Self-care and Wellness Needs Growing Amid Pandemic for Latina and Black Women Age 50+

Latina and Black women age 50+ experiencing the stress of the pandemic are placing a renewed emphasis on inner health, self-care, and well-being.

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Since the pandemic began, a majority of **Latina and Black women age 50+** are focusing more on health and well-being.

Health > Appearance

63%

of both **Latina and Black women age 50+** have **focused more on health** than their appearance during the pandemic.

Inner Peace > Outer Beauty

60% of **Latinas 50+** have **focused more on inner peace** than outer beauty.

58% of **Black women 50+** have **focused more on inner peace** than outer beauty.

Source: Mirror/Mirror: AARP Survey of Black Women's Reflections on Beauty, Age, and Media (2021); Latinas and Beauty as We Age: A Cultural Reflection (2021)

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The pandemic has taken its toll on **Latina and Black women age 50+** emotionally and physically.

Sleep Problems

63% of **Latinas 50+** have had **problems sleeping** since the pandemic began.

49% of **Black women 50+** have had **problems with sleep** since the pandemic began.

Hair Loss

29% of **Latinas 50+** have experienced **hair loss or thinning** during the pandemic.

19% of **Black women 50+** have experienced **hair loss or thinning** during the pandemic.

Problems with weight/eating

69% of **Latinas 50+** have experienced issues with **weight or eating** since the pandemic began.

62% of **Black women 50+** have experienced issues with **weight or eating** since the pandemic began.

Tooth grinding/jaw clenching

27% of **Latinas 50+** have experienced **tooth grinding or jaw clenching** during the pandemic.

11% of **Black women 50+** have experienced **tooth grinding or jaw clenching** during the pandemic.