

Table 4: Participant health status

| | % (n = 101) |
|--|---|
| <i>Depression screeners (in last 2 weeks):</i> | |
| Felt down, depressed or hopeless | 19 |
| Felt little interest or pleasure in doing things | 20 |
| Have trouble sleeping | 48 |
| <i>BRFSS questions:</i> | |
| "During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?" | mean – 2.6 days median – 0 days range – 0–30 days |
| "During the past 30 days, for about how many days have you felt very healthy and full of energy?" | mean – 19.7 days median – 25 days range – 0–30 days |
| <i>Musculoskeletal conditions (in last month):</i> | |
| Arthritis | 53 |
| Low back pain | 43 |
| General joint pain or stiffness | 43 |
| Hip, leg and/or knee pain | 43 |
| Neck pain and/or stiffness | 34 |
| Muscle aches | 27 |
| Foot and/or ankle pain | 21 |
| Headache | 17 |
| Tingling or numbness of leg or foot | 17 |
| Upper back pain | 14 |
| Sciatica | 5 |
| <i>Other health conditions (in last month):</i> | |
| Hypertension | 35 |
| Osteoporosis | |
| Women (n = 68) | 34 |
| Men (n = 33) | 3 |
| Prostate problems (men only, n = 33) | 27 |
| Fatigue | 24 |
| Dizziness | 20 |
| Hearing impairment | 18 |
| Poor and/or blurred vision | 17 |
| Diabetes | 15 |
| <i>Medication use:</i> | |
| Prescription drugs | mean – 3.6 median – 3.0 range – 0–12 |
| Nonprescription drugs | mean – 2.7 median – 2.0 range – 0–12 |

All numbers are expressed as proportions, unless otherwise specified

medications or vitamins and other supplements. The mean number of prescription medications was 3.6 (median 3.0) and nonprescription medications was 2.7 (median 2.0). Participants who used fewer than 4 medications per day had a baseline BBS score of 48.8, while those who used 4 or more medications per day had a baseline BBS score of 45.2. For those reporting concurrent use of more than 4 medications, the most commonly reported medications were allergy relief, cholesterol-lowering and anti-hypertension drugs.

Falls and balance

Of the 101 participants, 13% reported having had a fall within the past month, and 44% within the last year. The average number of reported falls for the last year was 0.8; the median number was 0.

For participants' baseline BBS, 32% had a score less than 46 (the cut-off point for predicting risk of falling). Four weeks after the baseline visit, changes in balance test scores for all participants were statistically significantly