

SUMMARY OF FINDINGS

- Overall in 1996, 7.2% of all Utahns were estimated to have some type of limitation of their daily activities. In 1991 the Health Status Survey estimate was 4.9%. The questions asked in the two survey years were virtually identical. Although differences in some aspect of the survey methodology is always a consideration, we believe that the increase in the proportion of persons who are limited is real and was not caused by methodological differences.
- The likelihood of having a limitation in daily or usual activities was greater in the following groups:
 - Persons age 65 and over (24% reported having a limitation),
 - Women age 45 to 64 compared with men the same age (22% versus 8%),
 - Persons in households with less than \$25,000 in annual income (11%),
 - Persons without a high school diploma (15%),
 - Persons in poor overall general health (60%),
 - Persons with chronic medical conditions, especially chronic obstructive pulmonary disease (49%), arthritis (44%) or stroke (43%), and
 - Persons who were injured in the last year (16%).
- Of all age groups, children age 17 and under were the least likely to be reported to have limitations of daily or usual activities (only 2% of all household members in this age group).
 - Of children who were reported to have a limitation, about one-third of them had sustained an injury in the previous 12 months.
 - The most frequently-reported reason for the limitation was a “bone or joint” problem (34% of persons in this age group who were limited).
- About 36,000 young adult Utahns, age 18 to 44 (5% of persons in this age group) were estimated to have a limitation in their daily or usual activities.
 - Almost 2% of persons in this age group were unable to perform their major activities, work or housework.
 - Men and women in this age group were equally likely to have some sort of limitation.
 - Limitations among persons in this age group were most common among those in fair or poor general health (18% were limited) or males who had been injured in the last year (17%).
 - The most common problems reported were bone or joint problems (20% of persons in this age group who were limited), and back or neck problems (14%).
- Over 50,000 middle-aged Utahns, age 45 to 64 (15% of persons in this age group) were estimated to have a limitation in their daily or usual activities.
 - Almost 10% of persons in this age group were unable to perform their major activities, work or housework.
 - Women in this age group were almost three times more likely (22%) than men (8%) to be reported to have a limitation.
 - Almost 78% of persons in this age group who were limited also had a chronic medical condition. Persons with a chronic medical condition made up almost 38,000 of the over 50,000 persons in this age group who were limited.

- Women in this age group who were overweight were more likely to have a limitation in their activities than women who were not overweight (39% compared to 14%).
 - Current smokers were more likely to report a limitation in their daily or usual activities (34% of current smokers were limited).
 - Persons age 45 to 64 who did not get regular exercise were more likely to be limited (20%).
 - Women in this age group who had been injured in the past 12 months were more likely than other women to be limited (52% versus 20%).
 - The most common reasons cited for a limitation were back and neck problems (14%), arthritis and rheumatism (13%), and lung or breathing problems (9%).
- Over 43,000 older Utahns, age 65 and over (24% of persons in that age group) were estimated to have a limitation in their daily or usual activities. The survey included only persons living in households, and did not include institutionalized persons such as those in nursing homes. As a result, this figure underestimates the total percentage of Utahns in this age group who were limited, probably by a large degree.
 - Almost 7% of persons in this age group were unable to perform instrumental activities of daily living (IADL), such as household chores and shopping.
 - Surveyed men and women in this age group were approximately equally likely to have some sort of limitation.
 - Almost 86% of persons in this age group who reported having a limitation also reported having a chronic medical condition.
 - Of all persons in this age group who had been injured in the last year, 70% reported having a limitation in their daily or usual activities. Persons who had been injured, however, made up only 22% of all persons in this age group who had a limitation. One interpretation of this finding is that most limitations in this age group are related to chronic medical conditions, but if a person in this age group is injured, that injury is very likely to lead to a limitation.
 - The most commonly cited reasons for the limitations in this age group were arthritis and rheumatism (31% of limited persons in this age group), “old age” (14%), bone and joint problems (6%) and back or neck problems (6%).