Pandemic impact on a healthy lifestyle among adults ages 50+ by location: Suburbs

More than a third (37%) of adults ages 50+ live in suburban areas. The pandemic increased snack consumption among suburbanites, which the majority (62%) blame on being home more.

Location type

Impact on diet

Snack consumption increased across the board, with over a third (34%) in the suburbs eating more sweets.

Top 3 reasons for diet changes

A higher percentage of suburbanites (45%) compared to those who live in urban (38%) or rural communities (43%) say their stress levels have increased during the pandemic.

Stress levels

Stress levels increased the most among suburbanites.

45%↑

Exercise time

Exercise stayed the same or decreased for most during the pandemic, however 44% of suburbanites have plans to increase exercise in the next 6 months.

Day-to-day activities currently doing today

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Contacts: Cheryl L. Lampkin | clampkin@aarp.org

Media inquiries: media@aarp.org <https://doi.org/10.26419/res.00487.010>