



July 2014

Welcome and Thank You!

Welcome to this edition of *NHATS & you*, a newsletter designed especially for NHATS participants.

NHATS continues to provide new and important information about older adults in the United States. The data from our first few rounds of interviews with participants are starting to show for the first time how daily life changes with age. We are also looking forward to the data collected in our fourth round of interviews.

It is only through research studies such as NHATS that we will learn how to improve life for all of us as we get older. Thanks to you and more than 8,000 others like you who have joined us in this important research study, we are working to understand trends in aging in the United States.

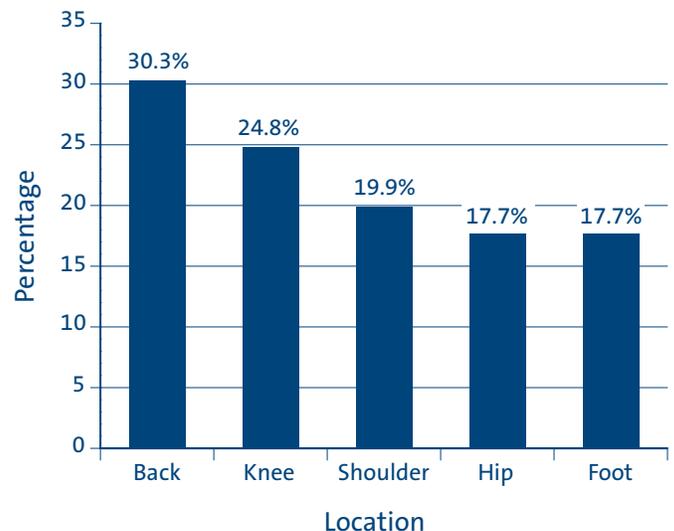
Aches & Pain

We all experience aches and pains from time to time, but just how common is pain really? Using NHATS, researchers have shown that over half of older adults report being bothered by pain over the last month.

The most common sites of pain are the back, knees, and shoulders. Three-quarters of people who experience pain have pain in more than one part of the body. Not surprisingly, having pain makes it harder to carry out daily activities. Being bothered by pain does not increase with age, but women are more likely to report having pain than men.

If you want to learn more about pain and how it affects older adults, you can read a report by Dr. Kushang Patel in the December 2013 issue of the journal *Pain*.

Percentage of Older Adults Reporting Pain in Specific Locations



A Good Night's Sleep

We all sleep every night, but for some people, this is not as easy as you would think. NHATS is being used to study the sleeping patterns of older adults.

While more than half of older adults rarely or never take more than 30 minutes to fall asleep, almost a quarter take more than 30 minutes to fall asleep most nights or every night.

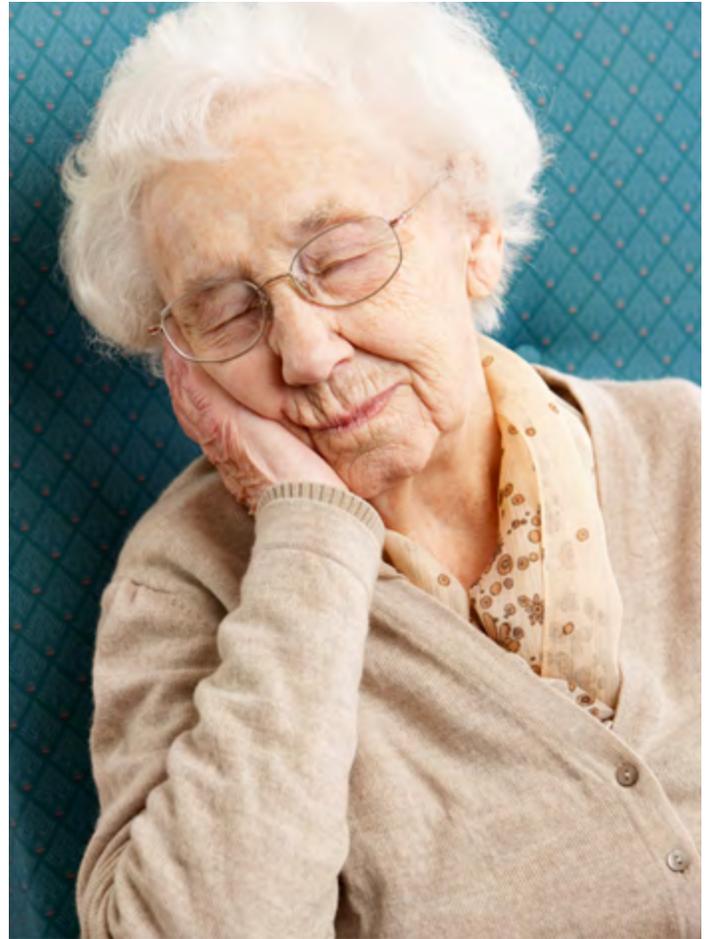
Similarly, 16% of older adults have difficulty maintaining sleep; that is, they report frequently having difficulty falling back asleep if their sleep is interrupted.

Other Topics of Interest

NHATS continues to provide new information about aging and daily life.

As the saying goes, you're only as old as you feel! A recent publication using NHATS focuses on the difference between people's actual age and how old they *feel*. Across different age groups, a majority of older adults report feeling younger than they actually are. For example, adults between the ages of 80 and 89 who feel younger than they actually are often report feeling in their 60s.

Another recent article focuses on the many ways that older adults adapt to disability. To find out more, be sure to check out Judith Graham's post "How Seniors Manage to Adapt," which appeared in the *New York Times*' "New Old Age" blog on December 23, 2013.



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

1-888-364-8271



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