VITAL VOICES

Issues That Impact
Virginia Adults
Age 45 and Older,
December 2021

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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.

Survey Results for Virginia- Health Questions

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ISSUES OF IMPORTANCE

Virginia residents 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=379)

CARE1. Are you currently providing unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=379)

CAREGIVING

Over one-quarter (30%) of Virginia residents 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=267)

CAREGIVING

Almost half (47%) of Virginia residents age 45+ who are not currently unpaid caregivers have provided this type of care in the past.

Percent Providing Unpaid Adult Care in The Past

CAREGIVING

Virginia caregivers age 45+ face many difficulties, with half (53%) feeling stressed emotionally due to their caregiving responsibilities.

Caregiving Difficulties

CARE13. As a caregiver, do you ever [ITEM]? (Percent 'yes') (n=112)

ISO8. How is your overall health at this point in time?
(n=379)

HEALTH

About half (49%) of Virginia residents age 45+ reported that their health is excellent or very good.

PRESCRIPTION DRUGS

Three-quarters (77%) of Virginia residents age 45+ take at least one prescription medication 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=379)
Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories

PRESCRIPTION DRUGS

Seventeen percent (17%) of Virginia residents age 45+ spend \$100 or more out-of-pocket each month for prescription drugs.

PER3. In the past 12 months, approximately how much have you spent out of your own pocket for prescription drugs? (n=379)
Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories

PRESCRIPTION DRUGS

Virginia residents age 45+ have faced a variety of difficult decisions when buying prescription medications.

Actions Taken in the Past 12 Months

PER9. Many people face difficult decisions when buying prescription medications. In the past 12 months, have you [ITEM]? (Percent 'yes') (n=234)

CVD-11. Have you gotten or do you plan to get the COVID-19 vaccine? (n=379)

COVID-19

As of December 2021, a majority (83%) of Virginia residents age 45+ have already gotten the COVID-19 vaccine (or plan to get it).

COVID-19 Vaccination Status
(as of December 2021)

■ Yes (already got) ■ Yes (plan to) ■ No ■ Don't know/ refused

Survey Results for Virginia- Wealth Questions

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ISSUES OF IMPORTANCE

Virginia residents age 45+ find many economic issues important, particularly those related to retirement and Social Security benefits.

Important Economic Issues

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

RETIREMENT ISSUES

Nearly half (47%) of Virginia residents age 45+ are extremely or very concerned about having enough income or savings to retire.

RET1. How concerned are you about the following? (Percent 'extremely concerned' or 'very concerned') (n=varies)

FRAUD

Virginia residents age 45+ have many concerns about fraud, including having their identity stolen (54%) and having hackers access their identifying information (53%).

Concern About Scams and Fraud

FRA4_1. How concerned are you, personally about each of the following? (Percent 'extremely concerned' or 'very concerned') (n=379)

FRA19. In the last 12 months, have you or a loved one been a victim of a scam or fraud?
(n=379)

FRAUD

Nearly two in ten (19%) Virginia residents age 45+ have been the victim of a scam or fraud in the past year (or know a loved one who has).

Victim of a Scam or Fraud in the Past 12 Months

ECONOMIC ISSUES

Virginia residents age 45+ have been affected by a variety of economic issues in the past 12 months.

ECON2. In the past 12 months, that is since November 2020 until now, have you [ITEM]? (Percent 'yes') (n=varies)

Survey Results for Virginia- Self Questions

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ISSUES OF IMPORTANCE

Caring for a loved one is extremely or very important to a majority (84%) of Virginia residents age 45+.

Important Independent Living Issues

11. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=379)

FP19. People do different things for mental sharpness. As part of your regular routine, do you [ITEM]? (Percent 'yes') (n=379)

MENTAL SHARPNESS

Virginia residents age 45+ have many routine behaviors for mental sharpness, including engaging in mentally stimulating activities.

Routine Behaviors for Mental Sharpness

FP20. Do you think that you have more problems with memory than others your age? (n=379)

MENTAL SHARPNESS

Nine percent (9%) of Virginia residents age 45+ feel that they have more problems with memory than others their age.

More Problems With Memory Than Peers

ISO9. How is your brain health or mental sharpness at this point in time? (n=379)

MENTAL SHARPNESS

Two-thirds (70%) of Virginia residents age 45+ feel that they have excellent or very good brain health and mental sharpness.

Brain Health and Mental Sharpness

ISO2. How often do you feel the following? (Percent 'very often' or 'often') (n=379)

ISOLATION

Virginia residents age 45+ feel isolated in a variety of ways, including lacking companionship and feeling left out.

Frequency of Feelings of Isolation

TOPICS OF INTEREST

Virginia residents age 45+ would be interested in attending events or workshops on a variety of topics, including learning and staying mentally sharp (53%).

ISO51. Different people have different passions in life, or topics that interest them. How about you? Would you be interested in attending events or workshops on the following? (Percent 'yes') (n=379)

METHODOLOGY

In November 2021, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among Virginia residents age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

395 Interviews

Virginia Adults Age 45+

Fielded in November-December 2021

ANR completed a total of 395 interviews (132 via landline telephone, 203 via cell phone, and 60 online). Respondents were screened to meet the following criteria:

- Age 45+
- Resident of Virginia

Survey length averaged 21.5 minutes by telephone and 19.0 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 Virginia residents age 18 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 57,339 records were utilized. The list of 6,596,033 Virginia residents age 18 and older was randomly divided into 6,597 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 51 replicates representing a total of 50,801 records were dialed to complete the telephone portion of this study.

The sample of 395 respondents age 45 and older yields a maximum statistical error of $\pm 4.9\%$ 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 ± 4.9 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on November 29, 2021 and closed on December 6, 2021.

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 2019 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
executed by AARP Research.