

Table A-10a. Age-adjusted percentages (with standard errors) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Total	14.9 (0.26)	6.5 (0.16)	4.5 (0.14)	8.8 (0.19)	3.3 (0.14)	8.9 (0.20)	2.3 (0.09)	1.6 (0.08)	3.8 (0.13)	5.7 (0.16)
Sex										
Male	12.2 (0.35)	5.5 (0.23)	3.5 (0.19)	7.5 (0.28)	2.7 (0.19)	7.3 (0.27)	1.8 (0.13)	1.3 (0.11)	2.2 (0.15)	3.8 (0.21)
Female	17.4 (0.34)	7.3 (0.22)	5.4 (0.19)	10.0 (0.27)	3.8 (0.18)	10.3 (0.27)	2.7 (0.14)	1.9 (0.12)	5.2 (0.20)	7.3 (0.24)
Age (years)										
18–44	5.5 (0.29)	1.6 (0.15)	1.1 (0.13)	2.7 (0.18)	1.7 (0.16)	2.8 (0.20)	0.5 (0.08)	0.4 (0.07)	1.1 (0.12)	1.6 (0.15)
45–64	19.7 (0.52)	8.3 (0.36)	5.9 (0.29)	11.8 (0.42)	5.4 (0.31)	12.7 (0.44)	3.5 (0.21)	2.4 (0.18)	5.0 (0.26)	8.0 (0.35)
65–74	28.4 (0.86)	12.3 (0.62)	8.3 (0.49)	16.3 (0.70)	4.3 (0.37)	16.9 (0.69)	3.5 (0.34)	3.1 (0.29)	6.5 (0.45)	9.7 (0.52)
75 and over	44.3 (1.08)	24.6 (0.92)	17.6 (0.81)	29.2 (0.93)	4.9 (0.46)	25.8 (0.89)	7.9 (0.59)	5.2 (0.51)	14.1 (0.73)	19.0 (0.81)
Race										
One race ²	14.8 (0.25)	6.4 (0.16)	4.4 (0.13)	8.7 (0.19)	3.2 (0.14)	8.7 (0.19)	2.2 (0.09)	1.6 (0.08)	3.7 (0.13)	5.6 (0.16)
White	14.6 (0.28)	6.2 (0.18)	4.2 (0.15)	8.7 (0.22)	3.2 (0.15)	8.7 (0.23)	2.1 (0.10)	1.5 (0.09)	3.4 (0.14)	5.3 (0.17)
Black or African American	18.6 (0.75)	8.4 (0.51)	7.0 (0.44)	10.3 (0.57)	4.1 (0.42)	10.7 (0.57)	3.2 (0.34)	2.0 (0.24)	5.8 (0.42)	8.0 (0.51)
American Indian or Alaska Native	26.0 (2.87)	13.7 (2.49)	12.1 (2.60)	18.7 (2.97)	*	17.8 (2.46)	*	3.1 (1.00)	11.9 (2.09)	14.7 (2.45)
Asian	9.0 (0.94)	3.0 (0.49)	2.7 (0.47)	4.7 (0.68)	1.5 (0.35)	4.6 (0.62)	1.4 (0.32)	1.0 (0.30)	3.3 (0.54)	4.3 (0.60)
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*	0.7 (0.74)	*	*	*
Two or more races ³	23.8 (2.42)	11.9 (1.91)	8.7 (1.73)	13.7 (1.80)	7.9 (1.46)	16.1 (2.09)	6.7 (1.45)	4.6 (1.27)	6.3 (1.42)	9.8 (1.82)
Black or African American, white	24.1 (6.80)	*	0.3 (0.29)	*	*	*	*	-	-	*
American Indian or Alaska Native, white	27.4 (3.89)	15.1 (3.53)	11.5 (3.22)	14.3 (2.20)	6.0 (1.78)	20.0 (3.71)	*	*	*	12.9 (3.46)
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	15.8 (0.85)	6.6 (0.59)	6.1 (0.53)	10.2 (0.74)	4.9 (0.53)	10.2 (0.69)	3.2 (0.38)	2.0 (0.36)	5.6 (0.51)	7.3 (0.56)
Mexican or Mexican American	15.9 (1.13)	7.4 (0.89)	6.3 (0.75)	10.2 (1.00)	4.5 (0.66)	10.2 (0.95)	2.6 (0.52)	2.1 (0.55)	5.3 (0.72)	6.6 (0.72)
Not Hispanic or Latino	14.9 (0.27)	6.5 (0.17)	4.3 (0.14)	8.7 (0.20)	3.1 (0.14)	8.7 (0.20)	2.2 (0.10)	1.6 (0.09)	3.6 (0.13)	5.5 (0.17)
White, single race	14.5 (0.30)	6.2 (0.19)	3.9 (0.15)	8.5 (0.22)	3.0 (0.15)	8.5 (0.24)	2.1 (0.11)	1.5 (0.09)	3.1 (0.13)	5.1 (0.18)
Black or African American, single race	18.6 (0.76)	8.3 (0.51)	7.0 (0.44)	10.3 (0.57)	3.9 (0.42)	10.7 (0.58)	3.1 (0.33)	2.1 (0.25)	5.9 (0.43)	7.9 (0.51)

Table A-10a. Age-adjusted percentages (with standard errors) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Education⁵										
Less than a high school diploma	26.4 (1.02)	12.3 (0.63)	10.2 (0.57)	15.8 (0.70)	6.8 (0.59)	16.7 (0.86)	4.9 (0.46)	3.5 (0.38)	8.3 (0.56)	11.7 (0.69)
High school diploma or GED ⁶	20.7 (0.63)	9.5 (0.41)	6.3 (0.34)	12.2 (0.47)	4.8 (0.38)	12.2 (0.47)	3.0 (0.21)	2.4 (0.21)	5.5 (0.32)	8.0 (0.39)
Some college	18.2 (0.51)	7.6 (0.34)	5.1 (0.27)	10.9 (0.42)	4.2 (0.30)	10.8 (0.42)	2.8 (0.21)	1.6 (0.14)	4.0 (0.25)	6.4 (0.34)
Bachelor's degree or higher	9.1 (0.36)	3.2 (0.21)	2.1 (0.17)	5.1 (0.28)	1.1 (0.13)	5.2 (0.27)	1.1 (0.13)	0.7 (0.09)	1.9 (0.17)	3.0 (0.20)
Current employment status⁷										
Employed	7.3 (0.33)	2.0 (0.21)	1.2 (0.12)	2.9 (0.20)	1.2 (0.11)	4.2 (0.24)	0.7 (0.09)	0.5 (0.08)	0.8 (0.10)	1.6 (0.19)
Full-time	5.7 (0.36)	1.1 (0.12)	0.8 (0.10)	2.5 (0.28)	1.0 (0.11)	3.2 (0.25)	0.6 (0.11)	0.4 (0.08)	0.6 (0.09)	1.0 (0.14)
Part-time	10.6 (0.76)	3.2 (0.46)	1.9 (0.36)	3.8 (0.42)	1.6 (0.30)	5.9 (0.57)	1.2 (0.27)	0.9 (0.23)	1.6 (0.29)	2.7 (0.43)
Not employed but has worked previously	26.6 (0.65)	12.8 (0.44)	8.8 (0.34)	17.8 (0.51)	7.6 (0.43)	16.4 (0.51)	4.4 (0.25)	2.9 (0.20)	7.4 (0.34)	11.8 (0.45)
Not employed and has never worked	23.4 (1.44)	11.2 (1.06)	8.5 (0.81)	14.0 (1.14)	5.3 (0.69)	13.1 (1.15)	4.4 (0.58)	4.4 (0.83)	8.7 (0.84)	10.6 (0.90)
Family income⁸										
Less than \$35,000	25.2 (0.57)	12.0 (0.39)	9.3 (0.35)	16.0 (0.45)	6.9 (0.35)	15.4 (0.44)	4.3 (0.22)	3.0 (0.18)	7.6 (0.32)	10.9 (0.40)
\$35,000 or more	11.1 (0.29)	4.2 (0.18)	2.6 (0.15)	6.0 (0.22)	1.8 (0.14)	6.5 (0.23)	1.5 (0.12)	1.1 (0.10)	2.4 (0.15)	3.7 (0.18)
\$35,000–\$49,999	16.3 (0.73)	7.4 (0.59)	4.4 (0.46)	9.9 (0.65)	3.7 (0.46)	9.8 (0.63)	2.5 (0.38)	1.7 (0.27)	3.8 (0.44)	5.7 (0.52)
\$50,000–\$74,999	13.2 (0.59)	5.0 (0.34)	3.1 (0.28)	6.9 (0.42)	2.1 (0.32)	7.7 (0.45)	1.7 (0.28)	1.3 (0.20)	2.5 (0.27)	4.3 (0.34)
\$75,000–\$99,999	11.7 (0.64)	4.0 (0.44)	2.9 (0.39)	6.2 (0.51)	2.2 (0.38)	7.3 (0.54)	1.4 (0.29)	1.2 (0.27)	2.6 (0.38)	4.0 (0.46)
\$100,000 or more	7.6 (0.43)	2.4 (0.28)	1.4 (0.21)	3.9 (0.33)	1.0 (0.17)	4.2 (0.34)	1.0 (0.21)	0.7 (0.15)	1.6 (0.26)	2.3 (0.28)
Poverty status⁹										
Poor	29.4 (0.82)	14.7 (0.68)	12.1 (0.62)	19.2 (0.73)	8.5 (0.54)	18.4 (0.73)	5.7 (0.42)	4.1 (0.33)	10.5 (0.56)	13.9 (0.67)
Near poor	22.7 (0.73)	10.7 (0.50)	8.0 (0.41)	14.3 (0.59)	6.2 (0.48)	14.1 (0.60)	3.8 (0.30)	2.6 (0.24)	6.4 (0.41)	9.6 (0.52)
Not poor	11.1 (0.25)	4.2 (0.16)	2.7 (0.13)	6.0 (0.19)	1.8 (0.12)	6.4 (0.20)	1.5 (0.11)	1.0 (0.09)	2.2 (0.13)	3.6 (0.16)

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Health insurance coverage ¹⁰										
Under 65:										
Private	6.4 (0.24)	1.8 (0.13)	1.2 (0.11)	3.2 (0.17)	1.6 (0.12)	3.7 (0.19)	0.8 (0.09)	0.5 (0.07)	1.0 (0.11)	1.9 (0.14)
Medicaid	25.6 (0.94)	12.6 (0.71)	9.0 (0.59)	16.8 (0.78)	7.7 (0.57)	15.9 (0.78)	4.3 (0.41)	3.3 (0.39)	8.3 (0.55)	11.5 (0.68)
Other coverage	29.5 (2.09)	13.5 (1.56)	7.8 (0.88)	18.5 (1.75)	9.2 (1.21)	17.9 (1.61)	5.0 (0.73)	3.3 (0.49)	7.1 (0.80)	11.7 (1.15)
Uninsured	10.7 (0.86)	4.0 (0.56)	3.2 (0.55)	5.5 (0.64)	3.3 (0.50)	6.2 (0.67)	1.7 (0.32)	0.8 (0.21)	2.5 (0.43)	4.0 (0.59)
65 and over:										
Private	33.6 (1.01)	16.9 (0.79)	10.3 (0.63)	20.4 (0.83)	3.4 (0.37)	20.1 (0.85)	4.3 (0.45)	3.0 (0.41)	8.3 (0.57)	11.3 (0.62)
Medicare and Medicaid	58.1 (2.56)	33.6 (2.35)	29.9 (2.21)	40.7 (2.45)	11.9 (1.59)	38.4 (2.43)	16.2 (1.93)	12.5 (1.58)	24.3 (1.93)	32.1 (2.25)
Medicare Advantage	32.8 (1.36)	15.3 (1.01)	10.7 (0.84)	19.3 (1.17)	3.6 (0.51)	18.8 (1.10)	4.9 (0.68)	2.6 (0.43)	7.9 (0.78)	12.1 (0.91)
Medicare only	37.5 (1.57)	19.1 (1.31)	14.4 (1.22)	23.2 (1.41)	3.8 (0.59)	20.2 (1.31)	4.7 (0.65)	4.4 (0.72)	11.0 (1.09)	15.9 (1.19)
Other coverage	38.3 (2.36)	20.3 (1.92)	14.0 (1.65)	26.4 (2.20)	8.2 (1.53)	22.8 (2.19)	7.7 (1.57)	6.1 (1.39)	12.2 (1.78)	15.9 (1.96)
Uninsured	*	*	*	*	*	*	*	*	*	*
Marital status										
Married	12.6 (0.33)	5.2 (0.22)	3.1 (0.17)	7.2 (0.25)	2.8 (0.18)	7.6 (0.27)	1.7 (0.12)	1.2 (0.10)	2.6 (0.16)	4.3 (0.21)
Widowed	28.4 (4.42)	14.9 (4.17)	*	17.8 (4.31)	*	20.3 (4.39)	3.5 (0.40)	2.4 (0.32)	7.0 (1.06)	11.3 (1.89)
Divorced or separated	20.1 (0.78)	8.4 (0.46)	6.1 (0.36)	12.4 (0.57)	5.4 (0.54)	11.7 (0.55)	3.1 (0.26)	2.0 (0.22)	5.0 (0.35)	8.1 (0.51)
Never married	16.6 (0.77)	7.5 (0.56)	6.4 (0.53)	9.9 (0.63)	3.1 (0.31)	9.6 (0.61)	3.1 (0.39)	2.0 (0.30)	5.0 (0.51)	6.2 (0.54)
Living with a partner	16.2 (1.18)	7.4 (0.83)	4.8 (0.75)	10.0 (0.99)	3.2 (0.55)	9.0 (0.89)	2.0 (0.49)	1.9 (0.38)	3.7 (0.58)	5.9 (0.77)
Place of residence ¹¹										
Large MSA	13.3 (0.34)	5.7 (0.22)	4.2 (0.20)	7.9 (0.27)	2.7 (0.18)	7.7 (0.26)	1.9 (0.13)	1.3 (0.11)	3.5 (0.17)	4.9 (0.22)
Small MSA	15.9 (0.49)	6.8 (0.30)	4.6 (0.23)	9.3 (0.34)	3.7 (0.27)	9.6 (0.36)	2.5 (0.17)	1.7 (0.13)	4.0 (0.22)	6.5 (0.31)
Not in MSA	19.5 (0.66)	8.5 (0.47)	5.7 (0.37)	11.4 (0.53)	4.7 (0.41)	12.1 (0.53)	3.1 (0.24)	2.5 (0.27)	4.5 (0.36)	7.0 (0.43)
Region										
Northeast	13.7 (0.61)	6.0 (0.38)	4.0 (0.30)	8.0 (0.45)	2.8 (0.33)	7.9 (0.43)	2.1 (0.20)	1.5 (0.20)	3.8 (0.33)	5.1 (0.38)
Midwest	15.1 (0.57)	6.6 (0.34)	4.3 (0.26)	8.7 (0.38)	3.1 (0.31)	8.9 (0.41)	2.4 (0.23)	1.5 (0.17)	3.4 (0.26)	5.5 (0.33)
South	16.1 (0.42)	7.2 (0.28)	5.2 (0.24)	9.6 (0.32)	3.8 (0.22)	9.8 (0.34)	2.5 (0.15)	1.9 (0.15)	4.3 (0.22)	6.4 (0.28)
West	14.0 (0.50)	5.6 (0.33)	4.2 (0.29)	8.4 (0.43)	3.1 (0.28)	8.1 (0.40)	2.1 (0.18)	1.4 (0.17)	3.4 (0.23)	5.2 (0.32)

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Hispanic or Latino origin ⁴ , race, and sex										
Hispanic or Latino, male	13.4 (1.15)	5.1 (0.72)	4.7 (0.71)	9.1 (0.99)	4.2 (0.71)	8.7 (0.92)	2.1 (0.56)	1.5 (0.50)	3.3 (0.60)	5.0 (0.75)
Hispanic or Latina, female	18.0 (1.09)	7.8 (0.85)	7.4 (0.75)	11.2 (0.98)	5.6 (0.71)	11.5 (0.96)	4.1 (0.52)	2.5 (0.51)	7.5 (0.78)	9.2 (0.83)
Not Hispanic or Latino:										
White, single race, male	12.1 (0.40)	5.4 (0.27)	3.3 (0.22)	7.3 (0.31)	2.4 (0.19)	7.3 (0.33)	1.8 (0.16)	1.3 (0.13)	1.9 (0.16)	3.5 (0.22)
White, single race, female	16.6 (0.42)	6.9 (0.26)	4.5 (0.20)	9.7 (0.32)	3.5 (0.22)	9.7 (0.33)	2.4 (0.15)	1.6 (0.12)	4.2 (0.20)	6.5 (0.27)
Black or African American, single race, male	13.1 (1.18)	6.6 (0.78)	4.0 (0.62)	8.1 (0.86)	2.9 (0.74)	6.9 (0.82)	2.0 (0.44)	1.4 (0.37)	2.7 (0.49)	4.4 (0.62)
Black or African American, single race, female	22.9 (0.98)	9.7 (0.66)	9.3 (0.61)	12.1 (0.77)	4.7 (0.47)	13.7 (0.84)	3.9 (0.47)	2.5 (0.35)	8.4 (0.65)	10.7 (0.73)

* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), and is not shown.

** Complement of the estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf).
- Quantity zero.

¹In a series of separate questions, respondents were asked the degree of difficulty they experienced performing nine physical activities by themselves and without using any special equipment. The activities included walking a quarter of a mile (or three city blocks); standing for 2 hours; stooping, bending, or kneeling; climbing 10 steps without resting; sitting for 2 hours; reaching over one's head; using one's fingers to grasp or handle small objects; lifting or carrying a 10-pound object (such as a full bag of groceries); and pushing or pulling a large object (such as a living room chair). The response categories consisted of "not at all difficult," "only a little difficult," "somewhat difficult," "very difficult," "can't do at all," or "do not do this activity." For this table, response categories "very difficult" and "can't do [it] at all" are combined.

"Any physical difficulty" consists of a "very difficult" or "can't do at all" response to at least one of the nine physical activities shown in the remaining columns. The weighted percentages of unknown and "do not do this activity" with respect to walking, standing, stooping, climbing steps, sitting, reaching, grasping, lifting, and pushing were 2.2%, 1.9%, 1.0%, 1.2%, 0.5%, 0.3%, 0.1%, 1.0%, and 2.5%, respectively.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using four age groups: 25-44, 45-64, 65-74, and 75 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁸Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

⁹"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹⁰Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹¹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Persons who respond "do not do this activity" as well as those for whom the information is unknown are included in the denominator when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18-44, 45-64, 65-74, and 75 and over. Estimates for age groups are not age-adjusted. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016.

Table A-10b. Frequencies (in thousands) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	All adults aged 18 and over	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹	
Total	245,142	39,496	17,143	11,979	23,370	8,562	23,641	6,089	4,289	10,013	15,002	
Sex												
Male	118,223	15,032	6,735	4,327	9,292	3,331	9,048	2,208	1,620	2,658	4,673	
Female	126,920	24,464	10,408	7,652	14,078	5,231	14,593	3,881	2,669	7,355	10,329	
Age (years)												
18–44	113,401	6,217	1,841	1,245	3,105	1,913	3,125	615	410	1,195	1,844	
45–64	83,703	16,531	6,980	4,932	9,915	4,484	10,642	2,931	2,003	4,217	6,682	
65–74	28,532	8,106	3,516	2,365	4,656	1,217	4,831	1,006	871	1,846	2,776	
75 and over	19,507	8,642	4,806	3,437	5,693	948	5,042	1,536	1,005	2,755	3,701	
Race												
One race ²	240,410	38,552	16,691	11,647	22,841	8,240	23,014	5,847	4,120	9,780	14,621	
White	192,455	31,199	13,531	9,032	18,736	6,662	18,830	4,617	3,321	7,370	11,355	
Black or African American	30,105	5,516	2,458	2,007	3,033	1,254	3,178	945	599	1,718	2,370	
American Indian or Alaska Native	2,460	562	264	238	407	*	358	*	59	239	291	
Asian	14,853	1,218	406	349	613	206	613	182	136	440	571	
Native Hawaiian or Other Pacific Islander	538	*	*	*	*	*	*	3	*	*	*	
Two or more races ³	4,732	944	452	332	529	322	627	242	*	233	381	
Black or African American, white	816	*	*	4	*	*	*	*	-	-	*	
American Indian or Alaska Native, white	1,763	492	269	194	262	105	354	*	*	*	225	
Hispanic or Latino origin ⁴ and race												
Hispanic or Latino	38,782	5,075	2,010	1,843	3,220	1,704	3,261	902	573	1,708	2,238	
Mexican or Mexican American	23,240	2,810	1,251	1,054	1,790	883	1,796	398	312	892	1,098	
Not Hispanic or Latino	206,360	34,421	15,133	10,135	20,150	6,858	20,380	5,187	3,716	8,305	12,764	
White, single race	157,505	26,705	11,806	7,435	15,890	5,162	15,935	3,895	2,788	5,894	9,448	
Black or African American, single race	28,757	5,282	2,319	1,935	2,895	1,159	3,032	861	582	1,657	2,236	

Table A-10b. Frequencies (in thousands) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	All adults aged 18 and over	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Education⁵											
Less than a high school diploma	26,459	8,200	4,087	3,348	5,142	1,990	5,238	1,629	1,146	2,732	3,775
High school diploma or GED ⁶	51,932	12,139	5,743	3,811	7,190	2,697	7,275	1,782	1,443	3,241	4,747
Some college	61,937	11,656	4,827	3,208	6,951	2,706	6,934	1,806	1,042	2,623	4,126
Bachelor's degree or higher	74,100	6,348	2,127	1,329	3,466	824	3,673	730	489	1,188	1,980
Current employment status⁷											
Employed	150,236	9,471	2,268	1,496	3,698	1,830	5,508	1,034	736	1,210	1,992
Full-time	120,071	6,437	1,320	912	2,532	1,275	3,740	626	444	706	1,154
Part-time	27,966	2,747	788	510	994	452	1,556	341	255	447	696
Not employed but has worked previously	81,641	27,166	13,541	9,443	17,944	6,092	16,539	4,521	3,056	7,736	11,713
Not employed and has never worked	13,099	2,858	1,332	1,038	1,726	638	1,593	532	495	1,065	1,296
Family income⁸											
Less than \$35,000	66,236	17,964	8,733	6,734	11,440	4,611	10,959	3,136	2,195	5,451	7,797
\$35,000 or more	153,049	17,036	6,150	3,807	9,105	3,003	10,105	2,255	1,647	3,398	5,470
\$35,000–\$49,999	24,929	4,303	1,947	1,151	2,601	916	2,580	640	446	983	1,476
\$50,000–\$74,999	38,167	5,188	1,953	1,214	2,703	839	3,065	683	511	956	1,669
\$75,000–\$99,999	27,484	3,224	1,071	740	1,659	628	1,997	345	285	665	1,061
\$100,000 or more	62,469	4,320	1,179	701	2,142	620	2,462	587	406	794	1,263
Poverty status⁹											
Poor	28,852	7,465	3,666	2,958	4,889	2,258	4,649	1,372	995	2,589	3,457
Near poor	40,911	9,815	4,744	3,519	6,225	2,535	6,069	1,657	1,158	2,828	4,174
Not poor	162,870	19,804	7,362	4,637	10,658	3,268	11,488	2,661	1,791	3,901	6,416

Table A-10b. Frequencies (in thousands) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	All adults aged 18 and over	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Health insurance coverage ¹⁰											
Under 65:											
Private	136,020	9,796	2,845	1,866	4,906	2,356	5,803	1,281	853	1,595	2,929
Medicaid	28,037	7,151	3,517	2,522	4,693	2,146	4,450	1,213	917	2,319	3,210
Other coverage	8,873	3,384	1,606	1,091	2,246	1,107	2,153	693	477	980	1,536
Uninsured	22,734	2,280	839	674	1,144	705	1,309	345	166	515	834
65 and over:											
Private	20,020	6,305	3,088	1,857	3,773	654	3,785	779	540	1,492	2,054
Medicare and Medicaid	3,360	1,948	1,125	1,000	1,364	400	1,287	541	417	812	1,074
Medicare Advantage	12,135	3,902	1,790	1,248	2,287	431	2,237	577	313	917	1,417
Medicare only	8,167	3,015	1,521	1,151	1,845	307	1,637	367	366	889	1,274
Other coverage	3,891	1,455	768	526	987	320	872	275	228	446	596
Uninsured	336	*	*	*	*	*	*	*	*	*	*
Marital status											
Married	130,447	18,849	7,743	4,693	10,893	4,230	11,542	2,597	1,871	3,924	6,530
Widowed	14,066	6,273	3,387	2,747	3,979	837	3,840	1,259	804	2,284	2,932
Divorced or separated	27,343	7,021	3,112	2,319	4,390	1,799	4,250	1,154	801	1,907	2,931
Never married	54,432	5,053	1,917	1,588	2,769	1,223	2,712	800	545	1,372	1,736
Living with a partner	18,527	2,245	942	595	1,293	462	1,272	275	256	502	844
Place of residence ¹¹											
Large MSA	137,266	18,783	7,973	5,750	11,167	3,850	10,929	2,696	1,817	4,866	6,870
Small MSA	73,222	12,791	5,582	3,841	7,565	2,947	7,798	2,088	1,399	3,272	5,270
Not in MSA	34,654	7,922	3,588	2,387	4,638	1,764	4,914	1,304	1,072	1,875	2,862
Region											
Northeast	44,851	6,931	3,023	2,024	4,028	1,371	4,079	1,069	755	1,910	2,555
Midwest	54,359	8,945	3,962	2,530	5,180	1,785	5,306	1,356	891	2,010	3,238
South	87,402	15,149	6,808	4,910	9,056	3,514	9,306	2,381	1,819	4,042	6,074
West	58,531	8,470	3,351	2,515	5,106	1,892	4,951	1,283	824	2,051	3,136

Table A-10b. Frequencies (in thousands) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	All adults aged 18 and over	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Hispanic or Latino, male	19,292	2,063	773	690	1,363	729	1,365	296	183	509	764
Hispanic or Latina, female	19,489	3,011	1,237	1,153	1,857	976	1,896	606	390	1,199	1,474
Not Hispanic or Latino:											
White, single race, male	76,525	10,533	4,814	2,876	6,363	2,007	6,323	1,558	1,169	1,688	3,042
White, single race, female	80,980	16,172	6,991	4,560	9,527	3,155	9,612	2,337	1,619	4,206	6,406
Black or African American, single race, male	12,928	1,593	762	450	955	380	827	235	170	296	510
Black or African American, single race, female	15,829	3,689	1,557	1,486	1,940	779	2,205	626	412	1,362	1,726

* Corresponding crude percentage for the frequency is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), so the frequency is not shown.

** Complement of the corresponding crude percentage for the frequency is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf).

- Quantity zero.

¹In a series of separate questions, respondents were asked the degree of difficulty they experienced performing nine physical activities by themselves and without using any special equipment. The activities included walking a quarter of a mile (or three city blocks); standing for 2 hours; stooping, bending, or kneeling; climbing 10 steps without resting; sitting for 2 hours; reaching over one's head; using one's fingers to grasp or handle small objects; lifting or carrying a 10-pound object (such as a full bag of groceries); and pushing or pulling a large object (such as a living room chair). The response categories consisted of "not at all difficult," "only a little difficult," "somewhat difficult," "very difficult," "can't do at all," or "do not do this activity." For this table, response categories "very difficult" and "can't do [it] at all" are combined. The weighted percentages of unknown and "do not do this activity" with respect to walking, standing, stooping, climbing steps, sitting, reaching, grasping, lifting, and pushing were 2.2%, 1.9%, 1.0%, 1.2%, 0.5%, 0.3%, 0.1%, 1.0%, and 2.5%, respectively.

²"Any physical difficulty" consists of a "very difficult" or "can't do at all" response to at least one of the nine physical activities shown in the remaining columns.

³Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

⁴Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁵Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁶Shown only for adults aged 25 and over.

⁷GED is General Educational Development high school equivalency diploma.

⁸"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁹Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

¹⁰"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹¹Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹²MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were included in the frequencies, but they are included in the "All adults aged 18 and over" column. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016.

Table A-10c. Crude percentages (with standard errors) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Total	16.1 (0.28)	7.0 (0.18)	4.9 (0.15)	9.5 (0.22)	3.5 (0.15)	9.6 (0.22)	2.5 (0.10)	1.7 (0.09)	4.1 (0.14)	6.1 (0.17)
Sex										
Male	12.7 (0.37)	5.7 (0.25)	3.7 (0.20)	7.9 (0.30)	2.8 (0.20)	7.7 (0.29)	1.9 (0.14)	1.4 (0.12)	2.2 (0.15)	4.0 (0.22)
Female	19.3 (0.40)	8.2 (0.25)	6.0 (0.22)	11.1 (0.31)	4.1 (0.20)	11.5 (0.32)	3.1 (0.16)	2.1 (0.13)	5.8 (0.22)	8.1 (0.27)
Age (years)										
18–44	5.5 (0.29)	1.6 (0.15)	1.1 (0.13)	2.7 (0.18)	1.7 (0.16)	2.8 (0.20)	0.5 (0.08)	0.4 (0.07)	1.1 (0.12)	1.6 (0.15)
45–64	19.7 (0.52)	8.3 (0.36)	5.9 (0.29)	11.8 (0.42)	5.4 (0.31)	12.7 (0.44)	3.5 (0.21)	2.4 (0.18)	5.0 (0.26)	8.0 (0.35)
65–74	28.4 (0.86)	12.3 (0.62)	8.3 (0.49)	16.3 (0.70)	4.3 (0.37)	16.9 (0.69)	3.5 (0.34)	3.1 (0.29)	6.5 (0.45)	9.7 (0.52)
75 and over	44.3 (1.08)	24.6 (0.92)	17.6 (0.81)	29.2 (0.93)	4.9 (0.46)	25.8 (0.89)	7.9 (0.59)	5.2 (0.51)	14.1 (0.73)	19.0 (0.81)
Race										
One race ²	16.0 (0.28)	6.9 (0.18)	4.8 (0.15)	9.5 (0.22)	3.4 (0.15)	9.6 (0.22)	2.4 (0.10)	1.7 (0.09)	4.1 (0.14)	6.1 (0.17)
White	16.2 (0.32)	7.0 (0.20)	4.7 (0.16)	9.7 (0.25)	3.5 (0.16)	9.8 (0.26)	2.4 (0.11)	1.7 (0.10)	3.8 (0.15)	5.9 (0.19)
Black or African American	18.3 (0.81)	8.2 (0.52)	6.7 (0.44)	10.1 (0.60)	4.2 (0.43)	10.6 (0.60)	3.1 (0.36)	2.0 (0.24)	5.7 (0.43)	7.9 (0.54)
American Indian or Alaska Native	22.8 (3.10)	10.7 (2.46)	9.7 (2.48)	16.6 (2.84)	*	14.5 (2.66)	*	2.4 (0.67)	9.7 (2.09)	11.8 (2.58)
Asian	8.2 (0.97)	2.7 (0.51)	2.4 (0.43)	4.1 (0.64)	1.4 (0.33)	4.1 (0.64)	1.2 (0.30)	0.9 (0.27)	3.0 (0.53)	3.8 (0.60)
Native Hawaiian or Other Pacific Islander	*	*	*	*	*	*	0.6 (0.58)	*	*	*
Two or more races ³	20.0 (2.47)	9.6 (1.86)	7.0 (1.76)	11.2 (1.71)	6.8 (1.39)	13.2 (2.01)	5.1 (1.31)	*	4.9 (1.31)	8.1 (1.84)
Black or African American, white	*	*	0.4 (0.44)	*	*	*	*	-	-	*
American Indian or Alaska Native, white	27.9 (3.82)	15.3 (3.36)	11.0 (3.01)	14.9 (2.44)	6.0 (1.79)	20.1 (3.53)	*	*	*	12.7 (3.23)
Hispanic or Latino origin ⁴ and race										
Hispanic or Latino	13.1 (0.80)	5.2 (0.50)	4.8 (0.44)	8.3 (0.66)	4.4 (0.49)	8.4 (0.64)	2.3 (0.29)	1.5 (0.26)	4.4 (0.43)	5.8 (0.50)
Mexican or Mexican American	12.1 (1.00)	5.4 (0.72)	4.5 (0.59)	7.7 (0.84)	3.8 (0.57)	7.7 (0.82)	1.7 (0.33)	1.3 (0.38)	3.8 (0.57)	4.7 (0.57)
Not Hispanic or Latino	16.7 (0.31)	7.3 (0.20)	4.9 (0.15)	9.8 (0.23)	3.3 (0.15)	9.9 (0.24)	2.5 (0.11)	1.8 (0.10)	4.0 (0.14)	6.2 (0.19)
White, single race	17.0 (0.34)	7.5 (0.22)	4.7 (0.17)	10.1 (0.26)	3.3 (0.16)	10.1 (0.28)	2.5 (0.12)	1.8 (0.10)	3.7 (0.15)	6.0 (0.21)
Black or African American, single race	18.4 (0.82)	8.1 (0.52)	6.7 (0.45)	10.1 (0.60)	4.0 (0.42)	10.5 (0.61)	3.0 (0.34)	2.0 (0.25)	5.8 (0.44)	7.8 (0.54)

Table A-10c. Crude percentages (with standard errors) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Education⁵										
Less than a high school diploma	31.0 (1.04)	15.4 (0.74)	12.7 (0.66)	19.4 (0.83)	7.5 (0.59)	19.8 (0.92)	6.2 (0.51)	4.3 (0.45)	10.3 (0.61)	14.3 (0.73)
High school diploma or GED ⁶	23.4 (0.65)	11.1 (0.47)	7.3 (0.38)	13.8 (0.51)	5.2 (0.37)	14.0 (0.52)	3.4 (0.24)	2.8 (0.24)	6.2 (0.35)	9.1 (0.41)
Some college	18.8 (0.55)	7.8 (0.35)	5.2 (0.28)	11.2 (0.44)	4.4 (0.33)	11.2 (0.45)	2.9 (0.23)	1.7 (0.15)	4.2 (0.26)	6.7 (0.36)
Bachelor's degree or higher	8.6 (0.36)	2.9 (0.19)	1.8 (0.15)	4.7 (0.27)	1.1 (0.13)	5.0 (0.28)	1.0 (0.13)	0.7 (0.09)	1.6 (0.15)	2.7 (0.19)
Current employment status⁷										
Employed	6.3 (0.23)	1.5 (0.12)	1.0 (0.10)	2.5 (0.15)	1.2 (0.11)	3.7 (0.17)	0.7 (0.08)	0.5 (0.06)	0.8 (0.09)	1.3 (0.12)
Full-time	5.4 (0.23)	1.1 (0.10)	0.8 (0.09)	2.1 (0.15)	1.1 (0.11)	3.1 (0.18)	0.5 (0.08)	0.4 (0.06)	0.6 (0.08)	1.0 (0.10)
Part-time	9.8 (0.72)	2.8 (0.41)	1.8 (0.37)	3.6 (0.41)	1.6 (0.31)	5.6 (0.55)	1.2 (0.27)	0.9 (0.24)	1.6 (0.30)	2.5 (0.39)
Not employed but has worked previously	33.3 (0.60)	16.6 (0.44)	11.6 (0.37)	22.0 (0.51)	7.5 (0.34)	20.3 (0.50)	5.5 (0.25)	3.7 (0.21)	9.5 (0.35)	14.3 (0.43)
Not employed and has never worked	21.8 (1.37)	10.2 (0.90)	7.9 (0.77)	13.2 (1.08)	4.9 (0.66)	12.2 (1.01)	4.1 (0.54)	3.8 (0.63)	8.1 (0.78)	9.9 (0.86)
Family income⁸										
Less than \$35,000	27.1 (0.61)	13.2 (0.42)	10.2 (0.37)	17.3 (0.49)	7.0 (0.35)	16.5 (0.48)	4.7 (0.24)	3.3 (0.19)	8.2 (0.34)	11.8 (0.42)
\$35,000 or more	11.1 (0.30)	4.0 (0.18)	2.5 (0.14)	5.9 (0.23)	2.0 (0.15)	6.6 (0.24)	1.5 (0.12)	1.1 (0.10)	2.2 (0.14)	3.6 (0.18)
\$35,000–\$49,999	17.3 (0.81)	7.8 (0.62)	4.6 (0.47)	10.4 (0.69)	3.7 (0.46)	10.4 (0.67)	2.6 (0.39)	1.8 (0.28)	3.9 (0.45)	5.9 (0.54)
\$50,000–\$74,999	13.6 (0.62)	5.1 (0.36)	3.2 (0.29)	7.1 (0.44)	2.2 (0.33)	8.0 (0.48)	1.8 (0.29)	1.3 (0.21)	2.5 (0.28)	4.4 (0.36)
\$75,000–\$99,999	11.7 (0.68)	3.9 (0.43)	2.7 (0.37)	6.0 (0.52)	2.3 (0.38)	7.3 (0.55)	1.3 (0.25)	1.0 (0.21)	2.4 (0.34)	3.9 (0.45)
\$100,000 or more	6.9 (0.40)	1.9 (0.21)	1.1 (0.16)	3.4 (0.28)	1.0 (0.16)	3.9 (0.33)	0.9 (0.17)	0.6 (0.13)	1.3 (0.19)	2.0 (0.23)
Poverty status⁹										
Poor	25.9 (0.87)	12.7 (0.68)	10.3 (0.60)	16.9 (0.73)	7.8 (0.53)	16.1 (0.75)	4.8 (0.37)	3.4 (0.30)	9.0 (0.52)	12.0 (0.65)
Near poor	24.0 (0.80)	11.6 (0.54)	8.6 (0.44)	15.2 (0.65)	6.2 (0.47)	14.8 (0.64)	4.0 (0.31)	2.8 (0.26)	6.9 (0.44)	10.2 (0.55)
Not poor	12.2 (0.29)	4.5 (0.18)	2.8 (0.14)	6.5 (0.21)	2.0 (0.13)	7.1 (0.23)	1.6 (0.11)	1.1 (0.09)	2.4 (0.13)	3.9 (0.18)

Table A-10c. Crude percentages (with standard errors) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Health insurance coverage ¹⁰										
Under 65:										
Private	7.2 (0.27)	2.1 (0.14)	1.4 (0.12)	3.6 (0.19)	1.7 (0.14)	4.3 (0.21)	0.9 (0.10)	0.6 (0.08)	1.2 (0.11)	2.2 (0.16)
Medicaid	25.5 (0.97)	12.5 (0.73)	9.0 (0.59)	16.7 (0.80)	7.7 (0.57)	15.9 (0.81)	4.3 (0.41)	3.3 (0.39)	8.3 (0.56)	11.5 (0.70)
Other coverage	38.1 (1.86)	18.1 (1.47)	12.3 (1.19)	25.3 (1.68)	12.5 (1.25)	24.3 (1.69)	7.8 (0.94)	5.4 (0.79)	11.0 (1.13)	17.3 (1.34)
Uninsured	10.0 (0.86)	3.7 (0.52)	3.0 (0.51)	5.0 (0.61)	3.1 (0.48)	5.8 (0.65)	1.5 (0.29)	0.7 (0.19)	2.3 (0.40)	3.7 (0.55)
65 and over:										
Private	31.5 (1.01)	15.4 (0.75)	9.3 (0.57)	18.8 (0.81)	3.3 (0.35)	18.9 (0.82)	3.9 (0.40)	2.7 (0.36)	7.5 (0.50)	10.3 (0.56)
Medicare and Medicaid	58.0 (2.58)	33.5 (2.39)	29.8 (2.24)	40.6 (2.46)	11.9 (1.60)	38.3 (2.44)	16.1 (1.94)	12.4 (1.59)	24.2 (1.95)	32.0 (2.29)
Medicare Advantage	32.2 (1.35)	14.7 (0.99)	10.3 (0.81)	18.8 (1.17)	3.6 (0.50)	18.4 (1.08)	4.8 (0.67)	2.6 (0.41)	7.6 (0.75)	11.7 (0.89)
Medicare only	36.9 (1.60)	18.6 (1.32)	14.1 (1.21)	22.6 (1.40)	3.8 (0.58)	20.0 (1.32)	4.5 (0.63)	4.5 (0.73)	10.9 (1.08)	15.6 (1.18)
Other coverage	37.4 (2.33)	19.7 (1.91)	13.5 (1.60)	25.4 (2.14)	8.2 (1.45)	22.4 (2.13)	7.1 (1.41)	5.8 (1.27)	11.5 (1.63)	15.3 (1.80)
Uninsured	*	*	*	*	*	*	*	*	*	*
Marital status										
Married	14.4 (0.38)	5.9 (0.25)	3.6 (0.20)	8.4 (0.29)	3.2 (0.20)	8.8 (0.31)	2.0 (0.14)	1.4 (0.11)	3.0 (0.18)	5.0 (0.24)
Widowed	44.6 (1.19)	24.1 (1.03)	19.5 (0.99)	28.3 (1.09)	6.0 (0.53)	27.3 (1.05)	9.0 (0.66)	5.7 (0.54)	16.2 (0.91)	20.8 (0.94)
Divorced or separated	25.7 (0.82)	11.4 (0.60)	8.5 (0.48)	16.1 (0.71)	6.6 (0.51)	15.5 (0.66)	4.2 (0.35)	2.9 (0.34)	7.0 (0.46)	10.7 (0.60)
Never married	9.3 (0.48)	3.5 (0.27)	2.9 (0.25)	5.1 (0.33)	2.2 (0.24)	5.0 (0.33)	1.5 (0.18)	1.0 (0.16)	2.5 (0.24)	3.2 (0.27)
Living with a partner	12.1 (0.93)	5.1 (0.63)	3.2 (0.55)	7.0 (0.74)	2.5 (0.42)	6.9 (0.74)	1.5 (0.36)	1.4 (0.29)	2.7 (0.41)	4.6 (0.61)
Place of residence ¹¹										
Large MSA	13.7 (0.37)	5.8 (0.24)	4.2 (0.20)	8.1 (0.30)	2.8 (0.19)	8.0 (0.29)	2.0 (0.13)	1.3 (0.12)	3.5 (0.18)	5.0 (0.23)
Small MSA	17.5 (0.53)	7.6 (0.32)	5.2 (0.25)	10.3 (0.37)	4.0 (0.28)	10.7 (0.41)	2.9 (0.19)	1.9 (0.14)	4.5 (0.24)	7.2 (0.34)
Not in MSA	22.9 (0.71)	10.4 (0.56)	6.9 (0.42)	13.4 (0.61)	5.1 (0.42)	14.2 (0.60)	3.8 (0.28)	3.1 (0.30)	5.4 (0.41)	8.3 (0.44)
Region										
Northeast	15.5 (0.66)	6.7 (0.42)	4.5 (0.35)	9.0 (0.52)	3.1 (0.34)	9.1 (0.50)	2.4 (0.22)	1.7 (0.22)	4.3 (0.35)	5.7 (0.41)
Midwest	16.5 (0.63)	7.3 (0.39)	4.7 (0.29)	9.5 (0.44)	3.3 (0.33)	9.8 (0.46)	2.5 (0.24)	1.6 (0.18)	3.7 (0.27)	6.0 (0.35)
South	17.3 (0.47)	7.8 (0.31)	5.6 (0.26)	10.4 (0.37)	4.0 (0.23)	10.6 (0.38)	2.7 (0.17)	2.1 (0.16)	4.6 (0.24)	6.9 (0.31)
West	14.5 (0.55)	5.7 (0.34)	4.3 (0.30)	8.7 (0.45)	3.2 (0.30)	8.5 (0.45)	2.2 (0.20)	1.4 (0.17)	3.5 (0.25)	5.4 (0.33)

Table A-10c. Crude percentages (with standard errors) of difficulties in physical functioning among adults aged 18 and over, by selected characteristics: United States, 2016

Selected characteristic	Any physical difficulty ¹	Very difficult to or cannot walk quarter of a mile ¹	Very difficult to or cannot climb up 10 steps without resting ¹	Very difficult to or cannot stand for 2 hours ¹	Very difficult to or cannot sit for 2 hours ¹	Very difficult to or cannot stoop, bend, or kneel ¹	Very difficult to or cannot reach over head ¹	Very difficult to or cannot grasp or handle small objects ¹	Very difficult to or cannot lift or carry 10 pounds ¹	Very difficult to or cannot push or pull large objects ¹
Hispanic or Latino origin ⁴ , race, and sex										
Hispanic or Latino, male	10.7 (1.02)	4.0 (0.62)	3.6 (0.59)	7.1 (0.86)	3.8 (0.68)	7.1 (0.84)	1.5 (0.41)	0.9 (0.28)	2.6 (0.48)	4.0 (0.65)
Hispanic or Latina, female	15.5 (1.06)	6.3 (0.75)	5.9 (0.65)	9.5 (0.91)	5.0 (0.67)	9.7 (0.89)	3.1 (0.41)	2.0 (0.43)	6.2 (0.69)	7.6 (0.77)
Not Hispanic or Latino:										
White, single race, male	13.8 (0.43)	6.3 (0.31)	3.8 (0.23)	8.3 (0.35)	2.6 (0.20)	8.3 (0.36)	2.0 (0.17)	1.5 (0.15)	2.2 (0.17)	4.0 (0.23)
White, single race, female	20.0 (0.50)	8.6 (0.31)	5.6 (0.26)	11.8 (0.39)	3.9 (0.24)	11.9 (0.41)	2.9 (0.18)	2.0 (0.15)	5.2 (0.25)	7.9 (0.32)
Black or African American, single race, male	12.3 (1.16)	5.9 (0.71)	3.5 (0.52)	7.4 (0.81)	2.9 (0.73)	6.4 (0.78)	1.8 (0.43)	1.3 (0.36)	2.3 (0.43)	3.9 (0.56)
Black or African American, single race, female	23.3 (1.11)	9.8 (0.71)	9.4 (0.66)	12.3 (0.83)	4.9 (0.50)	13.9 (0.91)	4.0 (0.51)	2.6 (0.37)	8.6 (0.72)	10.9 (0.83)

* Estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf), and is not shown.

** Complement of the estimate is considered unreliable, as specified in National Center for Health Statistics Data Presentation Standards for Proportions (available from: https://www.cdc.gov/nchs/data/series/sr_02/sr02_175.pdf).

- Quantity zero.

¹In a series of separate questions, respondents were asked the degree of difficulty they experienced performing nine physical activities by themselves and without using any special equipment. The activities included walking a quarter of a mile (or three city blocks); standing for 2 hours; stooping, bending, or kneeling; climbing 10 steps without resting; sitting for 2 hours; reaching over one's head; using one's fingers to grasp or handle small objects; lifting or carrying a 10-pound object (such as a full bag of groceries); and pushing or pulling a large object (such as a living room chair). The response categories consisted of "not at all difficult," "only a little difficult," "somewhat difficult," "very difficult," "can't do at all," or "do not do this activity." For this table, response categories "very difficult" and "can't do [it] at all" are combined.

"Any physical difficulty" consists of a "very difficult" or "can't do at all" response to at least one of the nine physical activities shown in the remaining columns. The weighted percentages of unknown and "do not do this activity" with respect to walking, standing, stooping, climbing steps, sitting, reaching, grasping, lifting, and pushing were 2.2%, 1.9%, 1.0%, 1.2%, 0.5%, 0.3%, 0.1%, 1.0%, and 2.5%, respectively.

²Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

³Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

⁴Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

⁷"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

⁸Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

⁹"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

¹⁰Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

¹¹MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Persons who respond "do not do this activity" as well as those for whom the information is unknown are included in the denominator when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Villarreal MA. Tables of Summary Health Statistics for U.S. Adults: 2016 National Health Interview Survey. National Center for Health Statistics. 2018. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2016