VITAL VOICES

Issues That Impact
U.S. Adults
Age 45 and Older,
December 2019

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INTRODUCTION

There are currently about 117 million Americans who are 50 and older; this number will grow to 157 million by 2050. The 50 and older population is and will continue to be an essential contributor to American society. Understanding the needs and opinions of older Americans is critical to ensuring they live longer and healthier lives.

Vital Voices is a new and exciting program of research undertaken by AARP. Through this research program, we are launching a new initiative that will deliver critical, current, and state-specific data to 53 states on a rolling three-year schedule between 2019 and 2021. We are making this data available to the public to assist with the development of programs, products, and policies for older adults. This data will allow those in leadership positions to:

- Predict the need for a specific program or interest in a particular issue.
- Enhance program and product innovation and development.
- Track issues and attitudes over time to assess shifts in public opinion.
- Take action on critical advocacy issues.

Never before has AARP launched a research program of this size and with this much promise. We give it to you, hoping that it will significantly impact the work you do.

National Survey Results- Health Questions

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ISSUES OF IMPORTANCE

U.S. adults age 45+ think many healthcare issues are important, with staying mentally sharp topping the list.

I1. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important')
(n=804)

CARE1. Are you currently providing unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=804)

CAREGIVING ISSUES

More than one-quarter (29%) of U.S. adults age 45+ are currently providing unpaid help to an adult relative or friend.

Percent Providing Unpaid Adult Care

CARE1_A. Have you ever provided this type of unpaid help in the past? (n=570)

CAREGIVING ISSUES

One-third (35%) of U.S. adults age 45+ who are not currently providing unpaid help have provided this type of care in the past.

Percent Providing Unpaid Adult Care in the Past

PRESCRIPTION DRUGS

More than half (62%) of U.S. adults age 45+ are currently taking two or more prescription medications on a regular basis.

Number of Prescription Medications Taken Regularly

PER2. Approximately how many different prescription medications do you take on a regular basis, such as daily, weekly, or monthly? (n=804)

PRESCRIPTION DRUGS

Out-of-pocket spending on prescription drugs varies among U.S. adults age 45+, with two-thirds (68%) spending less than \$50 per month.

Past 12 Months Out-of-Pocket Spending on Prescription Medications

PER3. In the past 12 months, approximately how much have you spent out of your own pocket for prescription drugs? (n=804)

PER4. In the last two years, did you ever decide not to fill a prescription that your doctor had given you? (n=804)

PRESCRIPTION DRUGS

In the past two years, one-quarter (25%) of U.S. adults age 45+ reported not filling a prescription that was provided by their doctor.

Ever Not Filled a Prescription

■ Yes ■ No ■ Don't know/ refused

PRESCRIPTION DRUGS

Among U.S. adults age 45+ who decided not to fill a prescription, nearly half (48%) cited the cost of the drug as the reason.

PER4_A. Why did you decide not to fill a prescription that your doctor had given you? (Coded open-ended responses) (n=202)

PRESCRIPTION DRUGS

Six in ten (62%) U.S. adults age 45+ are at least somewhat concerned about being able to afford needed prescriptions over the next two years.

Concern About Affording Prescription Drugs Over the Next 2 Years

PER5. How concerned are you about being able to afford the cost of needed prescription drugs over the next two years? (n=804)

Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories.

PER6. Do you currently purchase any prescription drugs online? (n=588)

PRESCRIPTION DRUGS

One in ten (10%) U.S. adults age 45+ currently purchases prescription drugs online.

Purchase Prescription Drugs Online

■ Yes ■ No ■ Don't know

PER7. Do you believe that it should be legal for people in the U.S. to buy drugs from Canada and Europe, or not? (n=804)

PRESCRIPTION DRUGS

Three-quarters (78%) of U.S. adults age 45+ believe it should be legal for people in the U.S. to buy drugs from Canada and Europe.

Opinion Regarding Importation of Prescription Drugs

■ Yes, should be legal ■ No, should not be legal ■ Don't know

PRESCRIPTION DRUGS

Most (87%) U.S. adults age 45+ support allowing Medicare to negotiate lower prices for prescription drugs.

Support for Medicare Negotiating Lower Prices for Prescription Drugs

PER8. Do you support or oppose allowing Medicare to use its bargaining power to negotiate lower prices for prescription drugs? (n=804)

National Survey Results- Wealth Questions

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ISSUES OF IMPORTANCE

Having enough income or savings to retire, including adequate Social Security benefits, is extremely important or very important to most U.S. adults age 45+.

Important Economic Issues

I1. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=804)

Q703. In the next 12 months, do you think your personal financial situation will improve, get worse, or stay the same? (n=804)

WEALTH ISSUES

Half (55%) of U.S. adults age 45+ expect that their personal financial situation will stay the same over the next 12 months.

Outlook on Personal Financial Situation

■ Improve ■ Get worse ■ Stay the same ■ Don't know/ refused

RETIREMENT ISSUES

U.S. adults age 45+ have varying levels of confidence about having enough money to live comfortably throughout their retirement years.

Confidence in Retirement Money Lasting

RET3. Overall, how confident are you that you will have enough money to live comfortably throughout your retirement years? Please use a 1 to 10 scale, where 1 means you are not confident at all and 10 means you are extremely confident. (n=804)

WEALTH ISSUES

Three-quarters (75%) of U.S. adults age 45+ currently (or plan to) rely on Social Security as a source of income as they get older.

Sources of Income Relied On or Planning to Rely On

Q728. Which, if any, of the following sources of income do you currently rely on or plan to rely on as you get older? (Percent 'yes') (n=804)

WORK ISSUES

U.S. adults age 45+ have mixed interest in work-related opportunities such as finding new ways to make money, flexible work arrangements, and advancing in their job or career.

Interest in Work-Related Opportunities

WORK2. How interested are you in...? (Percent 'extremely interested' or 'very interested') (n=804)

FRAUD ISSUES

Over one-third (36%) of U.S. adults age 45+ are extremely concerned or very concerned about personally becoming the target or victim of a scam or fraud.

Concern About Scams and Fraud

FRA4. How concerned are you, personally, about becoming the target or victim of a scam or fraud? (n=804)

Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories

FRA19. In the last 12 months, have you been a victim of a scam or fraud? (n=804)

FRAUD ISSUES

One in ten (11%) U.S. adults age 45+ have been the victim of a scam or fraud in the past 12 months.

Victim of Scam or Fraud in the Past 12 Months

■ Yes ■ No ■ Don't know

FRAUD ISSUES

Half (56%) of U.S. adults age 45+ who had been a victim of a scam or fraud in the past 12 months reported it to the police or other local or state authorities.

Reported a Scam or to the Police or other Authorities

FRA19A. Did you report it to the police or to appropriate local or state authorities? (n=89)

FRAUD ISSUES

Nearly one-third (31%) U.S. adults age 45+ know of a family member or friend who may have been a victim of a scam or fraud.

Friend/ Family Victim of a Scam or Fraud

FRA20. Do you know of a family member or close friend who may have been victims of a scam or fraud? (n=804)

National Survey Results- Self Questions

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ISSUES OF IMPORTANCE

Staying in their home as they age and getting around independently are extremely important or very important to most (84%) U.S. adults age 45+.

Important Independent Living Issues

I1. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=804)

COMMUNITY ISSUES

Half (51%) of U.S. adults age 45+ believe that toxic political discourse has negatively impacted their wellbeing.

Q741. Have any of the following affected your wellbeing in a negative way? (Percent 'yes') (n=804)

ISO1. How often do you have contact with family, friends, or neighbors who do not live with you? (n=804)
Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories

ISOLATION

More than one-third (38%) of U.S. adults age 45+ reported that they have contact with family, friends, or neighbors every day.

Frequency of Contact with Family and Friends

LIVABLE COMMUNITIES

More than half (56%) of U.S. adults age 45+ are extremely concerned or very concerned about being able to afford to remain in their home as they age.

Concerns of U.S. Adults Age 45+

LIV-COMM1. How concerned are you about the following? (n=804)

Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories

LIVABLE COMMUNITIES

While most (85%) U.S. adults age 45+ believe their generation has done good things for the country, three-quarters (73%) worry about the world they may leave behind.

Concerns of U.S. Adults Age 45+

Q717. How much do you agree or disagree with the following statements? (Percent 'strongly agree' or 'somewhat agree') (n=804)

METHODOLOGY

In November 2019, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among U.S. adults age 45+. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, isolation and mental health issues, and retirement issues.

804 Interviews

U.S. Adults Age 45+

Fielded November/ December 2019

ANR completed a total of 804 interviews (400 via landline telephone, 200 via cell phone, and 204 online). Respondents were screened to meet the following criteria:

- Age 45+
- U.S. resident

Survey length averaged 20.9 minutes by telephone and 18.7 minutes online.

METHODOLOGY

Sampling Procedure

Landline, cell phone, and online sampling were used for this research, with the telephone sample drawn randomly from a list of U.S. adults age 45+, purchased from Aristotle, and online sample provided by Fulcrum. A total of 31,300 records were utilized. The list of 138,136,704 U.S. adults age 45+ was randomly divided into 138,136 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 31 replicates representing a total of 31,300 records were dialed to complete the telephone portion of this study.

The study's base sample of 804 respondents yields a maximum statistical error of $\pm 3.5\%$ at the 95% level of confidence. (This means that in 95 out of 100 samples of this size, the results obtained in the sample would be within ± 3.5 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on November 25, 2019 and closed on December 5, 2019.

Telephone interviewing was active between 5:30 p.m. and 9:00 p.m., with some additional calling done between 10:00 a.m. and 4:00 p.m. If necessary, up to 8 call attempts per telephone number were made to reach an eligible respondent. All numbers were called at multiple times of the day as well as days of the week to maximize each resident's opportunity for inclusion in the study.

Percentages of some questions may exceed 100% due to rounding or the use of multiple response question formats.

All data have been weighted by age, gender, and race/ethnicity according to 2018 U.S. Census Bureau Current Population Survey (CPS) statistics.

ABOUT AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation's largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.

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This research was designed and
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