	214	13.6	3.22	99	› 6.5 *	2.36	278	8.3	1.98
75-79 years	489	13.6	2.05	165	15.4	4.50	85	14.8 *	6.18	167	11.4	2.42
80-84 years	591	13.7	1.34	220	13.9	2.62	90	› 7.1 *	2.79	179	14.8	3.19
85 + years	408	10.7	1.97	151	12.7 *	3.74	53	8.6 *	4.24	111	12.1	2.79
Total, age adjusted ...	3,442	8.9	0.66	1,179	12.7	1.40	487	› 8.2	1.63	1,298	›› 7.9	0.76

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-159—Mean age at first heart attack among older adults reporting heart attack(s)

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean Age	Standard Error	Sample size	Mean Age	Standard Error	Sample size	Mean Age	Standard Error	Sample size	Mean Age	Standard Error
Both sexes												
60-64 years	111	52.0	0.97	46	51.5 *	1.58	14	48.6 *	2.70	40	52.8 *	1.53
65-69 years	95	56.8	1.19	35	56.3 *	2.46	17	60.1 *	2.18	36	55.7 *	2.04
70-74 years	168	61.0	0.76	49	59.6	2.47	28	58.8 *	2.36	76	62.0	0.75
75-79 years	112	64.6	1.24	39	62.8 *	2.24	21	63.6 *	3.54	37	65.0 *	2.02
80-84 years	154	71.0	1.21	40	70.7 *	2.26	22	72.4 *	1.82	70	70.4	1.71
85 + years	77	72.5	1.65	25	75.1 *	3.05	11	61.4 *	6.18	30	73.2 *	2.36
Total, age adjusted ...	717	60.8	0.49	234	60.2	1.05	113	59.2	1.02	289	61.0	0.72
Male												
60-64 years	77	52.4	1.10	26	53.6 *	1.71	12	48.9 *	2.61	30	51.9 *	1.70
65-69 years	60	55.3 *	1.49	18	53.0 *	3.20	11	60.4 *	3.38	27	54.5 *	2.29
70-74 years	107	60.6	0.93	23	61.5 *	1.51	20	59.4 *	2.97	56	60.8 *	1.17
75-79 years	60	66.0 *	1.97	18	68.2 *	2.53	11	65.1 *	6.46	23	65.9 *	1.98
80-84 years	85	69.0	1.25	15	66.1 *	4.14	15	70.6 *	2.29	48	68.8 *	1.40
85 + years	39	73.5 *	1.97	8	83.2 *	2.80	8	›››68.1 *	2.70	17	›› 72.8 *	2.48
Total, age adjusted ...	428	60.6	0.52	108	61.5	1.13	77	60.1	1.35	201	60.2	0.69
Female												
60-64 years	34	51.4 *	1.78	20	49.2 *	2.46	2	47.8 *	8.48	10	55.1 *	2.36
65-69 years	35	60.0 *	1.66	17	60.8 *	1.72	6	59.5 *	4.63	9	59.1 *	3.33
70-74 years	61	61.9 *	1.54	26	58.6 *	3.60	8	57.2 *	3.74	20	65.6 *	1.39
75-79 years	52	63.5 *	1.69	21	60.1 *	2.93	10	61.8 *	2.03	14	63.9 *	3.52
80-84 years	69	72.3	1.57	25	72.2 *	2.35	7	75.3 *	1.38	22	72.1 *	2.92
85 + years	38	72.0 *	2.23	17	73.1 *	3.52	3	54.0 *	10.61	13	73.5 *	3.49
Total, age adjusted ...	289	61.4	0.73	126	59.9	1.29	36	57.9 *	2.59	88	63.0	1.25

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-160—Percent of older adults reporting stroke

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,344	4.1	0.71	417	11.3	3.05	159	5.0 *	2.47	632	›› 2.6	0.79
65-69 years	1,263	4.5	0.79	388	7.0	1.32	153	7.4 *	3.34	597	3.8	1.07
70-74 years	1,276	7.5	0.79	367	10.7	2.88	207	9.2	2.36	584	6.5	1.19
75-79 years	877	10.1	1.22	282	14.4	3.01	149	18.0	3.89	326	›› 5.9	1.28
80-84 years	1,133	10.8	1.18	366	10.0	1.48	179	12.0	2.51	412	9.3	1.78
85 + years	697	15.2	1.48	233	17.4	3.21	109	9.2 *	3.08	219	10.9	1.96
Total, age adjusted ...	6,590	7.6	0.40	2,053	11.2	0.93	956	9.6	0.97	2,770	›››5.6	0.58
Male												
60-64 years	672	4.1	1.18	194	14.2	5.23	77	›› 0.6 *	0.44	340	› 2.7 *	1.40
65-69 years	625	4.9	1.14	173	7.8 *	2.63	72	6.6 *	3.26	324	4.5	1.63
70-74 years	610	7.2	1.27	152	14.0	4.28	105	6.4 *	3.18	305	6.1	1.57
75-79 years	381	11.3	2.31	112	9.7 *	3.67	63	› 25.2	6.95	158	7.5 *	2.20
80-84 years	540	11.2	1.47	144	11.1 *	3.64	89	16.5	3.98	233	9.2	2.10
85 + years	286	18.5	2.51	82	19.5 *	4.73	55	17.5 *	5.97	107	12.9	3.33
Total, age adjusted ...	3,114	8.1	0.51	857	12.3	1.58	461	10.3	1.53	1,467	›››6.2	0.55
Female												
60-64 years	672	4.2	0.96	223	9.5	3.06	82	7.5 *	3.66	292	› 2.4 *	1.09
65-69 years	638	4.2	1.07	215	6.5 *	1.60	81	8.0 *	3.92	273	3.1 *	1.34
70-74 years	666	7.7	1.25	215	9.3	3.92	102	11.6 *	3.76	279	6.8	1.74
75-79 years	496	9.3	1.38	170	16.5	4.19	86	13.3 *	4.65	168	›› 4.4 *	1.29
80-84 years	593	10.5	1.59	222	9.5	1.62	90	9.0 *	3.33	179	9.4	2.30
85 + years	411	13.7	1.86	151	16.6	3.63	54	›› 3.9 *	2.89	112	9.6 *	3.46
Total, age adjusted ...	3,476	7.3	0.53	1,196	10.6	1.20	495	9.2	1.33	1,303	›››5.1	0.83

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-161—Percent of older adults reporting emphysema or congestive heart failure

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,344	9.7	1.1	417	18.2	3.3	159	12.3	3.8	632	›››6.4	1.0
65-69 years	1,264	10.8	1.1	389	13.0	2.9	153	16.4	3.7	597	9.8	1.4
70-74 years	1,278	14.5	1.1	368	15.6	2.8	207	22.3	4.5	585	13.1	1.5
75-79 years	878	15.4	1.8	282	16.3	2.6	149	16.8	4.3	327	11.5	2.2
80-84 years	1,134	13.7	1.2	366	17.1	2.1	179	12.4	2.8	412	12.7	1.8
85 + years	698	13.6	1.2	234	14.4	3.2	109	16.9	4.5	219	13.6	2.7
Total, age adjusted ...	6,596	12.6	0.6	2,056	15.8	1.4	956	16.2	1.8	2,772	›› 10.6	0.6
Male												
60-64 years	672	12.6	1.6	194	27.3	6.4	77	19.9 *	7.4	340	›› 9.3	1.6
65-69 years	626	11.7	1.8	174	5.9 *	1.6	72	14.0 *	4.8	324	› 13.0	2.4
70-74 years	611	19.5	1.8	153	19.8	3.6	105	32.9	8.2	305	16.5	2.6
75-79 years	382	18.0	3.1	112	21.7	6.0	63	16.9 *	7.4	159	13.9	3.2
80-84 years	540	17.5	1.8	144	23.0	3.2	89	19.4	4.0	233	15.8	2.8
85 + years	286	15.3	2.3	82	19.2 *	6.2	55	24.5 *	7.3	107	8.1 *	2.3
Total, age adjusted ...	3,117	15.4	1.0	859	19.3	2.2	461	21.0	3.5	1,468	›› 12.8	1.0
Female												
60-64 years	672	7.4	1.4	223	12.4	3.7	82	7.9 *	3.4	292	› 3.6	1.4
65-69 years	638	10.1	1.7	215	17.4	4.4	81	18.3 *	5.8	273	› 6.6	1.8
70-74 years	667	10.6	1.7	215	13.7	3.3	102	13.3 *	3.7	280	9.8	2.2
75-79 years	496	13.7	1.7	170	14.1	3.0	86	16.7 *	4.5	168	9.2	2.3
80-84 years	594	11.6	1.2	222	15.0	2.4	90	› 8.0 *	3.1	179	10.2	2.4
85 + years	412	12.9	1.7	152	12.7 *	3.0	54	12.0 *	5.0	112	16.9	4.6
Total, age adjusted ...	3,479	10.6	0.7	1,197	14.3	1.9	495	12.9	1.6	1,304	›› 8.3	0.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-162—Percent of older adults reporting cancer other than skin cancer

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,344	6.7	1.1	417	6.9 *	3.3	159	6.9 *	3.3	632	7.2	1.6
65-69 years	1,264	8.4	1.1	389	4.3 *	2.0	153	7.6 *	3.3	597	› 9.1	1.3
70-74 years	1,276	9.2	1.4	368	8.4	2.3	207	7.8	2.5	583	10.2	1.4
75-79 years	877	11.7	1.4	282	13.2	2.1	148	›› 6.0 *	2.2	327	13.4	2.3
80-84 years	1,134	12.5	1.0	366	8.0 *	1.6	179	13.4	2.6	412	›› 15.9	2.2
85 + years	697	12.1	1.2	234	12.4 *	2.6	109	9.5 *	2.9	218	14.5	3.0
Total, age adjusted ...	6,592	9.5	0.5	2,056	8.3	1.0	955	8.0	1.3	2,769	10.8	0.8
Male												
60-64 years	672	4.2	1.4	194	1.0 *	0.6	77	1.0 *	0.9	340	› 5.7	2.0
65-69 years	626	6.4	1.2	174	2.1 *	1.3	72	8.5 *	4.7	324	› 6.2	1.5
70-74 years	610	8.4	1.4	153	2.7 *	1.1	105	› 11.3 *	3.6	304	››› 9.2	1.7
75-79 years	381	10.4	2.1	112	12.0 *	4.3	62	› 3.0 *	1.7	159	12.7	3.7
80-84 years	540	16.4	2.1	144	12.1 *	1.9	89	18.9	2.9	233	19.5	3.8
85 + years	286	15.4	3.1	82	13.7 *	4.5	55	11.2 *	4.4	107	20.5	4.9
Total, age adjusted ...	3,115	8.9	0.7	859	5.8	0.9	460	7.8	1.5	1,467	››› 10.5	1.1
Female												
60-64 years	672	8.7	1.6	223	10.6 *	5.2	82	10.3 *	5.1	292	8.6	1.9
65-69 years	638	10.2	2.0	215	5.7 *	3.0	81	6.8 *	4.5	273	12.1	2.4
70-74 years	666	9.9	1.7	215	11.0 *	3.4	102	› 5.0 *	2.6	279	11.2	2.0
75-79 years	496	12.7	1.9	170	13.8 *	3.0	86	7.9 *	3.4	168	14.0	3.2
80-84 years	594	10.3	1.0	222	6.5 *	1.9	90	9.8 *	3.9	179	› 13.1	2.4
85 + years	411	10.6	1.7	152	12.0 *	3.2	54	8.4 *	4.0	111	10.9 *	3.8
Total, age adjusted ...	3,477	10.2	0.7	1,197	9.9	1.7	495	7.9	1.9	1,302	11.4	1.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-163—Mean 10-year risk of coronary heart disease among older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,130	8.4	0.2	346	9.0	0.6	133	7.6	0.6	546	8.6	0.4
65-69 years	997	12.4	0.4	304	12.1	0.7	126	12.6	1.2	480	12.5	0.4
70-74 years	985	12.9	0.3	274	12.0	0.6	160	12.8	0.6	471	› 13.3	0.4
75-79 years	629	17.9	0.3	196	17.3	0.6	115	› 19.7	0.8	249	17.5	0.5
Total, age adjusted ...	3,741	12.4	0.1	1,120	12.2	0.3	534	12.6	0.4	1,746	12.6	0.2
Male												
60-64 years	568	14.1	0.3	166	14.3	0.9	65	14.4 *	0.8	290	14.1	0.3
65-69 years	513	18.5	0.5	139	20.1	1.0	64	19.1 *	1.5	269	› 18.2	0.5
70-74 years	481	18.0	0.3	117	19.1	0.8	80	17.8	0.7	251	17.8	0.4
75-79 years	277	22.2	0.5	81	21.2 *	0.9	49	23.4 *	1.1	118	22.0	0.6
Total, age adjusted ...	1,839	17.8	0.2	503	18.4	0.5	258	18.3	0.6	928	17.7	0.2
Female												
60-64 years	562	4.0	0.2	180	5.4	0.5	68	›› 3.8 *	0.4	256	›› 3.8	0.3
65-69 years	484	6.5	0.3	165	7.0	0.6	62	6.7 *	0.7	211	6.2	0.4
70-74 years	504	8.8	0.3	157	8.7	0.4	80	9.0	0.9	220	9.0	0.4
75-79 years	352	15.1	0.4	115	15.6	0.8	66	17.0 *	1.0	131	14.0	0.5
Total, age adjusted ...	1,902	8.1	0.2	617	8.7	0.3	276	8.5	0.4	818	›› 7.8	0.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] 10-year coronary heart disease risk is determined by 5 factors: age, total cholesterol, cigarette smoking, HDL level, and systolic blood pressure. Risk associated with each factor is specific to age and gender. Source: NIH (2001), National Cholesterol Education Program, *ATP III Guidelines At-A-Glance.*
10-year coronary heart disease risk is defined up to age 79 years.

Source: NHANES-III, 1988-94: Examination file.

Table D-164—Percent of older adults with 10-year risk of coronary heart disease greater than 10 percent[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,130	33.4	1.8	346	37.2	4.5	133	28.2	4.2	546	33.8	2.5
65-69 years	997	54.3	2.0	304	50.7	4.9	126	53.9	7.1	480	55.4	2.3
70-74 years	985	60.5	1.6	274	56.7	4.1	160	60.9	3.9	471	63.9	2.3
75-79 years	629	86.5	1.8	196	84.6	2.8	115	91.5 *	3.6	249	86.6	2.2
Total, age adjusted ...	3,741	56.3	0.8	1,120	55.1	2.1	534	55.8	3.3	1,746	57.5	0.8
Male												
60-64 years	568	68.1	3.1	166	73.3	6.9	65	69.6 *	8.7	290	66.1	4.0
65-69 years	513	89.2	2.5	139	89.7 *	7.1	64	86.6 *	6.4	269	88.8	2.8
70-74 years	481	90.3	1.7	117	93.4 *	2.4	80	89.0 *	4.2	251	90.8	2.2
75-79 years	277	98.9 *	0.7	81	97.6 *	1.8	49	96.9 *	2.9	118	100.0	0.0
Total, age adjusted ...	1,839	85.3	1.1	503	87.4	3.1	258	84.3	3.6	928	84.9	1.4
Female												
60-64 years	562	6.5	1.5	180	13.1 *	4.6	68	5.1 *	3.6	256	5.7	1.8
65-69 years	484	21.0	2.5	165	26.0	7.0	62	24.1 *	7.4	211	18.6	3.1
70-74 years	504	37.2	2.8	157	39.2	5.8	80	39.8 *	8.0	220	37.6	3.4
75-79 years	352	78.5	2.9	115	79.1 *	3.7	66	87.7 *	5.4	131	76.2	3.9
Total, age adjusted ...	1,902	32.4	1.4	617	36.3	2.9	276	35.3	4.4	818	31.2	1.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] 10-year coronary heart disease risk is determined by 5 factors: age, total cholesterol, cigarette smoking, HDL level, and systolic blood pressure. Risk associated with each factor is specific to age and gender. Source: NIH (2001), National Cholesterol Education Program, *ATP III Guidelines At-A-Glance.*
10-year coronary heart disease risk is defined up to age 79 years.

Source: NHANES-III, 1988-94: Examination file.

Table D-165—Mean number of decayed, missing, and filled teeth: Older adults[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error	Sample size	Mean	Standard Error
Both sexes												
60-64 years	1,181	20.2	0.3	370	21.1	0.9	142	21.5	0.7	560	19.8	0.4
65-69 years	1,055	21.2	0.4	322	22.9	0.6	133	22.2	0.9	504	›››20.6	0.4
70-74 years	1,028	21.6	0.3	291	22.2	0.5	167	22.8	0.5	487	› 21.1	0.3
75-79 years	672	22.8	0.3	218	23.6	0.7	119	22.4	0.6	260	22.5	0.4
80-84 years	789	23.4	0.3	252	24.7	0.4	131	› 23.1	0.7	306	›››22.4	0.3
85 + years	410	23.8	0.4	142	24.2	0.5	72	24.4	0.8	146	22.8	0.7
Total, age adjusted ...	5,135	21.8	0.2	1,595	22.8	0.4	764	22.5	0.3	2,263	›››21.2	0.2
Male												
60-64 years	592	20.2	0.4	173	19.5	1.9	71	21.7	1.2	298	20.2	0.4
65-69 years	537	20.7	0.5	146	21.5	1.1	66	22.5 *	1.5	280	20.4	0.5
70-74 years	511	21.4	0.3	131	21.3	0.7	80	22.0	0.8	263	21.4	0.4
75-79 years	293	23.2	0.4	90	24.1 *	1.0	51	22.8 *	1.3	121	22.9	0.6
80-84 years	400	23.6	0.4	103	24.2 *	0.5	68	› 25.6 *	0.5	185	›› 22.4	0.5
85 + years	182	24.4	0.4	55	24.7 *	0.9	37	24.4 *	1.0	73	24.1	0.5
Total, age adjusted ...	2,515	21.8	0.2	698	22.0	0.7	373	22.8	0.4	1,220	21.5	0.2
Female												
60-64 years	589	20.3	0.3	197	22.1	0.6	71	21.4	0.9	262	›››19.4	0.6
65-69 years	518	21.6	0.4	176	23.8	0.7	67	21.9 *	1.0	224	›››20.8	0.5
70-74 years	517	21.7	0.4	160	22.7	0.6	87	23.3	0.6	224	›› 20.7	0.4
75-79 years	379	22.6	0.3	128	23.4	0.8	68	22.0 *	1.0	139	22.2	0.5
80-84 years	389	23.3	0.3	149	24.9	0.5	63	›› 21.5 *	0.9	121	›››22.4	0.4
85 + years	228	23.6	0.5	87	24.0 *	0.7	35	24.3 *	0.9	73	22.0	0.8
Total, age adjusted ...	2,620	21.8	0.2	897	23.3	0.3	391	› 22.2	0.4	1,043	›››21.0	0.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
[1] Table shows the sum of decayed, missing, and filled primary teeth due to any cause.

Source: NHANES-III, 1988-94: Examination file. The dental exam was administered in the Mobile Exam Center; 2.8 percent of MEC respondents did not have a dental exam. The 'All older adults' column includes persons with missing income.

Table D-166—Percent of older adults who ever visited a dentist or dental hygienist

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,333	97.6	0.6	412	93.4 *	2.3	157	› 98.8 *	0.9	631	› 98.5 *	0.6
65-69 years	1,249	97.5	0.8	380	91.6	3.2	151	97.3 *	2.3	595	› 98.9 *	0.6
70-74 years	1,264	96.8	0.9	363	93.6 *	2.0	203	94.4 *	2.4	581	›› 98.5 *	0.6
75-79 years	858	95.6	1.2	277	93.1 *	2.0	147	93.5 *	3.3	323	› 97.9 *	1.1
80-84 years	1,073	95.5	1.2	344	92.4 *	2.2	172	› 97.3 *	1.2	398	› 97.3 *	1.1
85 + years	644	93.6	1.8	211	89.9 *	3.6	104	› 96.2 *	1.8	213	› 97.3 *	1.1
Total, age adjusted ...	6,421	96.5	0.7	1,987	92.6	1.5	934	›› 96.4	1.1	2,741	›››98.2	0.5
Male												
60-64 years	668	95.6	1.3	191	83.1	6.0	77	› 96.8 *	2.4	340	› 98.0 *	0.8
65-69 years	623	98.2 *	0.7	171	96.1 *	2.4	72	97.0 *	2.6	324	98.7 *	0.7
70-74 years	607	97.0 *	0.8	152	93.8 *	2.7	104	93.5 *	3.0	303	98.8 *	0.7
75-79 years	371	95.6 *	1.8	110	93.0 *	3.7	63	91.2 *	5.7	156	97.0 *	1.9
80-84 years	523	95.8 *	1.5	138	94.6 *	2.4	86	95.7 *	2.2	230	96.6 *	1.5
85 + years	268	94.1 *	2.3	74	92.2 *	4.2	54	93.6 *	3.6	104	97.6 *	1.4
Total, age adjusted ...	3,060	96.3	0.9	836	91.6	1.9	456	94.9	1.8	1,457	›››97.9	0.5
Female												
60-64 years	665	99.3 *	0.5	221	99.8 *	0.1	80	› 100.0 *	0.0	291	98.9 *	0.8
65-69 years	626	96.9 *	1.2	209	88.8 *	4.8	79	97.6 *	2.2	271	› 99.1 *	0.6
70-74 years	657	96.7 *	1.2	211	93.5 *	2.4	99	95.2 *	2.6	278	› 98.3 *	1.0
75-79 years	487	95.6 *	1.6	167	93.2 *	2.4	84	95.1 *	3.4	167	› 98.6 *	1.0
80-84 years	550	95.3 *	1.4	206	91.6 *	2.6	86	›› 98.3 *	1.1	168	› 97.9 *	1.1
85 + years	376	93.4 *	1.9	137	89.1 *	3.9	50	› 98.0 *	1.6	109	› 97.1 *	1.4
Total, age adjusted ...	3,361	96.7	0.8	1,151	93.3	1.8	478	› 97.4 *	0.9	1,284	›› 98.5	0.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-167—Percent of older adults who visited a dentist or dental hygienist within the past year

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,333	60.3	1.9	412	41.5	5.2	157	44.8	6.5	631	›››68.0	2.3
65-69 years	1,249	57.7	2.1	380	36.5	4.5	151	40.5	5.7	595	›››64.9	2.6
70-74 years	1,264	54.5	2.7	363	36.4	3.6	203	35.8	6.1	581	›››65.4	2.4
75-79 years	858	48.4	2.0	277	31.0	4.0	147	44.2	5.7	323	›››59.6	2.9
80-84 years	1,073	48.3	2.9	344	29.3	2.5	172	› 46.4	6.0	398	›››64.6	3.7
85 + years	644	47.6	2.7	211	31.0	4.0	104	45.6	5.4	213	›››62.1	3.7
Total, age adjusted ...	6,421	54.2	1.4	1,987	35.4	2.2	934	› 42.3	2.7	2,741	›››64.6	1.4
Male												
60-64 years	668	59.4	3.1	191	32.3	7.2	77	39.8 *	8.5	340	›››67.6	3.9
65-69 years	623	56.8	2.7	171	42.5	7.1	72	25.4 *	8.0	324	›› 62.6	3.0
70-74 years	607	53.8	3.2	152	31.0	5.7	104	33.8	7.3	303	›››63.6	3.4
75-79 years	371	48.0	2.7	110	31.9	5.4	63	38.1 *	7.7	156	›› 56.7	4.8
80-84 years	523	49.3	3.7	138	28.3	4.2	86	28.0	5.7	230	›››65.2	4.4
85 + years	268	48.1	4.4	74	33.8 *	7.5	54	42.6 *	8.2	104	›› 59.6	6.3
Total, age adjusted ...	3,060	53.8	1.6	836	33.8	2.8	456	34.4	3.5	1,457	›››63.0	1.8
Female												
60-64 years	665	61.0	2.3	221	47.1	6.8	80	47.8	7.9	291	› 68.3	3.2
65-69 years	626	58.5	3.2	209	32.8	5.9	79	› 52.5	5.5	271	›››67.3	4.0
70-74 years	657	55.0	3.0	211	38.8	4.6	99	37.5	6.7	278	›››67.1	3.1
75-79 years	487	48.7	2.4	167	30.7	5.0	84	48.2	7.2	167	›››62.2	3.6
80-84 years	550	47.7	3.0	206	29.6	3.1	86	›› 58.3	8.0	168	›››64.2	4.6
85 + years	376	47.3	3.0	137	30.0	5.6	50	47.5 *	7.6	109	›››63.6	3.8
Total, age adjusted ...	3,361	54.6	1.5	1,151	36.3	2.7	478	›››48.0	2.6	1,284	›››66.0	1.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-168—Percent of older adults with physician-assessed difficulty or inability to walk 1/4 mile

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,175	10.0	1.9	364	24.3	4.9	138	› 11.3 *	4.3	564	›››5.7	1.6
65-69 years	1,060	11.7	1.6	321	20.3	4.1	133	24.6	6.1	507	›› 8.1	1.7
70-74 years	1,028	19.2	2.4	293	26.7	4.7	165	25.4	7.5	489	› 15.5	1.9
75-79 years	669	31.2	3.6	215	46.6	6.2	119	38.8	6.4	258	›››19.2	3.7
80-84 years	796	42.4	4.3	259	54.8	5.6	128	› 39.8	6.4	308	›››31.9	3.6
85 + years	414	58.4	4.1	143	67.9	6.0	73	55.2 *	7.7	147	›› 47.0	5.5
Total, age adjusted ...	5,142	23.6	2.1	1,595	35.0	3.2	756	› 28.5	4.2	2,273	›››17.0	1.5
Male												
60-64 years	587	7.5	1.8	172	21.2	5.9	68	10.8 *	5.7	298	›› 4.4 *	1.6
65-69 years	533	12.0	1.8	141	21.8 *	6.9	65	25.0 *	6.3	280	8.9	2.2
70-74 years	507	16.2	2.5	130	29.8	7.5	80	22.7 *	7.4	263	›› 11.9	2.0
75-79 years	292	28.4	4.5	89	44.7 *	7.4	51	42.0 *	7.0	121	›››18.0	5.0
80-84 years	401	37.2	4.1	105	48.2 *	7.0	67	45.3 *	7.4	185	›› 28.9	3.9
85 + years	183	51.6	4.5	55	57.9 *	7.2	37	56.3 *	11.6	72	› 41.8	6.1
Total, age adjusted ...	2,503	20.9	2.0	692	33.2	3.0	368	29.1	3.8	1,219	›››15.2	1.7
Female												
60-64 years	588	11.9	2.2	192	26.3	5.9	70	› 11.6 *	5.5	266	›››6.7	2.0
65-69 years	527	11.5	2.2	180	19.4	4.8	68	24.4 *	8.7	227	› 7.2 *	2.3
70-74 years	521	21.5	3.0	163	25.1	5.3	85	27.4 *	9.7	226	19.1	3.2
75-79 years	377	33.0	3.8	126	47.4	6.9	68	36.6 *	9.2	137	›››20.0	4.1
80-84 years	395	45.4	5.1	154	57.0	6.2	61	› 36.3 *	8.8	123	›››34.4	4.8
85 + years	231	61.5	4.9	88	71.6 *	7.2	36	54.6 *	9.0	75	› 49.7	8.0
Total, age adjusted ...	2,639	25.4	2.3	903	35.7	3.7	388	› 28.1	5.2	1,054	›››18.4	1.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-169—Percent of older adults with physician-assessed difficulty or inability to run 100 yards

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,175	47.6	4.6	364	64.8	5.5	138	57.2	5.9	564	›››40.3	4.9
65-69 years	1,060	51.7	4.5	321	66.6	5.7	133	66.7	6.8	507	›››45.8	5.0
70-74 years	1,028	65.0	4.2	293	74.2	5.7	165	71.3	6.0	489	› 59.7	5.1
75-79 years	669	76.4	3.8	215	87.8 *	3.4	119	75.9	6.7	258	›››69.1	5.0
80-84 years	796	86.2	2.0	259	89.6 *	2.7	128	87.5 *	4.2	308	82.0 *	3.3
85 + years	414	93.2 *	2.1	143	93.0 *	3.1	73	97.8 *	1.7	147	90.2 *	2.9
Total, age adjusted ...	5,142	65.0	3.4	1,595	76.1	3.4	756	72.0	3.7	2,273	›››59.1	3.8
Male												
60-64 years	587	41.4	4.9	172	51.7 *	7.5	68	55.4 *	10.9	298	› 36.1	5.1
65-69 years	533	49.8	5.0	141	65.2 *	7.0	65	62.4 *	9.1	280	› 44.6	5.4
70-74 years	507	55.0	5.0	130	68.8 *	8.4	80	65.0 *	7.3	263	› 49.4	5.8
75-79 years	292	73.6 *	4.8	89	86.3 *	6.4	51	79.6 *	7.6	121	›› 67.7 *	5.7
80-84 years	401	84.4 *	2.8	105	95.9 *	2.3	67	87.3 *	5.2	185	›››80.8 *	3.2
85 + years	183	94.2 *	2.0	55	93.2 *	4.1	37	94.0 *	4.8	72	93.2 *	3.3
Total, age adjusted ...	2,503	60.6	3.6	692	72.1	4.3	368	69.7	5.0	1,219	›››55.8	3.8
Female												
60-64 years	588	52.4	4.9	192	72.9	6.2	70	58.2 *	7.4	266	›››43.9	5.2
65-69 years	527	53.5	4.8	180	67.4	6.8	68	70.3 *	8.2	227	›› 47.1 *	5.7
70-74 years	521	73.0	3.9	163	76.9 *	6.3	85	75.9 *	8.9	226	70.1 *	5.1
75-79 years	377	78.3 *	3.8	126	88.4 *	4.1	68	73.2 *	7.4	137	›› 70.1 *	5.7
80-84 years	395	87.3 *	2.3	154	87.5 *	3.4	61	87.6 *	4.9	123	82.9 *	5.4
85 + years	231	92.8 *	2.6	88	92.9 *	3.3	36	› 100.0	0.0	75	88.6 *	4.4
Total, age adjusted ...	2,639	68.4	3.3	903	78.5	3.5	388	73.7	3.8	1,054	›››62.3	3.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-170—Percent of older adults with physician-assessed difficulty or inability to stoop, crouch, or kneel

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,175	17.4	1.7	364	34.2	4.8	138	26.1	5.4	564	›››10.7	1.8
65-69 years	1,060	18.6	2.1	321	26.5	4.8	133	29.6	6.7	507	› 15.3	2.2
70-74 years	1,028	28.0	2.7	293	42.8	5.1	165	38.8	6.9	489	›››20.7	2.2
75-79 years	669	39.9	4.2	215	49.4	6.0	119	44.7	5.9	258	›› 29.5	4.9
80-84 years	796	52.4	4.4	259	64.4	4.6	128	› 53.8	4.6	308	›››40.3	4.5
85 + years	413	65.1	4.0	143	72.3	5.6	73	63.8	7.1	146	›› 54.5	4.6
Total, age adjusted ...	5,141	31.6	2.3	1,595	43.6	3.6	756	38.9	3.6	2,272	›››24.0	1.9
Male												
60-64 years	587	12.6	1.8	172	26.8	5.4	68	17.9 *	8.0	298	›› 8.2	1.8
65-69 years	533	16.5	2.2	141	29.0	8.2	65	21.7 *	7.3	280	13.8	2.4
70-74 years	507	20.5	3.5	130	37.6	8.1	80	29.1	8.2	263	›› 15.2	2.7
75-79 years	292	35.4	4.3	89	44.0 *	8.2	51	41.7 *	7.6	121	29.2	4.8
80-84 years	401	49.2	4.3	105	62.4 *	6.3	67	59.5 *	6.4	185	›› 39.7	5.1
85 + years	183	57.8	5.9	55	64.2 *	8.0	37	59.1 *	10.9	72	54.8	6.2
Total, age adjusted ...	2,503	26.8	2.2	692	39.5	3.8	368	33.1	4.2	1,219	›››21.9	2.0
Female												
60-64 years	588	21.1	2.5	192	38.7	6.8	70	30.8 *	7.6	266	›››12.9	2.6
65-69 years	527	20.5	3.0	180	25.0	5.4	68	36.3 *	9.4	227	17.0	3.2
70-74 years	521	33.9	3.1	163	45.4	5.6	85	46.0	8.2	226	›› 26.2	3.6
75-79 years	377	42.8	4.9	126	51.6	6.6	68	46.9 *	8.6	137	›› 29.8	6.2
80-84 years	395	54.2	5.1	154	65.1	5.2	61	› 50.1 *	6.6	123	›››40.7	5.4
85 + years	230	68.4	4.0	88	75.3 *	6.4	36	66.6 *	8.6	74	› 54.4	5.9
Total, age adjusted ...	2,638	35.0	2.5	903	45.5	4.2	388	43.0	4.6	1,053	›››26.0	2.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-171—Percent of older adults with physician-assessed difficulty or inability to perform small motor movements in hand

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,175	4.4	0.8	364	6.5	2.2	138	8.2 *	3.9	564	3.3	0.8
65-69 years	1,060	3.1	0.8	321	6.8	3.1	133	3.5 *	2.2	507	2.0 *	0.7
70-74 years	1,027	5.4	0.9	293	7.4	3.3	165	9.7	3.0	488	3.0	0.8
75-79 years	669	10.9	1.7	215	13.7	4.3	119	11.7 *	3.5	258	8.2	2.2
80-84 years	795	12.5	1.9	259	14.7	2.6	128	12.0	3.2	308	› 8.4	1.8
85 + years	414	22.7	4.2	143	23.6	6.8	73	27.7	6.8	147	16.2	4.0
Total, age adjusted ...	5,140	8.0	0.9	1,595	10.4	1.6	756	10.3	1.7	2,272	›››5.6	0.8
Male												
60-64 years	587	2.0 *	0.7	172	2.5 *	0.9	68	3.6 *	3.4	298	1.8 *	0.9
65-69 years	533	3.4 *	1.2	141	10.6 *	6.8	65	3.8 *	3.3	280	2.1 *	1.0
70-74 years	507	3.4 *	1.0	130	7.0 *	4.8	80	5.5 *	1.9	263	1.3 *	0.8
75-79 years	292	12.1	3.2	89	19.7 *	6.2	51	16.0 *	4.5	121	8.6 *	4.3
80-84 years	401	11.9	1.9	105	19.0 *	3.2	67	9.4 *	4.7	185	›› 9.8	2.0
85 + years	183	21.4	4.3	55	27.0 *	8.6	37	23.5 *	7.4	72	14.5 *	5.6
Total, age adjusted ...	2,503	7.1	0.9	692	12.0	2.6	368	8.5	1.9	1,219	›› 4.9	0.9
Female												
60-64 years	588	6.2	1.4	192	8.9 *	3.3	70	10.8 *	4.8	266	4.6 *	1.5
65-69 years	527	2.8 *	1.0	180	4.6 *	2.2	68	3.3 *	2.7	227	1.9 *	1.0
70-74 years	520	7.0	1.3	163	7.6 *	3.2	85	12.8 *	4.7	225	4.7 *	1.5
75-79 years	377	10.1	1.8	126	11.2 *	4.2	68	8.6 *	5.0	137	8.0 *	2.3
80-84 years	394	12.8	2.3	154	13.3	3.3	61	13.7 *	3.8	123	7.4 *	2.6
85 + years	231	23.4	5.1	88	22.4 *	7.2	36	30.2 *	8.6	75	17.1 *	6.4
Total, age adjusted ...	2,637	8.6	1.0	903	9.9	1.5	388	11.4	2.1	1,053	› 6.1	1.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-172—Percent of older adults with physician-assessed difficulty or inability to do heavy housework, garden, exercise, or play

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,175	20.0	2.5	364	36.7	4.2	138	26.5	6.6	564	›››14.1	2.3
65-69 years	1,060	25.8	2.6	321	39.7	5.4	133	42.5	6.9	507	›››20.2	2.7
70-74 years	1,028	35.8	3.6	293	53.6	6.0	165	44.5	6.1	489	›››28.4	3.6
75-79 years	669	53.8	4.4	215	66.7	5.5	119	60.5	6.7	258	›››41.6	5.4
80-84 years	796	62.4	4.2	259	74.9	4.1	128	›› 57.9	5.8	308	›››51.6	4.4
85 + years	414	74.5	3.9	143	78.2	4.7	73	68.2 *	7.3	147	70.3	6.1
Total, age adjusted ...	5,142	39.5	2.7	1,595	53.5	3.4	756	› 46.2	4.1	2,273	›››32.0	2.6
Male												
60-64 years	587	14.7	2.5	172	33.8	6.5	68	16.9 *	6.6	298	›› 10.4	2.8
65-69 years	533	23.4	2.4	141	33.8	8.1	65	41.3 *	8.8	280	18.6	2.5
70-74 years	507	27.5	3.1	130	44.2	8.8	80	41.4 *	7.5	263	›› 20.7	3.0
75-79 years	292	52.7	5.0	89	68.6 *	7.6	51	62.4 *	8.7	121	›››41.1	6.0
80-84 years	401	61.0	4.4	105	76.3 *	4.7	67	62.4 *	7.8	185	›››55.1	5.2
85 + years	183	72.8	4.9	55	73.2 *	7.5	37	76.6 *	8.3	72	68.8 *	7.8
Total, age adjusted ...	2,503	35.6	2.4	692	49.8	3.6	368	44.6	4.1	1,219	›››29.4	2.5
Female												
60-64 years	588	24.0	3.2	192	38.5	6.3	70	32.0 *	8.6	266	›››17.3	2.7
65-69 years	527	28.0	3.7	180	43.2	7.7	68	43.6 *	9.5	227	› 21.8	4.1
70-74 years	521	42.4	4.3	163	58.3	6.7	85	46.8	9.5	226	›› 36.1	5.2
75-79 years	377	54.5	4.9	126	65.9	6.4	68	59.1 *	8.6	137	›››42.1	6.6
80-84 years	395	63.2	4.8	154	74.4	4.9	61	› 55.0 *	7.2	123	›››48.7	5.0
85 + years	231	75.3	4.3	88	80.1 *	5.6	36	63.3 *	10.0	75	71.1 *	7.3
Total, age adjusted ...	2,639	42.4	3.2	903	55.5	4.2	388	› 47.1	5.6	1,054	›››34.4	3.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Examination file. The 'All older adults' column includes persons with missing income.

Table D-173—Percent of older adults with self-reported difficulty walking 1/4 mile

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,312	8.1	1.1	404	17.1	3.4	154	11.6	3.4	622	›››4.9	1.1
65-69 years	1,222	9.9	1.1	364	18.8	3.6	149	15.7	3.5	592	›››6.7	1.3
70-74 years	1,243	13.8	1.0	355	20.2	2.9	199	13.7	3.5	574	› 11.3	1.7
75-79 years	838	24.1	2.2	263	33.5	3.2	145	28.6	5.2	318	›››17.5	3.4
80-84 years	1,086	30.8	1.6	354	42.0	2.9	172	› 31.4	3.5	402	›››19.7	2.5
85 + years	649	45.3	2.1	217	52.0	5.0	104	›› 34.2	4.0	208	› 39.4	3.3
Total, age adjusted ...	6,350	18.1	0.6	1,957	26.7	1.3	923	›››19.9	1.4	2,716	›››13.4	1.0
Male												
60-64 years	661	5.8	1.2	190	19.1	5.4	75	9.8 *	5.1	336	›› 2.3 *	0.8
65-69 years	612	7.1	1.2	167	14.5 *	4.6	69	14.4 *	5.1	323	5.0 *	1.6
70-74 years	599	10.2	1.3	147	22.0	5.4	103	9.8 *	2.7	302	›› 7.4	1.6
75-79 years	370	21.8	3.6	107	29.4	6.8	62	35.3	7.1	156	› 16.6	3.8
80-84 years	524	22.6	2.0	140	33.7	4.8	88	35.8	4.2	231	›››14.4	2.7
85 + years	273	38.4	3.5	78	37.2 *	5.7	53	35.0 *	7.2	104	37.2	4.9
Total, age adjusted ...	3,039	14.4	0.9	829	23.6	2.1	450	20.1	2.1	1,452	›››10.7	1.1
Female												
60-64 years	651	10.0	1.5	214	15.7	4.0	79	12.6 *	4.4	286	7.4	2.0
65-69 years	610	12.4	1.7	197	21.4	5.1	80	16.6 *	5.9	269	› 8.4	2.0
70-74 years	644	16.5	1.7	208	19.5	3.8	96	17.2	5.6	272	15.1	3.1
75-79 years	468	25.7	1.9	156	35.3	4.2	83	24.2	6.0	162	›› 18.3	4.0
80-84 years	562	35.6	2.1	214	45.1	3.6	84	› 28.4	5.4	171	›››24.0	3.9
85 + years	376	48.6	2.8	139	57.8	6.8	51	› 33.7 *	5.7	104	› 40.9	4.3
Total, age adjusted ...	3,311	20.7	0.7	1,128	28.0	1.9	473	› 19.9	2.3	1,264	›››15.8	1.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-174—Percent of older adults with self-reported difficulty walking up 10 steps without resting

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,311	7.1	1.1	402	18.4	3.5	153	›››5.0 *	2.2	629	›››4.2	1.0
65-69 years	1,232	8.0	0.8	370	18.4	3.0	152	13.1	3.4	590	›››4.2	1.0
70-74 years	1,245	12.2	1.2	350	20.2	2.6	200	› 10.1	2.8	580	›››10.2	1.7
75-79 years	833	19.8	1.6	257	31.6	3.5	146	20.6	5.5	322	›››12.2	2.5
80-84 years	1,071	23.2	1.5	334	33.5	3.3	171	› 21.9	4.0	403	›››14.7	2.0
85 + years	648	38.6	2.5	213	44.6	4.5	105	›› 26.2	5.2	209	35.1	4.5
Total, age adjusted ...	6,340	15.0	0.6	1,926	25.0	1.4	927	›››14.0	1.5	2,733	›››10.7	0.8
Male												
60-64 years	656	5.2	1.0	187	22.5	5.9	76	›› 4.6 *	3.1	339	›››1.9 *	0.6
65-69 years	616	5.8	1.3	168	18.2	6.0	71	10.6 *	4.6	322	› 2.8 *	1.3
70-74 years	599	8.0	1.4	147	20.3	6.1	102	› 5.8 *	2.2	303	› 6.2	1.6
75-79 years	365	14.6	2.5	104	27.5	7.1	62	17.9 *	5.5	156	› 10.6	2.7
80-84 years	512	15.7	2.1	129	24.1	5.2	86	19.6	4.4	229	› 11.4	2.5
85 + years	272	31.0	3.3	76	33.9	6.4	54	21.3 *	5.9	105	31.7	4.1
Total, age adjusted ...	3,020	11.0	0.8	811	23.2	2.9	451	›››11.4	1.6	1,454	›››8.2	0.8
Female												
60-64 years	655	8.7	1.6	215	15.8	4.1	77	› 5.2 *	2.9	290	› 6.4	1.8
65-69 years	616	9.9	1.1	202	18.6	3.2	81	15.1 *	5.5	268	›››5.8	1.4
70-74 years	646	15.4	1.7	203	20.2	3.6	98	13.8 *	4.2	277	13.9	2.9
75-79 years	468	23.5	2.2	153	33.4	4.0	84	22.4	7.8	166	›››13.8	3.7
80-84 years	559	27.5	2.1	205	36.9	4.1	85	23.3	5.6	174	›››17.3	3.0
85 + years	376	42.4	3.2	137	48.8	6.0	51	› 29.4 *	7.3	104	37.4	6.9
Total, age adjusted ...	3,320	17.8	0.8	1,115	25.5	1.9	476	›› 16.0	2.2	1,279	›››13.0	1.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-175—Percent of older adults with self-reported difficulty lifting or carrying 10 pounds

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,323	6.8	0.9	407	18.8	3.1	155	› 9.4 *	3.1	627	›››3.4	0.9
65-69 years	1,243	8.2	0.8	380	17.6	2.4	151	›› 5.9 *	2.4	591	›››5.2	1.0
70-74 years	1,248	10.5	1.0	360	18.3	2.7	198	11.1	2.5	574	›››8.3	1.5
75-79 years	852	17.3	1.3	269	26.9	3.7	145	20.5	6.0	323	›››10.3	2.0
80-84 years	1,091	24.4	1.3	347	32.1	2.8	175	21.9	4.1	399	›››18.0	2.1
85 + years	653	33.1	2.4	222	38.2	3.6	103	29.0	4.3	210	› 25.9	3.7
Total, age adjusted ...	6,410	13.9	0.6	1,985	23.0	1.3	927	›››14.0	1.5	2,724	›››9.5	0.8
Male												
60-64 years	661	5.1	1.0	188	17.7	4.9	76	8.5 *	4.8	338	›› 2.5 *	0.9
65-69 years	619	4.3	1.0	172	10.4 *	2.9	72	3.9 *	3.0	321	› 3.2 *	1.3
70-74 years	601	7.3	1.1	149	16.8	5.0	102	9.4 *	2.7	303	› 5.3	1.6
75-79 years	377	11.2	2.3	109	21.0	7.6	63	14.6 *	7.0	159	7.2 *	2.4
80-84 years	526	14.2	1.5	139	21.1	4.5	87	15.3 *	2.9	229	› 9.8	2.0
85 + years	271	24.8	2.8	77	31.0	5.4	54	28.5 *	6.3	104	› 16.1	3.6
Total, age adjusted ...	3,055	9.2	0.7	834	18.2	2.3	454	› 11.3	2.0	1,454	›››6.0	0.9
Female												
60-64 years	662	8.3	1.2	219	19.4	4.2	79	9.9 *	4.2	289	›››4.4 *	1.6
65-69 years	624	11.6	1.2	208	21.9	3.5	79	›› 7.5 *	3.9	270	›› 7.3	1.8
70-74 years	647	13.0	1.5	211	19.0	3.1	96	12.5 *	3.8	271	11.1	2.6
75-79 years	475	21.7	2.2	160	29.6	5.2	82	24.5	7.4	164	›› 13.2	3.3
80-84 years	565	30.3	2.0	208	36.3	3.6	88	26.1	7.0	170	› 24.6	3.4
85 + years	382	37.1	3.3	145	41.0	4.7	49	29.3 *	6.7	106	32.0	5.6
Total, age adjusted ...	3,355	17.2	0.7	1,151	25.4	2.0	473	›› 15.9	1.9	1,270	›››12.5	1.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-176—Percent of older adults with self-reported difficulty doing chores around the house

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,299	5.6	1.0	399	13.4	2.8	156	11.4 *	4.1	617	›››2.3	0.8
65-69 years	1,226	6.3	0.6	377	10.3	2.1	151	11.5 *	3.2	580	›4.4	0.9
70-74 years	1,225	9.1	1.1	352	16.0	3.2	196	9.8	2.3	563	››6.5	1.3
75-79 years	829	13.0	1.5	266	19.3	3.8	143	19.9	6.3	311	››8.2	1.4
80-84 years	1,048	20.0	1.4	338	26.0	2.6	166	››12.9	2.7	378	›››14.8	1.8
85 + years	621	31.7	2.3	212	39.0	3.4	98	››23.0	5.0	195	››24.0	3.3
Total, age adjusted ...	6,248	11.6	0.4	1,944	18.0	1.0	910	›13.8	1.8	2,644	›››7.9	0.6
Male												
60-64 years	633	3.9	1.1	179	15.0	5.5	75	11.3 *	5.7	326	›1.0 *	0.6
65-69 years	596	3.8	0.8	165	7.3 *	2.2	70	12.2 *	5.4	310	›2.0 *	0.7
70-74 years	574	5.5	1.2	139	15.1	5.6	98	7.0 *	2.3	292	›3.2 *	1.4
75-79 years	344	7.3	1.7	99	7.4 *	3.0	58	17.7 *	7.5	147	4.5 *	1.5
80-84 years	482	13.7	1.4	124	21.7	3.4	80	11.6 *	4.3	212	››10.5	2.0
85 + years	245	26.9	3.0	71	36.1	5.2	46	25.7 *	7.6	94	››19.1	3.7
Total, age adjusted ...	2,874	8.0	0.6	777	14.9	1.6	427	13.1	2.4	1,381	›››4.9	0.7
Female												
60-64 years	666	6.9	1.3	220	12.4	2.7	81	11.4 *	4.7	291	››3.4 *	1.4
65-69 years	630	8.4	1.1	212	11.9	2.9	81	10.9 *	5.2	270	6.8	1.8
70-74 years	651	11.8	1.7	213	16.4	3.8	98	12.1 *	3.5	271	9.6	2.4
75-79 years	485	16.7	2.1	167	24.0	4.8	85	21.2 *	7.4	164	›11.5	2.5
80-84 years	566	23.5	1.8	214	27.4	3.1	86	›13.7 *	4.1	166	›18.2	2.6
85 + years	376	33.8	2.8	141	40.1	4.5	52	›21.6 *	5.9	101	26.9	5.0
Total, age adjusted ...	3,374	14.1	0.6	1,167	19.2	1.3	483	14.2	2.4	1,263	›››10.4	0.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-177—Percent of older adults with self-reported difficulty preparing meals

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,281	2.2	0.5	388	4.9	2.3	153	2.4 *	1.5	615	0.9 *	0.5
65-69 years	1,201	2.5	0.5	365	4.3 *	1.4	146	5.7 *	2.7	572	1.6 *	0.6
70-74 years	1,224	4.2	0.7	353	8.4	2.2	193	3.8 *	1.5	565	›› 3.0	0.8
75-79 years	830	5.4	1.1	265	7.7	2.2	142	6.9 *	4.3	312	3.6	1.4
80-84 years	1,034	9.8	1.2	342	11.1	1.9	164	6.6 *	2.2	369	9.2	1.7
85 + years	628	20.2	2.0	216	20.2	2.4	100	16.3	4.1	193	16.6	3.2
Total, age adjusted ...	6,198	5.6	0.4	1,929	8.0	0.9	898	5.9	1.1	2,626	›››4.3	0.4
Male												
60-64 years	616	2.4 *	1.0	170	9.4 *	5.6	73	6.3 *	4.3	323	0.6 *	0.5
65-69 years	571	1.7 *	0.6	155	5.7 *	1.8	66	3.8 *	3.2	300	›› 0.8 *	0.5
70-74 years	564	2.6 *	0.7	139	5.5 *	2.3	94	3.8 *	1.8	286	1.5 *	1.0
75-79 years	340	4.7 *	1.5	97	10.0 *	4.2	57	10.3 *	5.8	145	› 1.3 *	0.7
80-84 years	462	6.2	1.1	127	8.1 *	2.8	78	3.1 *	1.6	196	4.9 *	1.5
85 + years	241	21.0	3.3	72	25.6	4.6	47	23.9 *	7.0	88	› 13.7	3.6
Total, age adjusted ...	2,794	4.8	0.5	760	9.4	1.5	415	7.3	1.6	1,338	›››2.6	0.5
Female												
60-64 years	665	2.0 *	0.6	218	2.4 *	1.5	80	0.2 *	0.2	292	1.2 *	0.8
65-69 years	630	3.1	0.9	210	3.6 *	1.8	80	7.1 *	4.4	272	2.5 *	1.1
70-74 years	660	5.3	1.1	214	9.5	2.7	99	3.8 *	2.2	279	4.3	1.4
75-79 years	490	5.8	1.2	168	6.8 *	2.4	85	4.9 *	4.5	167	5.6 *	2.5
80-84 years	572	11.6	1.4	215	12.1	2.4	86	8.8 *	3.5	173	12.2	2.4
85 + years	387	19.8	2.2	144	18.2	3.0	53	12.0 *	5.1	105	18.2	4.0
Total, age adjusted ...	3,404	6.2	0.4	1,169	7.2	1.1	483	5.1	1.3	1,288	5.6	0.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-178—Percent of older adults with self-reported difficulty managing money

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,308	0.8 *	0.3	403	3.9 *	1.7	153	1.5 *	1.2	621	>0	>0
65-69 years	1,240	1.3 *	0.3	379	2.9 *	1.2	146	2.5 *	1.5	593	0.8 *	0.4
70-74 years	1,251	2.3	0.5	363	3.6 *	1.0	199	3.2 *	1.1	577	› 1.2 *	0.6
75-79 years	845	2.9	0.8	265	2.9 *	1.1	146	4.3 *	2.2	321	1.5 *	0.6
80-84 years	1,074	7.8	1.0	351	7.6	1.0	165	6.1 *	2.0	398	5.3	1.3
85 + years	648	16.2	2.0	220	17.3	2.6	102	12.9	3.5	206	11.7	2.6
Total, age adjusted ...	6,366	3.7	0.4	1,981	5.1	0.7	911	4.1	0.7	2,716	›››2.3	0.4
Male												
60-64 years	650	0.8 *	0.5	185	3.6 *	2.5	75	3.2 *	3.2	331	>0	>0
65-69 years	614	1.2 *	0.5	168	3.6 *	1.7	70	4.0 *	3.1	322	› 0.4 *	0.3
70-74 years	595	2.0 *	0.6	151	4.5 *	1.2	99	3.7 *	1.8	301	› 1.2 *	0.9
75-79 years	365	2.4 *	1.1	105	2.5 *	1.7	62	7.4 *	4.9	156	0.8 *	0.5
80-84 years	513	5.9	1.0	138	7.5 *	2.0	80	6.3 *	2.7	227	3.7 *	1.2
85 + years	266	14.6	2.7	78	17.4 *	5.1	49	17.8 *	6.5	100	9.4 *	3.3
Total, age adjusted ...	3,003	3.2	0.4	825	5.3	0.9	435	5.9	1.4	1,437	›››1.7	0.4
Female												
60-64 years	658	0.9 *	0.4	218	4.1 *	2.1	78	0.5 *	0.5	290	0.0	0.0
65-69 years	626	1.3 *	0.5	211	2.5 *	1.7	76	1.2 *	0.9	271	1.1 *	0.8
70-74 years	656	2.6	0.6	212	3.3 *	1.4	100	2.8 *	1.6	276	1.3 *	0.8
75-79 years	480	3.2 *	1.0	160	3.0 *	1.5	84	2.3 *	1.7	165	2.2 *	1.1
80-84 years	561	8.9	1.6	213	7.7 *	1.3	85	6.0 *	2.7	171	6.6 *	2.0
85 + years	382	16.9	2.2	142	17.3	3.1	53	10.1 *	4.4	106	13.1	3.6
Total, age adjusted ...	3,363	4.0	0.4	1,156	5.1	0.9	476	2.9	0.8	1,279	› 2.8	0.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
>0 Value to small to display.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-179—Percent of older adults with self-reported difficulty stooping, crouching, or kneeling

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,332	13.7	1.2	410	29.8	3.7	158	›››15.0	3.3	629	›››8.9	1.5
65-69 years	1,249	14.4	1.4	380	25.4	4.3	153	21.7	6.0	595	›››10.4	1.3
70-74 years	1,263	18.8	1.3	361	26.2	3.0	202	18.1	3.0	582	›› 15.8	1.8
75-79 years	864	27.5	2.1	275	38.2	3.8	149	26.5	5.4	324	›››21.3	3.3
80-84 years	1,112	36.0	1.6	357	42.1	3.0	175	36.5	4.7	410	›››30.2	2.3
85 + years	679	45.3	2.0	228	51.2	2.6	109	38.9	6.0	213	› 40.5	3.2
Total, age adjusted ...	6,499	22.4	0.7	2,011	32.9	1.8	946	›› 23.4	2.0	2,753	›››17.8	0.9
Male												
60-64 years	668	9.1	1.7	192	28.2	6.0	77	› 9.2 *	4.8	339	›››4.5 *	1.7
65-69 years	621	11.7	1.6	172	23.1	6.4	72	23.4 *	7.9	322	› 8.3	1.6
70-74 years	606	12.5	1.6	149	21.2	4.9	104	› 9.4 *	3.0	305	› 10.8	1.8
75-79 years	379	21.3	3.0	111	28.8	6.8	63	25.9 *	7.3	159	18.7	3.6
80-84 years	532	25.9	2.0	141	32.8	4.2	88	26.6	5.7	232	› 21.6	2.8
85 + years	281	40.0	3.3	81	46.1 *	6.2	55	31.7 *	6.0	104	37.9	3.5
Total, age adjusted ...	3,087	17.0	0.8	846	28.1	2.4	459	› 18.9	2.7	1,461	›››13.8	1.1
Female												
60-64 years	664	17.4	1.9	218	30.9	4.7	81	18.4 *	5.0	290	›››13.1	2.6
65-69 years	628	16.8	2.0	208	26.8	5.5	81	20.3 *	7.0	273	› 12.5	2.1
70-74 years	657	23.6	2.2	212	28.3	3.8	98	25.6	4.1	277	20.7	3.1
75-79 years	485	31.8	2.4	164	42.4	4.6	86	27.0	6.5	165	›› 23.6	4.5
80-84 years	580	41.8	2.2	216	45.6	3.9	87	43.0	7.2	178	36.9	3.8
85 + years	398	47.9	2.0	147	53.1	4.1	54	43.5 *	8.2	109	42.1	4.6
Total, age adjusted ...	3,412	26.3	0.9	1,165	35.1	2.2	487	› 26.6	2.5	1,292	›››21.4	1.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-180—Percent of older adults with self-reported difficulty walking from one room to another

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,340	1.3	0.4	415	3.3	1.3	158	2.0 *	1.4	632	› 0.5 *	0.3
65-69 years	1,260	0.9 *	0.4	386	2.2 *	1.1	153	3.6 *	2.4	597	0.2 *	0.2
70-74 years	1,271	3.2	0.6	365	4.0	1.4	203	1.6 *	0.9	585	3.2	0.9
75-79 years	871	3.4	0.9	278	4.4 *	1.6	149	7.2 *	3.5	327	1.5 *	0.7
80-84 years	1,128	7.1	1.0	364	8.1	2.1	178	6.4 *	1.8	411	4.2	1.0
85 + years	692	13.3	1.4	233	14.4	2.4	109	11.8 *	2.9	217	10.6	2.0
Total, age adjusted ...	6,562	3.7	0.3	2,041	5.0	0.7	950	4.5	0.8	2,769	›››2.5	0.4
Male												
60-64 years	671	1.2 *	0.6	194	4.2 *	2.5	77	3.0 *	2.9	340	0.5 *	0.4
65-69 years	626	0.6 *	0.3	174	1.7 *	0.8	72	3.1 *	2.9	324	› 0.0	0.0
70-74 years	607	2.9	1.0	150	4.0 *	1.9	104	0.6 *	0.4	305	3.3 *	1.4
75-79 years	378	2.8 *	1.2	110	3.4 *	2.8	63	8.2 *	5.2	159	0.7 *	0.4
80-84 years	538	4.2	0.9	143	4.3 *	2.1	89	6.2 *	2.7	233	2.8 *	1.2
85 + years	284	15.2	3.1	82	18.6	4.4	55	15.4 *	5.8	106	11.3 *	4.3
Total, age adjusted ...	3,104	3.3	0.4	853	4.9	1.1	460	4.9	1.3	1,467	›› 2.2	0.5
Female												
60-64 years	669	1.3 *	0.5	221	2.8 *	1.6	81	1.5 *	1.5	292	0.4 *	0.4
65-69 years	634	1.2 *	0.6	212	2.5 *	1.7	81	3.9 *	3.8	273	0.4 *	0.3
70-74 years	664	3.4	0.8	215	3.9 *	1.6	99	2.4 *	1.6	280	3.2 *	1.2
75-79 years	493	3.8	1.1	168	4.9 *	1.9	86	6.4 *	3.8	168	2.2 *	1.3
80-84 years	590	8.7	1.5	221	9.5	2.4	89	6.6 *	2.5	178	5.3 *	1.6
85 + years	408	12.4	1.6	151	12.9	3.0	54	9.6 *	3.7	111	10.1 *	3.0
Total, age adjusted ...	3,458	3.9	0.4	1,188	5.0	0.9	490	4.3	1.1	1,302	› 2.7	0.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-181—Percent of older adults with self-reported difficulty standing up from armless straight chair

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,338	3.3	0.7	414	10.2	2.9	158	›› 1.2 *	1.1	632	›› 1.4 *	0.6
65-69 years	1,259	3.4	0.7	385	8.5	2.7	153	6.0 *	2.6	597	› 1.3 *	0.6
70-74 years	1,272	7.2	0.9	365	12.6	2.8	205	6.8	2.4	584	› 5.9	1.2
75-79 years	869	9.2	1.2	277	11.9	3.0	149	13.4	3.3	326	5.9	1.5
80-84 years	1,127	15.2	1.3	365	21.9	2.5	177	›› 10.8	2.7	410	›››10.8	1.6
85 + years	689	25.7	2.2	233	26.2	3.1	109	25.7	4.6	216	20.3	4.2
Total, age adjusted ...	6,554	8.4	0.4	2,039	13.3	1.2	951	›› 8.6	1.0	2,765	›››5.8	0.5
Male												
60-64 years	671	3.5	1.3	194	14.4	5.6	77	3.0 *	2.9	340	› 1.2 *	0.9
65-69 years	625	2.6 *	0.9	173	12.0	6.1	72	4.1 *	3.0	324	0.4 *	0.4
70-74 years	608	4.9	1.0	151	11.1 *	4.9	104	3.8 *	1.9	305	3.8 *	1.4
75-79 years	378	9.3	2.0	110	12.0 *	5.0	63	14.8 *	4.6	159	7.8 *	2.5
80-84 years	538	10.6	1.3	143	10.3 *	3.2	89	10.1 *	3.3	233	9.2	2.1
85 + years	283	24.2	2.6	82	32.9	5.3	55	23.3 *	5.8	106	› 16.2	4.4
Total, age adjusted ...	3,103	7.2	0.5	853	14.1	2.3	460	› 8.0	1.3	1,467	›››4.9	0.7
Female												
60-64 years	667	3.1	0.9	220	7.5 *	2.9	81	› 0.2 *	0.2	292	› 1.6 *	0.9
65-69 years	634	4.0	1.0	212	6.3 *	2.1	81	7.4 *	4.4	273	2.2 *	1.0
70-74 years	664	9.0	1.4	214	13.2	3.4	101	9.4 *	3.7	279	8.0	2.1
75-79 years	491	9.1	1.6	167	11.9	3.2	86	12.4 *	4.5	167	› 4.2 *	1.3
80-84 years	589	17.8	1.8	222	26.0	3.6	88	›› 11.2 *	3.6	177	›››12.1	2.6
85 + years	406	26.3	2.5	151	23.7	3.4	54	27.2	6.6	110	22.7	5.6
Total, age adjusted ...	3,451	9.2	0.6	1,186	12.6	1.4	491	9.2	1.6	1,298	›››6.5	0.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-182—Percent of older adults with self-reported difficulty getting in or out of bed

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,341	3.2	0.7	416	11.7	2.9	158	›››1.2 *	1.1	632	›››1.2 *	0.5
65-69 years	1,260	2.4	0.6	386	7.4	2.8	153	4.5 *	2.5	597	› 0.6 *	0.4
70-74 years	1,274	3.8	0.9	367	8.2	2.5	204	› 2.2 *	1.3	585	› 3.1	1.0
75-79 years	870	3.8	0.9	280	4.8 *	1.6	147	4.8 *	2.5	327	2.7 *	1.0
80-84 years	1,129	7.4	0.9	365	8.7	1.3	178	6.3 *	2.1	411	› 4.2	1.0
85 + years	692	11.7	1.3	233	12.7	2.2	109	10.0 *	3.2	218	9.1	2.5
Total, age adjusted ...	6,566	4.5	0.3	2,047	8.8	1.0	949	›››4.0	0.7	2,770	›››2.8	0.4
Male												
60-64 years	671	2.6	1.0	194	7.1 *	3.7	77	3.0 *	2.9	340	1.4 *	0.9
65-69 years	626	1.5 *	0.9	174	10.4 *	6.1	72	0.6 *	0.6	324	0.0	0.0
70-74 years	609	3.6	1.3	153	9.3 *	4.4	103	› 0.3 *	0.4	305	3.2 *	1.8
75-79 years	378	3.3 *	1.3	111	3.5 *	2.8	62	4.6 *	4.4	159	2.7 *	1.4
80-84 years	539	5.6	1.1	144	7.1 *	2.7	89	6.3 *	2.8	233	3.1 *	1.1
85 + years	283	12.7	1.8	81	17.7 *	5.0	55	14.2 *	5.4	107	8.6 *	3.0
Total, age adjusted ...	3,106	4.0	0.4	857	8.6	1.9	458	› 3.7	1.2	1,468	›› 2.5	0.6
Female												
60-64 years	670	3.7	1.0	222	14.6	4.1	81	›››0.2 *	0.2	292	›››1.1 *	0.8
65-69 years	634	3.1	0.8	212	5.5 *	2.4	81	7.5 *	4.7	273	1.2 *	0.8
70-74 years	665	4.0	0.9	214	7.7 *	3.1	101	3.7 *	2.2	280	3.0 *	1.2
75-79 years	492	4.2	1.0	169	5.4 *	1.9	85	4.9 *	3.0	168	2.6 *	1.3
80-84 years	590	8.5	1.3	221	9.3	1.9	89	6.2 *	3.0	178	5.1 *	1.5
85 + years	409	11.2	1.7	152	10.9 *	2.5	54	7.2 *	4.0	111	9.4 *	3.2
Total, age adjusted ...	3,460	4.9	0.3	1,190	9.0	1.3	491	› 4.5	1.3	1,302	›››2.9	0.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-183—Percent of older adults with self-reported difficulty eating or drinking from a glass

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,341	0.4 *	0.2	416	2.4 *	1.4	158	>0	>0	632	>0	>0
65-69 years	1,261	0.7 *	0.3	387	2.5 *	1.3	153	0.0	0.0	597	0.2 *	0.2
70-74 years	1,275	1.0	0.4	367	1.6 *	0.9	205	0.8 *	0.8	585	0.9 *	0.5
75-79 years	874	1.5	0.5	281	2.6 *	1.3	149	3.0 *	1.7	327	0.6 *	0.3
80-84 years	1,130	3.1	0.6	366	2.6 *	0.9	178	4.1 *	1.8	411	2.5	0.8
85 + years	694	4.0	0.8	234	5.8 *	1.8	109	4.3 *	2.2	218	2.5 *	1.0
Total, age adjusted ...	6,575	1.4	0.2	2,051	2.6	0.7	952	1.5	0.5	2,770	› 0.8	0.2
Male												
60-64 years	671	0.4 *	0.4	194	2.8 *	2.4	77	0.0	0.0	340	>0	>0
65-69 years	626	0.3 *	0.2	174	1.6 *	0.8	72	0.0	0.0	324	0.2 *	0.2
70-74 years	610	0.8 *	0.6	153	1.3 *	1.4	104	0.0	0.0	305	0.8 *	0.8
75-79 years	380	1.4 *	0.7	112	3.0 *	2.8	63	1.1 *	1.1	159	1.0 *	0.6
80-84 years	540	2.2 *	0.6	144	2.0 *	1.3	89	1.7 *	1.2	233	2.3 *	1.1
85 + years	285	3.7 *	1.3	82	7.2 *	3.9	55	5.8 *	4.6	107	0.5 *	0.6
Total, age adjusted ...	3,112	1.2	0.2	859	2.6	1.0	460	0.9 *	0.5	1,468	› 0.7	0.2
Female												
60-64 years	670	0.5 *	0.4	222	2.1 *	1.8	81	0.1 *	0.1	292	0.0	0.0
65-69 years	635	1.0 *	0.5	213	3.0 *	2.0	81	0.0	0.0	273	0.3 *	0.3
70-74 years	665	1.2 *	0.5	214	1.6 *	1.1	101	1.5 *	1.5	280	1.0 *	0.8
75-79 years	494	1.5 *	0.6	169	2.4 *	1.5	86	4.2 *	2.7	168	0.1 *	0.1
80-84 years	590	3.6	0.8	222	2.8 *	1.2	89	5.7 *	2.8	178	2.6 *	1.3
85 + years	409	4.2	1.0	152	5.3 *	2.0	54	3.3 *	2.1	111	3.6 *	1.6
Total, age adjusted ...	3,463	1.6	0.3	1,192	2.6	1.1	492	1.9 *	0.7	1,302	0.9	0.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
>0 Value to small to display.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-184—Percent of older adults with self-reported difficulty dressing

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,340	1.4	0.4	416	5.0	1.9	158	1.1 *	1.1	631	›› 0.2 *	0.2
65-69 years	1,259	1.6	0.4	386	3.5 *	1.6	153	4.3 *	2.2	596	0.7 *	0.4
70-74 years	1,274	3.6	0.8	368	4.6	1.6	205	3.7 *	2.0	583	3.5	0.9
75-79 years	872	2.9	0.6	281	5.2 *	1.4	148	1.7 *	1.2	326	2.3	0.9
80-84 years	1,126	7.0	0.9	365	7.4	1.6	178	6.0 *	2.0	411	5.4	1.4
85 + years	691	11.3	1.5	234	13.1	2.6	108	7.0 *	2.3	217	7.0	1.8
Total, age adjusted ...	6,562	3.6	0.3	2,050	5.7	0.8	950	3.4	0.9	2,764	›››2.5	0.3
Male												
60-64 years	671	0.8 *	0.4	194	3.3 *	2.5	77	3.0 *	2.9	340	>0	>0
65-69 years	626	0.9 *	0.5	174	3.9 *	2.1	72	3.6 *	3.1	324	>0	>0
70-74 years	610	3.2	1.0	153	8.9 *	4.1	104	1.7 *	1.2	305	2.4	1.2
75-79 years	379	2.6 *	1.2	112	7.0 *	3.9	63	2.0 *	2.1	158	1.8 *	1.4
80-84 years	539	5.8	0.9	144	6.7 *	1.8	89	3.9 *	2.4	233	4.7	1.3
85 + years	283	10.1	1.8	82	15.0 *	4.3	54	6.9 *	3.0	106	6.9	2.6
Total, age adjusted ...	3,108	3.0	0.4	859	6.6	1.4	459	› 3.2 *	1.1	1,466	›› 1.9	0.5
Female												
60-64 years	669	1.9	0.7	222	6.2 *	2.9	81	› 0.0	0.0	291	› 0.3 *	0.3
65-69 years	633	2.2	0.6	212	3.2 *	2.0	81	4.9 *	3.9	272	1.4 *	0.8
70-74 years	664	3.9	1.0	215	2.7 *	1.5	101	5.4 *	3.6	278	4.5	1.3
75-79 years	493	3.1	0.9	169	4.5 *	2.5	85	1.5 *	1.5	168	2.8 *	1.2
80-84 years	587	7.6	1.3	221	7.7	2.2	89	7.4 *	2.9	178	6.0	2.5
85 + years	408	11.8	2.0	152	12.4	3.0	54	7.1 *	3.2	111	7.2	2.4
Total, age adjusted ...	3,454	4.1	0.4	1,191	5.4	1.0	491	3.8	1.5	1,298	› 3.0	0.5

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
>0 Value to small to display.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-185—Percent of older adults needing assistance with personal care needs

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,337	3.6	0.8	415	9.7	2.6	158	4.5 *	2.6	629	›› 2.1 *	0.7
65-69 years	1,260	4.2	0.8	387	7.8	2.1	153	5.4 *	2.7	596	3.2	0.9
70-74 years	1,273	5.7	0.8	367	9.2	1.9	204	6.2 *	1.6	584	› 4.9	1.0
75-79 years	870	7.3	1.3	279	10.6	2.7	148	9.2 *	3.6	326	4.5 *	1.6
80-84 years	1,131	13.4	1.2	366	15.5	2.0	178	12.0	2.6	411	10.8	1.9
85 + years	691	23.7	2.9	231	22.8	3.0	109	19.3	4.0	218	21.9	6.6
Total, age adjusted ...	6,562	7.7	0.5	2,045	11.2	1.0	950	› 8.0	1.2	2,764	›››6.1	0.9
Male												
60-64 years	668	2.4 *	0.9	193	10.4	5.0	77	3.4 *	3.0	338	0.9 *	0.6
65-69 years	624	3.8	1.1	173	6.2 *	2.6	72	3.1 *	2.9	323	3.6 *	1.5
70-74 years	608	6.3	1.2	152	12.3 *	3.7	103	6.5 *	2.6	305	5.0 *	1.8
75-79 years	377	7.3	1.9	110	11.3 *	4.2	63	10.4 *	5.3	158	5.3 *	2.1
80-84 years	539	10.2	1.6	144	16.1	4.0	88	8.6 *	2.9	233	› 7.4 *	1.9
85 + years	286	22.1	2.6	82	27.5	5.2	55	29.2 *	7.2	107	› 12.7 *	3.1
Total, age adjusted ...	3,102	6.9	0.6	854	12.3	1.6	458	8.0	1.3	1,464	›››4.8	0.8
Female												
60-64 years	669	4.6	1.2	222	9.2	3.4	81	5.2 *	3.0	291	3.2 *	1.2
65-69 years	636	4.5	1.3	214	8.8 *	2.7	81	7.2 *	4.4	273	› 2.8 *	1.1
70-74 years	665	5.3	1.0	215	7.8 *	2.2	101	5.9 *	2.2	279	4.8 *	1.4
75-79 years	493	7.2	1.5	169	10.2 *	3.2	85	8.4 *	4.0	168	3.7 *	1.6
80-84 years	592	15.2	1.6	222	15.3	2.7	90	14.3 *	3.9	178	13.5	2.6
85 + years	405	24.4	3.8	149	21.1	3.9	54	12.9 *	4.7	111	27.5 *	9.3
Total, age adjusted ...	3,460	8.2	0.7	1,191	10.8	1.3	492	8.0	1.7	1,300	›› 6.9	1.2

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-186—Percent of older adults needing assistance with routine chores

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,282	4.6	0.8	382	11.5	3.4	153	5.2 *	1.4	618	› 2.4 *	0.9
65-69 years	1,200	4.8	0.8	355	11.6	3.3	148	7.0 *	2.7	579	›› 2.5 *	0.8
70-74 years	1,184	6.6	0.8	335	11.6	2.1	187	6.4	2.4	550	›› 4.9	0.9
75-79 years	797	12.4	1.7	250	19.8	4.4	136	18.4	3.8	306	›› 7.0	1.4
80-84 years	978	16.4	0.9	305	22.7	2.3	156	›› 12.9	2.8	367	›››10.5	1.7
85 + years	518	38.7	2.1	177	45.5	4.3	84	›››21.1	4.6	172	39.4	3.7
Total, age adjusted ...	5,959	10.8	0.5	1,804	17.3	1.5	864	›››10.3	1.0	2,592	›››8.0	0.6
Male												
60-64 years	648	2.1 *	0.6	180	8.3 *	2.3	75	3.2 *	3.2	335	›› 0.9 *	0.6
65-69 years	602	3.9	1.2	162	13.9	6.8	71	9.4 *	5.0	315	1.4 *	0.8
70-74 years	562	3.2 *	0.8	134	11.2 *	3.4	96	4.7 *	2.1	288	›› 1.5 *	0.8
75-79 years	344	9.9	2.2	100	26.4 *	8.1	56	18.2 *	6.7	148	›› 2.6 *	1.2
80-84 years	476	13.1	1.8	118	16.6 *	3.5	80	12.8 *	5.4	214	› 9.1	1.9
85 + years	221	24.3	2.6	62	18.1 *	5.2	42	15.6 *	7.1	91	26.5	4.0
Total, age adjusted ...	2,853	7.2	0.6	756	14.8	1.8	420	› 9.4	1.7	1,391	›››4.7	0.6
Female												
60-64 years	634	6.6	1.4	202	13.4	5.3	78	6.4 *	1.1	283	3.8 *	1.6
65-69 years	598	5.7	1.2	193	10.2 *	3.0	77	5.0 *	3.2	264	› 3.5 *	1.3
70-74 years	622	9.2	1.3	201	11.8	2.4	91	7.7 *	3.2	262	8.2	1.8
75-79 years	453	14.2	2.1	150	16.9	3.7	80	18.5	5.4	158	10.8	2.6
80-84 years	502	18.4	1.5	187	24.9	2.6	76	›› 12.9 *	3.7	153	›› 11.7	3.2
85 + years	297	45.7	3.0	115	54.6	5.5	42	›››24.0 *	6.0	81	48.9	5.9
Total, age adjusted ...	3,106	13.1	0.6	1,048	18.1	1.6	444	›› 10.7	1.6	1,201	›››10.8	0.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-187—Percent of older adults using a cane, wheelchair, crutches, or walker

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,341	4.9	1.0	416	14.1	3.2	158	› 4.3 *	2.5	632	›››2.6 *	0.8
65-69 years	1,262	7.3	1.0	388	11.7	2.2	153	17.4	4.6	597	› 4.8	1.3
70-74 years	1,276	10.2	1.0	368	14.4	2.2	205	13.2	2.9	585	›› 8.0	1.3
75-79 years	876	16.5	1.4	282	20.2	3.0	149	20.5	5.6	327	13.3	2.1
80-84 years	1,131	24.8	1.5	365	32.1	2.6	178	› 22.0	3.0	412	›››18.8	2.2
85 + years	693	45.1	2.4	233	49.7	3.2	109	40.0	5.2	218	40.6	5.2
Total, age adjusted ...	6,579	14.2	0.6	2,052	20.0	1.2	952	16.6	1.4	2,771	›››11.2	0.8
Male												
60-64 years	671	6.0	1.3	194	20.4	5.3	77	› 6.1 *	3.8	340	›› 3.5 *	1.2
65-69 years	626	5.9	1.3	174	9.1 *	3.4	72	13.8 *	4.9	324	4.5 *	1.8
70-74 years	610	8.2	1.3	153	13.0 *	2.8	104	13.2	3.1	305	› 5.6 *	1.6
75-79 years	381	15.1	2.2	112	21.0	5.2	63	19.6 *	5.2	159	12.2	2.8
80-84 years	538	22.8	2.4	143	31.2	4.5	88	22.5	5.0	233	›› 18.2	2.0
85 + years	285	40.4	3.2	81	46.9	5.4	55	47.5	8.1	107	›› 31.5	3.7
Total, age adjusted ...	3,111	12.9	0.6	857	20.4	1.6	459	16.9	2.0	1,468	›››9.7	0.8
Female												
60-64 years	670	4.0	1.2	222	10.1	4.2	81	3.2 *	2.2	292	› 1.8 *	0.9
65-69 years	636	8.5	1.5	214	13.3	2.9	81	20.3	7.6	273	› 5.1 *	1.8
70-74 years	666	11.6	1.4	215	15.0	2.7	101	13.1 *	4.0	280	10.3	2.4
75-79 years	495	17.4	1.7	170	19.8	4.0	86	21.0	8.4	168	14.4	2.9
80-84 years	593	26.0	2.0	222	32.5	3.5	90	› 21.8	4.2	179	›› 19.2	3.5
85 + years	408	47.2	3.2	152	50.8	4.7	54	35.2	7.9	111	46.2	7.8
Total, age adjusted ...	3,468	15.1	0.8	1,195	19.5	1.5	493	16.6	2.0	1,303	›››12.2	1.3

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-188—Percent of older adults using special eating utensils

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,341	0.6 *	0.4	416	1.8 *	1.8	158	0.0	0.0	632	0.5 *	0.3
65-69 years	1,261	0.8 *	0.5	388	0.0	0.0	153	1.3 *	1.3	596	1.1 *	0.8
70-74 years	1,276	0.6 *	0.2	368	>0	>0	205	1.3 *	1.0	585	0.5 *	0.3
75-79 years	876	0.6 *	0.4	282	0.0	0.0	149	2.1 *	1.9	327	0.4 *	0.3
80-84 years	1,132	0.8 *	0.3	366	1.6 *	0.8	179	0.5 *	0.5	412	0.7 *	0.5
85 + years	695	1.0 *	0.4	234	0.6 *	0.4	109	0.4 *	0.4	218	1.3 *	0.8
Total, age adjusted ...	6,581	0.7	0.2	2,054	0.7 *	0.4	953	1.0 *	0.5	2,770	0.7	0.2
Male												
60-64 years	671	1.4 *	0.8	194	4.6 *	4.5	77	0.0	0.0	340	1.0 *	0.7
65-69 years	626	1.6 *	1.0	174	0.0	0.0	72	3.1 *	2.9	324	1.8 *	1.4
70-74 years	610	1.3 *	0.6	153	0.0	0.0	104	2.9 *	2.1	305	1.0 *	0.6
75-79 years	381	0.3 *	0.3	112	0.0	0.0	63	0.2 *	0.1	159	0.5 *	0.5
80-84 years	540	0.9 *	0.6	144	1.0 *	1.0	89	0.0	0.0	233	1.5 *	1.2
85 + years	286	0.6 *	0.5	82	0.0	0.0	55	1.1 *	1.0	107	1.0 *	1.0
Total, age adjusted ...	3,114	1.1	0.3	859	1.2 *	1.0	460	1.3 *	0.7	1,468	1.2	0.4
Female												
60-64 years	670	>0	>0	222	0.0	0.0	81	0.0	0.0	292	>0	>0
65-69 years	635	0.2 *	0.1	214	0.0	0.0	81	0.0	0.0	272	0.3 *	0.2
70-74 years	666	>0	>0	215	>0	>0	101	0.0	0.0	280	0.0	0.0
75-79 years	495	0.8 *	0.6	170	0.0	0.0	86	3.3 *	3.1	168	0.4 *	0.4
80-84 years	592	0.8 *	0.4	222	1.8 *	1.0	90	0.9 *	0.8	179	0.0	0.0
85 + years	409	1.2 *	0.6	152	0.8 *	0.6	54	0.0	0.0	111	1.4 *	1.2
Total, age adjusted ...	3,467	0.4 *	0.1	1,195	0.3 *	0.1	493	0.6 *	0.5	1,302	0.3 *	0.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
  Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
  >0 Value to small to display.

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-189—Percent of older adults using aids or devices for help in dressing

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,341	0.4 *	0.2	416	0.1 *	0.2	158	0.0	0.0	632	0.5 *	0.3
65-69 years	1,261	1.7	0.6	388	4.1 *	1.6	153	› 0.0	0.0	596	1.4 *	0.8
70-74 years	1,276	1.6	0.4	368	1.6 *	0.9	205	3.7 *	2.0	585	0.9 *	0.4
75-79 years	876	1.6 *	0.5	282	0.9 *	0.6	149	3.4 *	2.3	327	1.4 *	0.6
80-84 years	1,132	2.6	0.6	366	1.7 *	1.0	179	1.0 *	0.7	412	3.4 *	0.8
85 + years	692	7.7	2.1	234	4.2 *	1.2	108	5.5 *	2.6	218	11.4	5.6
Total, age adjusted ...	6,578	2.0	0.2	2,054	1.9	0.4	952	1.9	0.6	2,770	2.3	0.6
Male												
60-64 years	671	0.7 *	0.5	194	0.0	0.0	77	0.0	0.0	340	1.0 *	0.7
65-69 years	626	2.2 *	1.1	174	3.4 *	1.8	72	0.0	0.0	324	2.4 *	1.5
70-74 years	610	1.7 *	0.6	153	1.6 *	1.0	104	2.4 *	2.0	305	1.0 *	0.6
75-79 years	381	1.5 *	0.7	112	0.3 *	0.3	63	2.5 *	2.3	159	1.0 *	0.8
80-84 years	540	3.5	1.0	144	2.5 *	1.4	89	1.1 *	0.8	233	4.5 *	1.5
85 + years	285	4.6 *	1.4	82	4.6 *	2.8	54	3.9 *	3.0	107	2.8 *	1.6
Total, age adjusted ...	3,113	2.0	0.3	859	1.8 *	0.5	459	1.4 *	0.6	1,468	1.8	0.4
Female												
60-64 years	670	0.1 *	0.1	222	0.2 *	0.2	81	0.0	0.0	292	0.1 *	0.1
65-69 years	635	1.4 *	0.6	214	4.5 *	2.4	81	0.0	0.0	272	0.4 *	0.3
70-74 years	666	1.5 *	0.6	215	1.6 *	1.1	101	4.8 *	3.3	280	0.8 *	0.5
75-79 years	495	1.7 *	0.7	170	1.1 *	0.8	86	4.1 *	3.2	168	1.7 *	1.0
80-84 years	592	2.1 *	0.6	222	1.4 *	0.9	90	1.0 *	1.0	179	2.6 *	1.0
85 + years	407	9.1	3.0	152	4.1 *	1.4	54	6.5 *	3.6	111	16.6	8.6
Total, age adjusted ...	3,465	2.0	0.4	1,195	2.0	0.6	493	2.3	0.9	1,302	2.4	0.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file and Examination file. The 'All older adults' column includes persons with missing income.

Table D-190—Percent of older adults with any health insurance[1]

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,261	92.4	1.1	378	77.9	3.4	152	86.9 *	3.7	622	›››98.1 *	0.7
65-69 years	1,250	98.4 *	0.6	380	97.2 *	1.2	151	99.4 *	0.3	597	98.8 *	0.7
70-74 years	1,266	99.6 *	0.2	362	98.7 *	0.6	204	› 100.0 *	0.0	584	99.8 *	0.1
75-79 years	867	99.0 *	0.4	281	99.1 *	0.6	148	100.0	0.0	326	100.0 *	0.0
80-84 years	1,126	99.8 *	0.1	365	99.3 *	0.4	179	100.0	0.0	412	100.0 *	>0
85 + years	688	99.4 *	0.3	231	99.9 *	0.1	107	100.0	0.0	218	100.0 *	0.0
Total, age adjusted ...	6,458	97.6	0.3	1,997	93.8	0.8	941	› 96.8	0.9	2,759	›››99.3 *	0.2
Male												
60-64 years	635	92.8	1.4	176	75.3	5.8	76	› 92.9 *	3.9	334	›››98.2 *	0.6
65-69 years	620	98.3 *	0.7	170	95.9 *	2.7	72	98.8 *	0.7	324	98.7 *	0.8
70-74 years	606	99.6 *	0.2	151	97.6 *	1.5	103	100.0 *	0.0	304	99.8 *	0.2
75-79 years	376	98.8 *	0.6	112	100.0	0.0	62	100.0 *	0.0	158	100.0	0.0
80-84 years	539	99.7 *	0.3	144	98.4 *	1.2	89	100.0 *	0.0	233	100.0	0.0
85 + years	286	100.0 *	0.0	82	100.0	0.0	55	100.0	0.0	107	100.0 *	0.0
Total, age adjusted ...	3,062	97.6	0.4	835	92.7	1.5	457	›› 98.1 *	0.9	1,460	›››99.3 *	0.2
Female												
60-64 years	626	92.1	1.4	202	79.7	3.9	76	83.4 *	5.6	288	›››98.0 *	1.0
65-69 years	630	98.5 *	0.7	210	97.9 *	1.1	79	99.9 *	0.1	273	98.8 *	1.0
70-74 years	660	99.6 *	0.2	211	99.2 *	0.6	101	100.0	0.0	280	99.8 *	0.2
75-79 years	491	99.2 *	0.4	169	98.7 *	0.9	86	100.0	0.0	168	100.0 *	0.0
80-84 years	587	99.9 *	0.1	221	99.7 *	0.3	90	100.0	0.0	179	100.0 *	>0
85 + years	402	99.1 *	0.5	149	99.9 *	0.1	52	100.0	0.0	111	100.0 *	0.0
Total, age adjusted ...	3,396	97.5	0.4	1,162	94.4	1.0	484	96.1 *	1.3	1,299	›››99.3 *	0.3

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
   Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).
 [1] Health insurance includes any of Medicare, Medicaid, CHAMPUS/CHAMPVA/VA/military, or private health insurance.
   >0 Value to small to display.

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.
   Percents may sum to more than 100 because some persons have multiple sources of health insurance. Sample size varies slightly by source.

Table D-191—Percent of older adults with Medicare

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,071	10.0	1.1	334	23.9	3.4	130	19.4	3.9	516	›››5.0	1.3
65-69 years	1,063	93.4	1.3	327	89.2	2.3	120	›››99.1 *	0.4	514	93.7	1.7
70-74 years	1,030	96.1	0.7	319	90.4 *	2.3	170	›› 98.1 *	1.2	443	›› 97.7 *	0.9
75-79 years	749	96.1	1.0	239	95.8 *	1.4	130	› 99.2 *	0.5	290	97.0 *	1.1
80-84 years	918	98.2 *	0.4	327	97.5 *	1.0	144	98.6 *	0.9	310	98.4 *	0.6
85 + years	583	97.5 *	0.7	205	98.8 *	0.6	93	99.3 *	0.6	175	97.4 *	1.5
Total, age adjusted ...	5,414	75.8	0.5	1,751	77.0	1.1	787	› 80.2	1.1	2,248	75.1	0.6
Male												
60-64 years	515	13.0	1.9	146	35.1	6.4	58	30.5	8.8	275	›››6.1	2.2
65-69 years	517	93.6	1.4	144	85.6 *	4.1	57	›››98.8 *	0.7	272	› 94.3	1.8
70-74 years	435	95.4 *	1.2	124	78.4 *	6.4	78	›› 95.8 *	2.5	194	›› 98.5 *	0.6
75-79 years	287	96.2 *	1.4	82	93.9 *	2.5	46	› 99.9 *	0.1	128	› 99.1 *	0.6
80-84 years	392	98.8 *	0.5	118	98.4 *	1.2	65	98.1 *	1.9	157	99.3 *	0.5
85 + years	228	99.6 *	0.3	70	99.2 *	0.8	45	98.7 *	1.4	80	100.0 *	0.0
Total, age adjusted ...	2,374	76.6	0.6	684	76.4	2.0	349	› 82.3	2.3	1,106	76.4	0.8
Female												
60-64 years	556	7.6	1.2	188	16.5 *	3.3	72	13.1 *	4.7	241	›› 4.1 *	1.5
65-69 years	546	93.3	1.5	183	91.3 *	3.0	63	›› 99.4 *	0.4	242	93.0	2.1
70-74 years	595	96.7 *	0.9	195	95.6 *	1.5	92	›› 100.0	0.0	249	96.9 *	1.4
75-79 years	462	96.1 *	1.1	157	96.5 *	1.6	84	98.8 *	0.8	162	95.2 *	2.1
80-84 years	526	97.9 *	0.5	209	97.2 *	1.2	79	98.9 *	0.8	153	97.7 *	0.9
85 + years	355	96.6 *	1.0	135	98.7 *	0.8	48	99.7 *	0.3	95	95.8 *	2.5
Total, age adjusted ...	3,040	75.2	0.6	1,067	76.8	1.2	438	79.2	1.1	1,142	› 74.1	0.8

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-192—Percent of older adults with Medicaid

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,071	7.1	1.2	334	36.3	4.2	130	›››3.6 *	1.6	516	›››0.8 *	0.4
65-69 years	1,063	7.1	1.0	327	24.0	3.0	120	›››8.0 *	2.4	514	›››2.4	0.9
70-74 years	1,030	10.3	1.2	319	30.9	4.0	170	›››11.2	3.1	443	›››3.4	1.1
75-79 years	749	11.7	1.3	239	28.7	3.1	130	›› 11.1 *	3.2	290	›››4.6	1.6
80-84 years	918	14.8	2.0	327	31.2	3.2	144	›››8.4 *	2.8	310	›››7.0	1.9
85 + years	583	15.1	2.0	205	25.9	4.4	93	› 14.2 *	3.8	175	›››7.5	2.2
Total, age adjusted ...	5,414	10.1	0.8	1,751	29.9	1.6	787	›››8.7	1.4	2,248	›››3.5	0.6
Male												
60-64 years	515	4.6 *	1.5	146	28.5	8.5	58	› 5.5 *	4.0	275	›››0.2 *	0.1
65-69 years	517	6.2 *	1.2	144	21.4 *	4.3	57	8.9 *	4.6	272	›››3.0 *	1.5
70-74 years	435	9.3	2.0	124	30.6 *	7.6	78	› 11.0 *	4.1	194	›››4.4 *	1.8
75-79 years	287	10.2 *	2.0	82	26.5 *	4.3	46	14.8 *	6.8	128	›››4.3 *	2.3
80-84 years	392	11.2	2.1	118	20.5 *	3.8	65	9.5 *	4.3	157	›› 7.8	2.3
85 + years	228	13.5 *	2.5	70	25.4 *	4.7	45	16.0 *	6.1	80	›››4.6 *	2.3
Total, age adjusted ...	2,374	8.3	1.0	684	25.9	2.7	349	›››10.2	2.0	1,106	›››3.5	0.8
Female												
60-64 years	556	9.1	1.6	188	40.7	5.8	72	›››2.6 *	1.4	241	›››1.3 *	0.8
65-69 years	546	7.9	1.2	183	25.5	3.9	63	›››7.1 *	3.3	242	›››1.7 *	1.0
70-74 years	595	11.0	1.3	195	31.1	5.0	92	›› 11.4 *	4.1	249	›››2.5 *	1.0
75-79 years	462	12.5	1.7	157	29.5	4.2	84	›››9.3 *	3.7	162	›››4.8 *	1.8
80-84 years	526	16.6	2.5	209	34.7	4.3	79	›››7.8 *	3.7	153	›››6.4 *	1.9
85 + years	355	15.8	2.4	135	26.1	5.2	48	› 13.1 *	4.5	95	›› 9.1 *	3.1
Total, age adjusted ...	3,040	11.2	0.8	1,067	31.8	1.9	438	›››7.9	1.7	1,142	›››3.5	0.6

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-193—Percent of older adults with CHAMPUS, CHAMPVA, VA, or military health care

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,071	7.0 *	1.8	334	2.2 *	1.2	130	6.8 *	3.3	516	›› 7.5 *	2.1
65-69 years	1,063	3.3 *	1.0	327	4.3 *	1.5	120	4.3 *	3.6	514	2.3 *	0.7
70-74 years	1,030	4.4 *	0.9	319	3.4 *	1.7	170	6.1 *	2.8	443	4.0 *	1.1
75-79 years	749	3.2 *	0.9	239	3.4 *	1.6	130	3.3 *	2.2	290	3.6 *	1.4
80-84 years	918	0.7 *	0.2	327	0.3 *	0.3	144	1.7 *	1.0	310	0.7 *	0.4
85 + years	583	1.0 *	0.4	205	0.0	0.0	93	1.0 *	0.9	175	1.5 *	0.9
Total, age adjusted ...	5,414	3.9	0.8	1,751	2.7 *	0.6	787	4.5	1.8	2,248	3.8	0.8
Male												
60-64 years	515	10.9 *	2.8	146	5.5 *	3.3	58	13.5 *	7.3	275	11.4 *	3.1
65-69 years	517	5.7 *	1.7	144	10.9 *	3.8	57	8.8 *	7.0	272	› 3.9 *	1.3
70-74 years	435	9.0 *	2.1	124	8.0 *	4.4	78	15.0 *	6.0	194	6.8 *	2.4
75-79 years	287	7.9 *	2.2	82	13.6 *	6.1	46	9.6 *	6.6	128	6.6 *	2.9
80-84 years	392	2.1 *	0.7	118	1.4 *	1.4	65	4.6 *	2.6	157	1.7 *	0.8
85 + years	228	2.1 *	1.0	70	0.0 *	0.0	45	2.7 *	2.5	80	4.2 *	2.5
Total, age adjusted ...	2,374	7.2	1.4	684	7.4	1.7	349	10.2	3.9	1,106	6.4	1.3
Female												
60-64 years	556	3.9 *	1.5	188	0.3 *	0.3	72	3.0 *	2.9	241	› 4.0 *	1.7
65-69 years	546	1.2 *	0.6	183	0.2 *	0.2	63	0.0 *	0.0	242	0.6 *	0.4
70-74 years	595	1.4 *	0.5	195	1.6 *	1.5	92	0.0 *	0.0	249	1.7 *	0.7
75-79 years	462	0.4 *	0.3	157	0.0 *	0.0	84	0.0 *	0.0	162	1.0 *	0.7
80-84 years	526	0.0	0.0	209	0.0	0.0	79	0.0 *	0.0	153	0.0 *	0.0
85 + years	355	0.5 *	0.4	135	0.0 *	0.0	48	0.0 *	0.0	95	0.0 *	0.0
Total, age adjusted ...	3,040	1.5 *	0.5	1,067	0.4 *	0.3	438	0.7 *	0.7	1,142	› 1.6 *	0.4

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-194—Percent of older adults with private health insurance

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error	Sample size	Percent	Standard error
Both sexes												
60-64 years	1,235	81.7	2.3	361	39.8	5.2	152	›››73.7	6.4	615	›››94.2	1.2
65-69 years	1,200	81.3	1.9	353	43.5	5.6	146	›››74.7	5.8	588	›››91.9	1.6
70-74 years	1,198	82.7	1.7	328	52.2	3.6	192	›››76.6	4.0	567	›››94.6 *	1.4
75-79 years	815	79.5	2.0	250	58.5	4.4	142	› 74.7	5.7	322	›››92.6 *	1.6
80-84 years	1,063	78.2	1.8	335	53.9	3.9	169	›››86.9 *	3.4	403	›››91.3 *	1.4
85 + years	645	74.2	2.2	210	56.9	5.0	101	›› 77.9 *	4.5	211	›››88.5 *	2.4
Total, age adjusted ...	6,156	80.4	1.4	1,837	49.1	3.0	902	›››76.5	3.1	2,706	›››92.7	0.7
Male												
60-64 years	620	81.8	2.6	168	37.4 *	7.5	75	›› 74.1 *	8.5	331	›››93.4 *	1.5
65-69 years	602	81.7	2.4	162	39.7 *	7.6	68	›› 67.8 *	7.2	319	›››91.2 *	2.1
70-74 years	569	84.4	2.4	136	44.0 *	7.0	96	›››76.0 *	5.0	291	›››94.8 *	2.5
75-79 years	343	78.7	2.9	91	50.2 *	9.2	59	68.6 *	8.7	154	›››91.2 *	2.6
80-84 years	498	80.0	2.4	127	54.7 *	6.9	82	80.5 *	5.2	224	›››91.9 *	2.1
85 + years	260	77.0 *	2.8	69	51.1 *	8.3	51	› 77.2 *	7.9	103	›››92.2 *	2.4
Total, age adjusted ...	2,892	81.1	1.4	753	44.4	4.3	431	›››73.2	4.6	1,422	›››92.6	0.8
Female												
60-64 years	615	81.6	2.9	193	41.4 *	6.2	77	›› 73.4 *	7.6	284	›››94.8 *	1.7
65-69 years	598	80.9	2.2	191	45.8 *	5.8	78	›››80.3 *	6.2	269	›››92.6 *	2.2
70-74 years	629	81.5	2.0	192	56.0 *	4.3	96	›› 77.1 *	5.5	276	›››94.5 *	1.4
75-79 years	472	80.0	2.3	159	61.6 *	5.1	83	› 78.7 *	5.8	168	›››93.9 *	1.7
80-84 years	565	77.2	2.0	208	53.6	4.0	87	›››91.0 *	3.6	179	›››90.9 *	2.0
85 + years	385	73.0	3.1	141	58.8 *	5.0	50	›› 78.3 *	5.7	108	›››86.2 *	4.4
Total, age adjusted ...	3,264	79.9	1.5	1,084	51.4	3.0	471	›››78.8	2.9	1,284	›››92.9	1.0

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-195—Percent of older adults with a regular source of health care

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,344	88.0	1.6	417	82.3	3.8	159	85.4	3.7	632	› 90.9	1.6
65-69 years	1,264	89.0	0.9	389	86.4	3.5	153	93.5 *	2.4	597	90.9	1.3
70-74 years	1,278	93.1	0.8	368	90.1	2.2	207	94.9 *	2.0	585	93.4	1.2
75-79 years	878	93.0	1.1	282	90.8 *	2.4	149	93.6 *	2.8	327	93.6	1.8
80-84 years	1,133	92.7	0.9	365	92.6 *	1.5	179	95.2 *	1.3	412	93.7	1.4
85 + years	698	94.2	1.0	234	93.0 *	1.4	109	92.5 *	2.6	219	› 97.1 *	1.3
Total, age adjusted ...	6,595	91.1	0.6	2,055	88.2	1.7	956	› 92.0	0.8	2,772	› 92.7	0.7
Male												
60-64 years	672	87.3	2.1	194	77.2	6.2	77	90.2 *	6.2	340	› 89.4	2.1
65-69 years	626	86.8	1.6	174	82.6	5.1	72	95.0 *	4.2	324	88.7	2.0
70-74 years	611	92.3	1.4	153	85.8 *	3.0	105	›› 95.0 *	1.9	305	92.7	2.0
75-79 years	382	90.1	2.3	112	79.8 *	7.0	63	87.6 *	5.3	159	› 93.0 *	2.7
80-84 years	539	92.4	1.2	143	89.5 *	2.0	89	› 95.0 *	1.9	233	› 94.3 *	1.4
85 + years	286	91.4 *	1.7	82	86.0 *	2.7	55	90.4 *	4.3	107	›› 96.8 *	2.2
Total, age adjusted ...	3,116	89.6	0.9	858	82.6	2.3	461	›››92.2	2.1	1,468	›››91.7	0.9
Female												
60-64 years	672	88.6	1.8	223	85.5	3.5	82	82.7 *	3.9	292	92.4	2.3
65-69 years	638	90.8	1.2	215	88.8 *	3.7	81	92.4 *	2.3	273	93.2	1.4
70-74 years	667	93.7	0.9	215	92.0 *	2.9	102	94.8 *	3.2	280	94.1 *	1.4
75-79 years	496	95.0	1.2	170	95.5 *	1.9	86	97.5 *	1.8	168	94.2 *	2.4
80-84 years	594	92.9	1.3	222	93.7 *	2.0	90	95.4 *	1.8	179	93.2 *	2.5
85 + years	412	95.5 *	1.3	152	95.6 *	1.9	54	93.9 *	3.5	112	97.2 *	1.3
Total, age adjusted ...	3,479	92.2	0.7	1,197	90.9	1.7	495	91.9	1.4	1,304	93.7	0.7

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-196—Percent of older adults who see a particular doctor

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,344	79.0	1.8	417	71.1	4.4	159	77.0	5.1	632	› 81.9	1.9
65-69 years	1,264	83.4	1.3	389	80.3	3.0	153	82.6	4.3	597	86.2	1.6
70-74 years	1,276	86.5	1.2	367	84.1	2.9	207	85.0	3.1	585	87.9	1.5
75-79 years	877	88.7	1.2	281	86.4	2.7	149	89.3 *	2.3	327	90.8	2.2
80-84 years	1,131	88.2	1.2	365	85.7	1.9	179	› 90.6 *	2.3	410	›› 91.2	1.4
85 + years	697	90.9	1.2	234	89.4 *	1.8	108	88.4 *	2.9	219	93.5 *	1.8
Total, age adjusted ...	6,589	85.0	0.7	2,053	81.3	1.6	955	84.3	1.7	2,770	›››87.5	0.9
Male												
60-64 years	672	76.4	2.5	194	59.7	7.5	77	› 81.3 *	7.3	340	› 79.2	2.5
65-69 years	626	79.3	2.2	174	74.5	4.8	72	75.5 *	5.3	324	82.5	2.8
70-74 years	610	84.1	2.2	152	76.6	4.9	105	79.3 *	4.1	305	› 87.4	2.4
75-79 years	381	83.5	2.3	111	71.6 *	7.0	63	76.9 *	5.1	159	› 89.8 *	3.1
80-84 years	538	87.5	1.7	143	82.6 *	3.1	89	› 90.4 *	2.7	232	›› 92.0 *	1.7
85 + years	285	87.7 *	2.1	82	80.1 *	3.7	54	87.4 *	4.4	107	›› 93.4 *	3.0
Total, age adjusted ...	3,112	81.9	1.1	856	72.4	2.4	460	›› 80.6	3.1	1,467	›››85.9	1.3
Female												
60-64 years	672	81.0	1.8	223	78.3	3.7	82	74.6 *	6.2	292	84.5	2.6
65-69 years	638	87.0	1.5	215	83.9	3.8	81	88.0 *	4.2	273	90.0	1.8
70-74 years	666	88.4	1.5	215	87.4 *	3.9	102	89.8 *	4.2	280	88.4	2.1
75-79 years	496	92.2	1.4	170	92.6 *	2.3	86	97.4 *	1.8	168	91.8 *	2.5
80-84 years	593	88.5	1.8	222	86.8 *	2.7	90	90.8 *	3.4	178	90.6 *	2.4
85 + years	412	92.3 *	1.4	152	92.8 *	2.3	54	89.1 *	4.6	112	93.6 *	2.3
Total, age adjusted ...	3,477	87.4	0.8	1,197	85.8	1.9	495	87.2	2.1	1,303	89.1	0.9

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.

Table D-197—Percent of older adults who saw a doctor within the past year

	All older adults			Lowest income: ≤ 130% poverty			Low-income: 131-185% poverty			Higher-income: > 185% poverty		
	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error	Sample size	Percent	Standard Error
Both sexes												
60-64 years	1,341	81.3	1.5	416	80.4	3.2	158	81.6	2.9	632	81.0	1.9
65-69 years	1,252	85.3	1.4	385	85.6	2.9	152	84.1	3.6	591	85.6	2.2
70-74 years	1,265	86.0	1.2	364	83.2	3.4	201	90.0	2.2	585	86.2	1.6
75-79 years	869	88.6	1.4	277	85.7	2.8	147	› 93.4 *	2.0	327	88.3	1.9
80-84 years	1,112	89.3	1.1	361	88.2	1.7	174	93.0 *	2.0	404	90.0	1.6
85 + years	681	92.3	1.1	227	90.9 *	1.9	107	87.1 *	3.0	216	94.4 *	2.1
Total, age adjusted ...	6,520	86.1	0.6	2,030	84.7	1.3	939	87.4	1.1	2,755	86.4	0.8
Male												
60-64 years	670	81.3	1.8	193	82.4	4.4	77	77.4	7.0	340	81.2	2.5
65-69 years	618	82.0	2.1	170	79.3	4.6	71	80.3 *	4.5	321	82.9	3.0
70-74 years	604	84.1	2.1	151	75.8	6.9	101	88.0 *	3.4	305	85.2	2.5
75-79 years	379	84.4	2.3	110	74.7	6.8	63	87.0 *	4.2	159	85.2	2.9
80-84 years	527	87.1	1.8	142	84.4 *	2.7	85	› 93.8 *	2.6	227	87.7	2.9
85 + years	283	90.4	1.7	80	90.3 *	2.5	55	80.2 *	5.2	107	94.0 *	2.7
Total, age adjusted ...	3,081	84.0	0.9	846	80.2	2.0	452	83.6	2.0	1,459	› 84.9	1.2
Female												
60-64 years	671	81.3	2.1	223	79.2	4.1	81	84.0 *	2.6	292	80.7	2.9
65-69 years	634	88.2	1.6	215	89.4 *	3.5	81	87.1 *	5.8	270	88.4	2.0
70-74 years	661	87.5	1.6	213	86.4	3.0	100	91.6 *	3.5	280	87.1	2.3
75-79 years	490	91.4	1.6	167	90.3 *	2.4	84	› 97.7 *	1.4	168	91.0 *	2.9
80-84 years	585	90.5	1.4	219	89.6 *	2.3	89	92.6 *	2.8	177	91.8 *	2.0
85 + years	398	93.2	1.6	147	91.1 *	2.5	52	91.7 *	4.2	109	94.6 *	2.9
Total, age adjusted ...	3,439	87.7	0.9	1,184	86.8	1.6	487	90.0	1.5	1,296	87.7	1.1

Notes: * Denotes individual estimates not meeting the standards of reliability or precision due to inadequate cell size or large coefficient of variation.
Significant differences in means and proportions are noted by › (.05 level), ›› (.01 level), or ››› (.001 level). Differences are tested in comparison to lowest income group (Income ≤ 130% poverty).

Source: NHANES-III, 1988-94: Adult interview file. The 'All older adults' column includes persons with missing income.