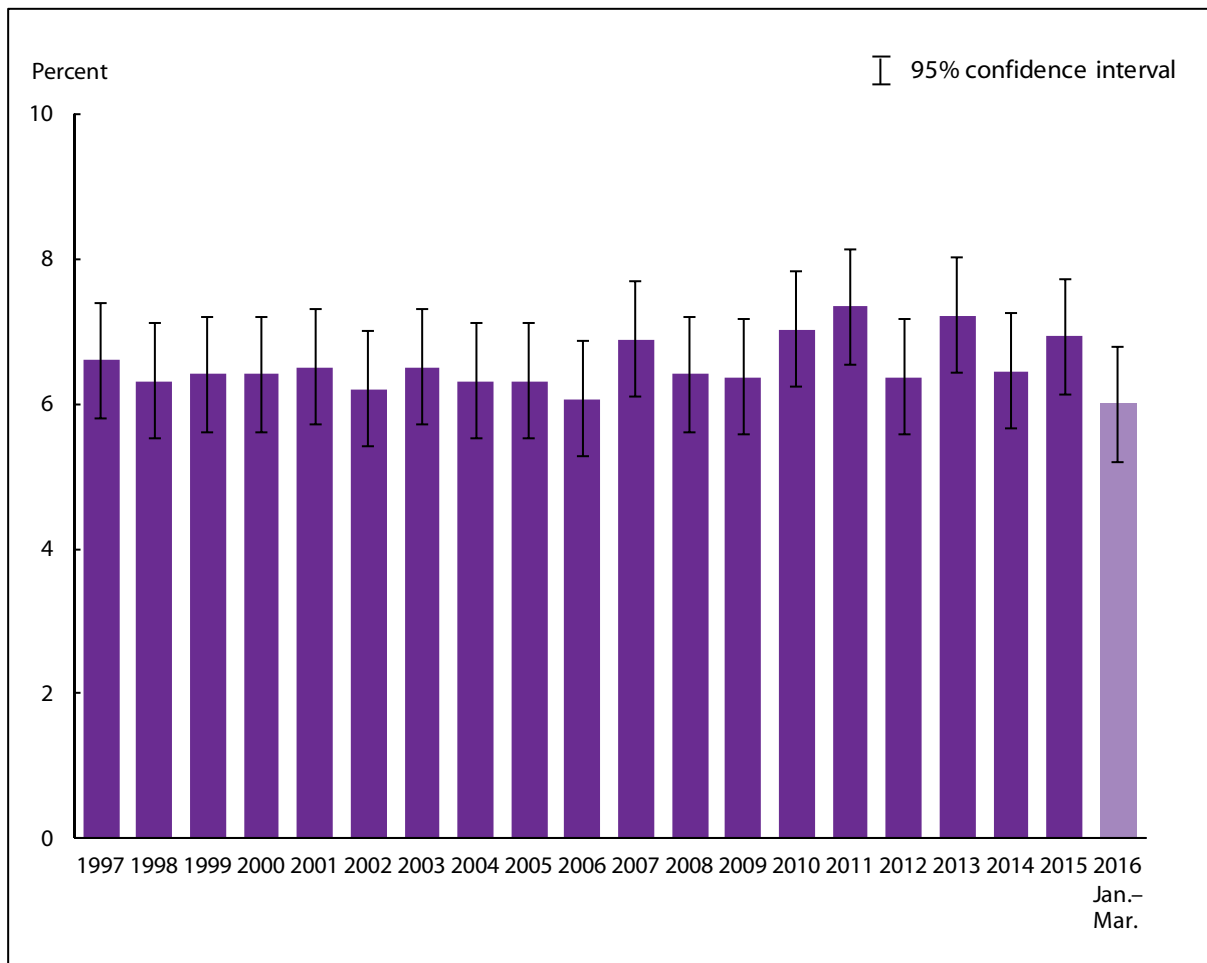


## Personal care needs

**Figure 12.1. Percentage of adults aged 65 and over who needed help with personal care from other persons: United States, 1997–March 2016**

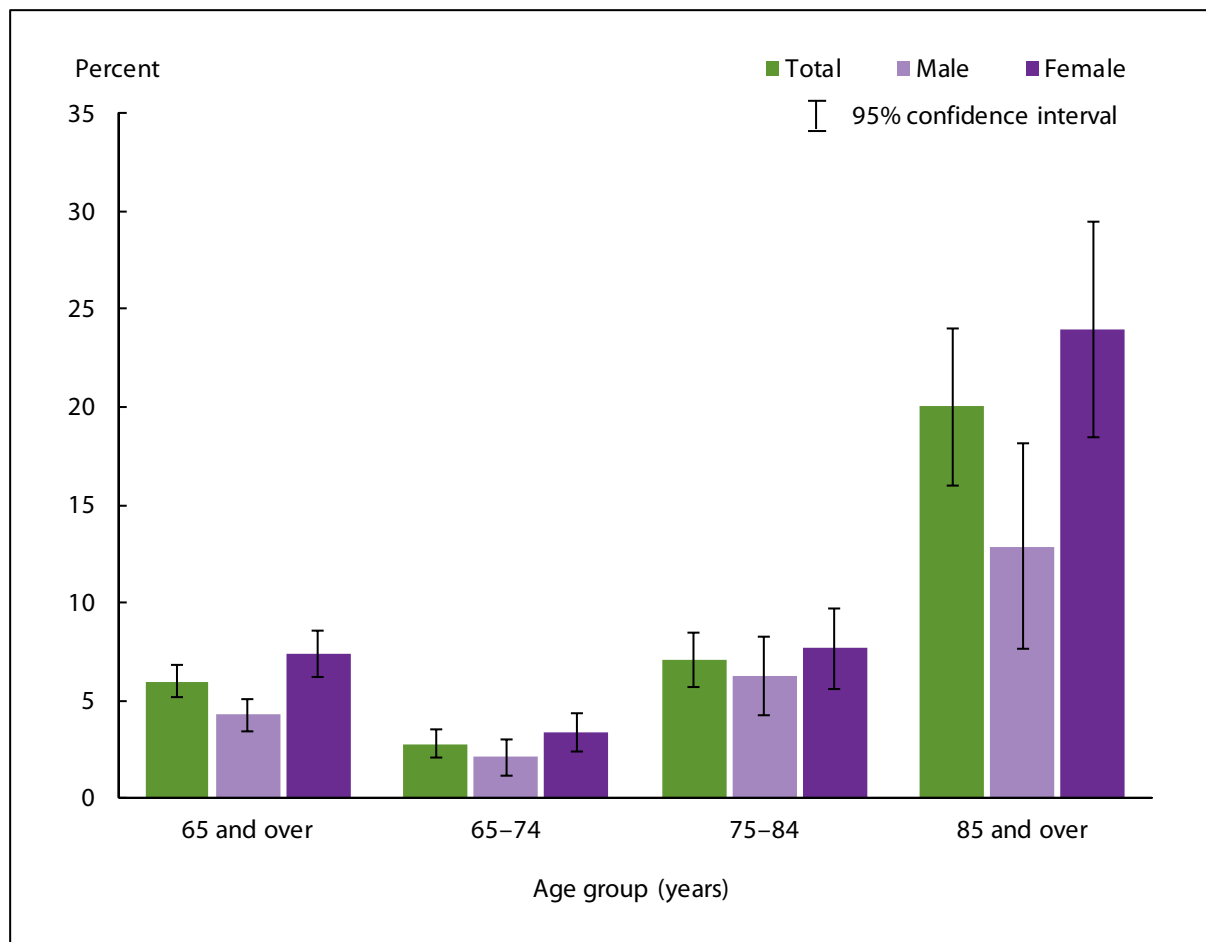


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Personal care needs, or activities of daily living, include eating, bathing, dressing, and getting around inside the person’s home. The analyses exclude persons with unknown information on personal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

DATA SOURCE: NCHS, National Health Interview Survey, 1997–March 2016, Family Core component.

- For January–March 2016, 6.0% (95% confidence interval = 5.20%–6.79%) of adults aged 65 and over needed help with personal care from other persons. This estimate was lower than, but not significantly different from, the 2015 estimate of 6.9%.
- From 1997–March 2016, no clear trend was observed in the percentage of older adults who needed help with personal care from other persons.

**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, January–March 2016**

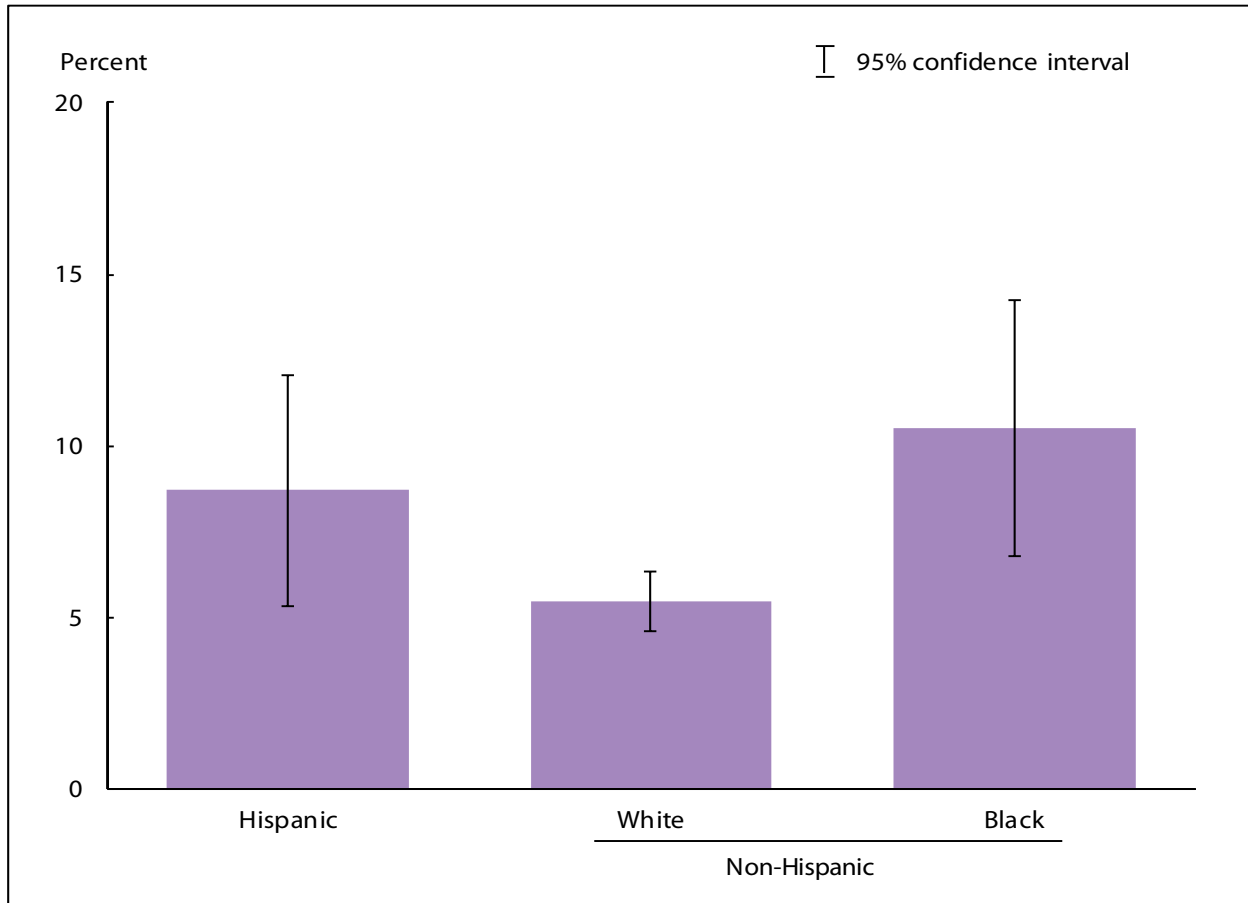


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Personal care needs, or activities of daily living, include eating, bathing, dressing, and getting around inside the person's home. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–March 2016, Family Core component.

- For both sexes combined, adults aged 85 and over (20.0%) were more than twice as likely as adults aged 75–84 (7.1%) to need help with personal care from other persons, and adults aged 85 and over were more than seven times as likely as adults aged 65–74 (2.8%) to need help with personal care from other persons.
- Among males and females aged 65 and over, the need for help with personal care from other persons increased with age.
- For adults aged 65 and over, and the age group 85 and over, 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 and ethnicity: United States, January–March 2016**



NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Personal care needs, or activities of daily living, 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 three age groups: 65–74, 75–84, and 85 and over. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–March 2016, Family Core component.

- The age-sex-adjusted percentage of adults aged 65 and over by race and ethnicity who needed help with personal care from other persons was 8.7% for Hispanic adults, 5.5% for non-Hispanic white adults, and 10.5% for non-Hispanic black adults.
- Non-Hispanic white adults were less likely to need help with personal care from other persons compared with non-Hispanic black adults. There was no significant difference in needing help with personal care from other persons between non-Hispanic white adults and Hispanic 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–March 2016**

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
2014	6.5	5.98–6.93
2015	6.9	6.39–7.46
January–March 2016	6.0	5.20–6.79

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with 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: NCHS, National Health Interview Survey, 1997–March 2016, 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, January–March 2016**

Age (years) and sex	Percent	95% confidence interval
65–74, total	2.8	2.07–3.48
65–74, male	2.1	1.15–3.03
65–74, female	3.4	2.40–4.37
75–84, total	7.1	5.67–8.43
75–84, male	6.3	4.26–8.26
75–84, female	7.7	5.60–9.70
85 and over, total	20.0	16.02–24.01
85 and over, male	12.8	7.60–18.10
85 and over, female	24.0	18.43–29.52
65 and over (crude <sup>1</sup> ), total	6.0	5.20–6.79
65 and over (crude <sup>1</sup> ), male	4.3	3.39–5.11
65 and over (crude <sup>1</sup> ), female	7.4	6.20–8.59
65 and over (age-adjusted <sup>2</sup> ), total	6.4	5.60–7.22
65 and over (age-adjusted <sup>2</sup> ), male	4.9	3.88–5.90
65 and over (age-adjusted <sup>2</sup> ), female	7.4	6.29–8.57

<sup>1</sup>Crude estimates are presented.

<sup>2</sup>Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and 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 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: NCHS, National Health Interview Survey, January–March 2016, 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 and ethnicity: United States, January–March 2016**

Race and ethnicity	Percent <sup>1</sup>	95% confidence interval
Hispanic or Latino	8.7	5.36–12.08
Not Hispanic or Latino, single race, white	5.5	4.63–6.33
Not Hispanic or Latino, single race, black	10.5	6.81–14.23

<sup>1</sup>Estimates are age-sex-adjusted using the projected 2000 U.S. population as the standard population and 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: NCHS, National Health Interview Survey, January–March 2016, Family Core component.