The bar chart illustrates the distribution of problems across different categories as follows:

- **Extremely problems**
  - Mobility: 0.1%
  - Self-care: 0.3%
  - Usual activity: 1.9%
  - Pain/discomfort: 7.4%
  - Anxiety/depression: 2.9%

- **Some problems**
  - Mobility: 24.4%
  - Self-care: 3.1%
  - Usual activity: 31.4%
  - Pain/discomfort: 61.3%
  - Anxiety/depression: 34.1%

- **No problem**
  - Mobility: 75.5%
  - Self-care: 96.6%
  - Usual activity: 66.7%
  - Pain/discomfort: 31.3%
  - Anxiety/depression: 63%

The chart uses different shades to represent the levels of problems: light grey for no problem, medium grey for some problems, and dark grey for extreme problems.