Pandemic impact on a healthy lifestyle among adults ages 50+ by location: Rural and small town village areas

Nearly half (48%) of adults ages 50+ live in rural and small town/village areas. Snack consumption increased among these residents during the pandemic, with over half (56%) saying this was driven by watching TV.

Location type

Impact on diet

Snack consumption increased in rural areas with over a quarter (28%) saying they've consumed more sweets.

Top 3 reasons for diet changes

Source: 2021 AARP Healthy Living Survey ©2021 AARP ALL RIGHTS RESERVED

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Nearly half (43%) of rural residents reported higher stress levels and a decline in exercise during the pandemic.

Stress levels

Nearly half of rural residents reported a stress level increase.

43%↑

Exercise time

Although the pandemic limited exercise for many, exercise is back on the way up.

Day-to-day activities currently doing today