



April 2016

## Welcome and Thank You!

Welcome to this edition of NHATS & you, a newsletter designed especially for NHATS participants. NHATS interviews allow researchers to look at how daily life changes as we age.

With five rounds of interviews completed, researchers can gain insight into how things like health, where people live, and physical activity affect how older people live and how these things change as people age. Numerous scientific papers have been published using information from NHATS interviews.

Thanks to you and more than 9,000 others like you who have joined us in this important research study since 2011, we can look at trends in aging in the United States. Learning about these trends will help researchers discover ways to improve life for all of us as we get older.

## Frailty

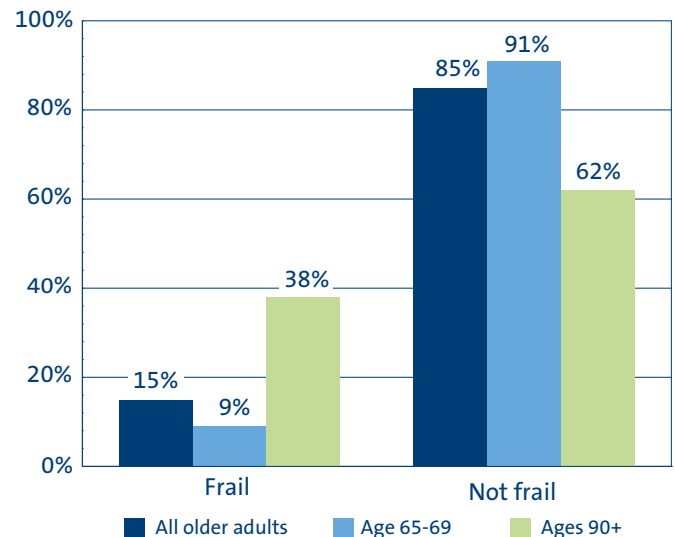
Recent research has looked into the number of people in the United States who are considered frail. Persons who are considered frail experience exhaustion, low physical activity, low walking speed, weakness, and low weight to height ratio.

Most older adults, nearly 85 percent, are not frail. Even among persons age 90 or older, almost 2 out of 3 are not frail. Frailty varies by region of the country, and is more common among older adults in the inland South and least common in the Mountain west.

Since people who are frail experience more falls, are more likely to be hospitalized, and experience other negative health events, an important area of research is to identify those at risk for becoming frail so that interventions to prevent frailty can be developed.



Percent of Older Adults who are Frail

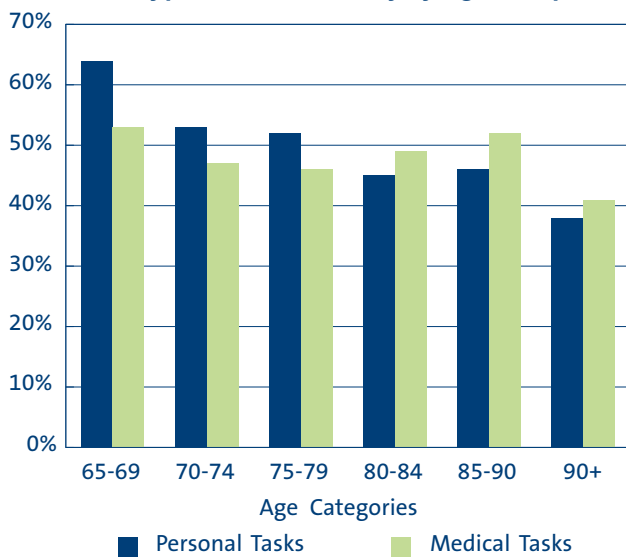


## Internet Use

Overall, about 43 percent of older adults access the Internet in a 1-month period. How people use the Internet changes with age. Younger persons use the Internet for personal tasks, such as shopping or banking, more than older individuals.

Persons age 80 and older use the Internet more for health-related tasks such as contacting medical providers, handling Medicare or other health insurance, or getting information about health conditions.

Type of Online Activity by Age Group



## Walking Speed and Felt Age

Researchers use walking speed as one way to look at overall health. One recent study has looked at how the age a person feels, and not just how old they actually are, contributes to walking speed. People who feel younger than their actual age walk faster.

Furthermore, feeling younger can be a predictor of slower decline in walking speed. People who reported feeling younger than their actual age at their baseline interview declined less in their walking speed over time.



### Coming Soon...

We will continue to keep you informed of exciting new research that uses NHATS data. As findings are published, we will make these results available in future newsletters.

Thank you for your continued participation in NHATS!

[www.mynehats.org](http://www.mynehats.org) 1-888-364-8271



This study is sponsored by the National Institute on Aging.