



April 2018

## Welcome and Thank You!

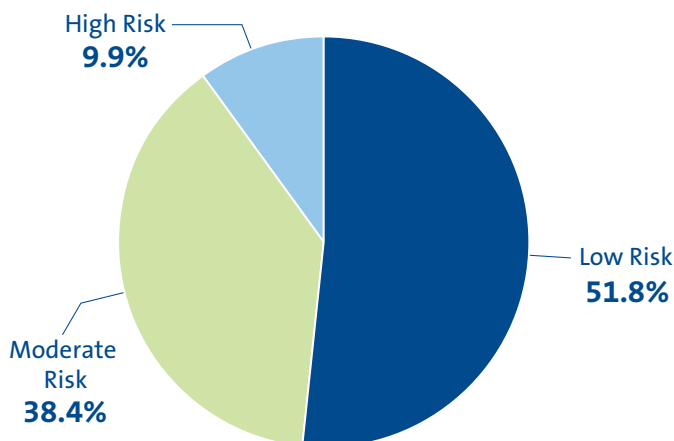
Welcome to this edition of *NHATS & you*, a newsletter designed especially for NHATS participants. Thanks to you and more than 9,000 others like you who have joined us in this important research study, we can study how daily life changes as Americans age. Over 130 scientific papers using information from NHATS have been published in more than 50 journals. We are pleased to share a few of the latest findings with you.

## Going STEADI

Stopping Elderly Accidents, Deaths, and Injuries (STEADI) is a new tool to screen adults for the risk of falling. Researchers used information from NHATS, including the physical activities that participants perform, to show how well the tool predicts a fall.

Researchers found that across the U.S., 10% of older adults have a high risk of falling, 38% have a moderate risk, and 52% have a low risk. Older adults classified as having a high risk of falling were nearly five times more likely than those classified as low risk to report falling over the next 4 years. Screening tools like STEADI can be used by doctors and other health professionals to develop new ways to prevent falls.

Fall Risk Categorization Using NHATS Data



## Using Rehab to Improve Daily Life

Physical rehabilitation or “rehab” services can help you improve function and the ability to carry out daily activities. Services include physical therapy, occupational therapy, and speech therapy. Rehab can be received in different settings; for instance, while you are staying in the hospital, after a hospital stay in a nursing home or rehab facility, at a doctor’s or therapist’s office or clinic, or at home. NHATS is the only national study to ask older adults about their use of rehab.

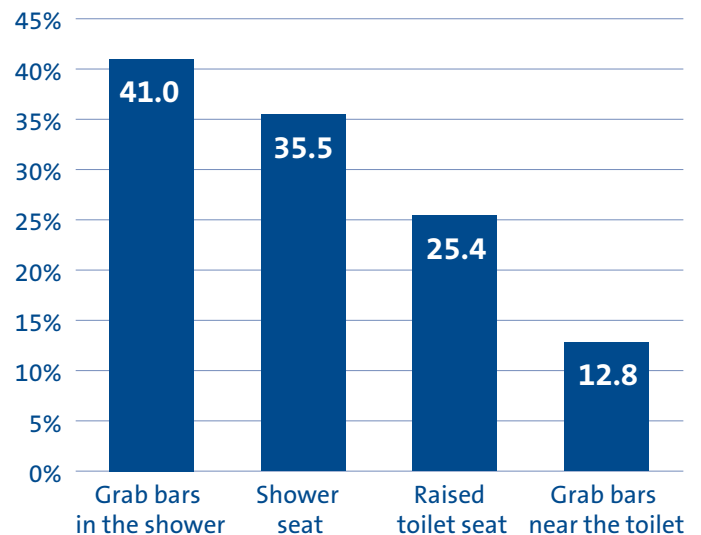
Researchers have shown that 1 out of every 5 older Americans used rehab in 2015. Common reasons for using rehab include improving pain, strength, range of motion, and balance. Nearly three-quarters of those using rehab reported improvement in functioning, suggesting rehab can potentially have a big impact on daily life. With future rounds of NHATS, researchers will be able to study longer-term effects and outcomes.



## Home, Safe Home

Making modifications to a home can make it safer by reducing falls and other injuries. Common home modifications include grab bars in the shower, shower seats, raised toilet seats, and grab bars near the toilet. Using NHATS, researchers found that about 60% of older adults living in community settings have at least one of these home modifications. Grab bars in the shower were the most common home modification, followed by shower seats.

**Percent of Older Adults Who Have Modifications in the Home**



### 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.mynhats.org](http://www.mynhats.org)

1-888-364-8271



This study is sponsored by the National Institute on Aging.