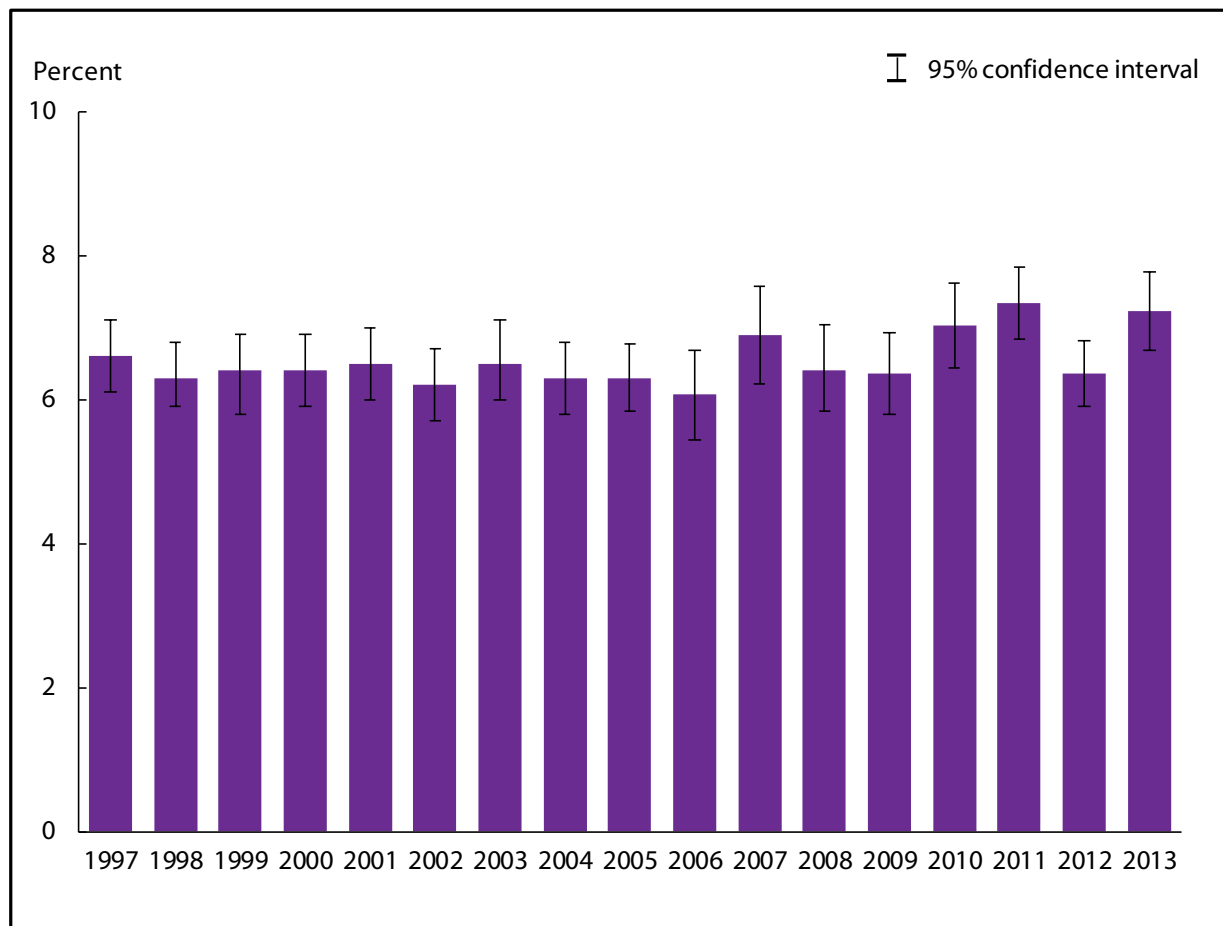


## Personal care needs

**Figure 12.1. Percentage of adults aged 65 and over who needed help with personal care from other persons: United States, 1997–2013**

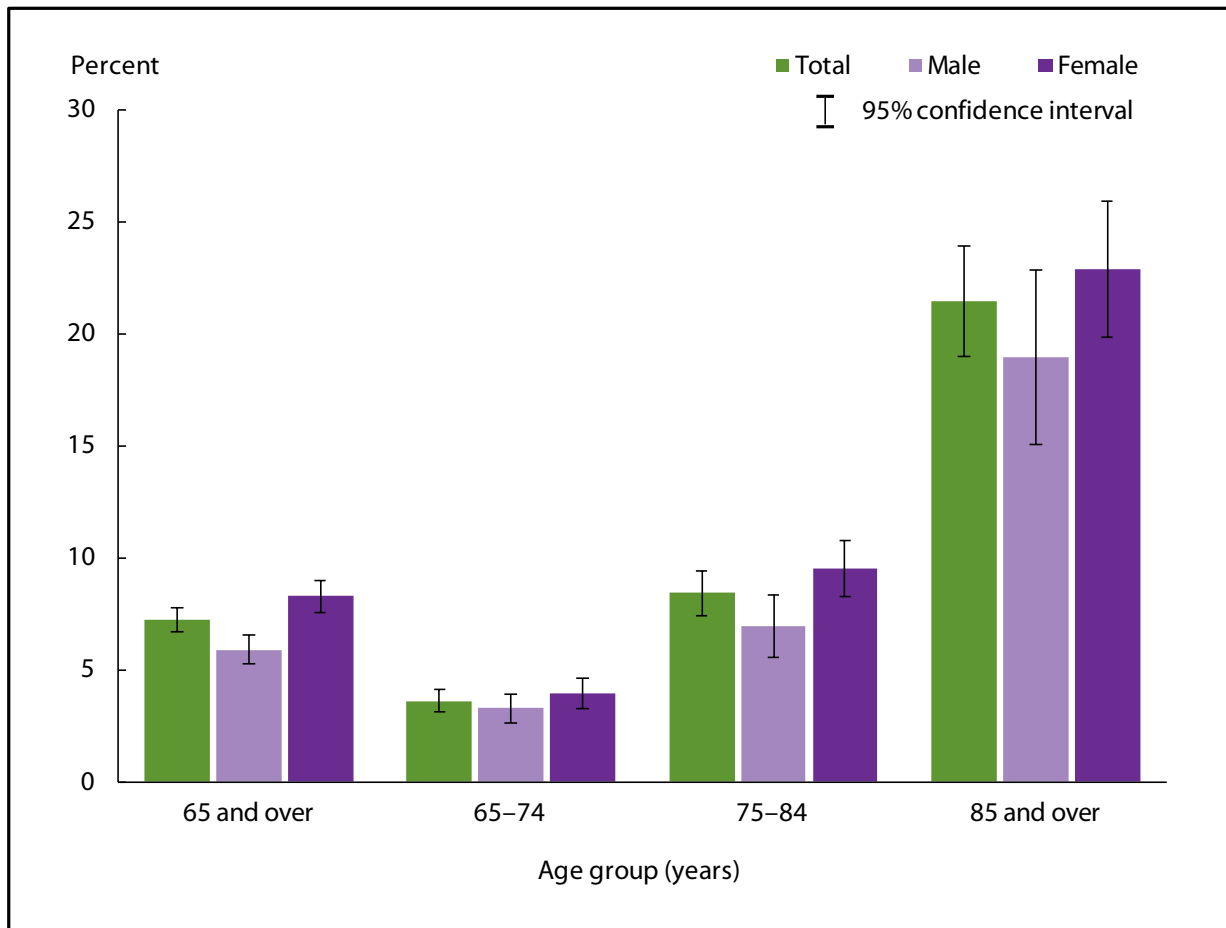


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Personal care needs, or activities of daily living (ADLs), include eating, bathing, dressing, and getting around inside the person’s home. • The analyses excluded persons with unknown information on personal care needs (<0.1% of respondents each year). • See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–2013, Family Core component.

- For 2013, 7.2% (95% confidence interval = 6.67%–7.76%) of adults aged 65 and over needed help with personal care from other persons. This estimate was higher than the 2012 estimate of 6.4%.
- The percentage of older adults who needed help with personal care from other persons was lowest in 2006 (6.1%) and highest in 2011 (7.3%). The 2013 estimate was similar to the 2011 estimate.

**Figure 12.2. Percentage of adults aged 65 and over who needed help with personal care from other persons, by age group and sex: United States, 2013**

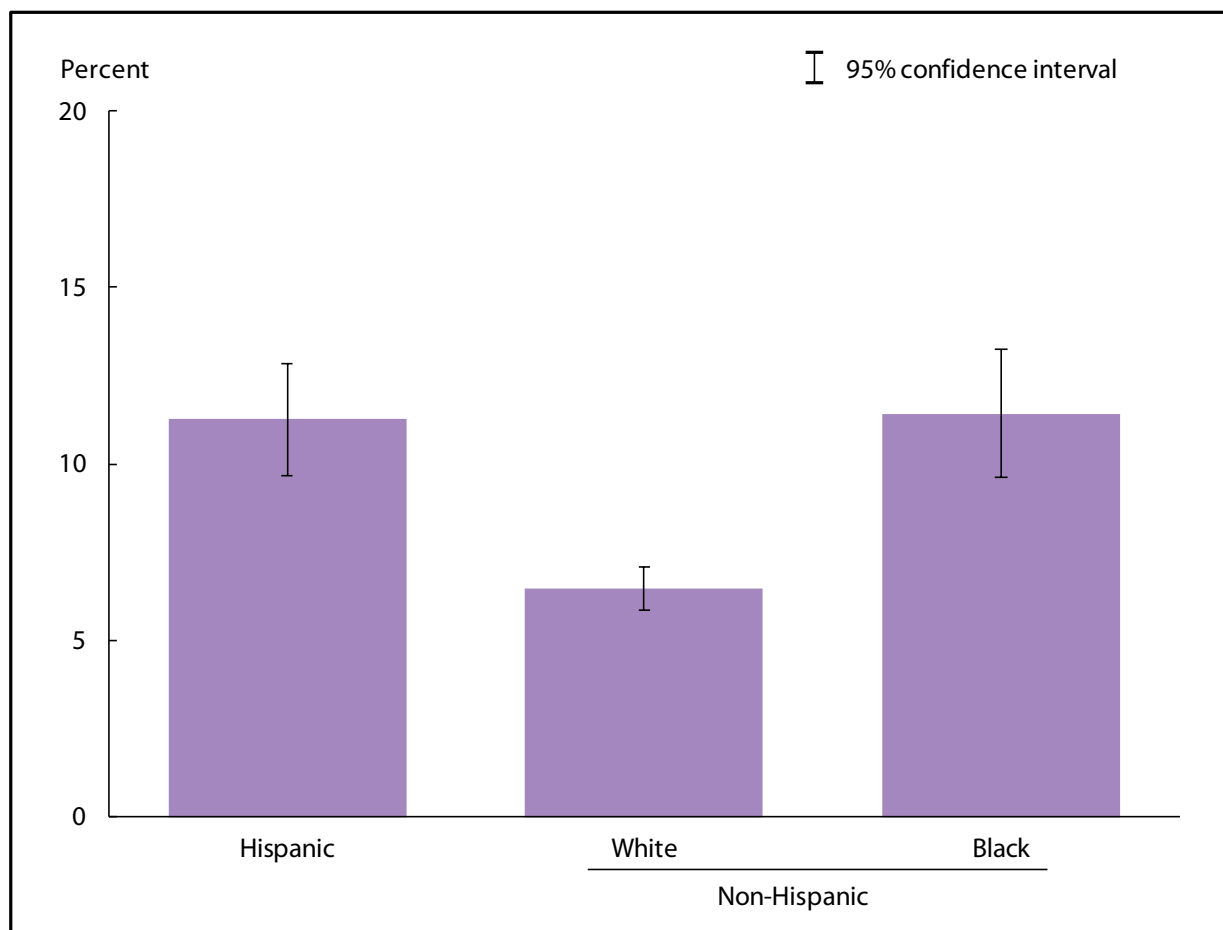


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Personal care needs, or activities of daily living (ADLs), include eating, bathing, dressing, and getting around inside the person's home. • See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2013, Family Core component.

- For both sexes combined, adults aged 85 and over (21.4%) were more than twice as likely as adults aged 75–84 (8.4%) to need help with personal care from other persons; adults aged 85 and over were more than five times as likely as adults aged 65–74 (3.6%) to need help with personal care from other persons.
- For adults aged 65 and over and for adults aged 75–84, women were more likely than men to need help with personal care from other persons.

**Figure 12.3. Age-sex-adjusted percentage of adults aged 65 and over who needed help with personal care from other persons, by race/ethnicity: United States, 2013**



NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. • Personal care needs, or activities of daily living (ADLs), include eating, bathing, dressing, and getting around inside the person's home. • Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 65–74, 75–84, and 85 and over. • See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2013, Family Core component.

- The age-sex-adjusted percentage of adults aged 65 and over who needed help with personal care from other persons was 11.3% for Hispanic adults, 6.5% for non-Hispanic white adults, and 11.4% for non-Hispanic black adults.
- Non-Hispanic white adults were less likely to need help with personal care from other persons than were Hispanic adults and non-Hispanic black adults.

## Data tables for Figures 12.1–12.3:

### Data table for Figure 12.1. Percentage of adults aged 65 and over who needed help with personal care from other persons: United States, 1997–2013

Year	Percent	95% confidence interval
1997	6.6	6.1-7.1
1998	6.3	5.9-6.8
1999	6.4	5.8-6.9
2000	6.4	5.9-6.9
2001	6.5	6.0-7.0
2002	6.2	5.7-6.7
2003	6.5	6.0-7.1
2004	6.3	5.8-6.8
2005	6.3	5.83-6.76
2006	6.1	5.44-6.69
2007	6.9	6.21-7.58
2008	6.4	5.84-7.03
2009	6.4	5.80-6.92
2010	7.0	6.43-7.62
2011	7.3	6.83-7.84
2012	6.4	5.91-6.82
2013	7.2	6.67-7.76

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with the 2012 data, the National Health Interview Survey transitioned to weights derived from the 2010 census. For 2003–2011 data, weights were derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. For 1997–1999 data, weights were derived from the 1990 census. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–2013, Family Core component.

**Data table for Figure 12.2. Percentage of adults aged 65 and over who needed help with personal care from other persons, by age group and sex: United States, 2013**

Age (years) and sex	Percent	95% confidence interval
65–74, total	3.6	3.14-4.08
65–74, male	3.3	2.62-3.90
65–74, female	3.9	3.24-4.59
75–84, total	8.4	7.40-9.40
75–84, male	6.9	5.54-8.31
75–84, female	9.5	8.24-10.78
85 and over, total	21.4	18.98-23.90
85 and over, male	18.9	15.03-22.85
85 and over, female	22.9	19.80-25.92
65 and over (crude <sup>1</sup> ), total	7.2	6.67-7.76
65 and over (crude <sup>1</sup> ), male	5.9	5.23-6.55
65 and over (crude <sup>1</sup> ), female	8.3	7.54-8.99
65 and over (age-adjusted <sup>2</sup> ), total	7.5	6.93-8.06
65 and over (age-adjusted <sup>2</sup> ), male	6.5	5.73-7.23
65 and over (age-adjusted <sup>2</sup> ), female	8.2	7.51-8.93

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates are age adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 65–74, 75–84, and 85 and over.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with the 2012 data, the National Health Interview Survey transitioned to weights derived from the 2010 census. For 2003–2011 data, weights were derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. For 1997–1999 data, weights were derived from the 1990 census. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2013, Family Core component.

**Data table for Figure 12.3. Age-sex-adjusted percentage of adults aged 65 and over who needed help with personal care from other persons, by race/ethnicity: United States, 2013**

Race/ethnicity	Percent <sup>1</sup>	95% confidence interval
Hispanic or Latino	11.3	9.67-12.86
Not Hispanic or Latino, single race, white	6.5	5.85-7.08
Not Hispanic or Latino, single race, black	11.4	9.61-13.24

<sup>1</sup>Estimates are age-sex adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 65–74, 75–84, and 85 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2013, Family Core component.